

Healthy Friendships

Home Activity

Aim of the session

To gain an understanding of the Young Person's home life. Do they live in care or with parents? Where do they class their home to be? The aim is to paint a picture of what happens in the family home and identify what the YP likes or dislike. Discuss what could be done differently to improve.

Session plan

- Talk about what happens in the home. Are they generally happy or not?
- Read through the statements (adapt these to suit YP) that have been given and keep hold of the ones that apply to YP home life.
- Stick the selected on the house, talk about each of the statements that apply to YP.
- Ask them to write down more to stick onto the house.
- Discuss what YP likes and dislikes about the home and ways this can be improved.

Violence between parents	Parents have a good relationship	Parents argue	I have seen arguments/ fights in the past	I don't talk to parent/ carer much
No rules in place	Fair rules in place	I don't listen to rules	I don't respect parent/ carer	I respect parent/ carer
I get on with parent/ carer	I argue with parent/carers	I swear in the house	No one talks to each other	Parents physically hurt me
I sit in my room most of the time	I sit with family/ carers	I go missing	I tell parent/ carer where i am when i go out	I don't tell parent/ carer where i am when i go out
Friends come round sometimes	My parent/ carer cares what i do	I can do what I want	I am adopted	I am in care
I live with family	There is a bed for me to sleep in	There is food in the cupboards	Abuse	Positive role models
I feel bored	I feel safe	I feel relaxed	I feel scared	I feel upset

What do you spend time doing at home?	
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