

Session 1 - Parent	Love and Limits
	Parents will: <ul style="list-style-type: none"> • Identify stresses and problems in youth • Think about the qualities you want in your youth • Learn the value of parental love and limits in helping youth develop these qualities • Learn to support youth's goals and dreams
Session 1 - Youth	Having Goals and Dreams
	To help youth: <ul style="list-style-type: none"> • get acquainted • Make ground rules and consequences • Think about and visualize dreams and goals for the future
Session 1 - Family	Supporting Goals and Dreams
	To help families: <ul style="list-style-type: none"> • Build positive relationship • Support youth's goals and dreams
Session 2 - Parent	Making House Rules
	To help parents: <ul style="list-style-type: none"> • Understand changes in youth • Understand the need for rules • Learn to remind youth about rules without criticizing
Session 2 - Youth	Appreciating Parents
	Youth will: <ul style="list-style-type: none"> • Acknowledge their own (and their parents') frustrations and difficulties • Understand that parent stress may cause them to do or say certain things • Appreciate the things that their parents do
Session 2 - Family	Appreciating Family Members
	To help families: <ul style="list-style-type: none"> • Identify strengths • Express appreciation
Session 3 - Parent	Encouraging Good Behavior
	Parents will: <ul style="list-style-type: none"> • Notice good behavior and give compliments • Use rewards to teach new behavior • Use a point system to teach good behavior • Build a positive relationship
Session 3 - Youth	Dealing With Stress
	To help youth: <ul style="list-style-type: none"> • Identify situations that may cause stress • Learn healthy ways of coping
Session 3 - Family	Using Family Meeting
	Families will: <ul style="list-style-type: none"> • Understand the value of family meetings • Learn how to conduct a family meeting • Work on privileges and rewards for Point Charts • Plan fun family activities

Session 4 – Parent	Using Consequences
	Parents will <ul style="list-style-type: none"> • Understand why it’s important to stay calm and respectful • Learn to use small penalties for small problems • Learn to save large consequences for major problems
Session 4 – Youth	Following Rules
	Youth will learn: <ul style="list-style-type: none"> • That everyone has rules and responsibilities, adults as well as young people • That things go better for them when they follow the rules
Session 4 – Family	Understanding Family Values
	To help families: <ul style="list-style-type: none"> • See the connection between family values and their activities and decisions • Identify their own family values
Session 5 – Parents	Building Bridges
	Parents will: <ul style="list-style-type: none"> • Understand the value of good listening • Learn to listen for feelings • Understand the basis for misbehavior
Session 5 – Youth	Dealing With Peer Pressure
	Youth will learn: <ul style="list-style-type: none"> • That drugs and alcohol will hurt them • To practice skills for resisting peer pressure
Session 5 – Family	Building Family Communication
	Families will learn to: <ul style="list-style-type: none"> • Build listening skills • Solve problems together
Session 6 – Parent	Protecting Against Substance Abuse
	Parents will: <ul style="list-style-type: none"> • Help protect their youth against drug and alcohol abuse • Learn ways to interact effectively with the youth’s school • Monitor their youth
Session 6 – Youth	Peer Pressure and Good Friends
	Youth will learn: <ul style="list-style-type: none"> • Additional skills for resisting peer pressure • What good friends are like
Session 6 – Family	Families and Peer Pressure
	To help families: <ul style="list-style-type: none"> • Talk together about avoiding drug and alcohol abuse • Talk together about other behavioral problems • Set clear expectations for the youth
Session 7 – Parent	Getting Help For Special Family Needs
	Parents/Caregivers will learn: <ul style="list-style-type: none"> • To understand special needs families may have • How to help others access support
Session 7 – Youth	Reaching Out To Others
	Youth will learn: <ul style="list-style-type: none"> • Ways to be of service to others • To interact with positive older teen role models
Session 7 – Family	Putting It All Together
	Families will review program content and express appreciation