MODULE 5

MY RELATIONSHIPS
## 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
1. Divide the group into six as Adolescents Girls, Adolescent Boys, Mothers, Fathers, Siblings and Teachers.
2. 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.
3. 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.
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)