**COURAGE WORKSHOP PROCESS**

**POSITIVE PARENTING PROCESS**

AUDIENCE: Parents of children

Community members

Child Protection Officers (Includes social workers, health care professionals, police officers, teachers, coaches, or anyone who works with children.)

WELCOME & INTRODUCTIONS: (+- 10 minutes)

Facilitator: Introduce everyone to the session and the benefits of the workshop, which include:

* Developing a vision for the kind of world they would like to create for their children.
* Understanding the human rights and developmental needs of children and how they can support them as parents.
* Understanding what causes and what can prevent child protection challenges in their community.
* Understanding the child protection and safeguarding process.
* Understanding the role of parents or caregivers and how to build their children’s self-esteem and self-worth.
* Developing an action plan to ensure positive parenting in their home and community.

Ask the participants how they define family? and what do they think makes a good parent? Then discuss their responses.

Participants: Briefly introduce themselves, how they define the concept of family and what they think makes a good parent.

VISION EXERCISE: (+- 20 minutes)

Facilitator: Introduce the concept of a vision: A creative statement of the future world they would like their children to live in.

Start this exercise by asking participants “why do we have children?” and “what role do they have in our families?”

Discuss their responses and explain that just like an organization, if a child has a clear vision of their role and responsibilities they will have stability in their lives, however, if they do not know this, they will feel insecure and lack stability in their lives.

Then ask your participants to create a vision for the kind of world they would like their children to live in. They can do this by completing the sentence: I/We would like to create a world for our children that…

Participants: Should share their views on why they chose to have children and the role that they play in their family.

They should then individually or collectively capture their vision statement by answering the question above.

The facilitator should capture each vision statement.

THE RIGHTS AND NEEDS OF CHILDREN: (+- 20 mins)

Facilitator: Introduce the rights and needs of children, either using the Courage poster, video, or presentation. If you are using the poster, please see the accompanying script.

Discuss the poster with participants:

* Do they have any questions about the rights and needs of children?
* Is there anything that they don’t understand or need more clarity or information about?
* Did they find the presentation useful?
* How do they think this information will change their behaviour as parents or caregivers?

Participants: Feedback and discussion

The facilitator should capture the key points of the discussion.

(Skip to action planning exercise if this is a 1-hour workshop)

COMMUNITY MAPPING EXERCISE: (+- 20 mins)

Facilitator: Introduce the community map and that it represents a community anywhere in the world, complete with different areas e.g. houses, schools, parks, and churches, people, e.g. children, parents, teachers, and police officers, and different conversations (introduce the courage emoji language where conversations are represented by icons).

Ask the participants to identify all the child protection challenges that they think are taking place in their community by placing red stickers or buttons on the community map.

In groups or as a team discuss what they think is causing and what could prevent these challenges from taking place.

Participants: Identify challenges using red buttons or stickers and then discuss what they think causes and what could prevent these challenges in their community.

The facilitator should capture the key causes and prevention insights.

THE CHILD PROTECTION AND SAFEGUARDING PROCESS: (+- 20 mins)

Facilitator: Introduce the child protection and safeguarding process either using the Courage poster, video, or presentation. If you are using the poster, please see the accompanying script.

Participants: Should follow the process on the community map and identify all the stakeholders that they should be engaging with around child protection in their community.

Facilitator Briefly discuss the child protection process with participants:

* Have you ever been aware of, or had concerns about a child in your community being abused, neglected, or exploited?
* Before watching this video, did you know who to report your concerns to?
* Did you report your concerns?
* Do you know if the person you reported your concerns to followed up on the matter?
* Would you report your concerns now that you know what child protection challenges are and who you should report them to?
* In not, please specify why?

Participants: Feedback and discussion

The facilitator should capture the key points of the discussion.

(Skip to action planning exercise if this is a 1-hour workshop)

If you are running this as a 2.5-hour workshop, you should take a 10 minute break.

POSITIVE PARENTING EXERCISE: (+- 20 mins)

Facilitator: Introduce the role of parents and positive parenting vs negative punishment either using the Courage video or presentation.

Ask your participants what they think is going well with their current parenting style? Then ask them what they think could work better.

Participants: Feedback and discussion

The facilitator should capture the key points of the discussion.

BUILDING OUR CHILDREN’S SELF ESTEEM EXERCISE: (+- 20 mins)

Facilitator: Introduce the 3 self-esteem building exercises to your participants and ask them to try them out in groups:

1. The Gratitude Chair: Ask your child (one of your participants) to sit in a chair in the middle of your family circle. Each member of your family (the workshop team) should then tell your child (participant) what they are grateful to them for. You may want to do this on special occasions such as their birthday, if they have achieved something noteworthy, or just if they are feeling down and need to some positive reinforcement from their family or close friends.
2. The Self-esteem Bowl: Show your child (participants) a bowl, and tell them to think about this bowl as representing their self-esteem, or how they feel about themselves. Ask them to think about all of the things that people say to them that makes them feel special about themselves. Then ask them to think about all of the things that people say to them, that makes them feel sad or unhappy about themselves. As they tell you the good things, add buttons or chips to the bowl. As they tell you bad things, take the buttons or chips out until the bowl is empty. Explain to them that, if they allow other people to fill their self-esteem bowl, they will also allow them to empty their bowl. Finally, get them to think about all of the things they think make them special and unique. The things that no-one can take out of their self-esteem bowl. Get them to write these things onto little pieces of paper and put them in the bowl to remind themselves of what makes them special.
3. The Personal Brand/Crest: As your child (participants) to draw a crest for themselves complete with an animal or plant that they think represents who they are or want to be, inside a shield or crest shape that speaks to them. They should use their favourite colours to draw the crest. Finally they should create a motto or tagline that defines what is important to them.

Participants: Should engage in each of these exercises and then discuss their experience of them.

The facilitator should capture the key points of the discussion.

ACTION PLANNING EXERCISE: (+- 10 mins)

Facilitator: Explain that everyone should think about what they would like to do differently now that they know more about positive parenting and the vision that they have defined for their children’s world.

If you are short of time, ask everyone to share one thing that they will do differently now that they have taken part in this workshop e.g. positive parenting skills, self-esteem building exercises etc.

If you have a bit more time, you can ask all your participant to answer the following 3 questions in connection with the vision they created for their children and their future world:

1. To achieve this vision for my children, from today I will need to stop… (list a few things you will need stop doing to achieve your vision)
2. To achieve this vision for my children, from today I will start… (list a few things that you will start doing to achieve your vision)
3. To achieve this vision for my children, from today I will continue… (list a few things that you are already doing that support your vision).

The facilitator should capture the key actions or changes in behaviour that the participants share.

Thank everyone for their time and participation in the workshop and close the session. Assist any participants who have questions or queries after the session.

Capture the output of your session on the Courage website.