

CHILDREN IN HEALTHY FAMILIES

BE SOMEBODY

GET GOOD AT THINGS

1. It helps you control your life.
2. It helps you to feel and be successful.
3. Choose something to get good at.
4. Plan time to work on it.
5. Ask for help when you need it.

LEARN SURVIVAL SKILLS

1. Learn how to get along in your community.
 - Sports, friends, school, safety, health.
2. Learn how to get along with friends and family.

Speak up and say what you want.

Listen:

 - Be quiet first.
 - Say what you hear.

Cooperate:

 - Take turns talking and listening.
 - Offer trades.
 - Stop and cool off if you get hot.
 - Look for what you both need.
 - Brainstorm solutions.
 - Choose the best solution.
 - Make a plan and do it.

BELONG

BRING GOOD THINGS HOME

1. Contributing your good feeling helps the family.
2. This is your family, too.

FOLLOW FAMILY RULES

1. You help the family be healthy by following the rules.
2. If you do what your parents told you, you have a better chance that they'll listen to you.
3. Your turn to be boss will come later.

TALK OVER RULES

1. Pick a good time.
2. Remember parents have the final say.
3. Say what you want.
4. Stick to one subject.
5. Avoid blaming.
6. Listen to your parents' point of view.
7. Repeat it back to them.
8. Offer trades and compromises.
9. Thank your parents for listening to you.