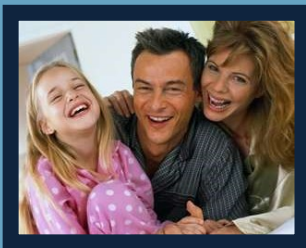


ACT is for Parents

- The ACT Program is designed to improve positive parenting such as how to handle difficult moments and positive discipline.
- ACT focuses on strengthening positive parenting skills and empowering parents and caregivers to be the best parent they want to be.
- ACT is not judgmental and does not blame parents for children's behaviors. ACT teaches parents and caregivers tools for effective parenting.
- ACT is a evidence-based program for parents and caregivers of young children from diverse cultural and ethnic backgrounds.



Special thanks to:



For more information on how to be trained and certified as an ACT Facilitator, how to apply to upcoming training programs, or how to locate an ACT group in your community, please contact us. We are here to help.

www.ACT.pvff.org

ACT Great Lakes Regional Center
Serving Michigan, Ohio, Pennsylvania,
and Kentucky



Donna Dickman, OCPS I
Director, Great Lakes Regional Center
Executive Director
Partnership for Violence Free Families
419-549-8530
ddickman@pvff.org

American Psychological Association
www.ACTAgainstViolence.apa.org

We **act**
TOGETHER
To Build
Safe & Strong
Families



ACT RAISING SAFE KIDS PROGRAM





What is ACT?

The ACT Raising Safe Kids Program is an evidence-based parenting program developed and directed by the American Psychological Association (APA).

ACT is a 9-session parenting program designed to help parents and caregivers of children 0-8 years of age develop effective, non-violent discipline skills, prevent child maltreatment, and prevent and reduce children's aggression and behavior problems.

Benefits of ACT for Professionals

1. Professionals trained in ACT can work towards the goal of becoming Certified ACT Facilitators by following guidelines set by the American Psychological Association.
2. ACT certified professionals have access to technical assistance from the ACT Regional Center to help with program implementation and evaluation.
3. ACT is cost effective and easy to Implement.
4. ACT is an approved program through the Ohio Children's Trust Fund
5. ACT professionals benefit from seminars organized by the APA and the Regional Centers.
6. ACT is implemented across the U.S. as well as in Greece, Columbia, Peru, Cyprus, and several other nations.
7. ACT can be implemented in a variety of settings, including but not limited to: schools, Head Start centers, mental health clinics, community health centers, social service centers, play groups, courts, public libraries, faith-based organizations, and more.
8. ACT has high quality materials that are easy to read and understand in both English and Spanish.

Benefits for Parents and Children

Research on the ACT program, including two randomized controlled trials and several other studies, has demonstrated that parents who complete the program have

- **improved effective methods of parenting**
- **reduced harsh parenting.**

In addition, research shows that after parents or caregivers completion of the program, there are benefits for children of those parents or caregivers:

- **decreased children's aggressive behavior**
- **decreased conduct problems**
- **decreased bullying**

