

SFP 10-14 Session Agendas

Session 1

Youth Session 1	Time Allocated	Start Time	Facilitator
As Youth Arrive	1 minute		
Get Acquainted Icebreaker	8 minutes		
Program Overview	2 minutes		
Compliments Circle & Group Ground Rules	8 minutes		
Goals & Steps Towards Goals	10 minutes		
Making & Sharing Treasure Maps	30 minutes		
Prep for the Family Session	1 minute		
Wrap Up - Youth Creed	1 minute		

Family Session 1	Time Allocated	Start Time	Facilitator
Group Games: Spin the Bottle, Knot Game	10 Minutes		
Parents/Caregivers View and Discuss Youth's Treasure Map Identify Treasure Map Questions for Treasure Maps When You Were My Age	15 Minutes		
Steps to Reach Goals	10 Minutes		
How Well Do We Know Each Other	20 Minutes		
Closing Circle	5 Minutes		

Session 2

Youth Session 2	Time Allocated	Start Time	Facilitator
As Youth Arrive...	1 Minute		
Mystery Compliments Icebreaker	4 Minutes		
Round of Compliments	2 Minutes		
What's Good and What's Hard About Being a Youth or a Parent?	19 Minutes		
Active Game – Body Talk	5 Minutes		
Why Parents/Caregivers Are Stressed	12 Minutes		
Gifts Gifts Worksheet Compliment Card	13 Minutes		
Home Practice	1 Minute		
Prep for the Family Session	2 Minutes		
Wrap Up - Youth Creed	1/2 Minute		

Family Session 2	Time Allocated	Start Time	Facilitator
"Jolly Ranchers" Icebreaker	5 Minutes		
Making a Family Tree	45 Minutes		
Closing Circle	5 Minutes		

Session 3

Youth Session 3	Time Allocated	Start Time	Facilitator
As Youth Arrive	1 Minute		
Follow the Leader Icebreaker	5 Minutes		
Round of Compliments and Home Practice Review	4 Minutes		
Introduction to Stress Topic	2 Minutes		
Situations That May Cause Stress	9 Minutes		
How Do You Know When You're Feeling Stressed	7 Minutes		
Active Game – What Do We Have In Common?	10 Minutes		
Finding Healthy Ways to Handle Stress	17 Minutes		
Finding Coping Techniques that Work for Me	5 Minutes		
Home Practice	1 Minute		
Prep for the Family Session	1 Minutes		
Wrap Up -Youth Creed	1/2 Minute		

Family Session 3	Time Allocated	Start Time	Facilitator
Active Game – Balloons in the Air	8 Minutes		
Introduction to Family Meetings	2 Minutes		
Family Meetings	25 Minutes		
Family Card Game	20 Minutes		
Closing Circle	5 Minutes		

Session 4

Youth Session 4	Time Allocated	Start Time	Facilitator
As Youth Arrive...	1 Minute		
Round of Compliments and Home Practice Review	4 Minutes		
Traffic Jam Ice Breaker	5 Minutes		
Driving Game	15 Minutes		
Game Processing	5 Minutes		
Active Game – Blind Man's Shape	5 Minutes		
Adult Rules and Responsibilities	10 Minutes		
Home Practice	1 Minute		
Prep for the Family Session	3 Minutes		
Wrap Up Youth Creed	1/2 Minute		

Family Session 4	Time Allocated	Start Time	Facilitator
Understanding What Family Values Are Values Charades	7 Minutes		
Matching Values to Action	5 Minutes		
Making a Family Shield	45 Minutes		
Closing Circle	3 Minutes		

Session 5

Youth Session 5	Time Allocated	Start Time	Facilitator
As Youth Arrive...	1 Minute		
"Wheel of Fortune" Icebreaker	3 Minutes		
Round of Compliments and Home Practice Review	3 Minutes		
Keeping Out of Trouble with Your Friends – Special Effects	2 Minutes		
What Youth Sometimes Do to Be Liked	6 Minutes		
Active Game – Pass the Banana	5 Minutes		
Situations That Might Get You In Trouble	3 Minutes		
Ask Questions	5 Minutes		
Name the Problem; Tell What Could Happen	7 Minutes		
Suggest Another Route – Activity & Video	9 Minutes Activity – 4 minutes Video – 5 minutes		
Practice All the Steps	6 Minutes		
Home Practice	1/2 Minute		
Prep for the Family Session	1 Minutes		
Wrap Up - Youth Creed	1/2 Minute		

Family Session 5	Time Allocated	Start Time	Facilitator
Going to Timbuktu Ice Breaker	5 Minutes		
Listening Game	25 Minutes		
Joint Problem Solving Demonstration	10 Minutes		
Joint Problem Solving Game	15 Minutes		
Closing Circle	5 Minutes		

Session 6

Youth Session 6	Time Allocated	Start Time	Facilitator
As Youth Arrive...	1 Minute		
Round of Compliments and Home Practice Review	3 Minutes		
Dealing With Peer Pressure – Alcohol and Drugs Keep Us From Reaching Goals – Activity and Video	9 Minutes Activity – 4 minutes Video – 5 minutes		
Start on Your Way – Activity and Video	9 Minutes Activity – 7 minutes Video 2 minutes		
Saying Your Friend's Name and "Listen to Me" – Practice All Steps Activity and Video	17 Minutes Activity – 12 minutes Video – 5 minutes		
Active Game - Molecules	5 minutes		
Goin' Fishin': What Makes a Good Friend	15 Minutes		
Home Practice	1/2 Minute		
Prep for the Family Session	1/2 Minute		
Wrap Up - Youth Creed	1/2 Minute		

Family Session 6	Time Allocated	Start Time	Facilitator
Reaching Our Goals Game	25 Minutes		
Parents/Caregivers Helping Youth with Peer Pressure – Video Directed Discussion	13 ½ Minutes		
Sharing of Refusal Skills	10 Minutes		
Sharing of Parental Dreams and Expectations	5 Minutes		
Closing Circle	3 Minutes		

Session 7

Youth Session 7	Time Allocated	Start Time	Facilitator
As Youth Arrive...	1 minute		
Round of Compliments	5 minutes		
What Do I Do When...?	8 minutes		
Writing Questions for the Panel	10 minutes		
Panel Questions and Answers	20 minutes		
Group Games	10 minutes		
Prep for the Family Session	2 minutes		
Wrap Up - Youth Creed	1 minute		

Family Session 7	Time Allocated	Start Time	Facilitator
Family Games	10 minutes		
Program Summary and Review Slide Show	15 minutes		
Program Evaluation	5 minutes		
Letter to Youth and Parents/Caregivers	10 minutes		
Graduation Ceremony	10 minutes		
Pizza Party or Snacks	15 minutes		
Closing Circle	5 minutes		