



# Training for Parents IO2

## Module 1.1 Building Family Relationships



**EMPOWER**  
Building Resilience to Address Domestic Violence

| Module Title: Module 1: Building Family Relationships  |                     |  |   |
|--|---------------------|--|---|
| Description of the Learning Activities   | Timing<br>(minutes) | Materials/ Equipment<br>Required   | Assessment/ Evaluation  |
| <p><u>Workshop Opening:</u></p> <ul style="list-style-type: none"> <li>Parents will take part in an ice-breaker activity known as 'Mingle Mingle'.</li> <li>Parents will walk around the room and mingle with other parents. After a period, the facilitator will signal to the parents to stop mingling and introduce themselves to the closest parent on their right.</li> <li>The activity continues until all parents have been introduced to each other.</li> </ul> | 15 minutes          | <p>Training venue with IT equipment</p> <p>Flipchart and markers</p> <p>Sign-in sheet</p> <p>Pens and note-taking materials for participants</p> | <p>Parents will engage in all group activities</p> <p>Parents are willing to work together to create a group agreement.</p> |
| <p><u>Activity 1: Group Agreement</u></p> <ul style="list-style-type: none"> <li>Parents will work together to create a series of statements that are based on their own experiences that will act as behavioural guidelines for the training session.</li> <li>The facilitator should include a series of statements that allows for confidentiality of parent's opinions and stories,</li> </ul>   | 45 minutes          |  |   |

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| <p>especially considering the highly sensitive nature of some of the content that may be discussed during the session.</p> <ul style="list-style-type: none"> <li>• Parents should discuss their ideas collectively and gain further clarification on their opinions, while always feeling comfortable in doing so.</li> <li>• Once the group have collectively agreed on the examples given, this information will be written on a flipchart and discussed by all parents.</li> </ul>  |                          |   |  |
| <p><u>Activity 2: Time Thieves</u></p> <ul style="list-style-type: none"> <li>• Parents will discuss how they spend quality time with their family.</li> <li>• Parents will complete Activity Sheet 1 individually.</li> <li>• After completing this activity, the facilitator will write all the suggestions on the board to be discussed and make an interesting and useful list of all the incidents where time thieves are allowed to interrupt family time.</li> <li>• The group will work together to discuss how they might reduce this time that has been lost and put together a plan using a range of strategies and supports.</li> </ul> | <p><u>45 minutes</u></p> | <p>Training venue with IT equipment</p> <p>Flipchart and markers</p> <p>Pens and note-taking materials for participants</p> <p>Module 1.1 Activity Sheet 1.</p> | <p>Parents will engage in all group activities</p> |

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| <b>Workshop Closing: Star Moment</b> <ul style="list-style-type: none"> <li>To close the session, the facilitator will invite parents to identify one 'star moment' they recognised in other parents and share and discuss these moments that they have in common with each other.</li> <li>These moments can be either personal traits or a talent they may possess, or any experiential topics that they have in common.</li> <li>By the end of the activity, all parents will have an idea of their personal star moments that positively describe who they are.</li> </ul> | <u>15 minutes</u> | Training venue with IT equipment<br><br>Flipchart and markers<br><br>Pens and note-taking materials for participants | Parents will engage in all group activities |
| <b>Total duration of the module</b>  |                   | <b>2 hours</b>   |   |

# EMPOWER

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