



May 4-8, 2020

TOPIC: FAMILY STRUCTURES AND LEGACY

FAMILY – a group of individuals living under one roof and usually under one head

- two or more persons who share responsibility for decisions, share values and goals, and have a commitment to each other
 - the simplest definition of family is composed of the father, mother, and the siblings
- it is also defined as the agent of socialization

FAMILY STRUCTURES – considered as a family support system which involves two married individuals providing care and stability to their biological offspring. The family is created at birth and establishes ties across generations.

KINDS OF FAMILY STRUCTURES

- NUCLEAR FAMILY/ TRADITIONAL FAMILY- family unit consisting of a father, mother and dependent children
- EXTENDED FAMILY – a family consisting of parents, children, along with their grandparents, grandchildren, aunts or uncles, cousins etc.
- STEP FAMILIES – two families brought together due to divorce, separations, and remarriage
- SINGLE PARENT FAMILY – can be either be a father or a mother who is singly responsible for the raising of a child. It can be by birth or adoption.
- ADOPTIVE FAMILY – a family wherein one or more of the children has been adopted
- BI-RACIAL OR MULTI – RACIAL FAMILY – a family where the parents are members of different racial identity groups
- TRANS– RACIAL ADOPTIVE FAMILY – a family where the adoptive child is of different racial identity group than the parents
- BLENDED FAMILY – a family that consists of members from two previous family
- CONDITIONALLY SEPARATED FAMILIES – a family member is separated from the rest of the family. This may due to employment, military service, hospitalization etc.
- FOSTER FAMILY – a family where one or more of the children is legally or temporary member of the household
- GAY OR LESBIAN FAMILY – a family where one or both of the parents' sexual orientation is gay or lesbian
- IMMIGRANT FAMILY – a family where the parents have immigrated to another country as adults. Their children may or may not be immigrants.
- MIGRANT FAMILY – a family that moves regularly to place where they have employment

INFLUENCE OF FAMILY STRUCTURE ON THE ADOLESCENT

Family is considered the first place where growing children learn their basic social skills. The interaction and quality of relationship between parent and child are said to determine the child's future relationships as he matures toward adulthood.

Family influences may vary based on the family structure present in the home. For the nuclear or traditional family, the values, social skills and behavior are directly learned from the parents.

Extended families have both positive and negative influences on the child. On the other hand, the presence of different generations within a home provides the child a sense of stability in relationships as he witnesses firsthand how relationships can work and endure challenges, and to see the continuum in the family line. The presence of grandparents also provides the child a sense of anchoring or rooting to the family's history, thus, enabling the child to appreciate family and traditions.

PARENTING AUTHORITY AND PARENTING STYLES

Authoritative parenting is a key factor in the psychosocial development of an adolescent, and it is believed to foster a healthy and positive impact on the adolescent's development. Authoritative parents are those who insist on their child learning important values, norms, and rules, but are also willing to sit down to listen and negotiate with them should they resist. A parent yielding behavioral control over a child such as providing curfews during weekends or limited time for the child to be online is believed to develop better-adjusted children.

Authoritative parenting is about exercising control over a child's behavior but not the child's emotions, beliefs, and self – concept. The psychological control imposed by a parent on a child through emotional manipulations or the withdrawal of love and caring can harm the child's psychosocial development and mental health.

Parents can serve as the models their adolescents can emulate while at the same time supporting their development toward young adult. Parents of adolescents need to understand the challenges involved in their development, such as their struggle for interdependence and self – autonomy, the formation of their identity and roles and learning the value of fidelity and process.

Parenting styles that allow meaningful dialogues to happen between parent and adolescent encourages self – disclosure for the adolescent, which may result in learning about intimacy and trust.

FAMILY HEREDITY

When you look around the members of your family, you might have observed certain physical similarities that exist among yourself, your siblings and your parents. There are some characteristics that are influenced by heredity, and even by the environment. One of them obesity or leanness, where the predisposition toward one or the other is often found throughout the generations from either side of the family.

Intelligence is another thing that is passed on due to heredity, but is also due to other factors like brain size and structure, and the compilation of many genes resulting to intelligence. Of course, there are environment factors that can affect intelligence such as proper nutrition during pregnancy and childhood,

Another thing is personality traits being passed on through heredity, such as temperament, which is the characteristic manner by which an individual looks at situations and how they react to them. However, it is believed that environment factors are also influential in the development of such traits, especially learned through social interactions initially at home, then in school, and toward adult life, in the workplace.

Some also believe that personality traits can also be learned through observation. A child may imitate calm and retrospective parent in the same way that a child may imitate an agitated and irritable parent.

Since heredity and environment often influence our physiological and psychological make – up, we will now trace and identify patterns in your family or physical and personality traits, diseases, traditional rituals, and many others. In this lesson, we will also learn how to create a “genogram” of your family.

GENOGRAM

GENOGRAM - is a graphical map of a family's history that traces and illustrates patterns in its structure and characteristics using special symbols to describe relationships, major events, diseases, traditions, social and personal beliefs and rituals, cultural heritage, religious beliefs, value systems, philosophies about life, and the dynamics of a family over several generations.

SOME POSSIBLE TRAITS YOU MAY WANT TO TRACE IN YOUR FAMILY

- a. Physical characteristics such as skin tone, shapes of eyes, nose, ears, hair type, baldness, disease tendencies etc.
- b. Genetic or external factors such as artistic, musical, or literally abilities, sports abilities, and personality traits like being reserved and introverted, being friendly, being spendthrift, etc.
- c. Social and economic backgrounds such as occupation or careers, educational level, club memberships, school affiliations, political affiliations, and others.
- d. Religious values including religious affiliations, religious practices, and religious beliefs.
- e. Family values like family cohesion, exclusivity, educational attainment, respect for elders etc.
- f. Cultural background such as provincial origins, languages or dialects spoken, social skills like table manners, family traditions, how family members got their names, favored cuisines and special food served, world views such as the practice of feng shui, karma, superstitions, etc.

STEPS IN CREATING YOUR FAMILY GENOGRAM

- a. Ask yourself this question: what is my purpose of creating genogram? If this is clear with you, then you can start creating a list of persons in your family that will be part of the genogram.
- b. Determine the number of generations you would like to be represented in your genogram.
- c. Start your research by asking your parents and your grandparents where they took after with their heights.
- d. Design your genogram.
- e. Connect the family members.
- f. Use representative symbols for different categories.
- g. Look at your chart and identify if there are patterns.

HELPFUL TIPS IN MAKING YOUR GENOGRAM

- a. Remember that there are some people, even if they are your relatives, who may be sensitive about a certain physical trait, like height. Approach your research by asking questions with sensitivity.
- b. Clarify with your family members that the genogram you are making is to help you understand certain family traits, characteristics, events, marital situations, diseases, other sensitive topics, and explain to them that you are not judging them about the situations.
- c. Consider talking to a professional when making a genogram on hereditary problems, for example.
- d. Be careful with your conclusions after you have done your genogram. These might offend some of your relatives.

TO DO LIST:

May 4, 2020

Directions: Answer the following questions in a ½ crosswise yellow paper.

1. How would you describe your own family in terms of its members and how they relate to one another?
2. What common personality traits do you see among the members of your family?
3. How would you describe your family structure?

May 5, 2020

Directions: Answer the following questions in a ½ crosswise yellow paper.

1. What do you think are the characteristics or traits passed on to you by your family and immediate relatives?
2. How do family structures influence the personal development of an adolescent?
3. How does heredity and environment influence one's personal development?

May 6, 2020

Directions: In a long bond paper, create a mind map of a plan on how to make the family members firmer and gentler with each other.

May 7, 2020

Directions: Answer the following questions in a ½ crosswise yellow paper.

1. How would you describe the way you receive care and attention from your family structure?
2. What attitudes or behavior that you picked up from your family that you apply in your daily life that helps you to become a better individual?
3. What advantages and disadvantages can you see with the type of family that you have?

May 8, 2020

Directions: In a long bond paper, create a family genogram and trace certain physical, personality, or behavioral attributes that have been passed on through generations.