



How to Use the StayConnected Program

The StayConnected program can be used in a broad range of settings with diverse audiences. We purposefully designed this program to be flexible in order to maximize its usefulness for the work you do. The core of the program includes: 10 goals for teens, 10 goals for parents, and joint parent-teen activities. Each goal addresses an area that is of current concern and importance for contemporary families and communities. The parent and teen goals are designed to complement one another so that programs can focus on building parent and teen strengths independently, as well as bringing parents and teens together for joint activities that enhance communication and understanding.

You will want to familiarize yourself with the notebook's contents prior to using this program. You are welcome to implement the program using the models we provide, however, it is more likely that you will want to select the different goals (and activities within the goals) that are best suited to the needs and interests of the teens/parents with whom you work. You also will want to make adjustments based on the time constraints you have for your session(s). When possible, we suggest asking participants, in advance or during your first meeting with them, which topics they would most like you to address. This will help you decide which goals and activities are most appropriate.

Throughout the notebook, you will notice symbols occasionally. The symbols will provide you with information on the out-of-session activities and the sensitivity of the topic.

Each goal provides activities that parents and teens can do, or should do, outside of the session that will reinforce what was taught during the session. The following two symbols will be found in the out-of-session section of each goal. It is suggested that you suggest or assign an out-of-session activity to your group members. If possible, it also is suggested

that you go over your out-of-session activities at the beginning of your next session.



'SUGGESTED' OUT-OF-SESSION ACTIVITIES



'MUST DO' OUT-OF-SESSION ACTIVITIES.

In addition, some of the sessions you implement may be more difficult for some participants to handle than others. Because of the nature of some of the sessions, we have included a symbol that points out these sessions. If you feel the topic may be too difficult, you may choose to wait and implement that session when your participants have become more comfortable with you and the others in the group.



DIFFICULT OR SENSITIVE TOPIC, BE CAUTIOUS.