

## Guiding Good Choices On-Line

### Zoom Sessions SESSION 1. Getting Started: How to Promote Health and Wellbeing During the Teen Years

#### Session 1 Objectives. Parents attending this session will:

1. Explain how the Social Development Strategy is a tool for strengthening family bonds and promoting healthy behaviors
2. Identify key elements of the Social Development Strategy
3. Understand about teen substance use and the science behind risk factors that may increase the likelihood of that use
4. Learn how to hold a family meeting to plan family fun and strengthen family bonding

#### Pre-learning:

- Read Family Guide Introduction
- Read Family Guide pages 1-8 thru 1-22 (Protective Factors, Social Development Strategy, and Risk Factors)
- View the CTC video about the Social Development Strategy: <https://www.youtube.com/watch?v=CqeXqGAniV8>
- Read the handout summarizing the effectiveness of GGC (they got this at INTRO session)

#### Handouts:

1. Getting to Know You – send this to parents in advance of this session
2. Family Guide for Session 1
3. Current data or information provided by local facilitator (only a little bit!) to show what's happening locally around teen substance use, risk and protective factors AND POSSIBLY ABOUT WHAT'S HAPPENING RELATED TO OTHER CONCERNS THAT PARENTS VOICED IN THE INTRO SESSION, if you can be flexible and responsive in this way.

#### Application Activities for Session 1:

- Pairs: Getting to Know You Better activity
- Chat questions – confronting the problem
- Full group – SDS and who made a difference for you activity
- Small groups: Practice conducting a family meeting and discuss planning the how and when

Time	Content	Materials	Interaction/Zoom Feature
While getting started as folks join	<b>SPONGE ACTIVITY: COVID TIMES</b> <b>Welcome participants as they enter the room.</b>  Show slide and ask folks to follow instructions by typing in the chat box: one fun thing they've done with their family during this time (favorite games, food, etc.)	New slide with sponge activity instructions  Family guides for participants	CHAT BOX
5 minutes	<b>Welcome and Logistics Overview provided by &lt;host&gt;</b> <ul style="list-style-type: none"> <li>- Acknowledge fun stories</li> <li>- Share about importance of fun with your families</li> <li>- Be sure to review raise hand feature and chat box, mute/unmute, video/stop video</li> <li>- Remind them to have their family guides and other handouts from the pre-packet ready for this session</li> </ul>		Unshare slides to demonstrate Zoom features, if needed
15 minutes – depends on how many participants	<b>GETTING TO KNOW YOU BETTER ACTIVITY</b> 2 mins Leader introduces self first to model in this way. Let participants know they get to go into breakout rooms to meet one other participant, where they will interview that person using the handout, and then come back to introduce that person to the full group.  1 min: send to breakout rooms 4 mins In breakout rooms as pairs: participants to introduce themselves to each other: <ul style="list-style-type: none"> <li>• Name</li> <li>• Number of children</li> <li>• Name of child whose age is closest to 10 yrs</li> <li>• Something positive or special about this child</li> </ul> 1 min come back together 5 mins: each person gets introduced by their partner from breakout room	Leader guide page 1-6 “Begin Introductions” section  Handout: Getting to Know You	BREAK OUT ROOMS in pairs or triads if have uneven number

Time	Content	Materials	Interaction/Zoom Feature
5 minutes	<p><b>OVERVIEW SESSION 1</b></p> <ul style="list-style-type: none"> <li>• Show Wordle and remind the group that this is why we're here! We all want our children to grow into fantastic human beings. We can help them through this important developmental stage to stay on the productive road and avoid the potential harms along the way</li> <li>• Summarize objectives for the SESSION (p. 1-2 in Leader Guide)</li> <li>• Outline expectations of participants' work and participation in the course</li> <li>• Remind of ground rules/meeting agreements</li> <li>• Remind of parking lot concept</li> <li>• Remind of 'network meeting topics'</li> </ul>	<p>Wordle created from list of wishes for our children from INTRO session</p> <p>Leader guide page 1-2 (objectives)</p>	<p>SHARE SCREEN to show Wordle of the Wishes for our Children from INTRO Session</p> <p>Bring documents from INTRO session to share here:</p> <ul style="list-style-type: none"> <li>• Meeting agreements</li> <li>• Parking lot</li> <li>• Network meeting topics</li> </ul>
5-10 minutes	<p><b>Confronting the problem – the importance of prevention</b></p> <p>Ask participants if they recall the list of concerns they generated during the INTRO session – “these are some of the issues we’re concerned might interfere with our children’s healthy development.”</p> <p>“Prevention is the way to help our children avoid these and other behavioral health issues – that’s what we’ll discuss next.”</p> <p>In addition to the concerns from last time, here’s some basic information about drug and alcohol use specifically.</p> <ul style="list-style-type: none"> <li>• If available, Leader reviews the data that was provided in advance about local levels of drug use in comparison to national data.</li> </ul> <p>The point here is that young people are still getting involved in substance use – AND that parents can do a lot to prevent it ...</p>	<p>List of concerns from the INTRO session</p> <p>Leader Guide pp. 1-14 (if you don’t have your own local data to share) &amp; 1-15</p> <p>IF you do have your data to share, focus on the handout with more current data that was provided in advance</p> <p>Slides 1-10 thru 1-14, if you don’t have local data to share.</p> <p>Points under Summarize section on page 1-15 are important!</p>	<p>SHARE SCREEN to show the list of concerns from the INTRO session</p> <p>CHAT questions from parents’ pre-work after reviewing these data</p>

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15 mins	<p><b>A Strategy for Drug Use Prevention</b> Explain the SDS, as in the Leader Guide</p> <p>Focus on linking results of the ‘who made a diff for you’ activity to the components of the SDS</p>	<p>Leader Guide pp 1-16 to 1-22 Slides 1-15-16</p>	<p>Full group conversation</p> <p>SHARE SCREEN with White board /document for Who Helped You Make It activity (or ‘who made a difference for you’)</p>
5-10 min	<p><b>Understanding about risk factors</b> Main point: We do know quite a bit about risk factors that might increase the likelihood for children to get involved in negative behaviors/concerns. Your reading was a review of the science. Take a quick look at the risk factor chart on p. 1-22 of your Family Guides (or the one you sent in advance) What Questions or aha’s do you have about this, or from pre-reading? Leader summarize: lease keep in mind these Main points about risk factors:</p> <ul style="list-style-type: none"> <li>• Found in community, school, family and peer/individual</li> <li>• “Predictive not prescriptive”</li> <li>• Summary at bottom of Leader Guide p. 1-27</li> </ul>	<p>For your own reference, but don’t go thru with participants: Leader Guide pp 1-24 to 1-27</p> <p>Family Guide p. 1-22 for risk factor chart (or send them the updated chart in advance) Slides – not needed</p> <p>NOTE to leaders: the goal here is to touch on the fact that risk factors exist, we know a lot about them, and that parents can DO a lot to avoid them and to build protection.</p>	<p>Full group</p> <p>CHAT to record additional questions or comments</p>
5 min	<p><b>Implementing an Action Plan</b> Introduce family meetings Video segment 1 – Conducting a family meeting</p>	<p>Leader Guide pp. 1-32 – 1-34 Slides 1-22 and 1-23</p>	<p>Video Segment 1</p>
15 min	<p><b>Practicing holding a family meeting</b> Participants go to break out rooms to: a) practice starting a family meeting b) discussion how and when they will hold their own family meeting in the coming week</p>	<p>Leader Guide pp. 1-35 &amp; part of 1-36 Instructions for breakout rooms</p>	<p>BREAKOUT ROOMS – 1 room for every 4 participants</p>

Time	Content	Materials	Interaction/Zoom Feature
5 mins	<b>Large group debrief practice activity</b> How did that go? <ul style="list-style-type: none"> <li>• Take some responses</li> </ul> What will work on the 'how' and 'when' for you each to hold your own family meeting this week? <ul style="list-style-type: none"> <li>• Take a couple of responses</li> </ul>		
5 minutes	<b>Preparing for next session</b> Leader provide emotional pithy summary of end of session – to remind them why this is important and set them up for next session  <b>Questions and wrap up, eval link</b>	Leader Guide rest of p. 1-36	Questions in CHAT – can go in parking lot