



Discover how you can strengthen family relationships through FCCLA's national peer education program, Families First

Program Ideas

- "Eat Right, Be Healthy, Stay Fit" session for families
- Family game night at school
- FCCLA @ the Table
- Family volunteer service project
- Clothing drive
- School supplies available at school
- Soles for Souls
- Pack the bus (school supplies)
- Suicide prevention
- Sit and talk about problems/goals/have an organized conversation guide
- Go on a trip and pay full attention to the family
- Visit with your grandparents Ask about their past and present



Put the brakes on impaired driving and traffic crashes Through peer education help your friends arrive alive and lower the number one cause of death for youth in America

Program Ideas

- Pledge not to text and drive
- Driver's education mentioning FACTS
- Rewarded for wearing seatbelt
- Guest speakers
- Wristbands
- #X
- Mock trial accident
- State Patrol Resources
- Cardinal way
- Assembly- Beer goggles/distracted driving
- New drivers education
- The Alexis project
- Teens in the driver's seat
- Rollover course
- New stop signs in the community to ensure safety
- Rewards for wearing your seatbelt and obeying the law
- Show some videos clips of serious crashes and how to prevent them



Empower youth with attitudes, skills, and resources to recognize, report, and reduce youth violence

Program Ideas

- Having speakers come into schools to talk about not bullying and speakers that have been bullied
- Speakers come in to talk about dating violence
- Pledges to not do or say certain things
- Programs for kids to hang out after school to talk about their experiences and make new friends
- Start an anti-bullying campaign
- Spread more awareness about dating violence
- Re-generate "On the Bus"
- Reward people who are seen doing good things
- Make an anonymous system where you can give the name of bullies or people who are being bullied
- Personal stories
- Random acts of kindness week



Learn how to explore career pathways and skills for success in families, careers, and communities

Program Ideas

- Job fair
- College representatives come and talk to people interested in going to those schools
- Recruiters come in
- Nebraska Career Connections website
- Job shadowing Looking at what careers they would like to do in the future
- Schools could start a buddy system Older kids or adults working with younger children



Take action in your community and discover the difference you can make

Program Ideas

- Volunteer- Animal shelters, nursing homes, Head Start, daycares
- Complete a healthy activity to raise awareness for a topic/organization
- Abuse help
- Community garden
- After school tutoring program
- Buying Christmas presents for underprivileged families
- Care packages for troops
- Tailgates with healthy food
- Donating healthy food to a food bank



Manage your money! Use this program to help you make, save, and spend money wisely to be financially fit

Program Ideas

- Bring in speakers from banks
- Take a class field trip to a bank
- “Wear green to school day” to promote money saving
- Posters promoting tips on how to manage your money
- Have the school offer classes to help teach people how to manage your money



Eat right, be fit, and make healthy choices

Program Ideas

- Speaker to talk about good nutrition
- Teach younger kids about being healthy
- Student Body Day
- Zumba
- Exercising Techniques
- Competition for best healthiest recipe
- Eat Right Week
- International healthy food fair
- Darts with carrots to promote veggies
- An activity that would require people to interact with people they may not know
- Health education