

Active Parenting of Teens

Region II Parent Resource Center - 2010/2011 Program Year

The Situation

According to the 2010 ND Kids Count, approximately 83,000 people reside in Region II which includes the counties of Bottineau, Burke, McHenry, Mountrail, Pierce, Renville and Ward. Of these residents, 7% are youth aged 13-17 years. Within this teen population there were 99 births. There were 121 teens residing in foster care, 94 had dropped out of school and 644 were referred to juvenile court (aged 10-17). The Center for Disease Control 2009 ND Youth Risk Survey Grades 9-12 (conducted biannually), reports that in Region II, 15% of the students in grades 9-12 have considered suicide. 21% of the survey participant reported having their first drink of alcohol prior to age 13 and 45% reported drinking within the last month while 15% have used marijuana during the same time period. 47% of high school students have had sexual intercourse and 33% have had sex with more than one partner in the past three months. Additionally, teens reside in homes where the parents each work full time and sometimes at more than one job. Teens frequently make critical and potentially life changing decisions as they move towards adulthood. They depend on and want the adults, usually parents, in their life to help them successfully navigate these years. Parents also desire information and support as they parent their teen.

Extension Response

Knowing that parenting teens may be a stressful period on the parenting continuum, the Region II Parent Resource Center (PRC) offered Active Parenting of Teens, an evidenced based program developed by Dr. Michael Popkin. The six-session series was offered for the first time by the PRC in the April 2011. The series addressed topics and parenting techniques to support parents to successfully parent their teen in an environment that, at times, is not conducive to positive youth development.

Impacts

Upon completion of the educational series, the parents of teens reported the following impacts:

- 60% of the participants increased their confidence in their ability to parent and take care of their children
- 40% of the parents agree that they increased their knowledge in knowing who to contact for support and how to make better choices about family schedules and activities to reduce family stress
- 100% of attendees agreed or strongly agreed that the program helped improve their parenting skills and is helping them to reach family goals
- 100% of the parents strongly agreed that they were satisfied with the class

Feedback

Parents provided written responses that included:

- "I've grown in my outlook towards my children."
- "(I'm) realizing that a lot of what I'm seeing with my teen is very much the norm."
- "The book (and) terminology to use (are helpful)."

Contact

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