



Raising FUTURES (Families United in Thriving and Understanding Restorative Environments) is a restorative parenting and caregiving education program for parents/caregivers of children and adolescent youth. This program draws on emerging research and practices in the fields of trauma informed care, positive youth development, and nonviolent communication. Raising FUTURES aims to engage parents and caregivers in dialogue and activities to build consciousness of systemic inequities while acquiring and sharing strategies to navigate and advocate for justice within schools. Additionally, parents/caregivers build their nonviolent communication skills to navigate community and intergenerational conflicts, and are supported and uplifted by a community of parents and caregivers invested in activating a culture shift to more restorative practices in raising the future.

### **Raising FUTURES Training Series**

**Introduction to Restorative Practices-** This training offers participants an introduction to the core values and theories of Restorative Practices and Restorative Parenting. Parents/Caregivers engage in community building activities and compare dominant parenting and Restorative parenting paradigms. Using dialogue and experiential learning activities, participants explore emotional literacy and try on tools that contribute to building and strengthening relationships with youth.

**Restorative Practices for Working through Conflict-** This training module focuses on relationship-centered paradigms to respond to conflict and challenges with children and youth. By engaging in Circle practice, self-reflection, dialogue, and experiential learning activities, participants reflect on their own and their youth's approaches when working through conflict and their communication in conflict styles. Additionally, participants try on approaching conflict as an opportunity for growth and transformation, using strategies to unpack needs and feelings underlying children and youths' challenging behaviors and shift children and youth towards accountability and self-directed actions.

**Decolonizing Positive Youth Development-** This training module expands participants' awareness of children and youth's developmental milestones and needs by exploring the Circle of Courage, a model of Positive Youth Development influenced by Native American traditions. Inspired by this model, participants explore children and youth's needs for belonging, independence, mastery, and generosity. Through this lens, parents/caregivers unpack the impact of relationships, families, youth programs, structures, schools, and other institutions affect children and youth needs.



**Supporting Youth's Healthy Coping Mechanisms-** This training provides parents/ caregivers opportunities to self-reflect on their own perceptions about youth's substance use as well as societal pressures associated with parenting/caregiving for a youth engaged in substance use to cope. Participants will engage with Restorative practices to support young people to manage stress and process their emotions, equipped with knowledge and tools to cope in safe and healthy ways that do not cause them harm.

**Understanding the School to Prison Pipeline-** This training expands participants' awareness of the school-to-prison pipeline and its impact on children and youth of various identities. Participants engage in critical dialogue and experiential learning activities to share experiences and build awareness on the impact of the school-to-prison pipeline on the children and youth for which they provide care. Participants engage in community building and create a vision of schools and communities that promote justice and liberation for all children, youth, and their families.

**Navigating Schools and Other Complex Systems-** In this training, parents/ caregivers take lessons learned from the Understanding School to Prison Pipeline and self-reflect on their experiences with and barriers to advocacy. After learning and sharing knowledge about student and parent rights in schools, participants role-play scenarios using five key advocacy strategies in order to navigate schools and advocate for student rights to advance justice in schools and legal systems and disrupt the school-to-prison pipeline.

**Raising Sexually Healthy Youth-** In this training module, participants will grow in their understanding of sexuality and gender identity. By engaging in self-reflection activities and circle practice, participants explore their own understanding of sex, sexuality, and gender identity shaped by their upbringing and personal histories. Participants will unpack how these factors affect their approaches to navigating conversations about sex, sexuality, and gender identity with young people. Participants will expand their understanding of LGBTQI+ terminology to be more inclusive, empathetic, and just in their interactions with all the children and young people in their lives.

## **Logistics and Scheduling**

CCEJ can customize the hours and content of each training series based on the participating organization's needs. Please note that modules in the training series can be offered individually or as a complete series. CCEJ maintains a 1:18 trainer to participant ratio for all trainings.

To discuss interest and schedule services, please contact Mayra Serna, Training Specialist at [mserna@cacej.org](mailto:mserna@cacej.org) or 562.435.8184 Ext. 242.