

EMPOWER

Building Resilience to Address Domestic Violence

1.2 Building Family Relationships



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Learning Outcomes

- By completing this session, you will:
- Reflect on your own family dynamics.
 - Work on your family's communication style.
 - Identify when your own family do not communicate properly.





Quality Family Time

- Spending time together as a family helps us to bond and enables us to support one another during difficult periods.
- It is important to make time to talk and listen to the needs and wants of family members.





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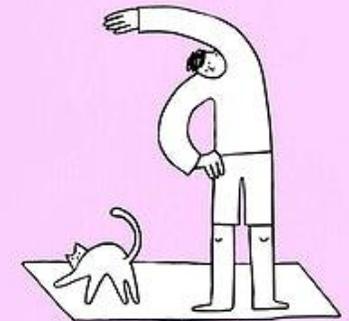
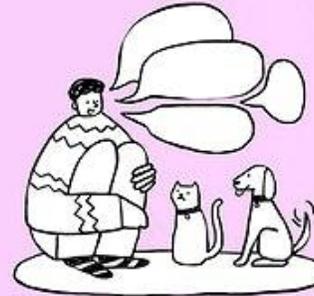
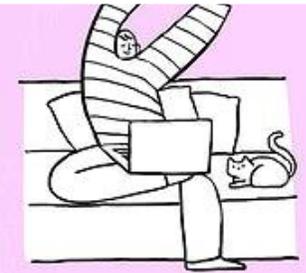
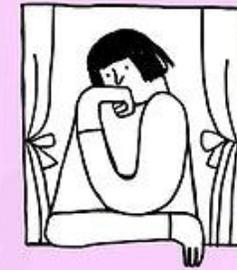
Activity

Plan a family activity that enables you to have quality family time.



Challenging Family Dynamics

- Challenging family dynamics can result in a family member being treated differently than others.
- Common signs of unhealthy and challenging family dynamics include;
 - Name calling and bullying;
 - Stonewalling (including zoning out, acting busy, or changing the topic when another person talks or enters the room);
 - Gaslighting or emotional manipulation;
 - Blackmailing;
 - Controlling behaviour
 - Crossing personal boundaries.





Overcoming Challenging Family Dynamics

Here are some ways that can support you to overcome challenging family dynamics in your household:

- Provide all family members with the opportunity to express themselves;
- Set healthy boundaries about what types of behaviour is and is not acceptable in your household;
- Find out where the challenging behaviour is coming from through open and honest communication.
- Seek professional help if you need to.





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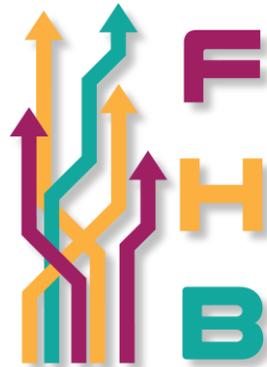
Role Play

Identify problematic situations in your family and provide solutions to these problems.



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