

Rules

The goal of this activity is to increase family communication about rules and expectations and understand what is and is not flexible in the family.

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All families have written/unwritten and said/unsaid rules they live by. Some examples of rules within a family may be:

- Everyone has to clean their room.
- Children cannot watch TV until their homework is complete.
- Everyone attends family dinners on Sundays.

The facilitator will invite family members to take a few minutes to think of some of their family rules. Rules can include:

- Fun activities done together as a family
- How members of the family respect/honor one another
- Responsibilities individual family members have, etc.

When identifying the rules for family members, facilitators often elicit family members to share their thoughts (positive and challenging) about these rules. All experiences of these rules are welcome, and not everyone has to agree on each rule. Once the list is complete, the facilitator will then write the rules on a large chart/paper.

Facilitators may ask family members to discuss the current rules, if rules have changed over time, and if there is room to compromise, change, or adapt the family rules. The facilitator can then have the family agree on upholding the rules established in the session. The goal of this activity is to increase family communication about rules and expectations and understand what is and is not flexible or changeable in the family.