

STRENGTHENING FAMILY COPING RESOURCES

Module Two: Session Five – *Feeling Safe II*

Date:

Facilitators Present:

1. Family Meal: _____

Facilitators encourage and model appropriate conversation, sharing, and supervision of children. Conversation prompts can be helpful. Remember to be sensitive to and empowering of the parent(s).

- Welcome
- Give thanks for those who helped prepare the food and get the room ready

Opening Activities: _____

- Rules (Facilitator)
- Check in with each family
- Review schedule for the evening
- Opening ritual:

2. Small Groups (30 minutes): _____

- Adults: _____ Read “*Warm, Safe, and Snug*” and lead a discussion for about 10 minutes. Hand out “Your Child and Feeling Safe” and help adults focus on the things parents do now to help their children feel safe. Have the parents share and discuss ways to keep their family safe.
- Adolescents: _____ Hand out “My Safe Plan” and have the teens complete it. Lead a discussion for about 10 minutes focusing on the things the teens do now to help them feel safe.
- Older Children: _____ Hand out “My Safe Plan” and have the children complete it. Lead a discussion for about 10 minutes focusing on the things the children do now to help them feel safe.
- Younger Children: _____ Read “*Go Away, Big Green Monster!*” Discuss some things that children do when they feel scared.
- Toddlers and Babies: _____ Read “*Warm, Safe, and Snug*”. Play with parent and baby toys. Focus on nurturing activities.

3. Mapping Safety (25 minutes): _____

- Review homework: Chore charts, Relaxation practice
- Hand out poster board, rulers, pencils, stickers, and other craft supplies as needed (e.g., markers, crayons).
- Invite the family to draw a map of their neighborhood. Have them draw their house and street first. Then, identify houses, schools, stores, hospitals, churches, relatives, and friend’s homes, etc. Include the places where violence has occurred and places the child considers safe with its accompanying details. They can use the provided stickers to indicate who is with them at those places, how much time they are there, and how they feel when they are there.
- Remind them that it’s ok for different people in the family to feel differently about the same places.

***This guideline is not intended to replace the comprehensive instructions provided in the manual**

4. Safety Routines (10 minutes): _____
- a. Have families review their map and select one time/place where they would like to change the way they feel so that they feel safer.
 - b. Have them use the “Safety Routine Worksheet” to figure out a way to make that happen. Make sure they work as a family to develop a routine to help them feel safer at the time or place chosen.
5. Closing Activities (10 minutes): _____
- a. Thank everyone for taking part in tonight’s group
 - b. Check that everything was covered/summary of session
 - c. Share a good thing about each family
 - d. Introduce topic for next week - We will be talking about people who are involved with your family and support you.
 - e. Review tasks/homework for the following week – For next week, have families complete “Safety Resources Hunt.” Ask them to select two areas in which they would like to expand their safety resources. Write down the two areas on the family’s homework sheet. Ask them to call one agency or support group in each of the area’s chosen. Also, hand out extra copies of the chore chart and stickers so the families can keep working together to get everything done.
 - f. Planning contacts for the week
 - g. Closing ritual (Lead Facilitator):

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