

Camp Fire USA Orange County Council
Sharing Healthy Adolescent and Parent Experiences (S.H.A.P.E.)
Course Fundamentals

Types of Courses:

- a) SHAPE I – Parent/daughter course or parent/son course
One course designed for girls and boys, ages 9-12 and a parent
Two hours in length, one night a week, for five weeks
- b) SHAPE II – Coed or single sex class with teens ages 13-16 and a parent
Two and half hours in length, one night a week, for four weeks

When classes are segregated by sex, usually the mother will attend with her daughter and the father with his son. However, the opposite sex parent may attend (i.e., mother with son) or a parent substitute such as a grandparent, aunt, uncle, foster parent, or guardian. If desired, space permitting, both parents may participate with the child. It is preferred and beneficial to the child that the same parent attends consistently with them.

Class Size:

The minimum class size is **10 pairs** (parent-child). Maximum class size is dependent upon the size of the classroom/site and facilities available, and the educator's preference. If a class does not have 10 pairs, participants can opt to pay more to still have a class. The class costs \$1000 to cover Camp Fire's costs (\$100 x 10pairs = 1000), however if there are 8 pairs they can each pay \$125 (\$125 x 8= 1000) to cover this cost. Note that the cost however does not go down for more than 10 pairs.

Participant Recruitment:

SHAPE classes are requested by schools, PTAs, youth groups, church groups, other community-based groups, etc. The class organizer is the contact person for the class. It is the responsibility of the contact person to recruit participants.

Site Selection:

Every effort is made to offer classes at varying sites throughout Orange County to reach as many individuals as possible. School classrooms, churches, community clubrooms, libraries, and occasionally private homes are all acceptable sites for classes. It is the responsibility of the contact person to obtain and arrange for the class site. Facilities are almost always provided free of charge, but if a fee is charged it is the responsibility of the contact person and/or class participants to pay the charge.

The facility where the class is held should be able to comfortably hold all participants. Each site must have access to a **TV/VCR or DVD player**, a white screen or white wall, **overhead projector** (portable overheads are available at the Camp Fire office) and sufficient access to electrical outlets. Bathroom facilities should be available. It is the responsibility of the contact person to arrange for evening access, keys to the classroom, and any other necessary items, such as refreshments for the meeting.

Days and Hours:

The curriculum for the SHAPE I series (9-12 years old) involves a total of ten hours with one 2-hour class each week, for five weeks. The **first session is for parents only**. Adolescents will attend the remaining eight hours of instruction with their parents. The SHAPE II curriculum (13-16) involves ten hours with one 2 ½ -hour session each week, for four weeks. Adolescents attend all sessions with their parents.

Fees:

Fee charges cover one parent/child pair. An additional, lesser fee is charged for each additional child. If a mother/daughter pair is taking SHAPE I and a father/son pair of the same family are enrolled in another SHAPE I class, both pairs are charged a separate fee. The option to waive the fee for special family financial circumstances is at the discretion of the SHAPE Coordinator. Generally, fees are collected by the contact person and delivered to the educator, who is responsible for mailing or hand delivering fees to Camp Fire. The contact person or individual organizing the class, can attend for free with their child if they are an 11th + pair. Refunds are only granted if a parent decides after Parent night (1st session) that their child is not ready for the SHAPE series and withdraws enrollment at this point. There are no refunds or partial refunds for a family's change in schedule during the program, etc.

Snacks:

Snacks for the SHAPE classes are optional, but desirable. Evening classes usually allow for a five to ten minute break for refreshments, a welcome respite for both teacher and participants, and give the group time to personally ask questions of the teacher. Many times for the parent-only meeting, the co-sponsoring group or contact person will provide snacks and beverages at the site.