



Young people explore, understand, and appreciate diverse aspects of families and family life.

The FCCLA **Families First** program guides students to develop, plan, carry out, and evaluate activities to improve the quality of life for their families and other families in their communities.

Through their projects, students experience character development and improve their critical and creative thinking, interpersonal communication, leadership, practical knowledge, and career preparation. In addition, as we live in an ever-changing society, Families First recognizes the need for students to know how to create strong family relationships where skills are developed, differences are accepted, rights are respected, and support is offered.

Families First Units

Families First includes five units, each consisting of elements needed to help strengthen the basic family unit. The units can stand alone or be used in support of one another. These units are:

- Dynamics** – Understanding families and family relationships.
- Balance** – Enabling young people and families to prioritize self-care and overcome obstacles.
- Development** – Learning how to nurture and care for children.
- Safety** – Prioritizing and practicing safety within families.
- Skills** – Developing strategies to be a good family member.

Partners

- United Services For Effective Parenting in Ohio, www.usep-ohio.org
- *Family Dinner Project*, www.familydinnerproject.org

Awards

FCCLA offers national recognition to chapters that complete Families First projects. This honor includes cash awards and special recognition at the National Leadership Conference, online, and inFCCLA Newsletters for the top chapters. Chapters apply online for recognition for their hard work and innovative projects with the national Families First Program Award Application available on the FCCLA Portal.

Families First cash awards

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

Deadline: Award Applications must be submitted online by March 1. The online award system will automatically close March 1, 5:00 PM EST.