



Power of One: *Family Ties*



Family Ties

Power of One Unit Two

Introduction

Your family is very important. There's always something you can do to make your family and home life better. To begin the "Family Ties" unit, think about things you can do to be a strong family member. Next, set a goal for improvement. Then create a **Power of One** project that will help you accomplish your goal.

Project Examples

Here are some detailed examples of FCCLA members' "Family Ties" projects. These examples give you an idea of how "Family Ties" works. Each project has a goal, action, and results.

"I wanted to build a better relationship with my younger brother. I helped him with his basketball skills about 30 minutes a week. This taught me patience, which is extremely important in families. I learned to love my brother in a new way. We have tried to get along, and this has helped my entire family." — FCCLA member from Arkansas

"My goal was to help us remember family activities and fun times. I went through all of our photos and found pictures of some of my favorite family events. Then I put them in family photo albums, in order from the most recent back to my birth. I labeled all the photos so anyone who looks at the albums will know who's who. My mom and grandmother helped, and they appreciated my project. It was fun for the whole family." —FCCLA member from South Dakota

"My goal was for one week to plan a short but serious conversation with my mom that would not lead to me yelling and leaving the room. Each day during dinner I found a topic and talked to my mom, asking her opinion and giving mine. At first I was scared to speak. Then things got easier. I was able to think of more things to say that would not offend or enrage my mom. I tried to talk to her at least through dinner and was able to. I found that looking at her when she talks to me makes her happy. I am continuing to have these short talks every day. It's easier now to talk about more serious and personal stuff without getting upset." —FCCLA member from Tennessee

Sample Project Areas

There are many areas you may want to work on through "Family Ties." A few ideas are listed below. You may also develop your own. Just make sure your adviser approves your project.

- Caring for your own space and clothes
- Caring for family pet
- Making time for family



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- Keeping up with household responsibilities
- Helping with family meal time
- Organizing fun family activities
- Preparing a family tree or genealogy journal
- Accepting family members' viewpoints
- Stopping negative talk
- Reducing arguments with family members
- Improving communication with family members
- Improving family relationships
- Spending time with parent, stepparent, grandparent, or other relative
- Becoming a more responsible family member
- Understanding and working toward family goals
- Dealing with serious family challenges (such as illness, physical handicaps, divorce, death, suicide, alcoholism, abuse)

Family Ties Project Ideas List

Projects in the areas listed above could include such things as:

- Keep my possessions neat and organized
- Organize and maintain my clothes and closet
- Feed, exercise, and clean up after the family pet
- Set up a "fun at home" night for all family members
- Organize and conduct family meetings
- Plan and carry out family devotions
- Set up a family dinner night, where your family gathers at least one evening a week for dinner together
- Babysit younger siblings one night a week so parents can have a night out
- Organize a family community picnic
- Make a chart to track my household jobs
- Plan and carry out a schedule of family car care (washing and/or maintenance)
- Prepare meal plans with special diets of family members in mind
- Prepare a nutritious family meal
- Prepare a nutritious family meal twice a week
- Create a schedule of meal plans for a week
- Collect favorite recipes from grandparents, aunts, uncles, cousins, and create a family cookbook
- Interview a parent, grandparent, or other relative about his or her youth
- Interview your grandparents on what a particular aspect of daily life was like when they were your age (favorite foods and their cost, entertainment, important world affairs, etc.) and compare it with your own experiences
- Interview older relatives and write a family history
- Make a family tree
- Call or write a distant relative on a regular basis

- Say only positive things about my family
- Create a fun activity to do with a brother or sister
- Schedule an hour a day to spend talking with family members
- Volunteer to take care of an additional household responsibility
- Set up and lead a family council meeting
- Prepare a family tree or genealogy journal
- Create a scrapbook of family photos
- Create a family Website to share family news with distant relatives
- Create a family time capsule
- Practice conflict-resolution techniques in the family
- Help family members (and self) deal with a family challenge
- Other (please describe): _____

How-to: The FCCLA Planning Process

Use the "Family Ties" [Project Sheet](#) to move step-by-step through your project.



Identify a Concern

Begin by checking off project ideas you like on the "Family Ties" project ideas list. If you want, add your own ideas. Talk them over with your FCCLA adviser to make sure they fit **Power of One** and "Family Ties."

Next, choose an issue or skill that is your personal priority. It may help to narrow the project ideas you checked to three of your biggest concerns. Circle those three. If you need help narrowing the list, talk to friends, family, or other people in the community.

Look over the ideas you circled and answer the questions on the [Project Sheet](#). Based on your answers, number the ideas you circled. Number "1" should be the project that is most important to you and best fits **Power of One**. Write your number "1" project idea on the Project Sheet after the words, "My top concern is:"



Set a Goal

A goal states the purpose and direction for your project. In **Power of One**, you set a goal that has personal meaning for you.

As you think about setting a goal for your project, ask yourself--

- What deadline should I set for my project?
- What will be the results?
- How will I know if I have achieved my goal?

On the same Project Sheet, under Set a Goal, describe what you want to accomplish. You may want to fill in the blanks of the sentence provided. Or, write your own goal underneath it.

Your goal should be described in such a way that you, your adviser and/or the evaluation team (optional) will know when you are finished. Check the wording of your goal statement with your adviser.

An example: "By two weeks from today, I will improve my family's unity and pride by saying only positive things about my family."

Form a Plan

Develop a thorough plan. Decide what you will do, who can give you information, when you will complete each step, where you will do your project, and how you will accomplish the activities.

Write your plan under Form a Plan on the **Project Sheet**. Attach a separate sheet listing resources that can help you with your project. This might include people, publications, or community agencies. Ask your adviser, teachers, family, or friends if they know of helpful resources.

Schedule a meeting with your adviser and/or your evaluation team. Show them your plan. Be prepared to answer questions about your proposed project. Ask them to review the checklist on the "Family Ties" **Project Sheet**.

The evaluation team and/or your adviser may approve your plan or ask you to revise it. You may need to adjust your plan and then share the revised plan with your adviser.

Act

Tackle your project by dividing your plan into daily or weekly tasks. List everything you need to do. List people to see, tasks to complete, books to read, etc.

You may need to add more detail to your plan. Talk with your adviser and others who know about your topic area. They can support and guide you. Share your progress with them, especially if you need to change your plan as you go along.

Follow Up

To complete your project, answer the questions in the Follow Up section of the **Project Sheet**.

Hold a follow-up meeting with your adviser and/or evaluation team. Take along your completed Project Sheet. Also take any photographs, papers, news articles, and other items that reflect your project. Put them in a notebook or folder, or make a poster. Ask your adviser and/or evaluation team to complete the Follow-up Checklist.



The evaluation team or your adviser will help decide if you reached your goal. If you have, they will approve your project. If you have not reached your goal, you may have to spend more time on it or revise the plan.

See if your local newspaper might be interested in reporting on your project. There is a [Sample Press Release](#) available on the FCCLA national website for download. After your "Family Ties" project has been completed and approved, ask your adviser to order your **Power of One** ribbon, pin, or charm. Wear it proudly!

Next Steps

If you complete all five **Power of One** units, fill out the [Five Unit Recognition Form](#). Send it to your state adviser for state and national FCCLA recognition. Check out the **recognition** section for other ideas for recognizing your accomplishments.

There are other national FCCLA programs that deal with the same project areas as "Family Ties." Some examples are listed below. Ask your adviser about how to become involved in these programs.

If your "Family Ties" project focused on...	You might want to try...
Caring for own space, clothes, family pet; making time for family; keeping up with household responsibilities; becoming a more responsible family member	<ul style="list-style-type: none"> • Families First ("Balancing Family and Career")
Helping with meal time, organizing fun activities, stopping negative talk, reducing arguments, improving communication	<ul style="list-style-type: none"> • Families First ("You-Me-Us") • Interpersonal Communications STAR Event
Preparing a family tree or genealogy journal, understanding family goals	<ul style="list-style-type: none"> • Families First ("Families Today") • Illustrated Talk STAR Event
Accepting family members' viewpoints, spending time with family members, dealing with serious family challenges	<ul style="list-style-type: none"> • Families First ("Meet the Challenge")
Planning activities with younger siblings or other young relatives	<ul style="list-style-type: none"> • National Programs in Action STAR Event • Families First ("Parent Practice") • Focus on Children STAR Event • Early Childhood STAR Event



Resources

There is a wealth of resources available to assist you with your "Family Ties" project:

In your community

- Adult education programs
- Civic organizations
- Communities of worship
- Cooperative extension service
- Family and Consumer Sciences professionals
- Family members
- Health care providers
- Parent-teacher organizations
- Social services agencies

At the library or bookstore

- *Teen Smart!: Ready to Use Activities to Help Teens Build Positive Relationships with Peers and Adults* by Saundrah Clark Grevious
- *Organizing from the Inside Out for Teenagers: The Foolproof System for Organizing Your Room, Your Time, and Your Life* by Julie Morgenstern
- *How to Be Organized in Spite of Yourself: Time and Space Management that Works with Your Personal Style* by Sunny Schlenger
- *Clueless in the Kitchen: A Cookbook for Teens* by Evelyn Raab
- *The Teen's Vegetarian Cookbook* by Judy Krizmanic
- *Teens Cook: How to Cook What You Want to Eat* by Megan and Jill Carle
- [*Genealogy 101: How to Trace Your Family's History and Heritage*](#) by Barbara Renick
- *Online Roots: How to Discover Your Family's History and Heritage with the Power of the Internet* by Pamela Boyer Porter and Amy Johnson Crow
- *The Organized Family Historian: How to File, Manage, and Protect Your Genealogical Research and Heirlooms* by Ann Carter Fleming
- *Planting Your Family Tree Online: How to Create Your Own Family History Website* by Cyndi Howells
- *The Book of New Family Traditions: How to Create Great Rituals for Holidays and Everyday* by Meg Cox
- *The Intentional Family: Simple Rituals to Strengthen Family Ties* by William J. Doherty
- *Family Traditions: 289 Things to Do Again and Again* by Caryl Waller Krueget
- *The 7 Habits of Highly Effective Families* by Stephen R. Covey
- *Our Family Meeting Book: Fun and Easy Ways to Manage Time, Build Communication, and Share Responsibility Week by Week* by Elaine Hightower and Betsy Riley
- *Meals and Memories: How to Create Keepsake Cookbooks* by Kathy Steligo
- *Scrapbooking Friends and Family by Creating Keepsakes*



From FCCLA

- *Teen Times*
- *Families First* materials on *Get Connected* CD-ROM
- STAR Events Manual
- *FCCLA: The Handbook to Ultimate Leadership*

Online

Conduct an online search through [Google](#) or another search engine for a topic related to your project area. Some of the following sites might be applicable:

- Family Fun www.familyfun.com
- The Legacy Project www.legacyproject.org
- Info Source <http://infosource.uwex.edu/>
- Effective Family Communication www.uky.edu/Agriculture/Sociology/effamcom.htm
- Family Relationships www.pbhi.com/labor/public/selfhelp/library.asp?catid=FAMI
- Advocates for Youth
<http://www.advocatesforyouth.org/publications/pccbasics/packet/strengthen.htm>
- Relationships Skills for Teens www.dibblefund.org
- Genealogy Today--Junior Edition www.genealogytoday.com/junior
- Genealogy and Family History Records www.ancestry.com
- Suite 101--Home & Family Community www.suite101.com/HomeandFamily/
- Closet Organization www.suite101.com/article.cfm/household_tips/108117
- Household Organization <http://homeschooling.about.com/od/gettingorganized>
- Household Notebook: Printable Forms Index <http://householdnotebook.com/forms.shtml>
- Organized Home <http://organizedhome.com/index.php>
- Recipes www.epicurious.com
- Organized Scrapbooks <http://organizedscrapbooks.com>
- Creating Keepsakes www.creatingkeepsakes.com