



Digital Check-Ins to Keep Connected

Share Power



Parenting adults do, and should, have more power and authority than their kids, particularly when the children are young. But if we want kids to become responsible, they need to learn to use, and share, power. An important part of growing up is learning to make choices, solve problems, influence other people, and take action on things they believe in. In the process, they become more responsible and confident in who they are and what they can do. Adults share power by respecting a young person's ideas, including them in decisions, collaborating with them, and giving them opportunities to take the lead.



Family Quiz

With other family members, take the Share Power Quiz, which you'll find in the Check It tab on the [Share Power page](#) on [www.KeepConnected.info](#). As many people can complete the quiz as you'd like. Then compare your results with each other to prompt a lively discussion.



Family Activities

These activities invite your family to **explore what it means to share power** with each other.

If you want more activities or more detailed instructions on these activities, go to [Share Power on KeepConnected.info](#). Click on the gray bar for each heading. You'll find several activities on each topic.

1. Respect Me

Take me seriously and treat me fairly

Signs of Respect

Have each person write their name on an index card. Then pass it clockwise to the next person. When each person gets someone else's card, write *one* way that person shows respect to others in the family. Once everyone has written down their idea, pass it clockwise again. Keep going around (skipping the person whose name is on the card) several times adding examples. Then give the cards back to the person whose name is at the top. Were there any surprises in what was written about you?

20 minutes



2. Include Me

Involve me in decisions that affect me

Practice Negotiating Together

Identify an area of family disagreement that is small and specific, and that affects everyone. Without blaming anyone, describe the issue. Ask others to clarify it from their perspective. Brainstorm things that are contributing to the problem. Agree together on a shared and specific goal. Next, brainstorm a bunch of ways your family could tackle that problem, based on what you think contributes to it. Work together to pick one or two things you'll do together (or each person will do) that work for everyone. Through it all, remind family members that the goal isn't to "get your way," but to come up with a shared solution that meets everyone's needs.

45 minutes



3.

Collaborate

Work with me to solve problems and reach goals

Different Ways We Make Decisions

30 minutes

Find two or three dozen small objects you can use as tokens (such as coins, candy pieces, or checker pieces.) Label six small sheets of paper as follows:

- Tell me what you think, but I've decided what we're doing.
- Here's what we're doing. Got it?
- Whatever you want is fine.
- I'll use your ideas when I decide.
- Let's figure this out together.
- Let's talk about it, then you decide.



As a family, think about family decisions, big and small, that your family has made in the past week or month. For each decision, figure out together which sheet of paper best represents how that decision was made. Place a token on that sheet. Then talk together about where you put the tokens. If you would like to try making some decisions another way, talk together about which ones you'd like to try—and how you'd like to try it.

4. Let Me Lead

Create opportunities for me to take action and lead

Leading Through Relationships

15 minutes

As a family, identify two to three leaders you all admire. They can be both people you know personally and famous people. Talk together about what you admire and respect about them. If someone were to describe you as a leader, what qualities do you hope they would list? What do you think it means to be a leader in our family? Do you see yourself as a leader in our family? Why or why not? In what ways would you like our family to help you grow as a leader?



TALK ABOUT IT

Try these discussion-starter questions with your family.

Family Conversation Starters

1. What does the word power mean to you? What attracts you to the word? What worries or turns you off about the word?
2. How are we making decisions about what we're doing as a family regarding the Covid-19 pandemic and how we respond to it? How is everyone's voice being heard?
3. Who are people you know (or know about) who are being neglected during this Covid-19 pandemic? How can your family help give them voice?
4. What are the ways each member of your family influences others in your family? This can include personal preferences (such as fashion or music preferences), how your family spends time and money, and core beliefs and values.
5. When is a time you've been thankful someone has used their "power" to help you? When is a time they've shared their power with you that you've really appreciated?
6. How are the "power dynamics" in your own family similar to and different from previous generations in your family or other families you know? What might be some of the reasons behind those similarities and differences?
7. If you were to identify one area of sharing power that you'd like to work on in your family, what would it be? Why?

This and other **Digital Check-Ins to Keep Connected** are available at: www.KeepConnected.info/digital-check-in/