

Healthy Foundations for Future Families - Program Components

| | Workbook | Discussion Guide | PowerPoint Slides | Instructor's Kit |
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| Title | <i>My Life-Plan for Parenting</i> | <i>My Life-Plan for Parenting - Discussion Guide</i> | <i>Healthy Foundations for Future Families - Slides</i> | <i>Healthy Foundations for Future Families - Kit</i> |
| Description | Publication - Booklet format 8.5" x 11", 28 pgs | Publication - 200 pgs, spiral bound | Over 180 PowerPoint slides provided on flash drive. Hardcopy printout with instructor notes provided in 3-ring binder. | Kit includes props for presentation and group activities, and videos, in addition to Discussion Guide and slides. |
| Audience | For all adolescents age 13-21, males and females, of all learning levels. | For teachers, parents, counselors, and other instructors | For instructors | For instructors |
| Function | The workbook enables teens to create a personal life-plan, which they can keep for future reference and continue to modify. | The Discussion Guide enables all adults to support and guide youth as they complete the workbook together. | The slides supplement the workbook and Discussion Guide, enabling an instructor to conduct a full workshop program. | Complete set of instructional materials: Discussion Guide, slides, plus props and videos |
| Prep time | None | 1 hour | 3+ hours | 3+ hours |
| Program time | For independent teen completion: allow at least 3 hours of teens' time to complete the workbook. Divide time into two or more sittings. | To present and discuss all sections of the workbook, plan for about 4-5 hours with your teens, over two or more sittings. | Average program: 6-8 hours. Can be excerpted to fit 2-5 hours; or supplemented with activities for 9-16 hours. Program should be delivered over several meetings. | Average program: 6-8 hours. Can be excerpted to fit 2-5 hours; or supplemented with activities for 9-16 hours. Program should be delivered over several meetings. |
| Content | Includes topics such as life goals, relationships, preconception health, shaken baby syndrome, budgeting, safety, child development, and discipline. | Provides lesson objectives, dialogue prompts, examples from other teens' workbooks, resources to help guide teens | The slides contain up-to-date scientific information, videos, statistics, and trends to enrich the learning experience and provide deeper knowledge. | Complete set of instructional materials: Discussion Guide, Slides, plus props and videos |