Strengthening Families Program

**Facilitator Responsibilities**

# Parent Session 1

**Love and Limits**

## Lead Facilitator:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| **Who** | **Activity** | **Length of Time** |
|  | Welcome and Introduction | 3 minutes |
|  | Get-Acquainted Activity  | 7 minutes |
|  | Program Evaluation | 15 minutes |
|  | Stresses and Problems of Teens(Video) Activity 1.1 Teen Problems Activity 1.2 Qualities You Want in Your Child | 5 minutes7 minutes |
|  | Love and Limits (Video) Activity 1.3 Results of Harsh Parenting Activity 1.4 Results of Wimpy Parenting Activity 1.5 Results of Love and Limits Parenting Activity 1.6 Checklist: Things I Do Well As a Parent/Caregiver | 2 minutes2 minutes5 minutes8 minutes |
|  | Supporting Youth’s Dreams & Goals Activity 1.7 What Did You Want to Be? Activity 1.8 Young People’s Feelings | 4 minutes1 minute |
|  | Home Practice | 2 minutes |
|  | Preparation for the Family Session | 2 minutes |
|  | Wrap Up | 1 minute |

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# Parent Session 2

**Making House Rules**

## Lead Facilitator:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- |
| **Who** | **Activity** | **Length of Time** |
|  | Home Practice Review | 9 minutes |
|  | What Youth This Age Are Like(Video) Activity 2.1 What Youth Are Like Need for House Rules(Video)Deciding on Rules & Responsibilities(Video) Activity 2.2 Rules and Responsi- bilities for My Youth | 10 minutes4 ½ minutes |
|  | Using “I” Statements: “I Feel…”(Video) Activity 2.3 “I Feel…” Activity 2.4 “I Feel…When You…” Activity 2.5 “I Feel…When… Because…” Activity 2.6 “I Feel…When… Because…I Want You To…” Activity 2.7 Practicing “I” Statements | 2 minutes3 minutes4 minutes5 minutes6 minutes |
|  | Home Practice | 1 minute |
|  | Preparation for Family Session –Making a Family Tree | 3 minutes |
|  | Wrap Up | ½ minute |

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# Parent Session 3

**Encouraging Good Behavior**

## Lead Facilitator:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Who** | **Activity** | **Length of Time** |
|  | Home Practice Discussion | 9 minutes |
|  | Responding to Positive Messages(Video)  Activity 3.1 Discussion of Compli- ments Activity 3.2 Being Taken for  Granted  | 2 minutes4 minutes |
|  | The Value of Reinforcement(Video) Activity 3.3 Turning Negatives to Positives Activity 3.4 Giving ComplimentsSteps to Independence | 6 minutes6 minutes10 minutes |
|  | Using a Point Chart to EncourageGood Behavior (Video) Activity 3.5 Using a Point Chart Activity 3.6 Privileges & Rewards Activity 3.7 Building a Positive Relationship | 3 ½ minutes3 minutes5 minutes |
|  | Home Practice | 1 minute |
|  | Preparation for the Family Session  | 1 minute |
|  | Wrap Up | ½ minute |

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# Parent Session 4

**Using Consequences**

## Lead Facilitator:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- |
| **Who** | **Activity** | **Length of Time** |
|  | Home Practice Review | 9 minutes |
|  | Giving Small Consequences andStaying Calm (Video) Activity 4.1 Listing Small Chores Activity 4.2 Listing Small  Privileges to Remove Activity 4.3 Using Small Chores & Removing Privileges Activity 4.4 Staying Calm  | 6 minutes4 minutes8 minutes5 minutes |
|  | Big Penalties for Big Problems(Video) Activity 4.5 Big Penalties for Big Problems | 6 minutes |
|  | Home Practice | 1 minute |
|  | Preparation for the Family Session  | 1 minute |
|  | Wrap Up | 1 minute |

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# Parent Session 5

**Building Bridges**

## Lead Facilitator:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- |
| **Who** | **Activity** | **Length of Time** |
|  | Home Practice Review | 5-9 minutes |
|  | Learning to Listen to Problems (Video) Adults Who Forget to Listen  Activity 5.1 Problems at Work, Poor Listening Activity 5.2 The Visit, Poor Listen- ing Activity 5.3 Shoplifting, Talking About Sex, Poor Listening Activity 5.4 Shoplifting, Talking About Sex, Good ListeningListening to Feelings (Video) Activity 5.5 Listening for Feelings | 3 minutes1 minute1 minute1 ½ minutes1 ½ minutes5 minutes1 ½ minutes |
|  | How Were Things When You Were a Kid? (Video) Activity 5.6 How Did Your Parents/ Caregivers Treat You? Activity- Do You Want to be Like or Unlike your Parents | 6 minutes6 minutes |
|  | Meeting Basic Needs (Video) Activity 5.7 Youth Meeting Needs  in Negative WaysMeeting Needs in a Positive Way (Video) Activity 5.8 Discussion of Meeting Needs in Positive Ways Activity 5.9 Talking to Kids | 7minutes5 minutes3 minutes2 minutes |
|  | Home Practice | 1 minute |
|  | Preparation for the Family Session  | 1 minute |
|  | Wrap Up | ½ minute |

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# Parent Session 6

**Protecting Against Substance Abuse**

## Lead Facilitator:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- |
| **Who** | **Activity** | **Length of Time** |
|  | Home Practice Review | 10 minutes |
|  | Protecting Against Alcohol, Tobaccoand Drug Abuse in Youth (Video) Activity 6.1 Different Values on Alcohol, Tobacco, and DrugsActivity – Risks for Youth Who Drink Alcohol, Do Drugs or Smoke, or Have Sex at a Young AgeRisk and Protective Factors (Video)Supporting Your Youth in School(Video) Activity 6.2 Supporting Your  Youth in SchoolMonitoring Your Youth (Video) Activity 6.3 Discussion of Who, What, Where, When Activity 6.4 A Letter to Your Child Activity 6.5 Things You Can Do to Prevent Substance Abuse Activity 6.6 Possible Solutions to Situations  | 3 minutes5 minutes5 minutes4 minutes9 minutes4 minutes6 minutes |
|  | Home Practice | 1 minute |
|  | Preparation for the Family Session | 1 minute |
|  | Wrap Up | ½ minute |

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# Parent Session 7

**Getting Help for Special Family Needs**

## Lead Facilitator:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Who** | **Activity** | **Length of Time** |
|  | Review of What Is Working at Home | 9 minutes |
|  | Activity 7.1 Stress & Family NeedsMaintaining Youth’s Interest in School  | 10 minutes |
|  | Activity 7.2 Getting Families the Help They NeedActivity-Where to Go for Help | 10 minutes |
|  | Activity 7.3 Using Community Resource Directories | 10 minutes |
|  | Activity 7.4 Looking Close to Home | 5 minutes |
|  | Activity 7.5 Program Evaluation | 15 minutes |
|  | Activity 7.6 Letters to Youth | 10minutes |
|  | Home Practice, Prep for Family Session & Wrap up | 3 minutes |