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 minutes  7 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 minutes  2 minutes  5 minutes  8 minutes |
|  | Supporting Youth’s Dreams & Goals  Activity 1.7 What Did You Want  to Be?  Activity 1.8 Young People’s  Feelings | 4 minutes  1 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 minutes  4 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 minutes  3 minutes  4 minutes  5 minutes  6 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 minutes  4 minutes |
|  | The Value of Reinforcement  (Video)  Activity 3.3 Turning Negatives to  Positives  Activity 3.4 Giving Compliments  Steps to Independence | 6 minutes  6 minutes  10 minutes |
|  | Using a Point Chart to Encourage  Good Behavior (Video)  Activity 3.5 Using a Point Chart  Activity 3.6 Privileges & Rewards  Activity 3.7 Building a Positive  Relationship | 3 ½ minutes  3 minutes  5 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 and  Staying 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 minutes  4 minutes  8 minutes  5 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 Listening  Listening to Feelings (Video)  Activity 5.5 Listening for Feelings | 3 minutes  1 minute  1 minute  1 ½ minutes  1 ½ minutes  5 minutes  1 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 minutes  6 minutes |
|  | Meeting Basic Needs (Video)  Activity 5.7 Youth Meeting Needs  in Negative Ways  Meeting Needs in a Positive Way (Video)  Activity 5.8 Discussion of Meeting  Needs in Positive Ways  Activity 5.9 Talking to Kids | 7minutes  5 minutes  3 minutes  2 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, Tobacco  and Drug Abuse in Youth (Video)  Activity 6.1 Different Values on  Alcohol, Tobacco, and Drugs  Activity – Risks for Youth Who Drink Alcohol, Do Drugs or Smoke, or Have Sex at a Young Age  Risk and Protective Factors (Video)  Supporting Your Youth in School  (Video)  Activity 6.2 Supporting Your  Youth in School  Monitoring 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 minutes  5 minutes  5 minutes  4 minutes  9 minutes  4 minutes  6 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 Needs  Maintaining Youth’s Interest in School | 10 minutes |
|  | Activity 7.2 Getting Families the  Help They Need  Activity-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 |