



center za mlade domžale



ASPI

RELATIONSHIPS AND SOCIAL INTERACTIONS

**SET OF METHODS TO ADDRESS
THE TOPICS OF**

FRIENDSHIP

FAMILY

INTIMATE PARTNERSHIPS

IN GROUPS AND INDIVIDUALLY

**ADAPTED FOR USE IN DIVERSE GROUPS OF
YOUNG PEOPLE, INCLUDING YOUNG
PEOPLE WITH AUTISM**



Erasmus+



Funded by the
European Union

ABOUT THE SET OF METHODS "RELATIONSHIPS AND SOCIAL INTERACTIONS"

In August 2022 Youth centre Domžale in cooperation with Association ASPI organized the training Supporting youngsters with autism in youth work: relationships and social interactions. The methods were developed on the training and are designed as a collection of methods for creating and holding a workshops on the topics of friendship, partnership and family.

The methods contain possible adaptations, materials and everything workshop leaders need to know and have for preparing the workshop. They need to take care of possible necessary translations, cutting out the roles, charts and materials needed for the workshop.

This is the printable version of the methods and you can print out the materials needed, if workshops are held in English. For translating you need a bit more adapting.

The authors and conceptualizers of the cards are participants of the training "Supporting youngsters with autism in youth work: Relationships and social interactions:

- Helena Laplana Rubio, Asociación Almenaras
- Hana Ciuha, Društvo ASPI
- Gracia Irene Mira Nunez, Fundacion Tambien
- Varinia Amaya Talavera, Fundacion Tambien
- Maya Choghari, Center za mlade Domžale
- Alina Rogalska, SOSW Mosina
- Hana Balija, Centar za autizam Zagreb
- Tomislav Cvrtnjak, Savez udruga za autizam Hrvatske (Croatian Union of Associations for Autism)
- Cristina Fernandez Jimenez, Asociación Juvenil Almenaras
- Valentina Conte, SSD CRESCERE EDUCARE AGIRE
- Živa Mahkota, Center za mlade Domžale
- Katerina Chatzistavraki, Erasmus Student Network KAPA Athens
- Elzbieta Andraka, Krajowe Towarzystwo Autyzmu Oddział w Białymstoku

The process of designing the cards was supported by the trainers:

- Teja Oblak, Društvo ASPI
- Kalle Ristikartano, Društvo ASPI

The project was supported by Erasmus+ programme and organized by Youth center Domžale in cooperation with ASPI Association.

friends

FRIENDSHIP DOWNLOADS

- **ROLE PLAYING (FRIENDSHIP SITUATIONS)**
- **FINDING AND SHARING COMMON INTERESTS**
- **MANDALA: “GETTING TO MEET EACH OTHER THROUGH THE WONDERFUL TACTILE WORLD OF NATURE”**

ROLE PLAYING (FRIENDSHIP SITUATIONS)

friends

TIME: 15 - 30 MINUTES

GROUP SIZE: 3 - 5 PEOPLE

SPACE SIZE: SOMEWHERE COMFORTABLE
WITHOUT DISTRACTIONS

INSTRUCTIONS

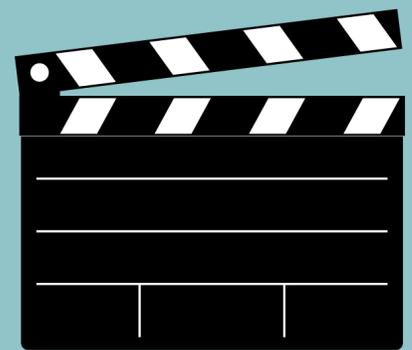
- Divide a group in pairs, each pair chooses a situation.
- Decide who is playing each part and start playing!
- The rest of the group observes and after the play they give a short feedback.
- Facilitator starts a discussion, what could be done differently and how the scenarios could go.
- Have some guidelines prepared how the story can go, if the scenario stops.
- The play does not need to be verbal, the players can also show their feelings by mimic/not talking.
- Do not push, let participants decide if they want to (actively) participate.
- Encourage the conversation to flow, if needed.
- Make clear that the roleplay is imaginery and all the information shared is confidential, especially if the group hasn't worked together yet.

ROLE PLAYING (FRIENDSHIP SITUATIONS)

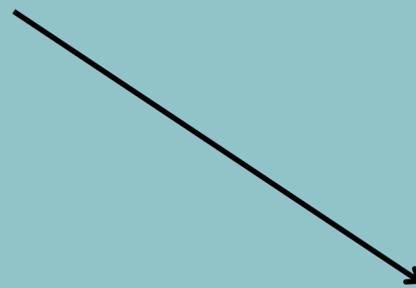
friends

SITUATION #1

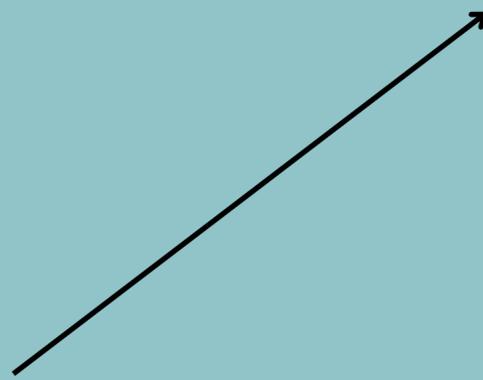
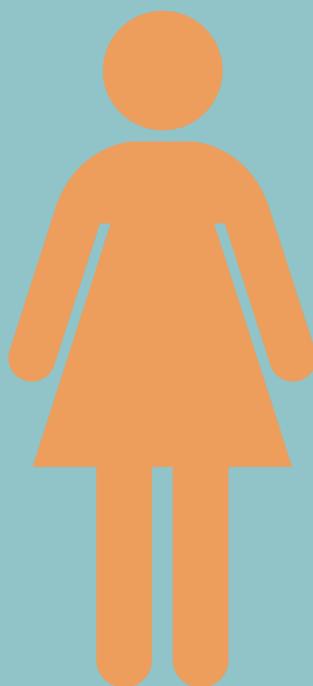
DECIDING ON A MOVIE TO WATCH



ACTION MOVIE



ROMANCE

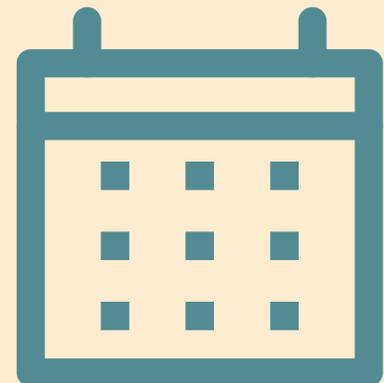
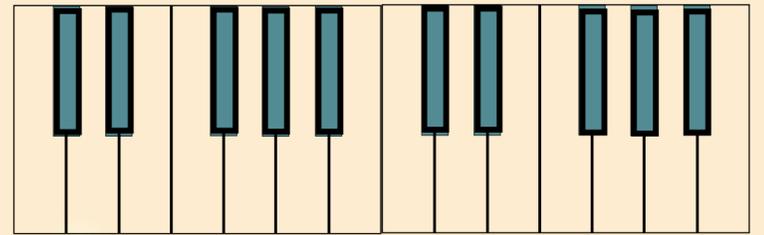
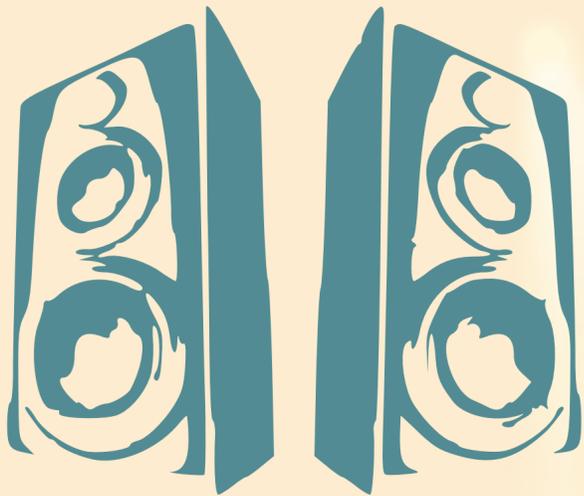


ROLE PLAYING (FRIENDSHIP SITUATIONS)

friends

SITUATION #2

ENJOYING A CONCERT TOGETHER AND MAKING PLANS FOR THE NEXT ONE

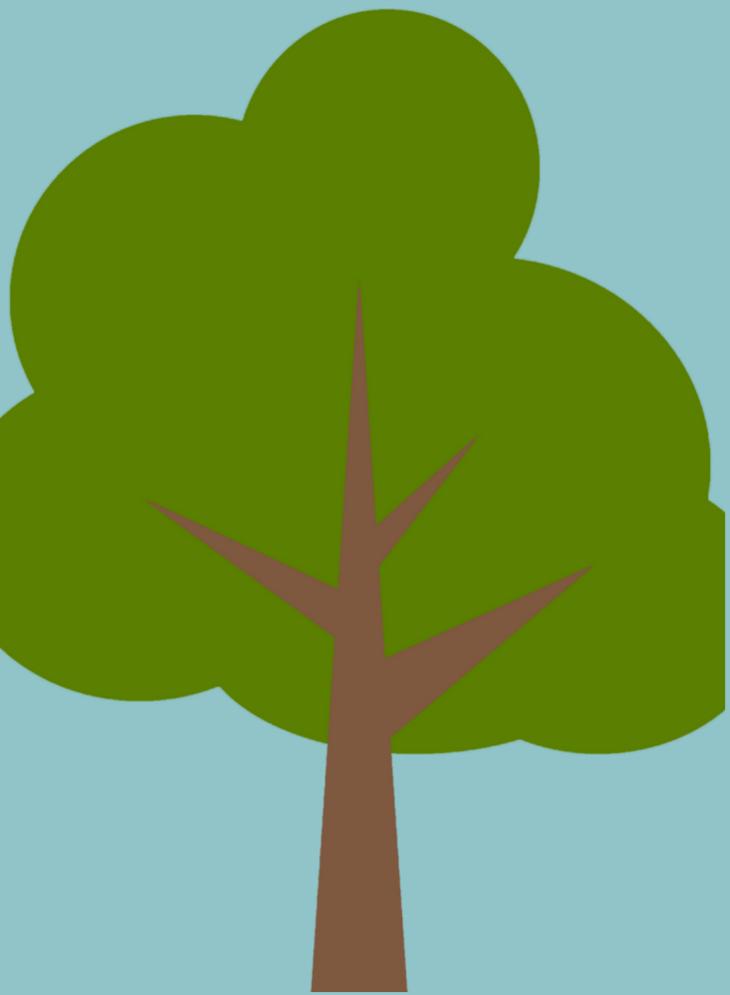
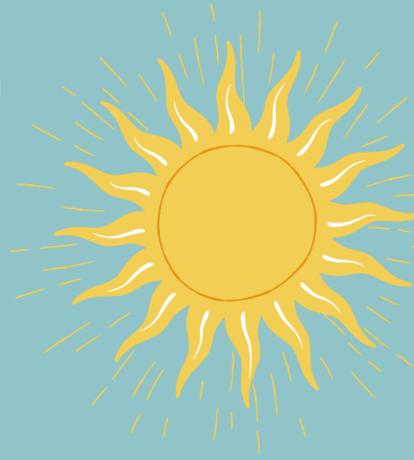


ROLE PLAYING (FRIENDSHIP SITUATIONS)

friends

SITUATION #3

MEETING NEW FRIEND



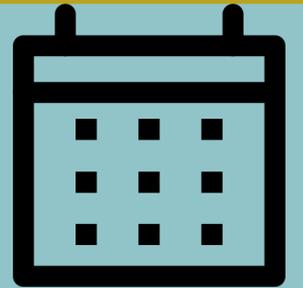
ON A SUNNY DAY, TWO FRIENDS MEET FOR COFFEE IN TOWN. A THIRD PERSON COMES BY, WHO KNOWS ONE OF THE TWO FRIENDS HAVING COFFEE, BUT NOT THE OTHER. PLAY OUT THE INTRODUCTION AND KNOWING EACH OTHER OF THE TWO PEOPLE WHO DON'T KNOW EACHOTHER!

ROLE PLAYING (FRIENDSHIP SITUATIONS)

friends

SITUATION #4

CANCELLING A PLAN



I AM MEETING MY FRIEND TOM TODAY, WE PLANNED IT FOR A LONG TIME!



HI TOM! WE ARE MEETING TODAY AT 5, RIGHT?



HI LISI! SORRY, I DON'T FEEL GOOD, I HAVE TO CANCEL TODAY ...



TWO FRIENDS ARE PLANNING TO MEET FOR A LONG TIME. LISI CALLS TOM TO CONFIRM THE HOUR OF THE MEETING, BUT TOM CANCELS, SAYING HE IS NOT FEELING GOOD. PLAY OUT THE SITUATION AND CONVERSATION AFTER THIS!

FINDING AND SHARING COMMON INTERESTS

friends

TIME: 1 HOUR

GROUP SIZE: 2 - 8

SPACE SIZE: ROOM WITH SPACE FOR SMALLER GROUPS

INSTRUCTIONS

- Spread the cards with topics on the table (topic side up, questions side down).
- Pick the topic you like the most.
- Find a person with the same topic.
- If you can't find someone with the same topic, find someone with a different topic. Change cards and ask them about the topic they picked.
- Start asking questions about the topic.
- You can add other topics and questions if needed.
- Have as many rounds as participants want.

MATERIALS NEEDED

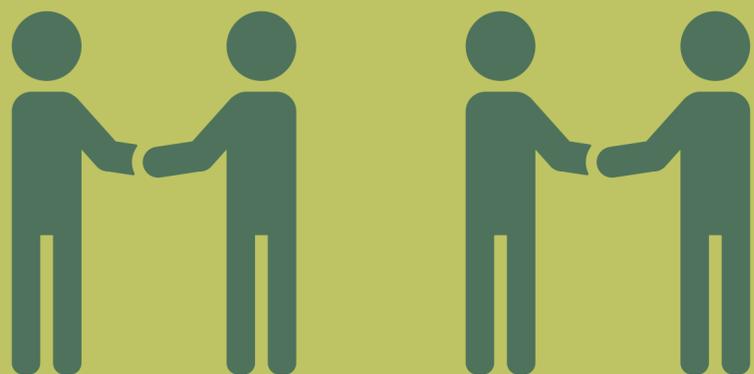
- 2 sets of cards with topics and questions on the topic
- extra papers and pens to add their own interests (optional)

WHAT ELSE

This is a fun and relaxing activity and can be used also when the group is starting to get to know each other.

ADAPTATIONS

- You can pick other topics of interests, according to the group you are working with
- participants can always add their interests to



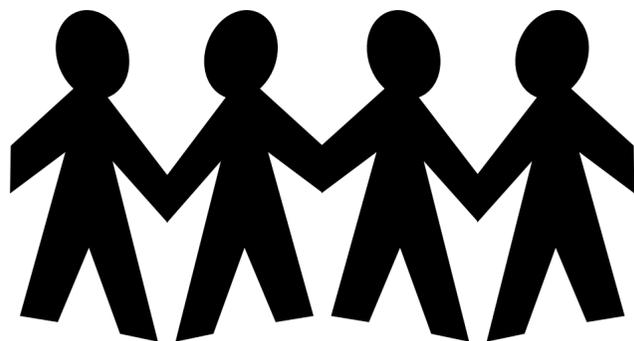
COMMON INTERESTS TOPIC CARDS

FAMILY (FRONT SIDE)

FAMILY



FAMILY



COMMON INTERESTS TOPIC CARDS

FAMILY (BACK SIDE)

- Are you an only child or do you have siblings?
- Thinking about the future, would you like to have a big family?
- Do you live alone or with your family?
- Do you have a pet?
- How does your family day look like?
- Who do you trust the most in your family?

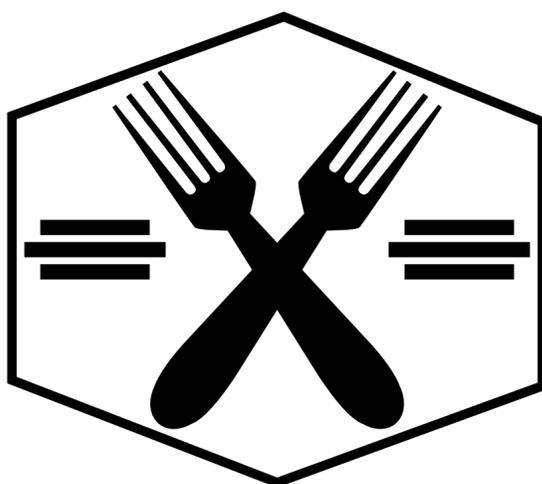


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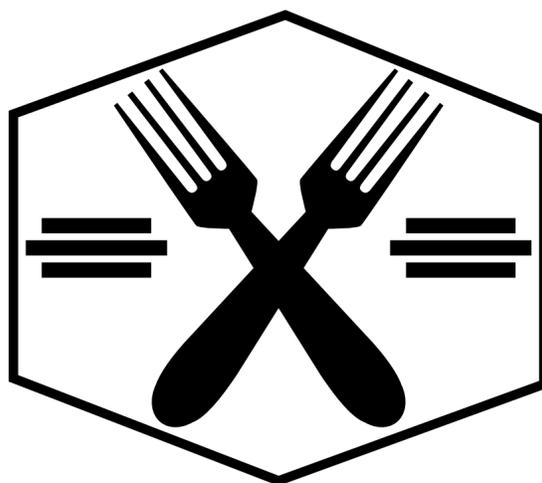
COMMON INTERESTS TOPIC CARDS

FOOD (FRONT SIDE)

FOOD



FOOD

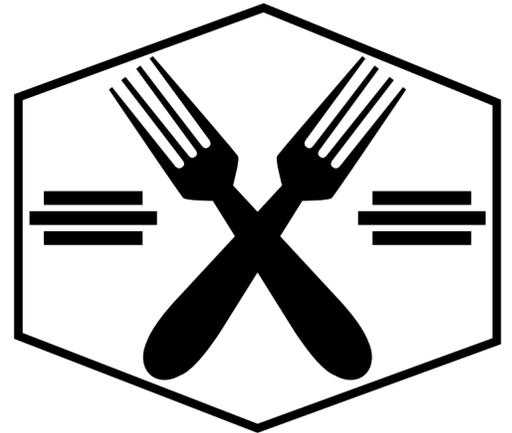


COMMON INTERESTS TOPIC CARDS

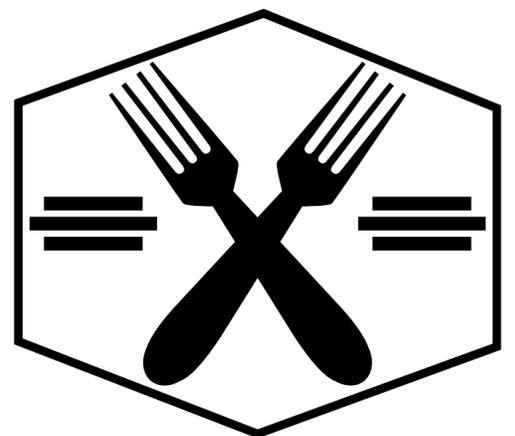
FOOD (BACK SIDE)

friends

- What is your favourite food?
- Do you like cooking?
- Are you vegetarian or vegan?
- Do you have any food allergies?
- What is your least favourite food?
- What is the weirdest thing you have ever tried?
- Describe the last meal you cooked / ate.



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COMMON INTERESTS TOPIC CARDS

friends

MUSIC, SINGING, DANCING (FRONT SIDE)

**MUSIC, SINGING
AND DANCING**



**MUSIC, SINGING
AND DANCING**



COMMON INTERESTS TOPIC CARDS

MUSIC, SINGING, DANCING (BACK SIDE)

- Who is your favourite artist?
- What kind of music do you listen to?
- Do you like to sing? Or would you like to learn?
- Do you like to dance? Or would you like to learn?
- Have you ever been to a concert?
- Do you play any instruments?
- Do you like karaoke?

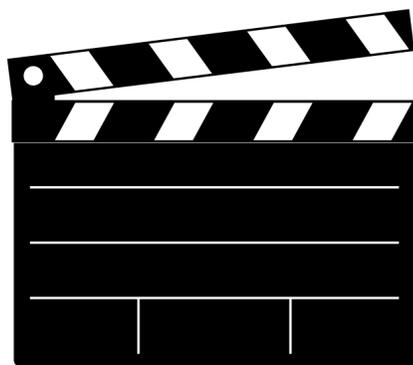


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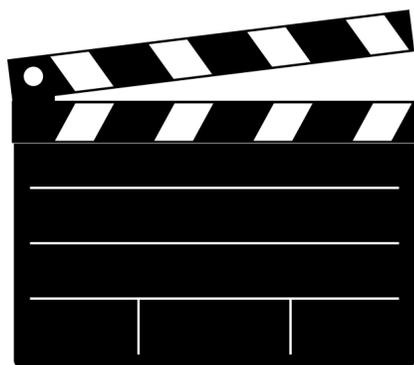


**COMMON INTERESTS TOPIC CARDS
MOVIES AND TV SERIES (FRONT SIDE)**

**MOVIES AND
TV SERIES**



**MOVIES AND
TV SERIES**



COMMON INTERESTS TOPIC CARDS

MOVIES AND TV SERIES (BACK SIDE)

- Are you a regular user of TV / cinema?
- What is your favourite TV series / movie?
- Which actor do you consider as a star?
- Do you like watching old movies?
- What genre do you prefer?

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**COMMON INTERESTS TOPIC CARDS
SPORTS AND OUTDOOR (FRONT SIDE)**

**SPORTS AND
OUTDOOR
ACTIVITIES**



**SPORTS AND
OUTDOOR
ACTIVITIES**



COMMON INTERESTS TOPIC CARDS

SPORTS AND OUTDOOR (BACK SIDE)

- Do you play any sport? How often?
- Do you have a favourite sport?
- Do you go to the gym?
- Is there any sport you would like to try?
- Do you like camping? Or would you like to try?
- What kind of outdoor activities do you like to do?

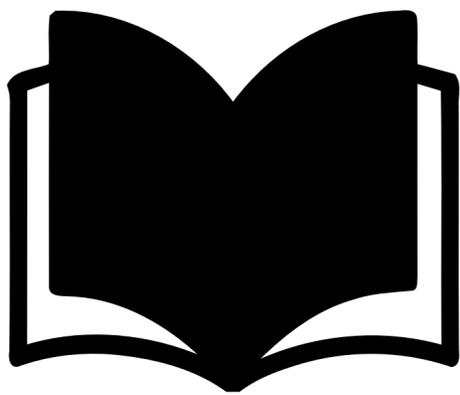


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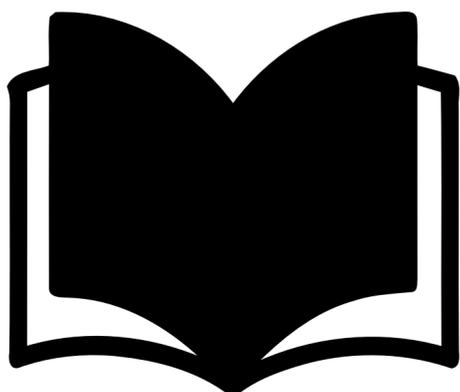


**COMMON INTERESTS TOPIC CARDS
BOOKS AND COMICS (FRONT SIDE)**

**BOOKS AND
COMICS**



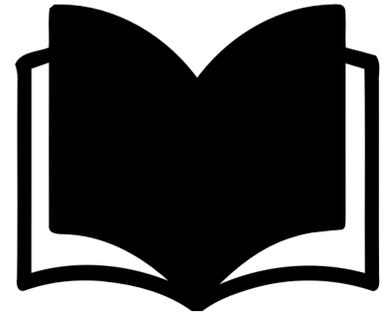
**BOOKS AND
COMICS**



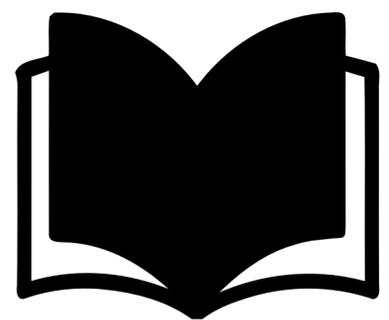
COMMON INTERESTS TOPIC CARDS

BOOKS AND COMICS (BACK SIDE)

- What is your favourite book?
- What is your favourite genre?
- Do you have a favourite author?
- Do you prefer e-books or hard copies?
- Would you consider writing a book about your life?
- Do you like classical or modern literature?



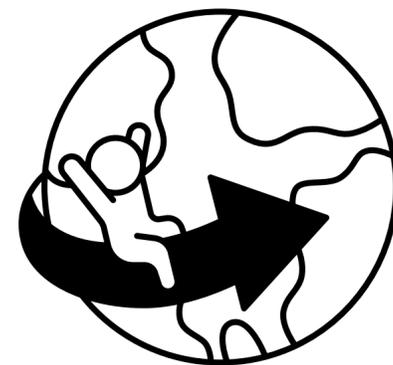
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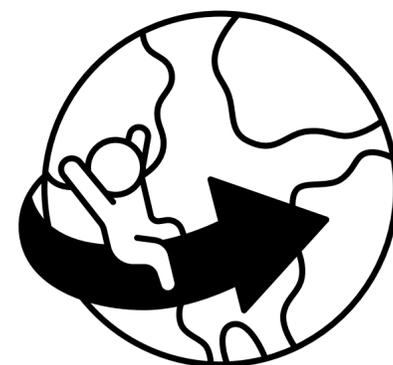
COMMON INTERESTS TOPIC CARDS

TRAVELLING AND LANGUAGES (FRONT SIDE)

**TRAVELLING
AND
LANGUAGES**



**TRAVELLING
AND
LANGUAGES**



COMMON INTERESTS TOPIC CARDS

TRAVELLING AND LANGUAGES (BACK SIDE)

- Do you like to travel?
- Where did you spent your last vacation?
- If you get a ticket to anywhere, where would you go? Why?
- What do you always take with you when travelling?
- How many languages do you speak? Which?
- How did you learn them?
- Do you want to learn a new language? Which one?

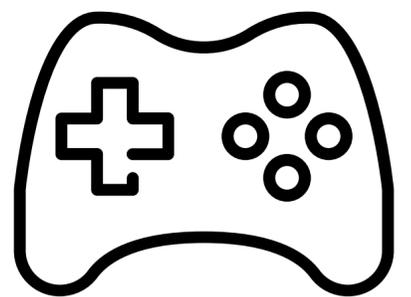


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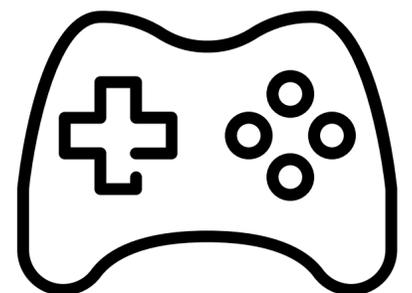


COMMON INTERESTS TOPIC CARDS
VIDEO GAMES AND SOCIAL MEDIA (FRONT SIDE)

VIDEO GAMES
AND
SOCIAL MEDIA



VIDEO GAMES
AND
SOCIAL MEDIA



COMMON INTERESTS TOPIC CARDS

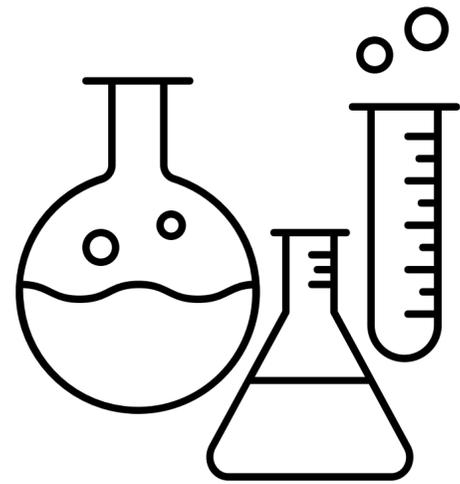
VIDEO GAMES AND SOCIAL MEDIA (BACK SIDE)

- Do you like playing video games?
- Do you like using social media platforms?
- Do you like coding?
- How many hours do you spend online everyday?

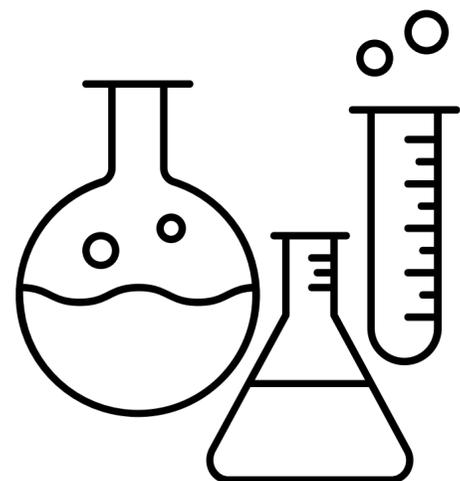
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COMMON INTERESTS TOPIC CARDS
SCIENCE AND MATHS (FRONT SIDE)

SCIENCE AND
MATHS



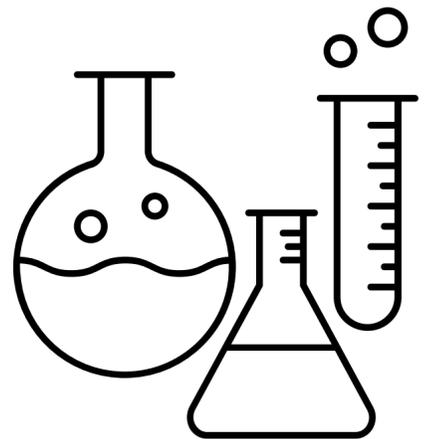
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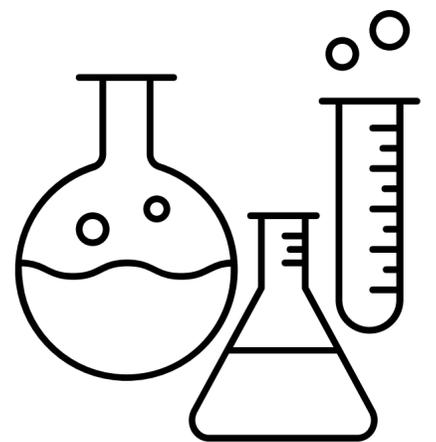
COMMON INTERESTS TOPIC CARDS

SCIENCE AND MATHS (BACK SIDE)

- What is your favourite subject?
- What is your favourite teacher?
- Do you admire someone in scientific fields?
- Do you like astronomy?
- Do you like museums?
- Do you experiment (put theory in practice)?



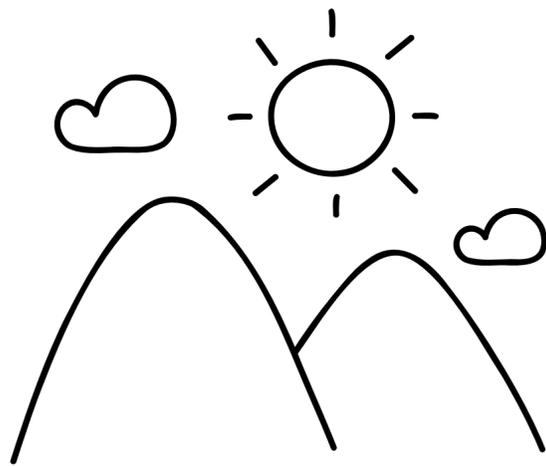
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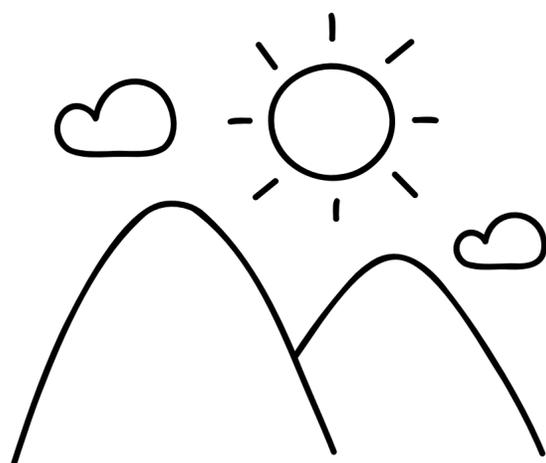
COMMON INTERESTS TOPIC CARDS

NATURE (FRONT SIDE)

NATURE



NATURE



COMMON INTERESTS TOPIC CARDS

NATURE (BACK SIDE)

- Do you spend a lot of time outdoors?
- Do you prefer the sea or the mountains?
- Do you have a favourite animal? Why?
- If you could be any animal, which one would you be?
- Do you have plants?
- Do you have a garden at home?



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MANDALA: “GETTING TO MEET EACH OTHER THROUGH THE WONDERFUL TACTILE WORLD OF NATURE”

TIME: 1 HOUR

GROUP SIZE: 2 - 8

SPACE SIZE: OUTDOORS (IN NATURE)

INSTRUCTIONS

- Step 1: Look for some examples of mandalas from the Internet.
- Step 2: Go outside and collect as many stones, sticks, leaves and flowers as you can.
- Step 3: Arrange 4 separate spots / containers to organize the collected materials.
- Step 4: Shuffle the deck with the question cards. Or play the cards topic after topic.
- Step 5: Players take turns picking a question. The player reads the question aloud and answers it.
- Step 6: Depending on the colour of the question, the player picks one stone / stick / leaf / flower and puts it on the ground (or on a table) to form a mandala.

The activity ends when all the question cards are used or the team agrees that the mandala is finished.

If a player doesn't want to answer a question, it is allowed to pick another card!

MATERIALS NEEDED

- question cards
- natural material
- space for mandala

LEGEND

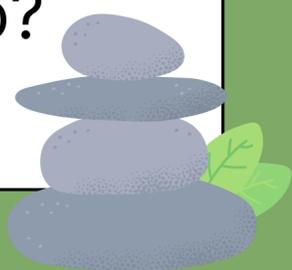
- Stone - General information
- Stick - Life philosophy
- Leaf - Interests / hobbies
- Flower - Friendship

MANDALA QUESTIONS CARDS

EACH QUESTION ON A SEPARATE PAPER

STONE QUESTIONS

- In which city where you born?
- Do you have any pets?
- What is your current occupation (education, work, volunteering..)?
- Where do you come from?
- Do you have any siblings (brothers / sisters)?
- How old are you?
- To which school / college did you go or are currently studying at?
- Are you a picky eater?
- What is your favourite colour?
- Are you still living with your parents?
- Are there any bad habits you have?
- What is your favourite season of the year?
- What does your room look like?
- What is your relationship status?
- Which social networks / apps do you use?
- Do you play any musical instruments?
- How many languages do you speak?
- Do you live in a house or an apartment?
- What is the furthest destination you travelled to?



MANDALA QUESTIONS CARDS

EACH QUESTION ON A SEPARATE PAPER

STICK QUESTIONS

- Are you more of a social person or do you need a lot of time for yourself?
- What are some small things in life that get you excited and bring a smile to your face?
- What are your qualities you would like to improve / work on?
- What is your desired living situation? Alone, with parents, with a roommate, etc.
- What do you think about trying new things?
- If the whole world had to read a book of your choice, which book would you choose?
- If you found out the world was ending in a year, how would you spend your time this year?
- Do you ever compare yourself with others? What is the experience like?
- Would you like to get married one day? How do you imagine your perfect wedding day?
- What are your life values?
- What do you want your life to be like in 10 years?
- You invite your friend out and they say no. How do you react?



MANDALA QUESTIONS CARDS

friends

EACH QUESTION ON A SEPARATE PAPER



FLOWER QUESTIONS



- Do you contact your friends everyday?
- Can you be friends with someone you like?
- Can you be friends with someone you broke-up with?
- Friends are family we choose for ourselves. Explain!
- Describe the difference between a friend vs. acquaintance.
- Do you like to spend more time alone or with friends?
- Do you consider yourself a good friend? Why?
- Describe your friend you know the longest?
- Name some of your favourite activities you like to do with friends
- Describe the perfect day spent with your friend(s). What would you do?
- How do you deal with friend “break-ups”?
- Would you consider yourself to be close with most of your friends?
- Do you have a best friend? How would you describe them?
- Is meeting new people a problem for you?
- How do you maintain friendships?
- Do you have people in your life you can count on?
- Would you consider someone you haven't seen or heard for 1 year still your friend?
- Is it easy for you to keep in touch with your friends? How do you do it?
- Can someone you speak to only online be your best friend?
- Is it hard for you to make a connection with somebody from a different country / culture?
- Do you have as much friends as you would like to have? Is your social life fulfilled?

MANDALA QUESTIONS CARDS

friends

EACH QUESTION ON A SEPARATE PAPER

LEAF QUESTIONS

- Do you like nature?
- What kind of music do you like?
- Who is your favourite writer?
- Do you like painting?
- Do you like sailing?
- Do you like playing board games?
- What do you do in your free time?
- Do you have your favourite place?
- Do you like cooking?
- What field of mathematics is the most interesting for you?
- Do you like collecting anything?
- Do you like collecting books?
- What are you interested in?
- What is your hobby?
- Do you have any hobbies?
- What do you want to do in the future?
- Do you like photography?
- Do you like singing?
- Which band is your favourite?
- What do you like doing the most?
- What do you prefer: reading books or watching movies?
- What kind of flower do you like the most?
- What do you do when you are bored?
- What do you do for fun?
- Do you like to travel?

INTIMATE PARTNERSHIPS

- **OPENING A DISCUSSION ABOUT LOVE PARTNERSHIPS**
- **RELATIONSHIPS Q&A**
- **RELATIONSHIP, SEX AND MARRIAGE ACTIVITY**

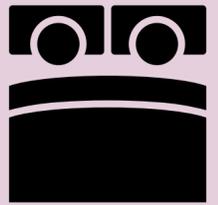
OPENING A DISCUSSION ABOUT LOVE PARTNERSHIP



TIME: 30 MINUTES

GROUP SIZE: 2 PERSONS

SPACE SIZE: TABLE FOR TWO PERSONS



INSTRUCTIONS

- Imagine a moment from a life between 2 partners. There is an issue they need to resolve together.
- Draw 6 – 8 pictures that show what happened (no text!).
- Mix the pictures and give them to your partner.
- The partner tries to put the pictures in an order that makes sense to them. They tell you the story.
- Now you, the creator do the same. Does your story and your order match with the one of the partner?

ADAPTATIONS

- use more or less pictures in a story
- more or less people in a story
- participants drawing together,
- passing the stories around the group, each member adding the next scene
- putting the story together in a team

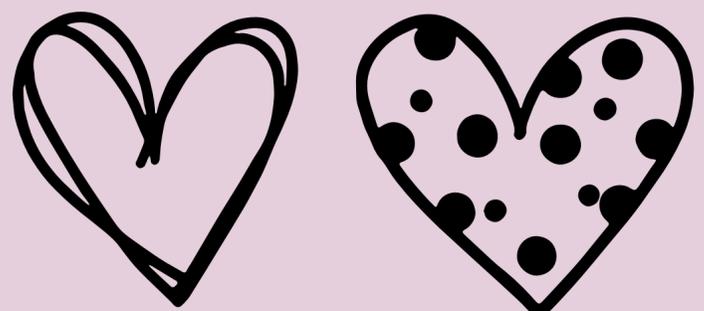
MATERIALS NEEDED

- 2 sheets of A4 paper
- 2 pens
- scissors



WHAT ELSE

This activity is suitable for starting a discussion if we want to talk about problems that occur in partnership life (the social aspect, preferably). It is more useful for advanced consultations, when we already know the person we are working with.



OPENING A DISCUSSION ABOUT LOVE PARTNERSHIP



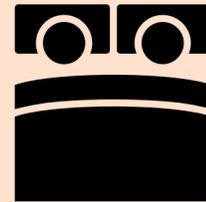
RELATIONSHIPS Q AND A



TIME: 30 MINUTES

GROUP SIZE: FROM 2 PERSONS UP

SPACE SIZE: ROOM WITH TABLES AND CHAIRS



INSTRUCTIONS

- Shuffle the cards and place them on the table text downwards. You can also place the questions in themes.
- Person draws a card and answers the question. If they don't want to answer the question, they can just take another card.
- When a question is answered, another person draws the next card and so on.
- Players can ask additional questions if they want to know more. You can also ask them write their own questions before starting the activity.

ADAPTATIONS

- You can take some time to discuss the questions
- give opportunity also to others in the group if they want to answer the question
- give time to think about the question, not necessarily answering it out loud

MATERIALS NEEDED

- papers with questions
- pens and papers to write
- additional questions



WHAT ELSE

- As this is a personal topic it is good that people participating know and trust each other.
- If the group is new, make some getting to know and building trust activities first.
- emphasize that everyone shares as much as they are comfortable with and that the setting is supportive and confidential.



love



RELATIONSHIP Q&A

READY MADE QUESTIONS

- What are some of your dreams (etc. marriage, children, cat...)?
- Romantically speaking, what has drawn you to someone?
- What is the worst date you have been on?
- Describe your ideal date!
- Your definition of a good relationship?
- What is the skill you wish your partner would have?
- What do you notice first when you meet somebody?
- Do you believe in love at first sight?
- How do you show affection to somebody?
- Is it easy for you to trust a new partner? Why?
- How to start a conversation with someone you like?
- Think about 3 icebreakers to start a conversation (to approach someone)!
- How to establish boundaries?

RELATIONSHIPS, SEX & MARRIAGE



TIME: 30 MINUTES EACH TOPIC

GROUP SIZE: 2 PERSONS

SPACE SIZE: ROOM WITH TABLES AND CHAIRS

INSTRUCTIONS

- In depth questions and schmetic view of behaviours in relationship, sex, partnership and marriage in the following categories:

General info

Intimacy / sex

Perfect partner

Relationships

Marriage / children

- The questions can be addressed in a series of individual consultations/meetings, adressing each topic separately. The confidential and safe space needs to be established to address these topics.

ADAPTATIONS

You can use the schematic tool and cut out the questions and behaviours for an individual reflection, what represents no risk/low risk/high risk for someone. If it is possible, discuss and reflect on it together.

MATERIALS NEEDED

- Prepared set of questions
- cut out questions and behaviours
- charts on the level of risk and healthy/uhealthy behaviours



WHAT ELSE

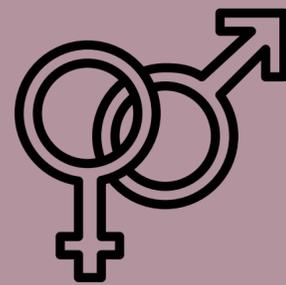
- It is important that both the consultant and user are comfortable with this topic. Both should be aware of their own limits and kno they can say if they want to end the conversation or move to safer topic.
- Clear boundaries and goal of the consultations



GENERAL INFO QUESTIONS

- How old are you?
- Where do you come from? / In which city where you born?
- Do you still live with your parents?
- Do you have any siblings?
- Do you have any pets?
- What is your current occupation (work / school / volunteering)?
- Do you have any hobbies?
- Do you like to travel? What is the most interesting location you have visited?
- Do you have a driving licence? If not, would you like to get it?
- Do you have many friends?
- What are your plans / dreams for the future?

RELATIONSHIPS, SEX & MARRIAGE



INTIMACY & SEX QUESTIONS

- Is sex an important topic for you? Why?
- Have you ever talked about sex to somebody? Who?
- In your opinion, what is the appropriate age to lose your virginity?
- Sex on the first date - yes or no?
- One night stands - yes or no?
- Protection during sex - yes or no? What kind of protection?

PERFECT PARTNER - STATEMENTS



- | | | |
|--------------------|------------------|----------------------------|
| • Political views | • Honesty | • Food preferences |
| • Religion | • Intimacy / sex | • Same interests / hobbies |
| • Family relations | • Good looks | • Intelligence |
| • Openness | • Respect | • Sense of humor |
| • Wealthiness | • Affection | • Personal hygiene |

RELATIONSHIPS, SEX & MARRIAGE



RELATIONSHIP QUESTIONS

- Do you have a girlfriend / boyfriend? Would you love to have it?
- Have you ever been in love?
- Have you ever been on a date?
How did it go?
- What is the first thing you notice when you meet somebody new?
- Is it easy for you to meet new people?
- Have you ever used some online dating sites / apps (e.g. Tinder)?
- What is the definition of a perfect date for you?
- What song would you play for your partner on the first date?

MARRIAGE & CHILDREN QUESTIONS



- Would you like to get married?
- How would you describe your perfect wedding day?
- What would be the song you would play for your first dance on your wedding?
- Would you like to have children? How many?
- Where would you like to live with your family? Village / city? House / flat?
- Should there be gender differences in household responsibilities?
- Is it ok for you to get a divorce?

RELATIONSHIPS, SEX & MARRIAGE

SORT AND DISCUSS

HEALTHY

UNHEALTHY

ABUSIVE

RELATIONSHIPS, SEX & MARRIAGE

SORT AND DISCUSS - STATEMENTS

- My partner texts me more than I want and gets upset if I don't respond.
- When there is a disagreement, your partner uses the silent treatment.
- My partner makes fun of my hobbies.
- You had a really good day, but you don't want to share it because you know your partner won't want to hear about it.
- I try to make my partner jealous.
- I feel uncomfortable if my partner sees me naked.
- My partner is happy for me when I do thing I enjoy, even if it is not with them.
- You miss your partner when you go away with your family, but have a really good time anyway.
- My partner and I don't tell each other everything, but we share lots and trust each other.
- When my partner gets angry around me, (s)he hits the wall and throws things.
- You feel jealous sometimes in your relationship, but trust your partner and know how to take care of your uncomfortable feelings.
- My partner refuses to wear a condom.

RELATIONSHIPS, SEX & MARRIAGE



SORT AND DISCUSS

NO RISK

LOW RISK

HIGH RISK

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RELATIONSHIPS, SEX & MARRIAGE

SORT AND DISCUSS - STATEMENTS

- Touching breasts
- Masturbating on your own
- Sex with protection
- Mutual masturbating
- Sex without protection
- Politeness
- Grinding (with clothes on)
- Kissing
- Massage
- Sharing sex toys
- Cumming on partners genitals
- Oral sex
- Anal sex

FAMILY

- **AUTONOMY (ROLE PLAY AND OPEN DISCUSSION)**
- **DRAWING CHALLENGING FAMILY SITUATIONS**
- **SOCIAL CIRCLES**
- **FAMILY BONDS FROM A TO B**

AUTONOMY

(ROLE PLAY AND OPEN DISCUSSION)

TIME: 40 - 50 MINUTES

GROUP SIZE: 5 - 10 PEOPLE

SPACE SIZE: CHAIRS FOR PARTICIPANTS + PERFORMING STAGE

INSTRUCTIONS

- Start a discussion with answering a short question what autonomy means for participants (first associations and thoughts).
- Use cards with family roles and different scenarios. The participants (3 - 4 volunteers) play out the scenario. They can either choose a role or the leader assigns.
- After the role play lead a discussion about what happened.

MATERIALS NEEDED

- instructions
- cut outs with family roles
- cards with scenarios



ADAPTATIONS

- Include side roles for participants who don't want to actively participate.
- The cards with scenarios can be used as examples, but it is recommended to listen and take examples from the discussion in the beginning.
- Make clear that the goal of this activity is to set examples on how these conversations can go or can be handled and they are not real life situations.

WHAT ELSE

- Do not push, let participants decide if they want to (actively) participate.
- Encourage the conversation to flow, if needed.
- Make clear that the roleplay is imaginery and all the information shared is confidential, especially if the group han't worked together yet.

AUTONOMY (ROLE PLAY AND OPEN DISCUSSION)

ROLES

(CHOOSE ACCORDING TO THE SITUATION)

MOTHER

FATHER

ME

BROTHER

SISTER

NIECE

**GRANDMOTHER/
GRANDFATHER**

CAT

**UNCLE/
AUNT**

.....

AUTONOMY (ROLE PLAY AND OPEN DISCUSSION)

SITUATIONS



STAYING AT YOUR FRIENDS HOUSE FOR A WEEKEND OR OVERNIGHT



TRYING A NEW HOBBY, VERY DIFFERENT FROM YOUR PREVIOUS ONES



GOING ON VACATION



**GOING TO THE CINEMA
(IN THE CITY AND TAKING THE BUS)**



**GOING TO THE MALL WITH
YOUR FRIEND**



**MOVING OUT OF YOUR PARENTS HOUSE
TO LIVE BY YOURSELF**

DRAWING CHALLENGING FAMILY SITUATIONS

TIME: 40 MINUTES

GROUP SIZE: 2 - 10

SPACE SIZE: COMFORTABLE SPACE WITH TABLES

INSTRUCTIONS

- Think about a situation that you are comfortable sharing with other where you and your family members did not agree on something and your independence was put to a test.
- Depict this situation picturing your family member(s) as animal(s) (or anything else than humans).
- You can present your picture to others and explain the situation. If you like, try to evaluate the way you tackled the situation.

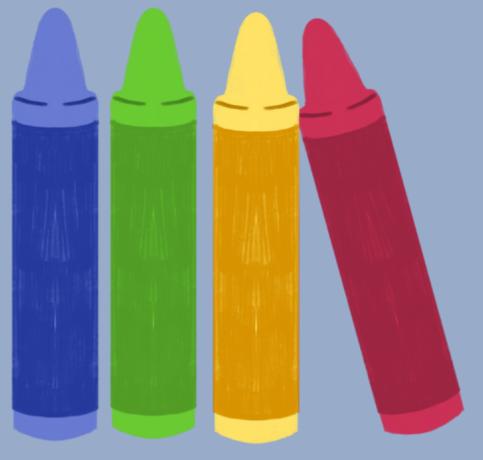
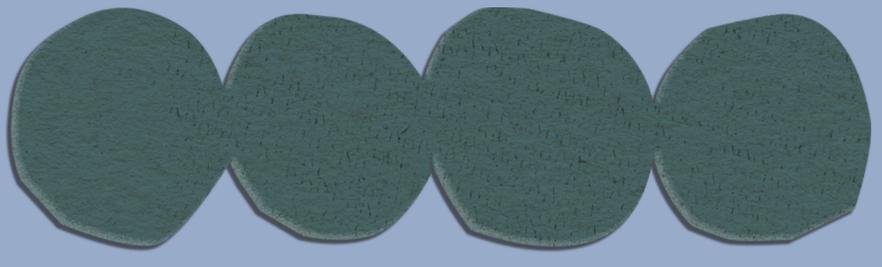
MATERIALS NEEDED

- papers and colours
- animal pictures for cutting (optionally)

ADAPTATIONS

If the participants are not comfortable with drawing, you can help them with magazines to cut out the pictures and make a collage, models, stamps and cut outs, colourful tapes ...

DRAWING CHALLENGING FAMILY SITUATIONS



SOCIAL CIRCLES

TIME: 40 MINUTES

GROUP SIZE: 2 - 8

SPACE SIZE: TABLE AND COMFORTABLE SPACE



INSTRUCTIONS

- This activity works best in smaller groups and if the participants already know each other.
- Cut out the circles representing members of your family out, in the colour how they make you feel. If needed you can add more colours / emotions to each family member, if you have more complex emotions toward them.
- Place the family members in the square, depending on how close / far they are from you.
- In smaller groups, discuss the activity if they want / feel comfortable to do so.

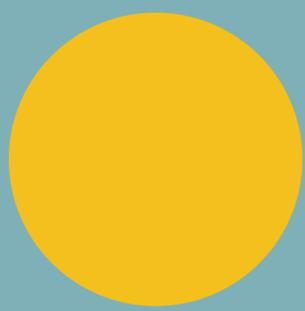
MATERIALS NEEDED

- Scissors,
- glue,
- pens / pencils
- circles cut out in all colours
- family roles cut out to be put on the colour circle

LEGEND

- Yellow: happy
- Blue: sad
- Red: angry
- Pink: Shame
- Purple: fear
- Green: calm

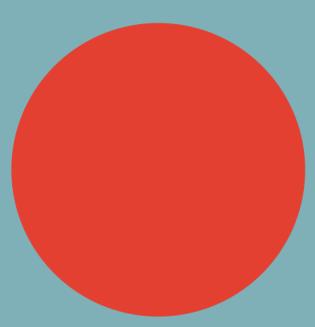
SOCIAL CIRCLES



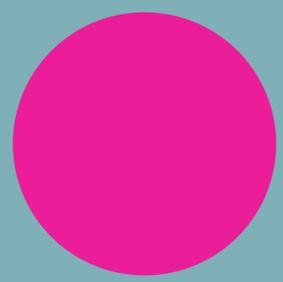
HAPPY



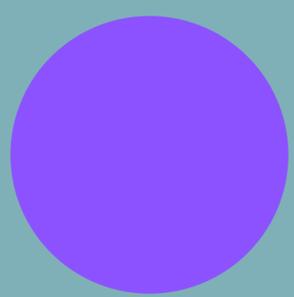
SAD



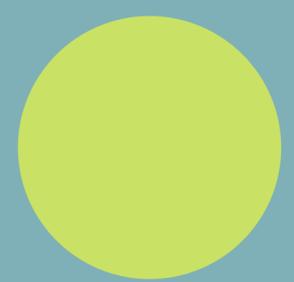
ANGRY



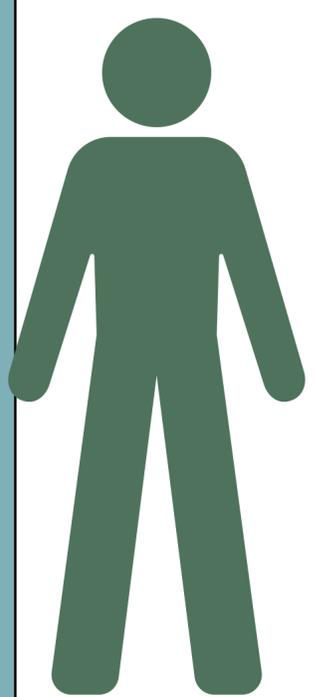
SHAME



FEAR



CALM



CLOSER

FURTHER

SOCIAL CIRCLES

FAMILY MEMBERS

- Father
- Mother
- Brother
- Sister
- Pet
- Uncle
- Step father
- Aunt
- Cousin
- Niece
- Nephew
- Grandfather
- Grandmother
- Step mother

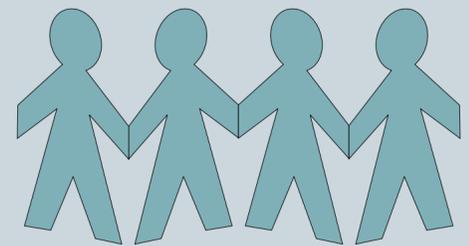
FAMILY BONDS FROM A TO B

family

TIME: 10 MINUTES + DEBRIEFING

GROUP SIZE: FROM 5 UPWARDS

SPACE SIZE: BIG SPACE, SUITABLE FOR RUNNING



INSTRUCTIONS

- Pick a game leader
- From the rest form groups up to 7 participants
- Deal each group member a family role (you can write these on pieces of paper, too)
- Connect the “family members” loosely as a line (by hands, 40cm pieces of rope, rolled A4’s, plastic bags...)
- The group(s) situate themselves close to one side of the space
- Game leader picks a target spot in the space for the “families”
- At game leaders sign the “family members” start to move
- if a “family” breaks apart during the action, ask them to discuss how to cooperate better.
- After the game have a general discussion how families can work together

MATERIALS NEEDED

- pieces of rope / roled paper bags
or A4 paper
- cards with family roles and descriptions of their movement

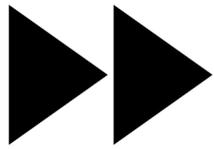
WHAT ELSE

- This activity demands some creativity in solving the problem of getting to the target.
- Encourage the group to be creative and communicate with each other in finsing the solution.
- It is a warm up activity to connect the group and start the interaction.

FAMILY BONDS FROM A TO B

ROLES

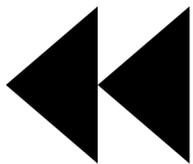
Mother - moves forward



Grandma - stays where she is



Father - moves backward



Grandpa - stays where he is



Son / Brother - moves to the right



Cat - moves everywhere



Daughter / Sister - moves to the left

