

CAREGIVER RESOURCES

INTERPERSONAL DYNAMICS



Scan me!

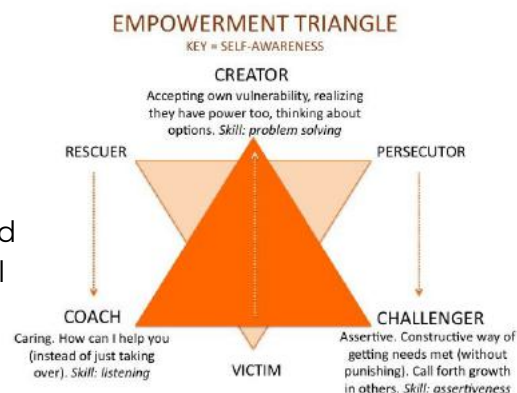
YOUR CHILD IS LEARNING

- Being aware of & changing judgments
- Analysing emotional warning signs
- Analysing power dynamics
- Understanding empowerment in friendships
- Analysing healthy & unhealthy relationships
- Self-acceptance

DID YOU KNOW?

Your child is learning about friendship challenges.

Understanding the empowerment triangle will help teens to resolve friendship challenges. When your child can understand their personal role and responsibility in a conflict, they can feel empowered to resolve the issue productively.



FIVE TIPS TO REINFORCE THIS LEARNING (FOR STUDENTS)

| 1 | 2 | 3 | 4 | 5 |
|---------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| Brainstorm a list of the things you tend to judge other people on (E.g., clothing, hair, etc.). Self reflect on if these judgments are justified. | Discuss with your family: How can you change your unconscious patterns of judging others? | Discuss as a family how each of you react differently to each of the following emotions: - Fear - Sadness - Disgust - Anger - Surprise | Brainstorm a scenario where each of your family members may react differently to the same situation (E.g., watching a scary movie, seeing a spider). What does that tell you about reactions? | Self-reflection: How can you stop and reflect on your feelings before reacting when experiencing a friendship challenge? |