

GEORGIA FAMILY AND CHILD WELLBEING SERIES

# Family Health and Child Well-Being Host Toolkit



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

# In this toolkit you'll find:

**1**

## Conversation Overview

Learn about the Family Health and Child Well-Being 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 Family Health and Child Well-Being 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



## FAMILY HEALTH AND CHILD WELL-BEING

---

A conversation about protecting the well-being of Georgia's children by nurturing family physical and mental health.

# Family Health and Child Well-Being

To truly support children, we have to consider the health and well-being of the whole family. Physical health is key to quality of life, yet it can greatly depend on access to quality health care and nutritious food — essentials that are not equally available to all families. Mental health is just as critical for families to thrive. Families experiencing mental health challenges can lead to difficulty for their children, from low self-esteem and instability, to trouble with future employment, relationships and parenting their own children.

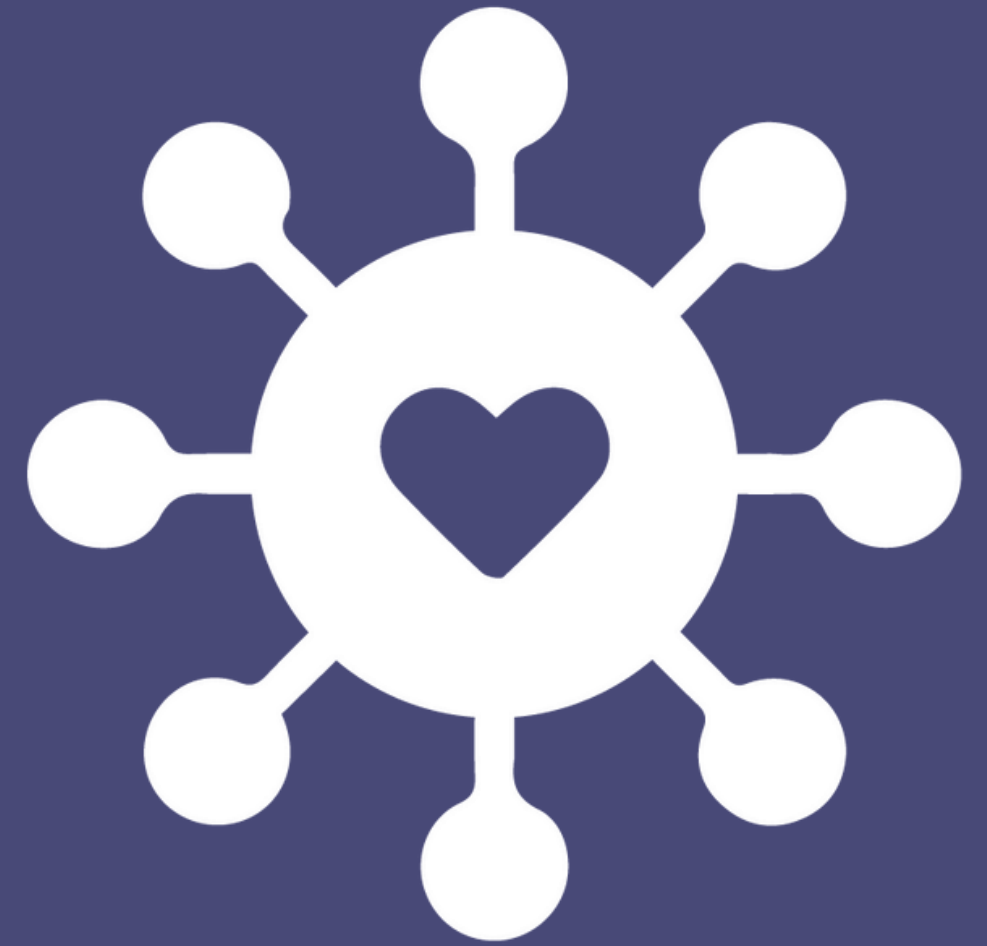
This conversation explores how we as a community can nurture child well-being by strengthening family health and wellness.



## 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](https://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 breakout rooms 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 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](https://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](https://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**

© Civic Dinners Inc. 2021

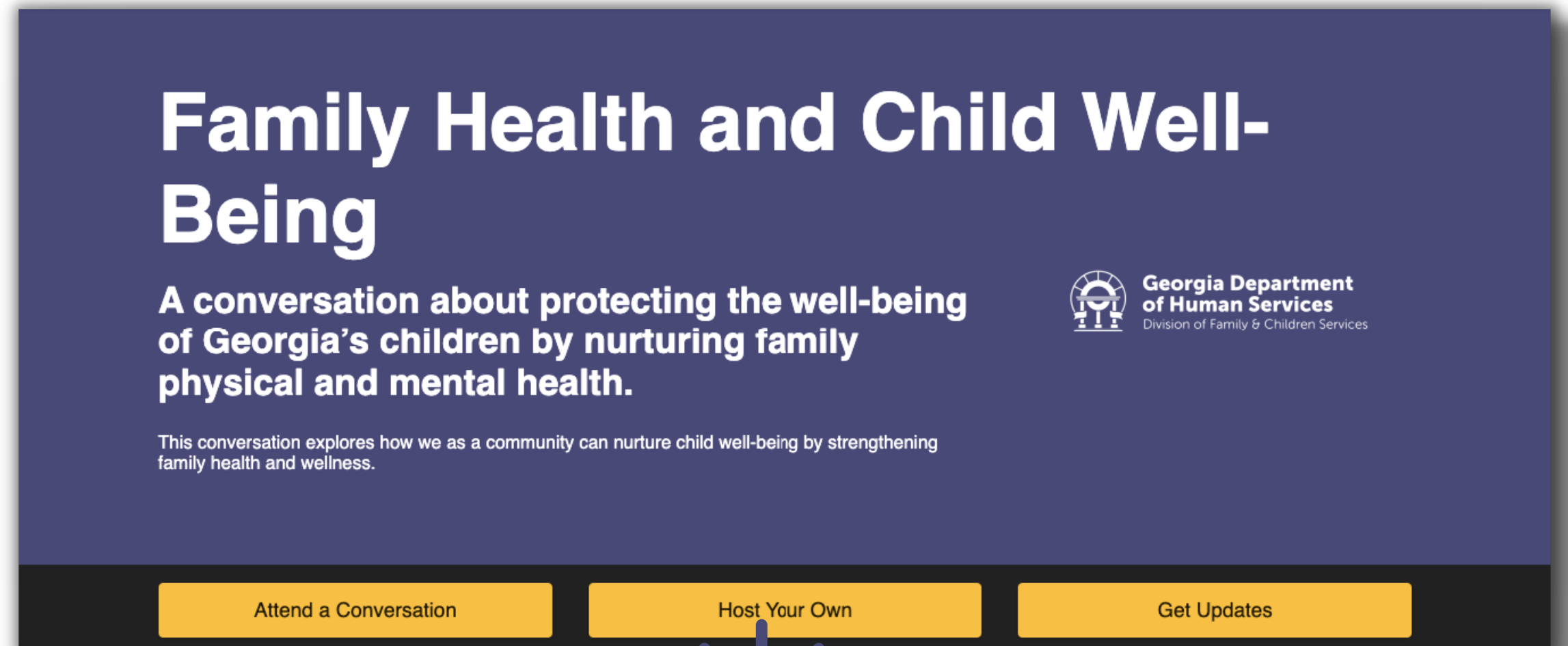




# How to Set Up In-Person Conversations

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

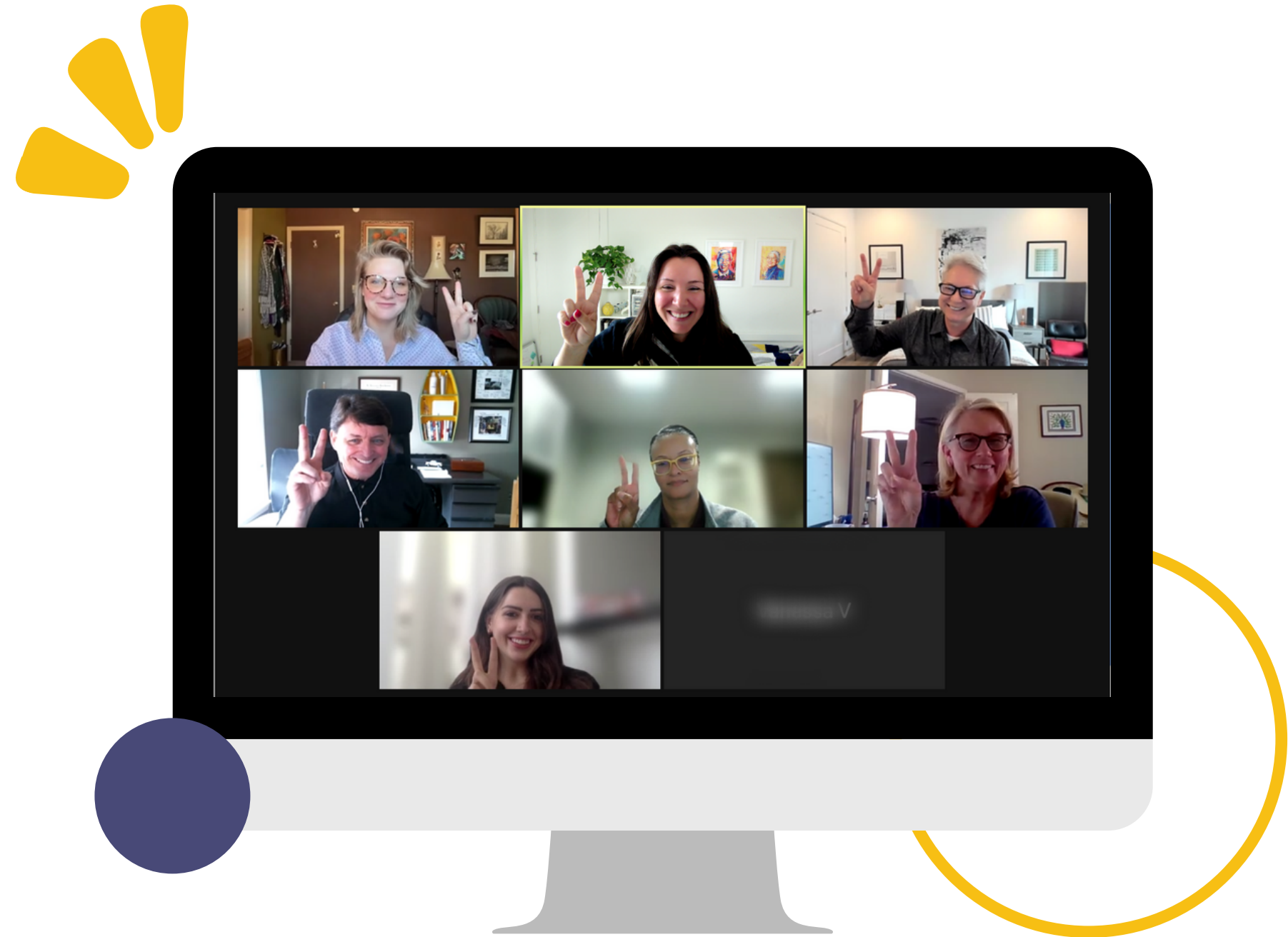
For easy viewing, watch our demo on [How to Set Up Your In-Person Conversation here >>](#)



# 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 >>](#)



**Family Health & Child Well-Being**

**Subject: Make a difference for families in georgia**

Did you know that Mahatma Gandhi once said, “It is health that is real wealth and not pieces of gold or silver.”

To truly support children, we have to consider the health and well-being of the whole family. Physical health is key to quality of life, yet it can greatly depend on access to quality health care and nutritious food — essentials that are not equally available to all families.

The Division of Family and Child Services along with Inclusivv invite you to attend a conversation on how we as a community can nurture child well-being by strengthening family health and wellness.

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](#).

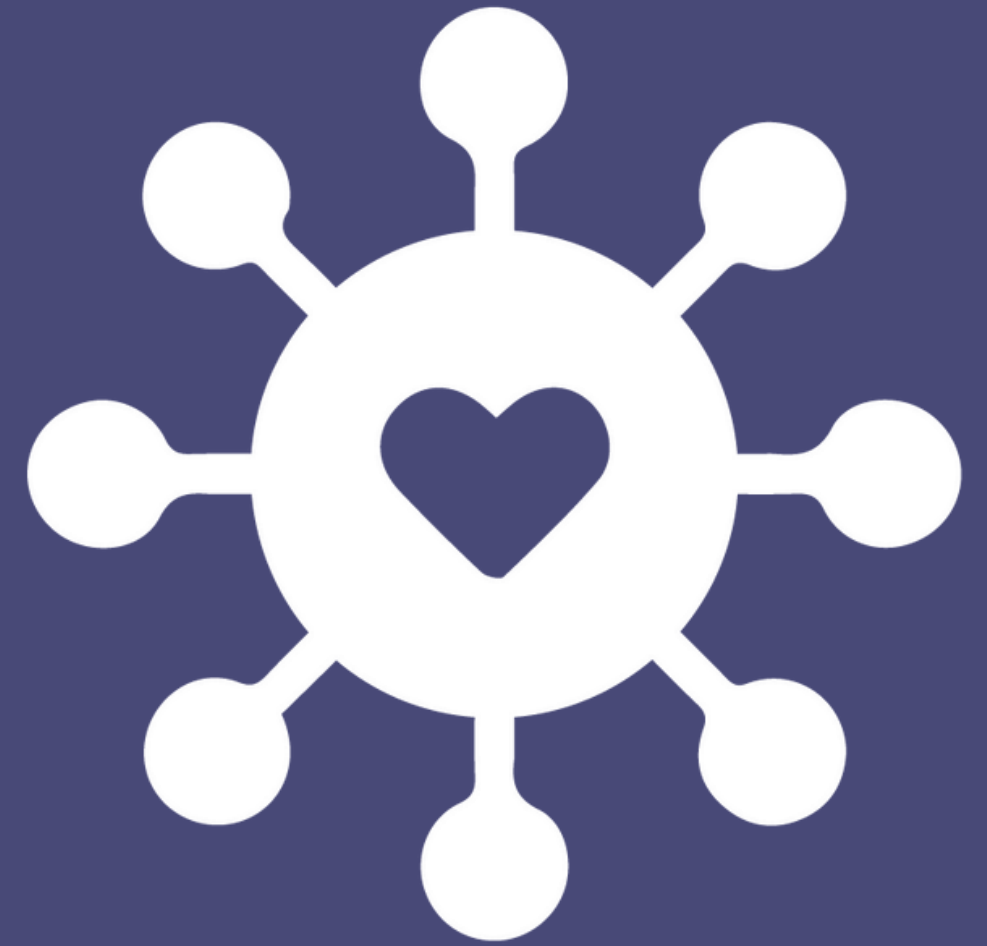




## Section 3

---

# 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 a health or wellness tip that has made a difference for you or your family.

#### Question 1:

(2-3 minutes per person)

Mahatma Gandhi once said, "It is health that is real wealth and not pieces of gold or silver."

**What do health and wellness mean to you? If you feel comfortable sharing, how have your health and overall wellness affected your success or your quality of life?**

#### Question 2:

(3-4 minutes per person)

Good family health requires access to healthy food, quality health care, and behavioral health support (such as mental health or substance use services).

## Family Health and Child Well-Being

### 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](#)

### Welcome

A conversation about protecting the well-being of Georgia's children by nurturing family physical and mental health.

### Summary

To truly support children, we have to consider the health and well-being of the whole family. Physical health is key to quality of life, yet it can greatly depend on access to quality health care and nutritious food — essentials that are not equally available to all families. Mental health is just as critical for families to thrive. Families experiencing mental health challenges can lead to difficulty for their children, from low self-esteem and instability, to trouble with future employment, relationships and parenting their own children.<sup>1</sup> This conversation explores how we as a community can nurture child well-being by strengthening family health and wellness.

### 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!

Inclusivv © 2022  
All Rights Reserved

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

**inclusivv**





# 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 >>](#)



# 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**

Mahatma Gandhi once said, "It is health that is real wealth and not pieces of gold or silver."

**What do health and wellness mean to you? If you feel comfortable sharing, how have your health and overall wellness affected your success or your**

**Intro**

Share your name, where you're from, and a health or wellness tip that has made a difference for you or your family.

(2-3 minutes per person)

**FAMILY HEALTH AND CHILD WELL-BEING**

A conversation about protecting the well-being of Georgia's children by nurturing family physical and mental health.

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 Family Health and Child Well-Being conversation. Let your network know that you will be hosting a conversation and how they can join.

[English]

Generic caption

As a community how can we nurture child well-being by strengthening family health and wellness? Join me in a conversation on [date and time] to share actionable resources to support families and discuss family physical and mental health.

Register to attend this conversation at [insert conversation link].

#PreventChildAbuse #GAFamilyWellBeing  
@inclusivv



[Download Instagram graphic here >>](#)



# Ready-to-Post Graphics

## Outreach post - Facebook

This post is for introducing your network to the Family Health and Child Well-Being conversation. Let your network know that you will be hosting a conversation and how they can join.

[English]

Generic caption

As a community how can we nurture child well-being by strengthening family health and wellness? Join me in a conversation on [date and time] to share actionable resources to support families and discuss family physical and mental health.

Register to attend this conversation at [insert conversation link].

#PreventChildAbuse #GAFamilyWellBeing  
@inclusivv



[Download Facebook graphic here >>](#)



# Ready-to-Post Graphics

## Outreach post - LinkedIn

This post is for introducing your network to the Family Health and Child Well-Being 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 Family Health and Child Well-Being conversation on [date and time]. We'll discuss how we can share actionable resources to support families and discuss family physical and mental health. 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 here >>](#)



## Section 5

---

# Engage your network

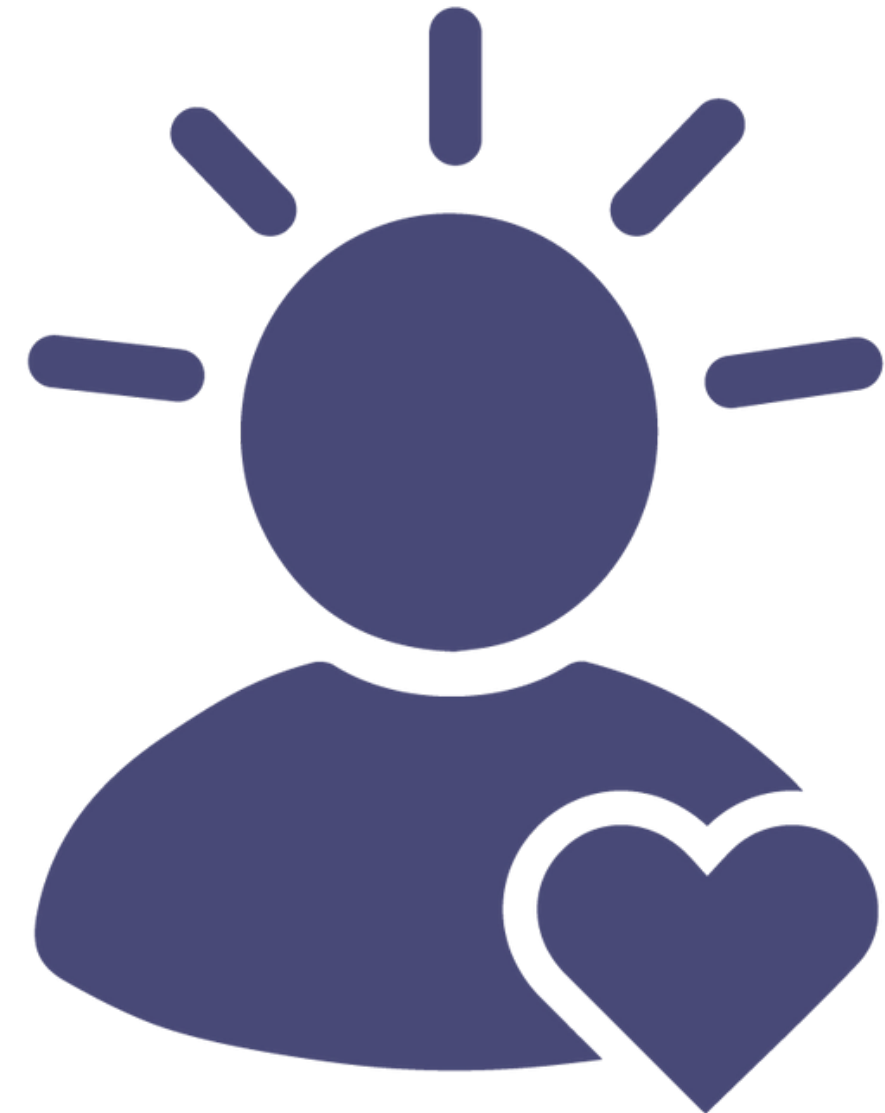




# Host a Conversation

Create a meaningful experience for your community by hosting a Family Health and Child Well-Being 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.

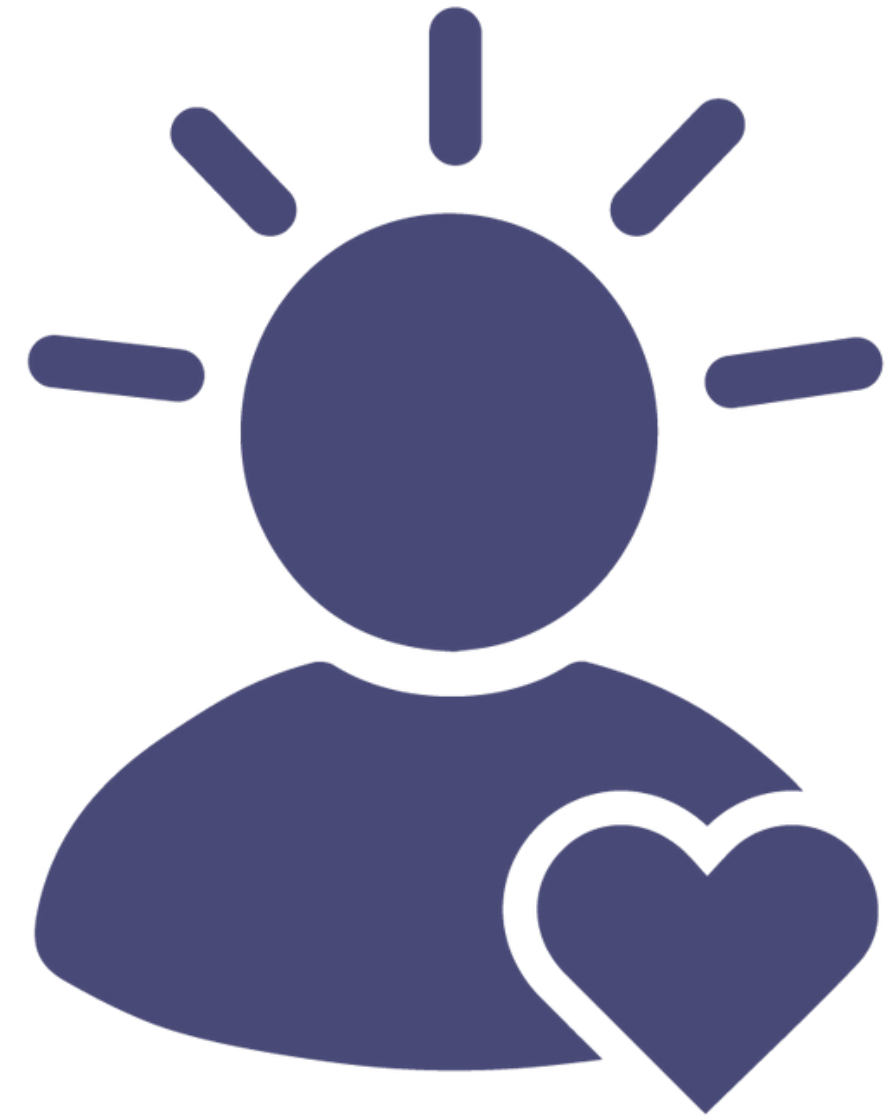




# Engage Your Network

The Family Health and Child Well-Being 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

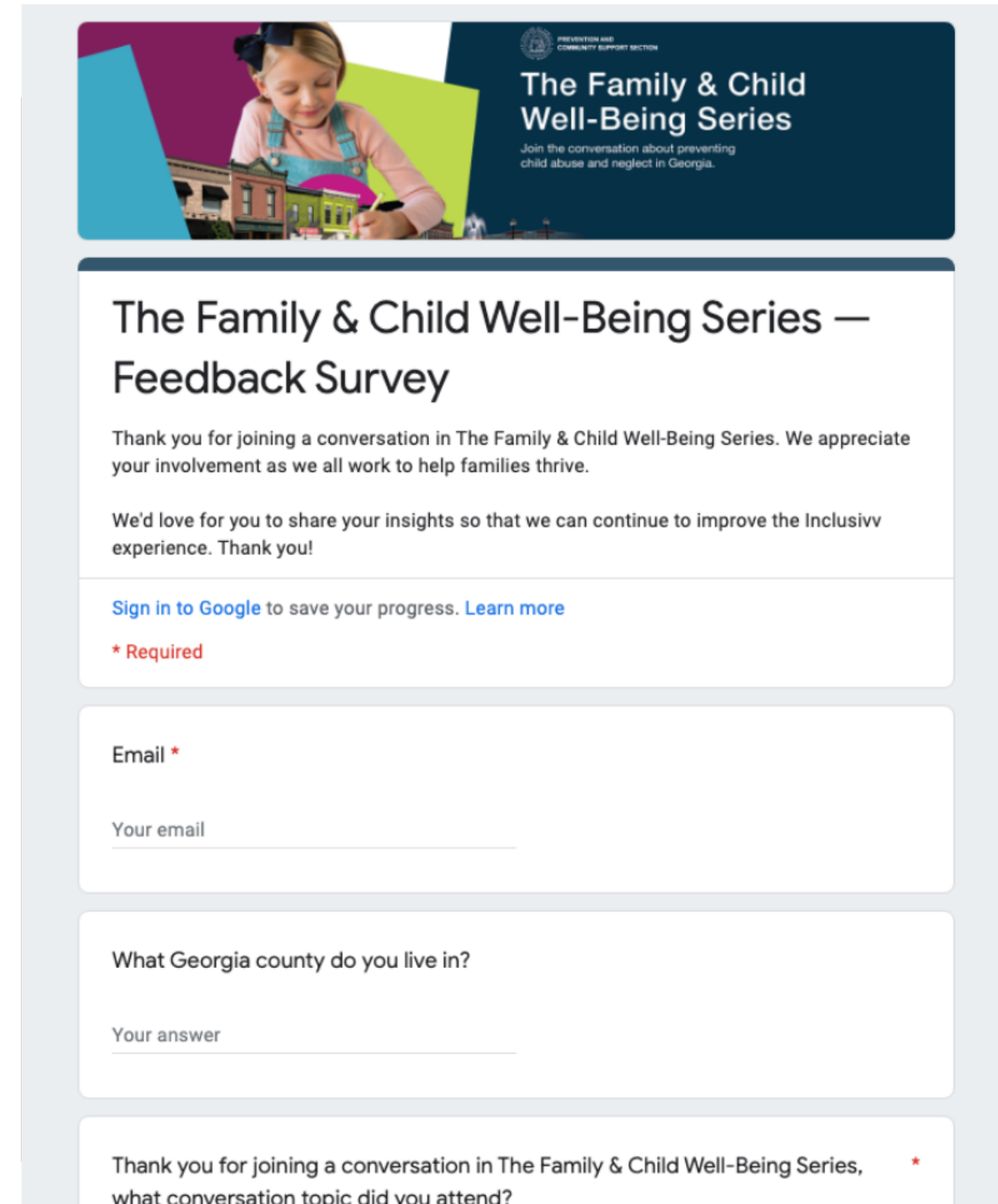


# Complete the Survey

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


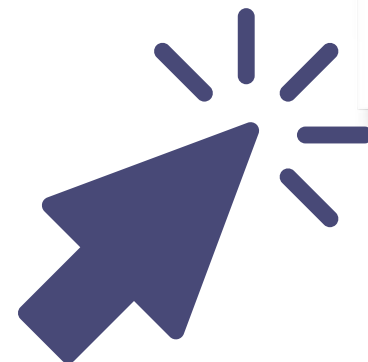




# Share Your Story

(continued)





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



Jenn Graham  
Atlanta, GA



Inspired to engage the business community in this series!

As a result of the conversation, I am inspired to pursue a partnership with the Metro Atlanta Chamber to bring more companies into the work for family and child well-being. I was inspired by Jack Murphy and his perspective that companies can and should be doing more to help bring awareness and support to parents and caregivers, from providing on-site housing to offering on-site childcare, to providing more family leave options. So much is possible when we all work towards family and child well-being!


Share    

← LinkedIn

Create a post









 Jenn Graham ▾  Anyone ▾

|What do you want to talk about?



Inspired to engage the business community in this series!  
app.inclusivv.co • 1 min read

Add hashtag

      ...  Anyone 



# 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

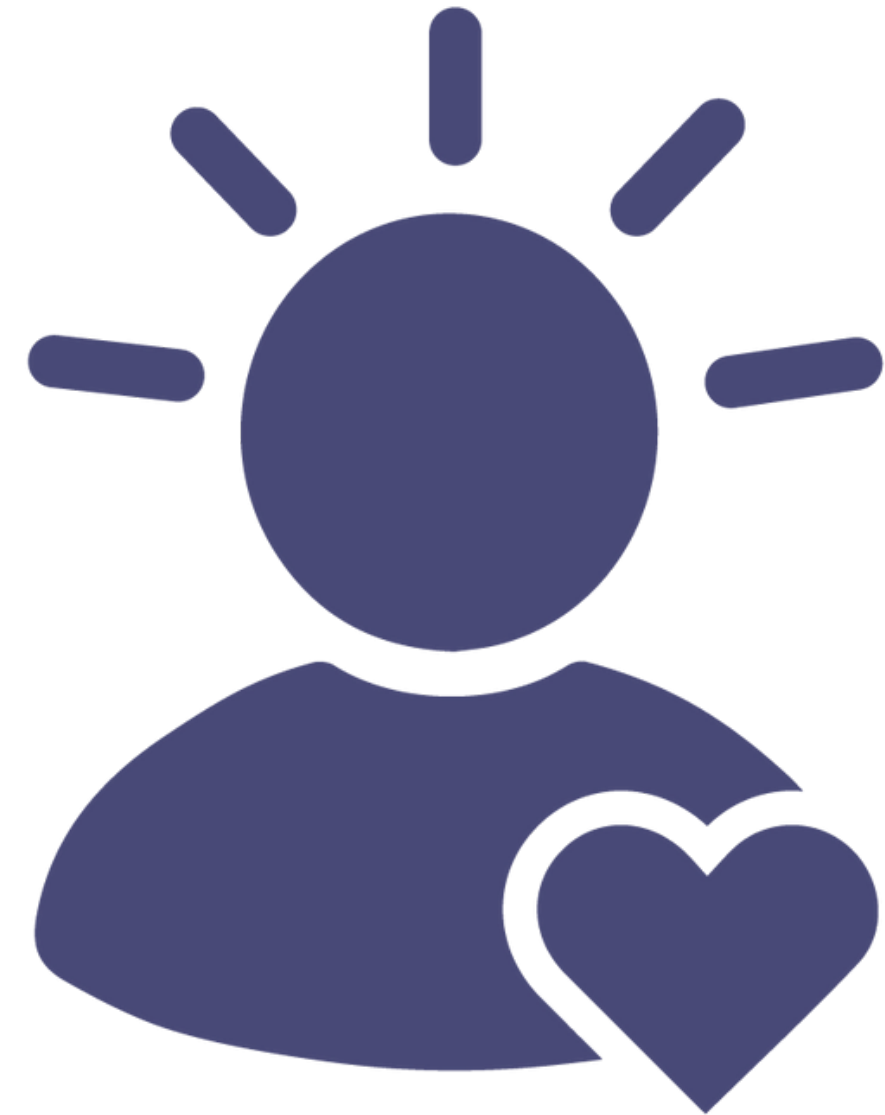
Find resources that will help in being a good advocate for children, including contact information and a detailed look at what Voices is following during the state legislative session.

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](mailto:support@inclusivv.co)

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