



Families First is an FCCLA national 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 and 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.



Japanese Exchange

Members can also experience other cultures and family relationships through Japanese Exchange, sponsored by Kikkoman Corporation. Members who are sophomores or juniors can apply for a Japanese Exchange Scholarship to spend four- to six-weeks as an exchange student with a Japanese host family.

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 online *Teen Times* magazine. Chapters apply online 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