

During Fiscal Year 2011, ESCAPE Family Resource Center served more than 5,900 parents and children.

## ***How can you help?***

**You can volunteer.** Assistants are needed to help our educators deliver classes to adults and children.

**You can mentor.** Individuals are needed to provide one-on-one support to families in crisis.

**You can lend your talents.** Public speakers, graphic artists, and others are needed for several special projects.

**You can make a donation.** ESCAPE is supported entirely through donations from individuals, businesses, churches, foundations, and Exchange Clubs.

**You can recycle.** Collect old cell phones, digital cameras, pda devices and ipods. Recycle 4 Fundraising will make a donation to ESCAPE for each item collected.

For more information or to make a donation, please call us at 713.942.9500 ext. 14, or visit us online.

[www.LearnToParent.org](http://www.LearnToParent.org)



Founded in 1983 by Houston area chapters of the National Exchange Club, ESCAPE is a 501 (c) 3 nonprofit privately supported organization dedicated to preventing child abuse and neglect in the Greater Houston area.

ESCAPE provides families with the vital skills to help their children flourish emotionally and physically.

Classes are held in various locations and are conducted in English, Spanish and Chinese.

### **ESCAPE Family Resource Center**

1721 Pech Rd., Suite 300  
Houston, TX 77055  
Phone: 713-942-9500  
Fax: 713-942-0702

**[www.LearnToParent.org](http://www.LearnToParent.org)**



FOUNDED BY  
THE NATIONAL EXCHANGE CLUB

Learn  
ToParent.org



**BUILDING  
CONFIDENT  
TEENS**



**PARENTS: Do you wonder...**

*“What’s going on in my teen’s life?”*

*“Why won’t my teenager talk to me?”*

*“How can I help build my teen’s self-esteem and self-reliance?”*

*“Why can’t my teenager understand the consequences of his/her behavior?”*

**TEENS: Do you wonder...**

*“Why don’t my parents ‘get’ me?”*

*“How can I talk to my parents about my problems without them getting mad or worrying?”*

*“How do I handle peer pressure without being left out?”*

*“How do I get out of an abusive relationship?”*

**Building Confident Teens** is an innovative and exciting new program designed to help build the confidence of parents and offer a promise of more supportive and intuitive parents to teenagers.

This 14-hour course will provide parents and teens with knowledge of risk factors of unhealthy relationships and will also provide practical tools for **building a confident teen!**

Session	Parent Track	Teen/Tween Track
1	<b>TEEN BRAIN/COMMUNICATION</b> <ul style="list-style-type: none"><li>• Development</li><li>• Roles/Transition</li><li>• Self-Esteem/Protective Factors</li><li>• Negotiating</li><li>• Starting Over/Forgiving</li></ul>	<b>HEALTHY RELATIONSHIPS</b> <ul style="list-style-type: none"><li>• Development/Stages of Adolescence</li><li>• Friendships</li><li>• Dating &amp; Violence</li><li>• Parents</li></ul>
2	<b>YOUTH VIOLENCE/INJURY</b> <ul style="list-style-type: none"><li>• Injuries</li><li>• Dating &amp; Violence</li><li>• Mental Health/Suicide Prevention</li><li>• Driving Safety</li><li>• Work Related Issues</li></ul>	<b>YOUTH VIOLENCE/INJURY</b> <ul style="list-style-type: none"><li>• Injuries</li><li>• Suicide Prevention</li><li>• Driving Safety</li><li>• Work Related Issues</li></ul>
3	<b>ELECTRONIC AGGRESSION</b> <ul style="list-style-type: none"><li>• Sexting</li><li>• Cyber Bullying</li><li>• Safety Planning</li><li>• Prevention</li></ul>	<b>ELECTRONIC AGGRESSION</b> <ul style="list-style-type: none"><li>• Sexting</li><li>• Cyber Bullying</li><li>• Safety Planning</li><li>• Prevention</li></ul>
4	<b>POSITIVE/NEGATIVE GROUPS</b> <ul style="list-style-type: none"><li>• Sense of Belonging/Family Issues</li><li>• Identification</li><li>• Prevention</li><li>• Intervention</li></ul>	<b>POSITIVE/NEGATIVE GROUPS</b> <ul style="list-style-type: none"><li>• Identification</li><li>• Prevention</li><li>• Dealing with Peer Pressure</li><li>• Safety Planning</li></ul>
5	<b>PREVENTING DELINQUENCY</b> <ul style="list-style-type: none"><li>• Supervision</li><li>• Parent Responsibility</li><li>• Criminal Justice Laws</li><li>• Prevention</li></ul>	<b>CRIMINAL JUSTICE / LAWS</b> <ul style="list-style-type: none"><li>• Theft</li><li>• Crimes</li><li>• Curfew, Truancy, Running Away</li><li>• JJD</li></ul>
6	<b>DRUGS, ALCOHOL, TOBACCO</b> <ul style="list-style-type: none"><li>• Knowledge</li><li>• Prevention</li><li>• Intervention</li></ul>	<b>DRUGS, ALCOHOL, TOBACCO</b> <ul style="list-style-type: none"><li>• Effects</li><li>• Consequences</li><li>• Prevention</li></ul>
7	<b>OVERALL HEALTH</b> <ul style="list-style-type: none"><li>• Nutrition/Eating Disorders</li><li>• Exercise</li><li>• Sleep</li><li>• Supporting Teen to Positive Goals</li></ul>	<b>OVERALL HEALTH</b> <ul style="list-style-type: none"><li>• Nutrition</li><li>• Exercise</li><li>• Sleep</li><li>• Future Planning/Goal Setting</li></ul>