

Family Code

Host a Workshop



HOST A FAMILY CODE WORKSHOP ON YOUR CAMPUS! This workshop can be a great addition to Back-to-School night, but it can also be done as a stand-alone event. Follow the steps below:

STEP ONE: Planning

- ✓ Decide on a day and time that works best for families.
- ✓ Book the venue space and plan to have tables for families to sit.
- ✓ Reserve the computer, screen, and projector.
- ✓ Find sponsors to pay for or provide food.
- ✓ Secure child-care for families who have children under the age of 7.
- ✓ Secure staff and student volunteers to help run the workshop.
- ✓ Ask a clinician in the community to speak or bring vendor materials.
- ✓ Purchase poster boards, paper, crayons or markers.

STEP TWO: Advertising

- ✓ Use the link to the Canva Family Code Flyer and add your event details.
- ✓ Send it to families via email, text messaging system, social media, and the school's website calendar.
- ✓ Ask parents and the Parent Teacher Association to advertise the event.
- ✓ Call the local radio, TV, and newspaper to write an article about the event.
- ✓ Ask school staff to attend if available.

STEP THREE: Implementation

- ✓ Download the Family Code Workshop PowerPoint slide deck from www.KnowYourNeuro.org School page, Tier I Section.
- ✓ Either use school counseling staff or community clinician to speak along with the slides. Add their name to the first slide.
- ✓ Add paper, poster boards, crayons, or markers to each table.
- ✓ Direct the children to begin drawing pictures that might represent their family using the scratch paper.
- ✓ Using the Family Code Workshop PowerPoint slides, direct families in the three steps to creating a family code. Pause for each step to give families enough time to brainstorm their answers.
- ✓ Ask families to put the picture that represents their family and their code on a poster board that they will take home with them.
- ✓ Ask families to volunteer and read their code to the group and discuss how they will use the code as their children grow.

Family Code

Building Activity



ETHICS — A theory or system of moral values pertaining to what is good and bad, right and wrong, the principles of conduct governing individuals or groups.

FAMILY CODE — A simple set of rules a family lives by; repeated often; each member of the family is held accountable to follow the code.

PREVENTION DOSAGE — The number of times a youth receives prevention science messaging, information, and parental expectations about high-risk behavior.

As early as developmentally appropriate, around 3rd or 4th grade, parents and their children can participate in the creation of their very own Family Code. Once the Family Code is created and proudly displayed somewhere in the home, parents can refer to it often and in a variety of ways as their child develops. This tool will help increase the prevention dosage or the number of times a youth receives prevention messaging.

Materials	Activity
<ol style="list-style-type: none">1. Poster board2. Markers, Crayons, Pencils, or Pens3. Notebook paper	<ol style="list-style-type: none">1. Host a family meeting to create a Family Code.2. Let each family member know that their contribution to the Family Code is important.3. With notebook paper in hand, begin the brainstorming session.4. Ask each family member what values they would like to represent the family. Some values are listed here. Use the Internet to search for others, if needed.5. Narrow down the list to 3-5 core values that best represent the aspirations of the family as a whole.6. Next, make a list of risky behaviors each member of the family feels strongly about saying 'no' to.7. Write sentences that combine the core values and high-risk behaviors your family would like to prevent, like the example on the next page.8. Combine the Family Code text with a drawing or graphic that represents your family unity, such as a family tree or coat of arms.9. Proudly, display the poster somewhere in the family home.
<h3>Values</h3> <ul style="list-style-type: none">● Connectedness● Health● Balance● Courage● Determination● Feelings● Honesty● Gratitude● Openness● Resiliency● Responsibility● Sobriety● Support● Trust	

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Family Code

Example



Consistent education, plus behavioral expectations changes behavior. When Brain-Savvy Parents consistently integrate education on risky behavior into their Family Code conversations, the preventive effect compounds over each developmental stage. This provides children with a sense of family unity and sets behavioral expectations that kids will hear often enough to commit to memory. The combination of family unity and prevention message repetition has a powerful effect on shaping a youth's attitudes and intentions regarding future risky behavior engagement.



To maintain an effective prevention dosage, bring up the Family Code at the following times:

- ⊗ During family dinner discussions.
- ⊗ Before situations when youth may engage in high-risk behavior such as sleepovers or dances.
- ⊗ After seeing drug or alcohol use or sexually explicit activity normalized on media such as TV, movies, or social media.
- ⊗ On days that are designed to bring awareness to specific risky behavior, such as World Suicide Awareness Day or National Eating Disorders Month