



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

The FCCLA **Families First** national peer education program through which youth gain a better understanding of how families work and learn skills to become strong family members. The goals of the Families First program are to:

- help youth become strong family members and leaders for today and tomorrow
- strengthen the family as the basic unit of society

Families First Units

To help members focus their projects, Families First offers five (5) units. Members may complete projects in one (1) or several units. There is no particular order to them; although, "Families Today" might be a good place to start. It covers topics that provide a general overview of families and related issues—

Families Today — Understand and celebrate families

You-Me-Us — Strengthen family relationships

Meet the Challenge — Overcome obstacles together

Balancing Family and Career — Manage multiple responsibilities

Parent Practice — Learn to nurture children

Partners

- National Family Week, www.nationalfamilyweek.org
- Family Dinner Project, www.familydinnerproject.org
- Home Baking Association, www.homebaking.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 in *Teen Times* magazine 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 national website under Awards.

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.