

# STRENGTHENING *families* PROGRAM

For Parents and Youth 10-14

## Contents

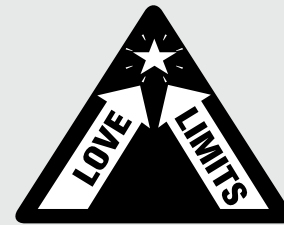
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## Materials Needed

- **Parent/Caregiver Attendance List**
- Name tags
- Television and VCR, Parent Session 1 Video
- Flip chart and marker
- Large marker (1 per parent/caregiver)
- 3" x 5" sticky notes (5 per parent/caregiver)
- Outline or stick figure of youth, drawn on flip chart paper
- **Things I Do Well As a Parent/Caregiver** worksheet
- **Love and Limits** magnets (1 per parent/caregiver)
- **Parent Creed** magnet cards (1 per parent/caregiver on card stock)
- Poster of **Parent Creed** made by leader (see sample)
- **Questions for Treasure Map** cards
- **Photo Release** form

## Session 1 - Parent

## LOVE AND LIMITS



### Goals:

#### Parents will

identify stresses and  
problems in youth

•

think about the qualities  
they want in their youth

•

learn the value of parental  
love and limits in helping  
their youth develop these  
qualities

•

learn to support youth's  
goals and dreams



# STRENGTHENING *families* PROGRAM

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- **Get-Acquainted Icebreaker** ..... 2
- **Program Overview** ..... 3
- **Compliments and Group Ground Rules** ..... 4
- **Goals and Steps Toward Goals** ..... 5
- **Making and Sharing Treasure Maps** ..... 6
- **Preparation for the Family Session** ..... 7
- **Wrap Up** ..... 7

## Materials Needed

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- Name tags
  - **Youth Attendance List**
  - Blanket
  - Flip chart
  - Markers (1 box for every 2 youth)
  - Small pieces of paper (1 per youth) and container
  - Example of Treasure Map(s) made by leader
  - Tape for putting up posters
  - Poster of **Treasure Map Topics** made by leader (see sample)
  - Poster board cut into 18" x 24" pieces (1 piece per youth)
  - Glue or glue sticks (1 for every 2 youth)
  - Scissors (1 for every 2 youth)
  - Pre-cut magazine and newspaper pictures
  - Shallow lids from boxes to hold pre-cut pictures (4)
  - **When You Were My Age** cards (1 per youth)
  - Poster of **Youth Creed** made by leader (see sample)
- 

Session 1 - Youth

## HAVING GOALS AND DREAMS



**REACHING OUR GOALS**

**Goals:**

To help youth

get acquainted

•

make ground rules  
and consequences

•

think about and  
visualize dreams and  
goals for the future



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- **Group Games** ..... 2
- **Parents/Caregivers View and Discuss Youth's Treasure Map** ..... 3
- **Steps to Reach Goals** ..... 4
- **How Well Do We Know Each Other?** ..... 4
- **Closing Circle** ..... 7

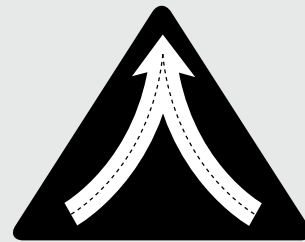
## Materials Needed

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- **When You Were My Age** cards (see Youth Session 1 for master)
- **Questions for Treasure Map** cards (see Parent Session 1 for master)
- Tape for putting up posters and flip chart pages
- Five empty pop bottles
- Game instruction cards for **Spin the Bottle** and **Knot Game** (one for each group)
- Goals flip chart page (from Youth Session 1)
- 20 sheets of blank paper (8½" x 11")
- Flip charts (2) and markers
- Scrap paper
- Poster of **Closing Circle Phrase** made by leader (see sample)
- Poster of **Youth Creed** made by leader (see Youth Session 1 for sample)
- Poster of **Parent Creed** made by leader (see Parent Session 1 for sample)
- Poster of **Family Creed** made by leader (see sample)

## Session 1 - Family

## SUPPORTING GOALS AND DREAMS



### Goals:

To help families

build positive  
relationships

•  
support youth's goals  
and dreams

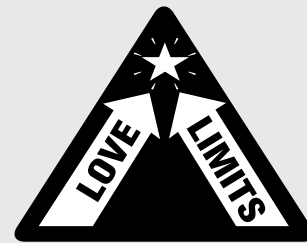


# STRENGTHENING *families* PROGRAM

For Parents and Youth 10-14

Session 2 - Parent

## MAKING HOUSE RULES



Goals:

To help parents

understand changes in youth

• understand the need for rules

• learn to remind youth about rules without criticizing

## Materials Needed

- **Parent/Caregiver Attendance List** (from Parent Session 1)
- Name tags
- Television and VCR, Parent Session 2 Video
- Flip chart
- Markers (1 per parent/caregiver)
- 3" x 5" sticky notes (5-6 per parent/caregiver)
- **Rules and Responsibilities for My Youth** worksheet (1 per parent/caregiver)
- **"I" Statements** magnet card (1 per parent/caregiver on card stock)
- Poster of **Making an "I" Statement Situations** made by leader (see sample)
- **Practicing Using "I" Statements** worksheet
- Poster of **Family Tree** made by leader (see Family Session 2 for sample)
- Poster of **Different Family Trees** made by leader (see Family Session 2 for sample)

## Contents

• <b>Home Practice Review</b> .....	2
• <b>What Youth This Age Are Like</b> .....	3
- What Youth This Age Are Like	
- What Youth This Age Are Like (Activity)	
• <b>Need for House Rules</b> .....	5
- Need for House Rules	
• <b>Deciding on Rules and Responsibilities</b> .....	6
- Home for Supper Rule	
- Homework Rule	
- Rules and Responsibilities for My Youth (Activity)	
• <b>Using "I" Statements: "I Feel..."</b> .....	9
- I Feel...Homework, Dishes, Lying	
- "I Feel..." (Activity)	
• <b>Using "I" Statements: "When..."</b> .....	11
- When...Homework, Dishes, Lying	
- "I Feel...When..." (Activity)	
• <b>Using "I" Statements: "Because..."</b> .....	12
- Because...Homework, Dishes, Lying	
- "I Feel...When...Because..." (Activity)	
• <b>Using "I" Statements: "I Want You To..."</b> .....	14
- I Want You To...Homework, Dishes, Lying	
- "I Feel...When...Because...I Want You To..." (Activity)	
- Practice "I" Statements (Activity)	
• <b>Home Practice</b> .....	17
• <b>Preparation for Family Session— Making a Family Tree</b> .....	17
• <b>Wrap Up</b> .....	18



# STRENGTHENING families PROGRAM

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## Contents

• <b>Mystery Compliments Icebreaker</b> . . . . .	2
• <b>Round of Compliments</b> . . . . .	3
• <b>What's Good and What's Hard About Being a Youth or a Parent?</b> . . . . .	3
• <b>Active Game — Body Talk</b> . . . . .	6
• <b>Why Parents/Caregivers Are Stressed</b> . . . . .	7
• <b>Gifts</b> . . . . .	8
• <b>Home Practice</b> . . . . .	11
• <b>Preparation for the Family Session</b> . . . . .	11
• <b>Wrap Up</b> . . . . .	11

## Materials Needed

- Name tags
- **Youth Attendance List** (from Youth Session 1)
- List of **Ground Rules** (from Youth Session 1)
- 4" x 6" cards (1 per youth and leaders)
- Masking tape
- Flip charts (2) and markers
- Pencils (1 per person)
- Props for "parent" and "youth" teams (1 per person)  
Parent objects: e.g., adults' sweater, work shirt, apron, kitchen utensils, shoes, car keys, appointment book, uniform jacket (Choose these to represent both male and female objects that would be familiar to the youth in your group.)  
Youth objects: e.g., comic book, pop can, something with a sports logo, telephone, walkman (without batteries), CD, kids-size jeans. (Avoid bringing balls, skate boards or items that they would want to play with.)
- **It's Hard to Be a Kid** cards (5 per team)
- **It's Hard to Be a Parent/Caregiver** cards (5 per team)
- Bag of small candies such as M&M's (optional)
- **Concerns of Parent/Caregiver** cards (1 set)
- **Things Your Parent/Caregiver Says or Does** cards (1 set)
- Poster of **Gifts** made by leader (see sample)
- **Gifts** worksheet (1 per youth)
- Poster of **Family Strengths Tree** made by leader (see Family Session 2 for sample)
- Poster of **Youth Creed** made by leader (see Youth Session 1 for sample)

Session 2 - Youth

## APPRECIATING PARENTS



**REACHING OUR GOALS**

Goals:

Youth will

acknowledge their own  
(and their parents')  
frustrations and difficulties

•  
understand that parent  
stress may cause them to  
do or say certain things

•  
appreciate the things that  
their parents do



# STRENGTHENING *families* PROGRAM

For Parents and Youth 10-14

## Contents

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- “Jolly Ranchers” Icebreaker . . . . . 2
- Making a Family Tree . . . . . 3
- Closing Circle . . . . . 4

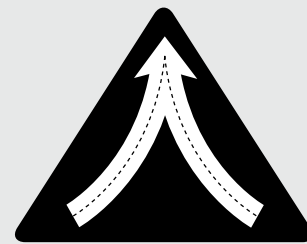
## Materials Needed

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- Poster of “Jolly Ranchers” made by leader (see sample)
- “Jolly Ranchers” candy (or other wrapped, colored candy)
- Hat or box
- Flip chart and markers
- **Family Strengths** worksheet (one per family)
- Poster of **Different Family Trees** made by leader (see sample)
- Completed **Family Tree** made by leader (see sample)
- **Family Strengths** worksheet (1 per family)
- **Strengths of the Whole Family** worksheet (1 per family)
- **Strength Rectangles** (copied onto tan paper, one per family)
- **Strength Leaves** (copied onto green paper, one per family)
- 18” x 24” tag board (one per family)
- Markers (1 box of different colors per family)
- Glue or glue sticks (one per family)
- Scissors (one per family)
- Poster of **Closing Circle Phrase** made by leader (see sample)
- Poster of **Youth Creed** (see Youth Session 1 for sample)
- Poster of **Parent Creed** (see Parent Session 1 for sample)
- Poster of **Family Creed** (see Family Session 1 for sample)

Session 2 - Family

## APPRECIATING FAMILY MEMBERS



### Goals:

To help families

identify strengths

•

express appreciation



# STRENGTHENING *families* PROGRAM

For Parents and Youth 10-14

## Contents

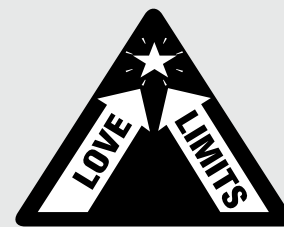
• <b>Home Practice Discussion</b> .....	2
• <b>Responding to Positive Messages</b> .....	3
- Compliment, Lawn, Bedroom, Dishes, Youth Cooperating	
- Discussion of Compliments (Activity)	
- Being Taken for Granted (Activity)	
- Nobody Noticed	
• <b>The Value of Reinforcement</b> .....	6
- Turning Negatives to Positives (Activity)	
- When It's Hard to Give Compliments	
- Giving Compliments (Activity)	
• <b>Using A Point Chart to Encourage Good Behavior</b> .	9
- Dads Talk about Earning Points	
- Using a Point Chart (Activity)	
- Privileges and Rewards (Activity)	
- Mom Talks about Points, Getting Ready for School	
- Keeping Them "Hungry"	
• <b>Building a Positive Relationship</b> .....	14
- Getting Along Better (Dads)	
- Starting Out on the Right Foot	
- Let's Spend Some Time Together	
- Building a Positive Relationship (Activity)	
• <b>Home Practice</b> .....	16
• <b>Preparation for the Family Session</b> .....	17
• <b>Wrap Up</b> .....	17

## Materials Needed

- Name tags
- **Parent/Caregiver Attendance List** (from Parent Session 1)
- Television and VCR, Parent Session 3 Video
- Flip chart, markers, and scrap paper
- 3" x 5" cards (1 per parent)
- Poster of **Earning Points for Rewards** made by leader (see sample)
- **Earning Points for Rewards** cards (2 copies per parent/caregiver, 1 to use in class and 1 to use at home)
- **Ways to Show Love** magnet card (1 per parent/caregiver on card stock)

## Session 3 - Parent

# ENCOURAGING GOOD BEHAVIOR



### Goals:

Parents will

notice good behavior and  
give compliments

•

use rewards to teach  
new behavior

•

use a point system to teach  
good behavior

•

build a positive  
relationship



# STRENGTHENING *families* PROGRAM

For Parents and Youth 10-14

## Contents

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- **Follow the Leader Icebreaker** ..... 2
- **Round of Compliments and Home Practice Review** 3
- **Understanding Stress** ..... 3
  - Introduction to Stress
  - Situations That May Cause Stress (Activity)
  - How Do You Know When You're Feeling Stressed (Activity)
  - Active Game — What Do We Have in Common?
  - Finding Healthy Ways to Handle Stress (Activity)
  - Finding Coping Techniques that Work For Me (Activity)
- **Home Practice** ..... 9
- **Preparation for the Family Session** ..... 10
- **Wrap Up** ..... 10

## Materials Needed

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- Name tags
- **Youth Attendance List** (from Youth Session 1)
- List of **Ground Rules** (from Youth Session 1)
- Six 8½" x 11" sheets of colored construction paper
- Tape
- Flip chart and marker
- 3" x 5" sticky notes (3-5 per small group)
- Scrap paper
- Markers (1 per youth)
- Empty pop bottle
- **Coping Techniques That Work for Me** worksheet (1 per youth)
- Poster of **Youth Creed** (see Youth Session 1 for sample)

Session 3 - Youth

## DEALING WITH STRESS



**REACHING OUR GOALS**

**Goals:**

To help youth

identify situations  
that may cause stress

•

identify stress symptoms

•

learn healthy ways  
of coping



# STRENGTHENING *families* PROGRAM

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## Contents

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- **Active Game — Balloons in the Air Game** . . . . . 2
- **Introduction to Family Meetings** . . . . . 2
- **Family Meetings** . . . . . 3
- **Family Card Game** . . . . . 11
- **Closing Circle** . . . . . 12

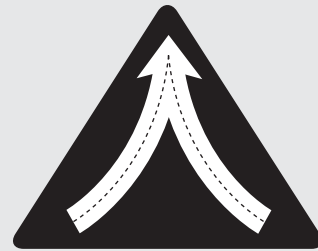
## Materials Needed

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- Television and VCR
- **Family Meeting Ground Rules** card
- **Fun Things to Do As a Family** worksheet (1 per family)
- 12 large round balloons (blown-up)
- **Point Chart** (from Parent Session 1)
- Poster of **Closing Circle Phrase** made by leader (see sample)
- Poster of **Youth Creed** (see Youth Session 1 for sample)
- Poster of **Parent Creed** (see Parent Session 1 for sample)
- Poster of **Family Creed** (see Family Session 1 for sample)
- **Concentration** and **Go Fish** card game instructions
- Decks of cards (1 deck per family)

Session 3 - Family

## USING FAMILY MEETINGS



Goals:

Families will

understand the value of  
family meetings

•

learn how to conduct a  
family meeting

•

work on privileges and re-  
wards for Point Charts

•

plan fun family activities



# STRENGTHENING *families* PROGRAM

For Parents and Youth 10-14

## Contents

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- **Home Practice Review** . . . . . 2
- **Giving Small Consequences and Staying Calm** . . . 3
  - Anger at the End of the Day
  - Giving Small Chores
  - Listing Small Chores (Activity)
  - Listing Small Privileges to Remove (Activity)
  - Using Small Chores and Removing Privileges, Laundry
  - Chores Like Sports Penalties
  - Giving Warning Quickly, Bike
  - Removing Privileges, TV
  - Removing Privileges, Late
  - Using Small Chores and Removing Privileges (Activity)
  - Chore with Anger, Garbage
  - Chore with Anger, Clean TV Room
  - Staying Calm (Activity)
- **Big Penalties for Big Problems** . . . . . 12
  - Describing the Chore Rule
  - Big Problem, Staying Calm
  - Big Penalties for Big Problems (Activity)
- **Home Practice** . . . . . 15
- **Preparation for the Family Session** . . . . . 16
- **Wrap Up** . . . . . 16

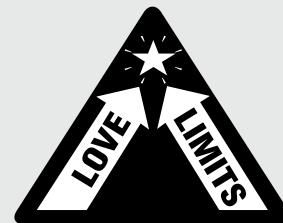
## Materials Needed

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- Name tags
  - **Parent/Caregiver Attendance List** (from Parent Session 1)
  - Television and VCR, Parent Session 4 Video
  - Flip chart
  - Markers
  - **Small Penalties for Small Misbehaviors** worksheet
  - **Big Penalties for Big Problems** worksheet
  - **Remember ...** magnet card (1 per parent/caregiver on card stock)
- 

## Session 4 - Parent

## USING CONSEQUENCES



### Goals:

Parents will understand why it's important to stay calm and respectful

•  
learn to use small penalties for small problems

•  
learn to save large consequences for major problems



# STRENGTHENING *families* PROGRAM

For Parents and Youth 10-14

## Contents

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- **Round of Compliments** ..... 2
- **Homework Review** ..... 2
- **Traffic Jam Ice Breaker** ..... 3
- **Activities**
  - Driving Game ..... 4
  - Game Processing ..... 5
  - Active Game—Blind Man's Shapes ..... 6
  - Adult Rules and Responsibilities ..... 7
- **Home Practice** ..... 7
- **Preparation for the Family Session** ..... 8
- **Wrap Up** ..... 8

## Materials Needed

---

- Name tags
- **Youth Attendance List** (from Youth Session 1)
- List of **Ground Rules** (from Youth Session 1)
- **Traffic Jam** cards (1 card per person)
- **Location** cards
- **Driving Game** cards (double-sided copies)
- **Driving Game** prize (optional)
- Dice
- Flip chart
- Markers
- 25' of rope, clothesline or heavy string
- Blindfolds (one per person)
- **Adult Rules and Responsibilities** cards
- Poster of **Family Meeting Ground Rules** (from Family Session 3)
- Example of **Family Shield** made by leader (see Parent Session 4 for sample)
- Poster of **Youth Creed** (see Youth Session 1 for sample)

Session 4 - Youth

## FOLLOWING RULES



**REACHING OUR GOALS**

**Goals :**

**Youth will learn**

**that everyone has rules and  
responsibilities,  
adults as well as young  
people**

•  
**that things go  
better for them when  
they follow the rules**



# STRENGTHENING *families* PROGRAM

For Parents and Youth 10-14

## Contents

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- **Understanding What Family Values Are** . . . . . 2
  - Values Charade (Activity)
  - Matching Values to Action (Activity)
  - Making a Family Shield
- **Closing Circle** . . . . . 5

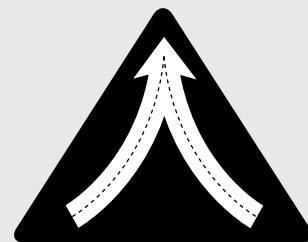
## Materials Needed

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- Poster of **Family Values** made by leader (see sample)
- **Family Value** cards (1 of set per youth)
- **Family Value Scenario** cards (1 of set per parent)
- Poster of **Family Shield** made by leader (see sample)
- **Making Our Family Shield** instructions card
- 18" x 24" tagboard (one per family)
- Markers
- Magazine clippings pre-cut by leader
- Glue or glue stick
- 18" x 24" sheet of paper to create family shield pattern
- Poster of **Closing Circle Phrase** made by group leader (see sample)
- Poster of **Youth Creed** (see Youth Session 1 for sample)
- Poster of **Parent Creed** (see Parent Session 1 for sample)
- Poster of **Family Creed** (see Family Session 1 for sample)

Session 4 - Family

## UNDERSTANDING FAMILY VALUES



### Goals:

To help families

see the connection  
between family values and  
their activities and  
decisions

•  
identify their own  
family values



# STRENGTHENING *families* PROGRAM

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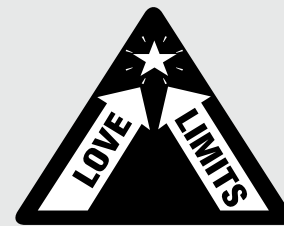
## Contents

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- **Home Practice Review** ..... 2
- **Learning to Listen to Problems** ..... 3
  - Problems at Work, Poor Listening
  - Problems at Work, Poor Listening (Activity)
  - The Visit, Poor Listening
  - The Visit, Poor Listening (Activity)
  - Shoplifting, Poor Listening
  - Talking About Sex, Advise Giving
  - Shoplifting, Talking About Sex, Poor Listening (Activity)
  - Shoplifting, Good Listening
  - Talking About Sex, Good Listening
  - Shoplifting, Talking About Sex, Good Listening (Activity)
- **Listening for Feelings** ..... 9
  - Youth Angry, Dad Listens
  - Youth Disappointed, Mom Listens
  - Listening for Feelings (Activity)
- **How Were Things When You Were a Kid?** ..... 13
  - What My Folks Did When I Was a Teen
  - How Did Your Parents/Caregivers Treat You? (Activity)
- **Meeting Basic Needs** ..... 15
  - Youth Meeting Needs in Negative Ways (Activity)
  - Meeting Needs in Positive Ways
  - Car, Meeting Needs
  - Bored, Meeting Needs
  - Video, Meeting Needs
  - Dessert, Meeting Needs
  - Discussion of Meeting Needs in Positive Ways (Activity)
  - Forcing Communication I and II
  - Talking to Kids (Activity)
- **Home Practice** ..... 23
- **Preparation for the Family Session** ..... 23
- **Wrap Up** ..... 23

## Session 5 - Parent

# BUILDING BRIDGES



### Goals:

Parents will

- understand the value of  
good listening
- 
- learn to listen for feelings
- 
- understand the basis for  
misbehavior

## Materials Needed

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- Name tags
- **Parent/Caregiver Attendance List** (from Parent Session 1)
- Television and VCR, Parent Session 5 Video
- Flip chart
- Marker
- **All People Need** magnet card (1 per parent/caregiver on card stock)



# STRENGTHENING *families* PROGRAM

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- “Wheel of Fortune” Icebreaker . . . . . 2
- Round of Compliments and Home Practice Review 3
- **Keeping Out of Trouble With Your Friends** . . . . . 3
  - Special Effects (Activity)
  - What Youth Sometimes Do to Be Liked (Activity)
  - Active Game: Pass the Banana
  - Situations That Might Get You in Trouble (Activity)
  - Ask Questions (Activity)
  - Name the Problem; Tell What Could Happen (Activity)
  - Suggest Another Route (Activity)
  - Practice All the Steps (Activity)
- Home Practice . . . . . 13
- Preparation for the Family Session . . . . . 13
- Wrap Up . . . . . 13

## Materials Needed

---

- Name tags
- **Youth Attendance List** (see Youth Session 1)
- List of **Ground Rules** (from Youth Session 1)
- Construction paper (12 sheets)
- Television and VCR
- Flip chart
- Markers (1 per youth)
- Outline of youth, drawn on flip chart paper
- 3” x 5” sticky notes (2 per youth)
- **Keeping Out of Trouble and Keeping Your Friends: A Road Map** video
- **Road Signs** 1-4 (double-sided masters, on card stock)
- Poster of **Youth Creed** made by leader (see Youth Session 1 for sample)
- **Situation** cards
- **Setting Up the Situation** Posters (see sample)

Session 5 - Youth

## DEALING WITH PEER PRESSURE



### REACHING OUR GOALS

#### Goals:

Youth will learn

that drugs and alcohol  
will hurt them

•  
to practice skills for  
resisting peer pressure



# STRENGTHENING *families* PROGRAM

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- **Going to Timbuktu Ice Breaker** . . . . . 2
- **Listening Game** . . . . . 3
- **Joint Problem Solving Demonstration** . . . . . 5
- **Joint Problem Solving Game** . . . . . 7
- **Closing Circle** . . . . . 9

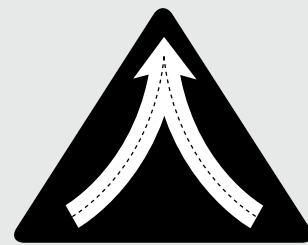
## Materials Needed

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- Flip chart and marker
- Candy gold pieces, Pay Day bars or similar treat (optional)
- Scraps of paper numbered 1-12 to draw out of a hat or bowl
- Hat or bowl
- **Listening Game** cards (1-12)
- Rubber bands for Activity 5.2 (optional)
- **Ground Rules for Family Meeting** cards (see Family Session 3 for masters)
- Baseball caps (2)
- **Joint Problem Solving Game** cards (4 cards per family)
- Small prize for Activity 5.3 (optional)
- Poster of **Closing Circle Phrase** made by leader (see sample)
- Poster of **Youth Creed** (see Youth Session 1 for sample)
- Poster of **Parent Creed** (see Parent Session 1 for sample)
- Poster of **Family Creed** (see Family Session 1 for sample)

Session 5 - Family

## BUILDING FAMILY COMMUNICATION



Goals:

Families will learn to

build listening skills

•

solve problems together



# STRENGTHENING *families* PROGRAM

For Parents and Youth 10-14

## Contents

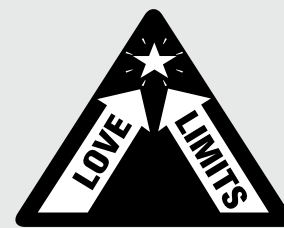
• Home Practice Review .....	2
• Protecting Against Alcohol, Tobacco and Drug Abuse in Youth .....	2
- Views on Alcohol and Drugs	
- Different Values on Alcohol, Tobacco and Drugs (Activity)	
• Risk and Protective Factors .....	5
- We Can Do Something to Help Protect Our Youth	
• Supporting Your Youth in School .....	7
- Get Your Son Involved in School	
- Supporting Your Youth in School (Activity)	
• Monitoring Your Youth .....	9
- Calling Your Kids' Friends Homes	
- Discussion of Who, What, Where, When (Activity)	
- Asking Who, What, Where, When, Part I and Part II	
- A Letter to Your Child (Activity)	
- Things You Can Do to Prevent Substance Abuse (Activity)	
- Possible Solutions to Situations (Activity)	
• Home Practice .....	23
• Preparation for the Family Session .....	23
• Wrap Up .....	23

## Materials Needed

- Name tags
- **Parent/Caregiver Attendance List** (from Parent Session 1)
- Television and VCR, Parent Session 6 Video
- Flip chart and markers
- Poster of **Who, What, Where, When** made by leader (see sample)
- **I Love You and I Want Good Things For You** worksheet
- Pencils
- Posters of **Tools and Skills for Parenting Youth** made by leader (see sample - 2 pages)
- **Tools to Use With Your Youth** card (1 per parent/caregiver on card stock)
- **Who, What, Where, When** magnet card (1 per parent/caregiver on card stock)
- **Handling Peer Pressure** card (1 per parent/caregiver on card stock)

Session 6 - Parent

## PROTECTING AGAINST SUBSTANCE ABUSE



Goals:

Parents will

help protect  
their youth against  
drug and alcohol abuse

•  
learn ways to interact  
effectively with the youth's  
school

•  
monitor their youth



# STRENGTHENING *families* PROGRAM

For Parents and Youth 10-14

## Contents

- **Round of Compliments and Home Practice Review** 2
- **Dealing With Peer Pressure and Friends** ..... 3
  - Alcohol and Drugs Keep Us From Reaching Goals (Activity)
  - Start On Your Way (Activity)
  - Saying Your Friend's Name and, "Listen to Me" (Activity)
  - Practice All The Steps (Activity)
  - Active Game — Molecules (Activity)
  - Goin' Fishin': What Makes a Good Friend? (Activity)
- **Home Practice** ..... 11
- **Preparation for the Family Session** ..... 11
- **Wrap Up** ..... 11

## Materials Needed

- Name tags
- **Youth Attendance List** (from Youth Session 1)
- List of **Ground Rules** (from Youth Session 1)
- Television and VCR
- **Keeping Out of Trouble and Keeping Your Friends** video
- Flip chart and marker
- **Road Signs** (1-4 from Youth Session 5, 5-9 double-sided copies, on card stock)
- **Setting Up the Situation** Poster (from Youth Session 5)
- **Situation Cards** (from Youth Session 5)
- "Tell What Could Happen" and "Suggest Another Route" flip chart lists (from Youth Session 5)
- **Fish** cards (on card stock) 1 set per group
- Long blanket
- Newspaper and tape (to make fishing poles)
- 30 clip clothespins (1 per youth, connected individually to 10' -12' lengths of yarn or string to make fishing lines, use remainder of clothespins on "stringer")
- 10' foot clothesline or heavy twine for "stringer"
- Bucket
- Gummy worms candy (optional)
- Poster or **Youth Creed** made by group leader (see Youth Session 1 for sample)

Session 6 - Youth

## PEER PRESSURE AND GOOD FRIENDS



**REACHING OUR GOALS**

**Goals:**

Youth will learn

additional skills for  
resisting peer pressure

•  
what good friends are like



# STRENGTHENING *families* PROGRAM

For Parents and Youth 10-14

## Contents

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- **Reaching Our Goals Game** ..... 2
- **Parents/Caregivers Helping Youth with Peer Pressure** ..... 3
- **Sharing Refusal Skills** ..... 9
- **Sharing of Parental Dreams and Expectations** ... 9
- **Closing Circle** ..... 10

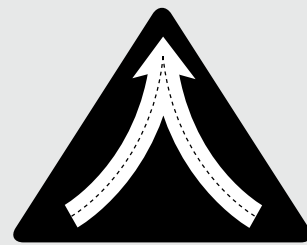
## Materials Needed

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- Television and VCR
- **Parents Helping with Peer Pressure** video
- Flip chart list of **Peer Pressure Situations** (from Youth 5 and 6)
- **Handling Peer Pressure** card (from Parent Session 6)
- **I Love You and I Want Good Things for You** worksheet (from Parent Session 6)
- Masking tape
- **Parent/Caregiver** cards (1 set, see samples, on colored paper\*)
- **Youth Goal** cards (1 set, see samples, on colored paper\*)
- **I'll Save You** cards (1 set, see samples, on colored paper\*)  
\* copy each set of cards (parent/caregiver, youth, and I'll save you) on a different colored paper
- Container with numbers (1 per youth)
- 4' strip of fabric or panty hose (1 per youth)
- Candy treats for Activity 6.4 (optional)
- Poster of **Closing Circle Phrase** made by leader (see sample)
- **Youth Creed** (see Youth Session 1 for sample)
- **Parent Creed** (see Parent Session 1 for sample)
- **Family Creed** (see Family Session 1 for sample)

## Session 6 - Family

# FAMILIES AND PEER PRESSURE



### Goals:

To help families

talk together about  
avoiding drug and alcohol  
abuse

•  
talk together about other  
behavioral problems

•  
set clear expectations for  
the youth



# STRENGTHENING *families* PROGRAM

For Parents and Youth 10-14

## Contents

---

- **As Parents/Caregivers Arrive** ..... 2
- **Review of What is Working at Home** ..... 2
- **Stress and Family Needs** ..... 2
- **Getting Families the Help They Need** ..... 4
- **Looking Close to Home** ..... 6
- **Preparation for the Family Session** ..... 7

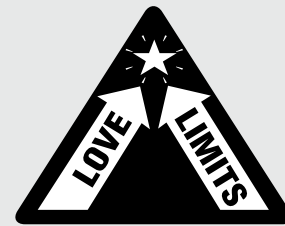
## Materials Needed

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- Name tags
- Flip charts and markers
- **Getting Families the Help They Need** worksheet (see master, 1 per parent/caregiver)
- Current **Community Resource Directory** (1 per parent/caregiver or couple)
- **Personal and Community Resources for Families** poster made by group leader (see sample)
- **Looking Close to Home** worksheet (see master)
- **Strong Families** magnet card (1 per parent/caregiver or couple on card stock)

*Optional*  
Session 7 - Parent

## GETTING HELP FOR SPECIAL FAMILY NEEDS



Goals:

Parents/Caregivers will  
learn

to understand special needs  
families may have

•  
how to help others  
access support



# STRENGTHENING *families* PROGRAM

For Parents and Youth 10-14

## Contents

---

- **As Youth Arrive** ..... 2
- **Round of Compliments** ..... 2
- **What Do I Do When** ..... 2
- **Writing Questions for the Panel** ..... 3
- **Panel Questions and Answers** ..... 4
- **Group Games** ..... 5
- **Preparation for the Family Session** ..... 5
- **Wrap Up** ..... 5

## Materials Needed

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- **Name Tags**
- **Youth Attendance List** (from Youth Session 1)
- **Ground Rules** (from Youth Session 1)
- **What Do I Do When...?** worksheet (see master)
- 4" x 6" Index Cards (2 per youth)
- **Youth Creed** poster (from Youth Session 1)
- Box, bowl or hat for questions cards

*Optional*  
Session 7 - Youth

## REACHING OUT TO OTHERS



**REACHING OUR GOALS**

**Goals:**

Youth will learn

ways to be of service  
to others

- to interact with positive  
older teen role models



# STRENGTHENING *families* PROGRAM

For Parents and Youth 10-14

## Contents

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- **Family Games** . . . . . 2
- **Program Summary and Review Slide Show** . . . . . 3  
-Suggested Script for Slide Show
- **Program Evaluation** . . . . . 6
- **Letters to Youth and Parents/Caregivers** . . . . . 6
- **Graduation Ceremony** . . . . . 7
- **Pizza Party or Snacks** . . . . . 7
- **Closing Circle** . . . . . 8

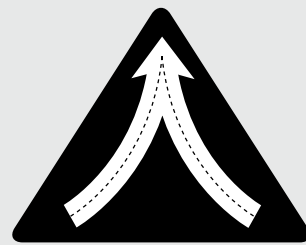
## Materials Needed

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- Name tags
- **Parent/Caregiver Attendance List** (from Parent Session 1)
- **Youth Attendance List** (from Youth Session 1)
- Slides of *Strengthening Families Program* activities (organized by session)
- Slide projector and screen, television, and VCR for camcorder or sample activities
- Pens (1 per person)
- **Parent/Caregiver Survey** (1 per parent/caregiver)
- **Youth Survey** (1 per youth)
- **Letter to Parents/Caregivers** (1 per youth)
- **Letter to Youth** (1 per parent/caregiver)
- Pre-stamped envelopes for letters (1 per person)
- **Family Graduation Certificates** signed by group leader and administrator (with or without family photograph attached, see samples)
- Frames for certificates (optional)
- Pizza or snacks (provided by group leaders)
- Poster of **Closing Circle Phrase** made by leader (see sample)
- Poster of **Parent Creed** made by leader (see Youth Session 1 for sample)
- Poster of **Youth Creed** made by leader (see Parent Session 1 for sample)
- Poster of **Family Creed** made by leader (see Family Session 1 for sample)

## Session 7 - Family

# PUTTING IT ALL TOGETHER



### Goals:

Families will

review program content

•

express appreciation

