Strengthening Families Program

**Facilitator Responsibilities**

# Youth Session 1

**Having Goals and Dreams**

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

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| **Who** | **Activity** | **Length of Time** |
|  | Get-Acquainted Icebreaker | 8 minutes |
|  | Program Overview  | 2 minutes |
|  | Program Evaluation | 15 minutes |
|  | Compliments and Group Ground Rules | 8 minutes |
|  | Having Goals and Dreams Activity 1.1 Goals and Steps  Toward Goals   | 10 minutes |
|  |  Activity 1.2 Making and Sharing Treasure Maps | 30 minutes |
|  | Preparation for the Family Session  | 1 minute |
|  | Wrap Up | ½ minute |

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# Youth Session 2

**Appreciating Parents**

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

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| **Who** | **Activity** | **Length of Time** |
|  | Mystery Compliments Icebreaker | 4 minutes |
|  | Round of Compliments  | 2 minutes |
|  | Appreciating Parents Activity 2.1 What’s Good and What’s Hard About Being a Youth or a Parent?   | 19 minutes |
|  |  Active Game – Body Talk | 5 minutes |
|  |  Activity 2.2 Why Parents and Caregivers Are Stressed  | 12 minutes |
|  |  Activity 2.3 Gifts of Parents | 13 minutes |
|  | Home Practice | 1 minute |
|  | Preparation for the Family Session | 2 minutes |
|  | Wrap Up | ½ minute |

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# Youth Session 3

#### Dealing with Stress

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

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| **Who** | **Activity** | **Length of Time** |
|  | Follow the Leader Icebreaker | 5 minutes |
|  | Round of Compliments and Home Practice Review | 4 minutes |
|  | Understanding Stress Introduction to Stress Topic Activity 3.1 Situations That May  Cause Stress Activity 3.2 How Do You Know  When You’re Feeling Stressed  | 1. minutes

 9 minutes 7 minutes |
|  |  Active Game – What Do We Have  in Common? | 10 minutes |
|  | Facing StressActivity 3.3 Finding Healthy Ways to Handle Stress  | 17 minutes |
|  |  Activity 3.4 Finding Coping Techniques That Work For Me | 5 minutes |
|  | Home Practice | 1 minute |
|  | Preparation for the Family Session | 1 minute |
|  | Wrap Up | ½ minute |

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# Youth Session 4

#### Following Rules

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

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| **Who** | **Activity** | **Length of Time** |
|  | Round of Compliments and Home Practice Review | 3 minutes |
|  | Traffic Jam Icebreaker | 5 minutes |
|  | Activity 4.1 Driving Game  Game Processing | 15 minutes  5 minutes |
|  | Active Game – Blind Man’s Shape | 5 minutes |
|  | Activity 4.2 Adult Rules and  Responsibilities | 10 minutes |
|  | Home Practice | 1 minute |
|  | Preparation for the Family Session | 3 minutes |
|  | Wrap Up | ½ minute |

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# Youth Session 5

#### Dealing with Peer Pressure

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

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| **Who** | **Activity** | **Length of Time** |
|  | “Wheel of Fortune” Icebreaker | 3 minutes |
|  | Round of Compliments and Home Practice Review | 3 minutes |
|  | Keeping Out of Trouble with Your Friends (Video) Activity 5.1 Special Effects Activity 5.2 What Do Youth Think They Need to Do to  Be Liked  (Draw outline figure in advance.)  | 13 minutes (total) |
|  |   Active Game – Pass the Banana Activity 5.3 Situations That Might Get You in Trouble  | 11 minutes (total) 5 minutes 2 minutes |
|  |   Activity 5.4 Ask Questions  Activity 5.5 Name the Problem Tell What Could Happen | 12 ½ minutes (total) 5 minutes 5 minutes |
|  |  Activity 5.6 Practice All the Steps | 10 minutes |
|  | Home Practice | ½ minute |
|  | Preparation for the Family Session | 1 ½ minutes |
|  | Wrap Up | ½ minute |

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# Youth Session 6

**Peer Pressure and Good Friends**

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

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| **Who** | **Activity** | **Length of Time** |
|  | Round of Compliments and Home Practice Review | 3 minutes |
|  | Introduction to Video | 1 minute |
|  | Dealing With Peer Pressure and Friends Activity 6.1 Alcohol and Drugs  Keep Us From Reaching Goals Activity 6.2 Practice the First Five Steps   | 19 ½ minutes (total) 4 minutes 7 minutes |
|  |  Activity 6.3 Saying Your Friend’s Name and “Listen to Me” Active Game - Molecules | 16 ½ minutes (total)10 minutes 5 minutes |
|  |  Activity 6.4 Goin’ Fishin’: – What Makes a Good Friend  | 15 minutes  |
|  | Home Practice  | ½ minute |
|  | Preparation for Family Session  | ½ minute |
|  | Wrap Up | ½ minute |

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# Youth Session 7

**Reaching Out to Others**

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

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| **Who** | **Activity** | **Length of Time** |
|  | Round of Compliments  | 5 minutes |
|  | Reaching Out to Others Activity 7.1 What Do I Do When…? (worksheet)  | 5 minutes |
|  | Learning From Older AdolescentsActivity 7.2 Writing Questions for the Panel  | 5 minutes |
|  |  Activity 7.3 Panel Questions and Answers | 20 minutes |
|  | Activity 7.4 Program Evaluation | 15 minutes  |
|  |  Activity 7.5 Letters to  Parents/Caregivers | 10 minutes |
|  | Group Games (optional), Preparation for the Family Session & Wrap up | 3 minutes |