

# ***Connect with Kids***

## **Overview and Implementation Guide**

### **Logistics Health Incorporated Community Awareness Campaign: Preventing Risky Teen Behavior**

#### ***Welcome to Your Online Resource!***

Logistics Health Incorporated (LHI) is committed to supporting the positive influence that parents, educators and community leaders can have on our youth – especially when it comes to stopping the risky teen behaviors that undo a promising future.

Risk-taking is a normal part of growing up. Yet statistics show that peer pressure and risk-taking, especially when it comes to alcohol, drugs or bullying online or in person, are reaching epidemic proportions.

LHI wants to be part of the solution in our communities: to provide resources to help turn around troubled students and keep the good kids on track, and to help empower families, teachers and students themselves with the information and resources to do so. Since 2007, in partnership with CWK Network/*Connect with Kids* and NewsChannel 8, LHI has provided our community with the video and print resources to do just that.

Founded in 1998, CWK Network produces the Emmy award winning *Connect with Kids* television series, featuring real kids sharing their true stories about today's youth issues. *Connect with Kids* programs including ***Good Kids, Bad Choices*** about risky decision making, ***On the Rocks: The Epidemic of Teen Drinking*** and ***Silent Witness***, about bullying, are available for viewing on this website.

#### **Our Goal:**

- To create a common conversation about ways to prevent risky teen behavior
- To provide you with tools to reach and teach youth and families
- To facilitate a community dialogue within our community
- To provide resources that reinforce what you're already doing
- To help raise awareness about the topics of alcohol, drug use, bullying and risky behaviors among our youth and to mobilize community action

This Implementation Guide is an overview of the *Connect with Kids* resources available to you online, as well as numerous, effective methods for using these resources at home or within your facility.

## Your Resources on the Website Include:

- This Implementation Guide, which provides ideas and suggested activities for using the campaign elements.
- Continuous video streaming of three half-hour television programs, ***Silent Witness*** and ***On the Rocks: The Epidemic of Teen Drinking*** and ***Good Kids, Bad Choices***. Each can be used in a number of settings to stimulate discussions with youth, educators, and parents.
- Family Viewing Guides for both half-hour shows that include facts, discussion questions, and advice from experts.
- Group Discussion and Individual Self-Reflection Questions that coincide with each of the video segments for both television shows.
- Fact Sheets with the latest information and statistics about teen alcohol use, the physical, verbal and emotional bullying.
- Parent Tip Sheets with expert advice to help parents talk with their children about non-violent methods they can use to stop the bullying and ways they can help them avoid being a target.
- 6 News Stories that explore the “tough topics” teens face today – like cyberbullying, teen drinking, sexuality and depression, the teenage brain and the teen pursuit of pleasure – and what can be done to prevent risky behaviors.
- Informative Tip Sheet to accompany each news story, each containing expert guidance and additional resources.

## Using the Half-Hour Television Programs

- Invite people from your organization and/or the community to a viewing party to watch together ***Silent Witness, On the Rocks: The Epidemic of Teen Drinking or Good Kids, Bad Choices***. You have three programs, so you might want to create separate viewing events over a number of months.
- When viewing either of the programs in a group setting, be sure to take some time following each segment to discuss what you have viewed. Use the discussion and self-reflection questions and the Family Viewing Guides from the website to make the event a positive and educational experience.
- Assign young people in your organization the task of watching the programs with their parents and using the Family Viewing Guides to elicit meaningful dialogue.
- Allow youth to show the program to friends in their clubs or others whom they know (in classes, youth groups, church groups, etc.).
- Encourage schools in your community to use the video programs and correlating resources in health classes or in conflict resolution programs.

## Using the Family Viewing Guides

- Be sure all individuals watching either of the half-hour shows are aware of the Family Viewing Guide for both programs. This guide includes facts, discussion questions and advice from experts.
- If possible, download and print these guides for any community groups and families who may be watching the shows online.
- Encourage parents to use the guides as springboards for further discussion after watching the shows.

## Using the Discussion and Self-Reflection Questions

- Print and download the discussion and self-reflection questions by going to “Video” and clicking on each video segment. There you’ll find thought-provoking questions to help parents and kids understand bullying and help them apply the learning to their own lives.
- Train parents and/or youth to become group discussion leaders using the resources on the website.
- Print the discussion questions and self-reflection questions to use as a guide in group sessions. The discussion questions are for a group; the self-reflection questions are for individuals to reflect upon their own personal responses to issues raised in the videos.
- Post the questions on the wall to help people continue to think about bullying and its effects on others and the community.
- Use the questions as part of a homework assignment for youth as they discuss these issues with their parents.

## Using the News Stories and Accompanying Tip Sheets

- Instruct teachers to have students view a streaming news story from the website and then follow with a review of the appropriate tip sheet. Teachers can simply discuss or they could allow students to anonymously submit their own self-reflection questions (with or without responses) as a starting point for group discussion. Suggest that this be done on a regular (weekly or daily) basis in conjunction with watching the half-hour shows.
- Download and print all of the news story tip sheets for each student. Ask them to review them when watching each story. Follow with posted questions. Students can respond anonymously in writing and then share the varying responses with the class as a whole. Use these responses to prompt discussion of individual experiences, thoughts, and feelings about bullying. Focus on positive alternative behaviors.
- As a homework assignment, instruct kids to choose one of the stories to watch. Then have them present a synopsis to the class using the tip sheet to provide relevant facts. This can be done individually or in pairs or small groups. Student-created dramatizations of the stories also could be performed and then followed with class discussion.
- Instruct families to go to the website and view the news clips together. Suggest using the tip sheets as springboards for meaningful conversation. When applicable, discuss individual experiences as a group following the assignment.



## Using the Fact Sheets

- Review the Fact Sheet prior to a group viewing of ***Silent Witness, On the Rocks: The Epidemic of Teen Drinking*** or ***Good Kids, Bad Choices***. After watching the videos, ask participants to identify additional facts they learned or misconceptions they had prior to viewing the video.
- During a community meeting, have parents and children pair up and quiz each other on the facts. Have one group member report to the rest of the meeting something new that they learned.
- During a parent meeting, instruct parents to take the Fact Sheet home and use it as a starting point for a conversation with their children.

## Using the Parent Tip Sheets

- Make copies of the Parent Tip Sheet and distribute it during a parent meeting and/or video viewing. Have the group talk about specific ways they can implement the tips with their children.
- During a parent meeting, use the Tip Sheet as a starting place for discussion and have the group brainstorm additional tips and strategies they can use with their children.
- As a group, review the Tip Sheet prior to watching the videos. Have parents identify scenarios during the videos where the Tip Sheet applies.

## Using the Community Website

[www.connectwithkids.com/LHI](http://www.connectwithkids.com/LHI)

- Instruct parents to go to the website with their children and view together ***Silent Witness, On the Rocks: The Epidemic of Teen Drinking*** or ***Good Kids, Bad Choices***.
- Ask families to use the discussion questions to begin a dialogue about the issue at hand – bullying, alcohol and drug use, or decision-making and risky behaviors.
- As a homework assignment, instruct youth to view a streaming video segment online and then provide written responses to the self-reflection questions. Anonymously read the youth responses to the self-reflection questions as a starting point for group discussion.
- Have youth associated with a community program learn how to use the website at an on-site demonstration.
- Download and print any additional materials you may need for your group sessions, meetings, family viewing sessions, etc.
- Use your organization’s newsletters, emails, and other communication channels to promote your efforts and the website. You can “review” each news stories or other materials found on the site, and then direct parents, educators, and youth to the website for further exploration.
- Continue to keep parents and students informed about the website for home use or for leading discussions in other settings (religious meetings, civic groups, clubs, and



schools), being sure to point out the useful Family Viewing Guides. Show potential meeting facilitators how to access additional materials on the website.

- Start a discussion group for teens, pre-teens, and/or younger children that focuses on bullying by utilizing the online resources and the videos. Use the discussion questions and self-reflection questions on the website, as well as the Family Viewing Guides, to help facilitate the sessions.
- Direct educators, community leaders, and parents to sign up for flyers notifying them in advance of shows airing in your community. They can easily do so by following the directions on the first page of the website and supplying their city and state to ensure they receive a schedule for their area only.

The materials and resources on this website will help you support the ***Connect with Kids*** **Logistics Health Incorporated Community Awareness Campaign** and increase the conversation among youth and their parents about standing up to risky teen behaviors.