**Family Day and Open House:** Participants welcome their families to the Girls Only space.

**Lesson plans:**
1) Family Day

**Lesson: Family Day and Open House**

**ESSENTIAL QUESTION:** What are fun activities to do as a family?

**OBJECTIVES/PERFORMANCE EXPECTATIONS:** Participants and their families enjoy a social event.

**SUMMARY OF THE ISSUE:** Involvement of and support from parents/guardians sets the tone for Girls Only as a holistic approach to prevention education. Having parents/guardians involved promotes healthy interaction between children and parents/guardians, provides insight into the home lives of participants, and provides opportunities to refer participants and parents/guardians to outside services if necessary. Familial support of young people prevents gang involvement, drug abuse, and involvement with the criminal justice system. Hosting a special social event for participants, their parents/guardians, and other family members builds community and celebrates family connection. Family Day is also an Open House, providing an opportunity for families to view artwork and projects completed in Girls Only. Ideas for Family Day: Arts and Crafts Day, Game Day, Creative Arts Performance, Show and Tell, Ice Cream Social, Movie Night, Exercise Day, or anything that might be fun!

**MATERIALS:**
- Promotional flyers
- Invitations
- Stereo
- Food
- Themed decorations
- Additional materials depending on the theme of Family Day! For example: craft supplies for Arts and Crafts Day, movies and popcorn for Movie Night, board games for Game Day, or sports equipment for Exercise Day.

**LENGTH OF LESSON:** 1 to 2 hours

**PROCEDURE:**
1. Introduce Family Day at the Parent/Guardian Orientation at the start of Girls Only. Remind participants of the date of Family Day throughout the session. Create a flyer to be posted and sent home to parents/guardians. Send invitations approximately three weeks prior to the date of Family Day.
2. Encourage participants to bring their families, including siblings, parents/guardians, grandparents, and extended family.
3. Have participants prepare performances or arts demonstrations to be presented at Family Day and Open House.
4. Decorate the Girls Only space with pictures, artwork, and projects completed by participants. Have participants help decorate. Arrange chairs and tables according to need for the theme of the day.

5. On Family Day and Open House, greet each family as they arrive. When most families have arrived, welcome the group. Introduce yourself. Thank the families for coming out to support Girls Only and let them know how glad you are to see them. Remind them that their daughters, granddaughters, nieces, and sisters are smart, amazing young women who have been working very hard in Girls Only. Remind the participants how proud you are of them and that you are glad to meet their families. Tell the families you are there for them and the participants and you are available to answer questions throughout the day or at any time.

6. Explain the activity for Family Day and Open House. Direct participants and their families to begin the activity, assisting and mingling as necessary.

7. Encourage families to view participants’ work posted around the room.

8. As the activity comes to an end, thank everyone for coming. Encourage participants and families to continue doing activities together as a family. Remind parents/guardians they are welcome at all Girls Only sessions. Remind them that you are available to answer questions or discuss issues at any time. Dismiss participants and their families with any favors or activities from the day.

JOURNAL PROMPT: What was your favorite part about Family Day?

EVALUATION: Did participants bring their families to Family Day? Were the families engaged in the activity and with each other?

RELATED ACTIVITIES: Design a family activity for each Girls Only lesson and send these ideas home with participants.