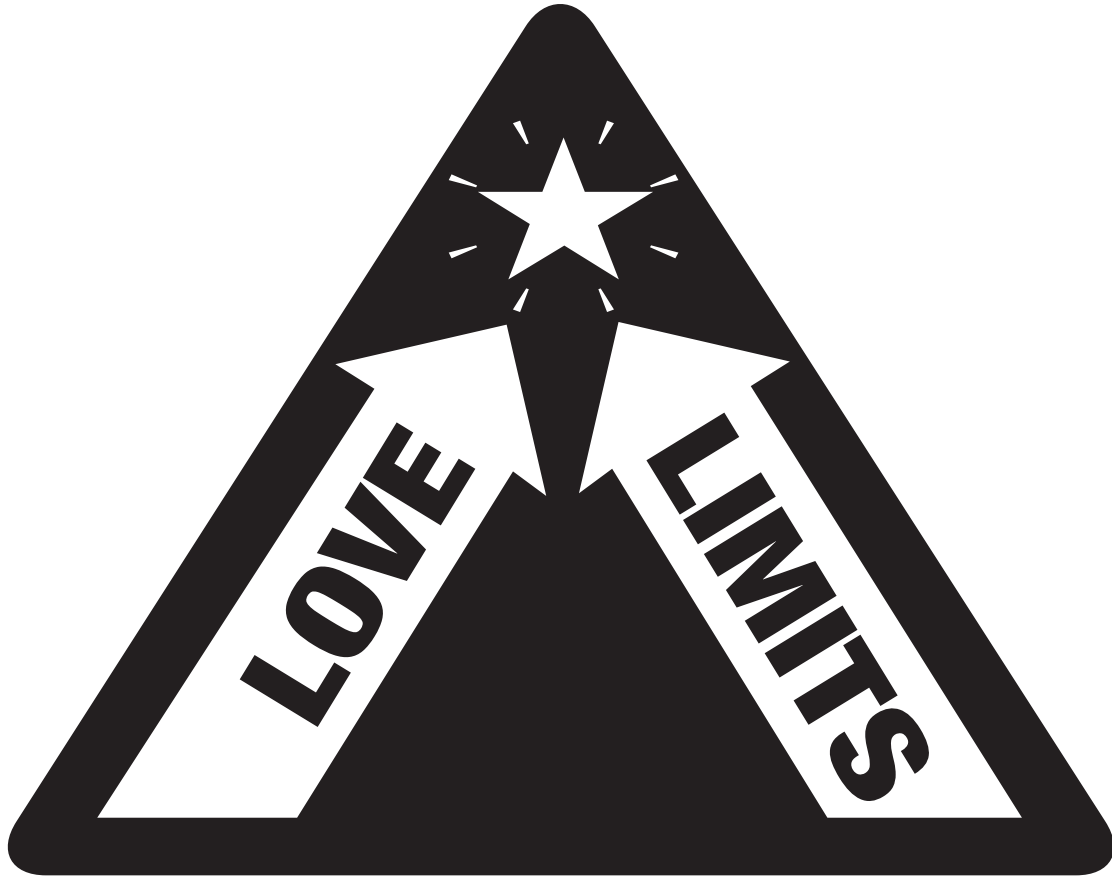


# Masters and Samples



**Be sure to include the following posters from the Posters file for this session.**

1. Tools for Parents - Session 1 Topics
2. Parent Creed (used each week)





# Things I Do Well As a Parent/Caregiver

Circle the number showing how often you do the following things with your youth:

	seldom	sometimes	often
1. Wait to deal with problems until I have cooled down.	1	2	3
2. Say "I love you."	1	2	3
3. Help my youth understand what the rules are.	1	2	3
4. Spend fun time together as a family.	1	2	3
5. Let my youth know what the consequences are for breaking rules.	1	2	3
6. Give compliments and special rewards when my youth follows the rules.	1	2	3
7. Follow through with consequences each time my youth breaks a rule.	1	2	3
8. Give hugs.	1	2	3
9. Attend parent-teacher conferences at school.	1	2	3
10. Go to see my youth in sports, music, or other activities.	1	2	3
11. Explain how chores should be done and when they must be finished.	1	2	3
12. Spend special time one-on-one with my youth.	1	2	3
13. Let my youth know the reason for the rules we have.	1	2	3
14. Be supportive of my youth when they are upset.	1	2	3
15. Have regular times for homework.	1	2	3
16. Let my youth know I am proud when they accomplish something hard.	1	2	3
17. Work together with my youth to solve problems that come up at home.	1	2	3
18. Try to see things from my youth's point of view.	1	2	3
19. Let my youth know what I expect regarding alcohol, tobacco, and drug use.	1	2	3
20. Help my youth figure out how to deal with a difficult situation with friends or at school.	1	2	3

\_\_\_\_\_ = Limits

\_\_\_\_\_ = Love



# Questions for Treasure Maps

Preparation for Family Session

After you find your youth's Treasure Map, sit down with them and talk about what you see. Ask some of the following questions:

1. What kind of a family do you want when you grow up?
2. Tell me about what kind of job you would like.
3. What could you do now to help reach this goal?
4. What do you want to do in your free time?

Also ask questions about pictures on their Treasure Map that you don't understand.

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## **Parent Creed**

*“We are strong and caring parents  
who show love and set limits.  
We are helping our youth become  
responsible young adults.”*

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# Media Release Form

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Strengthening Families Program: For Parents and Youth 10-14

Date: \_\_\_\_\_

I give my permission to have my image/voice and my youth's image/voice used by \_\_\_\_\_ for educational purposes and promotional purposes. I understand that our images/voices may be used in a presentation to help illustrate and explain the educational programs of \_\_\_\_\_.

Signature: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Please print names of youth and adults participating: \_\_\_\_\_

\_\_\_\_\_

# Media Release Form

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Signature: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Please print names of youth and adults participating: \_\_\_\_\_

\_\_\_\_\_

# Masters and Samples



**REACHING OUR GOALS**



**Be sure to include the following posters from the Posters file for this session.**

1. Treasure Map Topics
2. Youth Creed (used each week)



# When You Were My Age



1. What did you want to be when you were my age?
2. What was your favorite thing to do for fun when you were my age?
3. What was the hardest thing for you when you were my age?
4. What did you like to do with your family when you were my age?

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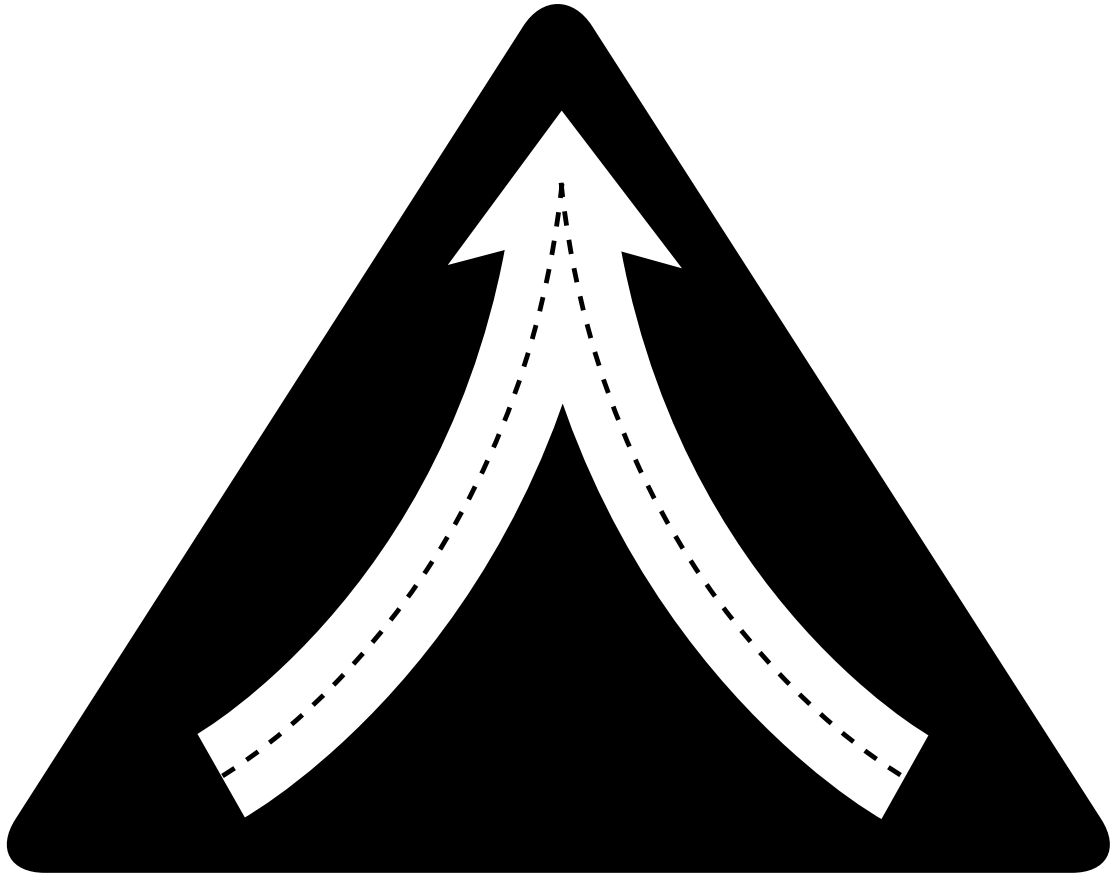
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# Masters and Samples



**Be sure to include the following posters from the Posters file for this session.**

1. Closing Circle Phrase - 1
2. Parent, Youth, Family Creeds (All used each week)

# Who Am I?



## Game Instructions

1. Everyone sits or stands in a circle and takes turns passing or tossing a bean bag or ball.
2. The person with the bean bag/ball must tell one thing that they like to do for fun. That same person passes or tosses the bean bag/ball to another player who shares what they like to do for fun.
3. The game continues until every person in the group has responded.
4. If time allows, play another round by having each person tell something they appreciate (or are proud of) about their family.

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# Knot Game



## Game Instructions

1. Everyone stands in a circle and reaches across the circle to take hands with other group members.
2. Do not take both hands of the same person. Do not hold either hand of the person next to you.
3. After everyone in the circle has taken hold of hands, players try to untangle the knot by stepping over, climbing under, turning, and doing anything they can think of to untangle the knot.
4. Do not let go of hands. The knot is considered untangled when players are standing in the original circle. The participants do not have to be facing each other at the end.

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