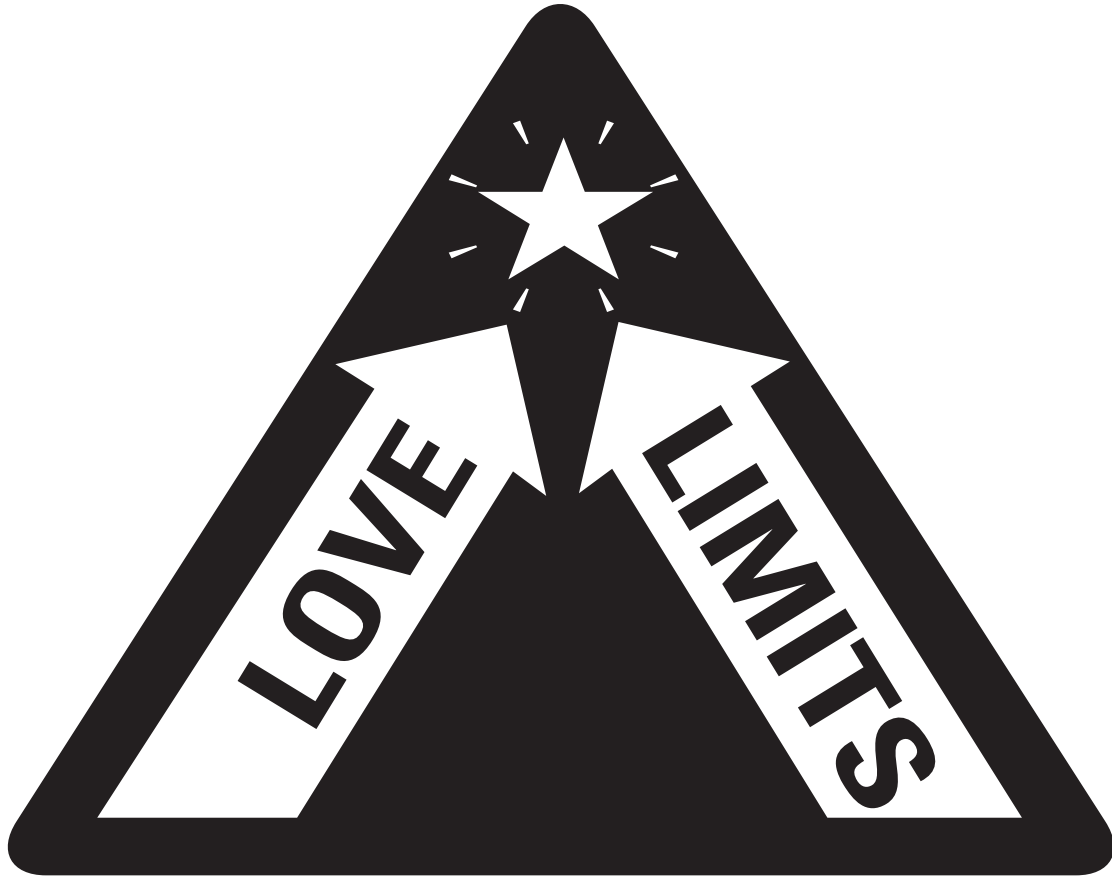


# Masters and Samples



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

1. Personal and Community Resources for Families
2. Parent Creed



# Getting Families the Help They Need

Instructions: Read the following scenario out loud and discuss help the family could use.

Adam and Diane Miller are facing hard times. The factory where Adam worked had to cut back and Adam was laid off nearly six months ago. Diane has gone back to work even though she doesn't have the training to get a job with good pay. They have four growing children, three in school and little Landon who is three. So far, the family has been just barely making it financially with Adam's unemployment compensation and Diane's new job. But the unemployment payments are about to run out and Adam still has no prospects for steady employment. They know they can't make it on Diane's income alone. Their nine-year-old has chronic asthma and they no longer have medical insurance since Adam was laid off.

To top it off, the car that Adam drives is unreliable and badly in need of repairs. While Adam is good with most fix-it projects, he needs more help with his car to get it running properly. He has been staying with Landon but that doesn't give him the chance to get serious about finding another job. Adam's parents live over 100 miles away and Diane's parents both work so they cannot help care for Landon during the day. They are having trouble paying their utility bills and are barely scraping by on food. Things will soon be worse unless they can get some temporary assistance. The two things they have going for them is a positive attitude and a willingness to reach out for help.

1. Circle some of the following people and services that might help the Miller family:

2. Use your Community Resource Directory to find the following:

	<u>Address</u>	<u>Phone</u>
Local churches	_____	_____
Food pantries	_____	_____
A friend who listens	_____	_____
Second-hand clothing stores	_____	_____
Garage sales	_____	_____
Department of Human Services	_____	_____
Food stamps	_____	_____
Medicaid	_____	_____
Child care assistance	_____	_____
Help with school expenses	_____	_____
Community Action Program (CAP)	_____	_____
Heating assistance	_____	_____
Subsidized housing	_____	_____
County Extension Office	_____	_____
Extended family	_____	_____
School - teachers or counselors	_____	_____
Family physician	_____	_____
Mental health clinic	_____	_____
A barter system - trading skills with friends and neighbors	_____	_____
Workforce Development	_____	_____
Job referral	_____	_____
Job training	_____	_____
Friends and neighbors	_____	_____
Substance Abuse Center	_____	_____
Other	_____	_____



# Looking Close to Home

---

## Community Resources

Local churches	Extended family	Mental health clinic
Food pantry	Family physician	Substance Abuse Center
A friend who listens	Department of Human Services	Workforce Development
Second-hand clothing stores	Food stamps	Job training
County Extension Office	Medicaid	Job referral
Schools - teachers or counselors	Child care assistance	Community Action Program (CAP)
Garage sales	Help with school expenses	Heating assistance
	A barter system - trading skills with friends and neighbors	Subsidized housing
	Friends and neighbors	Other

### I. Getting Help for A Family You Know

- A. Think of a family you know who may be experiencing one or more of the stresses we just talked about. Write the particular stress(es) on the following lines. (Do not write their name.)

---

---

- B. Name something positive you could do to offer support or assistance to this family.

---

---

### II. Getting Help for Your Own Family

- A. Next, think of your own family. What special stresses might you be experiencing? Write them below. (This will not be shared in the group.)

---

---

- B. Look over the worksheet, Getting Families the Help They Need. Are there any resources you could use to help your family deal with this stress?

---

---

*Strong families help others when they can and get help themselves when they need it.*



## **Strong Families**

Strong families help others  
when they can and get help  
themselves when they need it.

Strengthening Families Program: For Parents and Youth 10-14 • Iowa State University Extension and Outreach  
Copyright © 1993 Iowa State University of Science and Technology



## **Strong Families**

Strong families help others  
when they can and get help  
themselves when they need it.

Strengthening Families Program: For Parents and Youth 10-14 • Iowa State University Extension and Outreach  
Copyright © 1993 Iowa State University of Science and Technology



## **Strong Families**

Strong families help others  
when they can and get help  
themselves when they need it.

Strengthening Families Program: For Parents and Youth 10-14 • Iowa State University Extension and Outreach  
Copyright © 1993 Iowa State University of Science and Technology



## **Strong Families**

Strong families help others  
when they can and get help  
themselves when they need it.

Strengthening Families Program: For Parents and Youth 10-14 • Iowa State University Extension and Outreach  
Copyright © 1993 Iowa State University of Science and Technology

# Letter to Youth

Dear \_\_\_\_\_,

I'm glad we came to SFP 10-14. Most of all, I was glad to get to spend some time with you. I learned some new things about you like

\_\_\_\_\_

I can see that you are really growing up and are changing. Some of these changes are \_\_\_\_\_

\_\_\_\_\_

There are lots of things that I've loved about you since you were little like \_\_\_\_\_

\_\_\_\_\_

But now that you are older there are new things I am also proud of like \_\_\_\_\_

\_\_\_\_\_

I'm glad that we are learning to work together to solve problems between you and I like \_\_\_\_\_

\_\_\_\_\_.

Sometimes it's hard to see your point of view

but I am trying to learn to listen to you and I hope you will listen to my point of view too. When

you have a problem at home or about something at school or with your friends, I hope you will

come and talk to me. I will try to be a good listener and not give you a lecture but just be there

for you. I am looking forward to spending some time with you soon doing \_\_\_\_\_

\_\_\_\_\_

I love you and I always will.

Love,

# Parent/Caregiver Survey

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

SFP 10-14

In the first column, circle the phrase that shows how often you do each item **NOW** that you have taken the program. In the second column, circle the phrase that shows how often you did each item **BEFORE** you came to the program.

Column One—Now			
never	rarely	some of the time	most of the time
never	rarely	some of the time	most of the time
never	rarely	some of the time	most of the time
never	rarely	some of the time	most of the time
never	rarely	some of the time	most of the time
never	rarely	some of the time	most of the time
never	rarely	some of the time	most of the time
never	rarely	some of the time	most of the time
never	rarely	some of the time	most of the time
never	rarely	some of the time	most of the time

1. Wait to deal with problems with my child until I have cooled down.
2. Remember that it is normal for children to be harder to get along with at this age.
3. Help my youth understand what the family and house rules are.
4. Take time to do something fun together as a family.
5. Let my youth know what the consequences are for breaking rules.
6. Find ways to keep my child involved in family work activities, like chores.
7. Follow through with consequences each time they break a rule.
8. Talk with my child about their future goals without criticizing.
9. Often tell my child how I feel when they misbehave.
10. Find ways to include my child in family decisions about fun and work activities.

Column Two—Before			
never	rarely	some of the time	most of the time
never	rarely	some of the time	most of the time
never	rarely	some of the time	most of the time
never	rarely	some of the time	most of the time
never	rarely	some of the time	most of the time
never	rarely	some of the time	most of the time
never	rarely	some of the time	most of the time
never	rarely	some of the time	most of the time
never	rarely	some of the time	most of the time
never	rarely	some of the time	most of the time





# Masters and Samples



**REACHING OUR GOALS**

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

1. Youth Creed



# What Do I Do When...?

---

Draw lines from the problems in the left hand column to the ways of helping in the right hand column. You can draw more than one line to the same item.

- |   |   |  |
|---|---|--|
| Your friend's phone was stolen in the locker room.                                    | ● | ● Really listen to what your friend says and understand their point of view. |
| Your friend is worried that their parents might be getting a divorce.                 | ● | ● Go get help.   |
| You are worried that your boyfriend/girlfriend likes someone else.                    | ● | ● Tell them that you really like them but you don't want to have sex.        |
| You are invited to go to a party by an older kid and you know alcohol will be served. | ● | ● Leave the room to cool off.  |
| Your friend has run away from home and they told you where they were going.           | ● | ● Talk to your parents/caregivers.   |
| You can't seem to keep from fighting with your mom.                                   | ● | ● Talk to your minister, priest, or rabbi.                                   |
| Your boyfriend/girlfriend is pressuring you for sex.                                  | ● | ● Tell them you have other plans.  |
| Your best friend gets in a fight in the locker room.                                  | ● | ● Go with them to the principal's office to report it.                       |
| Your friend is having a hard time with math class.                                    | ● | ● Do something fun with your friend.   |
|   |   | ● Offer to study for tests together.   |

# Letter to Parents/Caregivers

Dear \_\_\_\_\_,

Thanks for coming with me to SFP 10-14. Even though we are busy, it was worth the time because I learned some things and had fun.

Some of the things I learned in my session are:

1. \_\_\_\_\_
2. \_\_\_\_\_

I liked some of the family sessions too. My favorites were:

1. \_\_\_\_\_
2. \_\_\_\_\_

One thing I learned about you is \_\_\_\_\_  
\_\_\_\_\_

I hope we can keep talking about important things at home like \_\_\_\_\_  
\_\_\_\_\_

and I hope you will let me help discuss rules and consequences. If you listen to me, I'll try to listen to you, too.

I hope we can do some fun things together soon like \_\_\_\_\_  
\_\_\_\_\_

I'm glad you're my parent/caregiver because \_\_\_\_\_  
\_\_\_\_\_

Love,

# Youth Survey

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

Place: \_\_\_\_\_

SFP 10-14

In the first column, circle the phrase that shows how often you do each item NOW that you have taken the program.

In the second column, circle the phrase that shows how often you did each item BEFORE you came to the program.

Column One—Now		Column Two—Before	
never	rarely	never	rarely
never	some of the time	never	some of the time
never	most of the time	never	most of the time
never	rarely	never	rarely
never	some of the time	never	some of the time
never	most of the time	never	most of the time
never	rarely	never	rarely
never	some of the time	never	some of the time
never	most of the time	never	most of the time
never	rarely	never	rarely
never	some of the time	never	some of the time
never	most of the time	never	most of the time
never	rarely	never	rarely
never	some of the time	never	some of the time
never	most of the time	never	most of the time

- 1. I know one step to take to reach one of my goals.**
- 2. I do things to help me feel better when I am under stress.**
- 3. I appreciate the things my parent(s)/caregiver(s) do for me.**
- 4. If a friend suggests that we do something that can get us both into trouble, I am able to get out of doing it.**
- 5. We have family meetings to discuss plans, schedules, and rules.**
- 6. I know how to tell when I am under stress.**
- 7. I listen to my parent(s)/caregiver(s)' point of view.**
- 8. I understand the values and beliefs my family has.**
- 9. I know there are consequences when I don't follow a given rule.**

Column One—Now		
never	rarely	most of the time
never	rarely	most of the time
never	rarely	most of the time
never	rarely	most of the time
never	rarely	most of the time
never	rarely	most of the time

**10. My parent(s)/caregiver(s) and I can sit down together to work on a problem without yelling or getting mad.**

**11. I know the qualities that are important in a true friend.**

**12. I know what my parents/caregivers think I should do about drugs and alcohol.**

**13. My parent(s)/caregiver(s) are calm when they discipline me.**

**14. I feel truly loved and respected by my parent(s)/caregiver(s).**

**15. I am able to tell when my parent(s)/caregiver(s) are stressed or having a problem.**

Column Two—Before		
never	rarely	some of the time
never	rarely	some of the time
never	rarely	some of the time
never	rarely	some of the time
never	rarely	some of the time
never	rarely	some of the time

**What was the most valuable thing(s) you learned during this program?**

---

---

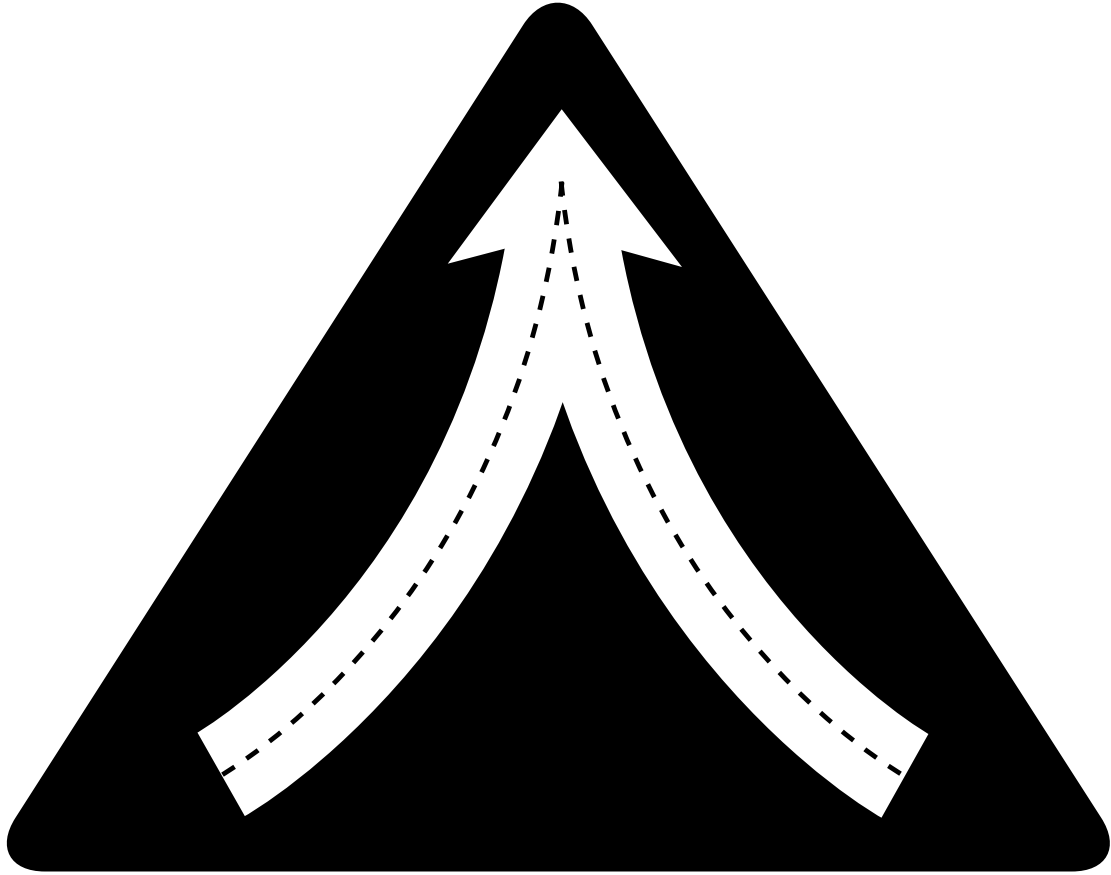
---

---

---

---

# Masters and Samples



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

1. Closing Circle Phrase - 7
2. Parent, Youth, Family Creeds



---

Family Name

have completed



This certificate acknowledges that you value the importance of spending time together as a family. You are a strong family who cares about each other and has fun together.

---

Signature

Date

---

Signature

Date

---

Signature

Date

---

Family Name

have completed



This certificate acknowledges that you value the importance of spending time together as a family. You are a strong family who cares about each other and has fun together.

---

Signature

Date

---

Signature

Date

---

Signature

Date

---

Family Name

have completed



This certificate acknowledges that you value the importance of spending time together as a family. You are a strong family who cares about each other and has fun together.

---

Signature

Date

---

Signature

Date

---

Signature

Date

Brought to you by:

---

Family Name

have completed



This certificate acknowledges that you value the importance of spending time together as a family. You are a strong family who cares about each other and has fun together.

---

Signature

Date

---

Signature

Date

---

Signature

Date

Brought to you by: