

MODULE 5

MY RELATIONSHIPS



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Session 1

Self and Relationship

Purpose Develop ability to understand oneself and their dynamic relationships with one's friends, parents and teachers.



Skills Self oriented skills, thinking skills, and social skills



Time 40-45 minutes



Materials Charts, pens, and markers



Planning Prepare a list of distinguishing characteristics for all the groups



Procedure

- ▶▶ Divide the group into six as Adolescents Girls, Adolescent Boys, Mothers, Fathers, Siblings and Teachers.
- ▶▶ Ask them to write down the qualities/ habits/ characteristics of each group. Also list down the problems they face when they interact with each other.
- ▶▶ Give each group 5 - 8 minutes to present. A group representative could do the presentation. Request them to end the presentation with a poem or song.



Discussion

Discuss the characteristics of each group, their roles and responsibilities.



Outcome

Adolescents will understand the dynamics of the behavior of the different groups and will realize the reason behind the behavior of people towards them in different scenarios.



Session 2

My Parents and I

Purpose Develop ability to understand their dynamic relationships with parents.

Skills Self oriented skills, thinking skills, and social skills

Time 40- 45 minutes

Materials Charts, pens, and markers

Planning Prepare a list all the possible issues of parent adolescent conflicts.

Procedure

1. Introduce the topic by asking the group to close their eyes for 5 minutes and think what would they do if they don't have a family?
2. Brainstorm the group on the disagreements or conflict causing situations in the family.
3. List them down on the black board and generate a discussion.

Discussion

Distribute the handout.

Discuss the issues of conflict explaining from parents view point.

Outcome

Adolescents will be able to understand the issues from parents' point of view



Handout

MY PARENTS AND I

Some of the common areas where parents and adolescents disagree:

- » **Dress** Skimpy, expensive, non traditional, too bright, funky jewelry, boys with ear studs, tattoos
- » **Hair styles-** Boys with long hair, girls with short hair/ crew cut / frizzed hair
- » **Curfew time** “But the party starts at 11 pm”
- » **Chores** “Too busy studying, where is the time to clean up the room or help in washing up?”
- » **Music and volume** “‘Vengaboys’ or ‘Dil chahta hai’ should be listened to at full volume.”
- » **Movies, Television viewing, Books, Internet-** Can see adult movies, no control over net “surfing”
- » **Attitudes, manners and language** Rudeness, arguments use of slang
- » **Telephone use** - Parents can hardly use the phone, which is being monopolized by the adolescent
- » **Study time** Hardly seem to exist!
- » **Attending family functions** “Yawn! They are so boring”
- » **Lying, doing forbidden things secretly** “I came straight home”
- » **Friends** “They cannot be anything but perfect!”

Rules to be Followed with Parents

- » Respect
- » Acceptance
- » Agree to disagree
- » Forgive and forget
- » Honest and gentle communication

Enhance Family Harmony

- » Celebrate family functions together
- » Plan a family picnic or outing. Spending time outdoors help family to come closer
- » Encourage family activities such as gardening with parents, watching TV together
- » Be generous with praise and stingy with criticism
- » Be physically expressive such as giving a hug to your father or mother
- » Stay involved and keep in touch with your relatives and close family friends

You know your family and can understand the best way to bring harmony.

Patience, kindness and humour are the finest ingredients of effective communication with your family.

(Source: Adapted from Sangath Kit All for Teens)