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**SESSION 4: FACILITATOR GUIDE**


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Digital Check-Ins to Keep Connected

# Provide Support



## Overview

This guide equips you to lead the fourth 30-minute videoconference or teleconference call with parents and guardians. It focuses on Provide Support, one of the five key elements of strong parent-youth relationships, according to Search Institute research. (Visit [www.searchinstitute.org/developmental-relationships](http://www.searchinstitute.org/developmental-relationships).)

In this session, parents and guardians will . . .

- Check in with each other, providing mutual support;
- Learn the core ideas included in “provide support” within the Developmental Relationships Framework; and
- Be oriented to activities they can try at home, which will introduce ways families can support each others’ goals while also helping each other navigate difficult situations.

## Preparation

1. **Invite parents/guardians** to participate. Be sure they have access to the equipment (computer/phone).
2. Review the parent sheet, quiz, and recommended activities so you can talk about them with families.
3. Send the **Provide Support Guide for Parents and Guardians** to each participant (See the distribution ideas in the quick-start guide).
4. **Review the Learn About It** section on [www.KeepConnected.info](http://www.KeepConnected.info) for background about [what it means to “provide support.”](#)
5. **Review the Session Guide**; adapt the session as needed to fit the participating families.
6. A couple of hours before the session, send a reminder with the web link and/or phone number for the session.

## Session Guide

30 Minutes

1. **Gather:** Start the videoconference or phone conference. Welcome parents or guardians by name as they come online. While they’re gathering, informally ask about their kids (but don’t reveal, or ask them to reveal, confidential or sensitive information).
2. **Check-in:** Ask for a high and low from the past week (or since you met last).
3. **Review:** If they have participated in another session, ask if they’ve taken a quiz, tried an activity, used a discussion question, or done something else that was inspired by the discussion or topic. What did they try? What went well? What didn’t? Congratulate them for the effort. Ask them what they might try differently the next time if something didn’t go well.

4. **Introduce the topic** by saying something like: *One of the important ways we grow through relationships is by providing support for each other while learning and growing. We all benefit from other people's help. When we are young we often depend on our parents to help us in every way. As we grow up, the types of support we need change, but they don't go away. Today we will discuss ways we can provide support to each other.*
5. If you're using **videoconference**, show the [Provide Support](#) video from the Keep Connected website.  
If you're using a **voice conference call** (not video), say something like: *Providing support is a critical part of building relationships. It involves helping each other complete tasks to achieve our goals. It can be practical things such as setting goals, teaching a skill, or offering a helping hand. Other times providing support can be about challenging barriers that are getting in the way by serving as an advocate or helping each other through tough situations. Here are the four actions that provide support:*
  - Navigate – *Guide me through hard situations and systems.*
  - Empower – *Build my confidence to take charge of my life.*
  - Advocate – *Stand up for me when I need it.*
  - Set boundaries – *Put in place limits that keep me on track.*
6. **Conversation:** Discuss these questions as a group, giving each person who wants to contribute time.
  - How do you balance doing things for your child vs. letting your child do things for themselves? How do you know when you do (or don't) get that balance right?
  - What are ways we as parents help each other navigate challenges, empower each other, advocate for each other, and set boundaries for each other? What kinds of mutual support from other parents do we most appreciate?
  - How do you respond when you see your children being treated unfairly? Is it different if they're being treated unfairly by their friends, other kids, teachers, other adults, or some larger system (such as police, schools, or the child welfare system)?
  - When has the need to support your kids changed – either because you needed to back off, or because they needed more support in some area? How did you adjust? How did that affect other parts of your relationship? How did it affect other relationships?
7. Introduce the **Provide Support Guide for Parents and Guardians**, which you distributed before the session. Share your screen to show them the guide if you're able and have time. Walk through the different elements (Check It, Try It, Talk About It), highlighting some of the activities families can choose to do in the coming week (or until your next session). If you have expectations about using the activities, be clear about them.
8. Ask parents if they have questions, ideas, or concerns.
9. Encourage parents to partner with each other to give each other encouragement, tips, or just a nudge with getting started as they're doing these activities with their families.
10. Invite a few participants to share some ways they supported each other (or other families and family members) in tangible ways during the Covid-19 pandemic. Some may have helped neighbors or grandparents with shopping or chores. Others may have called people who were isolated. Talk about the importance of everyone, including parents, having supports all the time, but particularly during stressful times. Remind parents that they can and should connect with each other for mutual support, if they would find that to be valuable to them.
11. Thank parents again for their participation, and let them know when you'll get back together again.

## Follow Up

- **Send a text or email to participants**, thanking them for participating and reminding them about the next session. Also send a link to the family quiz (<https://keepconnected.searchinstitute.org/family-relationship-quiz/>) and resend “Session 4: Guide for Parents and Guardians: Provide Support” in case some need another copy. Remind them of the time, date, and place for the next session.
- **Provide feedback on** what worked, what didn’t, and how to improve this session on this [brief survey](#).