

**DTBY Weekly Workshop Information**  
**DARE to be You**  
**(Parent Group)**

Site \_\_\_\_\_

Cohort \_\_\_\_\_

Session \_\_\_\_\_

Date \_\_\_\_\_

Facilitators (note any substitutes):

Attendees: \_\_\_\_\_ adults  
 \_\_\_\_\_ visitors

Time spent on meals & social \_\_\_\_\_ minutes (approx.)

Time spent on individual activities \_\_\_\_\_ minutes (approx.)

Time on joint (parent **&** youth) activities \_\_\_\_\_ minutes (approx.)

**Program Content (session objectives):**

**Adherence to Protocol for Activities**  
 3 = Closely followed curriculum description  
 2 = Some changes in how activity was given  
 1 = Many changes in materials/delivery

Parent/Youth Activities:

1.	3	2	1
2.	3	2	1
3.	3	2	1

Parent Activities:

4.	3	2	1
5.	3	2	1
6.	3	2	1
7.	3	2	1
8.	3	2	1
9.	3	2	1
10.	3	2	1

Other:

_____	3	2	1
_____	3	2	1

Approximately \_\_\_\_\_ % of the session focused on individuals' personal issues and concerns, as compared to \_\_\_\_\_ % focused on activities and information in the curriculum.

Briefly describe any adaptations or changes made to these parent activities (anything circled 2 or 1 above):

## Engagement

“Engagement” refers to the alliance or relationship between program staff and participants, as well as how invested the participants are in the program. Please rate how things went this week, on the questions below. If these questions don’t capture some aspects of how things went, please give details in #5.

1. Your views on how much the parents ...

<b>participated</b>	(passive)	1	2	3	4	5	(active)
<b>accepted new ideas/skills</b>	(rejected)	1	2	3	4	5	(embraced)
<b>got along with each other</b>	(-- conflict)	1	2	3	4	5	(+ + support)
<b>respected others’ perspectives</b>	(put downs)	1	2	3	4	5	(valued)

2. Have you observed the parents trying out the strategies learned in DTBY? Describe evidence that parents are:

- resistant to trying out new skills/approaches
- talking about new skills as something to try (“contemplation”)
- actively using new skills with their children

3. When facilitating this week’s activities, I was ...

<b>well prepared</b>	(str. disagree)	1	2	3	4	5	(str. agree)
<b>clear and organized</b>	(str. disagree)	1	2	3	4	5	(str. agree)

4. Overall, how well did this session go?

5. Describe any unusual circumstances that arose – family crises, life changes, group dynamics – that might have affected the group.

6. Note any participant feedback about the session: