


FLORIDA PROSPERS

Creating a Hub in Florida to Strengthen Youth & Families

PROSPER Vision

Support **community partnerships** that sustain the most effective programs for promoting **positive youth development** and **strong families**, and to facilitate translation of prevention science into widespread **community practice**

Community Contacts

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The PROSPER Partnership Model in Florida is a partnership of the Florida Cooperative Extension System, county Extension systems, local school districts, and community volunteers

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PROSPER programs available in your county!



The **Strengthening Families Program: for Parents and Youth 10-14 (SFP 10-14)** is an evidence-based **skill-building curriculum** that has been recognized by numerous federal agencies as an exemplary or model program.

SFP 10-14 is a universal prevention program, which means it is **designed for all families, not just those at higher risk**. It includes sessions for parents/caregivers and their children age 10-14 to **participate in together**.

What are the benefits of SFP 10-14? SFP 10-14 has been proven effective in the following areas:

- delaying the onset of adolescent substance use
- teaching youth skills for dealing with stress and peer pressure
- increasing the ability of parents/caregivers to set appropriate limits and show affection to and support of their children
- helping parents/caregivers learn nurturing skills that support their children
- giving youth a healthy future orientation and an increased appreciation of their parents/caregivers



The **classroom-based Botvin LifeSkills Training (LST) curriculum** is one of the **most effective universal prevention programs** available to middle school students today. It has been recognized by the U.S. Department of Education, the Office of National Drug Control Policy, and the National Institute on Drug Abuse.

Learning objectives of the program include: Personal Self-Management Skills, General Social Skills, Drug Resistance Skills

What are the benefits of LST? The primary goal of LST is to prevent youth from engaging in behaviors that will put their health and well-being at risk. LST has been extensively tested and proven to reduce a wide range of problem behaviors, such as:

- Physical aggression by 30% - Fighting by 40% - Tobacco use by 87%
- Alcohol use by 60% - Marijuana use by 75%