



# Families First

Families First is a national FCCLA peer education program through which youth gain a better understanding of how families work and learn skills to become strong family members. Its goals 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 units. Members may complete projects in one 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](http://www.nationalfamilyweek.org)

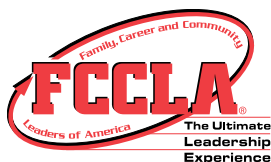
## Awards:

FCCLA offers national recognition to chapters that complete FCCLA Families First projects. This honor includes cash awards and special recognition at the National Leadership Conference and in the *Teen Times* magazine. Chapters apply for recognition for their hard work and innovative projects with the National Families First Program Award Application.

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

**Deadline:** Award Applications must be submitted online to FCCLA national headquarters by March 1. The online award system will automatically close March 1, 11:59 p.m. EST.

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