

## SAFE Inc., Parent University help parents' learn to communicate with their Middle Schoolers

The SAFE Glen Cove Coalition sponsored another successful Parent University, free professional workshops designed for parents who want to learn about youth alcohol and substance abuse prevention, intervention and education. SAFE Inc., and High Functioning Family recently visited the Finley Middle School PTA on March 25th to talk with parents about how to improve communication with their middle schooler.

This month's interactive workshop was led by Margarita Daskalakis and Juarline Stravrinos Co-Founders of High Functioning Family a parent and health coaching company. High Functioning Family's mission is to empower families to turn their challenges into successes. Daskalakis and Stravrinos discussed tips and strategies parents can use when dealing with a pre-teen that is acting up. Audience members were praised for their "desire to educate themselves on how to be the best parent, care takers and teacher they can be". PTA members were encouraged to praise their children more than they react to bad moments. Parents were challenged to keep track of how many times a day they either praise or reprimand a child throughout the day.

Parental influence continues to play a major role in a child's development and decision making skills. SAFE Inc. encourages parents and caregivers to open lines of communication with their children, "Children need to know that they can go to a parent and speak to them about their concerns" said Ashley Ferrufino SAFE Coalition Liaison. By strengthening communication skills

parents are able to build stronger and more consistent relationships with their children.

In 2014, SAFE and the Glen Cove School District administered the Bach Harrison Prevention Needs assessment survey to students in 6th, 8th, 10th and 12th grades to determine risk and protective factors for alcohol and substance abuse at school, in the community and at home. Results indicated that 44% of the 6th grade and 50% of the 8th grade are at risk for Poor

Family Management and Exposure to Adult Antisocial Behavior.

"Parent University is an important prevention education experience that makes parents aware of the messages they are sending their children" said Dr. Sharon Harris, SAFE Executive Director. Children will model communication styles that they experience at home in their other relationships. By strengthening parent child communication patterns middle school children are able to learn to ask for

help and share their concerns in a more supportive environment.

For more information about the SAFE Glen Cove Coalition, Parent University or other SAFE initiatives contact SAFE at: 516-676-2008 or visit the website at <http://www.safeglencove.org> or our Facebook page at <http://www.facebook.com/safeglencovecoalition>.

To learn more about High Functioning Family contact 516-229-1744 or visit <http://highfunctioningfamily.com>

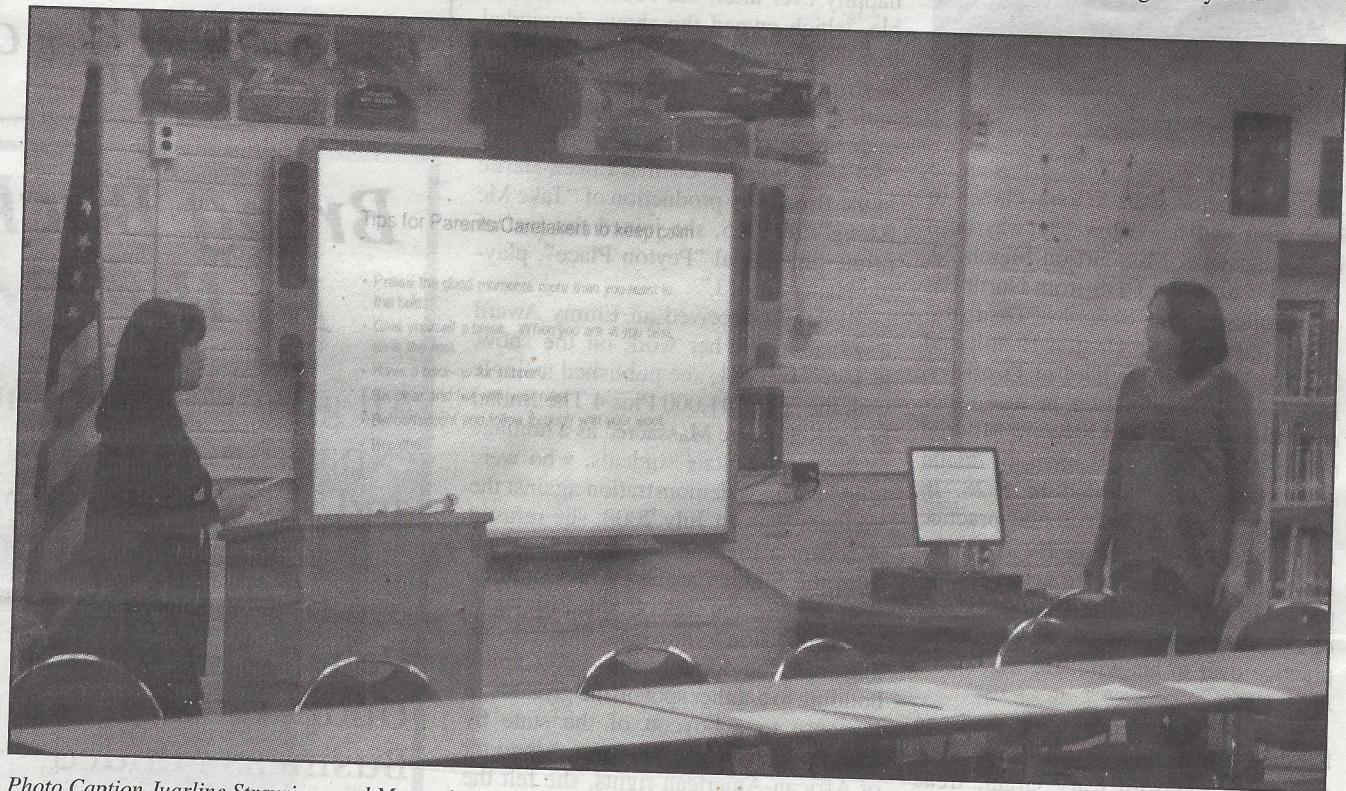


Photo Caption Juarline Stravrinos and Margarita Daskalaskis speak to parent about ways to improve communication with children.