



Strengthening Families Programme Information for Teens



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Derry Healthy Cities

'Registered with the Charities Commission for Northern Ireland NIC101856'

 Public Health
Agency
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What is The Strengthening Families Programme?

Being a teenager is an exciting time in your life, but it can bring challenges. You may feel that:

- No one understands you
- No one is listening
- No one cares
- No one else knows how you feel

Teenage years are a time when you are changing. Your attitudes, your feelings and your friends can all be changing. At this time you may experience a mixture of emotions such as loneliness, isolation, anxiety, stress and suffer from peer pressure.

If you are aged between 12-16yrs SFP can help you and your parents to strengthen your relationship. You will have the opportunity to meet other young people your age, participate in activities and games and win prizes. You will learn skills to help you express yourself. It will be a chance to have fun and enjoy time with your whole family.

Over 14 sessions you, your parents and your brothers and sisters (or whoever your family members are to you!) will come together with other families for 2.5hrs per session. The sessions will be fun and at the end, you and your family will graduate!

Over 14 sessions you will learn:

- How you can resist peer pressure and keep out of trouble.
- How to deal with stress and emotions at home, at school and in your everyday life.
- How you and your parents can better understand each other.
- How to be more confident, happier and how to set the goals for your future.

The Strengthening Families Programme will show you how to cope with the challenges that young people experience.

What do you gain?

- Meeting other teens and families
- Time with your own family
- An opportunity to develop skills and build your confidence in dealing with parents and family
- One night every week where your family sit together for dinner
- As a reward for attending you might even receive small rewards



'I can talk to my parents now'