

PARENTING FOR LIFELONG HEALTH

Parenting for Lifelong Health Programme for Parents and Teens

Family guidebook



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This programme was developed in collaboration with over 700 children and families in South Africa.

Parenting for Lifelong Health Programme for Parents and Teens | Family Guidebook

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This Guidebook belongs to:

(Write your name using colours and/or pictures to make it look beautiful)

Name of Parent: _____

Name of Teen: _____

Keep your name tag here
for when the programme is
complete!

Contact number: _____

This Guidebook will be your personal guide and support as you
embark on your PLH Teens journey!

My PLH Facilitator's name: _____

My PLH Facilitator's contact number: _____

My PLH Partner's name: _____

My PLH Partner's contact number: _____

Dear Parent and Teenager

Welcome! We are delighted and excited that we will be learning together over the coming weeks! It's so wonderful that you have made this time for yourself and your family.

This Guidebook is for parents and teenagers who are part of the Parenting for Lifelong Health Programme for Parents and Teens (adapted from the Sinovuyo Caring Families Programme for Parents and Teens). It is also for other members of your household who may want to learn more about building a caring joyful family.

In PLH Teens, parents and teenagers actively learn skills to make their relationships better, together. We also learn to deal with stress and to solve problems together in a fun way.

We are all experts in our own families! We are here to learn from each other and to work out ideas that might help us collectively as a community.

In our learning journey, we use the idea of building a house to help us learn about building joy and wellness for ourselves and our families. Building strong foundations, steady walls, solid roofs, safe windows, doors, and beautiful gardens, are all important when building a house.



Like building a house that can withstand all kinds of stormy weather, PLH Teens helps to build loving and supportive homes for you and your family, focussing on a strong foundation and principles to ensure that development is step by step in the right direction.

In addition, PLH has been built on a foundation of what we have found to help families in Tanzania and around the world. We can advise and support you while you build your own home... just the way you like it!

Let's support each other to build strong houses with walls that stand steady and roofs that keep us warm and dry.

We wish you all the best for your Parenting for Lifelong Health adventure!

Team PLH



When we say **parent** we mean:

Caregiver of a teenager (whether a biological parent or not... we also mean grandmothers, aunts and uncles, older siblings, cousins and foster parents)



When we say **teenager** we mean:

A person aged between 10 and 18 years

Looking after a teenager can be challenging!



Parents, what's it like for you being a parent of a teenager?

Circle the pictures that
relate to your experience



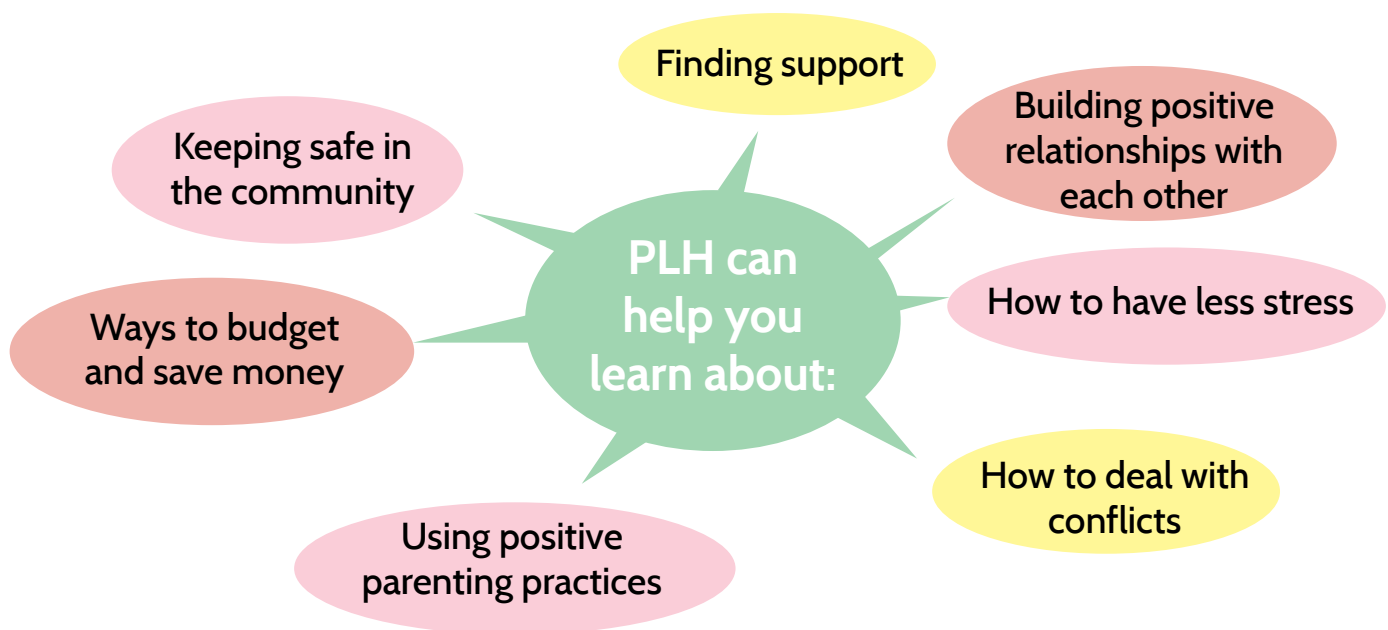
Being a teenager is not easy either, especially with
all the changes in your life.

What's it like for you being a teenager?

Write your
answers here



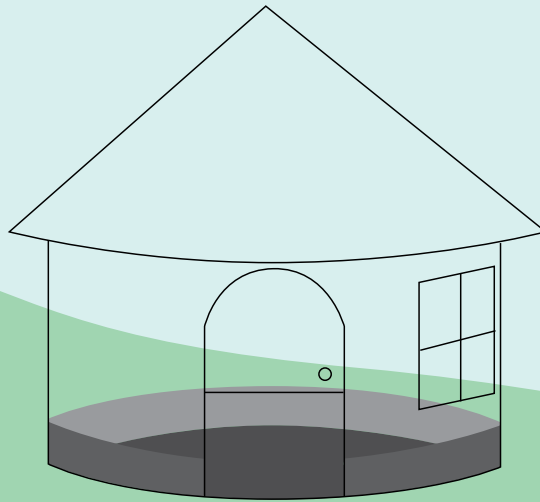
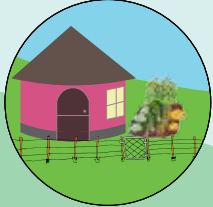
The Parenting for Lifelong Health Programme helps families learn and practice how to get along better...



You can use this Home Guidebook to:

- strengthen learning in the group sessions
- support your Home Activities
- help you remember new information and new skills between sessions
- share what you are learning with the rest of your family and friends

Setting goals is the foundation of our Home of Support...



I wish...

GOALS = WHAT WE WANT FOR THE FUTURE

GOALS HELP US TO FOCUS ON WHERE ARE WE GOING.

When we have goals we don't stay stuck...

in the past... in our problems... in where we are coming from...
in what we are trying to get away from...

When we know what our goals are, it helps us to make
choices that can support us to achieve
what we want in the future.

Remember when setting your goals:

- Choose small goals that you are able to achieve
- Be specific and clear about what you want
- Keep the goals positive
- Describe the change you want to see!

What are you hoping to gain from PLH???

Let's make some goals!!!



Dear Parent, what are your GOALS?

1. What are your goals for your teenager when he/she is an adult?

2. What do you want to get out of the programme for yourself?

3. How would you like things to be different for you and your teenager?

4. What would help you to make life at home easier?



When I know what I want, it is easier to make choices that support my family

When setting your goals... talk about your own goals... your own feelings... your own thoughts (choose what you want... not what you think your parent or your teen wants).



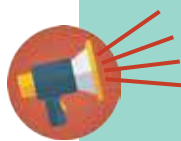
Hey Teen! What are your GOALS??

1. What are your goals for when you are an adult?

2. What do you want to get out of the programme for you and your family?

3. How would you like things to be different for you and your parent?

4. What would help you to make life at home easier?



Let's make it happen!
Reach your goals! You can do it!
It's possible! Wishes can come true!

PHYSICAL EXERCISE

Practice one physical exercise every day at home.



Only do what is comfortable for you



Have fun!



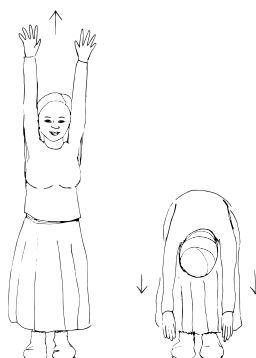
Daily physical exercise helps us to be healthy and happy

Did you do your physical exercise today? YES ☐
NO ☐

Some ways to move and feel gooooooooooooood:

Head to toe

Move each body part from head to toe. We start with our heads, and then move down and across our bodies, moving our neck from side to side, and then each of our arms, hands, bellies, legs... and finally our feet.

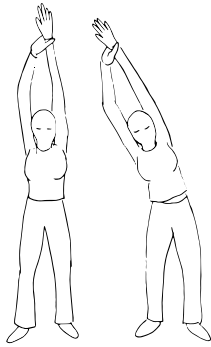


Reach for the sky

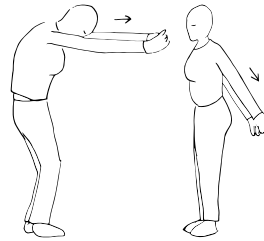
Reach for the ground
A simple stretch up
A simple stretch down

Remember to breath and relax as
you move!

1. Stretching our bodies



Stretch arms straight up as if you want to touch the sky
(4 deep breaths)
Stretch up into your left and right sides
(4 deep breaths)

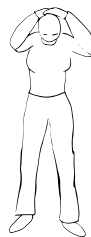


Stretch to the front
(4 deep breaths)
Stretch to the back
(4 deep breaths)

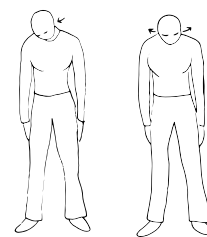
2. Head



Stretch right arm up and put your head on your right shoulder, then put your hand on your ear.
(4 deep breaths)
Stretch left arm up and put your head on your left shoulder, then put your hand on your ear.
(4 deep breaths)



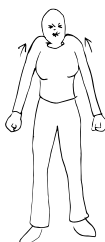
Link your hands and use the weight of your arms to hold the back of your head down
(4 deep breaths)



Place chin on your chest and then move your head to the left so that your ear is near your shoulder. Then move head to the right.
(4 times)

Move your head around in full circles slowly (4 times)

3. Shoulders



Scrunch face, squeeze hands and bring shoulders up to ear. Hold body tight with breath.



Release everything breathing out loudly.
(4 times)



What else do you do to stay healthy ??

4. Arms



Rotate your shoulders in circles to the front (4 times)

Rotate your shoulders in circles to the back (4 times)



Relax your arms and let them swing them from your shoulders forward and backward with your knees bent slightly (10 times)



Slightly bend your knees and relax your arms. Turn from side to side leading with your hips and letting the rest of your body follow, including your arms, neck, and head. Allow your arms to swing from side to side. (10 times)

5. Waist



Hold your waist and make small circles in both directions (10 circles each direction)



Bend your knees a little and hold them with both hands, and make small circles in both directions (10 circles each direction)



Place one foot on the ground in front of you. Rotate your ankle outward and inward. After 10 circles in each direction, switch feet.

8. Hands and Wrists

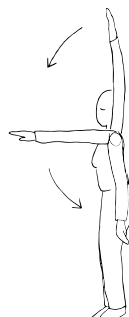


Rotate your wrists in circles as if you are painting. Make sure you go in both directions.

9. Shake Down



Shake your whole body in all directions.



Raise your arms above your head breathing in. Slowly allow your hands to float down by your side as you breathe out.

10. Final Breath



Stand with your eyes closed and notice how your body feels now.

Do these exercises every morning when you wake up!



HOME ACTIVITIES

Session 1, week 1

- Plan your home activities
- Record your progress
- See how well you are doing!

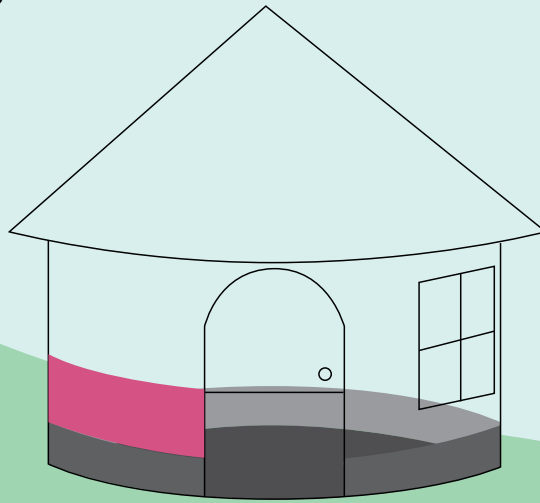
In our next group session, we can refer back to this guide to share all about our week of PLH home activities...

What must I do?	When and where will I do it?	How did it go?
Complete 1 Physical Exercise This week I can do this: <hr/> <hr/> <hr/> <hr/>	Every Day ! What time will I do it? <hr/> In the house? Or outside? <hr/> <hr/> <hr/> <hr/>	Think about what it was like to accomplish this home activity. What happened? How did it feel? <hr/> <hr/> <hr/> <hr/>
Review my goals <ul style="list-style-type: none"> • Read through and reflect on your goals for PLH • Share your goals with your teen/parent and one other person in your household 	Find some time to do this once during the week.	Think about what it was like to accomplish this home activity. What happened? How did it feel? <hr/> <hr/> <hr/> <hr/>



With an active body and your goals set for the future ahead... the possibilities are endless! Enjoy your first week of the learning adventure!

Spending quality time together is the beginning of building relationships, the walls of our home.



Do you want:

To improve your bond with each other?

To feel valued and loved by the other?

Teens to be more willing to help around the house?

Parents to feel that their work in the house is seen and appreciated?

Teens to feel their ideas are valued?

Parents to understand how they can support their teens?

Teens to be encouraged to think for themselves?

How????

Have Quality Time TOGETHER...

What is important to you? Share this with each other!

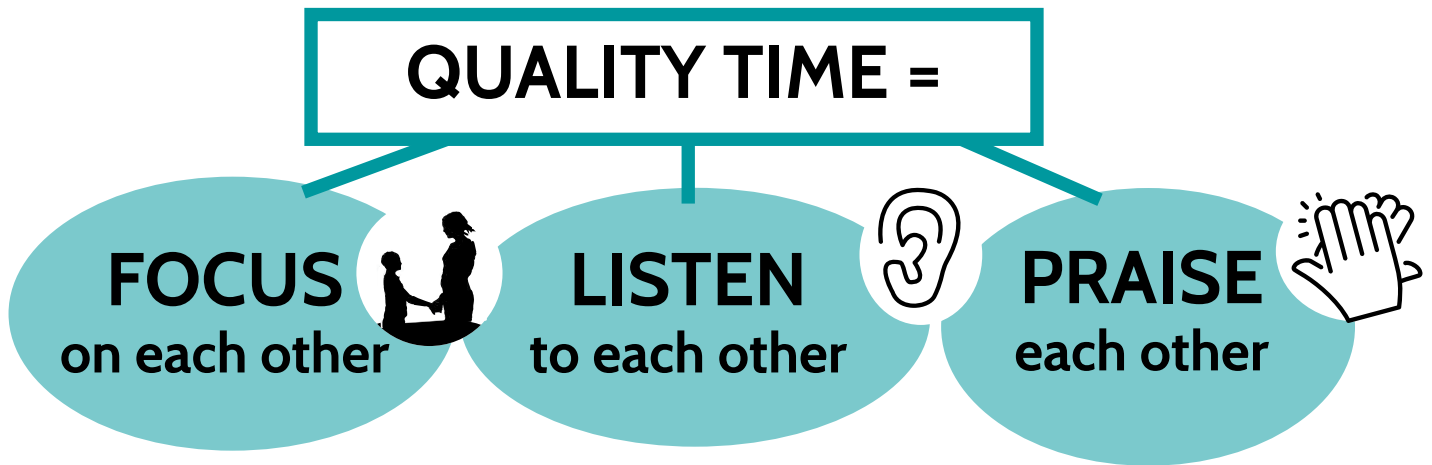
What do you enjoy doing? Spend that time together!

What is stressing you? Talk to each other about this!

When we know what is really going on in each other's lives, then we know how to support each other...



When we spend Quality Time with each other,
we have to listen to each other
(even if we do not agree with each other).



Spend at least 15 minutes of
Quality Time together every week.

Remember:

- Activities during Quality Time can be free. They don't have to cost any money



- Teens: Decide which activities you'd like to do...



- Parents: Make the decision together but try to follow your teen's lead!

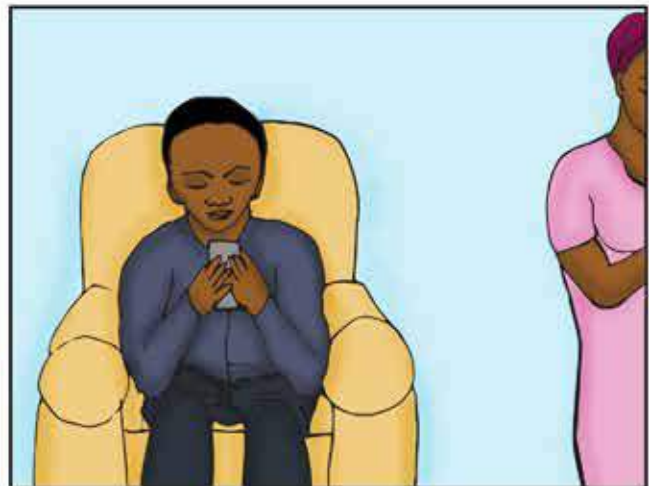
- If you are both very busy, you can even spend time doing chores together... and make it fun!

You can also do these activities together:

- Singing a song
- Eating dinner
- Telling a story
- Doing chores
- Walking somewhere

Ask each other:
"How was your day?"
Then... Listen carefully to
each other's answers!

WhatsApp quality time ...



In the illustrated story, Mama and Amani are building trust by listening to each other and spending quality time together...

Questions to think about:

How do you think Amani feels? How does his mom feel?

How else could Amani and his mom spend this time together?!

Answer the following questions:

What is Quality Time to you?

How do you like to spend Quality Time together with your teen/parent?

What different activities can you do together during the week?

How do you plan to spend your Quality Time this week?







HOME ACTIVITIES

Session 2, week 2

- Plan your home activities
- Record your progress
- See how well you are doing!

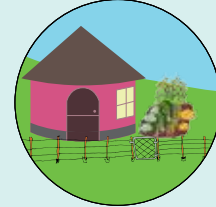
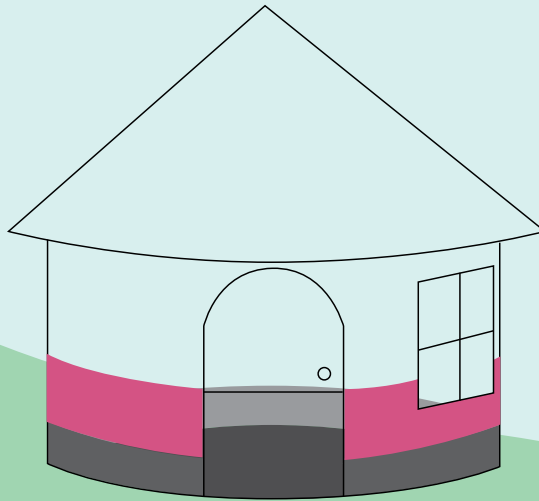
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<div>Spend Quality Time together</div> <ul style="list-style-type: none"> Choose an activity: <hr/> <hr/> <hr/> <hr/>	<p>At least once in the week for 15 minutes.</p> <p>When will this be possible for us?</p> <hr/> <hr/> <hr/> <hr/>	<p>Think about what it was like to accomplish this home activity.</p> <p>What happened?</p> <p>How did it feel?</p> <hr/> <hr/> <hr/> <hr/> <div>   </div>



You are now on your way to building a Home of Support in your family through spending Quality Time together...
It's exciting that you will get to have many special moments together!

We continue to build the walls of our home by praising each other.



How do we build strong relationships with each other????

1. Give positive attention...

- Acknowledging each other when you have done something well
- Supporting each other (by going to a soccer match or helping with chores)
- Encouraging each other (to finish some homework that might be difficult or completing knitting that blanket)
- Smiling at them 😊
- Thanking them 🙌
- Hugging them! ❤️

"Well done, the way you spoke to your grandmother was very respectful"

"How can I help you?"

"I know you can finish it... come on, you can do it..."

2. Notice the good...



NOTICE THE GOOOOOOOOOOOD!



Parents:

With some teenagers, especially teenagers who are difficult, it can be difficult to notice any good behaviour. To begin with, we might start to praise teens for small things, such as folding their clothes nicely or playing a game with their little sibling.



Teenagers:

Sometimes when we're really in a bad mood with our parent, we only notice the times they are angry with us or are criticising us. But our parents do things all the time to help us, like making dinner, or working so that we can afford to go to school. It can be really helpful to notice some of these things and praise them for it.

3. Offer Praise...

Praise is when somebody says something good about something we have done

Praise is a way of showing what behaviour we really like

Giving and receiving **praise** makes us feel GREAT

Giving **praise** also increases the behaviour that we are praising



Remember:

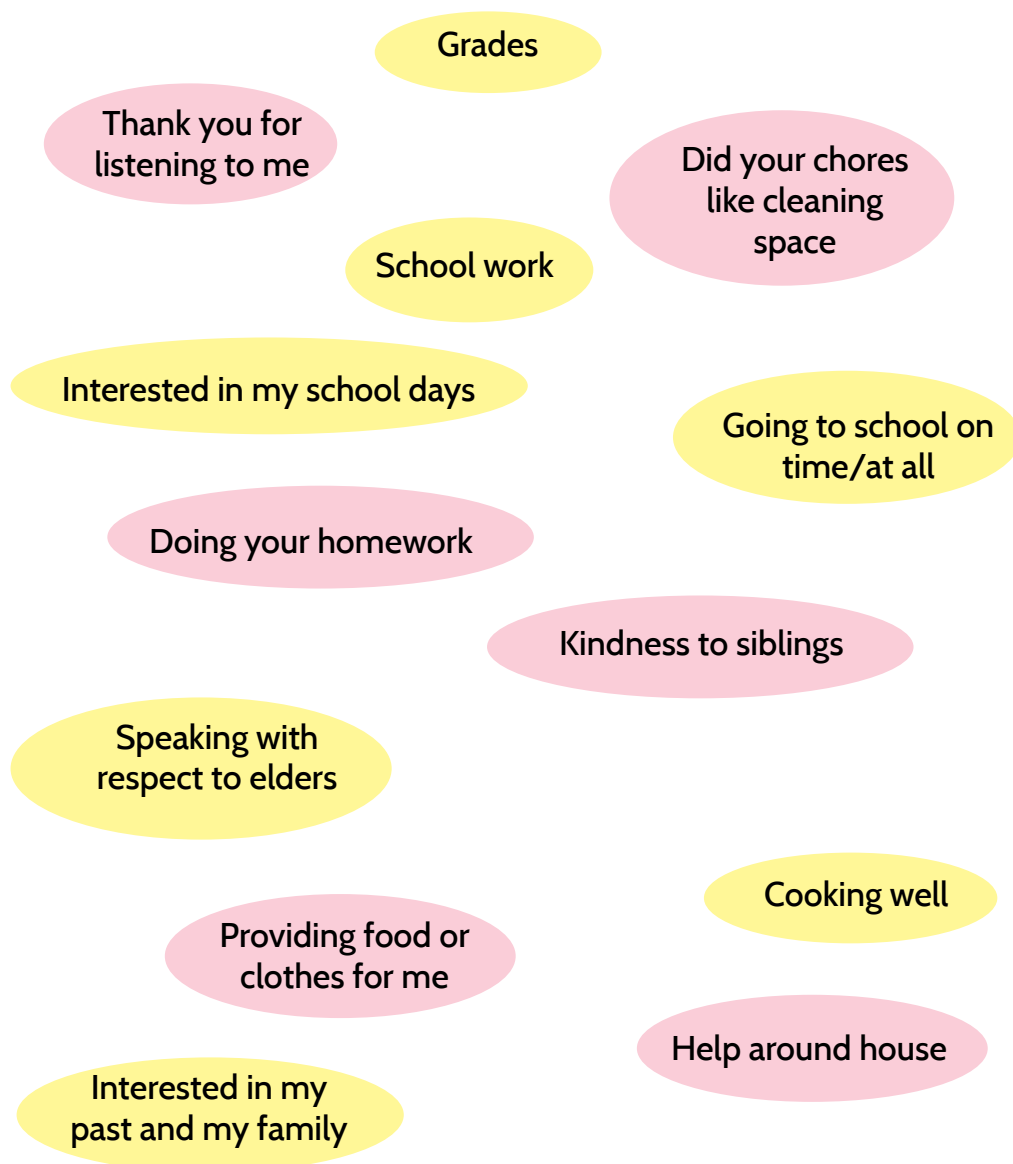
- *Be specific when you praise...* we must tell the other person exactly what they have done that has pleased us
- **Be enthusiastic about your praise...** really mean it!
- **Give praise soon after you notice the good behaviour...**
- **Warning:** praise + criticism don't work together
Think about how you feel when someone praises you and then says BUT...

"You are playing with your brother so nicely and gently!"

"You are a wonderful cook! The food is very tasty and well-prepared"

There are many opportunities to praise your parent/teen!
Think of all the things you like and appreciate about them!!

Circle what you appreciate about your parent/teen and then think of specific things you'd like to give them praise for...



Parents: your teen has goals for their life (see session 1)... Which behaviours can you praise your teen that would help them on the road to reach their goals??

REWARD GOOD BEHAVIOUR WITH PRAISE



Notice the good!

Faraja is helping Shukuru with her schoolwork



Wow, look how Mama uses praise to show her appreciation of Faraja & Shukuru's good behaviour in the illustrated story...

What makes Mama's praise work?

She praises them soon after their good behaviour.... **TIMING** of the praise is important
Also she tells them exactly what it is they are doing that is good... **SPECIFIC** praise is important.

Answer the following questions about why you think praise helps us to create PLH.

How do you think Shukuru feels when her sister praises her?

What is the specific praise that Mama gives her daughters?

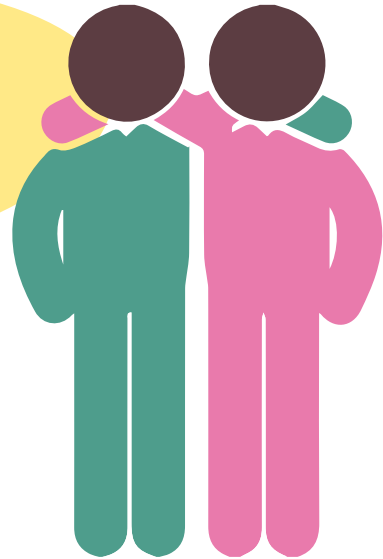
How does Shukuru feel when mom praises her?

Do you think Mama's praise will affect Shukuru's reading in the future?

How does Faraja feel when Mama praises her?

How do you think this will affect her behaviour in the future?

**Be supported... Team up
with a PLH Partner!**



Your PLH Partner is a person chosen
from your group just for you..

Share your experiences, successes, solutions,
and be there for each other!

And if you miss a session they can help you catch-up too!

If possible, choose someone who lives close to you.

Meet up with your friend every week.

You can even create
supportive Ground Rules
like no late phone calls/
text messages or getting
drunk together.

Talk to each other about:

"How is your home practice
going this week?"

"What did you learn
this week?"

Offer support to each other on the PLH journey.



HOME ACTIVITIES

Session 3, week 3

- Plan your home activities
- Record your progress
- See how well you are doing!

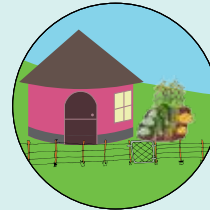
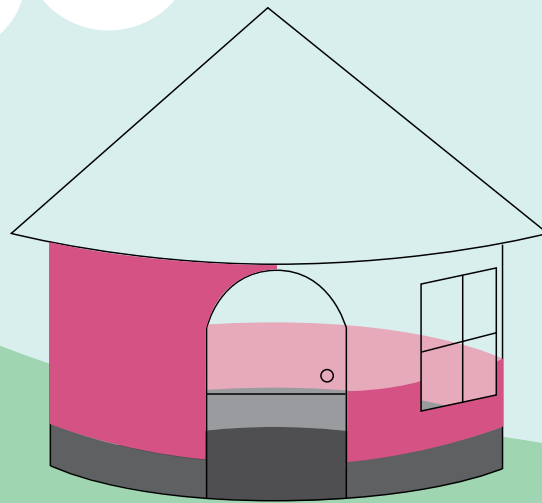
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Make a plan to meet your PLH Partner	At least once in the week When will this be possible for me? <hr/> <hr/>	Think about what it was like to accomplish this home activity. What happened? How did it feel? <hr/> <hr/> <hr/> <hr/>



You have now completed session 3! That's incredible!! You have received your PLH Partner and have learnt the importance of praising behaviour you want more of... The walls of our Home of Support are almost built... PRAISE BE TO YOU!

1. Identifying my feelings 2. Accepting how I feel 3. Responding in a controlled way



- Be aware of your own feelings
 - Understand how best to deal with other people's feelings
 - Talking about our feelings makes us happier and helps us to build stronger relationships with each other



"Naming feelings" = being aware of how I am feeling...saying how I feel... talking about my feelings

- Helps us control our own responses to negative feelings
- Increases the joy we get from our positive feelings
- Helps us understand each other better
- Shows us ways to support each other
- Allows us to have both positive and negative feelings (no matter how we feel...it is okay!)
- Helps us stay healthy, reducing the risk of heart disease and high blood pressure

Naming feelings allows us to let feelings "out" in a skilful way... so we don't hold it inside and then react with harsh words and behaviours.

Look at the faces below. Circle the feelings that are positive.

Think of a time when you felt each emotion. How did your body feel (e.g., open, relaxed, light, smiling)? What thoughts did you have at that moment?

Underline the feelings that are negative.

Think of a time when you felt each emotion. How did your body feel (e.g., tense, headache, knot in the stomach, etc.)? What thoughts did you have at that moment?

I feel...



happy



stressed



proud



angry



frustrated

overwhelmed



excited

annoyed

surprised



disappointed



confused

scared

peaceful



grumpy



grateful



worried



sad

glad



guilty



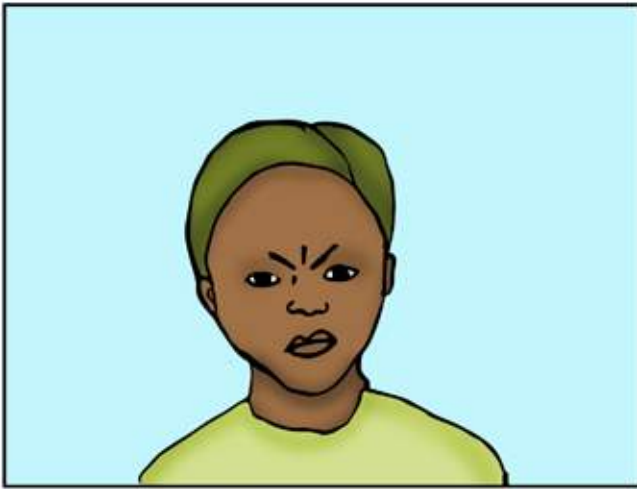
calm

inspired

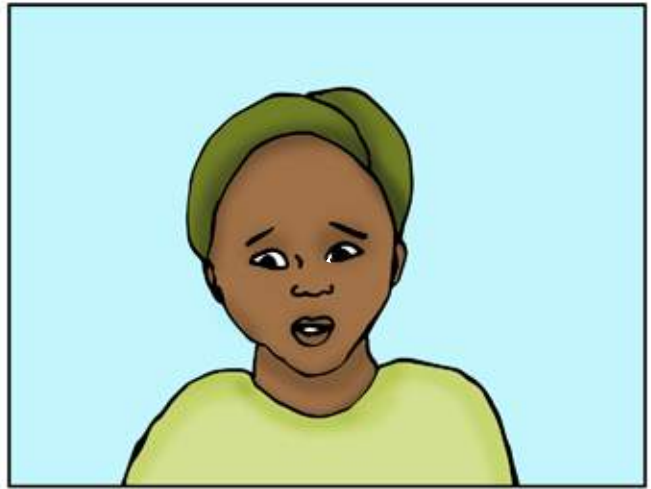


ashamed

Talking about emotions ...



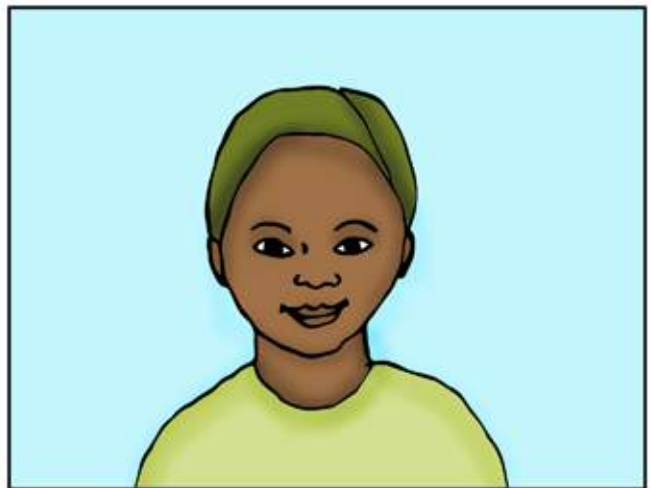
ANGRY



STRESSED



PROUD



HAPPY

Feeling stressed? Want to calm down?

TAKE A PAUSE

How to Take a Pause?

Find a comfortable sitting position with your feet flat on the floor, your hands resting in your lap. Close your eyes if that feels comfortable for you.

FEELINGS...

Ask yourself, "What do I feel right now?"

THOUGHTS...

Notice what thoughts you have. Notice if they are jumping from one thing to another or if they are still.

Become aware of:

BREATH...

Notice that you are breathing. You may want to place one hand on your stomach and feel it rise and fall with each breath. Follow your breath all the way in, notice how it pauses, and how it exhales out.

If you notice that you have started to think about something, this is completely natural. Just keep going back to the sensation of your breath.

BODY...

Notice how your body feels. Notice any discomfort or tension.



Allow your focus to expand to the whole body.

Notice if there is any tension, or pain.

Allow your breath to travel to that part of the body.

Try telling yourself: "It's okay. Whatever it is, I am okay."

When you are ready, open your eyes.

Take a moment to think about your experience.
Do you feel any different from before Taking a Pause?!
Can you feel the benefits of Taking a Pause?

You can Take a Pause at any time in the day when you are feeling stressed. It can even be just 5 seconds of feeling your breath go in and out!





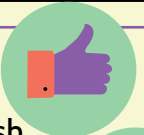



HOME ACTIVITIES

Session 4, week 4

- Plan your home activities
- Record your progress
- See how well you are doing!

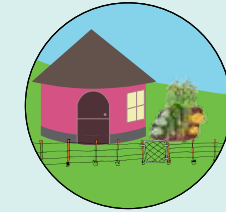
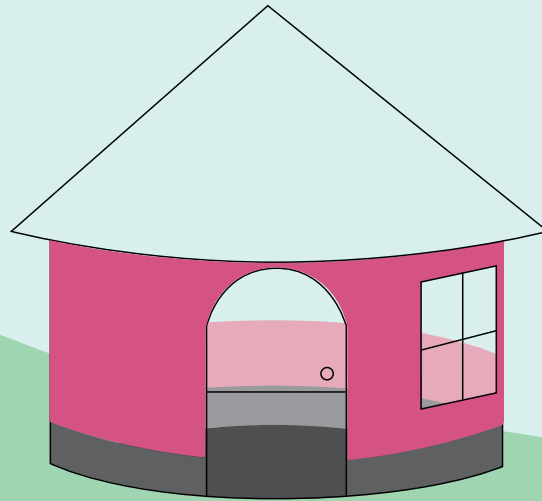
In our next group session, we can refer back to this guide to share all about our week of PLH home activities...

What must I do?	When and where will I do it?	How did it go?
Naming feelings Identify how you feel and share it with your Parent or Teen. Hint: This is easiest to do when you look happy or are spending quality time together. Today I feel... How are you feeling?	At least once a day during the week.	Think about what it was like to accomplish this home activity. What happened? How did it feel? <hr/> <hr/> <hr/> <hr/>  
Take a Pause 1. Become aware of your thoughts, feelings and physical body. 2. Focus on your breath moving in and out of your body. 3. Notice if you feel any different!	At least once a day during the week.	Think about what it was like to accomplish this home activity. What happened? How did it feel? <hr/> <hr/> <hr/> <hr/>  
REMEMBER TO KEEP DOING YOUR ONGOING HOME ACTIVITIES! <ul style="list-style-type: none"> • Spend 15 minutes of Quality Time together • Do Physical Exercise Everyday • Make a plan to meet your PLH Partner 	At least once a day during the week or when things become stressful.	Think about what it was like to accomplish this home activity. What happened? How did it feel? <hr/> <hr/> <hr/> <hr/>  

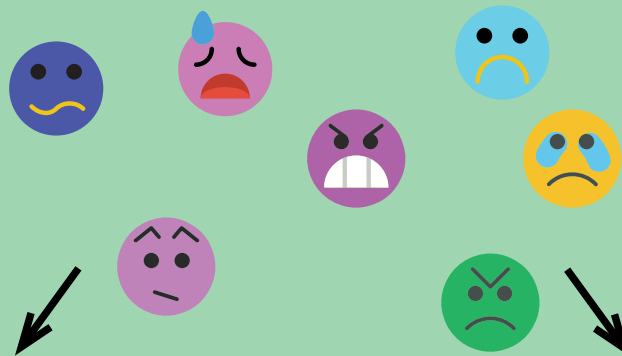


We are so happy and proud that you have made it this far in the programme! Share your feelings, Take a Pause when you feel stressed, and do something fun for yourself and with your teen/parent. You deserve it!

Learning to manage our stress and anger can improve our situation and help us feel better



Everyone experiences negative feelings and all relationships sometimes have conflict... this is a part of life.



React in a violent way



This is usually when bad things can happen.

OR

Choose another way:

Take a pause – Become aware of your thoughts, feelings, body. Breathe. Breathe. BREATHE and stay calm

Name your feelings – Talk about how you feel and why

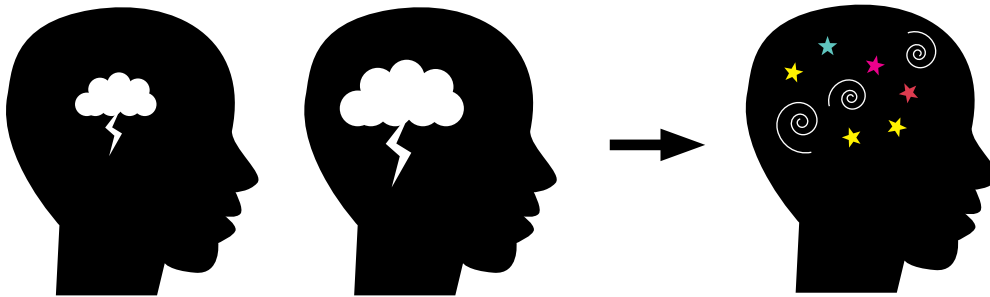
Connect to your PLH Partner
- Find support to help find ways to behave differently.

Change negative to positive thoughts



When negative feelings and thoughts arrive, here is another way to stay CALM and deal with anger and frustration: Let's stop ourselves from thinking over and over about a problem...

Catch negative thoughts before they become too big! Then... turn them into positive thoughts that are more helpful!



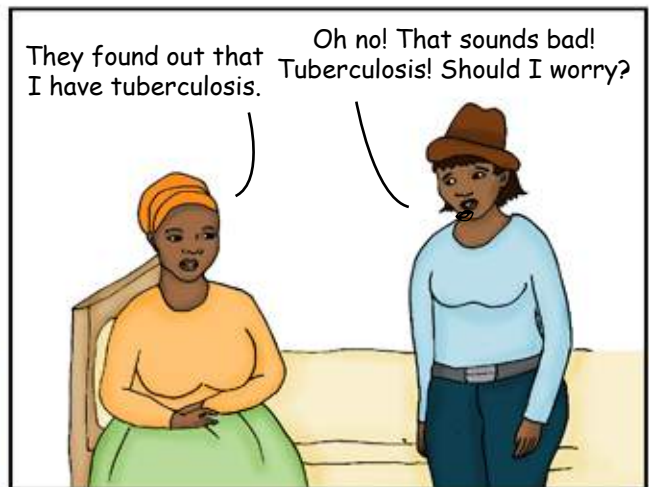
Practice finding positive thoughts to help make negative situations feel less stressful:

What are the problems you are dealing with at the moment?

Write down all the negative thoughts and feelings you have about this

Change these negative thoughts into more positive ones

Mama is sick...



There are always healthier ways to respond to stressful situations...
and they usually lead to a better ending!

Read the illustrated story with Mama and Faraja and answer the following questions:

How does Mama deal with the news about her illness?

How does it affect Faraja?

What does Faraja do to help her mother and herself deal with the stress?

Think about how you usually deal with negative emotions and thoughts...

Think about a time that you were stressed or angry and acted out in a violent way...

What could you do that could help you cope with the stress and anger?







HOME ACTIVITIES

Session 5, week 5

- Plan your home activities
- Record your progress
- See how well you are doing!

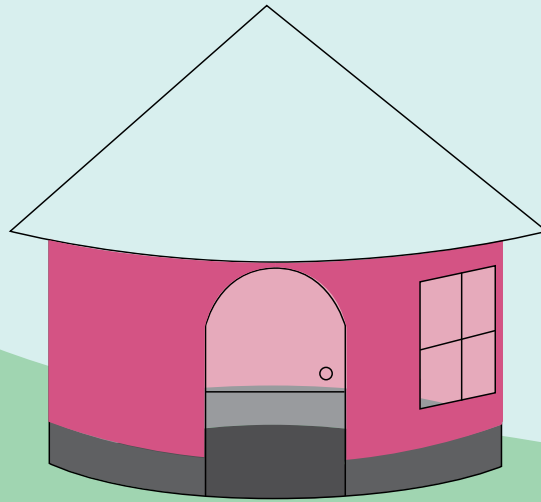
In our next group session, we can refer back to this guide to share all about our week of PLH home activities...

What must I do?	When and where will I do it?	How did it go?
<p>Practice one of the skills to <i>manage your anger</i> and stress.</p> <p>(Being aware of our emotions, breathing, talking, changing negative into positive thoughts).</p>	At least once in the week.	<p>Think about what it was like to accomplish this home activity. What happened? How did it feel?</p>   <hr/> <hr/> <hr/> <hr/>
<p>REMEMBER TO KEEP DOING YOUR ONGOING HOME ACTIVITIES!</p> <ul style="list-style-type: none"> • Spend 15 minutes of Quality Time together • Do Physical Exercise Everyday • Make a plan to meet your PLH Partner 	At least once a day during the week or when things become stressful	<p>Think about what it was like to accomplish this home activity. What happened? How did it feel?</p>   <hr/> <hr/> <hr/> <hr/>



Life is often filled with stressful situations... but thankfully, now you have some skills to help you cope with these times! Awareness of Anger, Breathing, Talking, and BEING POSITIVE - Keep up the good progress in practicing these tools!

Developing and practicing problem-solving skills helps us to face challenges and find new solutions to difficult situations



PROBLEMS?

Hot

Dangerous



Can easily
get out of
hand!!!!

... No problem

Let's learn how to
PROBLEM-SOLVE



1.



Imagine you are cooking and accidentally your pot sets on fire in your home...

2.



What is the problem?

Identify the problem (Where is the fire? What kind of fire is it? Is it from the paraffin stove? From a wood fire?)

3.



What are the different solutions to the problem? Brainstorm solutions (What are my options to put out this fire? Get out of house as soon as possible/ put the lid on the pot/ put water in it/ cover it with sand)

What are the consequences of each solution?

Figure out the advantages and disadvantages of each option (hmmm... if I choose this option then this... if I choose that option then that... now which option would work best?)

4.



Which solution will I choose?

Choose one solution (I am going with that one..)

5.



Try it out!
(Here goes...)

6.



Did my solution work?

Think about whether or not it worked (Did I manage to put out the fire? What could I have done differently?)

Think of a problem in your own life at the moment...

Maybe there's an issue at home that needs fixing? Something that is a source of conflict between you and your parent/teen? Or a problem at school with a friend?

Practice these Problem- Solving steps with your family to help solve your problem!

REMEMBER TO TAKE EVERYBODY'S OPINION SERIOUSLY

MY ACTION PLAN

1. Identify the problem:

2. Brainstorm solutions:

3. Figure out what the results of each solution would be:

4. Choose one solution:

5. Try it out

6. Did it work?

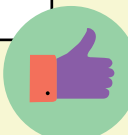





HOME ACTIVITIES

Session 6, week 6

- Plan your home activities
- Record your progress
- See how well you are doing!

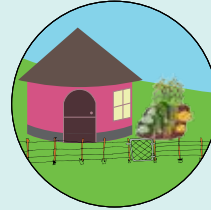
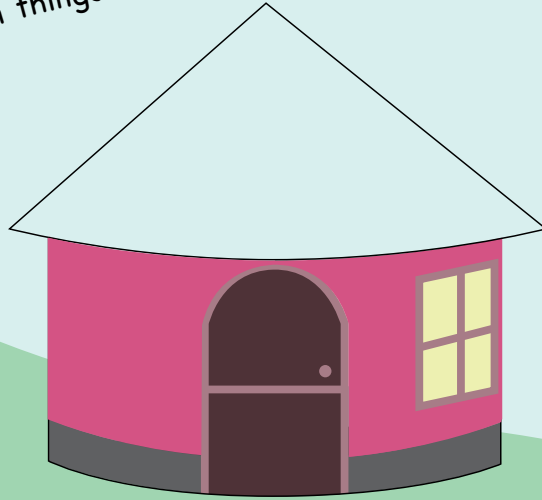
In our next group session, we can refer back to this guide to share all about our week of PLH home activities...

What must I do?	When and where will I do it?	How did it go?
Practice 6 steps of Problem-Solving with a problem from your home	At least once in the week.	Think about what it was like to accomplish this home activity. What happened? How did it feel?   _____ _____ _____ _____
REMEMBER TO KEEP DOING YOUR ONGOING HOME ACTIVITIES! <ul style="list-style-type: none">• Spend 15 minutes of Quality Time together• Do Physical Exercise Everyday• Make a plan to meet your PLH Partner• Take a Pause whenever you feel stressed	At least once a day during the week or when things become stressful	Think about what it was like to accomplish this home activity. What happened? How did it feel?   _____ _____ _____ _____



All the walls of your Caring Family home have now been built. How pleasing it is when you can find new solutions to putting out life's fires together!

Budgeting together as a family helps us to reflect on things that are most important to the family



Money

When we have enough... we tend to feel happy

When we don't have enough... we might feel stressed, anxious, and sad.

Money can often feel like a problem that needs to be solved...



Sometimes we to make ends meet every month having to take care of the of the needs of the family. Sometimes in life there are times when it feels impossible to save money... sometimes we feel like we can't avoid borrowing more and more money from other people....

MONEY PROBLEMS = STRESS IN FAMILIES



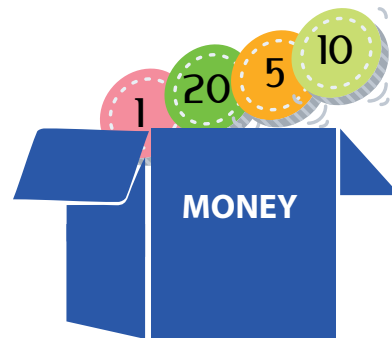
SOLUTION:

Budget + Save money = Reduce stress =



A BUDGET is how we decide what we will spend our money on. It helps us to find out how much money we can spend on our needs and wants. We create a plan for our money so that it's easier to make choices and to avoid running out of money.

1. Add up how much money you have every month



2. Think about what is important to you as a family



MEDICAL CARE



SHELTER



FOOD

3. Make a plan so the money you have covers your family's needs



FOOD



MEDICAL CARE



SHELTER

4. Remember to save some money for emergencies or for something you really want for yourself or your family in the future



SAVING MONEY is when we put away some money every week/month so that we can keep some money saved in case of an emergency ...



... or to build towards a long-term goal.

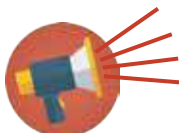
Money Shocks are when things that were not planned happen and require us to spend money. They can happen to all of us and they usually come very unexpectedly.

Let's keep in mind that with the money we have, we all have to make choices between different things. And sometimes these choices can be very difficult.

Two things to think about when making these choices together:

1. Which things are most important to you as a family?

2. Which things do not mean too much to you?



Remember: solving problems is best done TOGETHER as a family.



The Story of Bibi Sara

Today we are going to meet Bibi Sara who is Baba's Mama. Bibi Sara lives with her grandchildren, Amina and Baraka who are Faraja, Shukuru and Amani's cousins. Amina is 18 and has great marks in school. Baraka has just turned 16 and has many friends who admire him a lot.

Bibi Sara has looked after her grandchildren since their parents died of AIDS when the children were still very young.

They struggle, but Bibi receives a small amount of money of 20 000 TZ through TASAF (Tanzanian Social Action Fund) to assist her in the caring for the children. Combined with the income that Bibi Sara makes from selling fish at the market, she can almost make ends meet. Especially the last days of each month – those days tend to be tough!

One day, as she watches her grandchildren come in from school, she thinks: "Amina is so clever! She will pass her A levels next year and surely go to study at the University of Dar Es Salaam! She will need all those books for university!"

And Baraka, he is just like his grandfather, honest and serious and responsible. Soon he will go to high school! But he will need a new uniform and transport money to get to school! And food!"

Bibi Sara then thinks to herself: "Times are so tough, but I want the best possible future for my grandchildren. They deserve all of the happiness and success in the world. I don't know how; I don't know where the money will come from. I could borrow the money, from Mkopo kwa Riba, but they are so dangerous and paying them back is so expensive. I must make money and save but how?"

This is why we are all here today. Sometimes in life there are times when it feels impossible to save money, or to avoid borrowing more and more money from other people.

In the last session we talked about how we can solve problems together. Money can often feel like a problem that needs to be solved!

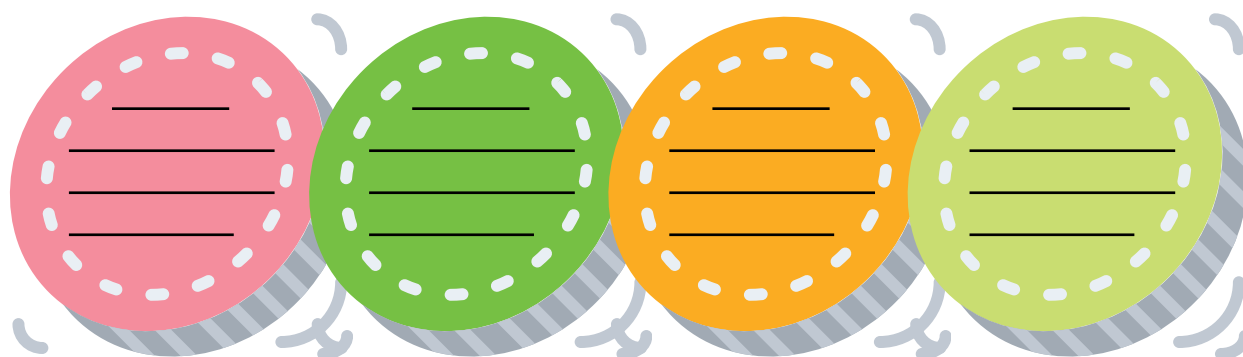
Bibi Sara's goal is to make sure her grandson can go to high school and her granddaughter could fulfil her dream of going to university. Let's think together about how she can solve the problem of saving a lot of money with the little money she has?

Remember Bibi Sara and how she finally managed to budget and save money for her grandchildren's future?

Now it's your turn!

What are yours and your family's saving goals?

How much money does your family have available each week/month and where does this money come from? Write the different amount and where it comes from in the coins below:



Draw circles around the pictures of what you think are needs, and squares around what you think are wants.



Need: something you have to have to survive
Want: something you would like to have

Draw pictures of where your family's money goes every week/month.



Parent: What do you spend money on each month?



Teen: What do you spend money on each month?

Then together, draw circles round the pictures of your needs and squares around your wants.

Together, as a family, ask yourselves:

- Which of these things are most important to us as a family?
- Which of these things would we like to have but we could get by without?

Think about how much money your family has available every week/month and how this can cover all of your family's "needs" for the whole month... Try to include savings in your budget/plan for emergencies and for some of your wants!







HOME ACTIVITIES

Session 7, week 7

- Plan your home activities
- Record your progress
- See how well you are doing!

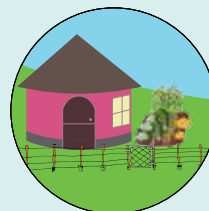
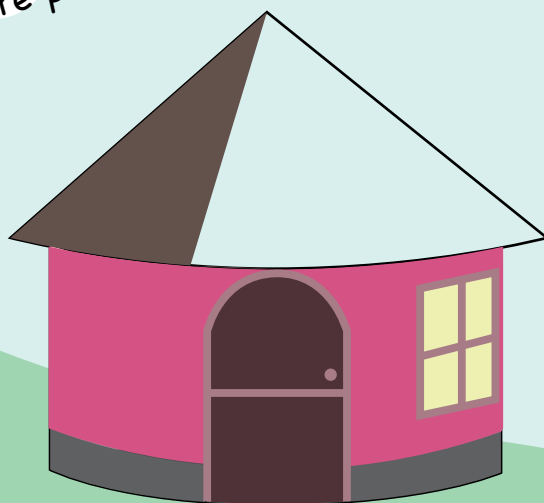
In our next group session, we can refer back to this guide to share all about our week of PLH home activities...

What must I do?	When and where will I do it?	How did it go?
<p>Make a budget together with the whole family</p> <p>Ask yourselves: How much money is available every month? How can this money cover all of the family's needs for the month? Include savings in your plan.</p>	At least once in the week.	<p>Think about what it was like to accomplish this home activity. What happened? How did it feel?</p>   <hr/> <hr/> <hr/> <hr/>
<p>REMEMBER TO KEEP DOING YOUR ONGOING HOME ACTIVITIES!</p> <ul style="list-style-type: none">• Spend 15 minutes of Quality Time together• Do Physical Exercise Everyday• Make a plan to meet your PLH Partner• Take a Pause whenever you feel stressed	At least once a day during the week or when things become stressful	<p>Think about what it was like to accomplish this home activity. What happened? How did it feel?</p>   <hr/> <hr/> <hr/> <hr/>



Making a budget and saving for the future can also relieve stress in the family now! We can see a bright future through our newly built windows in our caring family home!

There are peaceful ways to approach difficult situations.



Dear **PARENTS**,

When there is a problem in the family....

And we are getting stressed or angry at someone or something...
we could hit... or we could yell...

OR

we could try to choose another way:

BREATHING:

"take a pause"! Become aware of anger and stress. Take a deep breath or count to 10 BEFORE you react.



LISTENING:

There are two sides to every story -- encourage your teen to tell you how they feel and then listen to what they have to say.



OR

SAY WHAT YOU WANT, TO GET WHAT YOU WANT:

Give clear, positive instructions to your teen. Tell your teen which behaviours are okay and which are not. Put the focus on the behaviour instead of your teen as a person.



PRAISING:

Give specific praise whenever your teen behaves in a positive way. This will help to encourage more of their good behaviour and gives you a chance to be positive!





Look at the scenarios below and follow these steps:

- Identify what are the difficult problems
- REMEMBER: be specific about the behaviour that is causing the problem ... focus on your teen's behaviour not on him/her as a person
- Think about how you could find an effective way of managing this challenge instead of reacting negatively to it?

1. STAYING OUT LATE:

Your teen comes home two hours after they were supposed to. It is late and dark and you have been worried about whether or not they are safe. As soon as they walk in the door, you:

- a) How would you normally respond to this?
- b) What feelings come up for you?
- c) What happens when you respond like this?



OR...

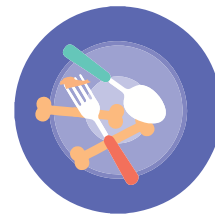
- d) How could you respond differently?



2. CHORES:

You have asked your teenager twice to do the dishes, but instead she or he stays in front of the TV. After asking a third time, and still they won't move from the TV:

- a) How would you normally respond to this?
- b) What feelings come up for you?
- c) What happens when you respond like this?



OR...

- d) How could you respond differently?



3. Write or draw a picture of your own difficult situation at home

How would you solve the problem without conflict?





Dear **TEENS**:

Teens, even though parents are sometimes not very cool, they have been around for longer than you have, and can have important things to teach you. When there is a problem in the family, we could hit... or we could yell...

OR

we could try to choose another way to approach the difficult situation like:

BREATHING:

"take a pause"! Become aware of anger and stress. Take a deep breath or count to 10 BEFORE you react.



OR

USE YOUR PROBLEM-SOLVING SKILLS:

Focus on finding solutions to difficult situations (including your own!). *Give your parent a chance! Sometimes you can work out the problem together.*



TALKING:

- Sometimes when you have a problem that scares or worries you or feels too big for you to handle, it can be helpful to talk it through with your parents in case they have good ideas about how to help.

- Sometimes you may have a problem with your parents. They might have partners or friends that you don't like, or they may want you to help out so much at home that you don't have enough time to do your homework or go out with your friends. These kinds of problems are also good to talk about with your parents, instead of just letting them make you more frustrated.



Remember: think about your parents' side of the story! Try see it from their point of view!



TEENS: You be the Parent!

Pretend to “be the parent” in each scenario and write down how you would feel about this and how they would deal with the situation... imagine what you would want your parents to say if you were the teenager in trouble...

Try to think of positive solutions to the problems in each scenario!

1. **Lying:** Teen says s/he is visiting his/her grandmother overnight but really goes to a party with their friends.

Parent:

2. **Boyfriend:** Teenage girl wants to date someone who is much older than her. He has a lot of money and brings her home really late.

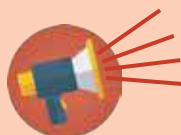
Parent:

3. **Walking in unsafe areas:** Teenage boy keeps walking home through an unsafe area because he wants to walk his girlfriend home. Parents repeatedly warn him against doing this.

Parent:

4. **Short skirt:** Teen wears school blouse with too many buttons undone despite parents telling her not to. Teacher makes a comment and eventually issues a “warning” that needs to be given to the parent. Teen doesn’t want to give their parent the warning note.

Parent:



Try to see problems from two points of view!
When you work together with your parents, you can
achieve the things that you want to!

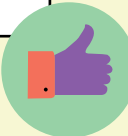





HOME ACTIVITIES

Session 8, week 8

- Plan your home activities
- Record your progress
- See how well you are doing!

In our next group session, we can refer back to this guide to share all about our week of PLH home activities...

What must I do?	When and where will I do it?	How did it go?
Practice Taking a Pause <ol style="list-style-type: none"> 1. Become aware of your thoughts, feelings and physical body. 2. Focus on your breath moving in and out of your body. 3. Notice if you feel any different! 	At least once a day during the week	Think about what it was like to accomplish this home activity. What happened? How did it feel?   <hr/> <hr/> <hr/> <hr/>
REMEMBER TO KEEP DOING YOUR ONGOING HOME ACTIVITIES! <ul style="list-style-type: none"> • Spend 15 minutes of Quality Time together • Do Physical Exercise Everyday • Make a plan to meet your PLH Partner 	At least once a day during the week or when things become stressful	Think about what it was like to accomplish this home activity. What happened? How did it feel?   <hr/> <hr/> <hr/> <hr/>

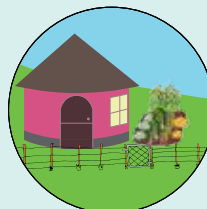


Your problem-solving skills have just been taken to a new level! Viewing the situation from the other person's point of view is such a helpful way of avoiding conflict. So is connecting with your feelings and noticing those of the other person. Take a Pause and give yourself some praise for all that you have learnt so far...

Use alternatives to violence like staying calm,
using consequences, expressing how you are feeling.



Dear PARENT,



Sometimes it can feel like your teenager's

behaviour is making you crazy, stressed, or angry...

...which can make you want to react with harsh punishment...

But usually that makes you and your teen feel worse, not better!

VIOLENT REACTIONS

- teach your teen that hitting and violence is how he or she must deal with people and situations (siblings/friends/others)
- teach your teen to find ways to not get caught the next time – which doesn't solve the problem!

Remember, teens can often act disrespectfully or like they only care about themselves. Growing up is a difficult time for teens when they are learning about who they are and how they want to be in the world.

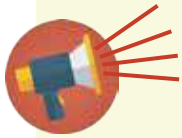
Luckily, there are **other ways** to discipline your teen without using violence...and they work better!

Harsh punishment (hitting, screaming) is not the same as Discipline

**DISCIPLINE = teaching for
the future**

Focus on teaching teenagers respectful behaviour through consequences instead of punishing them.

Consequences teach our teenagers that their bad behaviours have results that they might not like...



Consequences need to be

REALISTIC

(you are able to enforce it),

IMMEDIATE

(followed through as soon as possible),

and **REASONABLE**

(related as much as possible to the behaviour)

There are 2 types of consequences: Natural consequences (if you do not go to school, you will not pass your exams) AND Logical (if you do not do your homework before dinner, you cannot watch TV tonight)



- Before discussing the consequences with your teen, **remember to take a deep breath and try to respond with a calm voice (even if you feel angry inside!)**
- When discussing consequences with your teen, remember to focus on the **behaviour** you want to change, not on your teenager!



Write a list of behaviours that your teen does that annoy you or that you would like to change:	How do these behaviours make you feel?	What is the opposite positive behaviour you would prefer your teen to do?	What would be a realistic, immediate, and reasonable consequence that you could use for this behaviour?

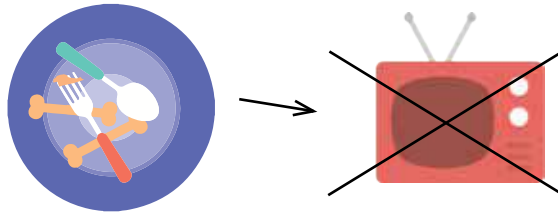
Use an “**I feel**” sentence to talk about behaviour that you find difficult in your teen.

“I feel [*feeling*]... when you [*name action*]... and I would like you to [*name wish*].”

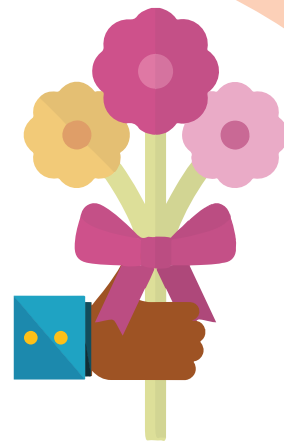


AND TEENS REMEMBER:

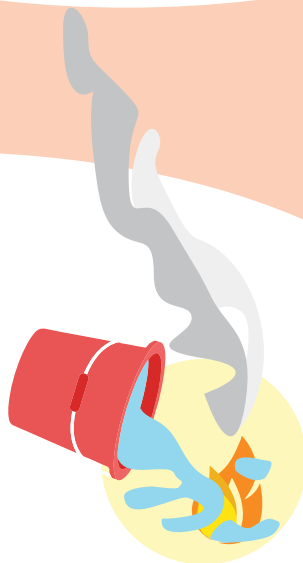
Negative behaviour comes with consequences



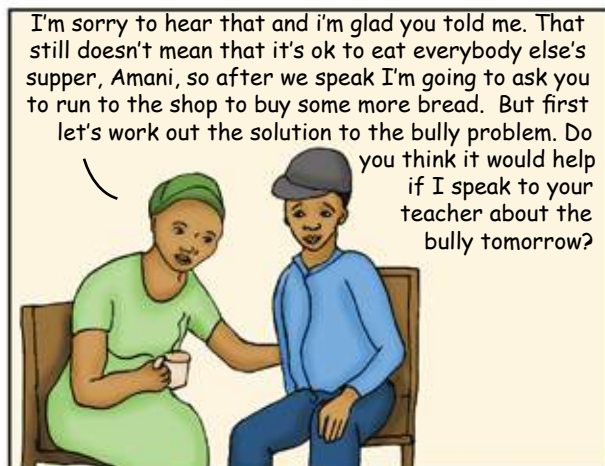
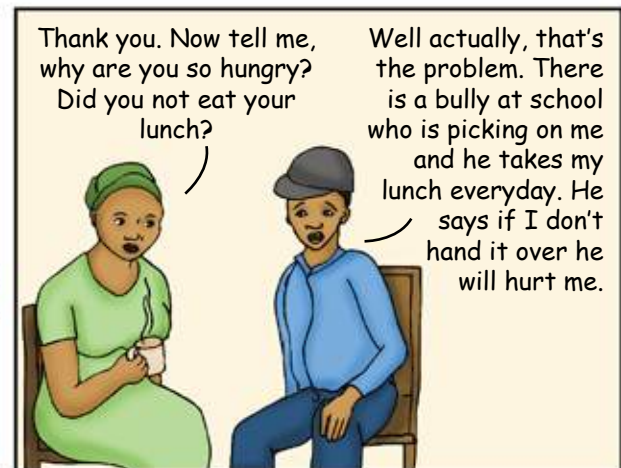
“I’m sorry” = Accepting responsibility for your actions. These are two very important words you can say to your parents



Give your parents a chance ----- work together to solve problems together



The bread and the bully...



Look at the illustrated story about the bread and the bully and start thinking about some of the alternatives to using violent behaviour.

What happened in the story?

How does Amani feel in this scenario?

How does Mother feel in this scenario?

How do they resolve the problem?

“What do you think would have happened if the Mother had responded in a violent way towards Amani? Would it have helped this situation or made it worse?







HOME ACTIVITIES

Session 9, week 9

- Plan your home activities
- Record your progress
- See how well you are doing!

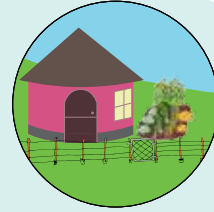
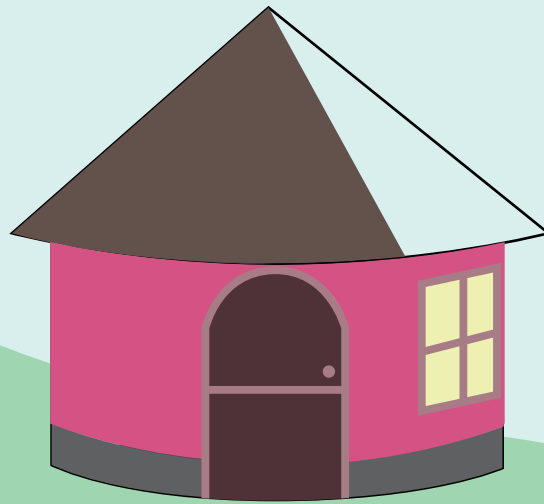
In our next group session, we can refer back to this guide to share all about our week of PLH home activities...

What must I do?	When and where will I do it?	How did it go?
<p>Parents and Teens, practice 'I feel...' sentences together.</p> <p>Teens: look out for opportunities to accept responsibility when you make a mistake and say "I'm sorry" to your parents.</p>	<p>Once during the week or whenever you experience a challenging situation</p>	<p>Think about what it was like to accomplish this home activity. What happened? How did it feel?</p> <div>   </div> <hr/> <hr/> <hr/> <hr/>
<p>REMEMBER TO KEEP DOING YOUR ONGOING HOME ACTIVITIES!</p> <ul style="list-style-type: none"> • Spend 15 minutes of Quality Time together • Do Physical Exercise Everyday • Make a plan to meet your PLH Friend • Take a Pause whenever you feel stressed 	<p>At least once a day during the week or when things become stressful</p>	<p>Think about what it was like to accomplish this home activity. What happened? How did it feel?</p> <div>   </div> <hr/> <hr/> <hr/> <hr/>



I feel excited! Creating discipline, through staying calm and teaching through consequences, are just some of the ways you are learning about alternatives to violent punishment in our homes... and the Joy is just growing week by week!

Rules and Routines at home help keep families secure and reduce stress.



RULES = What is okay and
what is not okay



Rules of the road



Rules of a country



Rules in the home



Rules at home usually are made for a good reason like:

★ keeping us safe

★ making sure that things
run smoothly

★ helping us to
understand each other

★ letting us know
what we expect from one
another



When everyone follows the rules,
the home becomes a happy place to be!

Rules about Rules:

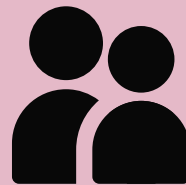
- ✓ Rules should be simple and clear
- ✓ Rules are for everyone in the home
- ✓ Rules must be realistic and reasonable.
You need to be able to follow them and enforce them.
- ✓ Rules should be Positive. Describe the behaviour you want to see!



Parents and Teens, you can make the rules and the consequences for breaking them, **together**.



Teens you like **responsibility** because it helps you to feel useful and needed.
Think about the responsibilities you have



Parents, praise **Teens** when they are being responsible!
Think about the responsibilities you can already praise your teen for.

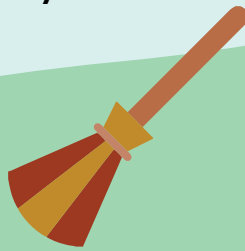
ROUTINE = things that we do and follow regularly



Daily wake-up time



Weekly house clean



Taking medication daily



Routines at home usually have a good reason like:

★ Helping create a sense of security in the household

★ Everybody is ready for school at the right time

★ House is hygienic and clean

★ Making sure that you have healthy habits (eating, sleeping, homework)

Routines are helpful in getting things done on a regular basis...and can help everyone **STICK TO THE RULES!**



Remember your goals for your family at the beginning of the programme...

GO BACK TO SESSION 1 TO REFRESH YOUR MEMORY

Now, think about all the daily/weekly/monthly routines in your home...
Think about the rules that already exist at home...

Write down some of these rules and the reason these rules exist

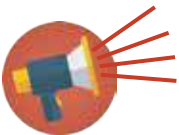
RULES	REASONS

Think about why you think families should make rules.

What other rules and routines will help to support you and your family in your goal for a caring happy family? Sit down with your family and make the rules for your house.

Rules for our family

Remember: Make sure that the rules are specific, positive, and realistic.



For example, what is wrong with this rule:
“Nobody can be outside of the house in the evening”.

Does this rule tell you what you are supposed to do or what you are not supposed to do?

What about someone who has to work late? Or if there is a church event on a Saturday night?
Does everyone know when the “evening” starts?

How can you make this rule more specific, positive, and realistic?

Choose rules that will help you work together!

Routines for medication...



Read the illustrated story.

What is the Natural Consequence for breaking the rule of taking your medication?





Can you think of a time when you broke a rule and there was a natural consequence for this?

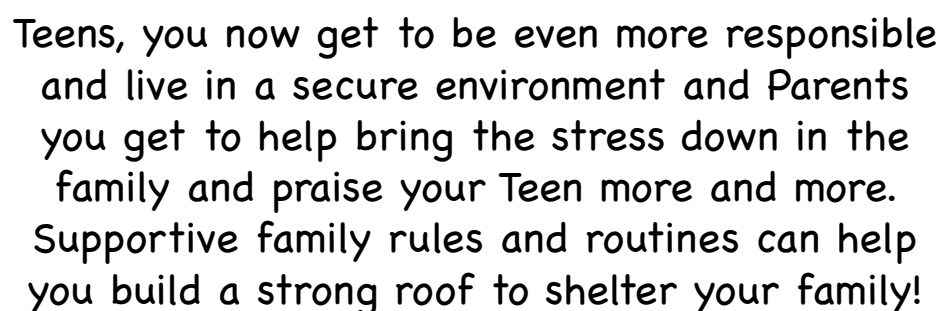
Why do you think is it important to have rules about medication? How does having a routine - doing the same thing every day - help Amina and Bibi Sara?

What are some of the rules and routines you think work well in your house? Why do you think they work well?

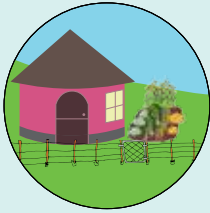


- Plan your home activities
- Record your progress
- See how well you are doing!

What must I do?	When and where will I do it?	How did it go?
<p>Make Household Rules</p> <p>Sit down with your Parent/ Teen and make at least 2 rules for your house</p>	Once during the week	<p>Think about what it was like to accomplish this home activity. What happened? How did it feel?</p> <div>   </div> <hr/> <hr/> <hr/> <hr/>
<p>REMEMBER TO KEEP DOING YOUR ONGOING HOME ACTIVITIES!</p> <ul style="list-style-type: none"> • Spend 15 minutes of Quality Time together • Do Physical Exercise Everyday • Make a plan to meet your PLH Partner • Take a Pause whenever you feel stressed 	At least once a day during the week or when things become stressful	<p>Think about what it was like to accomplish this home activity. What happened? How did it feel?</p> <div>   </div> <hr/> <hr/> <hr/> <hr/>



We can save a little bit at a time to make bigger things possible.



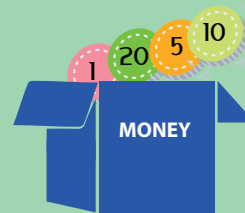
THERE ARE MANY WAYS TO SAVE MONEY
EACH FAMILY CAN DECIDE WHICH WAYS
WORK BEST FOR THEM

SOME WAYS CAN BE OF GREAT BENEFIT
TO YOU AND YOUR FAMILY...

AND SOME WAYS COULD CAUSE MORE PROBLEMS

WAYS TO SAVE MONEY

Saving at home



Possible good things
about saving this way:

- It's free!
- Easy to keep track of how much money we spend/save

Possible problems about saving
this way:

- Risky if house is robbed
- Could lose money in a fire or flood
- Hard to resist spending the money

Where can you put the money:

- Hiding your money in a book or in your socks?
- Hiding money in more than one place in the house?

Can this saving choice benefit my family?

Benefits:

Challenges:

Investing in livestock



Possible good things about saving this way:

- We don't think of this as saving money, but it's actually very similar!
- If we have enough money to buy an animal (e.g. goat), it can help us hold on to that money.
- Livestock is cheap to buy when young and worth a lot more when older
- Livestock that we buy can grow and give birth to more animals.
- And if we need the money sooner, we can always sell the livestock.

Possible problems about saving this way:

- Animals need food which sometimes cost extra money
- Someone needs to look after the livestock
- Accidents happen - they could get run over, or get sick and die....

Where can you put the money:

- Animals can be kept in a kraal or safe enclosure

Can this saving choice benefit my family?

Benefits:

Challenges:

Saving at the bank



Possible good things about saving this way:

- You can choose from many different banks: Ecobank, Barclays Bank, Stanbic Bank, VICOBA

Possible problems about saving this way:

- Banks sometimes have minimum monthly fees
- You could get robbed on the way to/from the bank
- Banks are sometimes far away from where you live

Where can you put the money:

- Some banks will let you open a group account, or “joint” account.
- Joint account =
 - Everybody who is sharing the account with you needs to agree before you can make a payment or withdraw some money.
 - Allows you to split the bank fees with the other people in your group account

Can this saving choice benefit my family?

Benefits:

Challenges:

Saving in a group



Possible good things about saving this way:

- Members of a society or group regularly contribute an agreed amount to a central fund

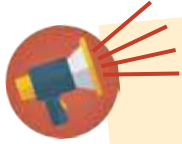
Can this saving choice benefit my family?

Benefits:

Challenges:

The saving choice/s that make the most sense for my family:

[illegible]



Goals help us to remember why we want to save money even when it's difficult.

Remember how Bibi Sara had the goal to save for her grandchildren's future?

Do you remember your own family saving goals from Session 7?

What do you and your family really want to have or achieve in the future?

Write this goal on the last rung of the ladder on the following page!

Remember to make the goal specific, positive, and realistic!

These goals sometimes feel far away and hard to reach. This is why we need a step by step plan that shows us the steps we can take each day, each week, and each month that will help us get closer to our goal.

Just like a ladder, we need to climb one step after the other until we reach the top of the ladder – our goal!

Remember: every family is different and what might be good for one family might not be good for another family... there is no right or wrong answer!

STEPS TO SAVING

Family Saving Goals

What can you as a family spend less money on this week? This month?

Which saving choice will you choose that is best for your family? What action steps do you need to take to make this a reality this month?

(Some ideas: You could decide to put aside 1650TZS from your fishing sales or you could put aside 8000TZS from TASAF)

Where will you get this money from?

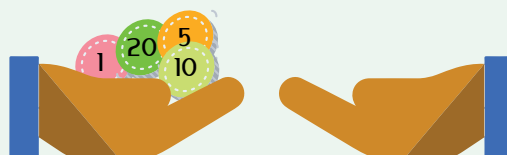
How much money do you want to save each week? Each month?

If Bibi Sara only has 10 000TZS left of the money she receives from TASAF and there are two weeks before the next payout. She still need to buy food for her two grandchildren. She decides to borrow money from a loan shark in town. She borrows 50 000TZS.

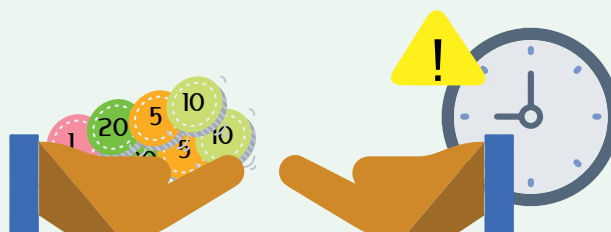
On the day she receives money from TASAF she realizes that she has a huge debt to pay back to him. She will need to pay back 90 000TZS after two months. This amount includes the amount she borrowed and the interest she has to pay back. The longer Bibi Sara waits to pay back what she borrowed the more money she will need to pay back the loan shack. If she cant pay him for a full year she will owe him many, many hundreds of shillings.

WHAT IS DEBT?

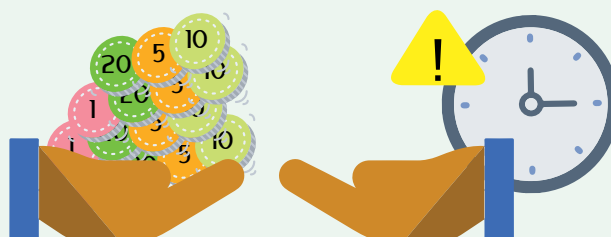
We are in debt when we have borrowed money from someone and now must give that money back.



The problem = the person who lends the money wants to earn something by doing this! They will charge extra money on top of the amount that they lend out...This is called "interest".



If we borrow money from a loan shark the interest rate is often very high----- the amount of money that we owe becomes more and MORE than the amount that we borrowed in the beginning...



Instead of borrowing from the loan shark, Bibi Sara started to put aside 2000TZS every month from TASAF. She put the 2000TZS directly in the lockbox that she had nailed into the floor and hid in her closet. She made sure that she never opened the lockbox to take out money to buy something that she didn't absolutely need. This became her saving plan. By the end of the year, she had saved 24 000TZS!







HOME ACTIVITIES

Session 11, week 11

- Plan your home activities
- Record your progress
- See how well you are doing!

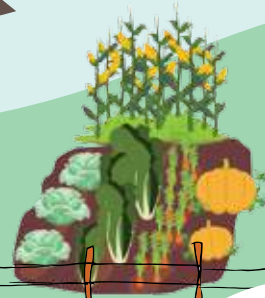
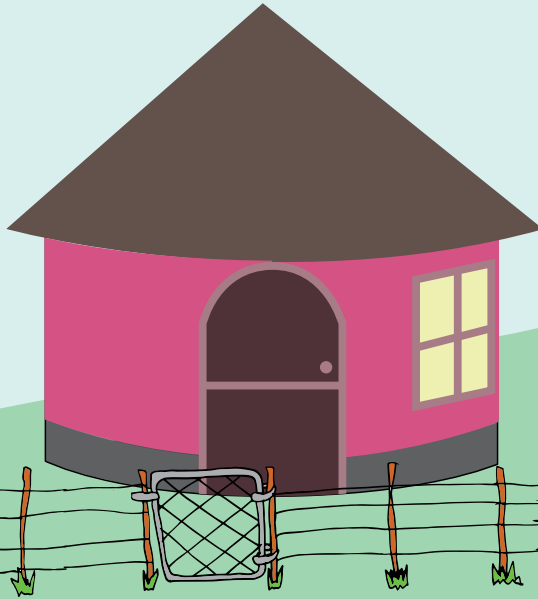
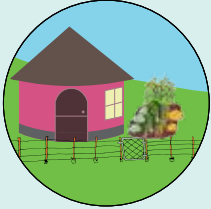
In our next group session, we can refer back to this guide to share all about our week of PLH home activities...

What must I do?	When and where will I do it?	How did it go?
<p>Create a Family Savings Plan (parents and teens should do this together)</p> <p>Have a conversation with your whole family about different saving choices. Present your saving plan sheet to your other family members. Think and discuss together which saving plan will work best for your family. Then try and implement your saving plan as a family.</p> <p>Try to remind each other of the saving steps and praise each other for following the saving plan!</p>	Once during the week	<p>Think about what it was like to accomplish this home activity. What happened? How did it feel?</p>   <hr/> <hr/> <hr/> <hr/>
<p>REMEMBER TO KEEP DOING YOUR ONGOING HOME ACTIVITIES!</p> <ul style="list-style-type: none"> • Spend 15 minutes of Quality Time together • Do Physical Exercise Everyday • Make a plan to meet your PLH Partner • Take a Pause whenever you feel stressed 	At least once a day during the week or when things become stressful	<p>Think about what it was like to accomplish this home activity. What happened? How did it feel?</p>   <hr/> <hr/> <hr/> <hr/>



It is the small steps in life that get us to where we want to go... Each step up the savings ladder will get you closer to achieving your goals!

Making plans to keep us safe in the community.



Staying Safe:

Teens and Parents...
have **CONVERSATIONS** &
make **SAFETY PLANS**
TOGETHER

Teens might have practical
ideas about staying safe!

Teens might know of risks
that their parents have never
heard of!

Parents might think
something is very
dangerous... and teens
might know that it is not as
bad as parents think!



Parents, remember to involve your teens... take them seriously... trust them...

When teens feel respected, trusted and are comfortable talking to their parents:

They will trust and respect you as well...

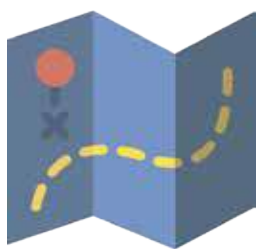
and will be more likely to communicate with you if they are in trouble...

And will be more likely to ask you for advice...

They will think about the consequences of their actions...

And behave more responsibly!

To ensure SAFETY OUTSIDE OF THE HOME, you are BOTH important!



Know your community together:

- Know where the safe and the dangerous areas are...

Discuss solutions together:

- Ask for and listen to each other's opinions
- When making decisions, think through the possible consequences together:



Parents: Are there negative consequences to forbidding your teen from going into risky areas?



Teens: Are there consequences for not telling your parents about risky decisions you make?

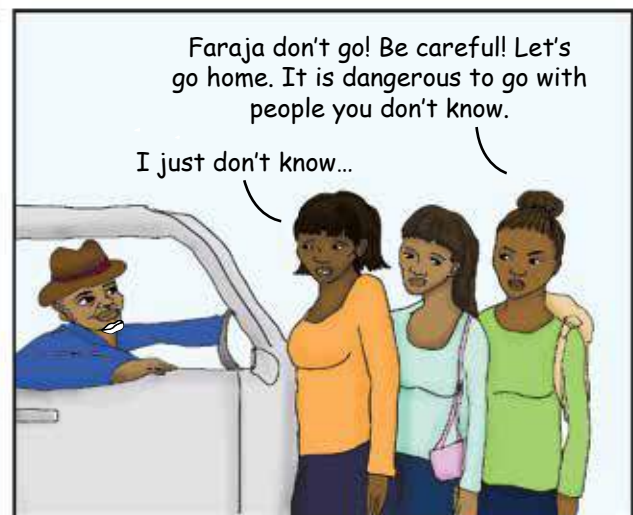
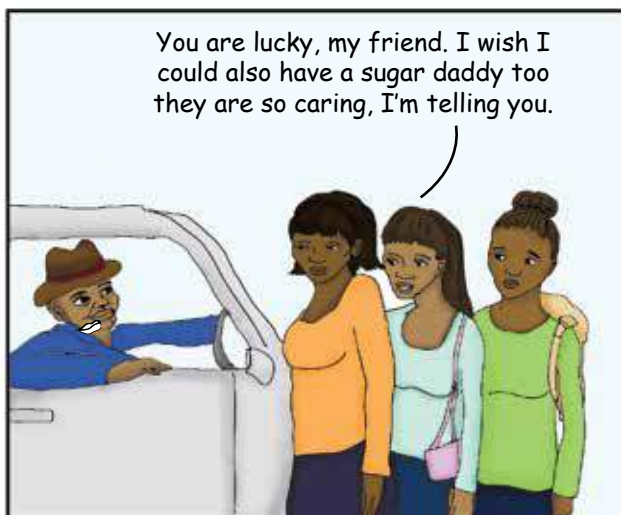
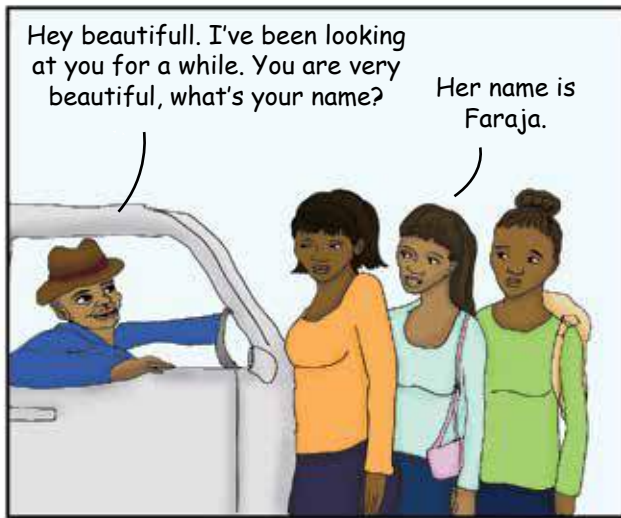
You can have fun and keep safe at the same time! Make a list of activities that you can do in the community that are fun and safe. Where can you do these activities? Who do you do these activities with?

FUN ACTIVITY	PLACE IN COMMUNITY	PEOPLE

Make a plan **together** (create a rule or routine to avoid danger and stay safe!)

- **Make a rule** that teens can go out, spend time outside of the home with friends in the community, but they need to tell parents who they are with and make sure that they are home by a certain time
- **Agree together** that teens will try to talk to their parents about things that worry them, like violence in the community or home.
- **Make a commitment** that parents will try to stay calm and listen to their teens when they share about things that worry them.
- **Agree** to share how each other feels when talking about sensitive issues.
- **Discuss** about where to go to get information when we need it:
 - Information about health
 - Guidance for parents and teenagers about sexual health
 - Counselling when problems (at the shebeen, with dating, etc.) feel too big to handle on our own.

Man in a car...



Look at the illustrated story and answer the following questions:

Are there any issues in this story that are HIV risk issue that Faraja could be exposed to?

What do you think Faraja needs to do in this situation?

What safety concerns need to be considered in such situations and what measures can be established to keep Faraja safe?

Think about one safety concern in your family and make a plan to stay safe together
(Teens and Parents can think about their safety concerns for each other- yes teens can be concerned about their parent's safety too!)

Safety rules are your best tools

Family Safety Concern	Rules to Stay Safe







HOME ACTIVITIES

Session 12, week 12

- Plan your home activities
- Record your progress
- See how well you are doing!

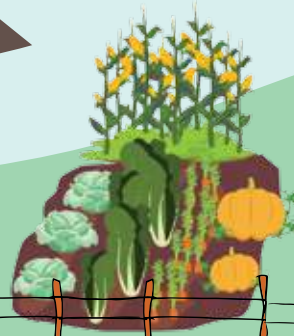
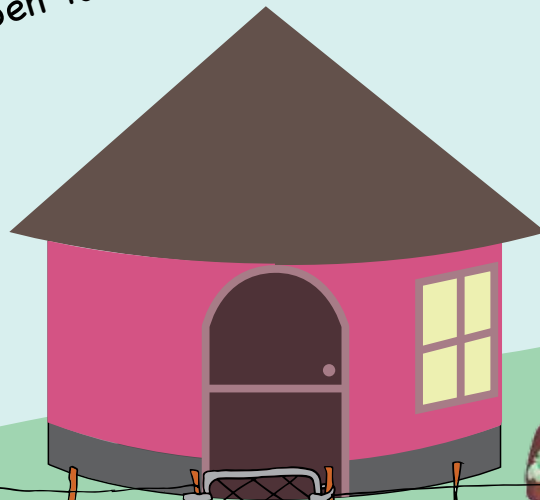
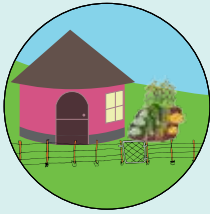
In our next group session, we can refer back to this guide to share all about our week of PLH home activities...

What must I do?	When and where will I do it?	How did it go?
<p>Make a plan to keep safe from a specific risk in the community</p> <p>Think about one safety concern and make a plan to stay safe together.</p>	At least once a day during the week	<p>Think about what it was like to accomplish this home activity. What happened? How did it feel?</p> <div>   </div> <hr/> <hr/> <hr/> <hr/>
<p>REMEMBER TO KEEP DOING YOUR ONGOING HOME ACTIVITIES!</p> <ul style="list-style-type: none"> • Spend 15 minutes of Quality Time together • Do Physical Exercise Everyday • Make a plan to meet your PLH Partner • Take a Pause whenever you feel stressed 	At least once a day during the week or when things become stressful	<p>Think about what it was like to accomplish this home activity. What happened? How did it feel?</p> <div>   </div> <hr/> <hr/> <hr/> <hr/>



Keep having those conversations and making those safety plans together... Ways to be safe in the community and at home is something that you can share with each other. What a great team you make!

Bad things can happen to anyone. How we deal with a crisis is what's important!



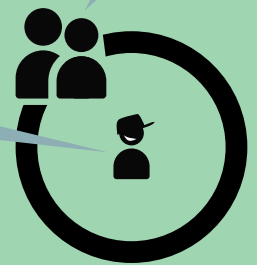
You know how to have open conversations and make plans together to keep teens safe outside of the home...

But some families may be unsafe inside their own homes too...

DEALING WITH A CRISIS

we will support you as your family

my parent is looking out for me



1. Be there for each other

2. Listening to something difficult...

Before we react badly to the news, Remember: **Keep Calm...**

- Listen actively in a way that shows that you understand
- Let the person finish what s/he is saying
- Acknowledge the person's feelings (you can share how you feel later!)
- Accept what you hear without blaming the person
- Try be as calm as possible



Take a deeeeeeep slow breath to help you

3. Problem-solve together

Remember the six problem-solving steps from Session 6:

1. Identify the problem
2. Brainstorm solutions
3. Figure out what the plusses and minuses are
4. Choose one solution
5. Try it out
6. Decide whether it worked

Ask: how can I use listening skills, accepting-skills and problem-solving skills to deal with this crisis?



4. Make a plan together

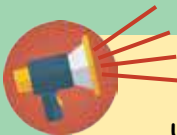
Make plans about what to do in a crisis, so that the problem doesn't get bigger

Short-term plans = deal with the crisis that is in front of us right away! Use the emergency information page that will guide us on what we can do immediately in a crisis.

Know what are the services that are available to assist you and your family.

Long-term plan = avoid a repeat crisis in the future with creating rules and routines to keep your teen safe. Do this together as a family!

Be Prepared! Work together to create a plan for managing when something really bad happens.



Acknowledging that it happened by understanding the problem and noticing how one feels is a good first step... Problem solving and taking action are good next steps!

EMERGENCY INFORMATION IN TANZANIA

POLICE:



The local numbers for the police in my community are:

AMBULANCE:



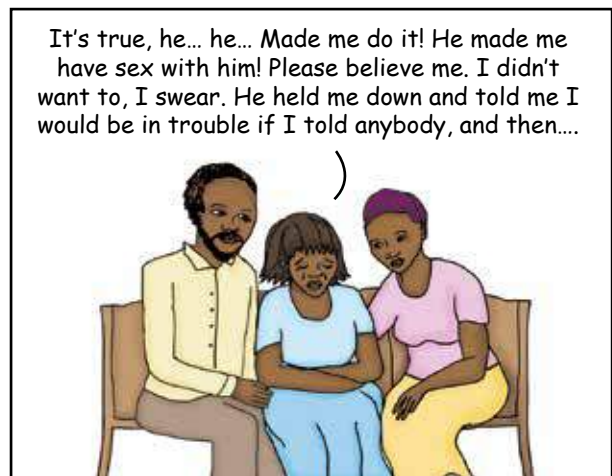
The local numbers for the ambulance in my community are:

WOMEN ABUSE HELPLINE:



The local numbers to contact when a woman or child is abused in my community are:

Faraja's crisis...



Look at the illustrated story and answer the following questions:

How did Faraja and her parents use their listening skills in the illustration? What about their accepting- skills? Their problem-solving skills?

Would these skills also work in different kinds of crisis?

Can you think about any of the other skills or tools we have talked about that might be helpful to Faraja and her parents as they respond to this crisis?

Did Faraja's parents acknowledge her feelings? Why is this important?

Could Faraja's crisis happen to a boy? Could Faraja also turn to her father for help?

Can you think of short-term plans that could help Faraja and her parents deal with this crisis? What about long-term plans that could help them avoid this crisis in the future? Are there consequences to these plans?







HOME ACTIVITIES

Session 13, week 13

- Plan your home activities
- Record your progress
- See how well you are doing!

In our next group session, we can refer back to this guide to share all about our week of PLH home activities...

What must I do?	When and where will I do it?	How did it go?
<p>Go over the emergency information with your family.</p> <p>Think about who the family could turn to in a crisis in your community.</p> <p>Add to your community map where some of these resources can be found in your community.</p>	At least once a day during the week	<p>Think about what it was like to accomplish this home activity. What happened? How did it feel?</p>   <hr/> <hr/> <hr/> <hr/>
<p>REMEMBER TO KEEP DOING YOUR ONGOING HOME ACTIVITIES!</p> <ul style="list-style-type: none"> • Spend 15 minutes of Quality Time together • Do Physical Exercise Everyday • Make a plan to meet your PLH Partner • Take a Pause whenever you feel stressed 	At least once a day during the week or when things become stressful	<p>Think about what it was like to accomplish this home activity. What happened? How did it feel?</p>   <hr/> <hr/> <hr/> <hr/>



Knowing what to do in a crisis
and how to keep safe in the future
– you are well-equipped with important
tools for a healthy and happy life –
PLH is what you have!

The journey continues as we widen our circle and continue to support and be supported!



It has been quite a journey over the past 14 sessions with PLH Teens...
You have finally made it to the last session...

CONGRATULATIONS!

CELEBRATIONS!



Parents:

Being part of the PLH programme shows that you really love your child... You care about them... You have learnt to see them in a positive light and have an encouraging relationship together...

WELL DONE!

THERE IS
SO MUCH TO
REJOICE!



Teens:

Being part in the PLH programme has given you a lot of new experiences and knowledge... You have learnt a lot, and now know that you have something beautiful inside of you to shine on your family, and the world outside. Your future is bright and the world is brighter with you in it now!

GREAT STUFF!

LOOKING BACK

LET'S TAKE SOME TIME TO REFLECT...

REFLECTION = LOOKING BACK
ON THE JOURNEY



I wish...

REMEMBER ALL THE THINGS YOU HAVE LEARNT:

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



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



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



Session 9: We made family rules and routines.



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



Session 10: We discovered ways to discipline that don't involve hitting or yelling



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



Session 11: We talked about ways to save money



Session 5: We learned ways to manage anger and other difficult emotions.



Session 12: We made plans on how to keep safe in the community.



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



Session 13: We talked about short-term and long-term ways to deal with crises and emergencies




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



Session 14: We celebrated and discussed ways to continue to support each other and continue to practice what we have learnt

WHEW! What a journey!!!



I have learnt SO MUCH about...

Things are so different now because...

Think about the things that you found were helpful during the programme and how your life and relationship between you and your parent/teen has changed. Answer these questions to help your process:

What were your goals at the beginning of the PLH programme?

What have you achieved during the programme?

What was the most important thing that you learned?

How have you changed? How has your relationship with your parent/teen changed?

What kind of extra support do you need to keep growing as a person and parent/teen?

SUPPORT ON THE JOURNEY:

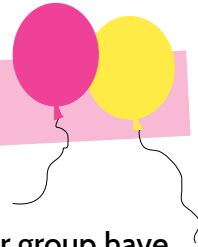
Every week for the past 14 weeks, you have created a sense of community together where you have received much support and caring from each other in the group.

Now we are at the end of the programme...

and sometimes endings can feel difficult to many parents and teens.

REMEMEBER:

The support from PLH can continue!



The programme helped to show you that you and your PLH peers in your group have much knowledge and skills to continue to support each other and your family on the PLH journey...

There are many ways to continue to receive support from each other:

Get-together with your PLH Partner, especially those who live near you.



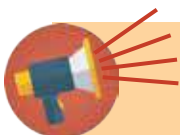
Start your own PLH Support Group with other families in the programme. Set up meetings with each other every week or month...

If you'd like to continue to meet with each other, then write down contact numbers for other participants here:

Name

Number

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



Remember, too, that there are other people you can contact in the community who can help you (Lifeline and the clinic, for example).

Looking forward...

CONTINUE

It is important that you and your families continue to do the PLH home activities.

Use the checklist below to help remind you to do it each week.

One day, they will become so natural that we will not even think about them when we do it.

In order to keep the circle of support alive in our homes and our lives, we must practice every day!



Reward yourself whenever you do a home activity!!!

ONGOING HOME ACTIVITIES

What must I do?	
Quality time	Spend Quality Time with your teen.
Use “I feel” statements	Say how you feel out loud.
Praise	Praise your teen for positive behaviours. Praise your parent and yourself and other members of your family, too!
Clear Positive Instructions	Give clear and positive instructions to your teen.
Household Rules	Reinforce household rules with lots of praise for good behaviour.
Consequences	Use Consequences for specific behaviours you want to see less.
Problem-Solving	Solve problems together. Try using the 6 steps.
Budgeting money	Make saving goals and plans with your family.



The happy home of support is fully built. The foundation is strong. The walls are sturdy. The window is clear. The door is open. The fence is mended. The garden is growing. And there are so many other PLH Homes nearby... Time to dance and sing and praise and celebrate your parent, your teen, YOURSELF and your PLH Family!

[illegible]

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