

CYCLE ON "CREATING SAFE SPACES TO PREVENT VIOLENCE "

Workshops for mothers and fathers:

1st meeting: Count on others to accompany our children



The activities listed below are designed so that they can be easily implemented following this guide.

We have calculated the time in order to be able to plan the session (90 'in total). Either complete the entire contents or just one of the activities.

The text for addressing participants is in italics.

For all the meetings, chairs should be placed in a circle, with no tables, leaving a large space in the middle where participants can move freely.

1st meeting: Count on others to accompany our children

MAIN GOAL OF THE MEETING

To assess the need for self-care and the establishing of relationships through which to find support

PHRASE OF THE DAY (this phrase will be hung on a mural and written in the languages of the participants)

The affection we give our children will help them put up with the different frustrations they will experience throughout life. Tenderness, consistency and the affection received will help them wait, step back, choose, and make decisions.

MATERIAL

A player, a mural with the phrase of the day, masking tape, questionnaires in different languages, pens, large cards (1/3 of A4) in two different colours, markers, blue tac, a music player, wrapping paper (2m x 1m), different coloured clothes pegs

WELCOME AND PRESENTATION OF THE WORKSHOPS (10 ')

Warmly welcome each person as they enter. Say your name and ask them theirs. As you wait for everyone to arrive and for it to be time to start, you could have an informal chat (about how they had found out about the workshops and why they were interested in them, for example). You could also show the phrase on the mural and ask them what they think, but without going into depth. (Take this chance to explain that there will be a new phrase every day).

Presentation of the framework of the workshops:

- *The workshops are split into 8 meetings, plus one that will take place a while later. (Set the calendar, times and duration - 90 '-)*
- Explain the goal of the workshops and explain how they came about and how they have been prepared: *"The purpose of the workshops is to have a group experience from which we can learn and that it is useful to improve relationships at home with our children. The basis was to find ways in which our children and teenagers can grow in safe environments. This means environments in which to establish trusting relationships, tackle problems without being at risk, etc. Different types of activities were therefore designed, such as workshops in secondary schools or workshops for teachers, as well as workshops for mothers, fathers or other adults in the family. Helping a child grow up is not easy. It requires dedication, and a great deal of patience. Adults also need help with this task. These workshops are designed as help and support so that you can help your children grow, in the knowledge that you're not alone. You might know the African proverb that says "it takes a village to educate a child". And that's the meaning behind why we're here.*
Based on the initial idea, we have spoken with different families to find out their concerns. We wanted to ask what they need, not just use what we've learned from books. We'll also talk among ourselves and learn from our conversations and from our life lessons, beyond what we've experienced first hand. These workshops are also possible thanks to a project funded by the European Commission called RESCCUE: "
- Premises:
 - *Commitment to participate. Tell us if you're unable to attend (indicate how to tell us)*
 - *We are free here to say what we think. There are no good or bad thoughts. We must be able to share our ideas in order to learn things. But making sure no one is offended.*
 - *We will respect everything that classmates say, even if we do not agree.*
 - *We will keep everything discussed confidential. Whatever is said here will remain here.*
- The name of the "stop uneasiness" workshop: We will explain why we have chosen it and what meaning we want to give it.

Presentation of what we will do at today's meeting:

- We will answer a questionnaire that is given out today and on the last day. It will enable us to assess the experience of having taken part in the workshops. Because they have been possible thanks to financial assistance received, we must be able to explain how successful they have been.
- We will start to get to know each other.
- We will share expectations.
- We will reflect on the importance of taking care of ourselves, as well as allowing others to help us.

RESPONSE TO THE INITIAL QUESTIONNAIRE AND GATHERING OF EXPECTATIONS (20')

We will hand out the questionnaire, a pen, and a card to each person. We will give them time to answer it and so that each individual can ultimately think of their main expectation of the workshops (*They must answer "what would you like to get from the workshops?"*) We will collect the questionnaires answered. In doing so, we must assign a numeric code to each participant in order to record the questionnaires. We will collect the cards with expectations and hang them up so that they are visible to the entire group. We will group them according to similarity. We can discuss them

cont.

PRESENTATION (6')

We will hand out clothes pegs in four different colours. Everyone will put the peg on their clothes in a visible place. They must stand up and join the people with the same coloured peg. They must introduce themselves for 1 minute, giving their name and looking for three preferences they have in common (for example, I like to dance, I can't stand living with pets, what I love most in this world are...). We will rotate and each group will explain the things they have in common and will say the name of the people in their group. To end the activity, we will make a round of names so that they are easier to remember: "My name is A. His/her name is A and my name is B. His/her name is A, his/her name is B and my name is C. ..."

RELAXATION (5')

With soft background music, we ask will everyone to close their eyes if they want to and to alternate three breaths (breathe in for two seconds and out for four) while making a very strong fist (as if you were trying to squeeze a sponge) before opening your hand and letting it fall (opening and closing your fist three times). We will repeat this two or three times. (We will take the opportunity to ask everyone to think of some music that they really like and to tell the person giving the workshop so that it can be played another day).

MAIN ACTIVITY (17')

We will leave a stack of cards at a central point in the room. While relaxed and listening to the music, we will ask everyone to think about the people they deal with or think about during the day. They should try to particularly remember those they can count on whenever they have a problem and those with whom they have a trusting and loving relationship. Whenever they think of one of these people, they should take one of the cards from the stack and write their name and the type of relationship they have with them (childhood friend, aunt, neighbour, brother-in-law, my children's teacher, grandmother, brother, etc.). They can write as many cards as they like. Meanwhile, we will hang a large sheet of wrapping paper on the wall with the word "I" written in the centre. After around 10', we will hand out some blue-tac and ask them to stick the cards around the word "I". If they deal with these people very often, they will stick the corresponding cards very close to the "I", and if they deal with them less frequently then they will stick it further away, even if they think highly of these people. They can also use empty cards to represent people who are no longer with us but who they still think of and hold dear. We will then ask them to use a coloured marker to draw a line between "I" and the person with whom they feel they have the strongest relationship (other than their partner). To make the procedure easier, we can ask them to stand up in groups of three to stick the cards onto the mural. The workshop host will add cards with the name of services that might be of interest.

REFLECTION SPACE IN A CIRCLE (17')

A circle should be formed to do this part of the activity. You can only speak when you are holding an object that has been given to you by the workshop host. (Explain how it works: A) *You can only speak when you are holding the object, b) the object is passed around the circle in one direction (right or left) successively, allowing everyone to speak in turn, without skipping anyone, c) when you are holding the object, you can also pass it on without speaking, d) the premises given at the start must be remembered, e) in addition, you should avoid judging, advising, rebuking, expressing surprise/shock/anger or disapproval, taking a stance or presuming that one side is right or that what you think is right.) This circle rotates to the left and we can freely explain what the mural we have made together makes you think of.*

Some questions for reflection:

- What does it mean to trust someone?
- What different supportive needs do you have? (fun, reflection, love, understanding, etc.) (These can be written down and hung on the mural)
- Is there anyone with whom you are no longer in contact but who gives you strength when you think about them? (These can be marked with a sign)
- Who can you count on if you have to go to work one day and one of your children is sick?
- Who can you count on when you are sick? And what if, for example, you have to go for a job interview?
- Who are you friends with? Do you do activities to look after yourself? Do you do these activities with anyone?

ENERGY BOOSTING ACTIVITY (5')

Go back to the groups according to the colour of the clothes peg and for one minute explain which activities you do to look after yourself. Then mingle and do a round of secrets. The first person will whisper two ideas that have come out of their group into the ear of the person to their right. The second will whisper one of these ideas to the person on their right and will add another from their group, and so on. To end the activity, ask if any of the secrets we have been told matches any of those you had thought of saying (Remember to gather up the clothes pegs)

ENDING ROUND (10')

- *How do you feel? Will you take anything with you from everything we have shared today?*
- *Those of us who have prepared the workshop would be happy if the experiences shared at the workshops help you deal better with everyday difficulties and provide support, in a similar way to what today's phrase expresses.*
- *Remember that it is important not to lose the flow of the workshop and that you must attend. Being able to attend is a privilege. If, in spite of everything, you are unable to attend, you must inform us (give a contact phone). Should any problems arise, think about whether you could count on someone to come in your place so that you don't miss it.*

TOTAL TIME: 90 MINUTES