

**What elementary teachers, counselors, and nurses are saying  
about  
*Parents Under Construction***

I feel this was a very good program that covers all aspects, not just parenting. It taught students to be respectful towards each other, as well as the adults in their lives. I also enjoyed the curriculum.

*1st grade Teacher.*

Very well organized materials. Lessons are ready for implementation.

*Kindergarten Teacher*

The students benefit from these teachings at an early age and are very interested in the subject. All of the subjects covered are positive ways to provide a healthy, happy environment for children.

*3rd grade Teacher*

I was really pleased with the way this program helped my male students understand that they can also be sweet and patient and understanding with their future babies (and actually little brothers and sisters). I saw a lot of change in some of my boys from when we started the program up to now. I hope they remember all this instruction in their future. Thanks!

*2nd grade Teacher*

This is a must program and all children should take it.

*5th grade Teacher*

I enjoyed the program and it was a learning process for myself as well as for my children. Thank you.

*2nd grade Teacher*

Role-playing techniques for the children to participate were excellent. The questions were thought provoking for the children. The program is a wonderful, positive effort to reach the children at an age when a real difference can be made.

*Kindergarten Teacher*

I wish I had this training before I raised my own children. I think all parents need training to raise children. The positive discipline techniques, and also the high level questions that I asked the students made them think.

*2nd grade bilingual Teacher*

I was very impressed with the objective about relating the differences between punishment and discipline. The strengths were participation in role playing and discussion from the class activities after viewing the vignettes and the examples that were given.

*4th grade Teacher*

It had a great impact on my attitudes towards my students, even towards my daughter! The situations were clear and appropriate to each example. The participation in the classroom was magnificent. Their response was great. They were waiting for this program to be presented every week.

*3rd grade Teacher*

It is an excellent program that helps to improve parents and children's relationships.

*2nd grade Teacher*

By exposing and learning how to cope with problems in rearing children, the next generation should be better parents.

*2nd grade Teacher*

Well organized, user friendly

*4th grade Teacher*

I believe that prevention rather than reaction is a more effective way to approach any potential abuse or discipline problem

*1st grade Teacher*

I can't wait to show the teachers, parents, and students at my school!

*Elementary school counselor*

My monthly parenting sessions are a major part of my work – but I now see the significance of starting at young ages! It's really about family training.

*Elementary school counselor*

**What secondary teachers, counselors, and nurses are saying  
about  
*Parents Under Construction***

The students enjoyed the program and were concerned that they needed more training, information, and guidance to have a positive effect on the outcome of their children's life.

*Middle School Counselor*

I agreed with the attitudes expressed from the beginning. It was the interesting format that made it easy to get the ideas across to the students.

*High School Home Economics Teacher*

I found this program absorbing and easy to administer and adjust as needed. I look forward to the next time I teach it.

*Middle School Teacher*

Validated my knowledge and enhanced my positive thoughts and actions toward child rearing. The audio visuals were a strength of the curriculum.

*High School Teacher*

I feel that the strengths of this program were: 1. raising the awareness level of the parenting process 2. identifying myths of parenting.

*Middle School Counselor*

One of the strengths of the curriculum is the opportunity for students to do role plays of possible 'real life' situations.

*Middle School Science Teacher*

## **What community leaders are saying about *Parents Under Construction***

We are keenly aware that the level of (parental) involvement requires that the next generation of parents are prepared with the information and skills needed to raise mentally healthy children. The Primary Prevention Program has the potential to make an enormous difference in the educational ability of future students.

I strongly encourage other school districts and community-based organizations to implement this program. The benefits are both immediate and long-lasting on many levels.

*Dr. Rod Paige, United States Secretary of Education  
former Houston Independent School District (HISD) Superintendent  
of Schools*

We have been very impressed with the response from HISD teachers and principals. It is testimony to the need for classroom primary prevention strategies when so many teachers volunteer their own time to receive the training and materials . . . Thank you for involving HISD in this innovative and worthwhile program.

*Dr. Harriet Arvey, Assistant Superintendent  
Houston Independent School District (HISD)*

I was very impressed with what I saw. The excellence of your presentation was evidenced by the enthusiastic involvement of virtually every member of the class. The material seemed just right for the age group...I picked up some ideas for some "preventative discipline" with my own children.

*Dr. Ralph Culler  
Hogg Foundation for Mental Health*

To teach young children the skills that they will need as parents will insure more generations of healthy, happy children...prevention will lessen the costs to society in terms of crime and overuse of the public health system.

*The Honorable Sue Schechter  
former Texas State Representative*

I only intended to browse the material....I found that I read much more than I intended. I think the material is very good. Stories and activities such as "Trish" are particularly imaginative ways to get students involved and accelerate the learning process. You've shown a lot of creativity and imagination, and have a manuscript you can be proud of.

*Dr. Michael Popkin, President  
Active Parenting*

I read through your program, and I love it. The idea of teaching kids about parenting is so important. I'm really impressed with the thoroughness of your research.

*Dr. Myrna Shure  
Author, "Raising a Thinking Child"*

While educating children about the relationship between positive parenting and establishing good mental health in children, "Primary Prevention" also addresses another very important issue in our society today--child abuse. Knowledge of parenting skills, stress management techniques and child development concepts will help children begin to break cycles of abuse that may be existent in their lives. We know that many of the factors that cause child abuse are poor parenting role models, the lack of understanding a child's development, the inability to cope with stresses and the lack of self-esteem.

*Rogene Gee Calvert, former Executive Director  
Child Abuse Prevention Network*

As a father and child psychologist, I see this program as having a positive impact on the mental health of children today and on their parenting skills as adults. More specifically, this program provides children with the opportunity to improve their own self-esteem by learning how to approach problems, and when and how to get help. This program will positively affect generations to come.

*Dr. Morton Katz  
Clinical Psychologist*

## **What students are saying about *Parents Under Construction***

### **High School Students:**

I wish that I could have learned more, because I found the class very interesting.

Some of the stuff really works. I liked it very much.

It taught me better ways (and other options) to discipline my child other than yelling, hitting, or spanking.

Keep on doing this program - it will help us...the future parent.

The information was interesting and also very helpful. I enjoyed learning all the parenting techniques.

Keep doing this. It will make a difference in the future...our future.

This information is really helpful. I'm already a mother of a 3 month old daughter and I now have ideas of how to raise her.

I feel this program should be taught to anyone who is going to have a child and adults who already have children that way they can know that children have feelings and they'll know that whatever you say and/or do to your child will affect your child for the rest of his or her life.

Yes, I'll be more cautious about what I say.

Have more material dealing with parent and teenager problems; many times teenagers don't feel that parent is fair. Need to look at what the parent might think.

I like best about it that you can learn other ways to discipline a child.

I used the information that I've learned now on my nieces.

I wish that I could have learned more, because I found the class very interesting. Some of the stuff really works.

This program is very good for us because we learn how to be parents. And we can tell our parents about it.

I really think that it is positive, all the things that I learned and I think I'm going to be a good mother.

The thing that I really liked and really learned is that spanking children is not good for them.

I learned a lot from this program even though I didn't like it much.

It will be very helpful on making decisions on how to discipline my children.

It helped me to know what to do to get children to do what you want them to in a nice way.

Fun, enjoyment for everybody. An experience everybody should have. I think it should go on forever.

### **Middle School Students:**

Now I know there are certain ways you can handle children without spanking them.

It was fun to experience something you really didn't know anything about. I think I learned a lot how to be a better parent.

This program helped me to learn a lot about positive discipline.

What I learned here will help me later on in life.

I liked the open discussions and I was not afraid to tell what I thought.

It taught me different discipline styles from the ones I grew up with.

Learning the difference between discipline and punishment and acting out those role plays, acting as the child and the parent.

I like because it showed what people did to their children. I'll think twice before hitting my child. I'll think of other alternatives.

It will help me a lot because I will always remember this if I ever become a parent.

I like the activity sheets best. These give you the chance to apply your thoughts in certain situations.

Well, I liked everything especially the part where it talked about how to discipline your child the right way.

It was fun. I learned how to communicate better.

I really enjoyed it because we talked about realistic problems and tried to solve them.

I enjoyed answering the questions they ask you - questions that really happen in the real world.

The program was very responsive to everything that troubled my mind.

I liked to answer the questions about children because I think they should all be safe.

Talking about autocratic, permissive, and diplomatic (democratic) parents.

I like everything because all of us have to be sometimes near a child and is important to feel comfort and sure about what you are doing. Parents have to be good parents to have a good child.

### **Elementary School Students:**

The part that I like best was the learning part because now I know that I'm going to be a better parent when I grow up.

Being patient and state what you want clearly so then you won't have to hit them.

Do not abuse a child. Learn how to be a better parent.

**PARENTS UNDER CONSTRUCTION:  
BUILDING HEALTHY RELATIONSHIPS TODAY AND STRONG  
FAMILIES TOMORROW**

**SUMMARY OF RESEARCH FINDINGS**

*Parents Under has been extensively evaluated in fifteen separate, independently conducted research studies and found effective in 1) teaching children parenting skills, and 2) positively impacting children's attitudes regarding the use of mentally healthy discipline techniques. The most recent studies indicate: 1) knowledge gains remain at one-year follow-up; 2) some students report greater empathic capacity after participating in the program; 3) teachers implementing the program note improved student behavior; and 4) parents participating in parent/child program activities overwhelmingly approve of the Parents Under Construction Program.*