



1st Session

Life is a Memory



The session begins with a presentation of each of the participants (name, age, profession, where they live and where they are from). After the presentation, the dynamic "Who like me?"

DYNAMIC ICE-BREAKER: WHO LIKE ME?

The facilitators start the dynamic, in which each participant goes to the centre and says "Who like me likes...". The participants who identify with the selected phrase, also go to the centre and join the group. The dynamic ends when everyone has completed the phrase "Who like me...".

PROJECT PRESENTATION

The facilitators explain, in outline, what the project consists of and what will be done in the session.

SESSION OBJECTIVES

The sentences address issues concerning the promotion and protection system, the foster care system, the functioning of the Foster Care Home and children's rights. It is intended to lead to a reflection on the promotion and protection system, specifically on the foster care measure; the dynamics and functioning of the Homes and the rights of children and young people, as human beings, as children and as children in foster care.

REFLECTION BOX DYNAMIC

MATERIALS:

- Computer with internet access.
- Box with questions to answer/reflect on.

OBJECTIVES:

- Sharing experiences and reflection.

METHODOLOGY:

1. Participants are asked to sit in a circle.
2. A box, containing several questions, is passed from hand to hand to the sound of lively music.
3. When the music stops, the participant who is holding the box opens it, takes out a card and answers/reflects on the question according to his/her own ideas and feelings.
4. The box continues to circulate from hand to hand, with the next participant being chosen by the previous one.
5. The dynamic continues until all the cards in the box have been removed.



Questions:

1. When you arrived, did they explain to you why you were coming to this Foster Home and what was going to happen next?
2. When you arrived, did they explain to you how the Foster Home worked?
3. You feel that you are heard in relation to your process:
 - In the Foster Home;
 - In School;
 - In Court;
 - By your Process Manager.
4. Do you agree with the decision to place you in this Shelter Home?
5. Do you agree that the best thing for you is not to grow up with your family?
6. Do you think your entry into the Foster Home could have been less marked?
7. Do you think everything that could have been done was done before you came to the Foster Home?
8. Are you aware of what happened in your family life until you came here?
9. Do you feel that at opportune moments the defining moments of your life story were explained to you?
10. Do you participate in the construction of your life project?
11. Do you feel frustrated that you can't decide about your life?

12. Are you aware that in case of incompatibility you can request another case manager?
13. When they make decisions you don't agree with, do you feel comfortable talking to someone?
14. Do you feel it is important that "those who run the country" know what happens to you?
15. After you leave foster care, does positive discrimination in access to employment, housing and healthcare make sense to you?
16. Do you usually hold assemblies in the Shelter in order to discuss different issues?
17. What would you like to be different in the Foster Home?
18. Do you think this assembly was useful?