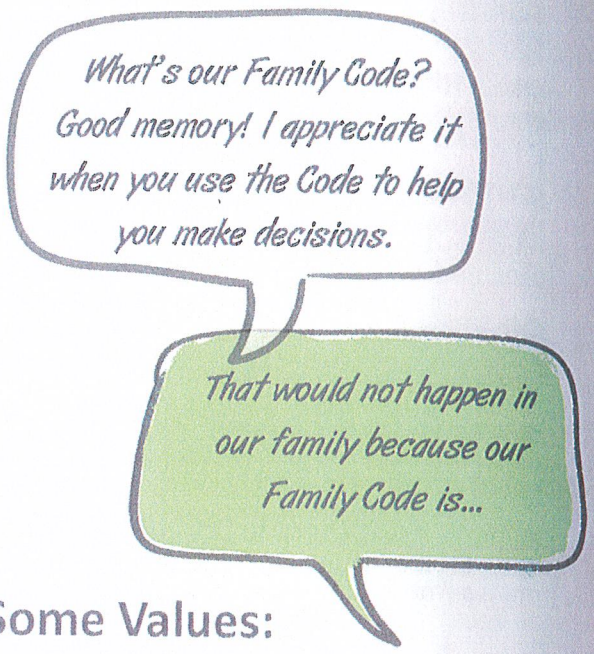
FAMILY CODE ACTIVITY

Materials

1. Poster board
2. Markers, Crayons, Pencils, or Pens
3. Notebook paper

Activity

1. Host a family meeting to create a Family Code.
2. Let each family member know that their contribution to the Family Code is important.
3. With notebook paper in hand, begin the brainstorming session.
4. Ask each family member what values they would like to represent the family. Some values are listed here. Use the Internet to search for others, if needed.
5. Narrow down the list to 3-5 core values that best represent the aspirations of the family as a whole.
6. Next, make a list of risky behaviors each member of the family feels strongly about saying 'no' to.
7. Write sentences that combine the core values and high-risk behaviors your family would like to prevent, like the example on the next page.
8. Combine the Family Code text with a drawing or graphic that represents your family unity, such as a family tree or coat of arms.
9. Proudly, display the poster somewhere in the family home.



Some Values:

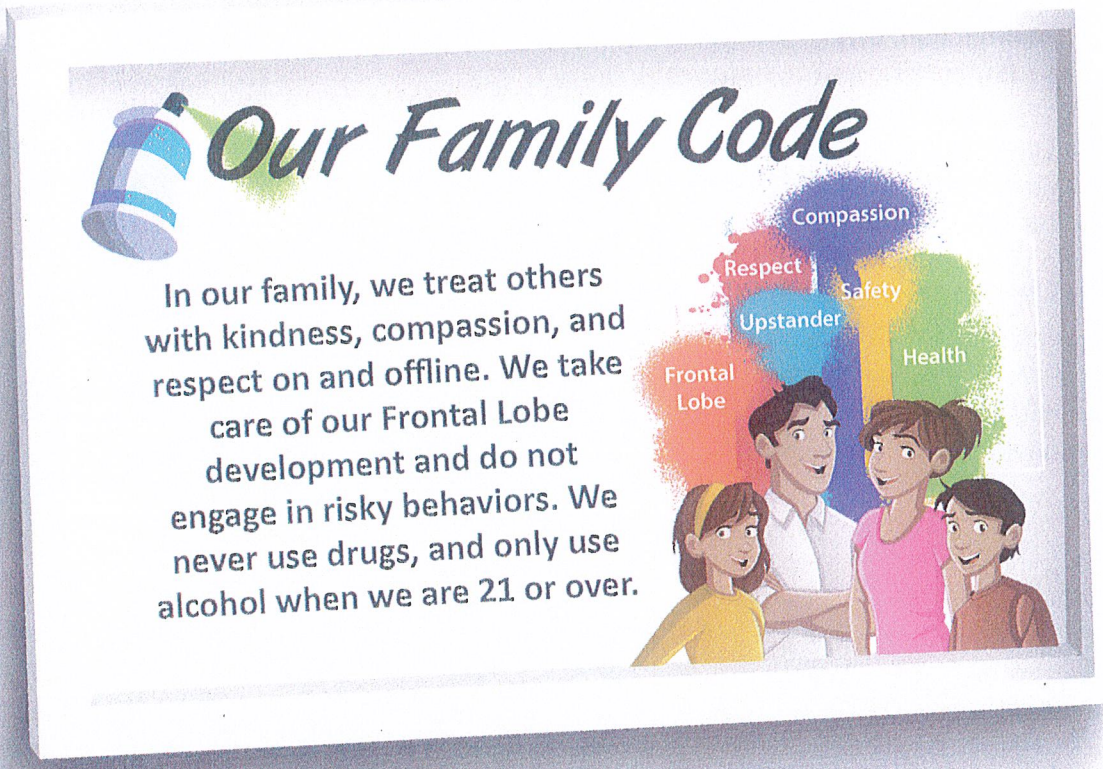
- Connectedness
- Health
- Balance
- Courage
- Determination
- Feelings
- Honesty
- Gratitude
- Openness
- Resiliency
- Responsibility
- Sobriety
- Support
- Trust

ETHICS — A theory or system of moral values pertaining to what is good and bad, right and wrong; the principles of conduct governing individuals or groups.[16]

FAMILY CODE — A simple set of rules a family lives by; repeated often; each member of the family is held accountable to follow the code.[17]

PREVENTION DOSAGE — The amount of times a youth receives prevention science messaging, information, and parental expectations about high-risk behavior.

How to Use the Family Code



Refer to the Family Code on a regular basis to remind family members of the aspirational values created by the whole family. This practice will help create a sense of unity and motivation for putting aspirational values into daily practice.

Add a reference to the Family Code in conversation, like the ones in the speech bubble scripts.

> *Remember our Family Code when you are at the sleepover, dance, etc.*

To maintain an effective **prevention dosage**, bring up the Family Code at the following times:

- During family dinner discussions.
- Before situations when youth may engage in high-risk behavior such as sleepovers or dances.
- After seeing drug or alcohol use or sexually explicit activity normalized on media such as TV, movies, or social media.
- On days that are designed to bring awareness to specific risky behavior, such as World Suicide Awareness Day (use the Conversation Starters Calendar on page 272-273).