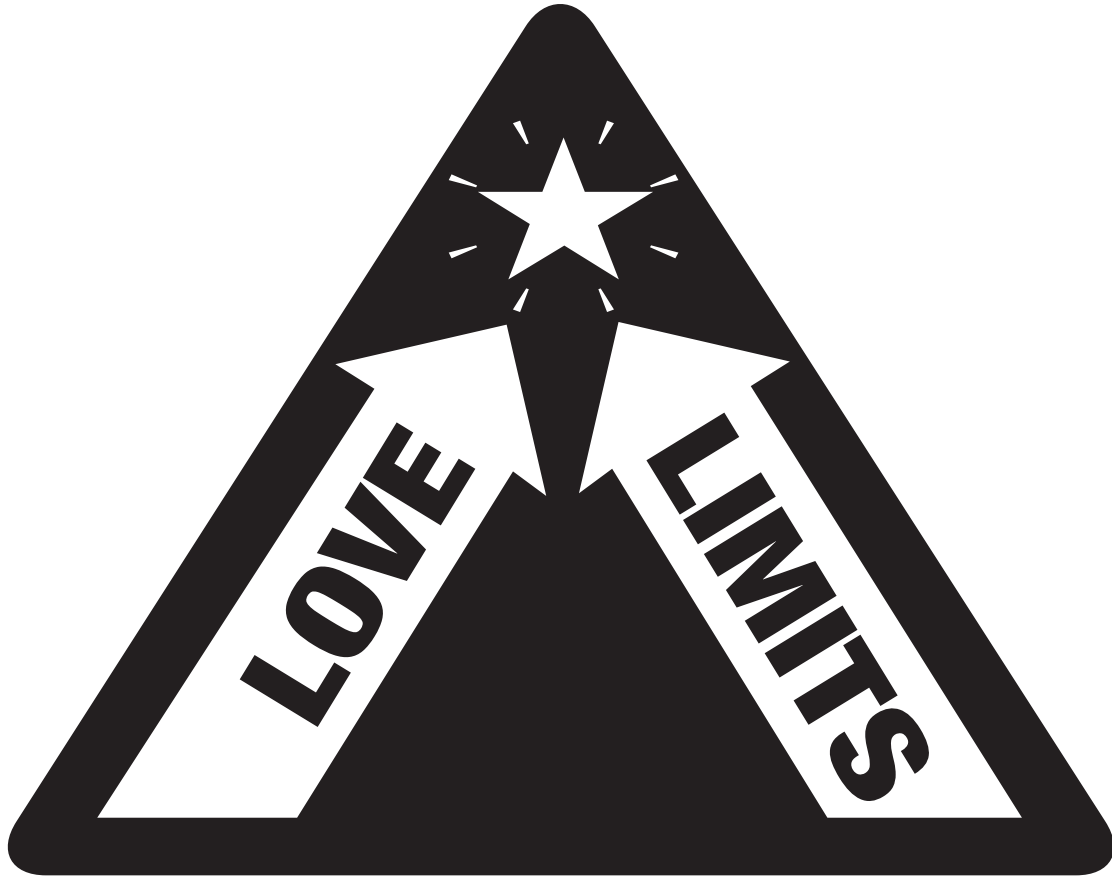


Masters and Samples



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

1. Tools for Parents - Session 2 Topics
2. Making an "I" Statement Situations
3. Parent Creed



Rules and Responsibilities for My Youth

1. Chores

Name one or two small chores you expect your youth to do each day.

2. Homework

My youth should do their homework at ____ o'clock.

3. Mealtime

I expect my youth to be home for supper at ____ o'clock.

4. Bedtime

My youth should be in bed at ____ o'clock on school nights.

"I" Statements



"I feel _____
when you _____,
because _____.
I want you to _____."

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"I" Statements



"I feel _____
when you _____,
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"I" Statements



"I feel _____
when you _____,
because _____.
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Practicing Using "I" Statements

Situation 1:

You overhear your youth swearing when they are talking on the phone with a friend. After they hang up, you say:

"I feel _____ when you _____,
because _____.
I want you to _____."

Situation 2:

You find a shirt of yours that your youth has borrowed lying on the floor in their room. You say:

"I feel _____ when you _____,
because _____.
I want you to _____."

Situation 3:

It's 20 minutes past when your youth is supposed to be home from being with a friend. You say:

"I feel _____ when you _____,
because _____.
I want you to _____."

Masters and Samples



REACHING OUR GOALS

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

1. Gifts
2. Youth Creed

It's Hard to Be a Kid

One of the top five reasons that it's hard to be a kid is:

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It's Hard to Be a Parent/Caregiver

One of the top five reasons that it's hard to be a parent/caregiver is:

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One of the top five reasons that it's hard to be a parent/caregiver is:

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Concerns of Parents/Caregivers

Your parent/caregiver
worries that your friends may
be a bad influence.

Concerns of Parents/Caregivers

Your parent/caregiver
had a bad day at work.

Concerns of Parents/Caregivers

Your parent/caregiver
wants to be proud of
your home.

Concerns of Parents/Caregivers

Your parent/caregiver worries
that you may do something
that will get you in trouble or
give you a bad reputation.

Concerns of Parents/Caregivers

Your parent/caregiver is tired from working full-time and also cooking and cleaning at home.

Concerns of Parents/Caregivers

Your parent/caregiver is worried that you may be experimenting with drugs or alcohol.

Concerns of Parents/Caregivers

Your parent/caregiver
wants you to be successful
when you grow up.

Concerns of Parents/Caregivers

Your parent/caregiver
can't concentrate because they
are worried about something.

Concerns of Parents/Caregivers

**Your parent/caregiver
needs to have some time
for fun too.**

Concerns of Parents/Caregivers

**Your parent/caregiver
misses spending time with you.**

Things Your Parent/Caregiver Says or Does

Parent/Caregiver comes home crabby and hides behind the computer.

Things Your Parent/Caregiver Says or Does

You ask your parent/caregiver to wash your new jeans so you can wear them to a party, and they are too busy to do it for you.

Things Your Parent/Caregiver Says or Does

Parent/Caregiver asks a lot of questions when you come home 20 minutes late from being with friends.

Things Your Parent/Caregiver Says or Does

Parent/Caregiver bugs you about doing your homework.

Things Your Parent/Caregiver Says or Does

Parent/Caregiver is having friends over and is mad because you haven't done your chores.

Things Your Parent/Caregiver Says or Does

You are telling your parent/caregiver about something that happened at school. They interrupt and say that they have to get dinner ready. You have a lot more to say.

Things Your Parent/Caregiver Says or Does

Parent/Caregiver tries to get you to dress in a particular way for a family event, and you think it looks dumb.

Things Your Parent/Caregiver Says or Does

You go to a concert/ballgame with your family. Your parent/caregiver says you have to sit with the family, but you would rather sit with your friends.

Things Your Parent/Caregiver Says or Does

Parent/Caregiver yells at you, because you forgot to unload the dishwasher and set the table.

Things Your Parent/Caregiver Says or Does

You told your friend you could go to their party. Your parent/caregiver says that you can't go because they don't know your friend's parents.

Things Your Parent/Caregiver Says or Does

You find your parent/caregiver reading your text messages on your phone.

Things Your Parent/Caregiver Says or Does

You want to go to a friend's house, but your parent/caregiver says you have to stay home with your younger sister. Your parent/caregiver says, "When I was your age, I had to help out at home."



Gifts

| | |
|------------------------|------------------------------------|
| fun times | things you learn |
| material things | ways you know you are loved |

Dear

One thing you do for me or give to me that I really appreciate is

I really like it when you

Love,

Thank you!

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Dear

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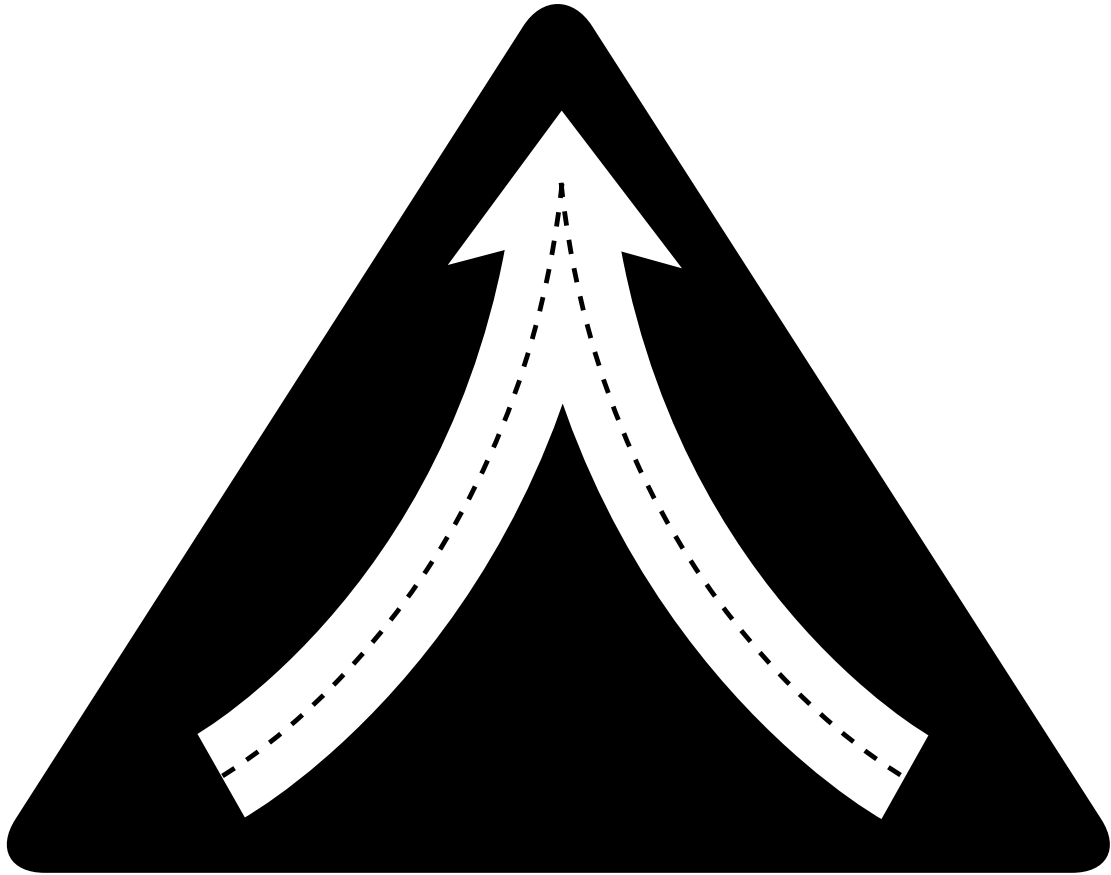
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Thank you!

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Masters and Samples



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

1. Candy Game
2. Family Tree
3. Different Family Trees
4. Closing Circle Phrase - 2
5. Parent, Youth, Family Creeds



Family Strengths

All people have strengths —things they do well and characteristics that others value and appreciate. Choose from this list or add additional strengths of your own.



Instructions:

Write the strengths on the leaves for the youth and parents/caregivers and on the rectangles for the support people.

Attach the leaves to the appropriate branch and the rectangles to the appropriate root.

| | | | | |
|----------------|---------------|-------------|-------------|-------------|
| sense of humor | helpful | clever | cooperative | responsible |
| good sport | pretty | important | strong | peppy |
| intelligent | bright | quiet | athletic | caring |
| protecting | neat | observant | full of fun | good fix-it |
| good hugger | cheerful | friendly | kind | likeable |
| peace maker | dependable | agreeable | handsome | imaginative |
| thoughtful | good cook | enjoyable | supportive | persistent |
| understanding | affectionate | sensitive | patient | honest |
| happy | energetic | funny | assertive | _____ |
| creative | hard worker | curious | sharing | _____ |
| loving | good listener | organized | active | _____ |
| playful | lovable | inquisitive | capable | _____ |



Strengths of the Whole Family

All families have things they are good at.
Choose from this list or add additional good things of your own.

Instructions:
Write the strengths on the rectangles and attach them to the tree trunk.

work together

good at showing appreciation

make time for each other

good at problem solving

work together

share spiritual beliefs

sharing

good at communicating

involved in the community

sense of humor

helping others

have fun together

Strength Rectangles

Support Person's Strengths

Label, cut and attach to tree roots.

| | | |
|--|--|--|
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| | | |
| | | |
| | | |

Strengths of the Whole Family

Label, cut and attach to tree trunk.

| | | |
|--|--|--|
| | | |
| | | |
| | | |
| | | |
| | | |

Strength Leaves

Family Member Strengths
Label, cut and attach to appropriate branches.

