



sfpy 9-week curriculum

	PARENT SESSIONS 70 minutes	YOUTH SESSIONS 70 minutes	FAMILY SESSIONS 50 minutes
	Establish the foundation of positive parent-teen interaction and build a tool kit for effective family functioning	Activities that engage, explain, explore, experience and empower	Opportunities for active, positive parent-teen exchange
1	Introduction Adolescent Development Parent and Teen: Roles and Responsibilities Positive Behaviour Change	Introduction Teens and Parents: Roles and Responsibilities	Introduction Parent and Teen Interaction Game
2	Positive Attention Introduction to Teen Time Skill Practice: praise with your teen	Praise Introduction to Teen Time	Teen Time Activity Recommended Home Practice: Teen Time
3	Communication – Teens and Respectful Dialogue Introduction to Family Meetings Skill Practice: “I feel” statement	Communication	Communication Activity Family Meetings Recommended Home Practice: Family Meeting
4	Clear Expectations and Supporting Goals and Dreams Skill Practice: state clear expectation	Setting and Achieving Goals	Supporting Youths’ Goals and Dreams Recommended Home Practice: Teen Time
5	Fair Limits, Appropriate Consequences Skill Practice: negotiate a limit and/or a consequence	Behaviour, Choices and Consequences	Group Dialogue on Limits and Consequences Recommended Home Practice: Family Contract
6	Handling Stress and Anger Skill Practice: choose a self care strategy	Stress and Anger	Stress and Anger Skill Practice: Relaxation Technique
7	Substance use Risk and Protective Factors Skill Practice: balance family standard and concern for safety	Substance Use	Group Dialogue on Substance Use and Teens
8	Problem Solving and Putting It All Together Building Resiliency	Review Getting Support Being Resilient	Family Strengths
9	Making a Commitment for the Future Evaluation	Celebration and Group Activities Evaluation	Closing Activities and Graduation