

## Logic Model: Strengthening Families Program: For Parents & Youth 10 - 14

Situation: In Indiana, there are more than 1.5 million children younger than 18 years of age. This age cohort of 10-14 years is subject to biological changes along with social and emotional changes. They face more challenges in academics, seek more independence from their families, and experience increased episodes of sadness or depression, which could lead to poor grades, alcohol/drug use, unsafe sex, and other risky behaviors. Eleven percent of Indiana students, ages 14 and older, report using alcohol or drugs to relax, feel better about themselves, or to fit in.<sup>1</sup> In 2020, about two in 10 Indiana high school students report drinking alcohol in the past month (19.8%).<sup>2</sup> Peers become of greater importance than familial connections during this age group, therefore, youth will engage in more risky behaviors with peers. The feeling of wanting to belong, peer pressure and influence can make an impact in decisions made by youth. When parents are actively engaged in their children's lives, children are likely to have better academic performance, higher graduation rates, and fewer behavioral problems. Parenting can be a very stressful responsibility; however, high levels of stress that persist for extended periods in families can negatively affect a child.

INPUTS	OUTPUTS		OUTCOMES – IMPACT		
	Activities	Participation	Short-term	Medium-term	Longer-term
What we invest	What we do	Who is reached	What do we think participants will know, feel, or be able to do after participating in program?	How do we think participants will behave or act differently after participating in program?	What kind of impact can result if participants behave or act differently after participating in program?
Training of Purdue Extension Educators  Establish relationships with community partners to help recruit families  Purchase curriculum materials	Educators will partner with probation officers, judges, church pastors, mental health agencies, community organizations, etc. to recruit families  The parenting and youth education program is	Families that have at least one child between the ages of 10 to 14 years old.	Parents gain a better understanding of: <ul style="list-style-type: none"> <li>• That it is normal for children to be harder to get along with at this age (Q2)</li> <li>• Reason for rules (Q12)</li> </ul> Parents use strategies to: <ul style="list-style-type: none"> <li>• Wait and cool down before dealing with problems (Q1)</li> <li>• Help their children understand family/house rules (Q3)</li> <li>• Do something fun as a family (Q4)</li> <li>• Inform youth of consequences for breaking rules (Q5)</li> </ul>	Parents and youth will use active listening and effective communication with each other.  Parents and youth will have empathy with the other party when they are experiencing stress.  Parents understand youth development and the changes they experience.  Youth develop healthy coping and stress management strategies.	Youth are less likely to have used alcohol and more likely to delay initiation of alcohol, cigarette and marijuana use.  Youth are less likely to have misused prescription drugs.  Less self-reported aggressive and destructive behavior.  Youth more likely to report improved school engagement  More likely to report improved academic success.

<sup>1</sup> Indiana Youth Institute (2021). 2021 Indiana Kids Count Data Book: A Profile of Hoosier Youth. [https://www.iyi.org/wp-content/uploads/2021/03/2021\\_IYI\\_Databook\\_FINAL.pdf](https://www.iyi.org/wp-content/uploads/2021/03/2021_IYI_Databook_FINAL.pdf) (p154).

<sup>2</sup> Indiana Youth Institute (2021). 2021 Indiana Kids Count Data Book: A Profile of Hoosier Youth. [https://www.iyi.org/wp-content/uploads/2021/03/2021\\_IYI\\_Databook\\_FINAL.pdf](https://www.iyi.org/wp-content/uploads/2021/03/2021_IYI_Databook_FINAL.pdf) (p154).

<p>Develop marketing materials</p> <p>Seek community volunteers to be trained as facilitators</p> <p>Arrange light dinners for families prior to program</p> <p>Provide childcare for younger children of families attending</p>	<p>provided in seven sessions for two-hour segments. The first hour, the parents and youth meet separately, and the second hour is combined as family activities.</p>		<ul style="list-style-type: none"> <li>• Keep child involved in family work activities (Q6)</li> <li>• Follow through with consequences (Q7)</li> <li>• Talk with their children about future goals (Q8)</li> <li>• Tell their children how they feel when the children misbehave (Q9)</li> <li>• Include children in family decision about fun and work (Q10)</li> <li>• Spend one-on-one time with children (Q11)</li> <li>• Listen to youth when they are upset (Q13)</li> <li>• Establish regular times for homework (Q14)</li> <li>• Work together to solve problems (Q15)</li> <li>• See things from youth's point of view (Q16)</li> <li>• Talk with youth about peer pressure (Q17)</li> <li>• Give children compliments and rewards (Q18)</li> <li>• Show love and respect to children (Q19)</li> <li>• Explain consequences of not following rules concerning alcohol use (Q20)</li> </ul> <p>Youth understand:</p> <ul style="list-style-type: none"> <li>• A step to take to reach a goal (Q1)</li> <li>• How to recognize stress &amp; feel better (Q2 &amp; 6)</li> <li>• How to appreciate what parents do for them (Q3)</li> <li>• Values and beliefs of family (Q8)</li> <li>• Consequences when rules are broken (Q9)</li> <li>• Qualities of a true friend (Q11)</li> </ul>	<p>Youth develop peer pressure resistance skills.</p> <p>Youth understand the value of rules and responsibilities.</p> <p>Joint problem-solving and effective communication is established through family meetings.</p> <p>Respect is show to other family members.</p> <p>Family rules and consequences are established.</p>	<p>Parents are more involved in setting limits while still showing love.</p> <p>Better communication within families.</p>
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<b>Assumptions</b>	<b>External Factors</b>
<ol style="list-style-type: none"> <li>1. Parents and tweens/teens are willing to make changes in their approaches with each other.</li> <li>2. Families attend all or most (at least 5) sessions of the program.</li> </ol>	<ol style="list-style-type: none"> <li>1. Parents don't make this program a priority for the duration of the seven weeks and schedule other activities.</li> <li>2. Negative attitude of participants if mandated to attend program.</li> <li>3. Programs not held in convenient locations or times for families to attend.</li> </ol>