

Table of Contents

Workshop Overview	<i>.i</i>
Workshop Leader's Training	<i>.ii</i>
Keys to This Guide	<i>.iii</i>
Notes to Workshop Leaders	<i>.iv</i>
Session Summaries	<i>.v</i>
How the Workshops Are Structured	<i>.vii</i>
Planning the Workshops	<i>.ix</i>
Securing sponsorship	<i>.ix</i>
Choosing a site, time and dates	<i>.x</i>
Charging for participation	<i>.x</i>
Planning a publicity strategy	<i>.x</i>
Recruiting parents	<i>.xi</i>
Securing incentives for participation	<i>.xii</i>
Preparing the site	<i>.xiii</i>
Coordinating reports	<i>.xiv</i>
Planning checklist	<i>.xv</i>
Presenting the Workshops	<i>.xvi</i>
Sample Press Release	<i>.xix</i>
Sample Parent Letter	<i>.xxi</i>
Sample Sponsor Letter	<i>.xxii</i>
About PowerPoint®	<i>.xxv</i>
PowerPoint points	<i>.xxv</i>
Using your presentation CD	<i>.xxv</i>

Table of Contents

Session Overview	1-2
Agenda.....	1-5
Background Notes for Workshop Leaders	1-6
Pre-Workshop	1-8
Activity 1: Welcome and Introductions	1-10
Activity 2: Adolescent Growth and Behavior	1-14
Activity 3: Family Problems and Solutions.....	1-18
Activity 4: Risk Factors for Problem Behavior	1-20
Activity 5: Protective Factors	1-28
Activity 6: Home Practice	1-34
Session 1: Home Practice Activities	
Registration List	
Session 1 Evaluation	

Table of Contents

Session Overview	2-2
Agenda	2-5
Background Notes for Workshop Leaders	2-6
Pre-Workshop	2-8
Activity 1: Welcome and Home Practice Review	2-10
Activity 2: Conducting a Family Meeting.....	2-12
Activity 3: Choosing Effective Parenting Styles	2-18
Activity 4: Making Family Decisions	2-20
Activity 5: Solving Family Problems	2-26
Activity 6: Home Practice	2-32
Session 2: Home Practice Activities	
Session 2 Evaluation	

Table of Contents

Session Overview	3-2
Agenda.....	3-5
Background Notes for Workshop Leaders	3-6
Pre-Workshop	3-8
Activity 1: Welcome and Home Practice Review	3-10
Activity 2: Communication Roadblocks.....	3-12
Activity 3: Active Listening	3-16
Activity 4: Making Communication Work	3-20
Activity 5: The Power of Feelings.....	3-24
Activity 6: Anger Control Steps.....	3-26
Activity 7: Home Practice	3-30
The Anger Thermometer	
Session 3: Home Practice Activities	
Session 3 Evaluation	

Table of Contents

Session Overview	4-2
Agenda.....	4-5
Background Notes for Workshop Leaders	4-6
Pre-Workshop	4-8
Activity 1: Welcome and Home Practice Review	4-10
Activity 2: Getting Your Teen Involved	4-12
Activity 3: Setting Family Policies	4-20
Activity 4: Home Practice	4-28
Session 4: Home Practice Activities	
Session 4 Evaluation	

Table of Contents

Session Overview	5-2
Agenda.....	5-5
Background Notes for Workshop Leaders	5-6
Pre-Workshop	5-8
Activity 1: Welcome and Home Practice Review	5-10
Activity 2: Your Teen's Friends	5-12
Activity 3: Refusal Skills	5-16
Activity 4: Learning the Skills.....	5-20
Activity 5: Noninvasive Supervision	5-22
Activity 6: Staying Connected with Each Other	5-24
Activity 7: Home Practice and Closing.....	5-26
Staying Connected with Each Other	
Session 5: Home Practice Activities	
Session 5 Evaluation	

Table of Contents

Self-Study Program Overview	SS-4
The Role of a Family Consultant	SS-6
The Self-Study Program	SS-8
Troubleshooting	SS-12
The First Phone Call	SS-14
Sample Script	SS-16
Follow-up Calls	SS-18
Sample Script	SS-19
Phone Tips	SS-20
Sample Parent Introduction Letter	SS-21
Self-Study Program Materials	SS-24
Family Activities List	
Family Goal List	
Call Worksheet	
Summary Sheet	
Teen Survey #1	
Teen Survey #2	
Participant Evaluation	