

# WIDENING CIRCLES OF SUPPORT

## INTRODUCING THE SESSION

Welcome to the last session of the Healthy Homes Parenting Program – Session 14!

It's been 14 weeks since we started the program.

We have had the opportunity to learn and share experiences which have been valuable in strengthening the relationship between parents and their adolescents. Central to this program is strengthening the skills of parents to protect their children from life's dangers including HIV which could negatively impact their health and wellbeing. If their child has HIV, there is a lot that a parent can do to support and care for their child and ensure that they have healthy and happy lives.

Parenting can be challenging but it can be a rewarding experience when parents find their efforts paying off as they see their children becoming the best person they can be.

Their children cannot do it alone – they need their parents, too!

In this session, facilitators help parents and adolescents recall and reflect on each session. They summarise some of the lessons learnt. They also help participants make decisions on how we will move forward as a family and as a group. Parents and adolescents will need to plan on how to move on from here and identify support structures that can help them. This will be a special session where the parents and adolescents take time to recall and reflect their journey and the changes that they have experienced over the past couple of weeks.

It will be celebration and moment to assess our goals that we set in Session one – remember those!

So today we will focus on the following:

- Identifying ways and opportunities to keep the fire alive by setting up support groups for the future
- Reflecting on the program assessing whether it was helpful
- Celebrating our successful journey

## SESSION 14 PREPARATIONS & OUTLINE

Goal of the session	The goal of this session is to plan how to move on and identify support structures that can support parents and adolescents to continue strengthening their relations and helping them overcome challenges faced in the future.
Core Principles	<ul style="list-style-type: none"><li>▪ The end of the program marks the beginning of a healthier family life.</li></ul>
Training materials & resources	<ul style="list-style-type: none"><li>▪ Flip chart, paper, pens, markers, prestik</li><li>▪ Attendance register</li><li>▪ Name tags</li><li>▪ Certificate</li><li>▪ Evaluation Forms</li></ul>

Venue Preparations:	<ul style="list-style-type: none"> <li>▪ Make sure that the workshop venue is clean.</li> <li>▪ Set up chairs where the participants will sit in a circle</li> <li>▪ Prepare all the materials that you will use during the group session</li> </ul>
---------------------	--

COMPONENT	TIME	ACTIVITIES
Welcome & Session Preparation	40 mins	<ul style="list-style-type: none"> <li>▪ Facilitators take attendance.</li> <li>▪ Participants settle down</li> <li>▪ Welcome, thank everyone for coming and praise time keeping</li> <li>▪ Home activity discussion</li> </ul>
Session overview for the day	20 mins	<ul style="list-style-type: none"> <li>▪ Framing the day</li> <li>▪ Song: Participants can choose</li> <li>▪ Physical Exercise</li> </ul>
Core Lesson	90 mins	<ul style="list-style-type: none"> <li>▪ Activity: Creative movement dance</li> <li>▪ Discussion: Feedback</li> <li>▪ Planning for the future: Widening the circle of support</li> <li>▪ Your on-going home activities: Keeping the fire alive</li> <li>▪ Closing: Complete evaluation forms</li> </ul>
Session Close & Celebration	60 mins	<ul style="list-style-type: none"> <li>▪ Celebrate: Certificates are given out</li> <li>▪ Make sure you leave the room in order</li> <li>▪ Share your observations in facilitator report</li> </ul>

## 1.1 FACILITATORS TAKE ATTENDANCE

As participants arrive, invite them to sit down. Remember to take attendance as each new person arrives.

## 1.2 WELCOME PARTICIPANTS & CIRCLE SHARE

At the beginning of the session, invite the participants to go around the circle and share how they are feeling today in one word.

This is the final session of the Healthy Homes program!

Praise participants for having made it to the last session of the program.

## 1.3 THANK AND PRAISE EVERYONE FOR COMING

Remember you want to model positive behavior – including providing praise!

## 1.4 HOME ACTIVITY DISCUSSION

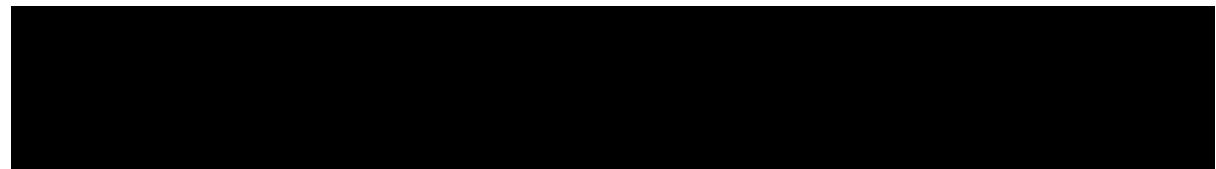
Guide a discussion about the previous week's home activities. As a reminder, last week participants were asked to try to review the information hand-outs from last session and talk about other people in the family and community who might be able to help in a crisis.

Home activity discussions are opportunities to share successes, reinforce core principles, and problem solve ways of overcoming challenges:

- Brainstorm solutions with participants
- Practice applying the solution.
- Evaluate how it worked
- When challenges are being discussed, try to encourage the participants to come up with solutions and support them.

Remember that you can use **Who?, What?, Where?, Why?, When?, How?** during the discussion.

**Always give big praise and applause to everyone brave enough to share.**



## 2.1 FRAMING THE DAY

As this is the last day of the program, everyone is excited and tired, so we should be aware of our time but also make sure we cover everything.

It is also a good day to collect your feedback, which help to tell us how the Healthy Homes Program worked for you.

During this last session, participants do four things:

### **1. Participants think about the program:**

Participants talk about the things that they thought were helpful during the program. They have the opportunity to listen to what other participants thought was helpful, too.

### **2. Talk about how they can continue to support each other:**

The last session of the program can feel difficult to many parents and adolescents because of the support and community that the sessions have given them every week.

The program helped to show us that we have skills, but many of these came from the ideas and knowledge of the participants.

This means that participants have what they need to continue to support each other and their families. You can do this by setting up meetings with each other every week or month, or get-togethers with your Healthy Homes Friends, especially those who live near you. Remember, too, that there are people you can contact in the community who can help you (Lifeline and the clinic, for example).

*Facilitators should remember to praise whatever suggestions the participants make.*

### **3. Celebrate achievements!**

We do this in a ceremony where each participant will receive a certificate of achievement. We'll need your help with presenting certificates and cheering everybody on!

#### **4. Feedback**

This involves answering some questions about your experience of the Healthy Homes Program.

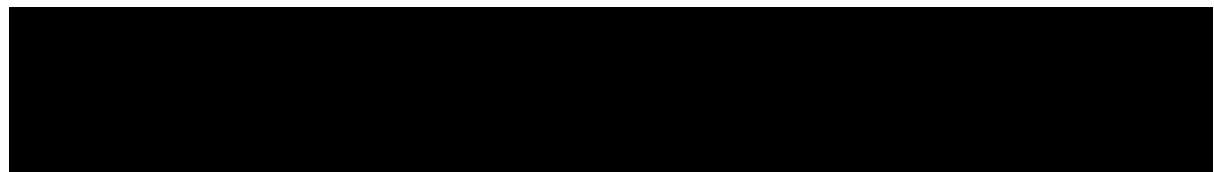
## **2.2 SONG & EXERCISE**

### **SONG: PARTICIPANT CAN CHOOSE**

Invite a participant to choose and lead their favourite song in this session.

### **PHYSICAL EXERCISE**

Encourage participants to do their physical exercises once a day! Lead them through the head-to-toe stretch that we introduced in the first session. Remind parents and adolescents to do the physical exercise every day!



## **3.1 ACTIVITY: CREATIVE MOVEMENT DANCE**

This activity should help get everybody in a festive mood while reminding us about giving and receiving clear instructions, and working together in a group.

### **GUIDELINES: Facilitating Creative Movement Dance**

1. When the music plays, participants all dance.
2. When the music stops, everybody must FREEZE and not move.
3. When the participants are FROZEN, the facilitators will give an instruction like “when the music starts playing again, dance backwards” or “when the music starts playing again, dance with your hands in the air” or “when the music starts playing again, dance in partners”.
4. But remember that when the music stops playing, everyone must FREEZE!

Remember to praise the performances!

## **3.2 DISCUSSION: FEEDBACK**

The core lesson starts with a discussion about what participants thought about the Healthy Homes Program.

Facilitators can bring back flipchart paper from Session 1 to help remind participants about their goals.

**Some questions that might get the discussion going:**

- What were your goals at the beginning of the Healthy Homes Program?
- What have you achieved during the program?
- What was the most important thing that you learned?

- How have you changed? How has your relationship with your parent/teen changed?
- Has safety changed inside your house and/or outside your house?

Participants should also be invited to share what they thought worked well during the program, and how the program has impacted their lives and homes.

*One facilitator will lead the discussion and the other will write ideas on the flip chart.*

#### **Option for facilitating this discussion:**

Break the bigger group into smaller groups and allow them to report back what their group discussed.

Facilitators can also write down reminders about sessions as they mentioned throughout this session.

#### **A reminder of what we covered:**

**Session 1:** We established common ground rules and goals together.

**Session 2:** We learned about building a positive relationship through spending time with each other.

**Session 3:** We discussed praise and practiced ways of praising.

**Session 4:** We learned to identify, name and discuss emotions.

**Session 5:** We learned ways to manage anger.

**Session 6:** We learned the six steps of problem-solving.

**Session 7:** We learned ways to reduce money stress through budgeting

**Session 8:** We worked on identifying problem behaviors and focusing instead on the behaviors we want to see more of in each other.

**Session 9:** We worked on ways to discipline that don't involve hitting or yelling.

**Session 10:** We made family rules and routines.

**Session 11:** We talked about ways to save money.

**Session 12:** We planned ways to keep adolescents safe in the community.

**Session 13:** We talked about short-term and long-term ways to deal with crisis.

## **3.3 PLANNING FOR THE FUTURE: WIDENING THE CIRCLE OF SUPPORT**

In this final discussion, we focus on asking two questions:

1. What are some of the things that we have in our community to continue supporting us?
2. What can we do to continue making our lives better after the program?

Participants may suggest staying in contact or meeting regularly.

*Facilitators can help them to set this up:*

1. Group families according to the areas they live in
2. Help groups make a plan about where and when to meet
3. Does one person in each group want to be responsible for organising these meetings?
4. Exchange phone numbers and contact details

It is important that the initiative for continuing to meet or support each other comes from the participants.

Facilitators should also remind participants that they can continue to meet their Healthy Homes Friend.

Participants can also continue to get support from other sources in the community.

***Make sure that they have the correct numbers for the area where they live.***

*Facilitators should also remind participants of some of the skills that they used during the program – especially those that help us to discuss and listen and problem-solve together.*

## 3.4 YOUR ON-GOING HOME ACTIVITY: KEEPING THE FIRE ALIVE

The program may be over but your work as a parent and adolescent continues.

The home activities are the most important part of the Healthy Homes Program.

It is important that you and your families continue to do these activities.

If it helps, you can use a checklist to help remind you to do your home activities each week. One day, they will become so natural that we will not even think about them when we do it.

**Until then, we must practice!**

Reward yourself whenever you do a home activity!

## 3.5 ONGOING HOME ACTIVITIES

**Quality time** – Spend Quality time with your adolescent.

**Use “I feel” statements** – Say how you feel out loud.

**Praise** – Praise your adolescent for positive behaviors. Praise yourself and other members of your family, too!

**Clear Positive Instructions** – Give clear and positive instructions to your adolescent.

**Household Rules** – Reinforce household rules with lots of praise for good behavior.

**Consequences** – Use Consequences for specific behaviors you want to see less.

**Problem-Solving** – Problem-solving together. Try using the 6 steps.

**Budgeting money** – Make saving goals and plans with your family.

## SESSION CLOSE & CELEBRATION minutes

60

### 4.1 PARTICIPANTS COMPLETE EVALUATION FORMS

Participants can use this time to complete any evaluation forms.

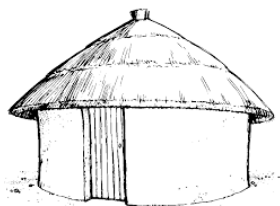
### 4.2 CELEBRATION

Facilitators organise handing out certificates. This will be done in two big groups: First parents and then adolescents. To start off, one facilitator should hold all the certificates for parents and the other should hold all the certificates for adolescents. Parents collect certificates for their adolescents from facilitator 1. Adolescents collect certificates for their parents from facilitator 2.

Ask parents to present a certificate to their adolescent. Remember to encourage everybody to clap as certificates are being handed out.

Ask adolescents to present a certificate to their parent. Remember to encourage everybody to clap as certificates are being handed out.

**Allow for lots of dancing and singing!**



# Healthy Homes Parenting Program HOME VISIT

**Guardian's Name** \_\_\_\_\_  
**Adolescent's Name** \_\_\_\_\_  
**Date** \_\_\_\_\_ **Group** \_\_\_\_\_  
**Facilitator's Name** \_\_\_\_\_

## Session 14: WIDENING CIRCLES OF SUPPORT

**Goal:** Plan how to move on and identify support structures that can help us.

**Overview:** In the last session, participants think about the program, talk about how they can continue to support each other, celebrate their achievements and give feedback about their experience of the Healthy Homes Program.

Before we start, how did home activities go last week?

**Core Lesson:** Thinking about the Healthy Homes Program:

- What were your goals at the beginning of the Healthy Homes Program?
- What have you achieved during the program?
- What was the most important thing that you learned?
- How have you changed? Has your relationship with your parent/adolescent changed?
- Has safety changed inside your house and/or outside your house?

**Now that the program has ended:**

- What are the things that we have in our community to continue supporting us?
- What can we do to continue making our lives better after the program?

**Certificates:** Remember to celebrate participant achievements by handing out certificates!

**Home activity:** Keep the fire alive!

Remember to keep practicing spending quality time together, saying how you feel out loud, praising, giving clear instructions, reinforcing household rules, problem solving together, using consequences and thinking about ways to save and spend your money.

**Attending sessions** can be difficult. Is there anything we could have done to help you attend sessions? It is important to have a non-blaming attitude about attendance!

Did any other members of the household participate in this Home visit? Who?