



Overview of Each Workshop Session

This chart reviews what happens and the key messages that families explore in each session. It also highlights activities families do at home together to follow through on each workshop.

SUMMARY	KEY IDEAS	HOME ACTIVITIES
1. Thriving Through the Teenage Years: The Power of Family Relationships		
<p>Parents and youth explore relationships that have made a difference to them, and they explore their own families' experiences with the five keys to youth-parent relationships.</p>	<ul style="list-style-type: none"> • Kids do best when they have strong relationships with parents through the teen years. • But those relationships change through the teen years. • Five key actions help to keep these relationships strong. 	<p>Families use a checklist to explore their relationships.</p>
2. You Already Care—How Do You Show It?		
<p>As young people grow up, they often shift in the kinds of care and support they appreciate and need. This session lets families explore what's already working and what they might adjust.</p>	<ul style="list-style-type: none"> • All of us care about each other in our families. • It can be harder to express care as kids grow up. So, we have to find ways to adjust so it works for everyone. • Expressing care begins with really listening to each other. 	<p>Families try simple ways to express care, including planning a shared family meal.</p>
3. Sharing Power—Even When It's Not Comfortable		
<p>Most parents can talk about some power struggles they have experienced—particularly as they enter the teen years. Teens and parents try strategies for sharing power in ways that reflect their values.</p>	<ul style="list-style-type: none"> • Sharing power focuses on treating each other with respect and giving each other a say. • Sharing power can be a hard in family relationships. But, it's important, particularly during the teen years. • We share power in different ways for different issues. • You can turn power struggles into power sharing. 	<p>Families practice negotiating and try organizing a family meeting.</p>
4. Challenging Growth Without Pushing Away		
<p>Family relationships are stronger when family members challenge each other to learn and grow. In this session, family members explore ways they inspire and stretch each other to keep working toward goals.</p>	<ul style="list-style-type: none"> • In positive relationships, we push each other to grow so that we can each be and become our best selves. • Challenging growth is best when it focuses on someone's own goals or priorities, not on things other people wish they would do. • We grow most in the "Growth Zone," where we are stretched to grow, but also supported to be successful. 	<p>Families practice giving feedback and reflect on how they can use setbacks to learn and grow.</p>

SUMMARY**KEY IDEAS****HOME ACTIVITIES**

5. It's a Big World Out There: Helping Each Other Discover Possibilities

A big part of growing up is discovering new options for the future. Families grow together by trying new things, going new places, and meeting new people. In this session, families explore options that fit for them.

- We support or help each other in different ways as we grow up.
- A great way to expand possibilities with each other is to explore things you're curious about.
- Having a specific plan to try new things can be a fun way to expand possibilities for each other.

Families set up "lifelines" to support them as they expand possibilities.

6. Growing Together through the Teen Years

Families work together to identify a commitment they will follow through with to create a "good habit" or routine to keep connected until high school graduation.

- Our hopes for the future affect what we do today.
- "Good habits" help us stay on track with the things we want to do, including helping us overcome barriers that come up.
- We can help to keep our relationships strong by thanking each other and committing to specific actions we will do together.

Families commit to maintaining their shared activities or rituals that keep them connected. They receive tools to help them stay on track.

7. Celebrating Your Family's Journey Together: The Graduation

The workshop concludes with a family graduation celebration in which youth express their hopes for their family relationships when they graduate, families share their pledge to keep connected, and families are affirmed for their commitment to each other.
