



## OBJECTIVES

Participants will be able to:

- Identify some of the problems facing their families
- Discuss openly their fears, worries, hopes for the future



## TIME

1 hour



## MATERIALS

Make multiple copies of the Silhouettes of different family members (elderly women and men, adult women and men, teenage girls and boys, younger children)

## ACTIVITIES

### FAMILY RELATIONS

Ask each participant to pick a number of silhouettes to represent their family members.

- In pairs talk a little about your family
- In the large group ask participants to share the following. (Ask participants to listen to each other carefully):
- Tell us about your family.
- Tell us about some of the problems you face and any worries you have about the future
- Tell us some of the good things about your family and your hopes for the future.

### Summary

Mention any common issues that came up for participants about their families. If people mention HIV or sickness, acknowledge this. The next exercise will focus on this issue.

**Adapted from:** *Mvula Trust (1998) National Training Workshop Report and Reference Guide March 1998, page 21-22.*