

SMART Moves Family and Caregiver Resource

Celebration Night Agenda

This event is intended to occur after Session 11 of the SMART Moves: Core targeted program.

Family Night Agenda

At the SMART Moves family night, parents and caregivers will support youth learning while discovering more about what it means to promote healthy lifestyles. They'll also get to know other 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 young people who feel supported by their parents and caregivers are less likely to engage in unhealthy behaviors and experience emotional problems.^{1,2}

Recommended Participation: 15-30 families

1 Community Meal (30 minutes)

Provide a warm welcome to each family member and caregiver as they arrive. Thank them for coming. Have the Group Agreements on display so that families can see them.

2 Club Presentation (10 minutes)

Give a brief introduction to SMART Moves: Core, particularly the final session, "Defining Our Healthy Futures!"

- Explain that youth have created health messages to address the question, "Health companies may see and depict us one way, but how do we see ourselves and our own healthy futures?"
- Explain that in SMART Moves, youth have been learning about health messages – especially how advertisers try to influence their attitudes and behaviors around things like cigarettes, vapes, alcohol, marijuana or peer pressure. Youth are also learning how to be their own "influencers" and choose healthy behaviors.
- In recent years, advertisers have increasingly targeted their messages to children and adolescents. Studies show the average young person in the U.S. sees between 13,000 and 30,000 ads on television each year—and that doesn't count the thousands of ads they see on social media, in print, at the movies, in video games or at school.
- When youth repeatedly see ads for alcohol or e-cigarettes, they are more likely to begin using those products. This is particularly dangerous because if kids drink or smoke early in their lives, they could become dependent on them when they're adults.

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Community Builder: It's OK to Say No (10 minutes)

Explain that Community Builders help youth build supportive relationships, familiarity and trust among youth and staff. This is a Community Builder from SMART Moves: Core.

- **Instruct** the group to form a circle and say their name to everyone in the group.
- **Explain** that the group will pass a ball around so everyone gets an opportunity to catch and throw it and use each other's names:
 - › Start by calling the name of someone in the circle and tossing them the ball.
 - › The receiver will call another person's name in the circle and toss them the ball.
 - › Continue until everyone has received the ball. No one should receive the ball twice.
- **Say**, "The challenge will be for you all to remember the pattern of how you threw the ball."
- **Instruct** the group to pass the ball in the same pattern a second time.
- **Congratulate** the group once they have repeated the exercise successfully a second time. **Say**, "That was great! Do you think you all can handle adding another ball to the group that will be tossed around simultaneously with the first one?"
- **Let** the group start passing around the first ball. Once they have gotten half-way through the exercise, add an additional ball.
- **Continue** to add additional balls to the circle, no more than four.
- **Summarize** by saying, "We all feel pressure to do things; and sometimes pressure from others leads us to choose behaviors that are unhealthy. It's easy to say no to behaviors that you don't want to do once you know how."

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Main Activity: Family Night (45 minutes)

Explain that in the final session of SMART Moves: Core, youth created their own health messages. These could be in the form of a social-media campaign, a commercial, a poster, a music video or a special dance or song to communicate their visions for a healthy future. During the family night, youth will have the opportunity to present their positive health messages to their families.

Step 1: Get started.

- **Ask** families to sit together – caretakers should sit with the youth they care for.
- **Assign** an available staff to sit with any youth that may be attending without families.

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Step 2: Present health messages.

- **Allow** youth to provide background on their messages: negative ads they have observed, the ways advertisers view youth today and how they try to influence them, the health behavior their message is targeting, what motivated them to choose this particular behavior, and why it's important to them.
- **Instruct** youth to present their health messages, highlighting important points and explaining the key message they're trying to communicate. They should describe how they view their peers today, what they know to be true about their generation. They should also identify their target audience and how they hope to use the campaign to reach kids their age. Finally, youth should describe the vision for their future that their campaign is built on.
 - › Youth in the SMART Moves: Core session for Grades K-2 will share their poster creations.
 - › Youth in the SMART Moves: Core session for Grades 3-5 will share their health messages.
 - › Youth in the SMART Moves: Core session for Grades 6-8 will share their social media advocacy campaigns.

Step 3: Share and discuss.

- After the presentations, **lead** a discussion about youth health messages, inviting family members and caregivers to comment and ask questions—and to share their new vision of youth today.

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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. Although the conversations that families have will remain private, ask participants to consider the following questions individually:

- **What?** – What did it feel like to share and hear their young person's healthy messages?
- **So What?** – Why is knowing what you want for a healthy future important?
- **Now What?** – What are some things families can do to support their healthy futures?

Ask for a few volunteers who are willing to share. Again, reiterate that they're just responding to the questions, and not detailing their private conversations to the group.

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Recognition (5 minutes)

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

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Closing (5 minutes)

- **Wrap up** the presentation and invite family members to contact staff at any time with questions or concerns or to find out more about prevention 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.