

# CHICAGO FATHERS AND SONS PROGRAM

# HOMework LOG

Name \_\_\_\_\_

Session	Homework Assignment	Due Date	Instructions
1	Let's Get Acquainted	Session 2 Date: _____	Fathers and sons will complete a list of their favorite things and discuss their answers together.
	PALA+ Physical Activity and Nutrition Log #1	Session 9 Date: _____	Fathers and sons will use the Participation Log to record their weekly healthy eating goals and their daily physical activity goals.
2	Father and Son Letters	Session 3 Date: _____	Fathers and sons will write letters to each other saying anything that they would like the other to know about what they think of each other, how they would like their relationship to be by the end of this program, and expectations for the future.
3	African American History Quiz	Session 4 Date: _____	Fathers and sons will answer questions about African American culture. Read the questions and answer all of them. Be creative when trying to search for your answers.

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3	Group Naming Assignment	Session 4 Date: _____	Each family will think of a name for the Fathers and Sons group and come prepared to vote on the Adinkra symbol they think best represents the group.
4	Communication is Key	Session 5 Date: _____	Fathers and sons will work together to complete the questions on the "Communication is Key" handout.
5	Picture Taking	Session 7 Date: _____	Sons will take pictures of important people, places or things in their lives. Cameras will be collected in Session 7.
6	NONE		
7	Writing a Family Play	Session 8 Date: _____	Fathers and sons will write a play showing how a father would feel if his son started smoking and how a son would feel if he saw his father drunk. Participants should think about how they would act out this play using a role reversal strategy and be prepared to act out the play at the next meeting. Bring props if necessary. The play does not need to be long, but it should convey the message that you would like others to receive about the issues you are presenting. Feel free to ask for help from group members if your play requires more than two people.

Session	Homework Assignment	Due Date	Instructions
8	Family Mission Statement	Session 9 Date: _____	This homework assignment is to help you think about the purpose of your family. As you think about answers to the questions, work together to write a statement that shows what your family means to you. You can include goals, things you would like to do as a family, and the things you like about your family.
	Picture Taking	Session 11 Date: _____	Sons will take pictures of important people, places or things in their lives. Cameras will be collected in Session 11.
9	Father and Son Letters	Session 10 Date: _____	Fathers and sons will write letters to each other saying anything that each would like the other to know about what they think of each other, how their relationship has changed during this program, and their expectations for the future.
	PALA+ Physical Activity and Nutrition Log #2	Session 14 Date: _____	Fathers and sons will use the Participation Log to record their weekly healthy eating goals and their daily physical activity goals.
10	Delaying Sexual Behaviors/Reaching Hopes and Dreams	Session 11 Date: _____	Fathers and sons will work together to complete a worksheet about how early sex initiation can impact their life goals and aspirations.

Session	Homework Assignment	Due Date	Instructions
11	Black Family Pledge Against Violence	Session 12 Date: _____	Fathers and sons will complete the "Black Family Pledge Against Violence" handout together.
12	NONE		
13	Positive and Negative Online Behaviors	Session 14 Date: _____	Fathers and sons will discuss appropriate behavior while using social media. They will also work together to complete a worksheet about online safety.
14	Complete memory books and work on presentation for closing ceremony	Session 15 Date: _____	If fathers and sons are working on individual memory books, remind participants to continue working on them so that they can present them at the final ceremony.
15	NONE *Closing Ceremony*  Fathers and Sons will present Memory books		

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