

GEORGIA FAMILY AND CHILD WELLBEING SERIES

Building Resilience for Brighter Futures Host Toolkit



**Georgia Department
of Human Services**
Division of Family & Children Services

In this toolkit you'll find:

1

Conversation Overview

Learn about the Building Resilience for Brighter Futures conversation

2

Host Kit

Learn how to set up your event, who to invite and hosting your own Inclusivv conversation

3

Host Materials

Download the Host Guide, optional Host Card for guests, and Presentation Deck

4

Spread the Word

Find ready-to-post graphics and copy to help you get the word out

5

Engage Your Network

Encourage your network to join the Building Resilience for Brighter Futures conversation

6

After the Conversation

Encourage participants and your network to continue the conversation, share their story and take action



Section 1

Conversation Overview



Conversation Overview



BUILDING RESILIENCE FOR BRIGHTER FUTURES

A conversation about building resilience — and how it helps families and children live safe, happy and healthy lives.

Early Learning for Lifelong Success

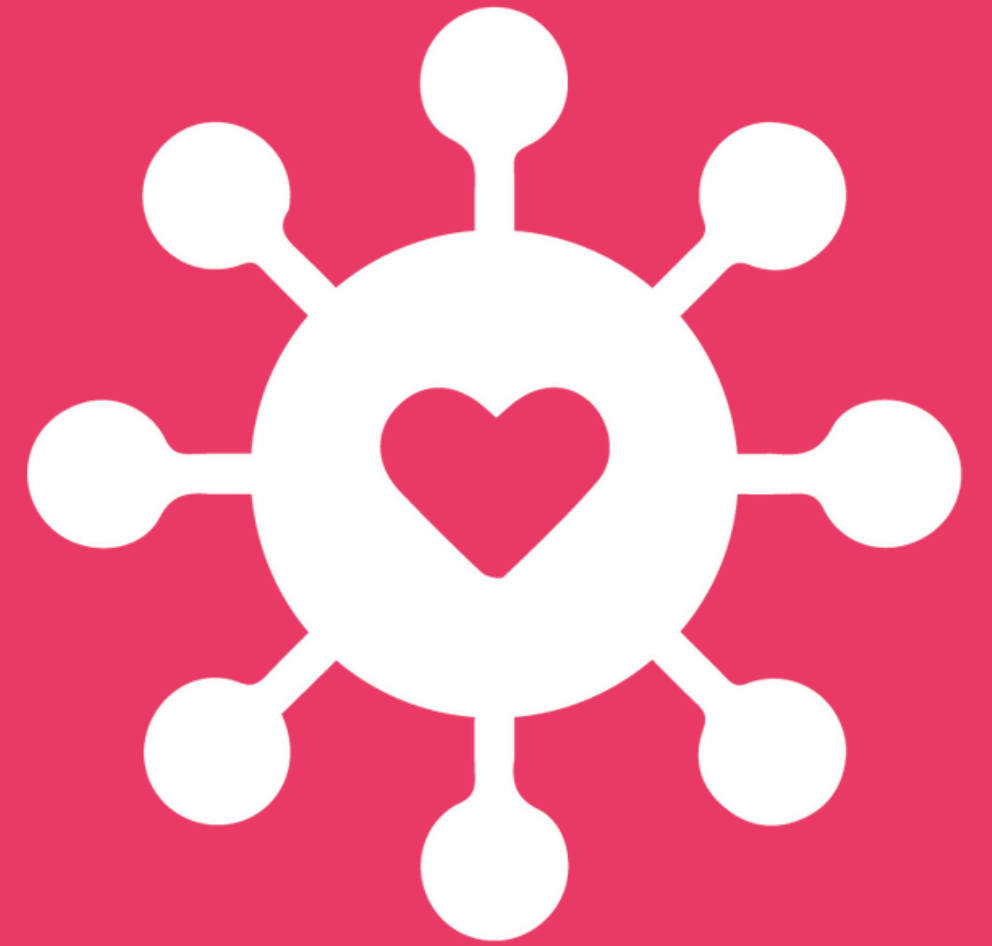
How do we deal with the kinds of challenges that hurt us far more than they help us? Many children will face more than their fair share of adverse childhood experiences. The effects can be lifelong. Early adversity is linked to chronic health issues, mental illness and substance abuse in adulthood. But the hopeful news is that the impact of childhood adversity can be greatly reduced. We have seen that through positive connections, children can build resilience and increase their ability to live happy, successful lives.

This is a conversation about how we can all help children thrive and bring about a brighter future for Georgia.



Section 2

Host Kit





Our proven model provides a structured conversation that allows every voice to be heard, virtually or in person.



Conversation
Host



Small Group
Gathering



Structured
Conversation



Equal Time
to Share



Shared
Experience

How to Set Up Your Event

To host your own conversation
start here >>

- Learn how you can get involved as a conversation participant or host by viewing our easy to view guide here >>



HOW TO HOST:
Setting Up Your Conversation

Step 1: Sign Up
To set up your dinner, simply go to inclusivv.co/ga-family-wellbeing, select a topic, click "Host your Own" and follow the quick prompts to create an Inclusivv account. The email that you use for sign up will be the email you receive all reminder information so be sure to choose one you check regularly. You may also choose to login using Facebook.

Step 2: Set Up Your Conversation
After you've registered you'll be prompted to create your "conversation." Simply agree to the host guidelines of following the host guide and sharing insights after the conversation.

Step 3: Choose Your Guest Registration Preference
Choose "Open" or "Host Approval" for registration type. We recommend "Open" so that anyone can sign up, however if you wish to curate your guests, choose "Host Approval," which requires guests to request an invite and the host must approve each guest.

Step 4: Select In Person or Online
You can host in person or online. As a host, you can choose what's best for you. You can choose between using your own virtual meeting room (such as Zoom or Microsoft Teams) or a virtual room by inserting the link and any join instructions. Keep in mind the Inclusivv video platform is web-based and requires a stable internet connection. Please be on camera at a time. Therefore for online events over 8 weeks, we provide bluejeans that allow for larger capacity and breakout rooms.

Location, and Guest Limit
Choose a time slot: morning, mid-day, afternoon, or evening. We recommend a time slot that works best for you and your guests. In case the conversation is deep and you have a full group of guests, you'll host so that the time zone is accurate.

Hosts!
Have an event page that you can share directly with potential guests via email. Be sure to upload a profile picture as people are looking for you. You'll receive an email with the conversation guide, which you can share directly and clicking "Edit" when you're logged in to see all conversations, or download the conversation guide.

GA Division of Family and Children Services
The Family & Child Well-Being Series

You're invited to join an Inclusivv conversation to support A Vision for Child & Family Well-Being!

DFCS, the Georgia Division of Family & Child Services, has partnered with Inclusivv to build a conversation series around the state's Child Abuse and Neglect Plan (CANPP), titled "A Vision for Child & Family Well-Being." Based on six key objectives, the plan was developed with input from more than 1,000 Georgians and aims to deliver equitable, actionable solutions to preventing abuse and neglect.

Thank you for being a part of this important work. Each conversation provides participants with a space to learn, share ideas and find their role in supporting Georgia's children and families. We appreciate your involvement as we all work to help families thrive.

What to Expect During Your Conversation

Conversation Host, Small Group Gathering, Structured Conversation, Equal Time to Share, Shared Experience

Sign up to host – or attend – a conversation!
Get started and learn more at inclusivv.co/ga-family-wellbeing

GET INVOLVED

Host a Conversation
It's easy. We provide you with everything you need. First, sign up to host a conversation and we'll send you the conversation guide with questions. You select the date, time, location, number of guests, and we provide a digital invite you can share with friends.

Attend a Conversation
Join a conversation by searching the available events in the Upcoming Conversation section of inclusivv.co/ga-family-wellbeing. Then just register, invite others to join you, and enjoy the conversation!

Spread the Word
We're looking for hosts and guests who love bringing people together for conversations that matter. Forward this on to someone you believe would be an excellent host or attendee and invite them to join as well! Then share and tag us about your experience [#PreventChildAbuse](https://twitter.com/PreventChildAbuse) [@GAfamilywellbeing](https://twitter.com/GAfamilywellbeing) [@inclusivv](https://twitter.com/inclusivv). See you there!

inclusivv **PREVENTION AND COMMUNITY SUPPORT SECTION**

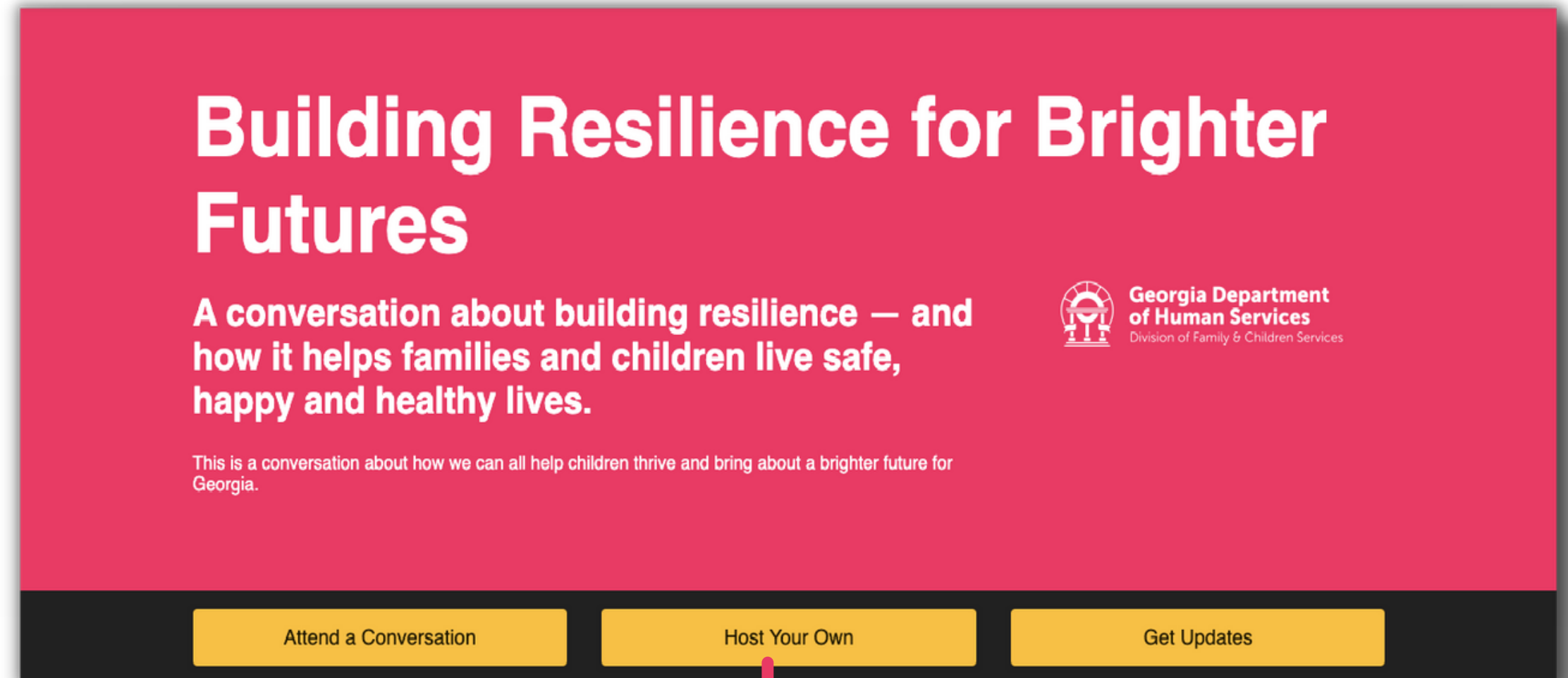
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How to Set Up In-Person Conversations

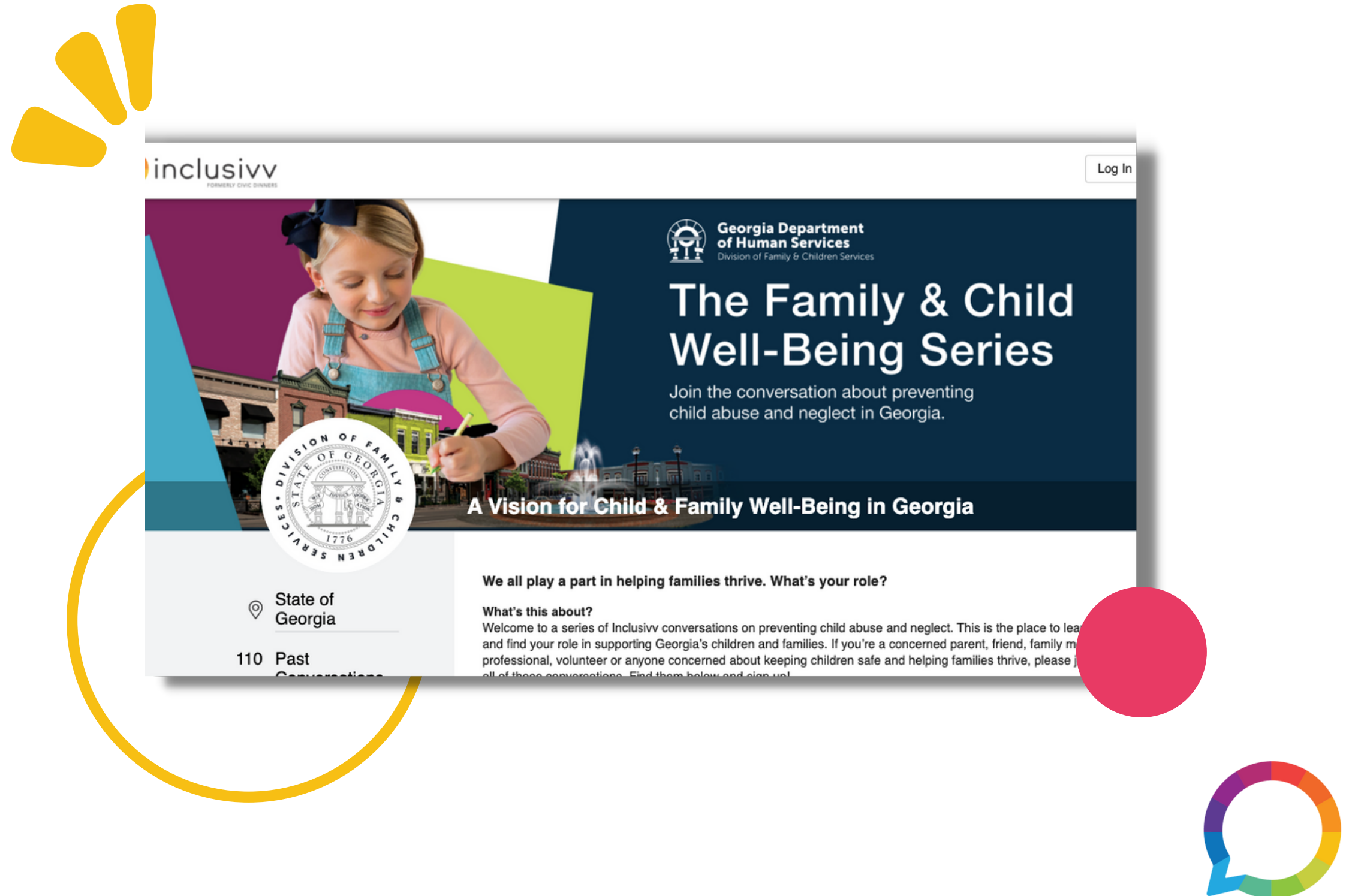
To host your own conversation
[start here](#) >>

- Click Host Your Own to create your own conversation event.
- Then follow the simple steps provided to create your personalized registration page



How to Set Up Your In-Person Conversation

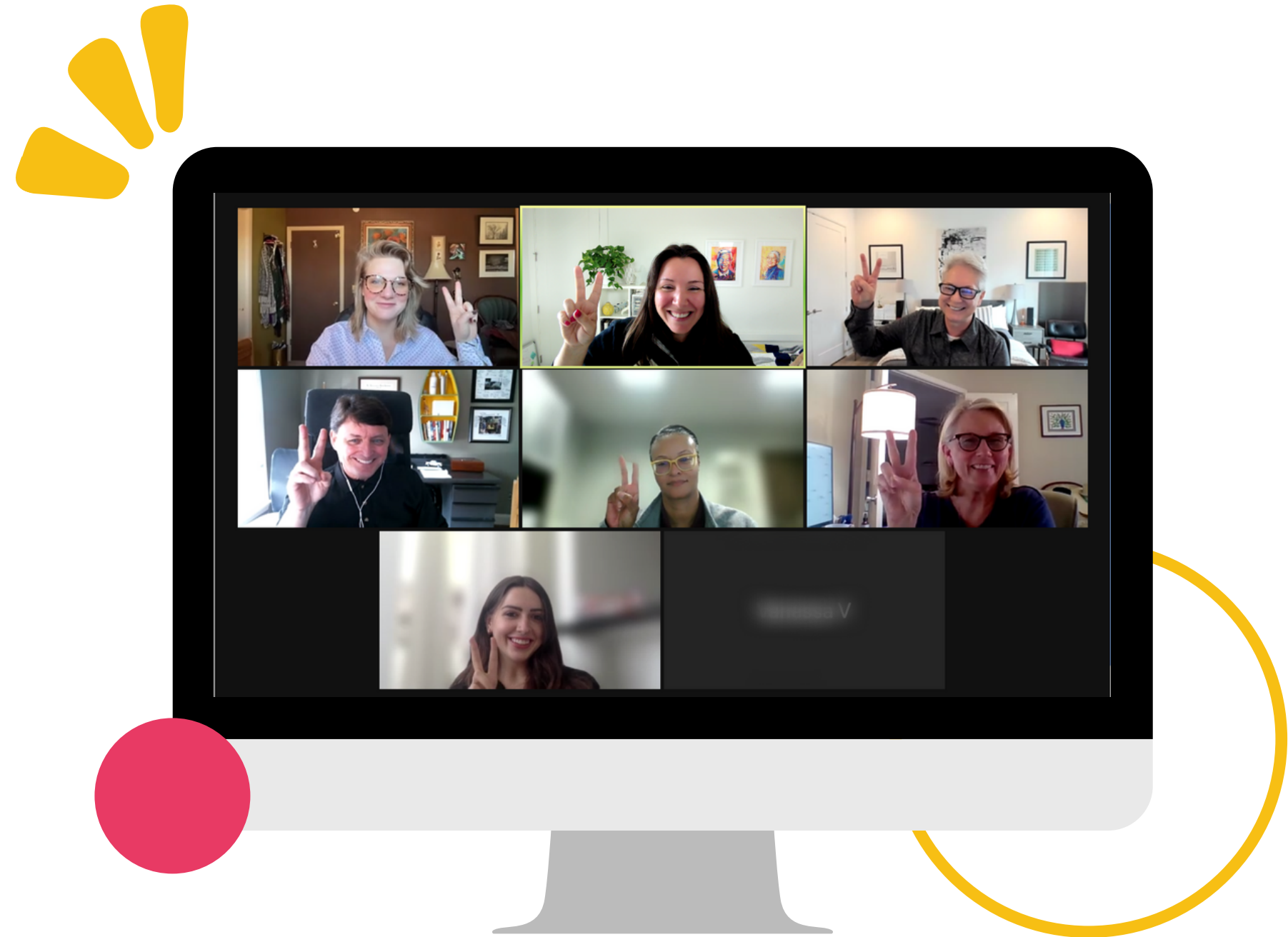
For easy viewing, watch our demo on [How to Set Up Your In-Person Conversation here >>](#)



How to Set Up Your Online Conversation

Start to set up your online conversation here >>

Access a short video on how to set up your conversation here >>



Who to Invite?

Raise awareness about the resources and support for families and children by bringing people together for conversations on child and family well-being.

Faith Community

Do you belong to a place of worship where families and children attend? Consider hosting a conversation with members of your faith community.

Neighborhoods

Do you live in a neighborhood with a lot of families and children? Host a conversation with your neighbors, or members of your neighborhood association.

Parent Groups

Do you belong to a parent group, such as in your children's school? Consider hosting a conversation with other parents and caregivers in your network.

All of Georgia



Health Community

Do you play sports with other adults who have families with children? Consider hosting a conversation with your friends and workout buddies.

Business Leaders

Are you a leader in your organization? Consider hosting a conversation with clients, other leaders and your team, especially if some are parents.

Community Leaders

Are you involved in your community? Consider hosting a conversation with other community leaders and invite a mix of members.



Email Invitations

Invite your guests with our carefully curated email copy referring to your specific Inclusivv conversation for the Family Well-Being Series.

Tip: It is okay to invite many knowing that not everyone will be able to attend.

[Access the email invitation here >>](#)



Building Resilience for Brighter Futures

Subject: Help children live happy, safe lives

How do we deal with the kinds of challenges that hurt us far more than they help us? Many children will face more than their fair share of adverse childhood experiences. The effects can be lifelong.

The Division of Family and Child Services along with Inclusivv invite you to attend a conversation on how we can all help children thrive and bring about a brighter future for Georgia.

Together, we'll explore 3 big questions that take us on a journey of shared learning. You're not expected to be an expert — just to be open to sharing your experiences and ideas.

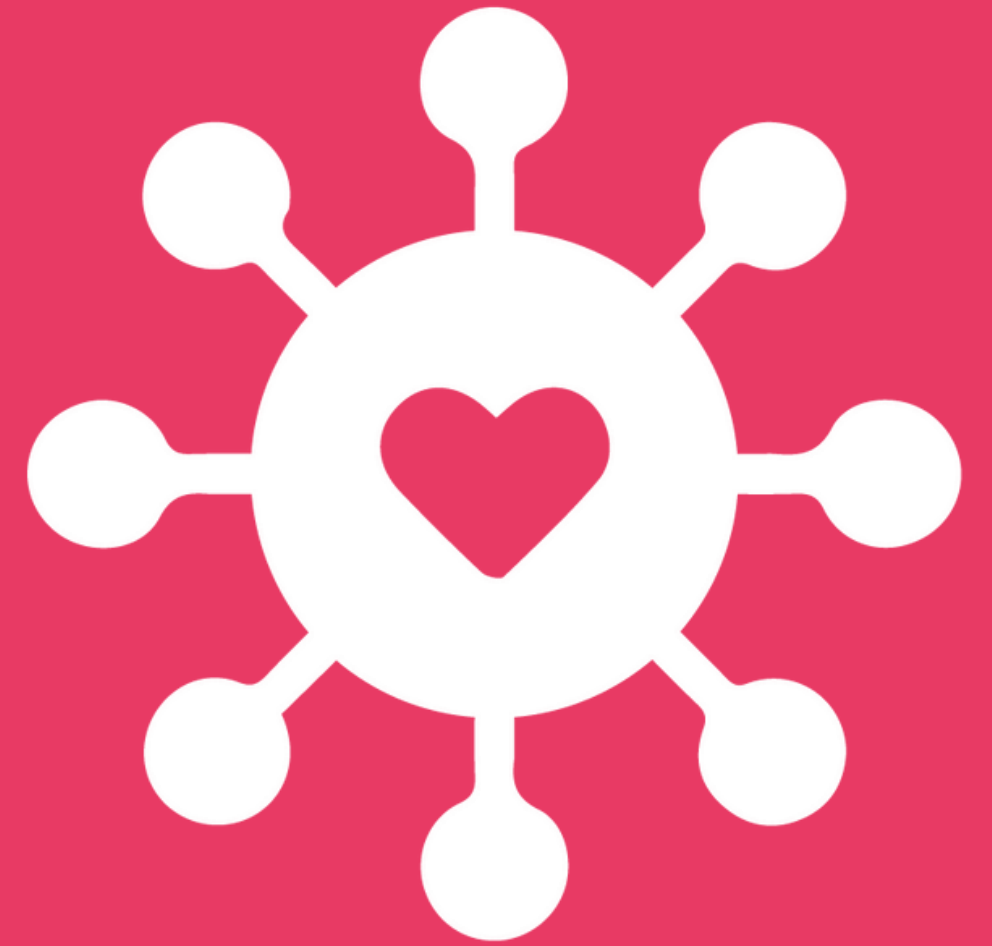
Are you ready to make a difference for a child's future?
Find a conversation to join [here](#).

For further information or to sign up for our next conversation, please visit [The Family & Child Well-Being Series](#).



Section 3

Host Materials



How to Host!

On the following slides, you'll find all materials for hosting your own conversation.

>> [Download the complete Host Toolkit here](#), or just the essential resources below.

The Host Guide is the step by step flow of your conversation.

The Conversation Card is for guests - you may print this and distribute for in person conversations if you have several tables! It will help engage and keep your guests on track.

The Conversation Deck is for you to present during the conversation.



Host Guide

The Host Guide provides you, the host, with everything you need.

From the introductions, questions, to the timing to follow, you'll feel confident while hosting your conversation.

[Access the host guide here >>](#)



Host Tips

Start With Introductions

"Let's get started with the introduction question."

Read the question and copy and paste it into the chat (if hosting online).

Feel free to go first and kick things off!

Moving to the Next Question

Once everyone who wants to has shared, transition to the next question:

Introductions

(1-2 minutes per person)

Share your name, where you're from, and give a shout-out to a positive role model from your childhood.

Question 1:

(2-3 minutes per person)

Resilience is defined as the set of skills needed to overcome adversity and thrive.

What does resilience mean to you? Have you or someone you know had to overcome adversity in life? What are some things that helped, or could have helped in those times?

Question 2:

(3-4 minutes per person)

Nearly 1 in 5 adults have had at least four adverse childhood experiences. These can include witnessing or experiencing violence, being separated from a parent, and growing up with mental health or substance use issues in the home. Research shows that these experiences increase the likelihood of harmful substance use, and poor health later in life.

Which adverse childhood experiences are you most concerned about? What resources and support would make a real difference to overcome these challenges?

(2-3 minutes per person)

Adverse childhood experiences can buffer children from the negative effects of early trauma and help build resilience.

Relationships with adults, a sense of self-efficacy, a sense of can-do, the ability to manage their emotions and impulses, and positive social supports, such as faith or cultural traditions.

How could you contribute to and make a difference? What action you can take to support a child or youth?

(2-3 minutes per person)

Share your stories, values and vision. Next, you will receive an opportunity to share feedback. This conversation is part of the Georgia Family and Child Well-Being Series. We encourage you to share and another topic and invite others as well.

Source: U.S. Department of Health and Human Services, 2019. www.hhs.gov/healthypeople/about/2019-strategy

Building Resilience for Brighter Futures

Host Instructions

Thank you for hosting this conversation!

Here is an outline of what to expect and how to follow this host guide.

Overview

1. Welcome guests when they arrive
2. Introduce the topic by reading the Summary
3. Read What to Expect
4. Read the Ground Rules
5. Introductions (5-10 mins)
6. Question 1 (10-20 mins)
7. Question 2 (10-20 mins)
8. Question 3 (10-20 mins)
9. Wrap up & next steps

Total time needed:
1-1.5 hours

Timing varies based on the number of participants.

Break into small groups of 4-8 people if you have a large group.

Have any questions?

In our online knowledge base you'll find:

- Host FAQs
- Facilitation tips
- Online hosting tips
- In-person hosting tips

See these and more at:
about.inclusivv.co/host

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Welcome

A conversation about building resilience — and how it helps families and children live safe, happy and healthy lives.

Summary

How do we deal with the kinds of challenges that hurt us far more than they help us? Many children will face more than their fair share of adverse childhood experiences. The effects can be lifelong. Early adversity is linked to chronic health issues, mental illness and substance abuse in adulthood.¹ But the hopeful news is that the impact of childhood adversity can be greatly reduced. We have seen that through positive connections, children can build resilience and increase their ability to live happy, successful lives. This is a conversation about how we can all help children thrive and bring about a brighter future for Georgia.

What to Expect

Together we'll explore three big questions that take us on a journey of shared learning. No one is expected to be an expert, but everyone is invited to participate by sharing their experience and ideas. With each round of questions, we'll all have the opportunity to share. My role as host is to help ensure everyone's voice is heard and that we end on time. Before we begin, let's review and agree on the ground rules.

Ground Rules

Our ground rules help create a brave space where we honor what is shared and learned in this conversation. By joining this conversation you agree to:

- Listen With Curiosity
- Engage With Empathy
- Appreciate Authenticity
- Respect Those With Lived Experience
- Enjoy Yourself!

Georgia Department of Human Services
Division of Family & Children Services

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The Conversation Card

Given to guests during the conversation to inform them of the process and questions, the Conversation Card will help your guests engage.

[Access the conversation card here >>](#)



Building Resilience for Brighter Futures

Introductions:
Share your name, where you're from, and give a shout-out to a positive role model from your childhood.

Question 1:
Resilience is defined as the set of skills needed to overcome adversity and thrive.
What does resilience mean to you? Have you or someone you know had to overcome adversity in life? What are some things that helped, or could have helped in those times?

BUILDING RESILIENCE FOR BRIGHTER FUTURES

A conversation about building resilience — and how it helps families and children live safe, happy and healthy lives.

How do we deal with the kinds of challenges that hurt us far more than they help us? Many children will face more than their fair share of adverse childhood experiences. The effects can be lifelong. Early adversity is linked to chronic health issues, mental illness and substance abuse in adulthood.¹ But the hopeful news is that the impact of childhood adversity can be greatly reduced. We have seen that through positive connections, children can build resilience and increase their ability to live happy, successful lives. This is a conversation about how we can all help children thrive and bring about a brighter future for Georgia.

How It Works

- Host
- 4-8 Guests
- 3 Big Questions
- Equal Time to Share
- One Voice at a Time

To host or attend: inclusivv.co/ga-family-wellbeing

inclusivv **Georgia Department of Human Services**
Division of Family & Children Services



The Conversation Deck

This is the presentation you'll use to guide your guests through the conversation.

Tip: This is to display via your online convo or present if in person.

[Access the conversation deck here >>](#)

[Access the Run of Show here >>](#)



Question 1

Resilience is defined as the set of skills needed to overcome adversity and thrive.

What does resilience mean to you? Have you or someone you know had to overcome adversity in life? What are some things that helped, or could have helped in those times?

Intro

Share your name, where you're from, and give a shout-out to a positive role model from your childhood.

(2-3 minutes per person)

BUILDING RESILIENCE FOR BRIGHTER FUTURES

A conversation about building resilience — and how it helps families and children live safe, happy and healthy lives.

inclusivv

Georgia Department of Human Services
Division of Family & Children Services



Section 4

Spread the word



Ready-to-Post Graphics

Outreach post - Instagram

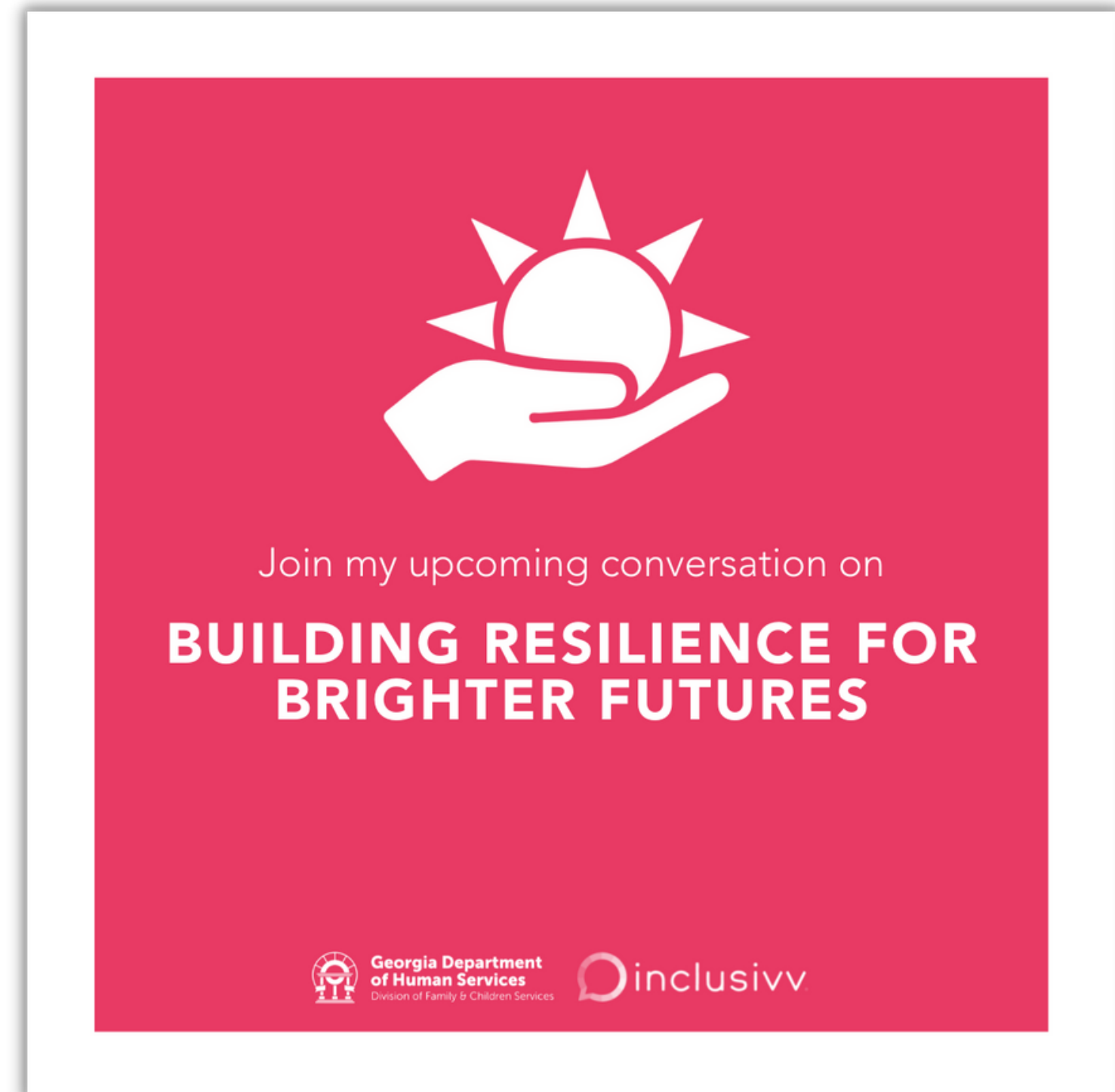
This post is for introducing your network to the Building Resilience for Brighter Futures conversation. Let your network know that you will be hosting a conversation and how they can join.

[English]

Generic caption

Join this powerful conversation on [date and time] as we discuss building resilience for brighter futures! Through positive connections, children can build resilience and increase their ability to live happy, successful lives. Register to attend this conversation at [insert conversation link].

#PreventChildAbuse #GAFamilyWellBeing
@inclusivv



[Download Instagram graphic here >>](#)



Ready-to-Post Graphics

Outreach post - Facebook

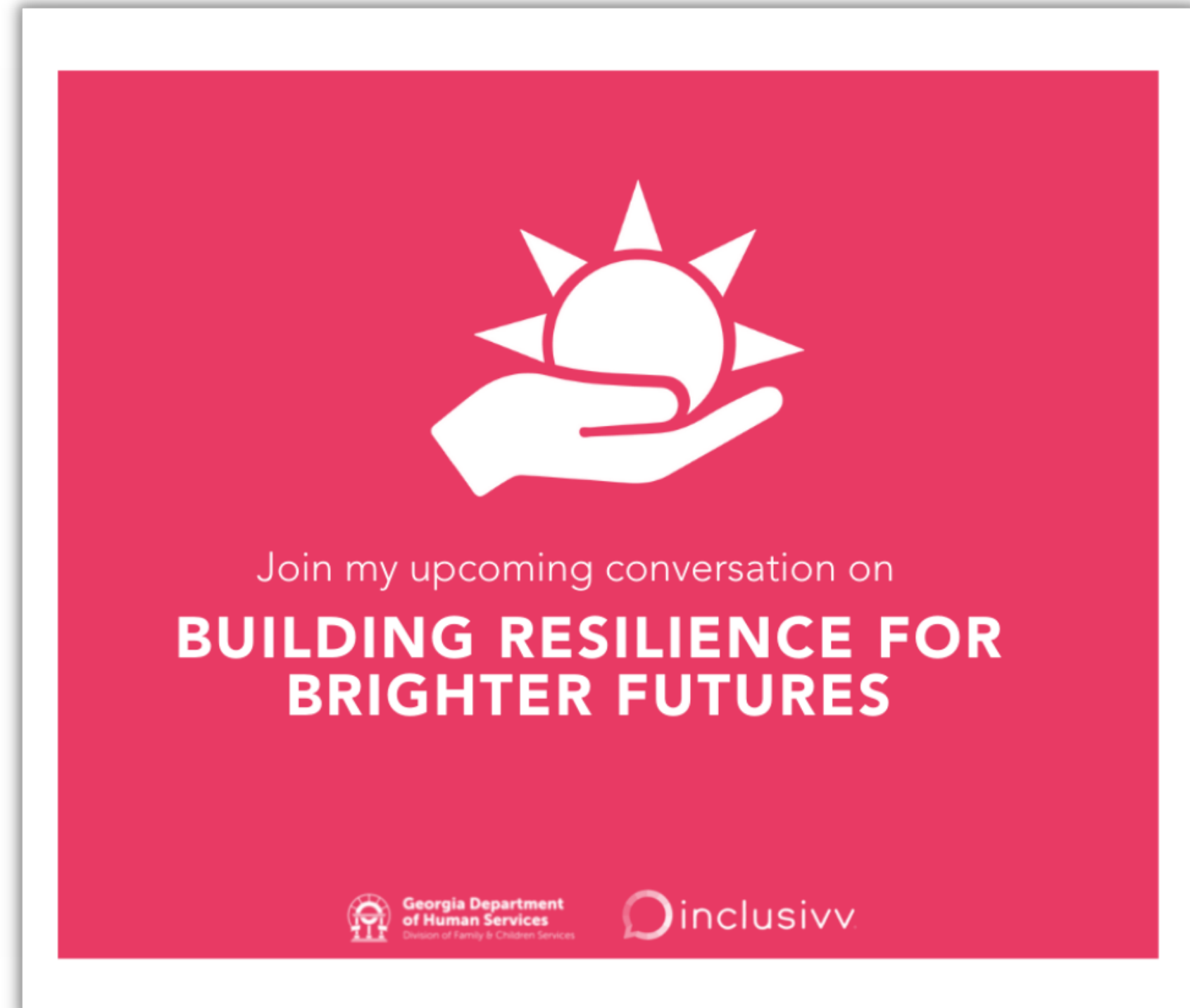
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#PreventChildAbuse #GAFamilyWellBeing
@inclusivv



[Download Facebook graphic here >>](#)



Ready-to-Post Graphics

Outreach post - LinkedIn

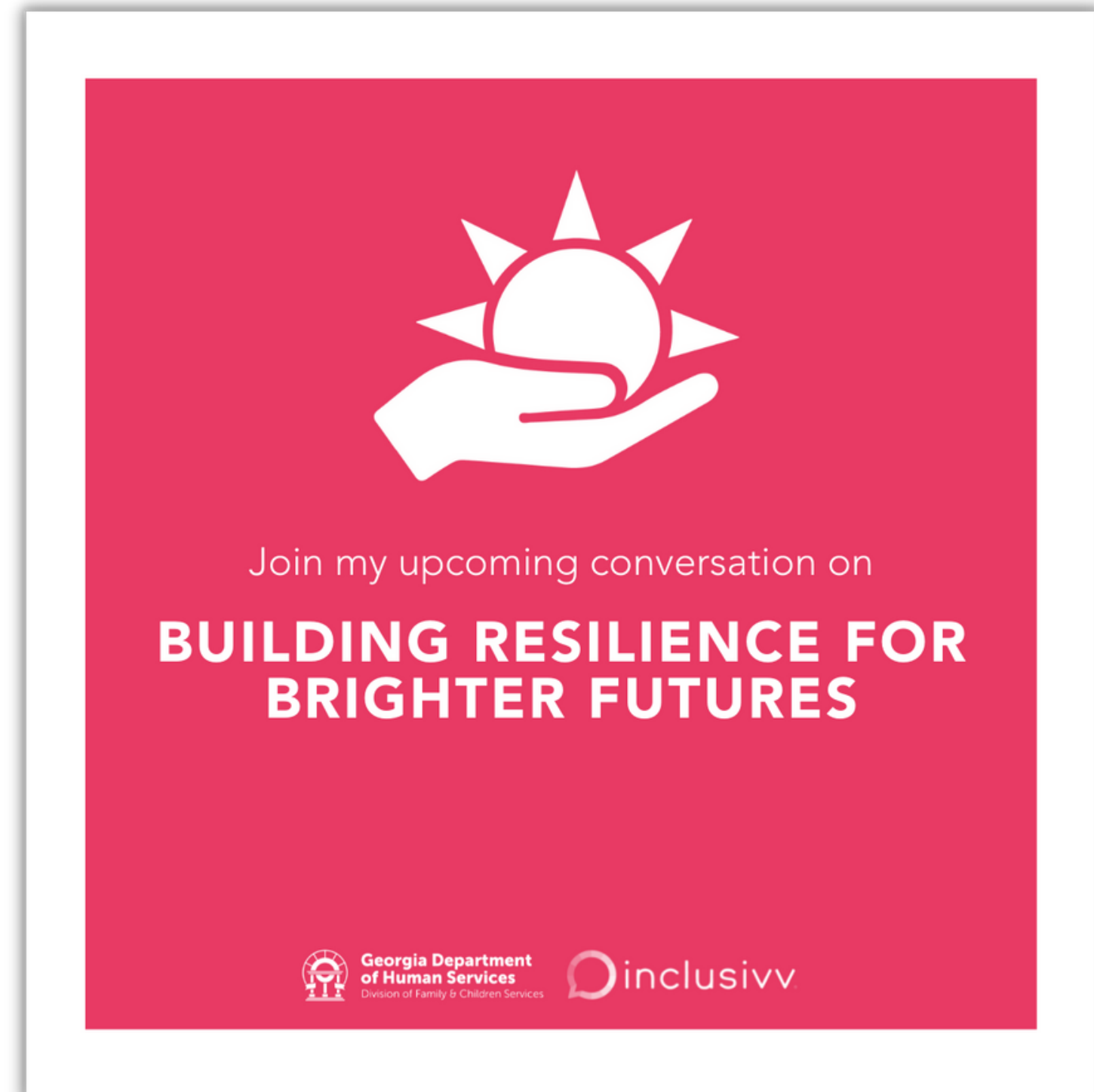
This post is for introducing your network to the Building Resilience for Brighter Futures conversation. Let your network know that you will be hosting a conversation and how they can join.

[English]

Generic caption

Hi there! I'm hosting a Building Resilience for Brighter Futures conversation on [date and time]. We'll discuss how through positive connections, children can build resilience and increase their ability to live happy, successful lives. Don't miss an inspiring conversation that will encourage you to take action and educate your community on the importance of advocating for family and child well-being! Register to attend at - [insert conversation page link].

#PreventChildAbuse #GAFamilyWellBeing
@inclusivv



[Download LinkedIn Graphic here >>](#)



Section 5

Engage your network



Host a Conversation

Create a meaningful experience for your community by hosting a Building Resilience for Brighter Futures conversation.

- Receive the Host Guide and everything you need to host a conversation
- Provide an opportunity for peer-to-peer learning, and help spread awareness of resources that support families and children.
- Give parents, caregivers and community members space to connect and learn from one another.
- Raise awareness about essential resources for families and children.



Engage Your Network

The Building Resilience for Brighter Futures conversation is the perfect opportunity to educate, advocate and inspire action on behalf of Georgia's children.

- Invite your network to your conversation
 - Mark your calendar with your conversation date & time
 - Share your conversation link with your network and encourage them to attend
 - Use the graphics and example social media posts
 - Send personal email invitations to people you know
- Afterwards, post on social media a screenshot from your conversation and some of the key highlights
 - Tag participants you know or connect with the new people you met and encourage them to share



Section 6

After the Conversation

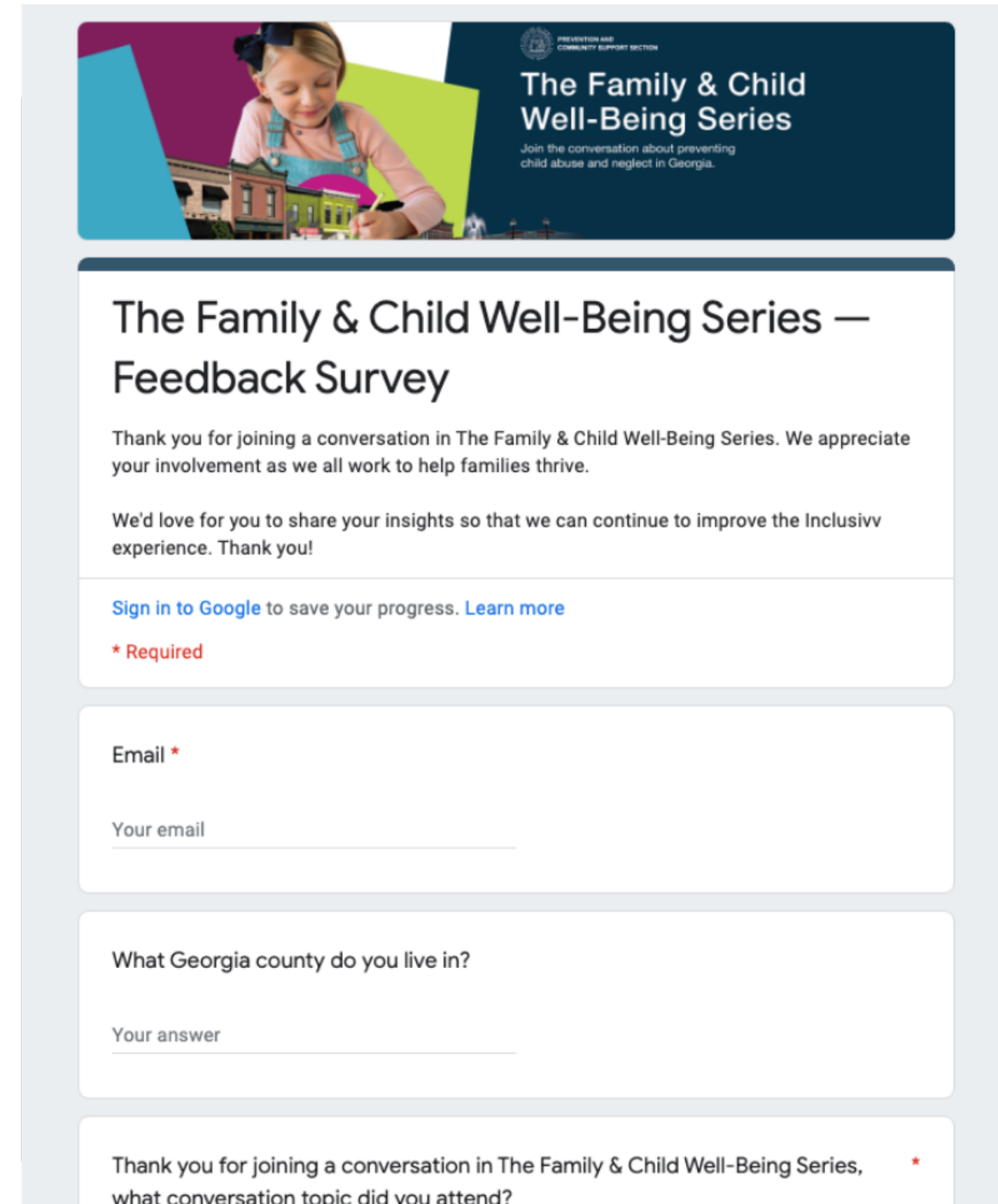


Complete the Survey

Immediately after the conversation, you'll receive an email thanking you for hosting. All registered guests will also receive an email with a link to take a quick survey.

This is a Google Form that will collect key themes and will be shared with the partners involved with the Family & Child Well-Being Series

>> Link to Survey for Georgia Family Well-Being Series



The screenshot shows a Google Form titled "The Family & Child Well-Being Series — Feedback Survey". The header features a banner with a child's photo and the text "The Family & Child Well-Being Series" and "Join the conversation about preventing child abuse and neglect in Georgia." The form body includes a thank-you message, a link to sign in to Google, and three required questions: "Email", "What Georgia county do you live in?", and "Thank you for joining a conversation in The Family & Child Well-Being Series, what conversation topic did you attend?".

The Family & Child Well-Being Series — Feedback Survey

Thank you for joining a conversation in The Family & Child Well-Being Series. We appreciate your involvement as we all work to help families thrive.

We'd love for you to share your insights so that we can continue to improve the Inclusive experience. Thank you!

[Sign in to Google](#) to save your progress. [Learn more](#)

*** Required**

Email *

Your email

What Georgia county do you live in?

Your answer

Thank you for joining a conversation in The Family & Child Well-Being Series, what conversation topic did you attend? *



Share Your Story

Share your story after the conversation, using the Inclusivv Story feature. To access it, simply go to your event page and add "/story" to share your story.

- Choose one of the prompts to create your story.
- Upload any screenshots or photos from the conversation. Make sure you remember to ask for permission to take a screenshot or photo of the group for sharing on social afterwards.
- Or record a short 30 second video of the impact of the conversation with just you!


Choose a prompt or freestyle your response

Select one

<input type="radio"/> The conversation affected me personally because...	<input type="radio"/> The conversation made me change the way I think about...
<input type="radio"/> As a result of the conversation, I am inspired to...	<input type="radio"/> Open response...

Add a pre-recorded video response or a photo from your experience

Users find images and videos more helpful than text alone.
Files should be JPG, PNG, MP4 or MOV. We recommend videos 30 seconds in length.



No file chosen



Share Your Story

(continued)

- Then create a headline for your story, ideally about 6 words in length.
- Then share your written story. This is where the "aha-moments" can come out as what is learned should be shared with everyone.
- Then publish!

Add a headline for your story

What's most important to know? (The best titles are about 6 words)

Add your response (300 word max recommended)

Your published story will to post to our site and will be available to share with your social networks. Thanks for helping GA DFCS capture the value of a great conversation.

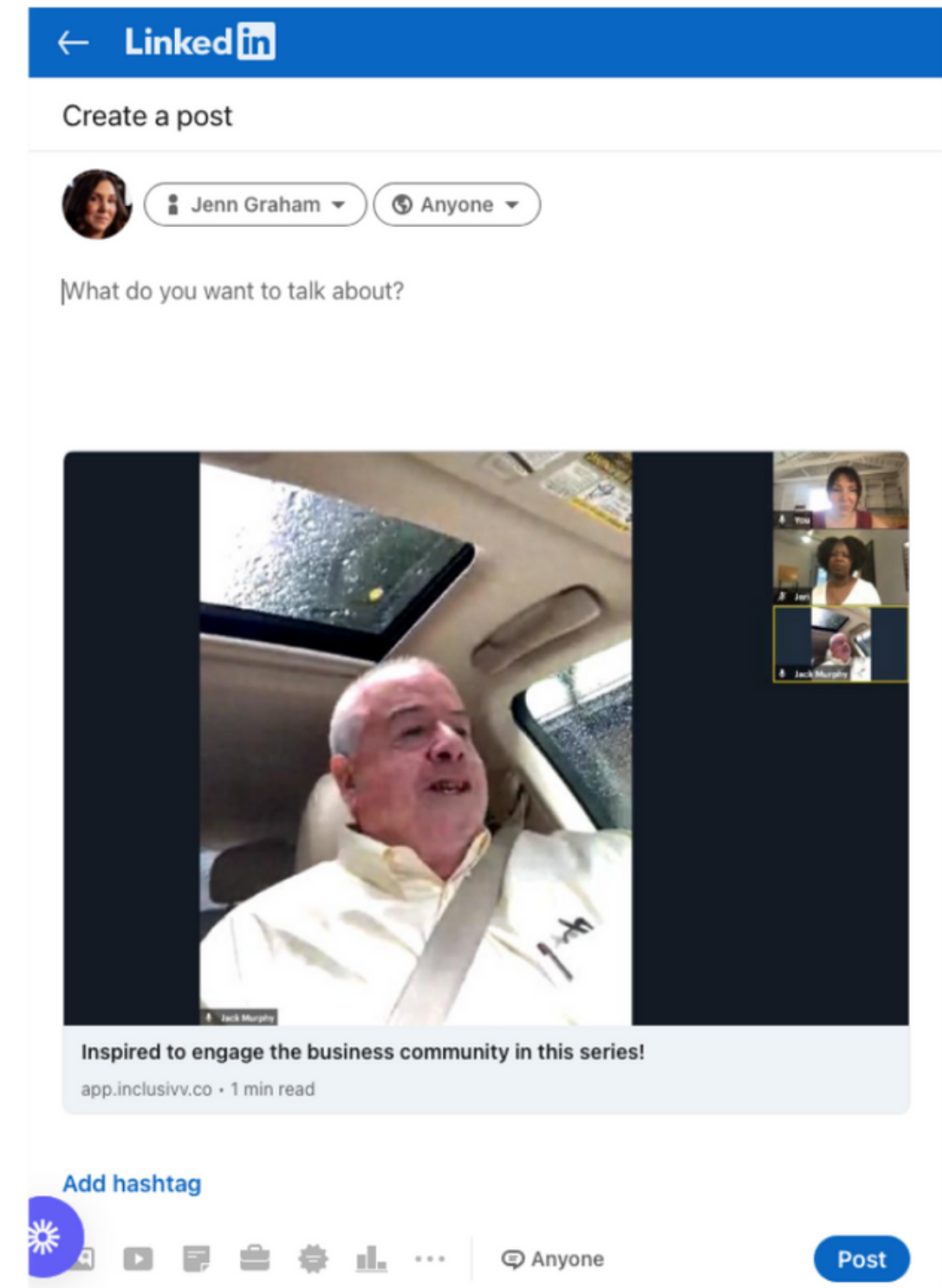
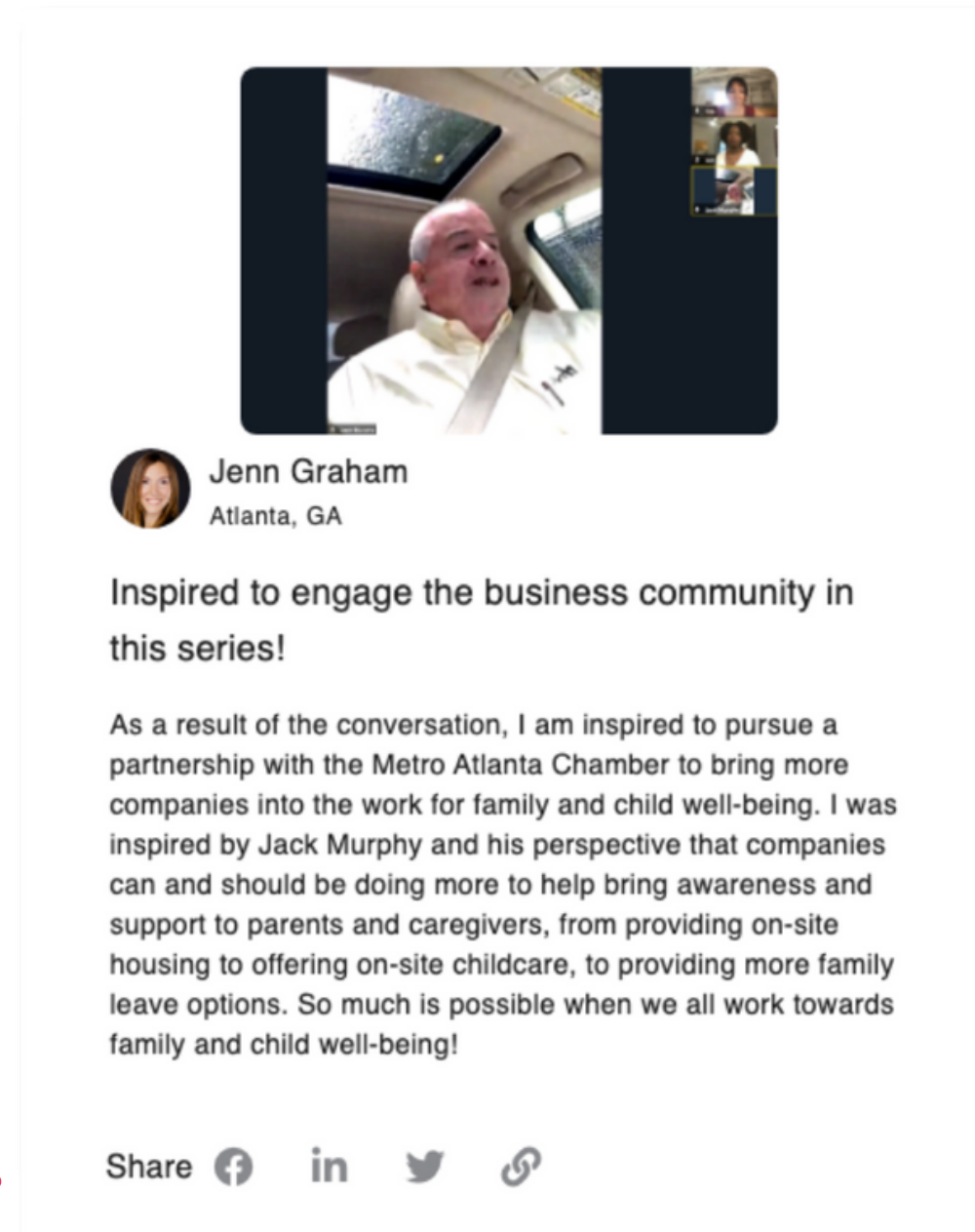
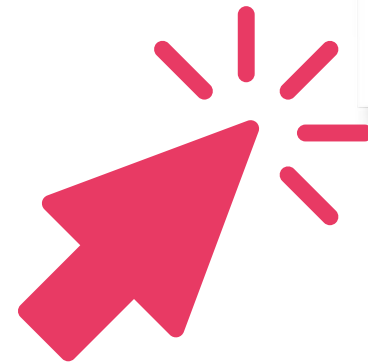
Publish Your Story



Share Your Story

(continued)

- Share on social!
- Be sure to tag @inclusivv and use the hashtag #GAFamilyWellBeing



Take Action

Each conversation in the Family & Child Well-Being Series has been curated with specific actions and resources.

Actions are available after your conversation is over. Simply go to the registration page, and you'll see Take Action with the checklist of actions.

Mark off actions as you complete them so that they are counted.

Contact state legislators to advocate for policies that support family financial well-being

Georgians who have a need, concern, or idea regarding state policy can contact their state legislators. Learn how to contact your state legislator.

Contact State Legislator

Connect families with trained navigators to help them find the resources they need

Parenting is hard work, and all caregivers can use a little help to get through the tough parts. 1-800-CHILDREN (1-800-244-5373) is a free statewide helpline that connects parents, caregivers, and professionals with the help they need wherever they live in Georgia. Callers speak with a trained resource navigator who cares and wants to help. Available online 24/7 and by phone Monday to Friday, 8am - 6pm.

Community Resources

Sign-up for a Connections Matter training in Georgia

Learn strategies for increasing and improving your own connections and tools for strengthening both personal and community resilience

Connections Matter Training

Spread the word about the Georgia Family & Child Well-being Series

Explore all 6 topics and invite neighbors, colleagues and friends to join an upcoming conversations.

Explore the Series

Learn about the Legislative Resources from Voices for Georgia's Children

Find resources that will help in being a good advocate for children, including contact information and a detailed look at what Voices is following during the state legislative session.

Legislative Resources



What Will You Do After the Conversation?

- Thank your attendees for joining the conversation on how we can educate, advocate and inspire action on behalf of Georgia's children.
- Share some of the key ideas and resources you gained.
- Encourage your network to share their reflections of the conversation on social media and encourage others to participate by either attending or hosting
- Recruit your network to host their own conversation
- Continue to inspire action after your conversation by sharing our post-conversation post with a snapshot from your conversation.



Check Out Our Family and Child Well-Being Series

Learn more about our other conversations in the Family and Child Well-Being series.

Here you can find links to all of our toolkits for the series:

The Big Picture of Child Well-Being toolkit
Early Learning for Lifelong Success toolkit
Building Resilience for Brighter Futures toolkit
Family Health and Child Well-Being toolkit
Economic Opportunities for Promising Futures toolkit
Advocating for Family and Child Well-Being toolkit





For Additional Support

Contact support: support@inclusivv.co

[Book A Meeting With A Host Coach](#)