

## SESSION 7

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# Role-Playing Relevant Issues

### GOAL

- To have parents and youth continue to role-play, thereby practicing and internalizing the skills they have been learning

### MATERIALS

Copies of the following:

- Family TIES Parent/Youth Skill Practice and Session Recording Forms (Appendix C)
- Youth Group Weekly Report (from youth group facilitators)
- Individual lists of family Angry Behavior Cycle issues

Snacks

### PROCEDURE

#### Icebreaker

Conduct an icebreaker activity (Appendix D).

#### Review

1. Review the Parent/Youth Skill Practice Form, asking both parent and youth how the week went and if they practiced any skills. Solicit examples.
2. Hand out the Youth Group Weekly Report and a new Parent/Youth Skill Practice Form.
3. Give each family their personalized copies of the list of Angry Behavior Cycle issues, generated in the previous session.

4. Ask families how successful they were at changing some of the behaviors they contracted to work on and, if they were successful, what improvements they observed. Record the situations where this worked or did not work.

### **Parent/youth role-plays**

1. Continue role-playing, using skills that target solutions to the situations parents and children have identified.
2. At this time, you may suggest using role-reversals, in which parents and youth exchange roles. This practice enhances understanding of how others may feel and, in turn, how one person's behavior affects another's. Role-reversals help with empathy development.

*Instructions for role-reversals are included in Appendix E. Appropriate scenarios for role-reversals are included in the "Role-Plays, Role-Plays, Role-Plays" section of that appendix.*

### **Review and at-home practice**

1. Encourage parents and youth to continue to be aware of the Angry Behavior Cycle and work on stopping more of the behaviors on their list, if possible.
2. Have parent and child practice skills learned to date

### **FACILITATOR TASKS**

1. Complete a Family TIES Session Recording Form for this meeting.
2. Continue communication with youth group leaders.