



Session 1

Thriving Through the Teenage Years: The Power of Family Relationships

Handout Guide

Handout	Quantity Needed
Family Handout 1.1 Overview of Keep Connected	1 per family
Family Handout 1.2 Five Keys to Strong Parent-Youth Relationship	1 per family
Family Handout 1.3a At-Home Activities Guide	1 per family
Family Handout 1.3b POST IT: A Guide for Your Week	1 per family
Family Handout 1.3b TRY IT: A Family Relationships Checklist	1 per participant
Family Handout 1.3d THINK ABOUT IT: Research on Five Keys to Family Relationships	1 per family



Keep Connected

Strengthening Families by Strengthening Relationships

What You Will Do

Through this workshop series, you will:

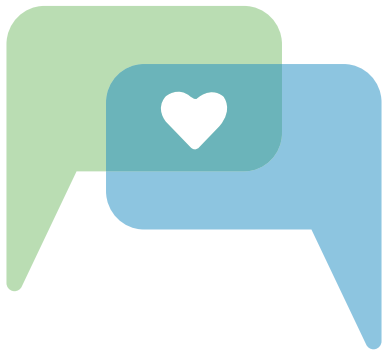
- **Connect** with other families who have similar experiences, challenges, and successes.
- **Discover** five keys to powerful parent-youth relationships as you approach the teenage years.
- **Learn** practical ways to build and adjust your relationships as kids grow up.
- **Celebrate** your family's journey together into the teen years.

What You Can Expect

- **Approach:** Every family has strengths and challenges. Everyone has something to contribute.
- **Feel:** Ideas and encouragement from everyone who participates.
- **Follow up:** Easy family activities and tips you can use every day at home.
- **Website:** More ideas and activities on the website, www.keepconnected.info

Brought to you by Search Institute

Keep Connected was developed by Search Institute (www.search-institute.org), a nonprofit organization that focuses on discovering what kids need to succeed in their families, schools, and communities.



5 Keys to Strong Parent/ Youth Relationships

There are five keys to strong relationships between parenting adults and their children or youth, according to Search Institute research. These five keys are:



Express care: Show each other that you enjoy being together. Show that you care about things that are important to each other.



Share Power: Take each other's ideas seriously. Work together to solve problems and reach goals.



Challenge Growth: Encourage each other to be your best and to be responsible for staying on track. Learn from failures.



Provide Support: Guide and speak up for each other. Help each other overcome obstacles, finish tasks, and reach goals.



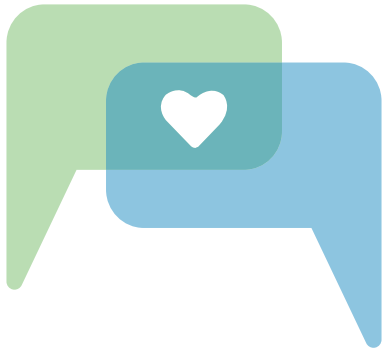
Expand Possibilities: Help each other connect with people, ideas, and opportunities that could enrich their lives.

Why these 5 keys matter

When young people experience these five keys in their relationships with parenting adults:

- They develop attitudes and skills that will help them throughout their lives.
- They become more resilient, helping them overcome challenges they face.

These keys can be really important to work on when you're going through transitions, such as changing schools or entering the teenage years.



At Home Activities

for “Thriving Through the Teen Years”

OVERVIEW: What Will Our Family Do?

If You Have:	Materials	Activity Name	Description	Plan: Write When Your Family Will Do This Activity
1 minute	Family Handout 1.3b	Post It: A Guide for Your Week	Post this guide somewhere all family members will see it. The refrigerator is a great spot!	
5 minutes	Family Handout 1.3b	Talk About It	Choose one question to discuss any time you have down time - in the car, waiting in line, over a meal. Put these questions on a sheet of paper in your home - each family member can write their answers to them throughout the week.	
15 minutes	Family Relationships Checklist Handout 1.3c	Try It: A Family Relationships Checklist	Each family member fills out a checklist about how they think the family interacts. Then discuss the ways you answered similarly or differently. Include all family members, even those who aren't participating in the workshop.	
15 minutes	Learn about It Handout 1.3d	Think About It: Research on Five Keys to Family Relationships	Read the fact sheet about research on the Five Keys to Family Relationships and discuss how it compares to your own experiences.	
10 minutes	Internet-enabled device	Online Exploration	Visit www.keepconnected.info to explore extra resources on family relationships.	



POST IT

A Guide For Your Week

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

1. Think about it

Key ideas to remember

- Kids do best when they have strong relationships with parenting adults* through the teen years.
- But those relationships change through the teenage years.
- Five key actions help to keep these relationships strong.

*Parenting Adults = adults who take a primary role in caring for a young person, including parenting adults, grandparenting adults, foster parenting adults, and other family members.

2. Talk about it

*Discussion starters
for your family*

Our Past:

- What are stories from our grandparenting adults or previous generations that we most remember?
- What values have been important to our family for a long time?

Our Present:

- What are some things that are really important to our family?
- When are times we've felt close as a family? What made that time special?

Our Future:

- Imagine our family in 20 years. Where might we each be living? What might we be doing together?
- What do we hope will be the same about our family in the future? What do we hope will be different?

3. Try it

Tips for families

- When you're frustrated with a family member, ask yourself, "What might I do differently if I was arguing with a good friend?" That question can remind you to think of being in your family as being in relationship.
- For parenting adults: Talk with other parenting adults who have older kids. They may have fresh insights into the ups and downs of parenting through the teen years.



Visit www.KeepConnected.info

Find ideas, quizzes, activities, discussion starters, and more to strengthen family relationships.



TRY IT

A Family Relationships Checklist

Give each family member a copy of this checklist. Have each privately check the action that you think is almost always true in your family. Then talk about your responses. Share examples and stories to explain. There are no right or wrong answers.



EXPRESS
CARE

- We trust each other.
- We really pay attention to each other when we're together.
- We make each other feel known and valued.
- We show each other that we enjoy being with each other.
- We praise each other for our efforts and achievements.



SHARE
POWER

- We take each other seriously and treat each other fairly.
- We involve each other in decisions that affect each person.
- We work together to solve problems and reach goals.
- We give each other chances to make decisions and take the lead.



CHALLENGE
GROWTH

- We expect each other to live up to our potential.
- We push each other to go further.
- We insist that we each take responsibility for our own actions.
- We help each other learn from mistakes and setbacks.



PROVIDE
SUPPORT

- We guide each other through hard situations and systems.
- We help each other be strong, confident, and take charge of life.
- We stand up for each other when we need it.
- We set limits that keep each other on track and moving forward.



EXPAND
POSSIBILITIES

- We inspire each other to be hopeful for the future.
- We expose each other to new ideas, experiences, and places.
- We introduce each other to people who can help us grow.



LEARN
ABOUT IT

Research on Five Keys to Relationships

Minneapolis-based Search Institute surveyed 1,085 parents of 3-13 year olds in 2015, and then another 564 parents of children ages 9-18 in 2017. Parents were from all backgrounds across the United States. The study focused on their relationships with their children. Here are key findings:

There are five keys
to strong parent-child
relationships:

- Express Care
- Challenge Growth
- Provide Support
- Share Power
- Expand Possibilities

Most parents say that
their relationships are
strongest in three areas:
(See chart.)

- Express Care
- Challenge Growth
- Provide Support.

% of parents who reported that
their relationships with their kids are
strong in each of the five key areas:

Express Care	88%
Share Power	57%
Challenge Growth	73%
Provide Support	79%
Expand Possibilities	38%

Relationships are more influential to developing social-emotional strengths (such as motivation, responsibility, and caring for others) than other characteristics of families, such as income, age of children, background, or family composition.

Among all the keys, Share Power is most consistently linked with many social-emotional strengths. Yet parenting adults have a harder time doing it.

Relationships help youth do better when facing challenges.

Discuss:

- What parts of the study match your experiences?
- What does the study tell you about your own family's relationships?

To learn more about Search Institute's research with families, visit: www.searchinstitute.org/families/

To learn more about Search Institute's research on "developmental relationships" young people need in all parts of their lives, visit: www.searchinstitute.org/developmental-relationships/.