

The program "Strong family" for parents and children aged 10-14 years.

The Strong Family program was created by the School of Health and Social Well-Being at Oxford Brookes University, UK. It has been implemented at the Nazarbayev Intellectual School of Atyrau since 2019.

The goal of the program is to develop positive parenting skills, which are the prevention of early substance abuse and risky behavior among adolescents, and also serve to build a strong family.

The Strong Family program includes 7 special sessions aimed at:

- teaching parents/guardians to effectively support their children;
- give children positive motivation for the future and form a positive attitude towards their parents/guardians;
- teach young people to cope with stress and peer pressure.

Parents and guardians will discuss:



- Who are children of this age
- How to set rules and use punishments correctly
- How to solve problems in relation to children
- How to show love and support

Young people will learn



- Cope with the state of frustration
- Resist peer pressure
- Appreciate parents/guardians
- Build relationships and get along with others

Families will be able to



- Understand what makes their family stronger
 - Learn how to solve problems together
-

