

DIVING INTO THE MATERIAL



13 WEEKLY SESSION GOALS:

1. We're All in This Together

To encourage participants to feel comfortable talking about their parenting challenges and open their minds to new ways of helping their kids succeed.

2. What Kind of Parent Are You

To help participants consider how their histories and personalities have shaped their parenting, and how they might make the most of their strengths—and their weaknesses.

3. Stand by Me

To help participants value and seek the support of family, friends, mentors, neighbors, and schools as they raise their children.

4. Plugged In

To help group members measure how valued, useful, and safe their kids feel—and understand how to increase those levels to empower their children.

5. Limits That Liberate

To equip parents to encourage responsibility in their kids by setting clear and reasonable rules, expectations, boundaries, and consequences.

6. Yours, Mine and Hours

To help participants evaluate how their children use their time, taking steps to keep their kids' activities as constructive as possible.

7. When the Schoolhouse Rocks

To help parents motivate their kids to learn, to care about their school, to do homework, and to read for pleasure.

8. Creating Character

To help group members choose and begin to develop in their kids three character traits from the following list: caring for others, equality and social justice, integrity, honesty, responsibility, and restraint.

9. Like Social Media, Only Better

To show parents three ways to improve their children's empathy, friendship skills, resistance to negative peer pressure, and ability to resolve conflict.

10. Three Thumbs Up

To help each participant practice talking to his or her kids in ways that build self-esteem, purpose, and optimism about their futures.

11. What Your World Needs Now, Part 1

To help each group member identify the three Assets his or her family most urgently need to build.

12. What Your World Needs Now, Part 2

To guide each group member in making a plan to build his or her family's three most urgently needed Assets.

13. Just the Beginning

To review the eight sets of Assets, celebrate completion of the course, and motivate parents to follow through on their Asset-building plans.