



IO 4 The in – service training
programme for Adult Educators

Activity 1.10 Role – play



EMPOWER
Building Resilience to Address Domestic Violence



You are having a deep depression. Your life seems sad and hopeless to you. You are worrying that your family won't understand that you cannot do the same thing in the same way. Consult your friend. What will you do?

Your family member is overweight, does not exercise and smokes a lot. Tell him you are concerned about his health. Discuss about healthy lifestyle.

You do not like how your family member is treating you. You are scared to say something. Your old friend comes to visit you. Talk with your friend.

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