



# Keep Connected Institute for Strengthening Family Relationships

**Participant Workbook**  
**Day 4**

October 22, 2020







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

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#### 4. In the Zone: Challenge and Support Growth

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.

- In positive relationships, we challenge each other to grow in different parts of life so that we can each be and become our best selves.
- When we encourage each other to grow, it's also important also to provide support in different ways.
- Challenge growth is best when it focuses on our own goals or priorities, not on things other people wish we would do.
- We improve the most in the "Growth Zone," where we are stretched to learn and try new things, but are also supported. The Growth Zone is the intersection between Challenge Growth and Provide Support.

Families practice giving feedback, reflect on how they think about setbacks, and identify people outside their home who support them.

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#### 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.

- As we grow up, we discover new things about ourselves and each other when we explore new ideas, have new experiences, and get to know people and cultures that are different from us.
- 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 explore something they are curious about.

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#### 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 expectations or 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.

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#### Celebrating Your Family's Journey Together: The Graduation

The workshop series 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. A feedback survey (print or online) is included as part of the graduation celebration.

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# What's in the Facilitator Guide for Each Session

Facilitator guides can be downloaded from the online *Keep Connected Implementation Toolkit*

KEEP CONNECTED—SESSION 3

**Sharing Power—  
Even When It's Challenging**

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3.3a: Sharing Power: What Approaches Fit Your Family?

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3.4: How Youth and Parenting Adults Contribute to Shared Decision Making

3.5: At-Home Activities for "Share Power"

a. OVERVIEW: At-Home Activities Guide

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d. TRY IT: Practice Negotiating Together

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**Contents**  
Review of all the activities and handouts

**Overview and Learning Objectives**

**Overview**

This *Keep Connected* workshop focuses on **sharing power in families** (the second of the five keys to strong parenting adult-youth relationships). Both youth and parenting adults examine their attitudes toward sharing power in their relationships and identify specific steps they can take to reduce power struggles.

**Learning Objectives**

Participants will . . .

- Understand the dynamics of sharing power and **why this area of relationships is so important**, particularly during this stage of life.
- Examine their own **feelings and values about sharing power** in their relationships in their family.
- Identify areas where they have **power struggles**—and ways they might appropriately share power to reduce the struggles.
- Identify the **different ways they currently share power**, and then identify some areas where they want to grow as a family.
- Commit to at least one activity** they will do together to practice sharing power before the next workshop.

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Activities at a Glance – Family Workshop (Youth and Parenting Adults)

Session 3  
**Session 3: Sharing Power—Even When It's Challenging**  
Total Time: 120 minutes

Key activities for this session

Set-Up	
Place discussion-starter question cards on the tables for families to talk about while they share the meal (if they choose).	15 min prior to start
Sign-in and Nametags	
<b>Shared Family Meal (30 minutes)</b>	
Families eat and settle in	10 min
Welcome and Introductions	10 min
Check-in on At-Home Activities	10 min
Transition to parenting adult and youth sessions	
<b>Parenting Adult Session (40 minutes)</b>	<b>Youth Session (40 minutes)</b>
1 Introductions, Highs and Lows	10 mins
2 Sharing Power: Where Are We Starting Out?	10 mins
3 Role Reversal	20 mins
CONCURRENT	
1 Introductions, Highs and Lows	10 mins
2 Role Switch: If We Were in Charge	10 mins
3 What We Mean by Sharing Power—and How We Can Make It Easier	10 mins
4 Adding to the Family Pledge to Keep Connected	10 mins
Optional Youth Activity: What Can You Teach?	
Transition to family session (5 minutes)	
<b>Family Session (45 minutes) (Youth and Parenting Adults Together)</b>	
1 Families Reconnecting	5 mins
2 Revisiting Group Expectations: Fit to Five	5 mins
3 Finding a Good Balance of Power	15 mins
4 Screaming Toss Game	5 mins
5 Pledge to Share Power	5 mins
6 Take-the Conversation Home	5 mins
7 Wrap Up	5 mins

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**At a Glance Overview of the Session**

**Preparation, Materials, and Supplies**

Preparation, Materials, and Supplies

Shared Family Meal	
<b>Preparation</b>	<b>Materials and Supplies</b>
<ul style="list-style-type: none"> <li>✓ Create flip charts with the workshop's key ideas (one chart for each room you will use)</li> <li>✓ Optional: Prepare "Share Power" video for showing</li> <li>✓ Bring and post these materials from previous sessions:               <ul style="list-style-type: none"> <li>✓ Five flipcharts on relationship keys</li> <li>✓ A copy of group expectations</li> <li>✓ Pledge projects</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✓ Sign-in sheet (master list for the workshop series)</li> <li>✓ Nametags for all participants</li> <li>✓ Markers to write on nametags</li> <li>✓ Sign-in sheet (master list for the workshop series)</li> <li>✓ Flip charts and markers</li> </ul>
Parenting Adult Session	
<b>Preparation</b>	<b>Preparation</b>
<ul style="list-style-type: none"> <li>✓ Organize the "three wishes" from the first session to refer to, as much as possible, to the five keys. Bring those tied to "share power" to this session. This may include a wish that kids will become more responsible or make good decisions.</li> <li>✓ Bring and post these session 1 materials:               <ul style="list-style-type: none"> <li>✓ Five flipcharts on relationship keys</li> <li>✓ A copy of group expectations</li> </ul> </li> <li>✓ Copy handouts 3.1 and 3.2 for all participants.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Bring these materials from session 1:               <ul style="list-style-type: none"> <li>✓ A copy of group expectations</li> <li>✓ Family pledge projects</li> </ul> </li> </ul>
<b>Materials and Supplies</b>	<b>Materials and Supplies</b>
<ul style="list-style-type: none"> <li>✓ A pen for each participant</li> <li>✓ Flipcharts and markers</li> <li>✓ Optional: Talking Piece</li> <li>✓ Optional: Flip chart paper labeled "Parking Lot"</li> </ul>	<ul style="list-style-type: none"> <li>✓ Flipcharts and markers</li> <li>✓ Decision-making topic sheets (see Activity #5: What We Mean Sharing Power—and How We Can Make It Easier)</li> <li>✓ Sheets of paper and markers for each youth</li> <li>✓ Materials for "Our Family's Pledge to Keep Connected" (see next page)</li> <li>✓ Talking piece</li> <li>✓ Flip chart paper labeled "Parking Lot"</li> </ul>
Family Session or Extended Parenting Adult Session	
<b>Preparation</b>	<b>Materials and Supplies</b>
<ul style="list-style-type: none"> <li>✓ Make copies of Handout 3.3, 3.4, and 3.5 for each participant.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Materials for "Our Family's Pledge to Keep Connected" (Extended Parenting Adult Session only; see next page)</li> <li>✓ About six sticky notes (such as Post-it Notes) for each participant</li> <li>✓ Flipcharts and markers</li> <li>✓ Pens, pencils, or markers for all participants</li> <li>✓ A sun made out of yellow construction paper (about 5-6 inches across) for each family</li> <li>✓ Glue or tape to attach the sun to the pledge art</li> <li>✓ OPTIONAL: Symbolic considers of sharing power for each family. Examples include: A light bulb; 3-prong to 2-prong adapter</li> </ul>

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**Facilitator Planning Worksheets**

Activity	Facilitator Notes	Materials	Time Needed/ Est. Start Time
<b>Shared Family Meal</b>			
<b>Sign-in and Nametags</b> Purpose: Set the stage for building relationships with and among participants. Method: Maintain a relaxed, conversational approach.		<input type="checkbox"/> Sign-in sheet <input type="checkbox"/> Flip chart <input type="checkbox"/> Markers <input type="checkbox"/> Nametags <input type="checkbox"/> Materials from previous session: Family Pledge projects, flip charts on relationship keys, and group expectations	15 min before start
1 <b>Time for families to eat and settle in</b>			10 mins
2 <b>Welcome and Introductions</b> Purpose: Bring the group together with introductions and clear expectations; introduce topic for the session Method: Presentation and discussion		<input type="checkbox"/> Flip chart with key ideas for the session <input type="checkbox"/> Markers <input type="checkbox"/> Expectations flip chart from #1	10 mins
3 <b>Check-in on At-Home Activities</b> Purpose: Reinforce the importance of continuing learning between sessions Method: Individual reflection and debriefing on index cards			10 mins
<b>Parenting Adult Session</b>			
1 <b>Introductions and Highs and Lows</b> Purpose: To create community and foster trust through personal disclosure Method: Whole-group individual sharing			10 mins

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## Facilitator Planning Worksheets

## Highs and Lows

**Parenting Adult Session**

**1. Introductions and Highs and Lows** 10 minutes

- Have all participants introduce themselves by sharing their name and their kids' names.
- Remind parenting adults of the "Highs and Lows" activity from the second session. Ask if anyone tried this activity at home. How did it go? Remind them that, in addition to helping us connect with each other, we do this activity in each session so that we get comfortable also doing it at home with our families.
- Remind them that each person is invited to share in one or two sentences a "high" and a "low" from the past week. It can be anything they want. If they want to pass, they can do that, but let them know you hope this group becomes a safe place to share their experiences.
- Explain that each person will share, but you're **not going to problem-solve or get into a long discussion**. If there's something that needs to be talked about, you can make a note in the Parking Lot if you're using one, or just ask people to hold it until after the session so that everyone can participate fully during this time.
 

NOTE: If you have more than 10 to 12 participants, break into groups of 6-8 people for this activity.
- After clarifying that everyone understands the process, give them time to **share their highs and lows** with each other. Model by going first.
- After each person shares, thank them and allow the group to briefly celebrate or offer support. Then move to the next person.
  - If serious issues came up, offer to follow up after the session.
  - If someone starts to problem-solve or tell other stories, say that these are really important conversations, and you hope people will support each other following the session. However, we're going to keep hearing from others and honor the spirit of the activity, which is to all share and learn together.
- When everyone who wants to share has done so, thank them.

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Adaptations— Some people may not feel comfortable making eye contact. If that is the case, consider these adaptation options

- Have participants form a circle. Explain that for this game, they will all look down at their toes, and on the count of three, look up and hold up any number of fingers they choose (with a larger group, start with two hands; with a smaller group, use just one hand). Anyone holding up the same number of fingers as someone else should yell the number of fingers they are holding up and then sit down. For example if two participants each held up three fingers, they would yell "three" and sit down. If your group starts using two hands, switch to one hand once half of the participants are sitting down.
- Have participants point at each other rather than making eye contact or holding up numbers. (Keep in mind that pointing may be uncomfortable for some participants, too).


**5. Pledge to Share Power** 5 minutes

- Have youth get their project for the Family Pledge to Keep Connected. Ask youth to share how they represented Share Power on the project with their parenting adults.
- Ask youth and parenting adults together to think of 2-3 things they would like to work on to share power in their family, based on their experiences during this workshop.
- Give each family a sun-shaped piece of yellow construction paper. Explain that the sun creates lots of power for the earth, so we're using it to represent how we share power in our families. Have families write on their sun the 2-3 things they will pledge to each other to do to share power in the coming weeks. Then tape or glue it to the Family Pledge project.

**OPTIONAL:** Give family members each an object or trinket that will remind them of the importance of sharing power. These kinds of objects are available at dollar stores. They can also write messages to themselves on them. If you're creating a pledge box, these can be kept inside the pledge box, and then pulled out as reminders.

Examples would include:

- A light bulb
- 3-prong to 2-prong adapter (changing how we use power)




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## Pledge to Keep Connected

## Some Key Ideas

Family handout 3.1



### Some Key Ideas

"Share power" doesn't mean "give up" power. When we share power in our family, we respond to this unspoken request: "Treat me with respect and give me a say."

57%

of US parents believe sharing power is strong in their family.

**Why Is It Important for Families to Share Power?**

Sharing power in families helps parenting adults ...

- Deepen their relationships with their kids.
- Learn to trust their kids.

Sharing power in families helps young people ...

- Become more responsible and motivated.
- Adjust to school transitions.
- Communicate, negotiate, and solve problems.
- Avoid risky behaviors and make better decisions.
- Be prepared to form relationships throughout life.

**Sharing Power Is a Common Source of Conflict in Families**

Sharing power leads to more give-and-take in relationships. But it can also lead to conflicts. Parenting adults may have different expectations than young people about when, where, and how to share power and give young people a voice.

Most families have more conflicts over power and independence during the middle-school years. The conflicts tend to even out or decline through high school.

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Family handout 3.3b

**EXAMPLE:**

## What Approaches Fit Your Family?

**INSTRUCTIONS**

1. Pick one area of family life where you make decisions that affect everyone in your family. (You identified some during the session.)
2. Decide together which statement in the row labeled "The Parent's Approach" best fits how a decision about this topic is usually made in your family. Write the topic in the column "What Decisions Fit Here for Our Family?"
3. Then decide together if you'd like that decision to be made a different way (represented by a different statement in the row). If so, draw an arrow to show how you want to move that topic to try something new.
4. Repeat the exercise with other topics as much as you have time. Do you see any patterns?

THE PARENT'S APPROACH						
"This is the decision, because I said so."	"This is why I made the decision that I made."	"What you think will help me decide."	"Here are three choices. Which one should we do?"	"Let's decide this together."	"Let me help you, but it's your decision."	"It's your choice. I'll stay out of it."
<i>What we eat for dinner each night</i> <i>Setting bedtime/curfew</i>	<i>Choosing who family members spend time with socially</i> <i>When we should go for a weekend vacation</i>	<i>Which chore a young person should do</i>	<i>Choosing how to practice sports or spirituality</i>	<i>What we wear to school/work</i>		
Parenting adult has all the power		Different ways to share power between youth and parenting adult			Youth has all the power	

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## Family Activity: From Power Struggles to Power Sharing

## At-Home Activity: Practice Negotiating

Family handout 3.2

## Questions to Ask:

**How can you turn power struggles into power sharing?**  
*Ask yourself these questions:*

**THE MAIN POINT:** Power struggles are not really a "behavior issue." They are a relationship issue. Learning to "share power" is key to a strong parent-child relationship.

When kids approach the teen years, everything seems to become a power struggle! Why? The basic answer is that they're growing up:

- Their brains are changing. They're starting to think differently.
- They're trying to figure out who they are.
- They are shifting from mostly depending on others for everything toward having more responsibility and self-control.

Underneath all these changes, power struggles are signs that your relationship is changing. That's a normal part of growing up. In the long run, it's good. *But it's hard right now!*

1. **What will help you slow down and cool down?** Take deep breath. Don't make it worse by escalating.
2. **What's behind the power struggle?** Is it an important difference of opinion? Is something major at stake (such as safety)? Are you tired, stressed, or upset about something else?
3. **Is he or she right this time?** Are you holding on too tightly? Has he or she matured and can take on more responsibility? It may be time to give more responsibility.
4. **What's the best way to share power in this instance?** Should you listen carefully, and then decide yourself? Should you offer choices? Should you negotiate a win-win? Should you let the child make the decision?
5. **Do you need to stay firm this time?** You can listen, explain, and empathize. Then make tough decisions and maintain the needed expectations and consequences.
6. **When can you say yes?** Saying yes when you can makes it easier to say no when you need to.
7. **How will you keep expressing care?** You love your kids, even when you're mad at them. They are more likely to accept decisions if they know you really listen to them and want the best for them.
8. **What's the big picture?** Your ultimate goal is to help your child learn and grow, including learning to negotiate and make good decisions. Sometimes we may need to renegotiate and let go so our kids can learn, even though they will make mistakes.

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Optional Youth Activity: What Can You Teach?

Participants share the wide range of skills and knowledge they bring to the group. This activity is a good reminder that we are all leaders and teachers!

**Planning and Preparation**

Recommended Number of Participants: 10-15      Time: 30 minutes

**Materials:**

- Poster paper or whiteboard
- Markers

**Set-up:**

- This activity works best in a space that allows all participants to sit and stand in a circle.

**Facilitator Instructions**

1. Have participants stand together in a circle. If participants have been introduced to the Developmental Relationships Framework, let them know that through this activity we will be practicing the element of **Share Power**. Through this activity, they will have an opportunity to share how they can lead and teach others.
2. Ask participants if they agree that there are many different ways of learning and knowing things that are valuable. Some people may become experts on a subject by studying it in school. Other people might gain expertise through life experience, learning family traditions, or practicing skills that they are passionate about. Ask the group to brainstorm some different kinds of expertise that people might have, prompting diverse examples such as: athletic skills, design, agriculture, math, fashion, writing, cooking, technology, or music.
3. Now that participants have brainstormed some skills and expertise, let them know that they will now share some of their own skills.
4. Ask for one participant to volunteer to start by sharing something they can teach the group. They should say their name and the skill they could teach. For example, "My name is Jenna and I can teach you how to play the cello."
5. Continue going around the circle with each participant sharing their name and what they can teach. If participants have trouble thinking of something they can teach, remind them that it does not need to be a skill that they use in school or could use for a job; it can simply be something they enjoy doing or know a lot about.
6. Once everyone has shared something they can teach, have participants sit down in the circle.

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## Optional Youth Activities

## Family Guide for the Week

Family handout 3.5b

## A Guide For Your Week

Display this page where you will notice it through the week (such as on a refrigerator).

**Think about it**  
*Key ideas to remember*

**SHARE POWER:** Treat each other with respect and give 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.**

**Talk about it**  
*Discussion starters*

- Think of a time when someone shared power with you by treating you with respect or giving you a say? What did they do? How did it affect you?
- Look at each area of sharing power: Be respectful, include each other; collaborate; let others lead. When has your family done some of these things well? Which are particularly hard for your family?
- How is your family similar to previous generations of your family when it comes to sharing power? How is it different? Share stories and examples.
- What is one area of sharing power that you'd most like to talk about or work on in your family?

**Try it**  
*Tips for families*

- Include each other in thinking about decisions, even when parenting adults have to make the final call.
- When you disagree, take time to understand each other's point of view.
- For parents: Let young people make decisions about activities you do together and what you talk about. Don't jump in too fast when they don't make quick decisions or think of things to talk about.

Visit [www.KeepConnected.info](http://www.KeepConnected.info)  
Find ideas, quizzes, activities, discussion starters, and more to strengthen family relationships.

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## Preparing to Facilitate Sessions

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*Keep Connected* is not a plug-and-play program. The facilitation guide provides the structure and information needed to guide effective facilitation. However, effective facilitation requires skill and preparation. Here are some recommendations, based on experiences in the pilot sites:

- **Know the families you serve.** Adjust the material to fit with their needs, priorities, culture, current challenges, and expertise. As you prepare, think about how specific parenting adults and youth might respond to the materials, the questions, and the interactions with others. For example, a parent in the cohort may have older children and can speak to the issues that arise as kids grow up, and he or she could be a resource for the sessions.
- **Identify other resources for families.** Some sessions may bring up issues that require deeper conversation or work with particular families. (That kind of counseling or social work support is not the purpose of these sessions.) Group settings are often not the right place to work through certain issues.
- **Take time to learn and understand** the material in advance of the sessions. One facilitator in the pilot project said: “Getting the feel for it - you have to read through it quite a few times.” Another emphasized being prepared for the sessions—you can’t “wing it.”
- **Don’t try to be the expert.** You won’t always have all of the answers, and that’s okay. (You may be able to help find the answers.) In fact, participants often said that a strength of *Keep Connected* was having facilitators share their own experiences, challenges, and vulnerabilities. This mutual sharing helps to deepen trust in the group.
- **Give it time.** In pilot testing *Keep Connected*, facilitators gained confidence in using the materials as they practiced it, and the sessions continued to improve as facilitators led them several times with different cohorts of families.

## Preparing to Facilitate a *Keep Connected* Session

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### Step 1

#### Internalize the session content, themes

- Read the latest version of the session (several times). Download the latest version: [www.KeepConnected.info/register-login/keep-connected-sessions/](http://www.KeepConnected.info/register-login/keep-connected-sessions/)
- Review the background information on developmental relationships related to the session.

Sources for more information: Overview handout for families for the session; content and videos in each section of [www.KeepConnected.info](http://www.KeepConnected.info).

- Reflect on your own experiences related to the topic. How are these experiences a resource for facilitation? How might they get in the way?
- Internalize the session objectives, content, flow, and activities.
- Imagine a family you know participating. What would they experience?
- Identify any necessary adaptations to fit your group's size, culture, or other unique qualities. (See guidelines.)
- Take notes of questions, ideas, etc.
- Consider holding a team meeting to talk about the session and ideas to make it work well.

### Step 2

#### Complete the Facilitator Planning Worksheet

- Write down notes that will help you facilitate the session.
- Work through it until you can mentally deliver the session without more notes.
- Coordinate with other facilitators, as needed.
- Review: Does the session as you plan to deliver it meet the objectives?

### Step 3

#### Gather supplies and finish other preparation

- See preparation and supplies checklist.
- Remember posters or artifacts from previous sessions.
- Coordinate with other facilitators to be sure the pieces fit together.

*Be ready to be fully present with the families as they arrive.  
Use the time to build relationships, rather than doing last-minute prep.*



## Adapting Sessions to Fit You, Your Organization, and the Families You Engage

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*Keep Connected* is guided by a research framework, principles of effective facilitation and practice, and shaped by the experiences of participants through the interactive activities. Facilitators often wonder how important it is to follow the activities in the sessions vs. adapting them. Here are some guidelines:

- **Assume that they work**—The facilitator’s guide offers a diverse set of learning and sharing experiences that are designed to engage families for about 90 minutes. Even if they may be outside your most comfortable style of leading groups, try them and see how they go. Then, consider how you might improve them the next time. (This could include just improving your own facilitation as you experience the activities. Or you may find that you need to adapt them, based on the families you engage.)
- **Respond to cultural or other group dynamics**—You may find activities that you know are problematic for use with particular groups of parents or particular cultural groups. These would be appropriate to adapt. *Please give this feedback to Search Institute so we can ensure that future materials address the concern.*
- **Don’t adjust just because it will be easier**—Sometimes it’s more work to break into small groups rather than having a large-group discussion. Or it’s easier to stay sitting down rather than getting up and moving around. However, the methods selected are designed to offer variety for participants and to work with different learning styles and personality types. Push yourself to maintain a variety of activities and discussion formats that are designed to enhance growth and learning.
- **A better idea (not just an easier one)**—You may think of an alternative way of facilitating a portion of a session that will be more powerful than what is written while also meeting the goals of the session and the purpose of the written activity. These may tap specific resources in your community. Or it may simply be a creative idea that goes beyond what we imagined as we were creating these sessions.
- **Focus on key activities**—If cuts in activities are needed due to unforeseen circumstances, focus time on the key activities in each session. These are highlighted in the “at a glance” chart for each session.

## Facilitating Youth, Parenting Adult, and Family Sessions

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*Keep Connected* requires facilitators who are adept at working with three different groups: Youth, parenting adults, and intergenerational groups of youth and parents. Typically, organizations have one facilitator lead the parent sessions and, depending on the number of youth, one or two who lead the youth sessions.

**Continuity in facilitation**—The most successful facilitators work to build a strong relationship with workshop participants, building a rapport and trust over time. Therefore, it is important to maintain consistency in facilitators through the *Keep Connected* workshop series.

**Joint facilitation of family portions**—Facilitators from both the parenting adult groups and the youth groups should co-lead family sessions. Co-facilitation makes the family time more comfortable for everyone (both youth and parenting adults), since they are already building a strong relationship with at least one of the facilitators. In addition, the facilitator who works with youth will likely have additional ideas for how to draw young people more fully into the conversation.

### In Each Session

Each session outline includes step-by-step instructions for how to lead each activity. Youth and parents can participate more fully when they are clear about process, expectations, and goals.

- **Facilities**—Be sure family members know where they can find restrooms and any other needed facilities. If childcare is provided, be sure they know about it and where it is.
- **Schedule**—Reinforce the schedule for the sessions each time you meet, particularly highlighting the next scheduled session. In addition, be clear about the plan for the graduation celebration.
- **Session structure**—Remind families that youth and parents meet separately for about half of the session. Then, they come together for the second half. (If you are not including youth, the extended parent session continues after a short break.
- **Key messages**—Early in each session is an opportunity to introduce the key messages. This is an important chance to reinforce the core ideas in ways that help the families focus on the purpose of the session.
- **At-home activities**—Each session includes several options for at-home activities that extend the learning to the family. More importantly, these activities encourage families to establish new positive habits and routines that, we hope, continue beyond the workshop series. Therefore, these experiences are not “add-ons,” but are integral to the *Keep Connected* design. Be sure to give families time to pick the one thing they’ll do that really fits them and their interests.

#### LANGUAGE CHOICE

We strongly encourage you to avoid describing at-home activities as “homework.”

Homework has negative implications for most families. The *Keep Connected* at-home activities are designed to enrich family life and to establish positive habits at home.



## Digging into the Sessions

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### The Task

1. Individually read through the session (quickly) for understanding. You'll find them in the [Implementation Toolkit: Materials for Leading Workshops](#).
2. Decide together how you would approach the session, keeping in mind the shifts, objectives, etc.
  - a. Resist the urge to change it.
  - b. Document your ideas below.
3. **Next:** Each group will present 1-2 squares (depending how many groups are working on that session) so everyone else gets a taste of the session (**1 min per group**)

Session Name: \_\_\_\_\_

<b>Summary</b> In your own words (purpose, activities)	<b>Insights</b> What resonates with you?
<b>Questions</b> What's not clear to you or what do you want to investigate further?	<b>Recommendations</b> What guidance would you give other facilitators as they prepare for this session?



## Evaluation and Feedback

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### Feedback from youth and parenting adults

Search Institute provides automated, anonymous surveys (at no cost to you) that you can use with youth and parents right before the graduation celebration to get their feedback on their experience. The surveys ask about the value of the content, the quality of the facilitation, and how the experience has impacted their family and its relationships.

Data can be used for continuous improvement and for reporting to stakeholders such as funders, boards, and others. The youth survey is slightly shorter than the parent survey. Each can be completed in less than 10 minutes. You may download the surveys from the Implementation Toolkit to review them.

The process:

1. **AT LEAST A WEEK BEFORE YOU WANT TO COLLECT DATA, request a survey link from Search Institute.** Go to the [Feedback and Evaluation Resources](#) section of the Implementation Toolkit. You'll find a form that asks for your organization name and email. You'll receive links for the parent and youth survey portals.
2. **To collect the data, you can:**
  - a. Give the link to youth and parents to **complete on computers, phones, or tablets** at the beginning of the graduation celebration (or whenever decide to do it). *We don't recommend just sending it to them at home; it's rare that most of them will get around to doing it on their own time.*  
or
  - b. **Use paper surveys** (download from the *Implementation Toolkit*) and enter the data later.
3. Receive a **computer-generated report** of the results from your parenting adults and youth.

### Provide your feedback on each session

Search Institute is dedicated to continuously improving the Keep Connected materials. So we want to hear from you about how they are working for you. We encourage each facilitator (youth, parenting adult, and family session) to complete the Facilitator Feedback Survey for each session soon after you lead it (within 48 hours). The online form asks about the session overall as well as feedback on each activity. Prior feedback has led to a significant revision in 2021.

To provide your feedback:

- Access the feedback form in [Feedback and Evaluation Resources](#) section of the Implementation Toolkit.
- Receive a \$5 Target or Walmart gift card for each session you give feedback on (up to \$35 for all seven sessions of the full Keep Connected series; up to \$20 for the four-session versions).



## Extend Keep Connected Beyond the Workshops

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### Host Social Events and Connections

Some *Keep Connected* organizations have done the following to continue to build community and social support among families after the workshop series:

- Host a picnic or potluck to reunite families a few weeks after the *Keep Connected* series ends. Consider including a ritual from *Keep Connected*, such as highs and lows.
- Create a Facebook group for families.

### ***Keep Connected* Online Family Resources ([www.KeepConnected.info](http://www.KeepConnected.info))**

In addition to the workshop series, *Keep Connected Parent Resources* offers a wealth of ideas, activities, and insights for parents and families. This website includes:

- **Quizzes** to explore and compare attitudes and experiences.
- **More activities, ideas, and discussion starters** for families to try at home to explore the five keys to strong family relationships.
- **Other topics** to explore, such as:
  - setting **goals**
  - managing **money**
  - preventing underage **alcohol and tobacco** use
  - *We'll be adding soon:* civic engagement, racism, and stress/anxiety
- Insights and tips for helping kids thrive through **ages and stages** from birth through high school.



## Extend *Keep Connected* Beyond the Workshops (continued)

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### More Learning and Support Opportunities

Families may still want to gather to explore additional topics or just to be supportive of each other. Here are some options, recognizing that each should be considered based on families' own priorities.

- Offer workshops and other learning experiences that follow up on *Keep Connected*, focusing on **topics that families express interest in** during the workshop series.
- If they're interested in **money management**, check out the available workshop modules on money management created by Search Institute on [KeepConnected.info](http://KeepConnected.info) in the Manage Money Well section.
- Connect your families with **other learning opportunities** offered in your school, organization, or community. (If they know others from the *Keep Connected* workshops will participate, they may be more likely to show up.)
- Organize **ongoing support groups** for parents or families who want to continue problem-solving with each other. There may even be some special-topic groups that might be valuable, such as culturally specific family groups, foster families, families with LGBTQ+ kids, single-parent families, blended families, or families with children with disabilities.

### Leadership and Service Opportunities

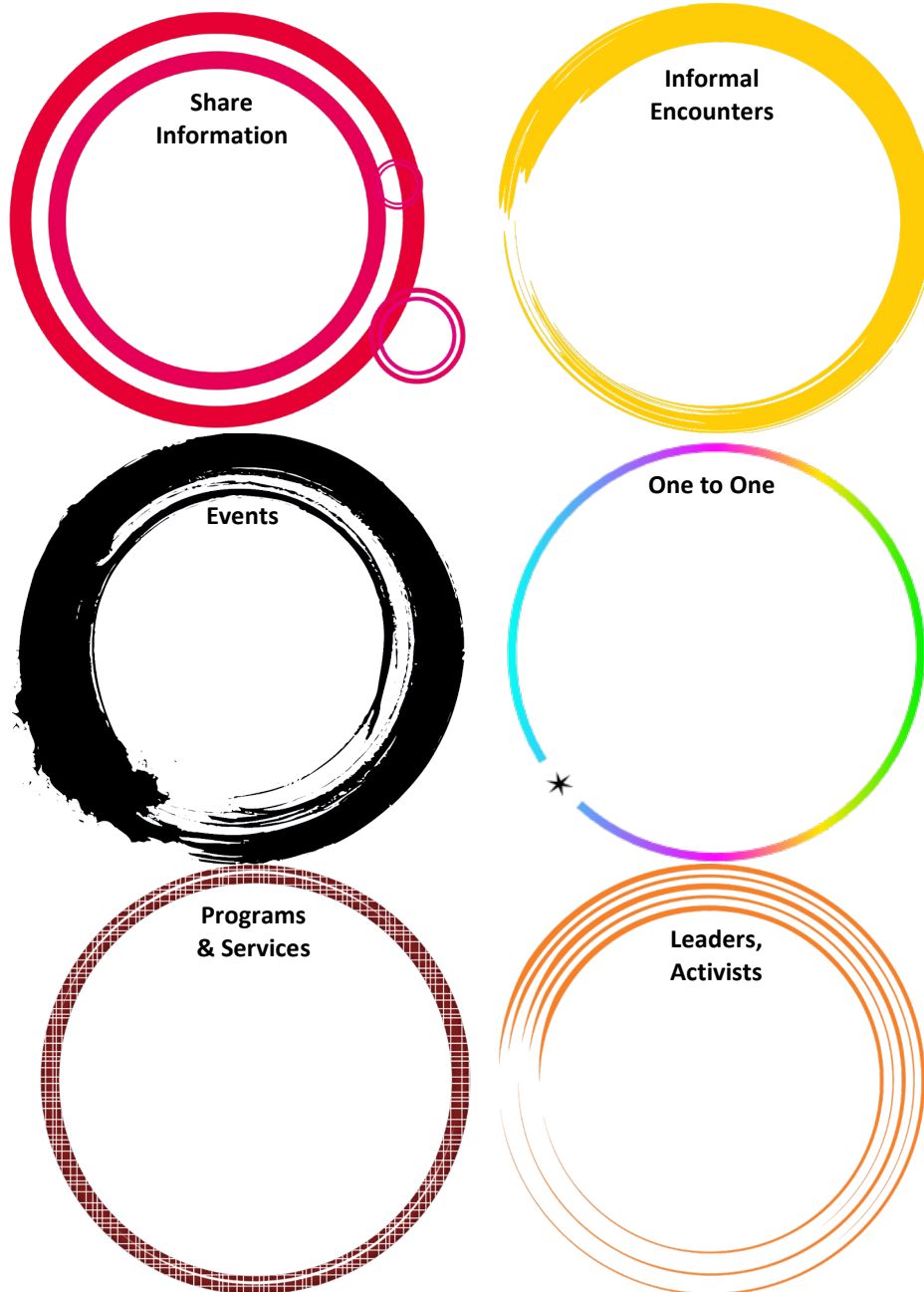
Perhaps the most powerful way to engage and empower families is to connect them with leadership and service opportunities in your organization, school, or community. These opportunities should align with families' interests, sense of purpose, commitments, and readiness (not simply "fill slots"). Some examples include:

- Invite parents with facilitation skills to be trained to **co-lead future Keep Connected workshops** (or other workshops) for other families.
- Sponsor **family service or volunteering activities** in the community or in your school or organization. Encourage families to identify the issues they want to address, then reflect on their experiences of working together around a shared interest.
- Identify particular **gifts, passions, or expertise** that families have that may be of interest to others. Invite them to lead workshops or small-group sessions that allow them to share their expertise with others who are interested.
- Form an **intergenerational family advisory group** for your organization or school. Be intentional in creating high-quality experiences that tap the insights of both youth and parenting adults.

## Relationships With, Within, and Among Families

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How could you use the Developmental Relationships Framework throughout your organization to strengthen relationships with, within, and among families?





## Additional Tools and Resources

**DOWNLOADABLE BOOKLET—AVAILABLE DECEMBER 2020**

### **Connecting with Families through Developmental Relationships: Ideas for Schools and Youth-Serving Organizations**

This idea-generating booklet invites organizations to reflect creatively new ways they can strengthen connections with families at every opportunity they have, not just when they have formal programs or services for families. You'll find dozens of ideas based on the Developmental Relationships Framework.

**NEWSLETTERS AND SOCIAL MEDIA CONTENT—AVAILABLE JANUARY 2021**

### **So What Do You Want to Talk About?**

Each week, provide families connected to your school or organization 3-5 discussion-starter questions designed to help them deepen their relationships. Each of the questions, which all tie to Search Institute's Developmental Relationships Framework, are designed to be fun and provocative in ways that help family members understand each other and laugh together a bit too. Questions will be distributed electronically so you can add them to a newsletter, social media, text message, or any way you communicate with families.

**WEBSITE FOR PARENTS**

### **[www.KeepConnected.info](http://www.KeepConnected.info)**

KeepConnected.info offers families—and organizations that support them—ideas, activities, and experiences to help nurture strong developmental relationships. Based on Search Institute's framework of developmental relationships, its goal is to strengthen family relationships to help kids be and become their best selves.

### **Videos**

1. Short videos that introduce developmental relationships and each element of developmental relationships.
2. Forthcoming videos on developmental relationships, equity, and becoming a relationship-rich organization

All will be available in *Additional Tools and Resources*.

## **In-Person or Virtual Workshops from Search Institute**

### **Engaging Families: A Relationship-Based Approach**

Introduce staff to the power of family engagement that centers in relationships with, within, and among families. This workshop, led by a Search Institute trainer, examines benefits and common obstacles to partnering with families, and then focuses on strategies for strengthening relationships with, within, and among families.

### **Strengthen Family Relationships: A Workshop for Parenting Adults**

Introduce the developmental relationships to parents, guardians, and other caregivers in your organization or community. This interactive workshop led by a Search Institute trainer gives practical starting points for using the framework to strengthen relationships at home.

### **Keep Connected Institute for Strengthening Family Relationships (Facilitator Training)**

This training-of-facilitators prepares leaders to organize and lead the Keep Connected workshop series for families (parenting adults and middle school youth) in their organization or community. Participants will be equipped to match the resource to their organizational goals, invite families to participate, and understand the structure, content, and style of the material. (A team of two facilitators from each site should train together.)



## Workshops You Can Offer to Families

These resources are available for leaders in schools, youth organizations, and other settings to deliver to parents and families in their communities. Facilitator guides and other materials can all be accessed through the *Keep Connected Implementation Toolkit*.

### ONE-SESSION WORKSHOP (IN PERSON)

#### **Relationships that Matter: 5 Keys to Helping Your Child Succeed**

Lead this 90-minute workshop to help parents understand and focus on five areas of parent-child relationships that are key to youth's success in school and other areas of life. (English and Spanish.)

### STAND-ALONE PRESENTATIONS—FIRST TOPICS AVAILABLE JANUARY 2021

#### **Everyday Challenges for Today's Families: Ready-to-Go Presentations**

Select from a range of 20-minute presentations that are ready for you to use to facilitate discussions with parenting adults in your school, organization, or community. Each session emphasizes the role of developmental relationships as resources in the face of challenges. Each presentation includes a script, handouts, a slide deck, discussion questions, and more. These topics will be available during the 2020-2021 school year:

- Civic and social action
- Racism, bias, and discrimination
- Social media
- Stress and anxiety

### VIRTUAL PARENT CHECK-IN SERIES

#### **Digital Check-Ins to Keep Connected**

Use this collection of virtual 45-minute check-ins to connect regularly with small groups of parenting adults while providing activities and conversation starters for families to use at home to reinforce positive parent-youth relationships. Leaders guide a Zoom or conference call conversation with parents tied to developmental relationships, and then families are encouraged to have conversations and try activities on their own that deepen their connections in the home.

### IN-PERSON OR VIRTUAL WORKSHOP SERIES

#### **Keep Connected: A Relationship-Building Workshop Series for Families**

*Original:* Seven sessions, including graduation • *Pilot:* Four sessions, virtual delivery (available Jan. 2021)

Give parents and their middle school youth opportunities to explore how to strengthen their relationships through this well-tested workshop series. This two-generation family engagement resource, which consists of interactive activities and discussions, is designed for groups of 6 to 10 families each time it is offered. Parent handouts are in English and Spanish, and all facilitator materials and supports are online.

### SINGLE SESSION, IN-PERSON WORKSHOP—AVAILABLE NOVEMBER 2020

#### **Reducing Risks by Strengthening Relationships: A Workshop for Families**

The one-session interactive workshop (developed with Caron Treatment Centers) encourages parenting adults and middle school youth to anticipate the risks of substance use that may occur during the teen years and then to develop proactive plans and intentional relationships that set them up for success through high school and beyond. The session can be used on its own or as part of the Keep Connected series (which follows the same format).



## Online Professional Development

*These 45-minute, interactive professional development sessions for teachers, youth workers, and others who work with families address common challenges and priorities in family engagement through the lens of developmental relationships. Others will be added as needs arise and capacity allows.*

*Availability of these opportunities will be announced through Search Institute's e-newsletter. We can also arrange to offer a series of them to networks on a fee-for-service basis.*

### **Developmental Relationships: The Roots of Success for Young People and Families**

Young people need well-rounded relationships in many parts of their lives, including at home. This session will introduce the Developmental Relationships Framework and its value for family life, and examine families' role in nurturing relationships with youth as they grow up.

### **Reframing Family Engagement: Critical Shifts for Partnering with Today's Families**

This session will introduce key principles of effective relationship-based family partnerships through shifts toward more effective practices.

### **Rethinking Barriers to Family Engagement**

Some of the commonly recognized barriers to engaging families include time, transportation, and other practical issues. Perhaps even more challenging are the psychological, historical, cultural, and institutional barriers that are often unspoken.

### **Stop Recruiting Families (And What to Do Instead)**

Been recruited to a party lately? This session uses the ideas of "recruiting" and "inviting" to refocus how to invite families to participate in activities and opportunities you offer.

### **Building a Foundation of Trust with Parenting Adults**

Trust is vital for family engagement, particularly when working with historically marginalized communities and those that have experienced trauma.

### **How to Build Relationships with Families who Have Experienced Trauma**

Trauma includes experiencing or witnessing violence, substance abuse, mental health issues, incarceration, and similar issues that can have a deep and long-lasting impact on families. Other kinds of community-wide and historical trauma such as poverty, and racism also affect whether families are prepared to trust schools, programs, and others.

### **Welcoming Diverse Families as Valued Stakeholders in Your Organization**

You want all of the families you serve to feel welcome in your space, and feel welcome to ask questions, participate, volunteer, and feel like they are valued stakeholders in your organization.

### **Using Technology to Keep Connected to Families**

There is a broad need to integrate technology into family engagement—a need only exacerbated by the COVID-19 crisis. This session focuses on technology as a resource and barrier to relationship-based family engagement.

### **Increasing Parents' Comfort Addressing Challenging Issues Through Relationships**

The risks and challenges young people face often grab headlines. You may be tempted to highlight the risks to get parents' attention. But that approach that can leave parenting adults feeling overwhelmed and without solutions.