

# EMPOWER

Building Resilience to Address Domestic Violence

## 1.2 Building Family Relationships



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# Learning Outcomes

- By completing this session, you will:
- Reflect on your own family dynamics.
  - Work on your family's communication style.
  - Identify when your own family do not communicate properly.





# Quality Family Time

- Spending time together as a family helps us to bond and enables us to support one another during difficult periods.
- It is important to make time to talk and listen to the needs and wants of family members.







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## Activity

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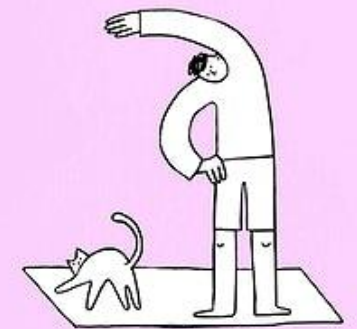
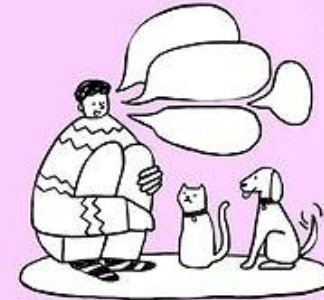
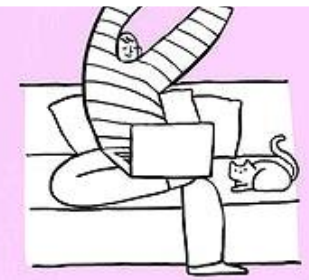
Plan a family activity that  
enables you to have quality  
family time.





# Challenging Family Dynamics

- Challenging family dynamics can result in a family member being treated differently than others.
- Common signs of unhealthy and challenging family dynamics include;
  - Name calling and bullying;
  - Stonewalling (including zoning out, acting busy, or changing the topic when another person talks or enters the room);
  - Gaslighting or emotional manipulation;
  - Blackmailing;
  - Controlling behaviour
  - Crossing personal boundaries.





# Overcoming Challenging Family Dynamics

Here are some ways that can support you to overcome challenging family dynamics in your household:

- Provide all family members with the opportunity to express themselves;
- Set healthy boundaries about what types of behaviour is and is not acceptable in your household;
- Find out where the challenging behaviour is coming from through open and honest communication.
- Seek professional help if you need to.







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# Role Play

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Identify problematic situations in your family and provide solutions to these problems.



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