

# EMPOWER

Building Resilience to Address Domestic Violence

## IO1 - Introduction of the toolkit for Parents



Co-funded by the  
Erasmus+ Programme  
of the European Union

## Phase 2: Using the Family Learning Toolkit Workshops

These 2 face-to-face workshops will aim to support you, as parents to:

1. Understand the role of the parent as the first educator.
2. Realize that parents must be inclusive and must accept the differences of their children and others.
3. Have knowledge about equal partnership between parents are the basis for all developments in family learning
4. Realize that the community can be a mean of wider learning by promoting change and acceptance.
5. Recognize that all the results obtained during the growth process are of equal significance and importance.



Phase 2 workshops will address the following learning outcomes:

Knowledge	Skills	Attitudes
Knowledge of creative approaches to used to engage families.	Discuss about digital tools knowing the appropriate language to discuss these issues.	Learn the meaning of the contents of various age groups.
Knowledge that families facing challenges are better able to improve their family involvement.	List the different digital tools for the different ages.	Learn about the stages of development of each person.
Definition of comic strips, digital magazines and audio books.	Describe the learning opportunities for families.	Awareness about the importance of learning in the family.
Knowledge of parental roles in family learning.	Identify digital tools and techniques to manage parental role on different phases of growth.	Openness to participate through digital tools.
Knowledge of best facilitation practices.	Put in practice the digital tools you learned.	Appreciation of the importance of parents as facilitators of information about violence.



# Workshop 1

## Part 1

Introduction of toolkit tools



# What is a comic strip?



# Comic Strip

“A sequence of drawings in boxes that tell an amusing story, typically printed in a newspaper or magazine.”

Oxford Languages



# What are comic strips?

## What are they?

A comic strip is a collection of contiguous graphic images that are usually placed horizontally and intended to be read as a narrative or chronological progression. In this format, the story is usually original.

## Who are they for?

Comic strips are for children between the ages of 8 and 12.



# What are comic strips?

## What are they for?

The purpose of comic strips is to tell a story.

A story has three main components: setting, characters, and plot.

Words and visuals are used equally in comic strips.

To indicate story movement, comic strips use a succession of frames.

## How important is it?

Comic strips make readers think about the opinions said and issues about the project.

Sure, the comic strip is dramatic, but it proves a point. Comic strips have impacted on the youngest.



## Comic Strips

The comic is called the ninth art, following the classification of Ricciotto Canudo. The term "sequential art" created by designer Will Eisner in order to define "the arrangement of photos or images and words to narrate a story or dramatize an idea", is often used to define the language used in this form of representation. Hugo Pratt called it "drawn literature."

In the United States, where it is called comics, comics became popular in the early twentieth century, with the emergence of superhero comics, the first was the character Superman released in 1938. With the development that took place in the 1930s gave the name to this era of the "Golden Age".



# The Comic Strip Approaches

**Comic Strips**  
**what's it for?**

FOR KIDS AND PARENTS!

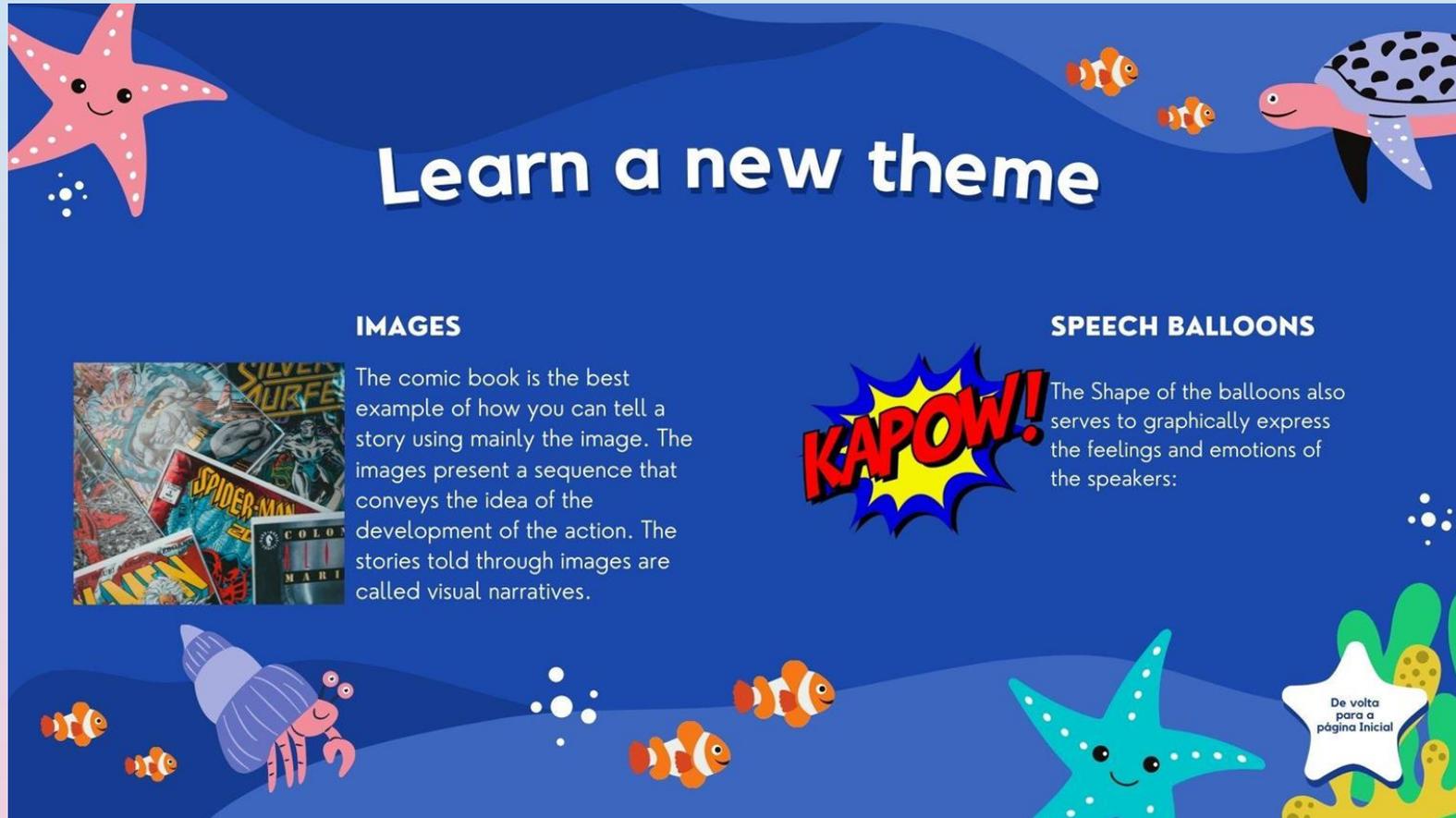
- Respect rules
- Manage time
- Learning a new theme
- Talk openly with parents



# Respect Rules



# Learn a new theme



## Learn a new theme

### IMAGES



The comic book is the best example of how you can tell a story using mainly the image. The images present a sequence that conveys the idea of the development of the action. The stories told through images are called visual narratives.

### SPEECH BALLOONS



The Shape of the balloons also serves to graphically express the feelings and emotions of the speakers:



De volta para a página Inicial

# Manage time



**Manage time**

Knowing how to manage time is an asset. While children even more important. It is necessary that parents organize a schedule, with enough time to play but also have set hours to do school activities, practice sports and rest.

Página inicial

The illustration features a dark blue background with various colorful elements: two orange and white clownfish swimming in the upper left; a pink starfish on the left and a blue starfish on the right; yellow and green coral-like shapes at the top and bottom; a yellow sofa on the left; a blue and white striped rug with a book, a yellow fruit, and a pink bag in the center; a pink laptop on a blue table on the right; and a purple hermit crab on the right. A white starburst contains the text 'Página inicial'.

# Talk openly with parents

**Talk openly with parents**

**About school**

**School**

It is very important to accompany your children to school.

Every day you should talk about what happened during that day. If he/she learned new things, if someone bothered him/her, if he/she plays in the playground. Questioning the day is a strategy to keep an eye on behaviors.

Talk regularly with teachers.  
Control the notes, without excessive requirement, but always attentive.

**About their thoughts and feelings**

**Thoughts and feelings**

Thoughts and feelings as children can be the trigger for many unwanted future situations. Talking to parents openly about feelings and what bothers them is very important. In addition to feeling heard and supported, in the future they will have a closer and healthier relationship, both with their parents and with the people around them.

## Comments

Let the participants reflect on the topic discussed above, do a small mental exercise on the method they apply in day-to-day with children, what similar attitudes and those that differ.

Allow participants to take 10 to 15 minutes from class to talk to colleagues about their common or distinct points. Listening to each other's opinion and together they reached a conclusion of a reflective thoughts and, above all, of learning. The goal is they understand the importance of reflecting actions in their routines with the younger ones.

As a facilitator it is also important to have time to reflect on the materials. Think about what the main points of learning.

# Digital Magazines



# Digital Magazines for 13-17 years old

A series of short videos with self-overcoming tasks, games, and puzzles will be presented for the age group of 13 to 17 years. All these subjects will be addressed in a digital magazine, which will include the following five topics:

1. Freedom to be myself
2. My communication is key
3. Mutual respect and boundaries
4. The importance of 'me-time'
5. Solving conflicts.



Source: [www.freepik.com](http://www.freepik.com)



## Digital Magazines for 18-20 years old

The same 5 topics will be covered at an advanced level for young adults aged 18 to 20. The digital magazines will be used to teach them about how they can develop healthy relationships in their own lives. At this age it is important to remember that relationships are to be happy. They should, therefore, not allow any abusive, aggressive or controlling behaviour.



## Comments

Let the participants reflect on the topic discussed above, do a small mental exercise on the method they apply in day-to-day with children, what similar attitudes and those that differ.

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# Audio books



# Curiosity

## Audio Books

Audiobooks began to be used more or less in the 30s.

They were frequently used as an educational medium, and could be found in schools and libraries. Prior to the availability of digital audiobooks or “talking books” as they were commonly referred to, were sold in physical form on analogy cassette tapes and vinyl records.

However, with the invention of the internet, a vast selection of audiobooks from a variety of sources became available.



## What are audiobooks?

Audiobooks are voice recordings of a book's text that are listened to rather than read.

Audiobooks can be word-for-word translations of books or abridged versions.

Audiobooks can be listened to on any smartphone, tablet, computer, home speaker system, or in-car entertainment system.

Audio books are typically bought and downloaded in the same way that digital music and video.

They can also be purchased online or downloaded for free from public domain websites.



## How do you listen to an audiobook?

When you buy or download an audiobook from the internet, it becomes available as a digital audio file. Audiobooks can be played on a wide range of consumer electronic devices, including phones, tablets, and computers—any device that supports streaming audio.



## Audiobook for adults

The goal of these resources will be to highlight some of the specific risks to which senior adults are vulnerable, as well as to assist them in preventing themselves from being victimized.

The toolkit will include a collection of ten audiobooks that will assist seniors in:

1. Understand the differences between healthy and unhealthy relationships with their family.
2. Promote self-care and awareness to prevent instances of abuse.
3. Remain active and healthy and they age.
4. Maintain self-confidence and self-esteem.
5. Recognise signs of elder abuse in its various forms – in their own families and other instances they may witness, to access available supports if they require it.



# Activity 1

## 1. Advantages and disadvantages of digital tools



# Workshop 1

## Part 2

Digital tools in a family learning environment



# Video: How to encourage children to take with parents



<https://www.youtube.com/watch?v=RDemM6FjcSE>



## Promote family moments



## Guidance tool

Age of child	Behaviour of children	Advice to parents
<b>8-12 years old</b>	Between the ages of 8 and 12, children have transformations in interpersonal relationships and self-perception. The abilities to identify internal processes such as feelings and thoughts become more refined. They begin to understand the difference between something that is psychological and something that is physical, they assimilate what is concerned in a social situation, they think about their own position in front of others and/or society.	<p>You need to be patient.</p> <p>Talk openly about the problems.</p> <p>Engage in the activities of parents and show interest in their tastes and hobbies.</p>
<b>13-17 years old</b>	young people between the ages of 13 and 17 enter a phase of natural psychological instability. Impulsivity is one of the common characteristics in adolescents as well as the need for experimentation. In adolescence, the orbito-frontal cortex is not fully developed, just as the ability to analyse, judge and decide is also not fully consistent. In addition to new brain connections and hormonal changes, the body also undergoes unprecedented transformations.	Parents should remember that the solidification of autonomy must be built from an early age and is fundamental in this age group. It is important that they are not negligent, omission or authoritarian, as this can cause children to take more unnecessary risks, become inconsequential and irresponsible or even dependent, not believing in their own ability to face challenges.



## Guidance tool

Age of child	Behaviour	Advice to parents
<b>18-20 years old</b>	<p>Determining the end of adolescence, which is marked by the entry into adulthood, is more complex, since there are no physical indicators as there are for the beginning of adolescence. At this stage, young people begin to think for themselves and have their own opinions and beliefs. It is this critical thinking that is formed at this stage of life that allows the young person to call into question some norms or rules.</p>	<p>Listening to what the young adult has to say is critical. Listen carefully and give your opinion on the matter later. Try not to make pre-judgments right at the beginning of the dialogue. Choose for a respectful conversation, so the young adult can speak openly and respect you as well. At the same time, be sure to argue, be firm and clear about your opinion. In these situations, young people need to have clarity of the situation and understand what they meant during the conversation.</p>
<b>Adults</b>	<p>The coexistence between adults and children is always a topic of debate with questions that seek to solve some problems that may appear during education.</p> <p>It is important to impose limits and at the same time gain confidence and complicity in the relationship between parents and children. The conflicts in the relationship between parents and children go beyond generations and have always been the reason for debates and reflections among people of all ages.</p>	<p>The most important thing at this stage of life is to give autonomy. It is essential to respect the common spaces and those that are private of the person. Respect time and will. It should always encourage the young adult to do the right things, but let the person decide for himself at the end.</p>



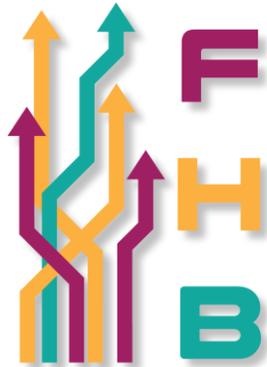
# Activity 1

**2. How important are digital tools in a familiar learning environment?**



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