



WRITTEN EXERCISE:

PAGE 2/3

FORMAT:

INDIVIDUAL  
EXERCISE,  
GROUP  
DISCUSSION

# 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?



WRITTEN EXERCISE:

PAGE 3/3

FORMAT:

INDIVIDUAL  
EXERCISE,  
GROUP  
DISCUSSION

# 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?