

Session 16: Where do we go from here



16.0: Introductions

Participants | Women and Men Together

Objectives |

1. To reflect on the participants' experience of the programme
2. To reinforce commitment to positive more equitable and respectful parenting
3. To encourage continued meetings after the formal ending of the programme

Duration | 2 hours

Preparation | Read materials in advance

Activity 16.1: Parent's Web

Time | 40 minutes

Objective | To reflect on the participants' experience of the programme.

Materials | A ball of thread or ribbon of brightly coloured string.

STEPS

- 1 | **Provide** an overview of the session objective.
- 2 | Holding the ball of string, say that this will be the last activity that the participants will hold together as a facilitated group, but you hope that the group will continue to meet.
- 3 | For this activity, everyone will mention one thing that they learnt while in this parenting programme, a lesson that they will take with them to the future in their parenting endeavours. They will then hold on to the end of the thread and throw the ball (bundle of threads) to another person of their choice, while mentioning that person's name. That person should also mention one thing they learnt. The process will continue until everyone has had something to say.
- 4 | Begin the activity by saying, *"One thing that I have learnt from this programme that I will take with me to my family is....."*
- 5 | Once everyone has finished saying what they learnt, a web will have been formed. Explain that this web represents the sum of their experiences in this group, and that they are all now connected because they have new ideas about parenting. Inform them that it's important for everyone to hold tightly onto what they have learnt because when you lose it, it will break the web. It's also important to learn from others so that their web is connected to yours for sustainability in the community.

Close the activity by highlighting some of the following:

1. *We have learnt that building positive relationships are key elements that must be provided, if children are to grow well, study hard, and visualize their future life.*
2. *During the parenting program, we have benefited from the main goals which include;*
 - a) *Improving relationships between children and parents*
 - b) *Using positive disciplining techniques instead of corporal punishment*
 - c) *Treating men and women, boys and girls fairly and giving them equal opportunities*
 - d) *Improving relationships between partners.*
5. *Children of involved parents especially fathers, are more likely to have higher levels of economic achievement because children are more likely to have career success and occupational competency which enables the father to have the best legacy for generations.*
6. *Involved fathers are more likely to treat the mothers of their children with respect and deal with conflict within the relationship in a mature and appropriate manner. Thus their boys are more likely to understand how they are to treat women and less likely to act aggressively towards females.*
7. *Girls with involved, respectful fathers see how they should expect men to treat them and are less likely to become involved in violent or unhealthy relationships.*
8. *Children who of an involved parent especially a father, are more likely to be emotionally secure, be confident to explore their surroundings, and, as they grow older, have better social connections with peers. These children also are less likely to get in trouble at home, school, or in the neighborhood.*
9. *The influence of a father's involvement on academic achievement extends into adolescence and young adulthood. Fathering is associated with better verbal skills, intellectual functioning, and academic achievement among adolescents.*
10. *Encourage continuity of community radio programmes, community talks with schools and other meetings so that community members can raise their children respectfully.*

Activity 16.2: Our Group in Future

Time | 40 minutes

What the facilitator needs to know

- ⊙ Thank the parents for their participation in the programme for all the 16 sessions.
- ⊙ It is a listening session for hearing how the group life has been and what the groups are going to do to ensure continuity after the programme has ended.
- ⊙ There is a chance that participants may want to share what they have learnt with the community. If so, encourage them to discuss the available opportunities, structures and/ or plans to do so

Objective | To encourage continued meetings after the formal ending of the programme

Materials | Flipchart, markers

STEPS

1 | **Provide** an overview of the session objective.

2 | Ask participants to form two groups and discuss the following questions;
a) How do you wish to support each other after the programme?
b) How do you plan to reach others who did not participate in the programme?

3 | Invite the groups to share their ideas and respond to those that you can resolve.

Close the activity by:

1. *Encouraging the group to continue meeting and providing support to one another. This will help them to fulfil their commitment to the group and serve as a source of emotional support.*
2. *We have come to the end of the programme but there is only one more thing to be done next week – a closing ceremony and award of certificates*