

BUILDING TRUST



SESSION 5: OUR NETWORKS

Session 5 Objective

To look at each role within the family unit and the importance of those roles

Introduction

5-15 minutes

Re-cap on the activities covered in the last session:

- Invite the group to discuss any positives that have happened since the last session (remember to record these in your chosen way)
- Discuss the “Trust Log” activity- You could ask for the group to tell you about new things they learnt from doing this and how they felt recording their interactions.
- If you completed the relaxation exercise you could ask if anyone tried it again at home
- Briefly introduce today’s activities



Standard Activities

Activity 5.1. A Trustworthy Person

20-30 minutes

Ask members of the group to draw an image of a person they could trust. Encourage them to write down around the person all the attributes and qualities that they are looking for when choosing someone they can trust. These could be:

- Good listener
- Makes time for me
- Friendly
- Approachable
- Older than me



Materials needed:

- A4 paper
- Coloured pens or pencils



Low Level of Literacy Activities

Activity 5.2. What is This?

20-30 minutes

One person in each family is blindfolded while another family member gives that person a small object to identify. This is repeated for each family member. (An alternative would be to ask give a small piece of (nice) food to the family member who is blindfolded to eat and identify. Feedback to the group on how it felt to be blindfolded and to rely on someone else, how vulnerable we feel without being able to use one of our senses.



Materials needed:

- Blindfold

Activity 5.3. Hunt for Objects

20-30 minutes

Ask the group to get into pairs, number them 1 and 2 and give them a list of 10 objects that they need to find. Ask the pairs numbered 1 to take the list and find any 5 of the objects and return to their pair, then swap and repeat for pairs numbered 2s. Discuss as a group how easy or difficult it was. To make this suitable for low literacy levels you could make the list pictorial.



Materials needed:

- 10 objects
- Paper
- Pens

Activity 5.4. Find My Family

15-25 minutes

This game is similar to musical statues, use music and encourage the families to dance and move around, when the music stops each family unit must get together as quickly as possible holding hands or in a group hug.



Materials needed:

- CD Player

Isolation

Communication
& Respect

Building Trust

Managing
Emotions

Positive &
Healthy Futures



Advanced Activities

Activity 5.5. Hand of Trust

30-40 minutes

Give each person an A4 sheet of paper and let them choose a pen. Mothers may need to help their children with this. Ask them to place their hand in the centre of the page and draw around their hand. Once this is done, they need to write the names of 5 people they trust, one along each finger. They might want to choose a different colour for each name. Then ask the group to write outside the hand what they trust each person with and why, using a different colour for each person will help them to easily see whom each comment is about.

Discuss with the group what reasons people chose for trusting others and what prevented them from trusting.



Materials needed:

- Plain paper or Card
- Colours pens/pencils, enough for one each
- Flipchart and markers

Activity 5.6. Who can I Trust?

20-30 minutes

Ask the group to think about these situations¹ and decide who on their hand of trust they could tell. They can choose more than one person if they want to. You can also ask them why they would choose that person and how they would tell them.



Materials needed:

- Their hand of trust
- Examples of situations

¹ The Examples of Situations are found on page 74



Relaxation Activities

Activity 5.7. Colouring

Ask the group to choose from some colouring in sheets of varying difficulty and ask them to spend time quietly colouring in the sheets using pencil crayons. You could choose mandalas or any other drawings which are downloadable from the internet.

While the group are colouring play some relaxing music, this could be sounds from the ocean or any soothing music you can find.

Some families may want to take their colourings home to finish.

This is a good way to relax and de-stress and could be used in conjunction with taking a time-out when families are struggling to stay in control of their emotions.

Plenary

10-20 minutes

Remind the families what they have covered in the session and of today's objectives. Ask them to reflect on what they have learnt in this session.

Suggested Questions

- Why might we struggle to trust people?
- How can we build up trust if someone has lost our trust?
- How can we show others that we are trustworthy?
- Introduce the Supporting exercise: Trust Acrostic

An acrostic is a poem which the first letter in each line forms a word or words, in this case they will form the word TRUST.

Remind participants that they have the opportunity to complete an Extension Activity, this is called "A Tower of Cups" and will look at communicating and working as a team.

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INDEPENDENT FAMILY ACTIVITIES



Supporting Exercise 5: Trust Acrostic

Ask the families to write their own trust² acrostic in pairs, as a family or on their own.

Explain that an acrostic is a poem which the first letter in each line forms a word or words, in this case they will form the word TRUST.

There are some examples of words you could use but they can also write their own.



Materials needed:

- A4 paper
- Coloured pens/pencils, enough for one each



Extension Activity 5: A Tower of Cups

**Key workers can decide beforehand which extension activity they are offering. Only experienced practitioners should use the advanced extension activity.*

Advise families that there is the opportunity to complete an Extension Activity³ as a family with the key worker. This activity will be a fun and informal look at how to start conversations with new people.

** Tip: You may want to approach families who you feel would benefit most from this Extension Activity.*



Advanced Extension Activity 5: Time for Trust

Advise families that there is the opportunity to complete an Extension Activity as a family with the key worker. This Extension Activity⁴ is only to be completed by experienced practitioners who are skilled in supporting families who have experienced domestic abuse.



Materials needed:

- Pens/ pencils, enough for one each
- Flipchart and markers
- My trust story sheet

² Supporting Exercise 5 is found on page 75

³ Extension Activity 5 worksheet is found on page 76

⁴ Advanced Extension Activity 5 worksheet is found on page 77

SUPPORTING MATERIALS

Worksheet: Who can I Trust?



You are being bullied by someone older than you



You overhear your brother/sister/friend talking about doing something dangerous



Your trainers have gone missing and you think someone has taken them



You overhear some children picking on your friend



Your friend tells a secret and you are really worried that they might get hurt



Your friend has dared you to do something which is dangerous or might upset or hurt someone else



You worried about your mum



You are really hungry but there is no food at home and mum has told you there isn't any money to buy any



You hear someone being mean to someone about the colour of their skin

Worksheet: Supporting Exercise 5

Trust Acrostic



Examples of words which could be used are:

- T** Truthful, Trustworthy, Terrific
- R** Respected, Resilient, Resourceful
- U** Understanding, Unconditional, United, Uncomplicated, Unbiased
- S** Sympathetic, Senior, Suitable
- T** Teacher, Turn to, Takes Care, Tell, Talk to

Your turn...

T

R

U

S

T

Worksheet: Extension Activity 5

A Tower of Cups



Materials needed:

- A key worker led
- A safe quiet and private space big enough for the whole family to sit comfortably around a table or on the floor.
- 2 sets of 11 plastic cups which can be stacked or 1 set
- Stop watch or timer

Split the family into 2 even teams if possible if not the worker should join in to make it even. If you are using 2 sets of cups put one team at the either end of the table. Advise the teams that the cups should be stacked in a pyramid from a tower and then taken back down and placed back in a tower. It is then the next persons turn until each member of the team has stacked and unstacked the cups. The winning team will be the ones who have finished with their cups back in a tower after every member has had a turn.

If you are doing this with one set of cups use a stop watch or time and have each team take a turn, the winning team being the ones with the fastest time.

You may want to repeat this activity a couple of times, maybe switch the teams around ensuring as fair a balance of age/ability as possible.

After they have completed this discuss what they learnt from the activity:

- Who was good at what and why?
- Did they have fun as a family?

Worksheet: Advanced Extension Activity 5

My Trust Story



Materials needed:

- A key worker who have experienced domestic abuse
- A safe quiet and private space big enough for the whole family to sit comfortably around a table or on the floor.
- Pens or pencils
- Coloured pencils
- Felt tips

Ask the family to write down a true story about their experience of trust. It can be either a positive experience of when they have trusted someone or an experience of being let down. They can use colours or drawings to help with their story.

Once they have been written ask each member in turn to read their story out. No one should interrupt when they are reading. The reader should be given time to talk about how the incident made them feel and how they feel about it now. If the story involves any of the other family members or they have also experienced this incident they should be invited to acknowledge how this made the other person feel, apologise if necessary and try to agree a way of moving forward.

Think about:



Where this story takes place?



What can you see, hear and smell?



Who is with you?



What are you doing?



Why did you choose to trust them or not trust them?



How they proved trustworthy or untrustworthy?



How did their actions made you feel?

My trust story

