

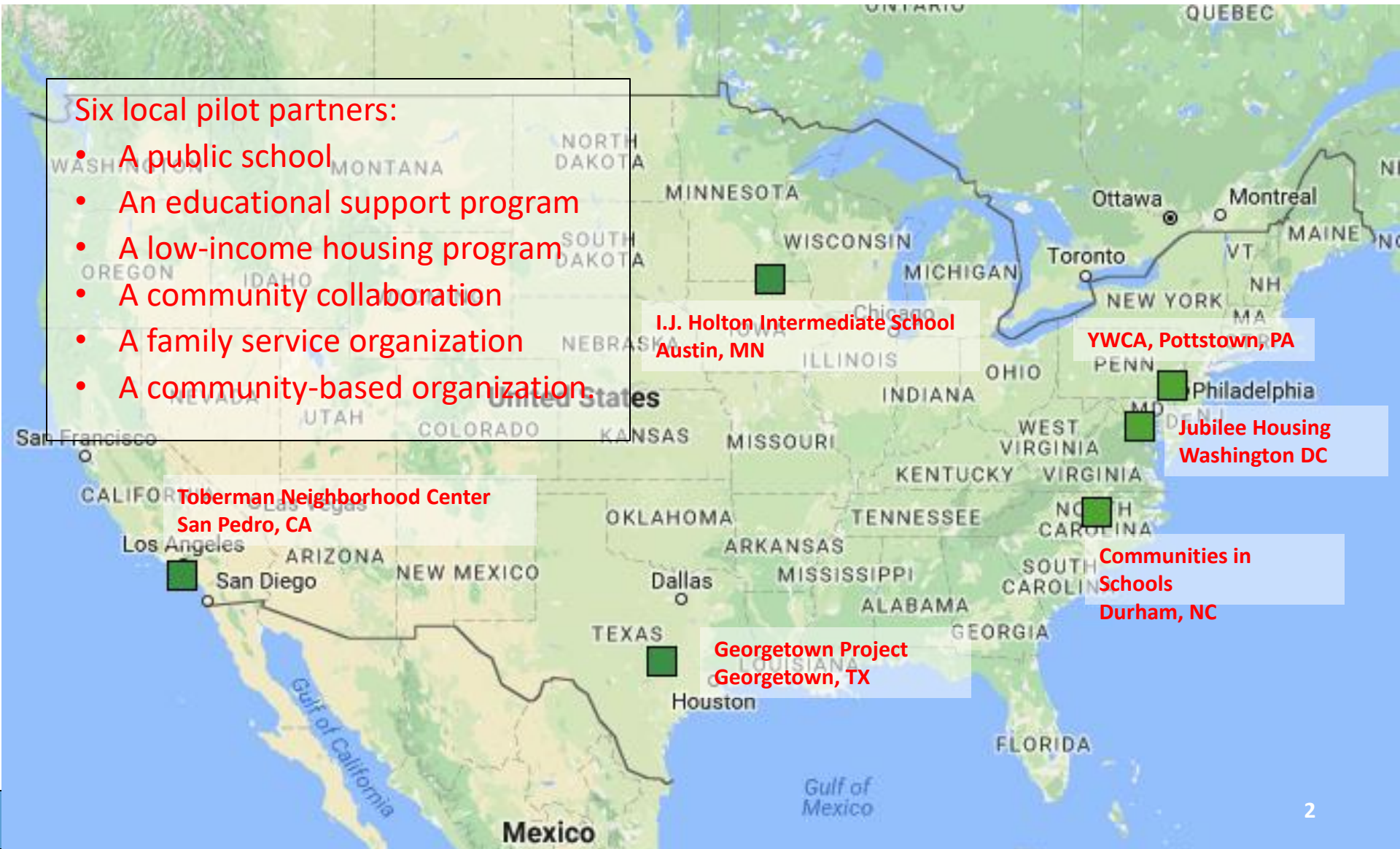
WHAT MAKES *KEEP CONNECTED* WORK?



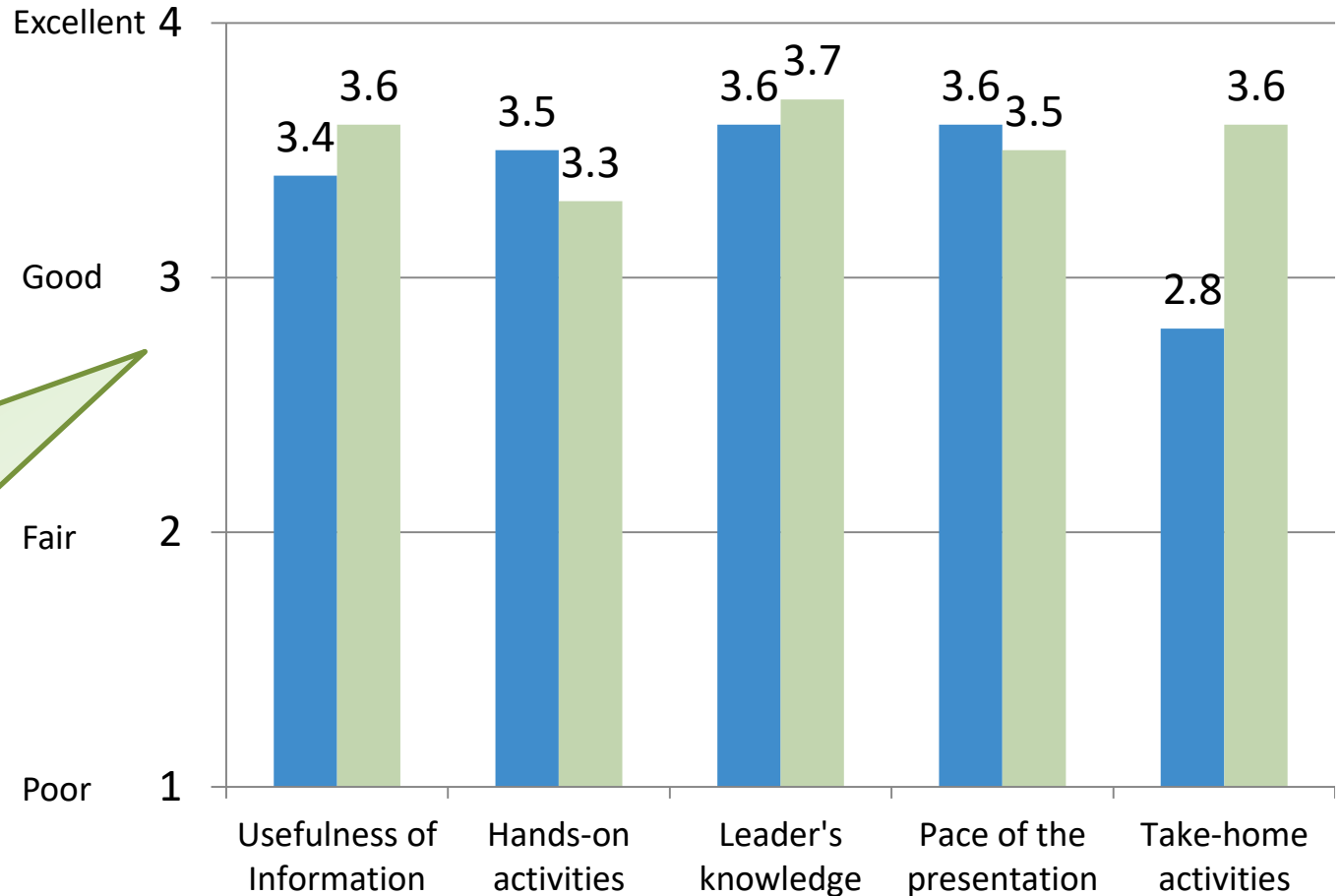
Pilot Sites (2016 – 2017)

Six local pilot partners:

- A public school
- An educational support program
- A low-income housing program
- A community collaboration
- A family service organization
- A community-based organization



Participants' Ratings



“Every game we played was really fun!”

Youth, Austin, MN

■ Parenting Adult (n =33)

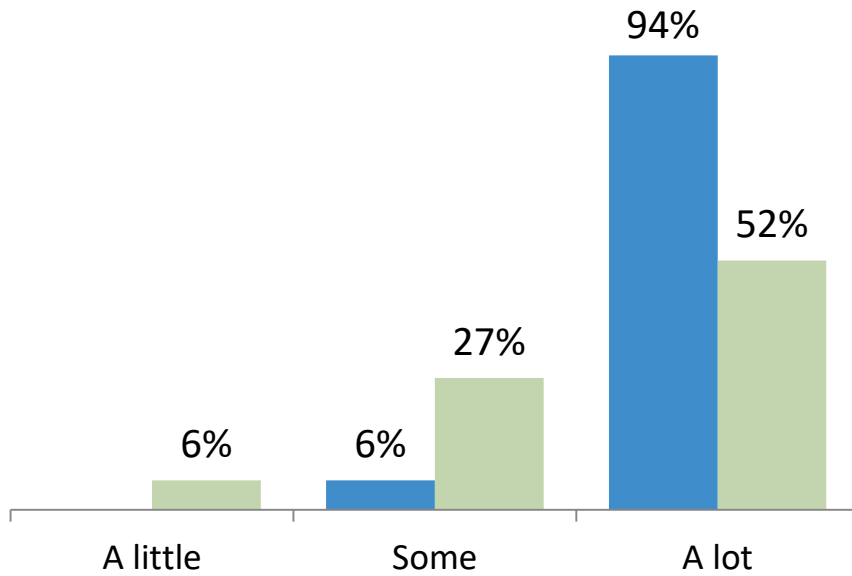
■ Youth (n = 29)



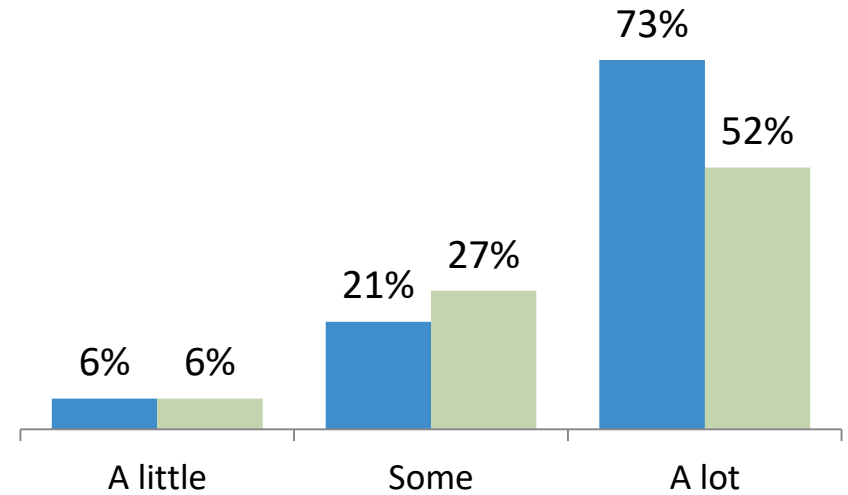
Value of Workshops to Participants

Parents and youth were able to use what they learned and experienced.

Importance of Information



Usability of Information



■ Parenting Adult ■ Youth



- Strengths
 - No blaming or shaming
 - Share experience, not expert advice
- Culturally responsive
 - Tested within and across diverse contexts
 - Contextualize to specific cultures
- Relationships in families
 - Shared meal
 - Two-way relationships
 - Two-generation experience

“It allowed us to be together.”

- Parent,
Washington, D.C.



- Relationships around families
 - Interactive, social learning
 - Story-telling and sharing, disclosure
- Family rituals and routines
 - Activities to take home
 - Family Pledge
- Parent leadership
 - Assume roles during sessions
 - Future facilitators

“To hear other parents having the same struggles...you can let your hair down and learn from each other.”

-Parent, Durham, NC



- Using *Keep Connected* tools at home
- Spending more time together
- Better and more frequent communication
- Built trust with each other
- Making more decisions as a family

“We started to talk more often instead of us just doing our own thing.”

- Youth

“I think it gave [my child] and I a fresh start. . . . it was like a strong foundation. It gave us something to build off of, you know. . . I think the program helped us to start over.”

- Parent, Durham, NC



“Something about the program that was very helpful was the way that it led me to think about my actions more.”

-Youth, Washington, D.C.

- Awareness of how actions impact others
- Opening up more to parents
- Showing greater appreciation and care to parents

Parents also saw **positive changes in children**—better decision-making, desire to spend more time with family, more responsible. “He talks more to me about what he’s going through.”



- Developed supportive relationships with other parents
- Gained tools to build a deeper relationship with their child
- More confident in abilities
- Committed to continued growth

“I feel like I’ve changed as far as effectively listening to my daughter, taking her feelings, her wants, her desires, her needs into consideration.”

-Parent, Durham, NC

Youth experienced **positive changes in parents**: Clearer expectations, increased effort in communicating:

- “...tells me more about her feelings...”
- “...wants to know more about me...”





DIGGING INTO THE SESSIONS

Print Materials



Implementation Toolkit

www.ParentFurther.com/KeepConnected

Be sure you're registered!

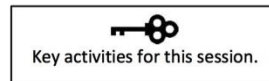






- Overview and Learning Objectives
- Activities at a Glance

Activities at a Glance

Session 1: Thriving through the Teenage Years: The Power of Family Relationships

Total Time: 90 minutes



Shared Family Meal				
Place discussion-starter question cards on the tables for families to talk about while they share the meal (if they choose).				
Parenting Adult Session		CONCURRENT	Youth Session	
Sign-in and nametags	10 min prior to start		Sign-in and nametags	10 min prior to start
1. Welcome and Introductions (ice breaker discussion)	10 min		1. Bouncing Questions Name Game (ice breaker activity)	10 min
2. Introduction to the Workshop Series (voting-with-your-feet activity) Handout 1.1	10 min		2. Introduction to the Workshop Series (voting-with-your-feet activity) Handout 1.1	10 min
3. The Middle School Years: Then and Now (Pair-and-share discussion)	15 min 		3. What Do We Expect from Each Other? (whole group brainstorm)	10 min 
4. Three Wishes for Your Relationship with Your Youth (written reflection)	10 min 		4. Getting Started with a "Family Pledge to Keep Connected" (craft activity)	15 min 
5. Transition to Family Session	5 min	5. Transition to Family Session	5 min	
Family Session (Parenting adults and youth)				



The Facilitator Guide

- Overview and Learning Objectives
- Activities at a Glance
- Facilitator Planning Worksheets
- Preparation, Materials, and Supplies
- Detailed Facilitator Guides
 - Parenting Adult
 - Youth Session
 - Family Session
 - Extended Parent Session
- Worksheets and Handouts



- Guiding Principles
- Why Middle School?
- Aligning with Other Approaches

- Myths About Families
- Start with Listening

- Recruit through Relationships
- How to Welcome Diverse Families
- Incentives: Pros and Cons
- Identifying Partners for Keep Connected
- Overcoming Barriers

- Best Practices in Program Retention
- Building Community
- Successful Facilitation Techniques
- Watch Facilitation in Action
- Sites Share What Works

- Session 1
- Session 2
- Session 3
- Session 4
- Session 5
- Session 6
- Session 7 - Graduation

- Brochure
- Certificate of Completion
- Logos
- Postcard
- Poster/ Flyer
- Press Releases
- Social Media
- Videos

Accessing Online Materials

www.ParentFurther.com/KeepConnected

Facilitator Guides

- Parenting Adult Session
- Youth Session
- Family Session
- Extended Parenting Adult Session

Family Handouts

Planning Worksheet (editable)

Optional Video (if applicable)



Good Reasons to Adapt

- Fit the experience and culture of participants
- A better way to engage youth or parents that achieves the learning goal
- External factors undermine available time or the group's attention

NOT Good Reasons to Adapt

- A different approach will be easier
- You prefer a different style
- Other offerings for families use a different style
- You have a lot to say



Preparing to Lead a Session



**Internalize
session
content,
themes**



**Complete the
Facilitator
Planning
Worksheet**



**Gather
supplies and
finish other
preparation**

What else has worked for you?

