



A **FUN--FREE** Program to help prepare Mt Pleasant/Scottsdale Community 5th, 6th & 7th grade youth and their families for the transitions in junior high school and the teen years.

LOVE AND LIMITS

Navigating the Teen Years: A Guide to Success A PROSPER Program

This 7 session program begins Tuesday September 25, 2018 and ends Tuesday November 6, 2018.

It will be held at the **Norvelt Elementary School**
163 Lilac Lane
Mt Pleasant, PA 15666

Strengthening Families for Adults and Youth 10-14 (SFP 10-14) consists of 7 highly interactive and video based sessions over 7 consecutive weeks. The evening starts with a FREE sit down family meal and conversation. During the next hour adults and youth meet separately, but work on similar skills. The last hour is spent together as youth and adults practice skills, play games and do family projects as each learn about the **Love and Limits** involved in working through this sometimes difficult time of transition.

PROSPER

(**PRO**moting **S**chool-community-university **P**artnerships to **E**nhance **R**esilience) PROSPER programs are led by community teams made up of representatives from Penn State Extension, school district personnel, representatives from community service agencies, parents, youth, and other community members.

Consider becoming part of the TEAM.

For information:

Call Michele George at 724-438-0111 or email at mzg226@psu.edu

Youth learn and practice:

- ◆ Setting positive future goals
- ◆ Positive management of emotions—coping with stress
- ◆ Peer pressure resistance skills
- ◆ Positive decision making and improved communication skills



Parents/Caregivers learn how to help their youth:

- ◆ Transition to the teen years and with adjustment to middle school
- ◆ Practice positive decision making and life skills including stress management, peer relationships and goal setting
- ◆ Strengthen peer pressure resistance skills to avoid risks and substance use

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