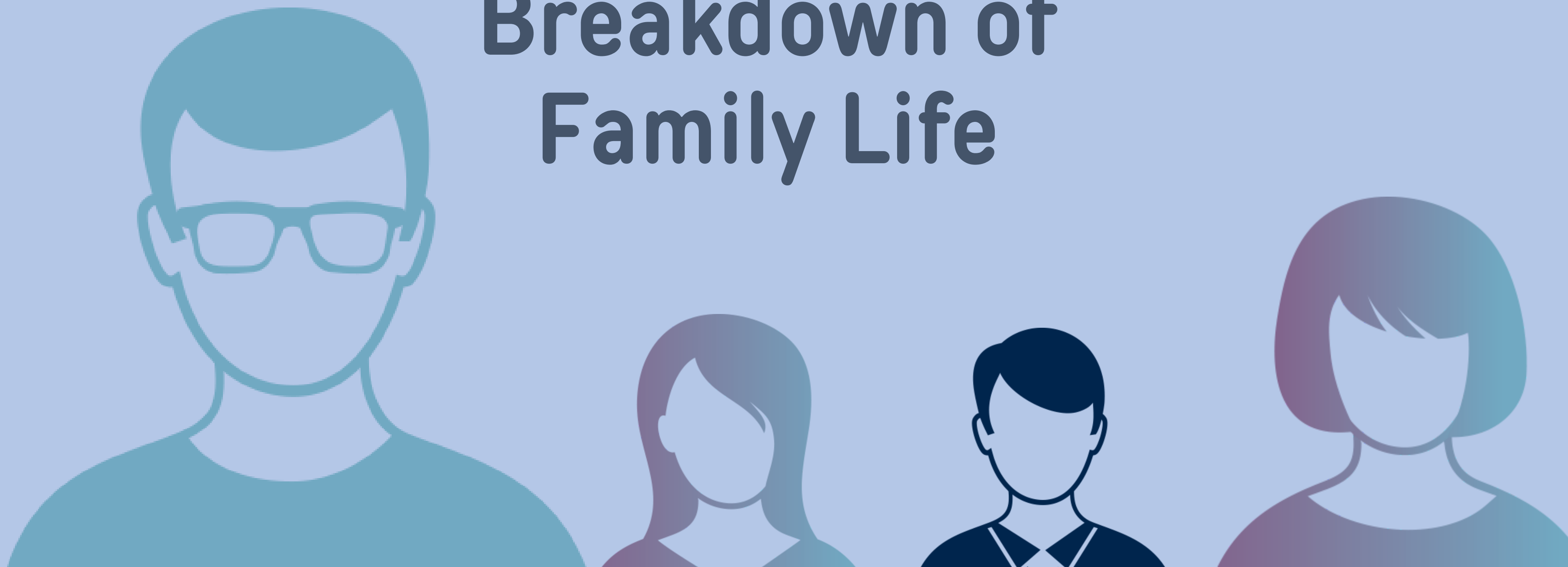




Lost Voices

Breakdown of Family Life



Welcome

- Housekeeping
- Create a Group agreement
- Introduce the topic
- Create a signal

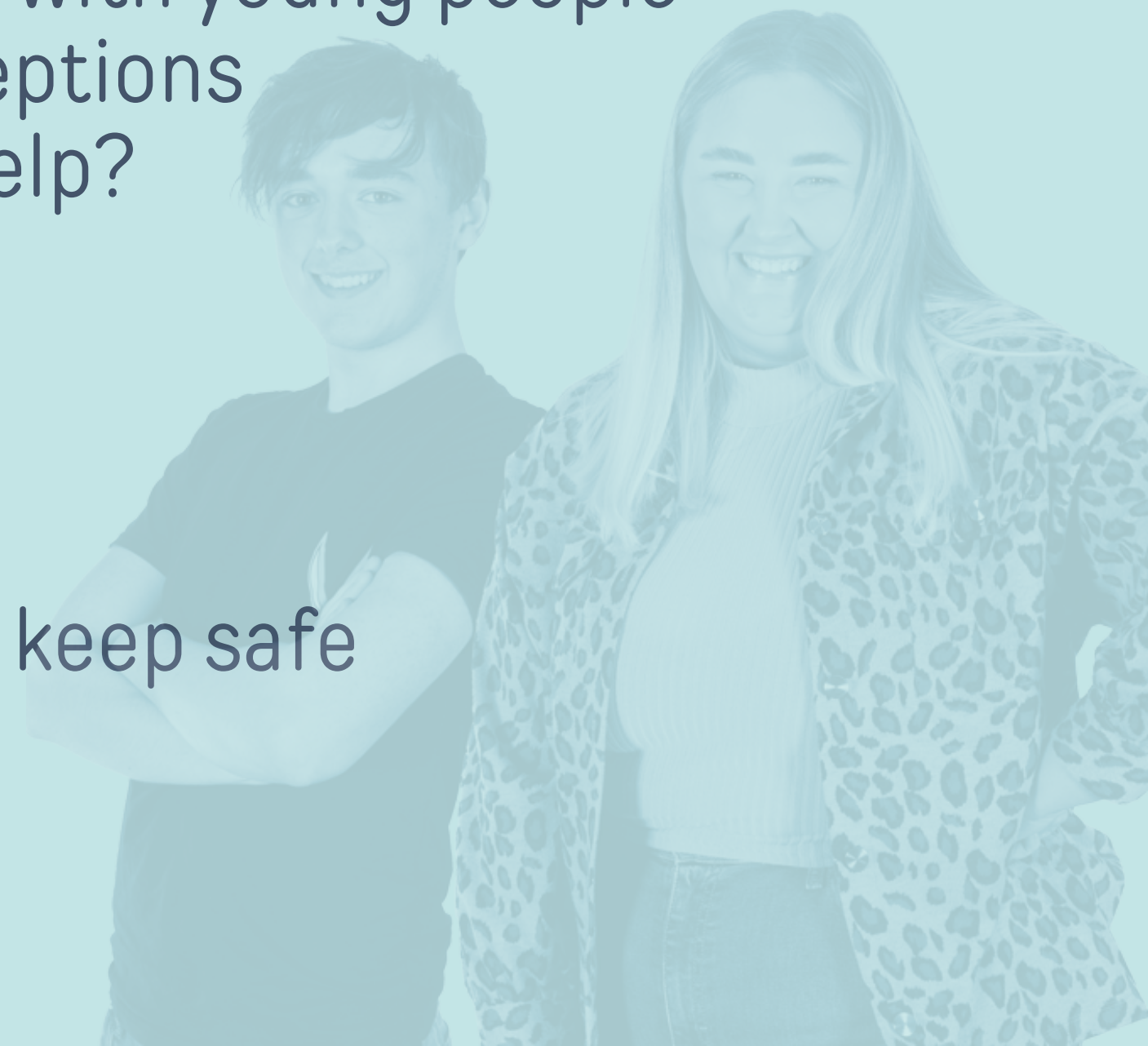
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CONTENTS



- Our hopes for this presentation
- What is a breakdown in family life
- What does it have to do with young people
- Statistics and preconceptions
- How can creating Art help?
- Lost Voices Podcast
- Discussion
- Activity
- AMBER APPROACH
- Ways to feel better and keep safe
- Questions
- Group discussion



Our Hopes for This Presentation



- A clear understanding of what a breakdown in family life might look like
- Knowledge of stigmas and preconceptions
- Gain a small amount of statistical knowledge
- Understand how to keep ourselves safe and help ourselves to feel better



What is a Breakdown of Family life?



Divorce
Separation
Illness
Entering the care system
Incarceration
Death

Can You Think of anymore?

What does it have to do with Young People?

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Thoughts and Feelings

Lack of control

Excluded from
conversation

What is the importance of opening conversations for Young People?

Ways to cope and
feel better

Knowing where
to go for support

Connecting with others
who understand, and
we can talk to

Building Resilience

Divorce rates here in Northern Ireland increased in 2021 by 35.3%

London contained the largest proportion of lone parent families compared with the other regions in the UK in 2019 (19.1%), followed by Northern Ireland (18.0%)

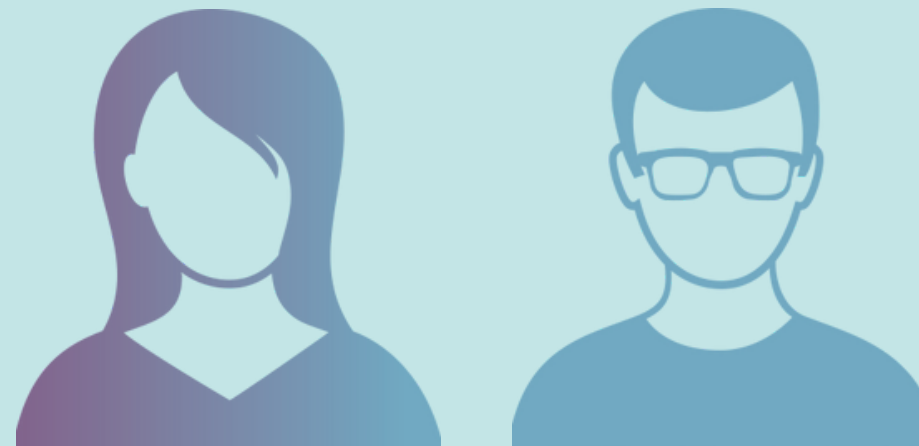
Sometimes there are positives to come along with the negatives, and we might feel guilt for being 'okay'

Maybe we feel like we can't talk about it because we feel embarrassed or ashamed

Sometimes we might blame ourselves for something that was out of our control

Sometimes we feel that we are the only ones going through a family breakdown

Statistics and stigmas



How Can Creating Art Help?

						
Bonds That Won't Break	Broken Family Broken Life	Changing Colours of Family Trees	In Between	Slipping Pieces	Watching You Leave	Different Doors

Colours?

Images?



Text?

Shapes?





Art Activity



Group A

You will be gathering and choosing images that speaks to you, this might be 1 or many images collated together to make one poster with a cohesive message. You will be thinking about:

- Colours
- Shapes
- Shadows
- Styles
- Tone
- Location
- Theme
- If a person(s) in images:
 - Age
 - Gender
 - Ethnicity etc.

Group B:

You will be choosing slogans, or text that you would like to see on a poster. These should have a clear and concise message, with the hopes to resonate with young people. They should reflect the theme, and offer direction to support (Resources) like the Lost Voices Support Page

You will be thinking about:

- Colours
- Shapes
- Shadows
- Tone
- Font
- Size
- Rhyme
- Sentence structure
- Storytelling
- Impact
- Flow

AMBER APPROACH



Let's Listen To What The Lost Voices Team Have To Say On The Topic



*Click
Here*





Why do you think the Lost Voices group wanted to make this podcast?

Do you think the podcast was informative/relatable?

Let's Discuss!



Do you feel more encouraged and equipped to connect with other people around this topic?

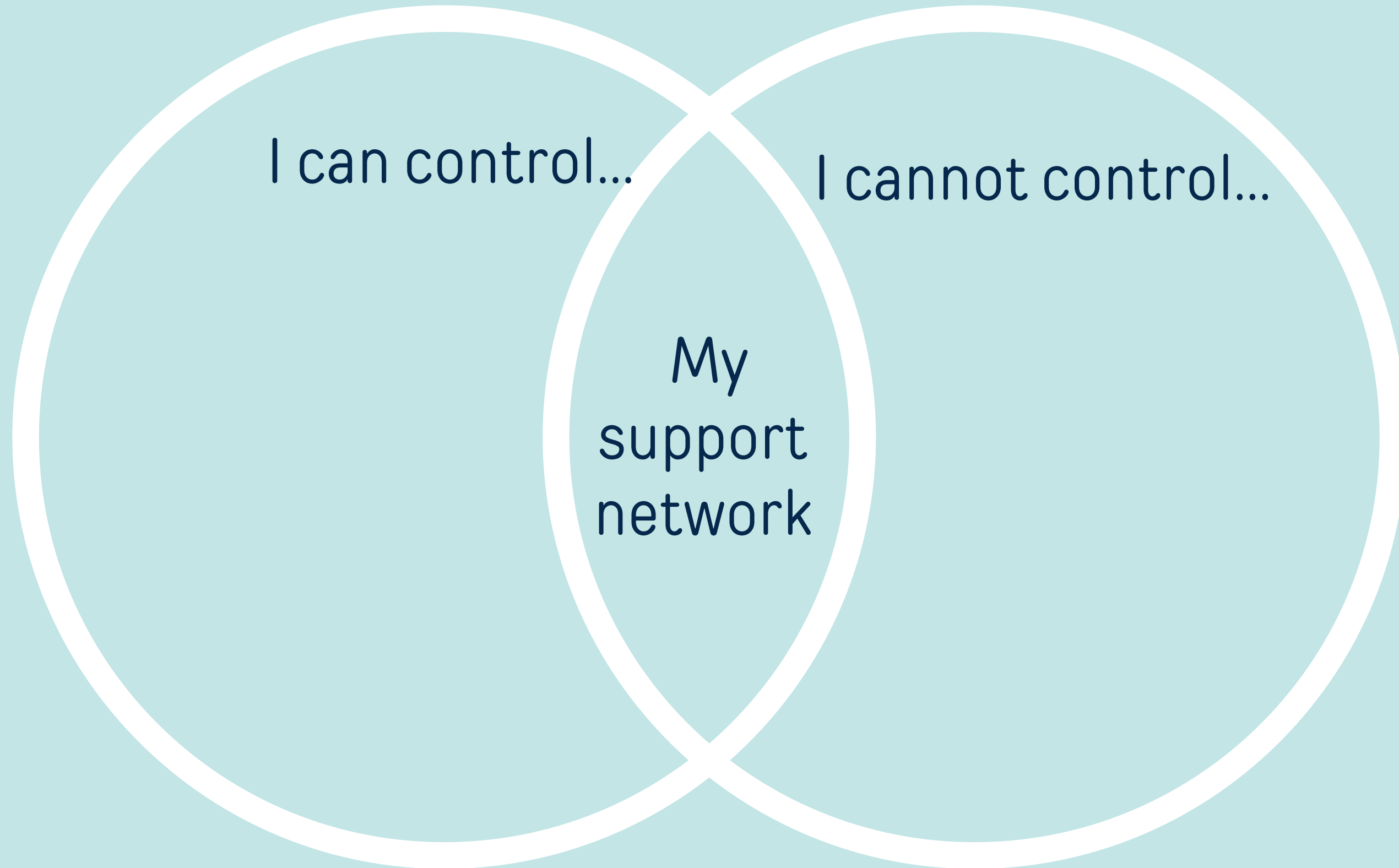
What have you taken away from the podcast?



Activity



Circle of Control





The Amber Approach

- How can this relate to topic
- How would you use it
- How would you help your peers with it



Ways to make us feel better and stay safe

Join the local youth club

Listening to podcasts and music

Talking to a trusted adult or friend

Get into a healthy routine

Take up a new hobby



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Questions and Recap

Group Discussion



Did you gain any new insights or skills?

How did the presentation make you feel?

What did you learn from today?

Did you enjoy the presentation?

What areas did you find most interesting?

Were you surprised by anything?





Thank You!

