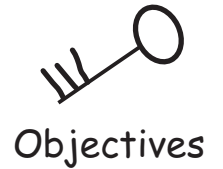


OTHER SIGNIFICANT PEOPLE IN YOUR LIFE

The aim of this section is to:

- recognise how other people influence you
- think about the links you have with other people
- understand why it is easy to get along and work with some people and why it is sometimes difficult with others
- to learn how to develop relationships, even with people you find difficult
- recognise how you relate to formal institutions like church, school, police etc
- decide whether your voice is heard in these institutions or if they are just making demands of you



These *Activities* will work best in groups where members know and trust each other.

You will need:

- large white sheets of paper
- coloured pencils
- soothing music



Activity 1

Your relation to other people

Distribute papers and coloured pencils to everyone in the group and start the music playing in the background. Ask a member of the group to read out the instructions.

Instructions

Take a large sheet of white paper and draw yourself in the middle of the paper. Then draw around yourself your family members, relatives, neighbours, workmates and/or other people who are important in your life. It's not important what the drawing looks like - use stick figures if you want. Write above every figure who he/she is in relation to you: e.g. husband, mother, fellow-student, boss.

Use colours to mark following meanings:

- | | |
|--------|---|
| Red | people I admire (heroes) |
| Green | people from whom I have learnt (advisers) |
| Blue | people I trust totally (confidantes) |
| Brown | people from whom I get understanding and comfort (comforters) |
| Pink | people who have power and influence (movers and shakers) |
| Yellow | people to have fun with |
| Grey | people I find difficult to get on with |

You can use several colours in one figure, if needed.

Use the distances in your work as follows:

- draw closest to yourself the person who influences your life most
- draw farthest away from yourself the one who influences your life least
- place the others according to their influence somewhere in between

Activity 1 continued

When everyone has finished drawing, take a break to walk in the fresh air or have a short relaxation exercise. Then the *Activity* can continue with presentations and discussion.



Activity
continued

Presentations

Everyone takes it in turn to present their drawings and to say how they felt doing this *Activity*. Use these questions to help you:

- Which people do you think have influenced your life the most?
- Are you happy with the influences in your life? If not, what would you like to change?

Discussion

Discuss the following questions in a big group or you can share your opinions and answers in smaller groups if that feels more comfortable.

- Are there any roles or influences missing in your life?
- Where could you look for new influences?
- What kind of people do you usually like and find easy to get along with?
- Are there certain types of people with whom you have difficulty co-operating?
- Do you usually know immediately whom you would like to work with and whom you would not? If so, try to choose the opposite type of person next time you find yourself in a position to choose. Try to co-operate with the person you would least like to!
- Are there any strategies you could try to help you to work with different types of people?



Discussion



Activity 2

Your relation to institutions and authority

Distribute papers and coloured pencils to everyone in the group and start the music playing in the background. Ask a member of the group to read out the instructions.

Instructions

Take a large sheet of paper and draw yourself in the middle of the paper. Now draw around you the institutions you have contact with or which in some way influence your life. These can be any institution, such as, church, town council, parliament, social welfare office, employment service agency, tax administration, police.

When drawing these, use symbols and figures, which you think describe the institution in some way. You may use a cross for the church, a loaf of bread for the welfare office, angry/friendly face for police etc.

Use the following colours in your work to mark the given meanings:

- | | |
|--------|--|
| Red | institution I have difficulty approaching to get my voice heard |
| Green | institution I find easy to approach and get my voice heard |
| Yellow | institutions which help me and influence my life in a positive way |
| Grey | institution which only seems to make demands of me |

You can use several colours in one figure if needed.

Use the distances in your work as follows:

- draw closest to you the institutions which influence your life most
- draw farthest away from you the ones which influence your life least
- place the others according to their influence somewhere in between

When everyone has finished drawing, take a break to walk in the fresh air or have a short relaxation exercise. Then the *Activity* can continue with presentations and discussion.

Activity 2 continued

Presentations

Everyone takes it in turn to present their drawing and to say how they felt completing this *Activity*. Use these questions to help you:

- Which institutions do you think have most influence in your life?
- In which institution do you feel that you have the most influence? Where is your voice heard best?
- Are you happy with these influences? If not, what would you like to change?

Discussion

Discuss the following questions in a large group, or in smaller groups if that feels more comfortable. You could collect your answers on a large sheet of paper on the wall.

- Are there some institutions which are important for you all?
- Do people in your group have different opinions about how their voices are heard in different institutions?
- How could you be more effective in getting your voice heard?
- How could you work together to get your voice heard in these institutions?



Activity
continued



Discussion



What have you learned?

Evaluation Questions

Have these *Activities* helped you to recognise your relations to people and institutions around you? Say why or why not.

Do you understand how different people and institutions influence your life? Say why or why not.

Have these *Activities* helped you to find ways to get your voice heard by others and by institutions? Say why or why not.