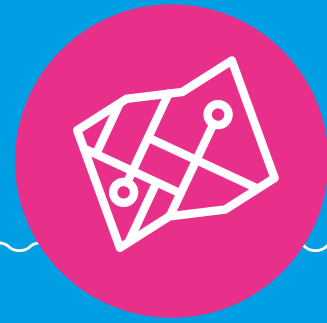




Relationship Map



What is the purpose of this activity?



Who are the most important people in your life? How do they influence who you are, and how you feel?

In this activity, you will explore your relationships with a few important people in your life by drawing a "relationship map" of your connections with them.

What will you need?



A place where you can sit comfortably and draw, and a table or flat surface to write against.



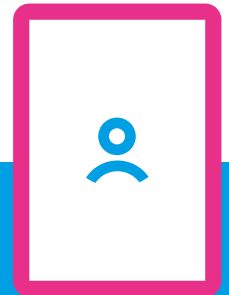
A piece of paper, and a pen or pencil.



Step by step



Start by sitting somewhere where you are comfortable and have a clean, flat surface to draw against. Have your paper and pen or pencil ready.



In the middle of your paper, draw a small picture of yourself. If you prefer, you can draw a symbol that represents you. Leave space around your picture for more writing and drawing.



Close your eyes. Think of six very important people in your life. They could be people you spend time with every day, or people you do not see often, but who feel important to you. You may think of some people who feel helpful to you, and others with whom you have difficult relationships.

Do not write their names down yet - just remember the six people you have thought of.



Start by thinking of one of those six people. Imagine a symbol/drawing that represents them. It might represent something they do for you, something they enjoy, how you feel about them, or how they make you feel about yourself.





Draw the symbol of that person somewhere on your paper.

You may choose anywhere on your paper to draw it, but you can try to place it in a location that feel right. For example, if you admire the person a lot, you can draw them close to or above your head.

Note: You can write the person's name if you wish but try to present them through drawing first.



Draw symbols for the other five important people you thought of.

Draw them wherever you wish, choosing locations on your paper that represent your relationship to them.



If you wish, add lines or additional drawings to illustrate more about your relationships with the six people. You can also draw lines to show how they are connected or thicker lines to the ones that you feel a strong connection to.



Create more

- Keep adding to your Relationship Map. You could add symbols to represent more people who are important to you or add lines or other drawings to show and express more about your relationships with them.
- Write a letter to one of the important people in your life. Tell them what you learned about your relationship with them by drawing your relationship map.
- Create a new map, drawing, poem or essay about the people in your life.



Share

→ Online:

Send a photo of your relationship map and anything else you created to the chat group.

Look for more messages from [WhatsApp address] to see what other adolescents have created. Participate in a discussion!

→ Everyone (Online and Offline):

Keep your map somewhere where you can look at it every day. For example, you might hang it on your wall.

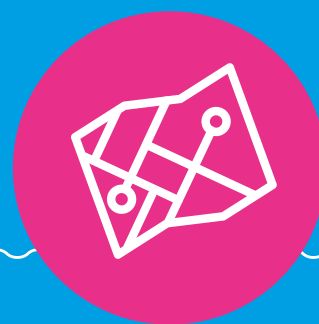
If you want, share your map with other people in your household. Put the map somewhere they will be able to see it and explain it to them. Invite them to tell you what they learn about your relationships or ask you questions. Do not feel that you must share your map with others if you don't wish to.

Ask if others want to participate in the activity and share their maps.

Notice how your relationships are similar and different!



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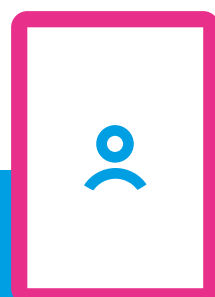
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Keep your map somewhere where you can look at it every day. For example, you might hang it on your wall. If you want, share your map with other people in your household. Put the map somewhere they will be able to see it and explain it to them. Invite them to tell you what they learn about your relationships or ask you questions. Do not feel that you must share your map with others if you don't wish to.

Ask if others want to participate in the activity and share their maps. Notice how your relationships are similar and different!





Guide for parents and caregivers

1

Before your adolescent starts this activity

- Read the activity guide for Relationship Map so you understand the steps and what adolescents are asked to do.
- Help your adolescent to find a quiet place where they can draw without interruption or without anyone watching what they are doing.
- Ask other members of your household to give your adolescent space and time to participate in the activity without interruption
- **Ask your adolescent how they would like to work on this activity:**
 - *Would you like to try this activity alone, or would you prefer to try it together with me, or with other people in our household?*

Accept and support their answers to these questions. Once they have told you their preferences do not push them to try the activity another way.

2

While your adolescent is working on this activity

- Depending on what they prefer, give them time and space to work on the activity in a quiet space.

If they are confused about how to do the activity, and want your help:

- Read the activity guide and try to explain the directions in your own words.
- Encourage them to try the activity again, or as many times as they wish.
- Remind them that there is not a “right” or “wrong” way to do the activity, and that they should not worry about whether they are “good” or “bad” at drawing. The purpose of the activity is to help them to remember relationships and experiment with expressing themselves in a new way.
- Suggest a few examples of people they might want to include in their maps, and symbols they might use to represent those people. Or, suggest examples of people you might include if you were drawing a relationship map and symbols you might use. However, do not push your adolescent to include the people or draw symbols you suggested as examples.

If they need more encouragement or inspiration, ask:

- *Who from the family and community are important to you?*
- *What words or feelings do you connect with those persons? How could you represent those words or feelings in a symbol or drawing?*
- *How do those persons make you feel about yourself? In what ways do you feel connected with them? What could you draw or write on your relationship map to express those feelings or describe those connections?*

3

After your adolescent is done with the activity

- Ask if your adolescent wants to share their relationship map with you. If they do, share encouraging words about what they created. Never correct them or disagree with their choice of whom they included in their relationship map.
- Invite them to tell you more about their relationship maps.
 - Ask them to tell you more about who they included and why.
 - Ask them to explain the symbols they chose to represent those people.
 - Ask them to tell you more about why they created their map as they did, and how their map express their feelings and connections to others.
- If you or other people in your household participate by creating your own relationship maps, share with each other, and discuss your own experiences. You could discuss:
 - Similarities and differences in your maps.
 - How your relationships to each other, or others, shape your identities and feelings.
- Make an action plan to build strong and positive connections with each other, for example by sharing encouraging or appreciative words with each other every day.

If they are participating in a discussion with a facilitator and other adolescents using their mobile device:

- Remind and encourage them to share their maps. However, do not force them to share if they do not wish to.
- Encourage them to participate in the conversation with the facilitator and the other adolescents.



Facilitator guide

Activity Purpose

In this activity, adolescents will explore and illustrate the important relationships in their lives by drawing a relationship map. They will practice competencies related to identity and self-esteem, and problem-solving and managing conflict.

1

Preparing adolescents and families

- A few days in advance, announce that adolescents will receive a guide for this activity. Encourage adolescents to have fun and give it a try!
- Explain that the activity will give adolescents a chance to explore the important relationships in their lives, and how those relationships influence who they are, and how they feel. Remind them that the activity is meant to help them to build even stronger and positive relationships with others.
- Remind parents/caregivers that they can support their adolescents by reviewing the activity guide and their own guide.
- Explain that adolescents will need a piece of paper and a pen or pencil, and a surface to write against.
- Inform them of the date by which they should finish the activity, and how they should share what they created.

2

When you share the activity guide:

- Repeat the information above, so adolescents (and parents/caregivers) understand how to participate in the activity, and what to do next.
- Explain to adolescents (and parents/caregivers) how they can communicate with you to ask any questions they may have.
- Send encouraging messages to remind adolescents (and parents/caregivers) that you hope they are enjoying the activity and look forward to hearing about their experiences.

3

After the activity:

- Remind adolescents to share a photo of their relationship map. Explain how they can share these with you.
- As some adolescents begin to share their relationship maps, send encouraging reminders to others to do the same.
- Share examples of the first relationship maps you receive with positive comments, as encouragement for other adolescents to share their relationship maps, too.
- Invite adolescents to respond to the following questions, one at a time.
 - *Who are some of the most important people in your lives? What are some of the most important ways they influence who you are, or how you feel?*
 - *Did you share your relationship map with anyone else? Did you learn anything new about each other? Tell us more!*
 - *What relationship map did you enjoy that was shared in the chat group? Tell the person who made it what you liked about it!*
 - *Looking at the relationship maps that others have shared, are any of them similar to yours?*
 - *Get creative! How could you create another diagram, drawing, photo collage, or video to describe the important relationships in your life? Share what you create!*

Allow some time (possibly a day or so) between each question so adolescents have time to respond.

- Send a closing message thanking them for participating. Congratulate them on their posts and creative work. If you will be sharing their posts and creative works in another way, inform them of this and ask for their permission to do so. Let them know if they should expect another activity.