

Parents of the Class of 2024: Do you remember what it was like to be in middle school? It's always been hard, but it seems like these days there's even more going on.

And unfortunately, your adolescent doesn't come with an instruction manual.

As part of the Partnerships for Student Success project, you now have access to a free resource that we think you should check out – Empowering Families to Grow Together (EFGT)!

EFGT covers how to:

- Talk to your preteen without arguing
- Set and share expectations with your preteen & ways to handle it when they don't meet them
- Help your preteen make good decisions that will keep them safe & out of trouble
- Guide your preteen toward becoming the best version of themselves

Parenting is hard and we could all use a little support. For more resources, go to <https://triple-s.ppsi.iastate.edu/signup> to register!

[Empowering Families to Grow Together \(EFGT\) Flyer](#)