Family & Consumer Sciences educators are dedicated to working with Oklahoma children, youth, and adults across the lifespan to help ensure

Why is this an issue in Oklahoma?

- More than 4800 (3.85%) of all females aged 15-19 in Oklahoma gave birth in 2014 (2nd highest rate in U.S.)
- 1/3 of Oklahoma families live in single-parent households.
- Oklahoma ranked 4th highest in 2015 for teens who have ever drunk alcohol (63.5%) and 1st for male teens drinking 10 or more drinks in a row (9.3%).
- Oklahoma incarcerates the most women per capita of any state, leaving many children without their mother.
- More than 14,000 children in Oklahoma in 2014 were confirmed victims of child abuse and/or neglect.
- Oklahoma ranked 3rd in 2015 in divorce rates.
- Approximately 25% of high school students do not complete school, with higher rates among minority youth.
- In 2015, the Alzheimer’s Association estimated Oklahoma had 220,000 Alzheimer’s and dementia caregivers.
- 66% of Oklahomans think they will become an unpaid family caregiver in the future with more than

Outcomes

- Increase life skills such as, critical thinking, problem solving, nurturing relationships, social skills, responsible citizenship, self-discipline, stress management in all age groups.
- Decrease substance abuse, teen pregnancy, child abuse and neglect, hostile parenting.
- Increase sense of empowerment, well-being, community involvement, and engagement.
- Improve access to high quality programming for families and aging communities.
- Increase understanding of local services which foster resilience and reduce risk.
- Create partnerships to promote better connections of individuals and families to healthcare and community services.
Resilience Programs Available

- Active Parenting—importance of positive parent-child relationships, discipline, communication, and understanding children’s behavior to help parents help children avoid risky behavior and be successful in school and relationships and to prevent child abuse and neglect. Programs include First Five Years (Birth to 5th Birthday); Ages 5-12; Active Parenting of Teens.

- Character Critters—a program for young children — modifiable for parents, teachers, and communities — that teaches children trustworthiness, respect, responsibility, fairness, caring, and citizenship.

- Co-Parenting for Resilience—works with parents who are legally separating to increase collaborative parenting and decrease the negative impact of divorce and separation on children.

- Juntos Se Puede (Together We Can) - helps to prevent school drop-out and other risky behaviors (substance abuse, teen pregnancy) by engaging parents in their child’s schooling, pairing youth with a success coach, and helping youths develop positive peer relationships.

- Caregiving Education— A comprehensive program to train Family Caregivers — those with the critical responsibility of caring for aging or frail loved ones. Topics include learning about navigating the service system for older adults and understanding laws, home safety, nutrition, exploitation and abuse, and pre-planning one’s own care. Focus is on practical information and solutions for each step. Resources are available for Health Care Professionals seeking training to improve efforts with care families.

- Public Deliberation — Public deliberation helps participants explore policy options, weigh other people’s views, consider the costs and consequences of various alternatives, and provide meaningful input into decisions on family and community issues.

- Family Impact Seminars — series of seminars, discussion sessions, and briefing reports providing state policymakers with nonpartisan, solution-oriented research on family issues such as after-school programs, children’s health insurance, early childhood care and education, juvenile crime, and welfare reform.

Contact your local Extension Educator to schedule a Resilience Program.

Partners

- Center for Family Resilience
- OK University for Parents
- Oklahoma Public Schools
- AARP Oklahoma
- Center for Rural Health
- Oklahoma Department of Human Services

Oklahoma State University, in compliance with Title VI and VII of the Civil Rights Act of 1964, Executive Order 11244 as amended, and Title IX of the Education Amendments of 1972 (Higher Education Act), the Americans with Disabilities Act of 1990, and other federal and state laws and regulations, does not discriminate on the basis of race, color, national origin, genetic information, sex, age, sexual orientation, gender identity, religion, disability, or status as a veteran, in any of its policies, practices or procedures. This provision includes, but is not limited to admissions, employment, financial aid, and educational services. The Director of Equal Opportunity, 408 Whitehurst, OSU, Stillwater, OK 74078-1035; Phone 405-744-5371; email: eeo@okstate.edu has been designated to handle inquiries regarding non-discrimination policies: Director of Equal Opportunity. Any person (student, faculty, or staff) who believes that discriminatory practices have been engaged in based on gender may discuss his or her concerns. Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Director of Oklahoma Cooperative Extension Service, Oklahoma State University, Stillwater, Oklahoma.