



WRITTEN EXERCISE:

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FORMAT:

INDIVIDUAL  
EXERCISE,  
GROUP  
DISCUSSION

# ***Family Challenges and Strategies***

TIME: 60 MIN

REQUIRED MATERIALS: FAMILY HANDOUT EXERCISE, FAMILY CHALLENGES AND STRATEGIES EXERCISE

## SUMMARY:

*This exercise evaluates the participants' larger 'family network' to assess risks, threats, support systems and protection strategies in a family context. It is a follow-on from the 'family handout' exercise.*

## KEY EXPLANATION POINTS:

- Ask participants to read through the family handout (see above) before engaging in this exercise to explore their relationships with their family members, the challenges and risks to their family as a result of participants' activism, and the challenges and risks participants face from their family members. Then they can develop strategies to strengthen protection mechanisms for their family members and for themselves.
- Participants can work individually on this exercise for 20 minutes, and then work in pairs or triads to develop strategies further for 20 minutes.
- In a follow-on plenary session (20 minutes), it is not necessary to present details of the exercise. Instead, participants can reflect on how they felt about the exercise, what may have surprised them, and some of the strategies that emerged.



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# Family Challenges and Strategies

a) Immediate family: parents, siblings

Who	How are they involved in your activism?	In what ways do they challenge your well-being and safety?	In what ways do they strengthen your well-being and safety?
Grandparents			
Parents			
Siblings			
Extended family (cousins, others)			
Other:			

- What strategies do you use to keep them safe?
- What strategies do you use to address the challenges they pose to you?

b) Created families: partners and children

Who	How are they involved in your activism?	In what ways do they challenge your well-being and safety?	In what ways do they strengthen your well-being and safety?
Partner(s)			
Children			
In-laws			
Other:			

- What strategies do you use to keep them safe?
- What strategies do you use to address the challenges they pose to you?



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# ***Family Challenges and Strategies***

*c) Chosen families: friends and colleagues*

Who	How are they involved in your activism?	In what ways do they challenge your well-being and safety?	In what ways do they strengthen your well-being and safety?
Friends (not directly activists)			
Friends and co-workers (activists)			
Other:			

- What strategies do you use to keep them safe?
- What strategies do you use to address the challenges they pose to you?