INTRO LESSON: “Healthy Family - Healthy Brain Connection”

FILL IN THE BLANKS:

1. In a study of what made people happy, volunteers recorded what they were doing and how they felt during the day. Research showed people felt happiest when they were ___________________________________ ________________ with family or friends.

2. Children who eat dinner with their families five to seven times a week are ________% less likely to use alcohol or drugs.

3. Write three rules of “My Time” – the 10 to 15 minutes of daily bonding one-on-one play time with each child:
   a. The ________________ picks the activity.
   b. The parent gives no ______________ or suggestions to the child.
   c. During My-Time parent says only ____________ things to the child.

4. Brain neurons look a little like a ________________, with a trunk, roots, and branches.

5. When you learn new things or repeat an action over and over, your brain neurons grow new _________________ called “dendrites.”

6. The time between the ages of 10 – 21 is a period of rapid brain development. During this time, young people can direct the ________________ of their own brains by what they choose to think, say, or do.

7. Alcohol and drugs _________________ brain development.

8. What concepts in this lesson were most helpful? _______________________________.
   __________________________________________________________________________

9. After viewing this lesson, which of these are you doing as a family? (Circle all that apply):
   a) Eating Together as a Family 3X week      b) Playing with children one-on-one in “My Time”
   c) Noticing and Squashing the Automatic Negative Thoughts
LESSON 1: “Notice and Compliment the Good Daily”

FILL IN THE BLANKS:

1. When we look for the good in others it helps our _______________ develop its ability to notice the good.

2. When we receive a sincere compliment, it triggers “feel-good” _______________ in our brains.

3. When we give sincere compliments it’s like putting _______________ in our children’s emotional bank accounts. Criticism makes _______________.

4. To help change behavior, “Reinforcing Compliments” use 5 simple steps:
   1) Give it immediately 2) Be enthusiastic, 3) Describe the _______________ your liked. 4) Tell how it will _______________ the kid. 5) Add a _______________.

5. Ignoring annoying behavior helps _______________ that behavior.

6. The steps to “Effective Ignoring” include:
   a) Show no _______________. b) Turn your attention immediately _______________. c) Don’t _______________ at the person.
   d) Have no physical contact until misbehavior _______________.
   e) Give positive _______________ the moment the misbehavior stops.

7. Choosing to focus on and compliment the “Positive Opposite” of an annoying behavior helps a child to _______________ behavior.

8. What concepts in this lesson were most helpful? _______________.
   Which skills did you practice _______________.

9. After viewing this lesson, which of these you trying to do as a family? (Circle all that apply): a) Giving Compliments  b) Avoid Criticizing  c) Ignoring minor annoying behavior
LESSON 2: “Great Communication & Family Meetings”

FILL IN THE BLANKS:

1. Three fundamental skills in good communication are: “LUV ________________”, Using Assertive “I- ________________”, and being respectful.
2. LUV stands for: a) ________________, b) ________________ c) ________________.
3. To validate means to express that you understand the other person’s ____________ __________ __________ __________ __________, even if you disagree.
4. “I-Messages” begin with the letter _____, state your feelings or needs respectfully; explain why you feel that way, and what you ________________ without blaming.
5. We can choose whether we are Assertive, Aggressive, or Passive. True __ False__
6. People who are ________________ are concerned with their own self, and they bully, blame, threaten, display anger, or use sarcasm, to get what they want.
7. People who are ________________ fail to express their true feelings or needs, allow others to dominate them, appear weak, and hide inner resentment.
8. People who are ________________ act confident, show respect for self, concern for others, and express their needs and feelings in respectful ways.
9. Communication Boulders are words or voice tones that harm relationships. Name two from the Dirty Dozen list: a) ________________ b) ________________
10. The 5 most important words are: “I __________ you” and “I’m ____________.”
11. What day and time will you hold a Weekly Family Meeting? ________________.
12. After viewing Lesson 2, which of these are you doing as a family? (Circle all that apply): a) Use I-Messages b) LUV Listen c) Banish C- Boulders d) Be assertive
LESSON 3: “The 5-R’s of Successful Families”

FILL IN THE BLANKS:

1. Name the “5-R’s” of successful families:   a) ________________________________
   b) __________________________ c) ________________________________
   d) __________________________ e) ________________________________

2. List one benefit of Family Rules: ________________________________

3. Define these three types of Rewards:
   a) Social Rewards:________________________________
   b) Privileges:____________________________________
   c) Material Rewards:________________________________

4. Which type Reward is most effective? ________________________________

5. Six Rules of Rewarding are:
   a) Make sure the Reward is __________________.
   b) Reward __________________ but only after the good behavior; not before.
   c) Tell exactly what you ________________________________
   d) Smile; be __________________________, show you are pleased.
   e) Reward __________________________ until behavior is well established.
   f) Never offer __________________________ to stop bad behavior.

6. Responsibilities help children develop __________________________

7. Positive Routines help children feel ________________________________

8. Name two Positive Routines kids need: __________________________

9. The purpose of Happy Family Rituals is to help family members feel ________________

10. After viewing Lesson 3, which of these will you now do as a family? *(Circle all that apply):*
    a) Make Rules    b) Give Rewards    c) Set up Routines    d) Assign Responsibilities    f) Have Rituals
LESSON 4: “Limits and Consequences”

FILL IN THE BLANKS

1. The intent of Punishment is to _______________ and has serious drawbacks.
   The intent of Positive Discipline is to ________________, and gives far better results.

2. The Seven Steps of Positive Discipline are:
   1) Teach the _______________ you want using Positive ________________.
   2) Discuss and decide on _________________ ahead of time.
   3) Give clear _________________
   4) Remain _________________
   5) Give a Warning _________________
   6) Be _________________ in immediately giving the negative Consequence.
   7) After giving a consequence, make sure children know they are ________________.

3. During Positive Practice you __________________ the behaviors you want.

4. Effective negative Consequences are mild, consistent, known before-hand, and _________________ to give and to track.

5. Name 2 effective Consequences: a) ____________________________
   b) ____________________________

6. Name two benefits of using a Chore Jar: a) ____________________________
   b) ____________________________

7. What concepts in this lesson were most helpful? ________________.
   Which skills did you practice _____________________

8. After viewing Lesson 4, which of these are you doing as a parent? (Circle all that apply):
   a) Using Positive Practice to teach behaviors I want  b) Remaining calm  d) Being consistent
   c) Choosing consequences ahead of time  f) Expressing love after disciplining
LESSON 5: “Problem Solving and Win-Win Negotiation”

FILL IN THE BLANKS

1. What are the Seven Steps of Effective Problem-Solving? *(see Handout 5-2)*
   1) Define the _________________ and share different _________________
   2) State how you would like _________________
   3) _________________ possible solutions
   4) Evaluate the 3 best _________________
   5) _________________ on the best solution
   6) Make and implement a plan to carry out the _________________
   7) _________________ outcomes; adjust if necessary

2. _________________ Negotiation means you want the other person to receive as much benefit in the negotiation as you receive.

3. List the main words of the 5-Cs refusal skill that helps children say “no” to harmful things to stay out of trouble: *(Handout p. 5-6)*
   a. _________________ (Ask questions)
   b. _________________ (Name the negative behavior and say “No”)
   c. _________________ (Suggest a better plan)
   d. _________________ (Leave if necessary)
   e. _________________ (Call me if you change your mind)

4. What is “Pre-Problem Solving?” _________________________________
   How will it benefit your child? _________________________________

5. What concepts in this lesson were most helpful? ________________________________.
   Which skills did you practice _________________________________

6. After viewing Lesson 5, which of these will you now do as a family? *(Circle all that apply):*
   a) Use Problem-Solve Handout   b) Pre-Problem Solve to avoid trouble   c) Practice the 5-Cs
**LESSON 6 - “Stress-Busters and Anger Management”**

**FILL IN THE BLANKS**

1. Write three things that can help you trigger a Relaxation Response:
   a) ______________________
   b) ______________________
   c) ______________________

2. Name 3 things that can help you reduce stress in your life:
   a) ______________________
   b) ______________________
   c) ______________________

3. Write the 5 steps to “Taming Your Anger Monster” (handout page 6-5)
   1) Write down your ______________________, the thing that makes you angry
   2) Notice your ______________________, the first sensation you feel when you get angry.
   3) Use an ______________________, a physical action that calms your brain.
   4) Give yourself a ______________________ to calm your “hot thoughts.”
   5) Write down your ______________________ and evaluate it. If it was not pro-social, decide on a new response that you will use next time.

4. In the “Step Out of Anger” game you write the 5 Steps to Taming Your Anger Monster on individual ______________________. Then you put them on the ________________ and ______________________ through them several times.

5. Getting adequate sleep (7-8 hours per night) helps to: (Circle all that apply)
   a) reduce stress
   b) calm anger
   c) improve mental health

6. What concepts in this lesson were most helpful? ______________________.
   ______________________.
   Which skills did you practice ______________________.

1. After viewing Lesson 6, which of these have you decided to do as a family?
   (Circle all that apply):
   a) Use Stress-Busters
   b) Track Anger Triggers
   c) Use “Step Out of Anger” Game
LESSON 7: “Goals and Contracts to Change Behavior”

FILL IN THE BLANKS

1. Name the 10 steps in Positive Criticism (see Lesson 6 handouts on the DVD disk)
   1. Feel genuine ______________________ and concern for the person.
   2. Pick a good ______________________.
   3. Pick a good ______________________.
   4. Have a pleasant face and ______________________ voice.
   5. Say what ______________________ ______________________ about the person first.
   6. Ask if the person has ______________________ the problem.
   7. Describe how the problem negatively affects ______________________ or
      the person’s life.
   8. Ask what he/she thinks the ______________________ might be.
      Offer your own solution if necessary.
   9. Ask if he/she will do it; help write up a “______________________for Change.”
   10. ______________________ the person for listening; express love.

2. Why is a weekly Pleasant Personal Conference with your child useful? (Your response)

   You make it pleasant by saying ______________________ ______________________ first, and then
   asking thoughtful questions in a kind, non-blaming way.

3. When “Delivering Difficult Feedback,” how should you sit?

   What is the first thing to do in Delivering Difficult Feedback? ______________________

4. What concepts in this lesson were most helpful?

   ________________________________________________________________

5. After viewing Lesson 7, which of these have you decided to do as a family? (Circle all
   that apply): a) Set Goals  b) Have Personal Interviews with Children  c) Use Contracts for Change
LESSON 8: “Alcohol and Drugs Damage the Developing Brain”

FILL IN THE BLANKS

1. At what age is the brain fully developed? ________________________________

2. Name three areas of the teen brain that are harmed by alcohol and drugs:
   a) ______________________  b) ______________________  c) ______________________

3. What is the #1 reason kids say they don’t drink / use drugs? __________________

4. What are 3 skills parents need to prevent their kids from using alcohol, tobacco, or
   drugs? a) ______________________  b) ______________________  c) ______________________

5. Did you have your children sign the “Freedom Pledge” handout to protect their
   developing brain by not using alcohol or drugs? ___yes  ___no  ___not yet; but I will

6. Did you watch the “Lives Affected” video on YouTube with your children? _________
   Did you all sign the handout pledge to Never Drink and Drive? __________________

7. Have you set a clear “No Alcohol, Tobacco, or Drugs” Rule with your children and
   discussed consequences if they use? ___yes  ___no  ___not yet; but I will.

8. Do you monitor your child’s activities to see that they remain in an alcohol free social
   environment? ______ Write what you do to monitor your children’s social environment:
   _______________________________________________________________________

9. What concepts in this lesson were most helpful? _____________________________.
    Which skills did you practice ______________________________________

10. After viewing Lesson 8, which of these have you decided to do as a family? (Circle all
    that apply):

    a) Make a “No-Alcohol or Drug” Rule    b) Practice 5-C’s Refusal
    c) Monitor Activities         d) Have more fun, loving, bonding times together
LESSON 9: “Choosing Good Friends; Monitoring Kids’ Activities”

FILL IN THE BLANKS

1. What are the 5-W Monitoring questions to ask whenever your kids leave home?
   1. ________________ are you going?
   2. ________________ are you going with?
   3. ________________ will you be doing?
   4. ________________ will you return?
   5. ________________ there be alcohol there?

2. Why is it important for parents to call and get together with the parents of their kids’ friends?

3. Have you met with the parents of your kids’ friends your to talk about Monitoring and your “No Alcohol or Drug rule?” __yes ___no ___not yet; but I will

4. Look at the “Assess Your Child’s Risk for Using Alcohol or Drugs” handout on p. 9-2 and list 2 Risk Factors and 2 Protective Factors that might apply to your child:
   RISK: a) ___________________________ b) ___________________________
   PROTECTIVE: a) ___________________________ b) ___________________________

5. What is one of the most important things your child can do to be a “good” friend?

6. What can your child do to help prevent bullying? (Handout 9-3) ___________________________

7. What concepts in this lesson were most helpful? ___________________________.
   Which skills did you practice ___________________________

8. After viewing Lesson 9, which of these will you do as a family? (Circle all that apply):
   a) Make a Clear “No-Alcohol or Drugs” Rule  b) Meet with parents of my kid’s friends
   c) Set up a “Trust But Verify” Monitoring Policy  d) Practice the 5-Cs Refusal Skill with my kids
LESSON 10: “Values, Traditions, Service, Agent of Change”

FILL IN THE BLANKS

1. Family Traditions help children feel ____________________________________________

2. What does it mean to be an “agent of change”? _________________________________

3. Like alcohol, __________________________ also hijacks the brain’s Pleasure system.

4. Write one of your favorite Family Traditions: _________________________________

5. From your “I Can Contribute” handout, list three benefits you receive from society:
   a) __________________________ b) __________________________ c) __________________________

6. What are two ways your children can give back to Society, to say “Thanks.”?
   a) __________________________________ b) __________________________________

7. List your 4 top Family Values from the Values Shield handout ____________________________
   a) __________________________________ b) __________________________________
   c) __________________________________ d) ____________________________

8. Which of your Family Values will help your kids want to remain alcohol and drug free?
   _________________________________________________________________

9. What is one way you could be a positive “agent for change” in your school?
   _________________________________________________________________

10. After viewing Lesson 10, which of these will you do as a family? (Circle all that apply):
    a) Plan a fun Family Tradition b) Share our Family Values with our children
    c) Give community service d) Have a discussion about sex with my children