

Name: \_\_\_\_\_

## FAMILY CONNECTIONS

Students,

Please ask a parent, relative or community member to tell you about a time when they faced a challenge in their life, and how they overcame that challenge. Ask the questions listed below and rewrite their response in the space provided.

Name of Adult: \_\_\_\_\_ Signature: \_\_\_\_\_

What is one challenge you have faced in your life that you were able to overcome?
What values and beliefs did you hold onto in the face of that challenge?
Who did you rely on (or reach out to) in your community to overcome that challenge?
How did you reach out or rely on these people?
What advice can you give me when I face challenges in life?
ADULT: please ask student one question about facing challenges and include the question and response in this space.