



Iowa Association
Family, Career and Community Leaders of America

PO Box 1084, Ankeny, IA 50021

Phone: 515-281-4716 Fax: 515-281-6544 www.iafccla.org

Our mission is to promote personal growth and leadership development through family and consumer sciences education.

Iowa FCCLA Peer Education: 2011-2012

Peer Education is a state-wide peer-to-peer learning program. Iowa features four different teams: Families First, Financial Fitness, Public Relations, and Student Body. Each middle level and senior level affiliated chapter may submit 3 affiliated members for each state peer education team. Each team is led by their respective vice president.

Vice President of Families First: Andrea Kuffel, andrea.kuffel@iafccla.org

Vice President of Financial Fitness: Andrew McGlaughlin, andrew.mcgloughlin@iafccla.org

Vice President of Public Relations: JT Roe, jt.roe@iafccla.org

Vice President of Student Body: Mikayla Vanden Berg, mikayla.vandenberg@iafccla.org

Each vice president will lead their team's ICN training on Thursday, September 15th.

Families First: 9:00-9:55am; Student Body: 10:00-10:55am; Financial Fitness: 11:00-11:55am; Public Relations: 12:00-12:55pm

Each member on each peer education team is to complete 3 projects throughout the year. Each team has its own required team project.

Deadline for Project #1: November 4, 2011; Deadline for Project #2: January 4, 2012; Deadline for Project #3: March 4, 2012

Each team has a specific focus area that should be applied to every project.

Families First: importance of reading to children; Student Body: obesity; Financial Fitness: credit card debt

Public Relations: spread the word about the leadership opportunities in FCCLA

To submit your project, you will log onto the Iowa FCCLA Website at www.iafccla.org. Go to the Peer Education tab under Programs. Find your team's link, fill out the form, print a copy for your records and hit submit! Here are the questions you will answer each time:

In detail, describe your project: who? What? When? Where? Why?

How many audience members were reached through your project?

Identify the issue or community concern you addressed through your project.

How did you identify this issue or concern or what questions did you want to answer? How did you use your FCCLA Planning Process?

Was your project successful? What would you change if you did this project again?

Audience

Your goal as a peer educator is to educate your peers when presenting your project. Examples such as middle school classes, high classes, youth groups, 4H clubs, district meetings, girl scouts, boy scouts, parent-teacher conferences, and board meetings work great!

Dress Code

When presenting your project, you should wear a red FCCLA shirt or polo unless your project fits into a theme.

Types of Project Formats

Types of project formats include newspaper articles, speeches, games, powerpoints, videos, posters, and brochures.

By successfully participating in Peer Education, you can earn an award at State Leadership Conference.

Award of Excellence: complete three projects including the required team project and submit by each deadline

Award of Participation: complete three projects including the required team project



FAMILIES FIRST



Faster than a supersonic jet...

More powerful than an earthquake...

As quick-changing as a superhero...

It's...the American family!

The family is where we learn to care, to share, to love, to relate, to help people, and to build good relationships. It is the foundation from which we face the outside world.

For some youth, that foundation is strong and stable. Others find it a bit shaky. Unfortunately, the family foundation crumbles altogether for many young people.

Whichever description fits your family—and whatever form your family takes—you can help make it better and keep it strong. You can take the first step to creating a strong, united family where needs are met, differences accepted, rights respected, and support offered.

And you can help build up other families, too.

How? Get involved in **Families First**, a national FCCLA peer education program. Through **Families First**, you'll learn to become a stronger family member. You'll come to understand how families work and learn skills to help them function better. While you give support to family members, you'll receive more encouragement yourself.

***So! What are
you waiting for?
Find out about
Families First
today.***





Meet the Challenge

A Families First unit to help young people and families overcome obstacles together

Your family probably isn't perfect. At the very least, there are times family members get on your nerves. On a more serious level, your family may deal with a range of challenges, such as substance abuse, unemployment, homelessness, divorce, illness, abuse, or supporting family members with special needs.

Some families are strengthened by their efforts to overcome or work with challenges. Other families don't do as well. Many times, family members are overwhelmed by challenges within and outside the family.

You can help your family, and other families you know, deal with challenges. Through projects in the "Meet the Challenge" unit, you can learn about problem areas, develop skills to cope with problems, and reach out to family members as they deal with difficult situations. Topics You Might Address Through "Meet the Challenge" Projects

On the list below, check the project areas that interest you and that fit the needs of other young people around you. Add your own ideas on the blank lines.

Then, circle your top three interests/concerns. If working in a group, first write down each person's top three interests/concerns. Discuss these options, then circle the group's top three interests/concerns.

- conflict management
- dealing with change
- domestic violence
- family support networks/agencies
- helping family members who have special needs
- issues that affect families: unemployment, homelessness, stress, illness, abuse, special needs, etc.
- living in an intergenerational household
- living in a stepfamily
- stress management
- careers in family and community services
- _____
- _____
- _____



FAMILIES FIRST



Balancing Family and Career

A Families First unit to help young people and families manage multiple responsibilities

Putting families first is a great idea, but it's hard to accomplish in daily life. Young people and adults who are juggling responsibilities at school, at work, in the community, and at home need to manage their time and resources well so family activities provide a wealth of rewards, not just a list of household jobs.

Helping your family balance the work it needs to do at home and outside the home will strengthen the ways family members can support your other needs and interests.

Through projects in the "Balancing Family and Career" unit, you can reduce the conflicts among family, school, and work demands and help your peers do the same.

Topics You Might Address Through "Balancing Family and Career" Projects

On the list below, check the project areas that interest you and that fit the needs of other young people around you. Add your own ideas on the blank lines.

Then, circle your top three interests/concerns. If working in a group, first write down each person's top three interests/concerns. Discuss these options, then circle the group's top three interests/concerns.

- applying technology to make the most of family resources
- balancing school, work, and family
- balancing skills: managing time, setting priorities, sharing responsibilities, staying flexible
- child care/elder care options
- choosing a career that fits with desired family lifestyle
- finding time for community involvement
- household jobs
- managing family finances
- shared responsibilities
- work of the family
- _____
- _____
- _____



Families Today

A Families First unit to help young people understand and celebrate families

Families play very important roles in our individual lives and in society. Families give us confidence and teach us to get along with others. They provide the foundation from which we face the outside world.

One of the first steps to creating healthy families is knowing what makes families strong. Once you understand family strengths, you can build skills to create a strong, united family today and in the future—and help your peers do the same. Anything you do to strengthen your family will strengthen you as an individual, too.

Through projects in the "Families Today" unit, you can learn more about families and celebrate their contributions to individuals and society.

Topics You Might Address Through "Families Today" Projects

On the list below, check the project areas that interest you and that fit the needs of other young people around you. Add your own ideas on the blank lines.

Then, circle your top three interests/concerns. If working in a group, first write down each person's top three interests/concerns. Discuss these options, then circle the group's top three interests/concerns.

- ▶ definitions of family
- ▶ how cultural background influences families
- ▶ how your family influences you
- ▶ families' roles in society
- ▶ family pride
- ▶ family strengths
- ▶ legal issues related to families
- ▶ types of families
- ▶ celebrating family diversity
- ▶ careers that relate to families
- ▶ _____
- ▶ _____
- ▶ _____

Reproducible



You-Me-Us

A Families First unit to help young people strengthen family relationships

Our families are with us for life. Your relationships with family members will influence all other relationships you have. Being friends with your family can make your life more rewarding, less stressful, and easier to manage.

Family relationships are seldom "perfect," but most can be better if you try to improve them. Just like friendships outside the family, relationships within the family need attention to run smoothly and to provide the best support for family members. If you focus on the needs of other family members ("you") as well as yourself ("me"), your family ("us") can be strong.

Through projects in the "You-Me-Us" unit, you can improve relationships within your own family and in families around you. Topics You Might Address Through "You-Me-Us" Projects

On the list below, check the project areas that interest you and that fit the needs of other young people around you. Add your own ideas on the blank lines.

Then, circle your top three interests/concerns. If working in a group, first write down each person's top three interests/concerns. Discuss these options, then circle the group's top three interests/concerns.

- ▶ communication
- ▶ decision making and problem solving
- ▶ effects of technology on family relationships
- ▶ family councils
- ▶ family fun times
- ▶ joint family learning/experiences
- ▶ volunteering as a family
- ▶ friends with a parent or stepparent
- ▶ making friends with a sibling or stepsibling
- ▶ family traditions
- ▶ _____
- ▶ _____
- ▶ _____

Reproducible



Parent Practice

A Families First unit to help young people learn to nurture children

You may choose to become a parent someday. Understanding parents' roles and responsibilities—and starting to develop some of the skills you'll need—will help you make wise decisions and be a strong parent when the time comes.

For most young people, becoming a parent is several years away. Other adolescents are already parents. Some may never have children of their own, but will probably reach out to children through their families, friendships, and volunteer involvements.

Through projects in the "Parent Practice" unit, you can learn about parenting and help others practice some of the necessary skills.

Topics You Might Address Through "Parent Practice" Projects

On the list below, check the project areas that interest you and that fit the needs of other young people around you. Add your own ideas on the blank lines.

Then, circle your top three interests/concerns. If working in a group, first write down each person's top three interests/concerns. Discuss these options, then circle the group's top three interests/concerns.

- ▶ caring for children
- ▶ child abuse prevention
- ▶ child care careers
- ▶ costs of having a baby/raising a child
- ▶ family health and safety
- ▶ managing family resources
- ▶ nurturing positive self-esteem
- ▶ parental roles and responsibilities
- ▶ parenting skills
- ▶ parents' involvement in education
- ▶ reading to children in families
- ▶ sources of help for parents
- ▶ _____
- ▶ _____

Reproducible

Peer Education STEPS

S	<p>Study—explore—investigate—learn about the topic or issue that concerns you. Be careful to use information from reliable, unbiased sources. Click below for tools that can help.</p> <p><u>Information Sources Learning Activity</u> <u>Tips for Analyzing Information</u> <u>Evaluating Information Worksheet</u></p>
T	<p>Take a look at how the information applies to your own life. Make positive choices and changes so you can tell others what a difference it makes!</p>
E	<p>Encourage others to get involved. Find activities that help young people learn information and experience the rewards of positive choices. Organize a group to participate in a fundraiser for a related charity, attend a rally, hear a speaker, etc</p>
P	<p>Present information to your peers. You don't want to lecture—make it fun and interesting! Use a variety of approaches.</p> <p><u>Peer Education Techniques</u></p>
S	<p>Stop every so often to think about what you have achieved as a peer educator. Are you reaching your goals? Do you help your peers make positive choices? Keep doing what works, but also try something new once in a while. It will keep you going and growing as a peer educator!</p>

Reproducible

[Home](#) | [Families First](#) | [Financial Fitness](#) | [Student Body](#) | [FACTS](#)



Families First

Youth leaders can take the first steps to create strong, united families where needs are met, differences accepted, rights respected, and support offered. Families First is a national FCCLA peer education program through which young people gain a better understanding of how families work and learn skills to become strong family members.

Through Families First and FCCLA, youth carry out projects to improve families' abilities to nurture socially, emotionally, mentally, and physically strong individuals.

Family, Career and Community Leaders of America has a long and proud tradition as the only in-school youth organization with the family as its central focus. Through their connection with family and consumer sciences education programs, FCCLA chapters undertake a wide range of projects addressing family-related concerns, issues, and skills.

Families First Units

Each youth-created Families First project relates to one of the following five units.

Families Today

Understand and celebrate families.

One of the first steps to creating healthy families is knowing what makes families strong. Then you can build skills to create a strong, united family today and in the future—and help your peers do the same. Through projects in the “Families Today” unit, you can learn more about families and celebrate their contributions to individuals and society.

You–Me–Us

Strengthen family relationships.

Family relationships are seldom “perfect,” but most can be better if you try to improve them. If you focus on the needs of other family members (“you”) as well as yourself (“me”), your family (“us”) can be strong. Through projects in the “You–Me–Us” unit, you can improve relationships within your own family and in families around you.

Meet the Challenge

Overcome obstacles together.

Your family probably isn't perfect. Most families deal with small and larger challenges. Your family may even deal with big issues, such as substance abuse, unemployment, homelessness, divorce, illness, abuse, or supporting family members with special needs. Through projects in the “Meet the Challenge” unit, you can learn about problem areas, develop skills to cope with problems, and reach out to people in your own and other families as they deal with difficult situations.

Balancing Family and Career

Manage multiple responsibilities.

Helping your family balance the work it needs to do at home and outside the home will strengthen the ways family members can support your other needs and interests. Through projects in the “Balancing Family and Career” unit, you can reduce the conflicts among family, school, and work demands and help your peers do the same.

Parent Practice

Learn to nurture children.

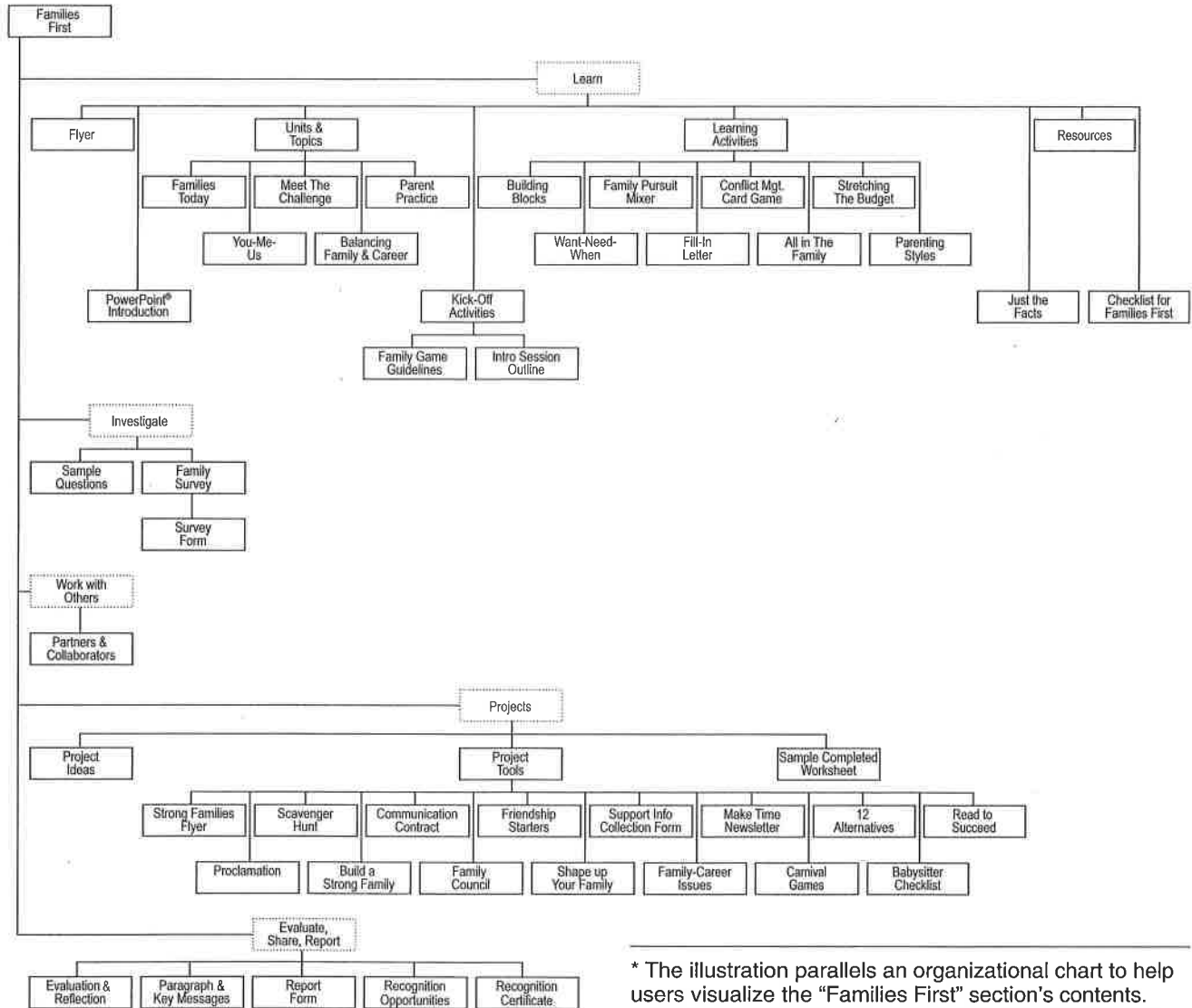
You may choose to become a parent someday. Even if you don't, you will interact with children through your family, friendships, career, or volunteer involvements. Understanding parents' roles and responsibilities—and starting to develop some of the skills you'll need—will help you make wise decisions and know how to nurture the children in your life. Through projects in the “Parent Practice” unit, you can learn about parenting and help others practice some of the necessary skills.

Families First on the Get Connected... CD-ROM

This diagram* summarizes information and tools in the CD-ROM's "Families First" section. Additional details are provided through links to other sections. The "For Advisers" section also contains related information and session outlines.

Five Stages of Families First Involvement

1. **LEARN** about Families First and family-related issues.
2. **INVESTIGATE** specific needs, interests, and concerns in the school and community.
3. **WORK WITH OTHERS** if possible.
4. **CREATE A PROJECT** that addresses the identified needs, interests, and concerns.
5. **EVALUATE, SHARE,** and **REPORT** project results.



* The illustration parallels an organizational chart to help users visualize the "Families First" section's contents. Information and tools are organized in five subsections, as shown by the dotted boxes. Within each of these subsections are various topics and tools, as represented by the solid boxes under each subsection. There are also links between these various topics and to other sections of the CD-ROM, although these are not illustrated here.

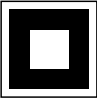
FCCLA Planning Process Worksheet



IDENTIFY CONCERNS



SET A GOAL



FORM A PLAN

- who
 - what
 - where
 - when
 - why
 - how
-



ACT



FOLLOW UP

What could
have gone
better/what
did you
learn?



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Building Community Connections

When promoting an FCCLA event, approach local community organizations and/or people who can help support and advertise your event.

Newspaper/Publishers: Establish a contact person with your local newspaper.

Churches/Civic Clubs: (Examples such as Lions Club, American Legion) These non-profit organizations often are supportive of other non-profits that are student-run. It is essential that you have the support of these people when distributing posters and word-of-mouth support.

Local Businesses: Establish and build relationships with local business owners. These relationships can often lead to business partnerships.

Corporate Business Partners: (Examples such as Wal-Mart, Target, HyVee) Corporations give money and in-kind support to non-profits. Many organizations seek support from these corporations; therefore, you must begin building a relationship with the contact person.



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Peer Education Project Presentation Tips

Presentation Tips

Plan:

- Content planned around audience's interests and level of understanding
- Define purpose (to inform? persuade? motivate? teach?)
- Plan content around the purpose

Prepare:

- Use FCCLA Planning Process
- Be positive
- Focus on the message and have evidence to back it up
- Prepare an attention getting opener
- Have a MEMORABLE closing
- Supports your purpose
- Creates lasting impression

Practice, Practice, Practice:

- In front of small audience, friend, mirror, peers, and stuffed animals!
- Videotape yourself (you can actually see what you are doing)

Questions presentation should answer:

- Did you get the audience's attention?
- Is the message clear?
- Does your evidence support the key points?
- Are graphics and illustrations clear, appealing, and relevant?
- Is it interesting to your audience?
- Did you achieve your intended results? Reach your goal?
- Is the closing memorable?

Poster Tips

Heading:

10 words or less

Attention Getting

Use humor, absurdness, startling elements or common sayings

Illustration:

Artwork, photos, clip art

Simple, not cluttered

Reinforces the heading (not always necessary)

Body:

Detailed message to send to viewer

Short phrases or sentences

Who, What, Where, Why, How, When?

Lettering:

Legible from 6 feet away

1 inch letter = 20 feet

2 inch letters = 40 feet

3 inch letters = 100 feet

Use simple letter styles

Easy to read

Broad tip markers, stencils or computer generated

Visuals:

Attract attention

Simple and neat

Tell a story

Give one idea

Serve as real purpose and fit into presentation

Educational

Colors:

Good

Black & white

Black & Med. Yellow

Dark Blue & White

Dark Green & White

Dark Red & White

Bad

Orange & Yellow

Black & Dark Blue

Dark Red & Green

Blue & Orange

Yellow & Violet

Does the poster answer the following questions?

Is it attractive?

Is it simple and neat?

Does it give one idea?

Does it serve a real purpose for the presentation?

Does it fit smoothly into the presentation?

Speech Tips

Getting the Audience's Attention:

- Startling statements or shocking facts
- Tell a funny story
- Give a demonstration
- Ask questions

Language:

- Use simple sentences
- NO SLANG TERMS!
- Use a variety of words (limit repeating phrases/words)

Body:

- Order of importance
- Chronological (first to last)
- Compare/contrast
- Cause/Effect
- Problem/Solution

Conclusion:

- What was learned? Importance of what was learned
- Repeat opening paragraph information to emphasize main points

PRACTICE! PRACTICE! PRACTICE!

- Stand in front of the room and face the audience
- Speak loud and clear
- Speak Slowly
- Take your time
- Glance at notes DO NOT READ THEM
- Use gestures
- Don't shift your weight from one foot to the other
- Do not use the words "Ummm, like, uhh, and stuff"
- Use expressions to match the enthusiastic attitude
- Use audio visual aids
- Use posters and displays
- Conclude with a "Thank you" and "Do you have any questions?"



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Families First Projects

Required Project:

Your project is to hold a Children's Book Drive in your community to share the importance of "reading to children". This is a group project. Each member of your chapter's Families First Peer Education Team must have a different role to be in charge of (publicizing, collecting, donating to charity, etc.) Make this project your own! (contest between grades who can donate the most books? individual bringing the most books wins a new book for his/herself? BE CREATIVE) Donate the books to a charity, elementary school, or any other organization that may need children's books. Make sure to take a picture of all the books you collect and send it in with the number of books collected.

Project Ideas:

Put on a workshop at Parent/Teacher Conferences
Hand out brochures (in bags at grocery stores? at sporting events?)
create family game night once a month with other families
Define "family" and share with your peers
Write thank you notes to parents in the community
Family scavenger hunt in your town (each family is a team)
Family poster contest
Article in the paper on the importance of families
Publish flyers with tips to cope with challenges within a family
Invite a speaker on: domestic violence, family stress, communication...
Make bookmarks with family quotes

A project can be ANYTHING TO DO WITH FAMILIES!