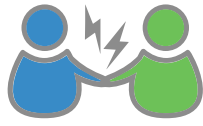


## SESSION 5: FACILITATOR GUIDE



Digital Check-Ins to Keep Connected

# Share Power



## Overview

This guide equips you to lead the second 30-minute videoconference or teleconference call with parents and guardians. It focuses on Share Power, one of the five key elements of strong parent-youth relationships, according to Search Institute research. (Visit [www.searchinstitute.org/developmental-relationships](http://www.searchinstitute.org/developmental-relationships).)

In this session, parents and guardians will . . .

- Check in with each other, providing mutual support;
- Learn the core ideas included in “share power” within the Developmental Relationships Framework; and
- Be oriented to activities they can try at home that will introduce new ways families can show respect for each other’s ideas, collaborate, make decisions together and give each other opportunities to lead.

## Preparation

1. **Invite parents/guardians** to participate. Be sure they have access to the equipment (computer/phone).
2. Review the parent sheet, quiz, and recommended activities so you can talk about them with families.
3. Send the **Share Power Guide for Parents and Guardians** to each participant, which you can find on the [Keep Connected website](http://KeepConnected.org). (See the distribution ideas in the quick-start guide.)
4. **Review the Learn About It section** on [www.KeepConnected.info](http://www.KeepConnected.info) for background about [what it means to “share power.”](http://www.KeepConnected.info/learn-about-it/share-power)
5. **Review the Session Guide**; adapt the session as needed to fit the participating families.
6. A couple of hours before the session, send a reminder with the web link and/or phone number for the session.

## Session Guide

30 minutes

1. **Gather:** Start the videoconference or phone conference. Welcome parents or guardians by name as they come online. While they’re gathering, informally ask about their kids (but don’t reveal, or ask them to reveal, confidential or sensitive information).
2. **Check-in:** Ask for a high and low from the past week (or since you met last).
3. **Review:** If they have participated in another session, ask if they’ve taken a quiz, tried an activity, used a discussion question, or done something else that was inspired by the discussion or topic. What did they try? What went well? What didn’t? Congratulate them for the effort. Ask them what they might try differently the next time if something didn’t go well.

4. **Introduce the topic** by saying something like: *Sharing Power can be hard for some families at first. But it is a powerful tool for strengthening mutual respect and trust. It also helps young people learn how to take on more responsibilities as they grow older. It gives young people opportunities to practice decision-making and leadership. So we're going to focus on some ways we have—or could—share power with our children.*
5. If you're using **videoconference**, show the [Share Power](#) video from the Keep Connected website.  
If you're using a **voice conference call** (not video), say something like: *Sharing power doesn't mean letting kids make all their own decisions. It means treating children with respect and fairness, trusting them with responsibility, and giving them appropriate opportunities to make choices, work through problems, make mistakes, and learn from their actions. It means giving them opportunities to take the lead when their ready so that they learn to take responsibility and build confidence. Here are five actions that share power:*
  - Respect me: *Take me seriously and treat me fairly.*
  - Include me: *Involve me in decisions that affect me.*
  - Collaborate: *Work with me to solve problems and reach goals.*
  - Let me lead: *Create opportunities for me to take action and lead.*
6. **Conversation:** Discuss these questions as a group. Give each person who wants to time to contribute.
  - How does the idea that sharing power is an important part of family relationships strike you? What parts of it make the most sense? What doesn't make sense?
  - When have you found great satisfaction as a parent by sharing power with your child? What gave you that satisfaction?
  - What's hardest for you about sharing power with your child? How have you managed the hard parts?
  - What are some ways you've seen families effectively share power when their kids are different ages, from infancy to adulthood? At what ages can it be most challenging?
  - What advice would you have for parents of younger kids when it comes to sharing power in the family?
7. Introduce the **Share Power Guide for Parents and Guardians**, which you distributed before the session. Share your screen to show them the guide if you're able and have time. Walk through the different elements (Check It, Try It, Talk About It), highlighting some of the activities families can choose to do in the coming week (or until your next session). If you have expectations about using the activities, be clear about them.
8. Ask parents if they have questions, ideas, or concerns.
9. Encourage parents to partner with each other to give each other encouragement, tips, or just a nudge with getting started as they're doing these activities with their families.
10. Thank parents again for their participation, and let them know when you'll get back together again.

## Follow Up

- **Send a text or email to participants**, thanking them for participating and reminding them about the next session. Also send a link to the family quiz (<https://keepconnected.searchinstitute.org/family-relationship-quiz/>). Resend "Session 5: Guide for Parents and Guardians: Share Power" in case some need another copy. Remind them of the time, date, and call-in or link information for the next session.
- **Provide feedback on** what worked, what didn't, and how to improve this session on this [brief survey](#).

This and other **Digital Check-Ins to Keep Connected** are available at: [www.KeepConnected.info/digital-check-in/](http://www.KeepConnected.info/digital-check-in/)