

Empowering Youth & Families Program

THE ISSUE

Tweens and young teens struggle to navigate complex physical, social, and emotional changes. Modern challenges, including social media pressures, pandemic-related trauma, and the skyrocketing death rate from opioid misuse introduce new dangers into age-old teenage risk-taking. **Families need new tools to raise happy, healthy, thriving youth in today's world.**

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 *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 research-based, evidence-informed **family leadership program** for middle school youth and their caregivers. We draw on over 100 years of experience in North Carolina, decades of research from North Carolina's world-class universities, and the broad reach of our community-based networks to grow strong, resilient families. Unlike other programs, EYFP leverages the **power of North Carolina families to prevent teen substance misuse** before it begins.

By teaching youth and families how to identify and respond to **behavior versus emotion**, we help families develop the tools they need to thrive. Over the course of the program, participants learn

-  **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 handling stressful or risky situations, including those involving negative peer pressure**
-  **Essential steps to repair relationships and restore trust when issues arise**

EYFP consists of 10 weekly sessions, each of which has been carefully designed to address the unique needs of youth, caregivers, and families, and a “Confluence” family retreat. We provide in-person, online, and hybrid options for each lesson, allowing you to **adapt the program to your local conditions**. At the end of the program, families organize and host a local event to address the multifaceted issue of substance misuse in their communities.

EYFP4H.ORG & NC4H.ORG



NC STATE
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