

SMART Moves Family and Caregiver Resource

Celebration Night Agenda

This event is intended to occur after Session 2 of SMART Moves: Healthy Relationships.

At the SMART Moves: Healthy Relationships Family and Caregiver Celebration Night, parents and caregivers will support youth in understanding and appreciating the diversity of families and family structures, and understanding how families can provide support and a sense of belonging. This event will also provide an opportunity for members to get to know youth and families.

As youth are making decisions that affect their current and future well-being, parents and caregivers play a significant role in supporting and guiding them. Research studies show that youth who feel supported by their parents and caregivers are less likely to engage in unhealthy behaviors and experience emotional problems.^{1,2}

Time

1 hr. 55 min.

Recommended Participation

15-30 families

Handouts

Conversation Starters (1 per family)

Supplies Needed

- Whiteboard or flipchart paper and marker
- Nametags (1 per participant)
- Markers (1 pack)
- Different color beads (at least 5 colors, enough for each participant to have some)
- String for bracelets (1 per participant)
- Scissors (1+ per table)
- Tape (1+ roll per table)

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Preparation

- **Set up** a table with nametags and markers.
- **Print** the Conversation Starters handout (1 per table), and **place** one on each table for families to discuss during dinner.
- **Make** a sample bracelet.
- **Have** the Group Agreements on display so families can see them.
- **Display** youth projects around the space for families to see.

Community Meal (30 minutes)

- **Give** a Warm Welcome to each family member or caregiver as they arrive.
- **Invite** participants to write their name on a nametag.
- **Thank** everyone for coming.
- **Encourage** participants to choose a few questions from the Conversation Starters handout on their tables to discuss during dinner.

Club Presentation (10 minutes)

- **Give** the following overview of SMART Moves: Healthy Relationships.
 - › SMART Moves: Healthy Relationships is a module in the SMART Moves suite of programs that focuses on building youths' attitudes and skills to support healthy decision-making.
 - › In the first two sessions of this module, youth learned about different interpersonal relationships and identified characteristics of healthy and unhealthy relationships.
- **Invite** a young person from each age group to share some of the activities they did and what they learned during the sessions.
- **Share** that the first session focused on recognizing, accepting and appreciating different types of relationships such as those with friends, neighbors, teachers, family members and caregivers.
- **Invite** a participant to define the term *family*.
- **Explain** that families are made of individuals who are involved in our lives. Our families could include parents, grandparents, aunts, uncles, siblings and other trusted adults.
- **Explain** there are all types of families. Some families are big and some are small. Some families live near each other and some live far from each other. Some families have pets and some families don't. There is no right or wrong way to describe a family.
- **Invite** participants to share what they learned about other families at their table from their responses to the conversation starters.

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- **Prompt** them with the following questions.
 - › What do families have in common?
 - › In what ways are families different?

Community Builder: Inner Circle (10 minutes)

- **Say**, “Name some members of a family.”
- **Allow** participants to respond and **thank** them for sharing.
- **Record** the responses that were named on a whiteboard or flipchart paper.
- **Say**, “Sometimes the same relationships can look different for different people. For example, families may have different members, pets and traditions, but they are still a family.”
- **Say**, “We’re going to do an activity to learn about the differences and similarities of the different families here today.”
- **Instruct** participants to form a circle.
- **Say**, “I will say something, and you will step into the circle if the statement describes your family. After each statement, you will all step out of the circle. Then I’ll read the next statement, and if it describes your family, you’ll step into the circle again.”
- **Ask**, “Does everyone understand the instructions? What questions do you have?”
- **Say**, “Step forward if your family ...”, and then **read** each of the following prompts:
 - › Has siblings
 - › Has a pet
 - › Lives with a grandparent
 - › Has someone in your family from another country
 - › Has a sibling who doesn’t live with you
 - › Speaks more than one language at home
 - › Travels to another country to be with family
 - › Cooks a specific/special meal to celebrate a holiday
- **Summarize** by saying, “You may have noticed that everyone stepped in and out of the circle at different times. Families do not always look the same. You can create a family with many different people in your life.”

Adaptation for Inclusion: Modify the prompts so they’re culturally relevant to the population your Club or Youth Center serves.

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Main Activity: Family and Caregiver Celebration Night (45 minutes)

Introducing Families to the Activity

Explain that in the first two sessions of SMART Moves: Healthy Relationships, youth identified different types of relationships. They also discussed the differences between healthy and unhealthy relationships.

Step 1: Get Started

- **Ask** families to sit together – caretakers should sit with the youth they care for.
- **Assign** a staff member to sit with any young person who may be attending without family.

Step 2: Make Family or Caregiver Bracelets

- **Tell** families and caregivers they are going to work together with their children to create a bracelet that will serve as a reminder of their special bond.
- **Explain** that each color bead they choose for their bracelet should represent something about their family.
- **Hold** up each color bead and **ask** for ideas of what each color might represent. For example:
 - › Blue: Calmness, peace, love of water
 - › Green: Health, love of nature and outdoors
 - › Yellow: Activity, energy, love of the beach
 - › Red: Courage, love, the color of our brick house
 - › Orange: Warmth, love of fall and Halloween
- **Distribute** beads, bracelet string, scissors and tape to each table.
- **Tell** participants to choose beads for their bracelet and discuss how the colors represent their families.
- **Walk** around and **provide** support as needed.

Facilitator Note: *You could also set up stations and have groups come up to get their supplies.*

Step 3: Share and Discuss

Invite participants to share their bracelets and explain what they represent about their families.

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Reflection (10 minutes)

- **Explain** that leaving space for reflection creates opportunities for youth to review what they have done, what they learned, and how it may apply to or influence their lives.
- **Pose** the following questions and **invite** families to discuss their responses among themselves.
 - › **What?** – What makes your family special?
 - › **So What?** – How does being a part of your family make you feel a sense of pride and belonging?
 - › **Now What?** – How can each member of your family support one other?
- **Ask** for volunteers who are willing to share their responses with the group.

Recognition (5 minutes)

- **Explain** that at the end of each session of the SMART Moves program, there is an opportunity for youth to provide positive recognition to each other. Youth are encouraged to recognize and celebrate each other by offering a quick “PET.”
- **Invite** youth to explain each component of the PET framework: Positive Affirmation, Encouragement and Thankfulness.
- **Invite** everyone to share their own PET. They can do this with their families or with the larger group.

Closing (5 minutes)

End the presentation and **invite** family members or caregivers to contact staff at any time with questions, concerns, or to find out more about activities at the Club or Youth Center.

1. Oman, R., Vesely, S., Aspy, C., McLeroy, K., Luby, C. (2004). The association between multiple youth assets and sexual behavior. *American Journal of Health Promotion*. 19 (1), 12-18
2. Markham, C. Lormand, D., Gloppen, K., Peskin, M., Flores, B., Low, B., House, L. (2010). Connectedness as a predictor of sexual and reproductive health outcomes of youth. *Journal of Adolescent Health*, 46 (3 suppl), S23-41.

Conversation Starters

What foods are special to your family?

What activities does your family like to do together?

How does your family celebrate holidays or special occasions?

What is a happy or silly memory you have of your family?

**Where does your family come from?
What is your family's background?**

What is one thing that makes your family unique?