

Table of Contents

Introduction	9
About This Edition	9
Research.....	10
Who Should Take This Program?	10
Why a Video and Discussion Program?	10
Overview	11
How the Program Works	12
The Program Materials	13
The Active Parenting Learning System	14
Who Can Lead a <i>Families in Action</i> or <i>Teens in Action</i> Group?	15
Group Leadership Skills	15
In Preparation	17
Using This Guide.....	18
The Active Parenting Community	19

PART I

Session 1: To Survive and Thrive	21
I. Welcome and Introductions for <i>Families in Action</i> Classes	23
II. Welcome and Introductions for <i>Teens in Action</i> Classes	27
III. Getting Started.....	30
IV. Understanding Parents and Teens	35
V. School Success	41
VI. Mutual Respect.....	44
VII. The Power of Choice.....	45
VIII. Drugs, Sexuality, and Violence: Storms at Sea	49
IX. Drugs, Sexuality, and Violence: Storms at Sea (continued).....	50
X. Family Enrichment Activity: Taking Time for Fun	51
XI. Home Activities.....	52
XII. Drugs, Sexuality, and Violence: Problems and Prevention.....	53
XIII. Family Enrichment Activity: Taking Time for Fun	55
XIV. Family Meeting: Taking Time for Fun.....	55
XV. Home Activities.....	56

Table of Contents

Session 2: Winning Cooperation	59
I. Review.....	60
II. Share and Tell.....	61
III. Success and You	63
IV. Communication: The Road to Cooperation	67
V. Communication Blocks and Discouragement.....	72
VI. Active Communication.....	75
VII. Active Communication Role Plays for Teens	83
VIII. Family Enrichment Activity: Getting to Know Your Parent Better.....	84
IX. Home Activities.....	84
X. Active Communication Role Plays for Parents and Teens	85
XI. Family Meeting: Getting to Know Each Other Better	89
XII. Home Activities.....	89

Session 3: Responsibility and Discipline	91
I. Review.....	92
II. Share and Tell.....	93
III. Responsibility and Discipline.....	95
IV. Basic Discipline Skills	105
V. Understanding and Accepting Consequences	110
VI. Home Activities.....	117
VII. Logical Consequences Review	118
VIII. Family Enrichment Activity: Positive “I” Messages	122
X. Home Activities	122

PART II

Session 4. Building Courage and Self-Esteem	127
I. Review.....	128
II. Share and Tell.....	130
III. Courage and Self-Esteem: The Think-Feel-Do Cycle.....	132
IV. Turning Discouragement into Encouragement	139

Table of Contents

V. Power Struggles	147
VI. Home Activities.....	155
VII. FLAC Method Review.....	156
VIII. Family Meeting: Problem-Prevention Talks.....	157
IX. Family Enrichment Activity: Teaching Skills	159
X. Home Activities	160
Session 5: Drugs, Sexuality, and Violence: Reducing the Risks, Part 1	163
I. Review.....	164
II. Share and Tell.....	165
III. Understanding the Problem	167
IV. Ten Risk-Prevention Strategies for Teens: #1-4.....	170
V. Family Enrichment Activity: Expressing Love	188
VI. Home Activities.....	189
VII. The Case for Waiting.....	189
VIII. Family Meeting: Talking about Sexuality	192
IX. Family Enrichment Activity: Expressing Love	192
X. Home Activities	193
Session 6: Drugs, Sexuality, and Violence: Reducing the Risks, Part 2	195
I. Review.....	196
II. Share and Tell.....	197
III. Alcohol, Tobacco, and Other Drugs	199
IV. Ten Risk-Prevention Strategies for Teens: #5-10.....	209
V. Closing for Teens	226
VI. Family Meeting: Talking about Alcohol, Tobacco, and Other Drugs	227
VII. Family Enrichment Activity: In Our Family	228
VIII. Closing for Parents and Teens	229
Completing Your Experience as a Leader	231
References	233