

# Tools for Parents

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## Parent Session 1 Topics

Understanding dangers for youth

Balancing love and limits

Supporting youth's goals and dreams

## Youth Session 1 Topics

Making group ground rules

Taking small steps to reach goals

Making Treasure Maps showing goals  
for the future

# **Treasure Map Topics**

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**Treasure Map should include pictures for these categories:**

**1. Job or career**

**2. Hobbies and leisure activities**

**3. Friends and family**

**4. Health and fitness**

# Tools for Parents

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## Parent Session 2 Topics

Understanding what youth this age are like

Making specific house rules

Using “I” statements

## Youth Session 2 Topics

Understanding parents’ as well as youth’s  
frustrations and stresses

Seeing things from the parent’s/caregiver’s  
point of view

Appreciating things parents and caregivers  
do for youth

# Making an “I” Statement Situations

## **Situation 1:**

Your youth is talking/texting on the phone, even though it's half an hour past their bedtime.

## **Situation 2:**

Your youth has not followed through on their chore to take the garbage out.

## **Situation 3:**

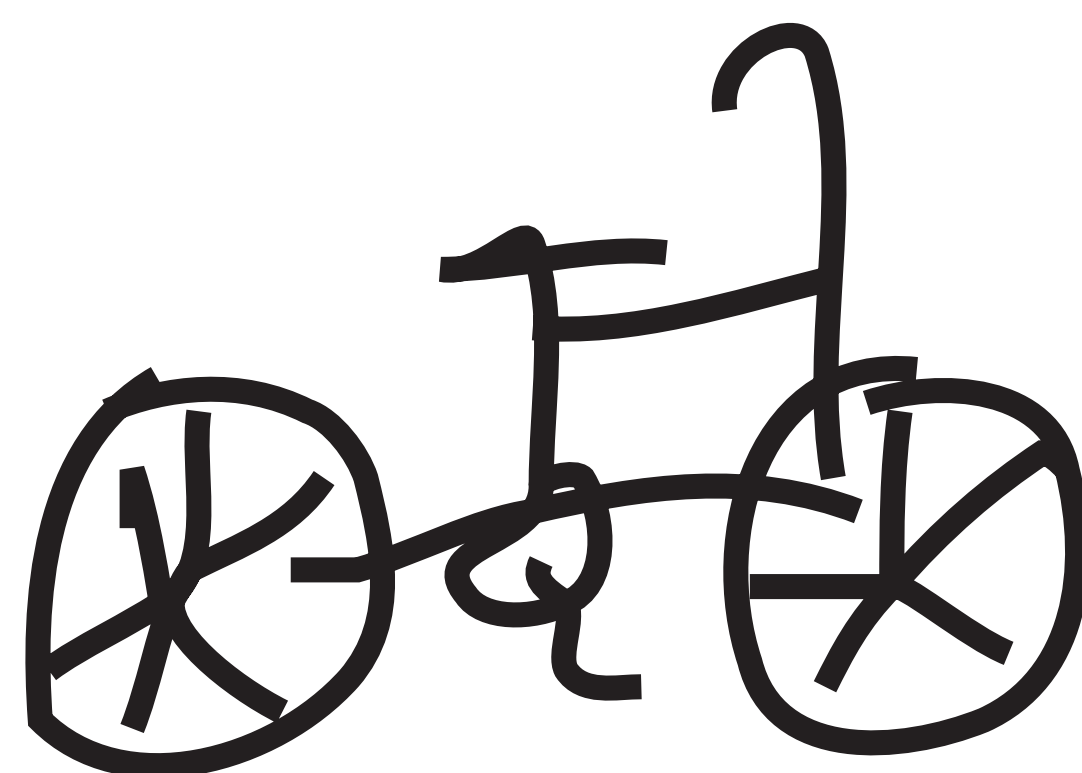
Your youth talked back to you when you said you couldn't drive them to the mall.

# GIFTS

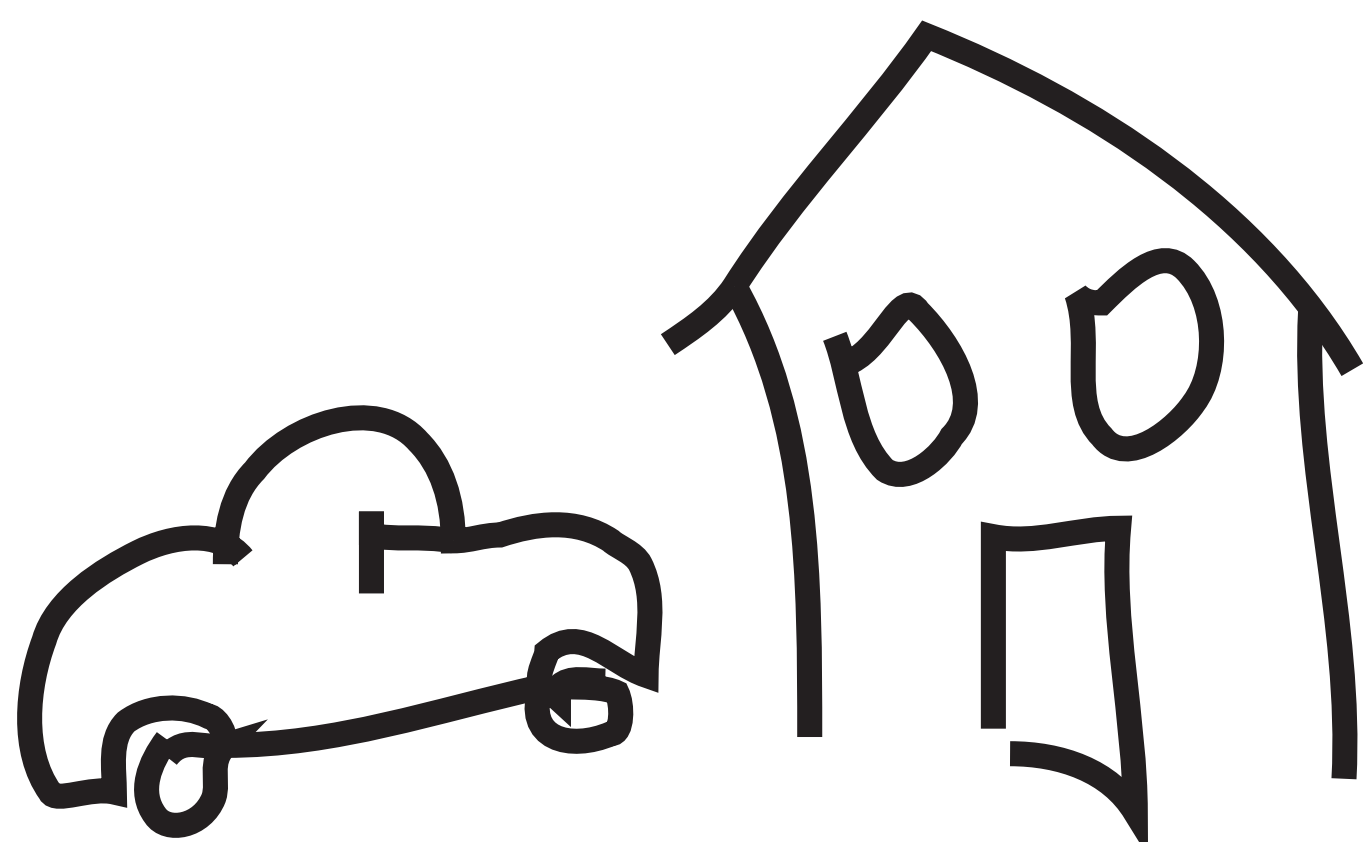
**fun times**



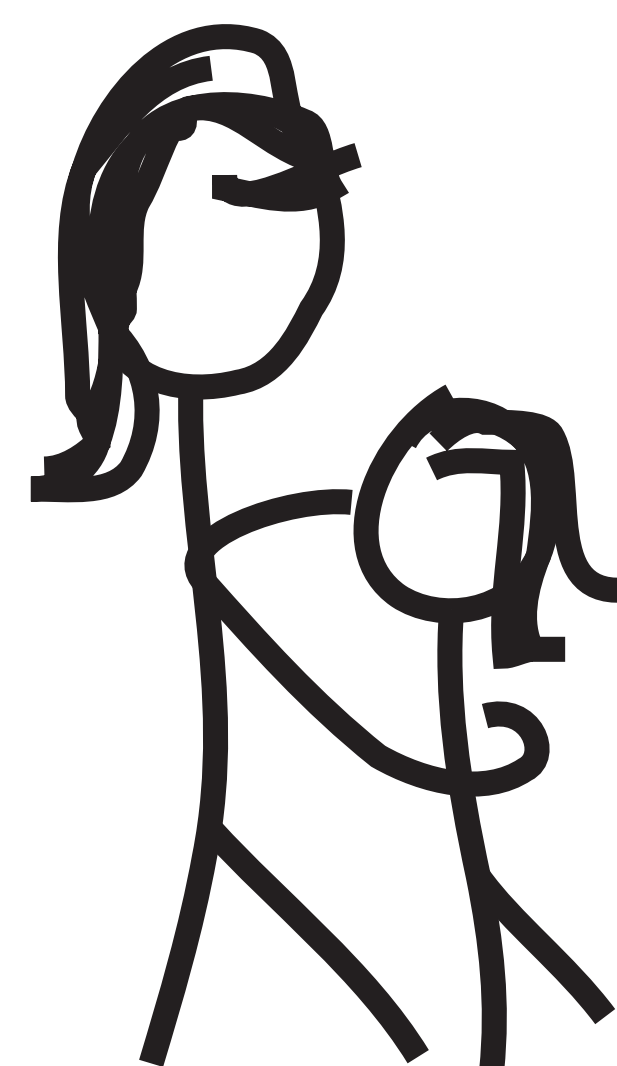
**things you learn**



**material things**



**ways you know you are loved**



# **“Candy Game”**

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**red**

**a situation in which you were embarrassed**

**yellow**

**something you are afraid of**

**green**

**someone you admire**

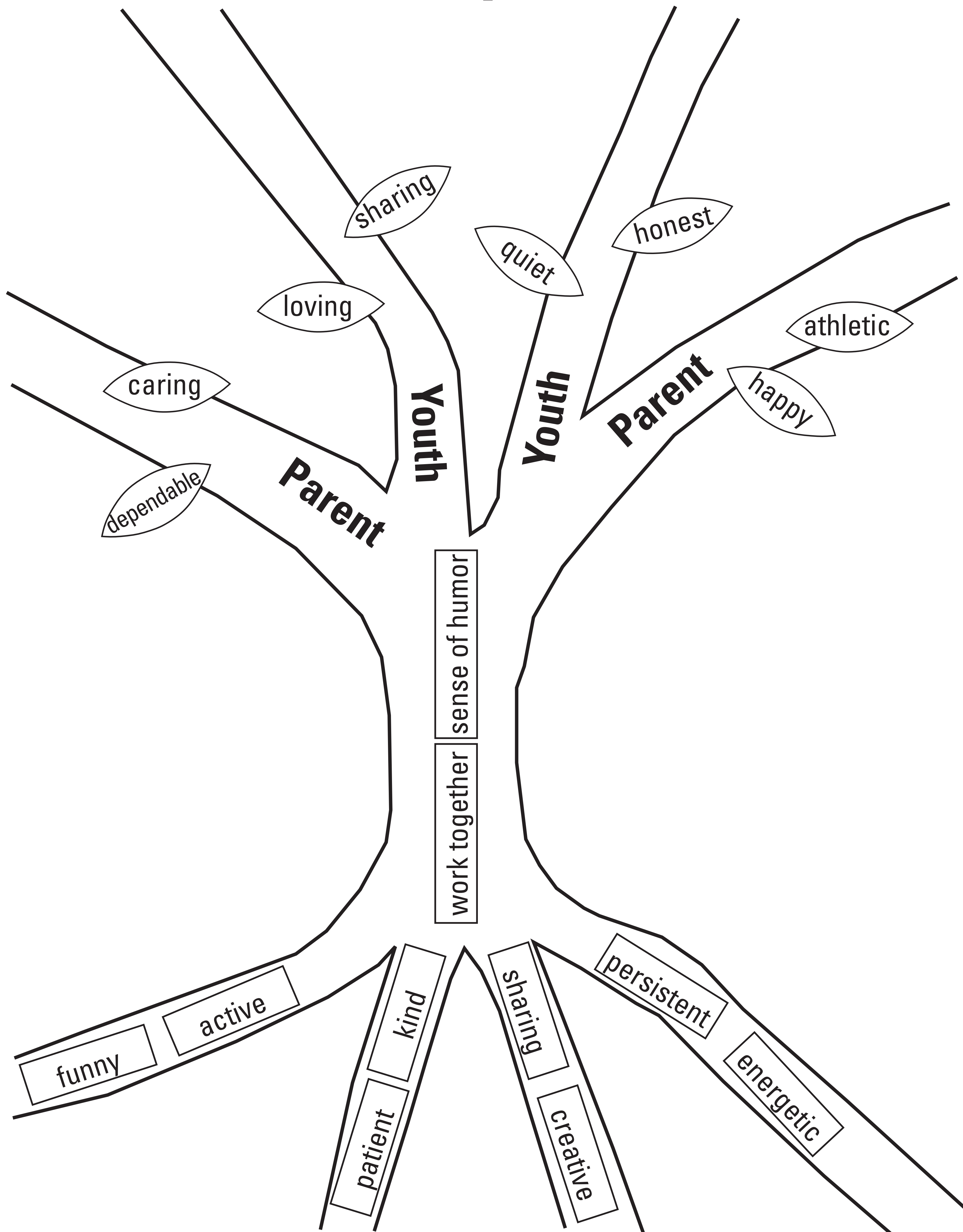
**purple**

**something that makes you mad**

**orange**

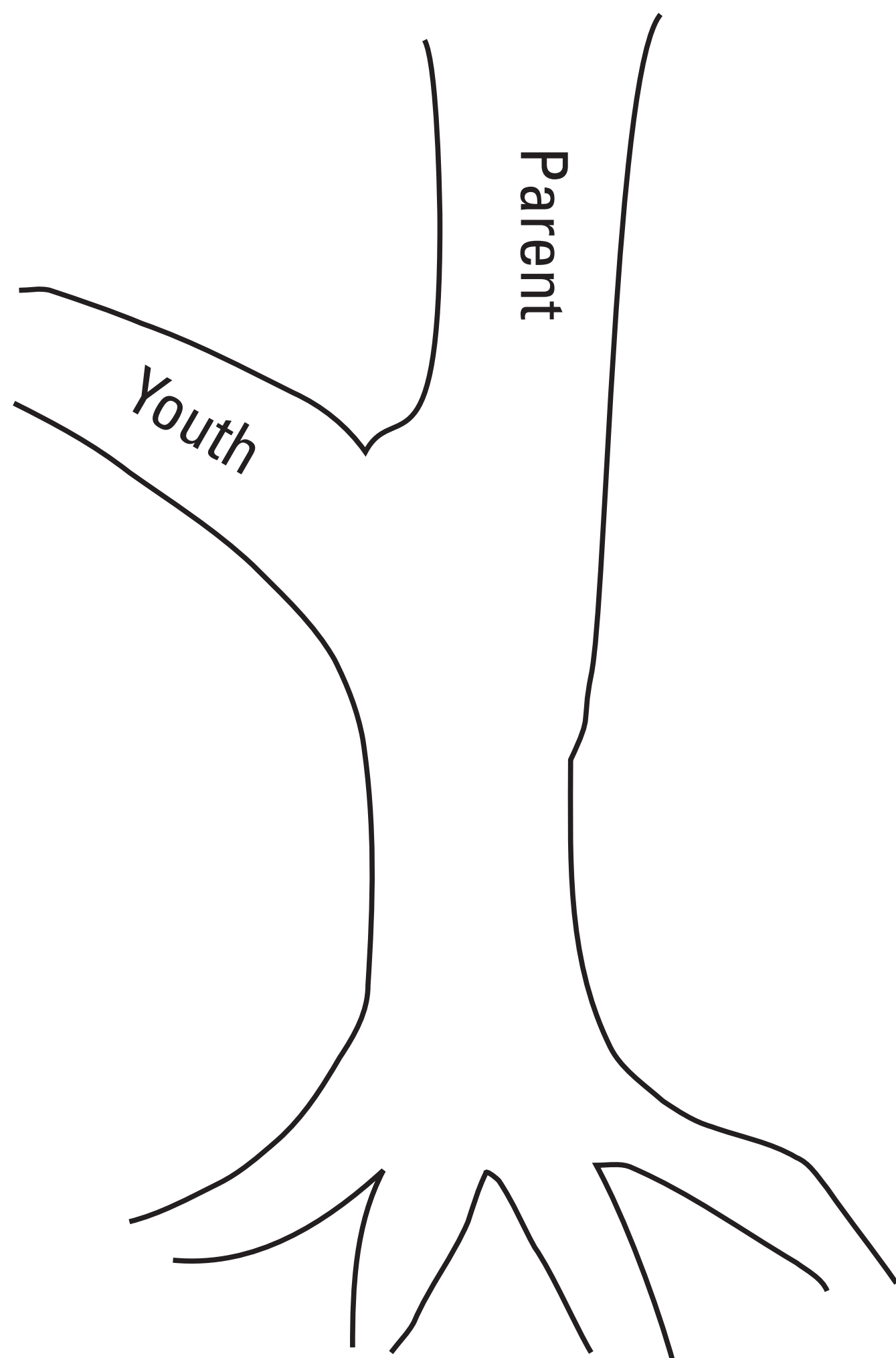
**a proud moment**

# Family Tree

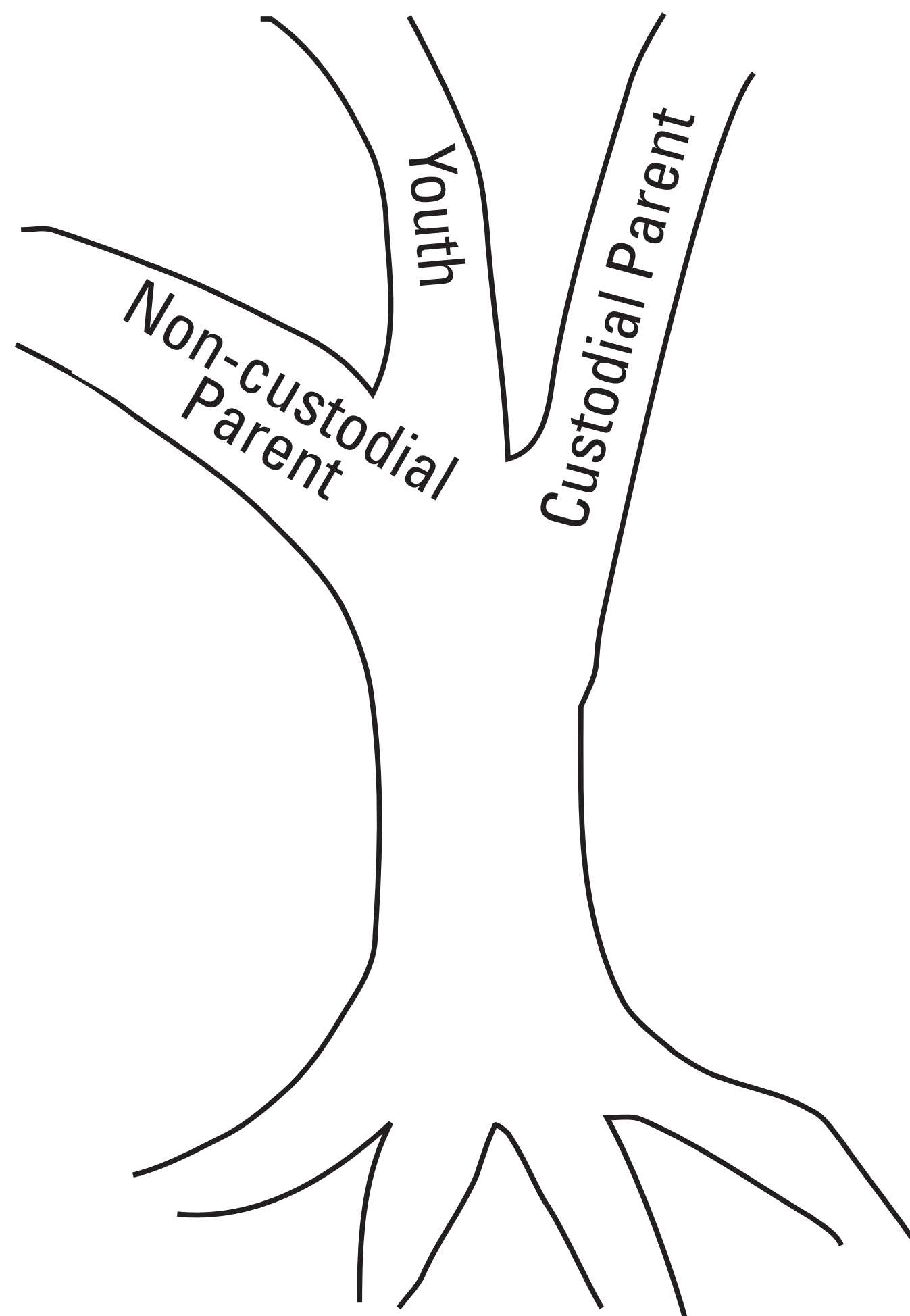


F A M I L Y S E S S I O N T W O

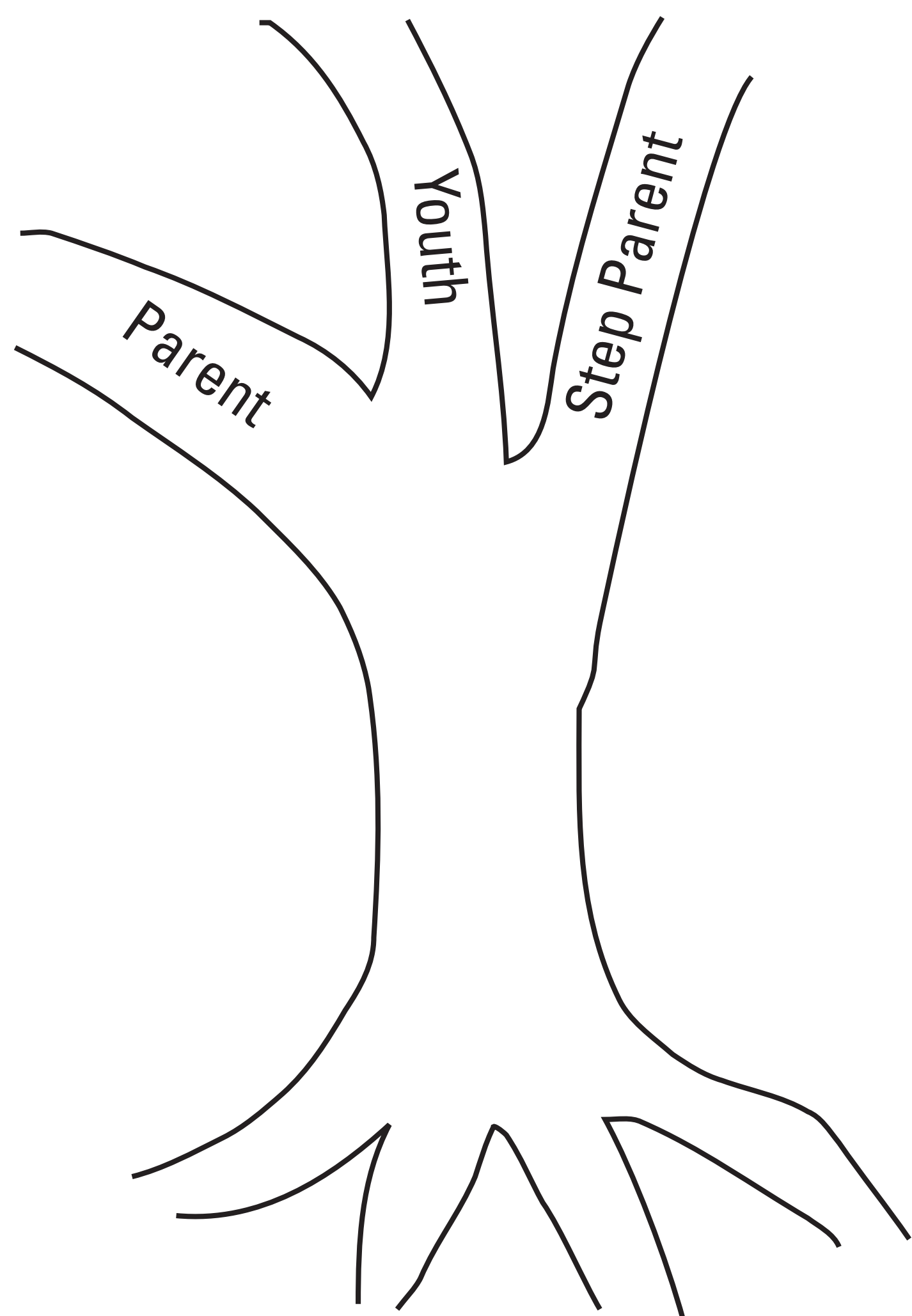
# Different Family Trees



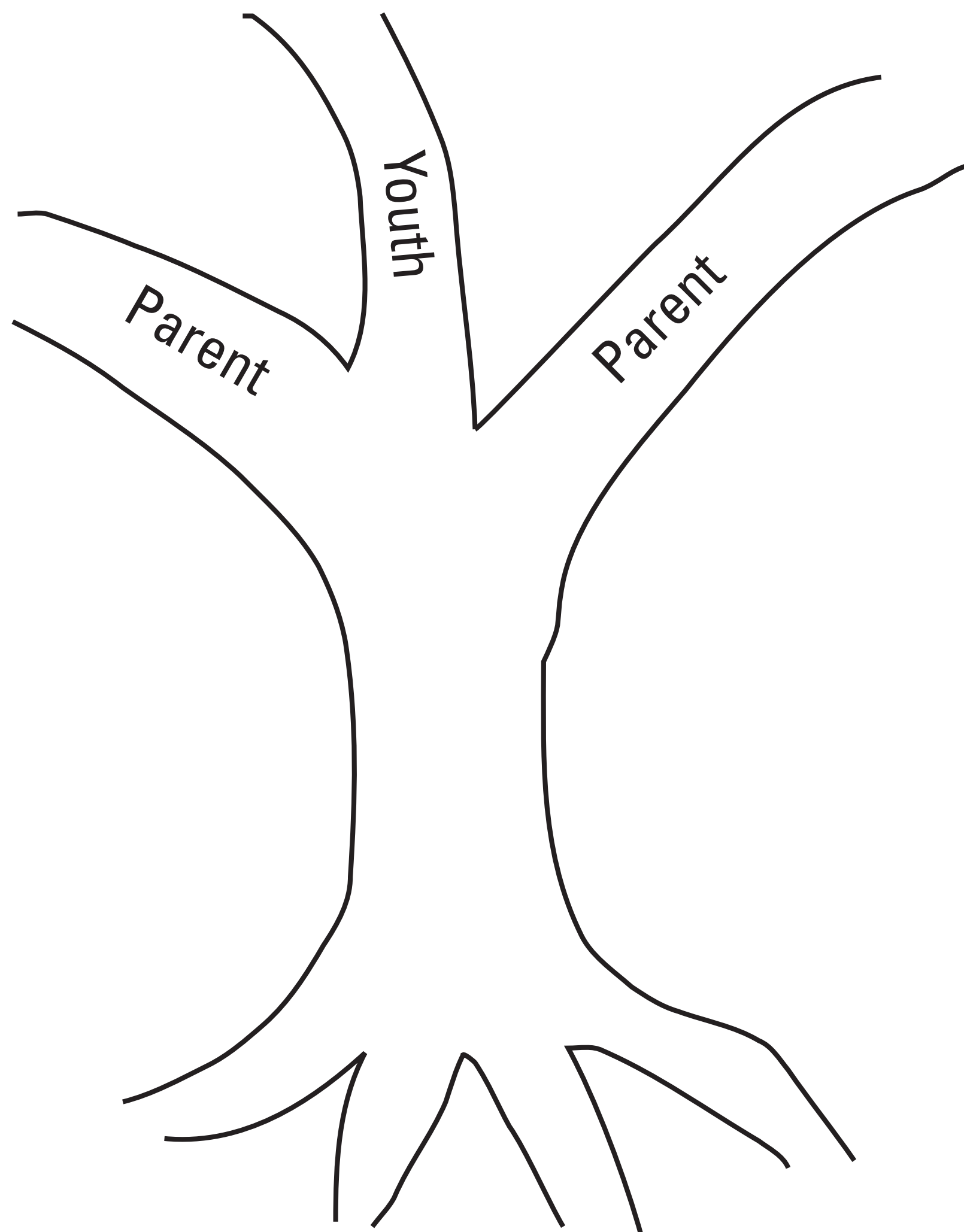
**Single-Parent Family**



**Single-Parent Family**



**Blended Family**



**Nuclear Family**



# Tools for Parents

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## Parent Session 3 Topics

Giving compliments to reinforce youth  
for good behaviors

Using a point chart

Building a positive relationship

## Youth Session 3 Topics

Understanding things that can cause stress

Knowing symptoms of stress

Learning healthy ways to cope with stress

# Earning Points for Rewards

Youth's Name: John

Week of: 12th

Positive Behavior	Points Value	Sun	Mon	Tue	Wed	Thurs	Fri	Sat	Total
1. <i>finish homework by 7:30</i>	<u>1</u>	___	___	___	___	___	___	___	___
2. _____	_____	___	___	___	___	___	___	___	___
Number of Points Needed for Reward = <u>4</u>									Total Points Earned _____

Privilege or Reward to Earn:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Tools for Parents

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## Parent Session 4 Topics

Staying calm

Giving small chores

Taking away privileges

## Youth Session 4 Topics

Learning that everyone (adults as well as youth)  
has rules and responsibilities

Understanding that things go better  
for youth when they follow the rules

# **Family Values**

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**Honesty**

**Hard work**

**Caring for the environment**

**Belief in God**

**Being kind to others**

**Value of education**

**Being strong and healthy**

**Spending time together as a family**

**Caring for older family members**

**Other?**

# Tools for Parents

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## Parent Session 5 Topics

Avoiding harsh criticism

Listening for youth's feelings

Meeting youth's basic needs in positive ways

## Youth Session 5 Topics

Understanding that drugs and alcohol will keep them from reaching their goals

Learning things to say to avoid peer pressure

# Setting Up the Situation

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## **Shoplift**

Why don't you keep that clerk busy.

## **Drink beer**

Come over to my house.

My parents are gone.

## **Take drugs**

Meet me out behind the school at 3:30.

## **Mess up school property**

Let's have some fun with this spray paint.

## **Beat up another kid**

See if you can get them to come over here.

# Setting Up the Situation (continued)

## **Vandalize a teacher's car**

Meet me at Mrs. Johnson's after dark.

## **Steal sister's car keys**

Help me get my sister's keys.

## **Play cruel joke**

Ask them to sit with you at lunch.

## **Take Nike<sup>®</sup> shoes**

Let's go into the locker room after school.

## **Cheat on test**

Try to sit in front of me for the test.

# Tools for Parents

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## Parent Session 6 Topics

Protecting against alcohol and drug abuse

Supporting youth in school

Keeping track of youth

## Youth Session 6 Topics

Understanding that drugs and alcohol will keep them from reaching their goals

Learning things to say to avoid peer pressure

Knowing who is a good friend



# Who, What, Where, When

**Who** will you be with?

**What** will you be doing?

**Where** will you be?

**When** will you be back?

# **Tools and Skills for Parenting Youth**

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**Listen for feelings**

**Have house rules**

**Remember the youth's age**

**Five-minute chore**

**Compliment on good behavior**

**Use point chart**

**Family meetings**

**Active listening**

**Find out Who, What, Where, When**

# **Tools and Skills for Parenting Youth**

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**Family fun time**

**Use an “I” statement**

**One-on-one time**

**Leave the room to cool off**

**See your youth’s point of view**

**Remove a privilege**

**Talk to your youth about your values and hopes**

**Say “no” kindly and firmly**

**Use consequences and penalties**

# Personal and Community Resources for Families

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Local churches

Food pantry

Community Action  
Program (CAP)

Extended family

School

- Teachers
- Counselors

Drug abuse prevention  
center

County Extension Office

Garage sales

Family emergency shelter

Secondhand stores

Social Security Office

Area Education Agency

University Hospitals

A friend who listens

Mental health clinic

Family physician

Workforce Development

- Job training
- Job referral

Friends and neighbors

Department of  
Human Services

- Medicaid
- Food stamps
- Child care assistance
- School expenses

Legal services

Other

**Strengthening Families Program: For Parents and Youth 10-14**

# **Parent Creed**

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***“We are strong and caring parents***

***who show love and set limits.***

***We are helping our youth become***

***responsible young adults.”***

**A L L S E S I O N S**

**Strengthening Families Program: For Parents and Youth 10-14**

# **Youth Creed**

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***“We are strong young people  
with a great future.***

***We are making good decisions  
so we reach our goals.”***

**A L L S E S I O N S**

**Strengthening Families Program: For Parents and Youth 10-14**

# **Family Creed**

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***“We are strong families who  
care about each other and  
have fun together.”***

**A L L S E S I O N S**

**Strengthening Families Program: For Parents and Youth 10-14**

**Closing Circle Phrase**

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**Parent/Caregiver:**

**“One of my youth’s goals is...”**

**Youth:**

**“One of my goals for the future is...”**

**F A M I L Y S E S I O N O N E**



**Strengthening Families Program: For Parents and Youth 10-14**

**Closing Circle Phrase**

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**Parent/Caregiver:**

**“One strength my youth has is...”**

**Youth:**

**“One strength my parent/caregiver has is...”**

**F A M I L Y S E S I O N T W O**

**Strengthening Families Program: For Parents and Youth 10-14**

**Closing Circle Phrase**

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**Parent/Caregiver:**

**“One privilege my youth wants to earn is...”**

**Youth:**

**“One privilege I want to earn is...”**

**F A M I L Y S E S I O N T H R E E**

**Strengthening Families Program: For Parents and Youth 10-14**

**Closing Circle Phrase**

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**Parent/Caregiver and Youth:**

**“One value our family has is...”**

**F A M I L Y S E S I O N F O U R**

**Strengthening Families Program: For Parents and Youth 10-14**

**Closing Circle Phrase**

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**Parent/Caregiver and Youth:**

**“A problem we could use Joint Problem**

**Solving on is...”**

**F A M I L Y S E S I O N F I V E**

**Strengthening Families Program: For Parents and Youth 10-14**

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**Closing Circle Phrase**

**Parent/Caregiver and Youth:**

**“One thing I learned about  
reaching a goal is...”**

**F A M I L Y S E S I O N S I X**

**Strengthening Families Program: For Parents and Youth 10-14**

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**Closing Circle Phrase**

**Parent/Caregiver and Youth:**

**“One thing I learned at the**

**Strengthening Families**

**10-14 Program is...”**

**F A M I L Y S E S I O N S E V E N**