FCCLA

FAMILIES FIRST
NATIONAL PROGRAM INFORMATION SHEET

FAMILIES FIRST

BUILDING STRONGER FAMILY RELATIONSHIPS

Families First helps FCCLA Members explore, understand, and appreciate the many dimensions of family life. Through classroom learning and member-led projects, students strengthen communication, consider the needs of family members, and practice skills that support safe, healthy, and resilient families.

FAMILIES FIRST ESSENTIAL TOPICS

DYNAMICS	BALANCE	DEVELOPMENT	SAFETY	SKILLS
Understand family roles, relationships, communication, and how families support one another.	Explore self-care, competing responsibilities, and strategies for overcoming challenges.	Learn ways to nurture children and support healthy growth and development.	Recognize habits and environments that support safety within families.	Practice strategies for being a responsible, contributing family member.

HOW FAMILIES FIRST WORKS

1. **LEARN:** Investigate family relationships, child development, safety, and balance through scenarios, discussion, and research.
2. **PLAN:** Use the FCCLA Planning Process to identify a relevant family-life challenge, build an educational project, and set measures.
3. **LEAD:** Guide peers or families through an activity, reflect on participant feedback, and evaluate what changed.

INSIDE THE PROGRAM GUIDE

- 5 comprehensive units: Dynamics, Balance, Development, Safety, and Skills
- 20 ready-to-use lesson plans
- 50 interactive activities and opportunities for guided reflection
- Connections to Family and Consumer Sciences, family well-being, and careers that support families

WHAT PROJECTS CAN LOOK LIKE

- **FAMILY COMMUNICATION WORKSHOP:** Create role-play activities that practice listening, respectful discussion, and conflict resolution. Invite participants to identify techniques they will use in daily conversations.
- **BALANCE AND WELL-BEING CHALLENGE:** Help peers plan time for responsibilities, rest, and support systems. Students can reflect on which strategies are realistic for different schedules.
- **CHILD DEVELOPMENT LEARNING KIT:** Develop age-appropriate learning activities and explain their developmental purpose. Invite feedback on clarity, developmental appropriateness, and usefulness.
- **HOME SAFETY EDUCATION:** Share checklists or demonstrations addressing everyday safety concerns in family settings. Participants can apply the guidance in a home safety planning exercise.

NATIONAL RECOGNITION

Chapters may apply for a Families First National Program Award through the FCCLA Portal. Applications are due **March 1.**

- High School Award: $1,000
- Middle School Award: $1,000
- Runner-Up Award: $500

GET THE PROGRAM

Included with Membership Packages

The digital National Program Guide is included in the FCCLA Knowledge Hub with eligible chapter membership packages.

Digital guides may be purchased through the FCCLA Portal E-Store for $60.

Designed for classroom and chapter use, Families First helps educators bring family relationships, child development, safety, and everyday life skills into practical student-led learning.

For more information, **visit fcclainc.org** or email **programs@fcclainc.org.**