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Contact:



EYFP is a **PREVENTION** program.

We are NOT qualified to help with crisis intervention.
If you or someone you know is experiencing a crisis,
visit www.samhsa.gov/ to get help now!

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Empowering Youth and Families Program



Adolescence is hard.

Understanding your adolescent
doesn't have to be.

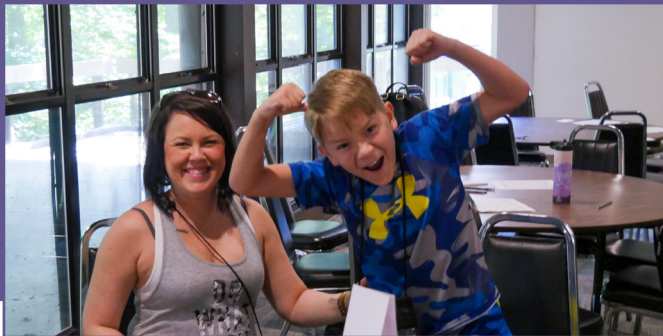


NC STATE
EXTENSION

Family & Consumer
Sciences Program

The Issue

Tweens and young teens struggle to navigate profound physical, social, and emotional changes. They push boundaries, break rules, and make dangerous decisions. **They never listen, yet demand to be heard.** These common teen behaviors can bring overwhelming stress to youth and their families. **So, what's a caregiver to do?**



Our Impact

Since 2017, we have served **136 families** from **11 counties across North Carolina and Tennessee**. Our families have planned and hosted **10 community events**, reaching **several thousand additional people**. After completing our program,

100% of youth reported that they would probably or absolutely not take a drug or medication that was not prescribed to them.

96% of caregivers and **80%** of youth reported that they were better able to discuss difficult situations as a family because of the program.

"Things are different today, than when I was a child. I now do more than just talk to my granddaughter, I listen. She knows that I love her, but now she knows that I also understand some of the things she is dealing with. This program has been great for us."

- Program graduate, volunteer

Our Approach

The NC 4-H Empowering Youth and Families Program (EYFP) is a **family leadership program** for middle school youth and their caregivers. Participating families attend 10 weekly sessions in their county and a "Confluence" family retreat. Each session has been carefully designed to address the unique needs of youth, caregivers, and families, and each includes **fun team building activities, a sit-down family meal, and social time with other families** in the program. Over the course of the program, participants learn how to identify and manage behavior as distinct from emotion, including



New ways to communicate based in brain science and youth development research



Effective strategies for setting clear expectations as a family (and then sticking to them!)



Healthy options for preventing stressful or risky situations



Essential steps to repair relationships and restore trust when issues arise

EYFP supports families as they **clarify their values, set achievable goals, and hold themselves accountable to each other**. At the end of the program, families put their new skills into practice. Together with other local EYFP families, they organize and host a community-wide healthy living event to share their learning and take concrete steps in their community to prevent opioid-related deaths among teens.