

**Littlestown PROSPER**  
**Strengthening Families Program**  
**January – May 2003**  
**Youth Survey Responses**

1. The most valuable things I learned were not to try drugs and alcohol during this program.
2. how to deal with stress
3. There will be consequences if I choose wrong.
4. learned how do things to do when something is bad and I know how to handle them
5. to be a good friend, not to do drugs, how to get out of peer pressure
6. The most valuable thing I learned is how to become better, closer family.
7. I have learned a lot and I can't pinpoint the most important one because they are all very valuable.
8. I learned for nothing to stop you, or can stop you from reaching your goals and dreams. Never give up. To be more understanding why my parents are mad, and they were 11 at one point also.
9. This program is not THAT bad.
10. I've learned to appreciate what my parents do for me and I have a little VERY LITTLE bit more respect for their beliefs.
11. to work as a family
12. how to deal with stress and peer pressure
13. do the things I'm supposed to do, think about the future
14. How to say NO to something wrong
15. The most valuable thing I learned during this program is that if your day at school went terrible you need to sit down with my parents and talk to them about it.
16. How to talk to parents.
17. The most valuable thing I learned during this program was to respect what my parents do for me.
18. Say NO to drugs and keep friends.
19. About learning to deal with peer pressure and following the rules.
20. How to recognize qualities in a true friend, and how to respect what my parents do for me better.
21. The most valuable thing that I learned in this program is how to deal with stress.
22. how to deal with peer pressure
23. I learned how to cope with stress and how to keep a strong relationship with my family.
24. How to deal with stress and how to tell when it is and what caused it.