

FAMILIES CRS GUIDE

THIS PACKET IS YOUR GUIDE.

YOU SHOULD **NOT** BRING IT INTO THE CLASSROOM WITH YOU,
BECAUSE YOU SHOULD USE THIS TO MAKE NOTECARDS!

A FEW TIPS FOR MAKING NOTE CARDS:

- Number your notecards to keep them in order
- Make a note of **who is going before you** and what the last thing they are doing/saying before your part
- Put things in your **own words** so that you don't sound rehearsed
- Do not cut up the CRS guide and paste them onto note cards—> actually **writing down your parts on note cards** will help you familiarize yourself with your part so that you don't read off your notecards

THINGS YOU DON'T NEED TO MAKE NOTE CARDS FOR

(YOU WILL GET THE HANDOUTS DURING THE ACTUAL CLASSROOM SESSION):

- Small Group discussion
- Q&A (if your part is reading the questions, you will get the hand out. If it is not your part, you may want to jot down a few answers to the questions if you think you will forget or it will help you not to be so nervous)

THINGS TO REMEMBER FOR CLASSROOM SESSIONS:

- Wear your **Velocity shirt** (and follow dress code!)
- No gum**
- Make sure your teachers know where you are & **make up any work that you miss** during your Classroom Session
- Speak **loud & clear**
- Make **eye contact** (do not read off your note cards!)
- Speak with **enthusiasm** (in other words, don't be boring)
- Make note cards** to help learn your part (do not bring this guide into the classroom with you!)
- Remember that the reason you are doing this is to HELP the 6th graders**, so make sure everything you do and say is for their benefit! So remember to do things like: make sure everyone feels included during small groups, give real and genuine sharings, give real and helpful advice during the Q&A.

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The date(s) of my Classroom Session:

My part number is: _____

The other members of my group & their part numbers:

1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
6. _____	6. _____
7. _____	7. _____

The class(es) I am missing for my Classroom Session:

WHEN I need to meet for my Classroom Sessions:

WHERE I need to meet for my Classroom Sessions:

Other Notes:

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I. INTRODUCTION

Hey everybody! We're Velocity. Most of you know by now that Velocity is a group of 7th and 8th graders who are dedicated to living lives of integrity and making good decisions. We are totally drug-free. As members of Velocity, we go into 6th grade classrooms and talk about things that matter to middle school students.

ACTIVITY: FAMILY FUN STORY

To introduce today's topic, we need your help. We're going to read you a little story, but it's missing some words so, before we can read it, I need you to help me fill in the blanks. I'm going to ask you for a particular word and then we'll fit these words into the story.

As I ask for the words, another Velocity student will write the words into the story and read the story when we're finished. Please raise your hands when we ask for a word. *(Pause between asking for the words so the other Velocity student has time to write the words.)*

- Give me an adjective (not a color!)
- I need a number greater than 15
- I need a Color
- Give me another color
- Something you throw away
- Number greater than 20
- Give me an animal
- Celebrity's name
- Body part
- Another animal
- Give me a food
- I need a game
- A number greater than 50
- Last one: I need an adjective (again, not a color)

I'm going to read the story we created. When I'm finished I'll see if you can guess today's topic. *(Read the story.)* Can you guess today's topic? *(Wait for responses. Once someone guesses "Families" continue)*

That's right. Today we're talking about families. Even though this story is silly it reminds us that our families have similarities and differences. It also reminds us that there are things we can do, like loving others, to help us get along with our family.

If we asked everyone to describe their families, we would hear lots of answers, some the same and some different. If we asked you to tell us what helps you get along with your family we would hear similarities and differences, too.

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FAMILIES CRS GUIDE

We all like it when the people in our families get along and we like it when we get along with them, too. Today we're here to talk about what we can do to make our families better.

Now we'll introduce ourselves. We'll tell you our name, grade, and one thing that helps us get along with someone in our family. I'll begin. I'm. . . *(introduce yourself).*

ALL *(Introduce yourself with name, grade and something that helps you get along with a person in your family. This can be something that helps with a parent or a sibling)*

II. SMALL GROUPS

Some of the most important relationships in our lives are the ones we have with our families. We know it's hard sometimes to have healthy relationships and to love all of our family members all the time. Right now we're going to split up into 4 small groups and talk about our families and how to get along with them better. *(Quickly divide the class into four groups by CORNERS. It doesn't have to be exact. A Velocity small group leader goes to each group.)*

ALL *(Velocity – divide yourselves equally among the four groups and participate. Each group finds a space in the classroom to work together as a group. Follow the instructions on the discussion guide to lead your group After 10-12 minutes, ask the class to return to their seats, and ask the spokesperson from each group to come to the front of the room.)*

III. THE CLASS SHARES

Will the spokesperson from each group please step forward and share your group's answers to the last two questions. *(Read the first question then have each spokesperson share their answer. After all the questions have been answered, thank the spokespeople and have them return to their seats).*

We should all try to remember that even if the people in our family seem different than us, we can still learn from one another.

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IV. VELOCITY SHARES

Since we're talking about families today, we want all of you to know about experiences that some of us have been through involving our families. Please listen as a few students from Velocity share their stories.

Velocity Student Sharing *(please read "Sharing Tips" before the CRS)*

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V. QUESTION AND ANSWER

Now I'm going to ask Velocity some questions that middle school students have about family relationships. I'll ask a question and then a few of us up here will share answers to the question.

ALL Velocity answers questions

- Ask Velocity each of the questions from the Q&A sheet that is attached
- Each of you should be prepared to answer all of the questions
- Make sure at least two or three Velocity students answer the question and then ask another question.
- Answer from your own thoughts and experiences

Do any of you have questions about family relationships? As we said, we may not have all the answers, but we are here to share what we do know.

VI. CLOSING

Today we've talked about families.

All of us have different types of families, whether your family involves a mom and dad or if it extends to step siblings and grandparents, all families and family members have similarities and differences.

We've learned that we should try our best to get along with the people in our families.

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Thanks for participating today. We've enjoyed talking with you about families. It's a topic everybody knows something about, but, sometimes our family relationships can be really hard and we don't know what to do about it. In those times, it can help to talk with a teacher or guidance counselor about it. Thanks for listening and participating in our classroom session today.

Right now we have a survey that we need you to fill out that will help our organization. *(Other Velocity students begin to pass out the surveys)* This is an anonymous survey, so do not put your names on it. However, we do need you to fill in your age, gender, and race/ethnicity, for statistical purposes. We are not going to read this and your name is not on it, so feel free to be honest when answering the questions.

(After receiving a few surveys, ask the class for questions about Velocity)
Do any of you have any questions about Velocity?
(Answer any questions they may have about Velocity. If you do not know the answer, encourage them to go online to our website www.teenadvisors.org to find the answer or find someone to contact about that question.)

We hope you will consider joining Velocity next year. It's a good way to meet people who have values similar to your own, and it's a lot of fun too! Registration for Velocity begins at the end of April- you'll see signs around the school, you can get an application from the guidance office, or you can go online to www.teenadvisors.org to sign-up. Thanks again for letting us come today!

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VELOCITY

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FAMILIES

MY FAMILY FUN STORY

Write down the words after the volunteers say them. Then read the story to the class. Don't read the words in parenthesis. They are there to help you write down the answers.

ONE THING I'VE LEARNED IS THAT FAMILIES ARE THE SAME IN SOME WAYS AND DIFFERENT IN SOME WAYS. AS AN EXAMPLE, I'LL TELL YOU A LITTLE BIT ABOUT MY _____ (ADJECTIVE, BUT NOT A COLOR) FAMILY.

I HAVE _____ (NUMBER - GREATER THAN 15) SIBLINGS. WE KIND OF LOOK ALIKE BECAUSE OUR HAIR AND EYES ARE THE SAME COLOR. OUR HAIR IS _____ (COLOR) AND OUR EYES ARE _____ (COLOR).

MY DAD COLLECTS _____ (SOMETHING YOU THROW AWAY). MY MOM TEACHES KINDERGARTEN TO _____ (NUMBER - GREATER THAN 20) YEAR OLDS. WE HAVE A PET _____ (ANIMAL) NAMED _____ (A CELEBRITY'S NAME) MC _____ (BODY PART). AND WE ALSO HAVE A PET _____ (ANOTHER ANIMAL) NAMED _____ (FOOD).

ONE THING WE LIKE TO DO TOGETHER AS A FAMILY IS PLAY _____ (GAME). WE PROBABLY DO THIS _____ (NUMBER - GREATER THAN 50) TIMES A WEEK. IF YOU ASKED ME TO DESCRIBE MY FAMILY, I WOULD SAY WE ARE _____ (ADJECTIVE, BUT NOT A COLOR).

MY FAMILY IS PROBABLY THE SAME AS YOUR FAMILY IN SOME WAYS AND DIFFERENT IN OTHER WAYS. HOWEVER, I THINK THAT WE ALL HAVE THIS IN COMMON: IT REALLY HELPS WHEN WE TRY OUR BEST TO LOVE THE PEOPLE IN OUR FAMILIES.

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SMALL GROUP DISCUSSION

Small Group Leader – Have your small group sit together in a circle. Work through this handout with your group. Do your best to draw everyone into the discussion. Also, get one 6th grader to volunteer to write down and share with the class your group's answers to the last two questions. Remind him or her to speak loudly when sharing answers with the class. Please discuss the first questions, but do not write down the answers to them! Only write down the answers to the LAST TWO questions.

Everyone share your first name and tell us what is one thing you enjoy doing with your family?

When do you find it hardest to get along with your parents?

What can we do to make it easier to get along with our parents?

Why do you think it matters to our parents that we get along with our siblings?

How can we be better friends to our brothers and sisters?

If we have step parents or siblings, how can we make them feel welcomed (comfortable and accepted)?

What makes it sometimes difficult to live in a family with step parents and siblings?

Why do we sometimes feel like divorce is our fault?

Who should you talk to if your family life is really hard?
(Remind them they should always try to talk with their parents but they can also talk to you, their teachers, the school counselor or an adult they look up to.)

We'll share the next answers with the entire class. Choose a spokesperson to write down the next answers.

Sometimes it is easier to show our friends that we care about them than it is to tell our own families. What could you do to show your family you appreciate them?

Why is it important to treat your family well?

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QUESTION & ANSWER

1. I talk to my parents all the time but they don't seem to understand me. What should I do?

- Parents can get pretty wrapped up in all of the responsibilities they have to deal with, sometime when they are not busy try to sit down and be honest about how you feel.
- Try not to have serious conversations with them while they are in the middle of working on something.

2. I feel no matter how hard I try I don't seem to be good enough for my parents. What should I tell them?

- Usually our parents' high expectations are their way of helping us push ourselves to be better than we think we can be.
- Sometimes parents don't realize that they are being overly critical, so it can be good to sit down and talk with them to let them know that their expectations feel unrealistic.

3. My older sibling doesn't like me to be around. What should I do?

- Pay attention to how you are acting when you are around them, sometimes we can be annoying without realizing it.
- Sometimes it can be good to give our siblings space and let them have time without younger siblings around.
- Be honest with them about how much you enjoy being around them, let them know that you want to be able to spend time with them because you like them.

4. My older sibling is making a lot of bad life choices. How can I help?

- Talk to them about the decisions they are making, and try to encourage them to make good decisions.
- Talk to your parents about your concern for them and ask if there is anything you can do to help the situation.

5. My new step parent and I don't get along. What should I do?

- Be honest with them about how you feel.
- Don't go behind their back and complain about them to your other family members.
- Many times its just as difficult for a step-parent to become comfortable with you so try to be helpful and kind to them.

6. I hate my new family. Is there any hope we'll every get along?

- Yes, many times it just takes time to get comfortable with a new family.
- Try to be engaging with them, they are probably feeling uncomfortable just like you so it can be very helpful to reach out to them.

7. My parents are getting a divorce. What can I do to keep them together?

- First, you must realize that you are not the cause of the divorce, it is not the result of something you did wrong.
- Talk to them and let them know how you feel about them getting a divorce.
- Sometimes there is nothing you can do except be there for them and love them.

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FAMILIES SHARING TIPS

Sharing with the sixth graders is so important! They are really listening and they want to hear the experiences you've had!

TIPS ON SHARING WITH OTHER STUDENTS:

Do...

- ...share your own story -- not someone else's
- ...share more than just a sentence or two (**talk for a minute or two**)
- ...think about what you're going to say ahead of time -- jot down notes to remind yourself
- ...try to share something that a lot of middle school students can relate to
- ...share your hurt, struggle, and your feelings
- ...tell them what you learned

Don't...

- ...use names or experiences that might point a finger in a negative way at another person.
- ...preach to the sixth graders -- just share what you've experienced
- ...try to make your story better by making things up -- just share the truth
- ...give lots of advice- just share your story.

IDEAS FOR WHAT YOU CAN SHARE ON:

- Balancing your family life (time with your family, chores, etc) with everything else
- Dealing with meeting your parents' expectations
- Adjusting to step-parents or step-siblings
- Dealing with divorce or remarriage
- Getting along with your siblings

Remember: This does not need to be a formal speech, but please spend some time thinking about what you want to say and how you want to say it. It will make it much easier for you, and it will be a much better sharing.

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FAMILIES

SHARING YOUR STORY ABOUT FAMILIES

IDEAS FOR WHAT YOU CAN SHARE ON:

- Balancing your family life (time with your family, chores, etc) with everything else
- Dealing with meeting your parents' expectations
- Adjusting to step-parents or step-siblings
- Dealing with divorce or remarriage
- Getting along with your siblings
- Getting along with your parents

WHAT DO YOU WANT TO SHARE ABOUT?

HOW DID YOU FEEL?

HOW DID YOU DEAL WITH IT?

WHAT DID YOU LEARN?

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