

Strengthening Families

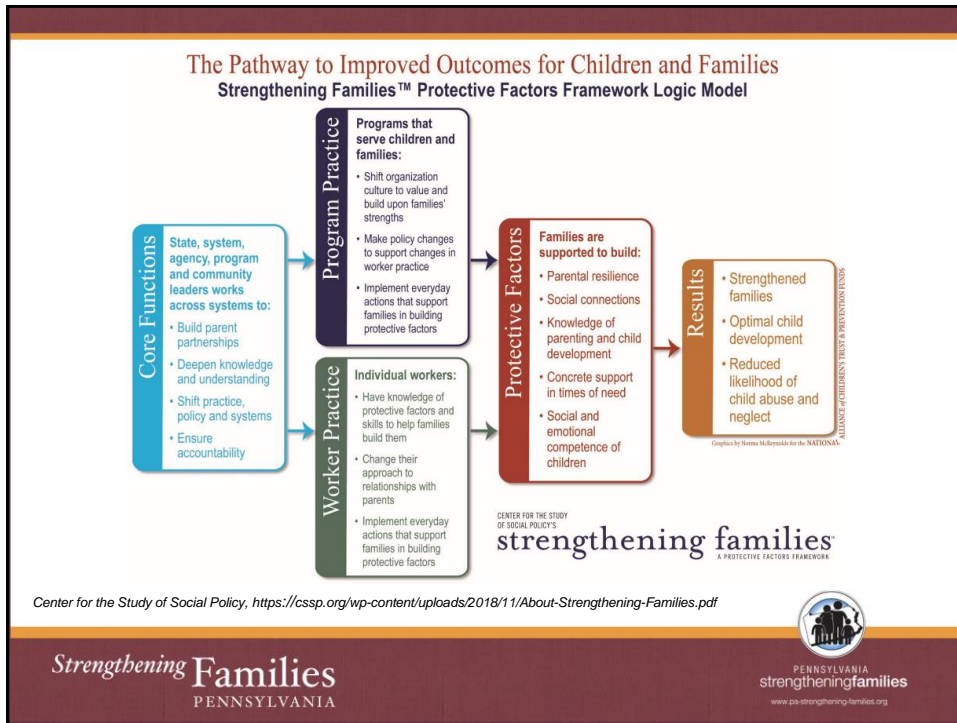
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Using Protective Factors to Support the Healthy Development of Pregnant and Parenting Teens and their Families

Disclosures

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- The entire session and the participant feedback tool must be completed to earn contact hours



The Four Big Ideas Behind Strengthening Families™

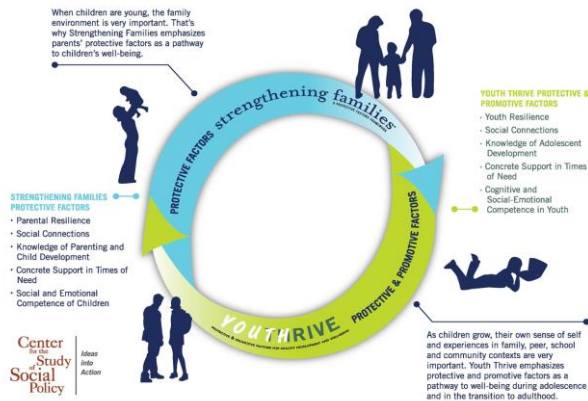
- Building protective and promotive factors, not just reducing risk
- An approach – not a model, a program or a curriculum
- A changed relationship with parents
- Aligning practice with developmental science – research-based

Adapted from the Center for the Study of Social Policy Scripted Curriculum, Introduction to Strengthening Families: A Protective Factors Framework, <https://cssp.org/resource/intro-to-strengthening-families-scripted/>

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Protective Factors Across the Lifespan



Center for the Study of Social Policy <https://cssp.org/wp-content/uploads/2018/08/HO1.3-Protective-and-Promotive-Factor-Infographic.pdf>

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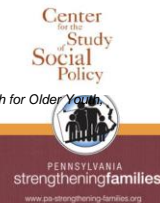
YOUTH THRIVE

PROTECTIVE & PROMOTIVE FACTORS FOR HEALTHY DEVELOPMENT AND WELL-BEING



Center for the Study of Social Policy, Strengthening Families Curriculum: Youth Thrive—A Protective Factors Approach for Older Youth
<https://cssp.org/resource/youth-thrive/>

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Foundational Ideas of Youth Thrive

- Strengths-based perspective
- Biology of stress
- Resilience theory
- Positive Youth Development perspective
- Focus on well-being
- Nature of risk, protective and promotive factors

"Advancing Healthy Adolescent Development and Well-Being" by Dr. Charlyn Harper-Browne, https://cssp.org/wp-content/uploads/2018/09/Youth-Thrive_Advancing-Healthy-Adolescent-Development-and-Well-Being.pdf



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Five Protective Factors

Strengthening Families	Youth Thrive
Parental Resilience	Youth Resilience
Social Connections	Social Connections
Concrete Support in Times of Need	Concrete Support in Times of Need
Knowledge of Parenting and Child Development	Knowledge of Adolescent Development
Social and Emotional Competence of Children	Cognitive and Social-Emotional Competence in Youth



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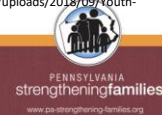
Resilience

- Lifelong process
- Bouncing back and bouncing forward
- Response more important than stressor
- Two components to Parental Resilience
 - General life stress
 - Parenting under stress
- For youth: guidance and high expectations

Adapted from the Center for the Study of Social Policy Scripted Curriculum, Understanding the Strengthening Families Protective Factors, <https://cssp.org/resource/understanding-the-protective-factors/>

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Social Connections

- Everyone needs support
- Reduce isolation
- Quality relationships
- Youth need to feel connected
- Importance of peer AND adult relations

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Knowledge

- Child development and parenting strategies
- Families are cultural systems
- Importance of a strengths-based approach
- Accurate knowledge of adolescent development
- Safe spaces to learn and grow

Adapted from the Center for the Study of Social Policy Scripted Curriculum, Understanding the Strengthening Families Protective Factors, <https://cssp.org/resource/understanding-the-protective-factors/>

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Concrete Support in Times of Need

- All families have strengths and all families have needs
- More than material resources
- Discomfort with seeking services
- Fostering a sense of self-advocacy

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Social & Emotional Competence

- Family and child interactions
- Foundation of development
- Begins with nurturing and attachment
- Essential developmental tasks
 - For young people – social and emotional *and* cognitive competence

Adapted from the Center for the Study of Social Policy Scripted Curriculum, *Understanding the Strengthening Families Protective Factors*, <https://cssp.org/resource/understanding-the-protective-factors/>

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Resources

Center for the Study of Social Policy - www.cssp.org

- Strengthening Families
- Youth Thrive

PA Strengthening Families - www.pa-strengthening-families.org

- Professional development



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Reflection

How might you use what you learned today about protective and promotive factors to support pregnant and parenting teens?

- What practices will you continue or grow?
- What might you add or change?

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Questions?

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