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 Stress  Activity 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 Adolescents  Activity 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 |