



Session Ten

Building Strong Relationships

Best Practices: Mental Walk Through

As you prepare for a session, it can be helpful to do a “mental walk through.” Imagine the session and how it flows. Think about the room and the activities and what set up will work best for the families or for the break out sessions. Which sections do you imagine will the parents enjoy the most? Which activities do you think the youth will like the best? Where do you see sharing or communicating might be easier or more difficult? As you mentally move through you can prepare and have ideas for how to help the session flow more smoothly.

Summary and Objectives

The tenth week's session's summary is:

This session allows youth to learn skills in identifying their real friends, those people who are not looking out for their best interests, and how to build strong, positive, and trusting relationships. This session also focuses on building strong relationships with friends and family and teaches parents skills to prepare children for success. We will discuss how friends and family can help in overcoming life's challenges.

This session's objectives.

1. Have learned how to identify their real friends.
2. Understand how to resolve conflict or disagreements with friends.
3. Parents will understand the importance of Quality Family Time (Q.F.T.)
4. Parents will understand the importance of school involvement.
5. Parents will understand the importance of rewarding good behavior.

Questions for you:

What are the ways you define friends in your life?

Discussion for facilitation teams:

How do you approach your friends when you have disagreements?

Session Ten Activities:

The five ways of "Preparing Children for Success" are central to the parent breakout session.

Discussion for facilitation teams: Have a group/team conversation about the importance of the five parts of this parenting exercise.

1. Parent Involvement In School
2. Spending Quality Time Together
3. Encouraging Creativity
4. Teaching Children Compassion
5. Establishing Ways To Reward Good Behavior