

Self-teach Workbook

Unit 10: Family Breakdown

These tests and surveys have been developed in connection with the implementation of the project "Healthy Minds - Wellbeing at School". It is mainly aimed at students aged from 12 to 18. They aim to develop further students' communication inside of the family, focus on their value orientation and their personal attitude towards others inside or/and outside of the family, to realize that family even without one parent could function properly. Few of the exercises focus on students' feelings.

Activity 1

Questionnaire

This questionnaire is suitable for students from age of 14 and above. According the results, students can get information about the problems and the reasons behind, then they can choose self-teach materials from different units, developed under the project.

I. Healthy minds specific questions

1. Are you influenced by the opinions of others about your appearance and the trends of the fashion podium for a beautiful body?

- Yes
- No

2. Which of the following global issues do you worry about? / You can specify more than one answer /

- Family issues
- Climate change and the destruction of nature
- War
- Discrimination and inequality
- Lack of work and poor economic development
- Poverty
- Something else.....
- I'm not interested

3. Do you consider that alcohol and drug use is a problem for the community?

- Yes
- No
- I do not care



4. Do you think alcohol and drug use is a problem in your school?

- Yes
- No
- I do not care

5. In your opinion, what causes young people to use drugs? / You can specify more than one answer /

- conflicts with parents / problems in the family
- curiosity, new sensations
- to forget about troubles and difficulties
- Influence of a bad company
- boredom
- problems with classmates or friends
- despair, psychological tension
- cyber bullying
- Self-affirmation
- loneliness
- pressure
- indifference to life and loss of purpose
- a desire to emulate someone
- something else.....

6. What do you do to cope with stress?

- sport
- I meet friends
- I eat healthy food
- Read books
- Surf the social network
- I cannot cope with stress
- Other
- Aggression (aggression, self-harm, suicide)

8. What personal qualities hurt you and bear troubles? Which once do you want to get rid of? / can specify more than one answer /

- Bad memory
- Weak will
- Failure to control oneself
- Failure to be interesting in a company
- Conflict
- Conflict within the family



- Lazy and messy
- Unpleasant appearance
- Something else.....

9. What do you do not like in your life and what brings you bitterness, trouble? /

You can specify more than one answer /

- Communicating with friends.
- Relationships with teachers.
- Relations with family members.
- Engagements outside school.
- Low school results.
- Failure to achieve our goals.
- Communicating with a peer company.
- The attitude towards me on social networks
- My look
- Something else.....

10. Have you ever been harassed by teachers, parents, classmates or acquaintances?

- Yes
- No

11. How do you feel in your country?

-
- I feel well in my own ethnic community
- I feel well in my country
- I feel foreigner in my ethnic community
- I feel well in a foreign ethnic community
- I feel foreigner in the state
- I cannot decide

Activity 2

RISK BEHAVIOR ASSESSMENT TEST

Intellectual, emotional or volitional components may prevail in the structure of the character. The physiological basis of the character is the dynamic stereotype. Its peculiarities, as well as upbringing, and the complexity of relationships with other people, can give rise to accentuations of character, i.e. extraordinarily reinforced individual traits that bring into a disharmony the communication of a person with his or her environment, inadequate treatment of oneself, activity, etc.

(1) Purpose: Risk behavior assessment

(2) Description and procedure: The test includes a questionnaire with 50 statements. The researched person must make two choices: if he or she thinks that the statement concerns him/her – answer is yes; if the person doesn't agree with the statement – the answer is no. Both individual and group variants are possible in the study. In the second case, it is important to ensure independence and autonomy in the answers of the persons surveyed. Each surveyed person receives the text of the questionnaire with instructions and a questionnaire consisting of the question numbers and the answer boxes next to them.

(3) Instructions: „You have 50 statements in front of you. Read carefully every statement and decide if it is true for you. If it is true for you, put (+) next to the number of the statement in the answer sheet. If it is not true, put (-)”.

(4) Questionnaire

1. I usually think my words before I say anything.
2. I like the fast ride (high speed driving).
3. I often change my interests and hobbies.
4. The best way to have real friends is to tell them what you think of them.
5. In many cases during the exam, the question can be asked so that it is completely unrelated to the topic and all preparation is useless.
6. If life is without danger, then it would seem to me too boring.
7. If you want a high position in your office, it is best to follow the motto: "Slowly and quietly go – and you will go a long way."

8. Gambling prevents a person to develop a sense of responsibility and to take considered decisions.
9. I quickly feel bored if I am engaged in any activity that other people do.
10. It is better to start walking if there isn't a bus for a long time.
11. I find it interesting to tease someone.
12. Only unexpected circumstances and a sense of danger allow me to mobilize all my strength.
13. I do not get any pleasure in risky situations.
14. Only truly bold and steadfast actions would allow a person to gain fame and recognition.
15. I don't like people who turn the serious things into frivolous games.
16. When I prepare a specific plan of action, I am always confident that I will be able to implement it
17. When I see the sun shining in the sky, I never take an umbrella with me, even if the forecast promises rain.
18. I often strive for excitement.
19. I am annoyed to ask for a guarantee (pledge), even when I am fully convinced that the promise will not be fulfilled by the other.
20. In some cases, I would not refrain from lying if I needed to make a good impression.
21. A truly intelligent person avoids hasty decisions - he has to wait for the moment when he can act with confidence.
22. I don't think the tricks of circus acrobats performed without the use of safety ropes are more impressive.
23. I prefer work involving continuous change, even if it is not safe.
24. I always pay for excess luggage on public transport, even when I know there is no danger of checking.
25. I am confident in my chance even when the situation is not in my favor.
26. I think that the most important thing in creative work is bold and daring design, even if some failures result from ridiculous coincidences.
27. I would not spare money to look like a wealthy and attractive person at some point.
28. When a friend does not see me at a random meeting, I would not be the first to call (greet) him.
29. Most people do not understand to what extent their fate depends on the case.
30. If I buy a car, I have to choose between speed and comfort on one hand, and safety on the other. I would choose safety.
31. I feel excited when I am interested in something.

32. I prefer to wear such clothes that I am convinced it is reliable and I look good, regardless of the fashion trend.
33. When I play different games, I like to take the initiative even when I know that the opponent expects and wants me to do just that.
34. When traveling, I like to deviate from the known routes.
35. I often find myself in situations that I want to get out of the fastest way.
36. If I make a promise, I practically always stick to it, whether it's convenient for me or not.
37. If my immediate superior blocks my innovative ideas, I have the courage to inform his superior.
38. Gambling develops in a person the ability to make bold decisions in complex life situations.
39. When I read a book, I never rush to figure out how it ends, but gladly read page after page.
40. I would like to jump with a parachute (bungee).
41. The best way to be honest with yourself is to trust people.
42. I feel great when I have a happy feeling of peace and comfort.
43. I happened to me to experience difficulty when I have to buy an expensive item instead of a few cheap things of the same value.
44. If I play, I prefer to compete or argue about something.
45. Too often people ruin their health senselessly, overestimating its potential.
46. Even in danger of punishment, I will cross the street, though it is forbidden, not the one that is allowed.
47. I don't risk buying clothes or shoes without trying it out first.
48. Only a truly courageous person is capable of a deeply noble attitude towards people, no matter how they treat him.
49. In a team game, mutual reinsurance and maintenance is paramount.
50. In the lives of people, I often have to play the dangerous "win or lose" game.

(5) Results

The risk propensity score is calculated by matching the answers to the key answers. For each answer that matches the key, 1 point is awarded.

KEY: 2+, 3+, 4+, 6-, 7-, 8-, 9+, 11+, 12+, 13-, 14+, 15-, 17+, 18+, 19-, 21-, 22-, 23+, 25+, 26+, 27+, 28-, 3-, 31+, 32-, 33+, 34+, 37+, 38+, 39+, 40+, 41+, 42-, 43-, 44+, 45-, 47-, 48+, 49-, 50+.

To assess the person's attitude to the test, the questionnaire contains statements that testify to the sincerity of his or her answers.:

Honesty Scale: Answer "not true" ("-") to the statements: 1, 5, 10, 16, 20, 24, 29, 35, 36, 46. Each answer "not true" to the statements given also receives 1 point. A score of 8 and above indicates that the test results are unreliable. In this case, retesting is required..

(6) Analysis of results

The tendency to take risks as a trait of character, is important for the psychological prediction of decision-making processes in a situation of uncertainty. Analyzing the results, it is necessary to take into account that the risk propensity indicator can range from 0 to 40. The greater the value of the indicator, the greater the risk propensity.

If the figure is 30 or more, then its level is considered high. Such a person can be considered a risk type, provided that his answers are sincere. If the indicator is in the range of 11 to 29 - the risk aversion is medium, and if it is below 11 units - low. The latter type of people do not like to take risks, they are especially cautious.

In interpreting the results, it should be borne in mind that a high risk appetite is not only decisive, but also adventurous.

ANSWER SHEET

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	18	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50

Honesty Scale Result

Total number	
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Need of retesting

YES	NO
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Activity 3

SELF - ASSESSMENT QUESTIONNAIRE

1. Do you know what the term " family breakdown " is? Yes / No

2. When one or both parents are working abroad, can the family be broken up?
Yes / No

3. When one of your parents is missing, is there any impact of success in your school?
Yes / No

4. Do you think that one parent works abroad , children in his/ her family might be more vulnerable to some of the following issues:
 - Alcohol addiction
 - Drug addiction
 - Aggression
 - Depression
 - Poor school success
 - Problems in family communication
 - Problems in communicating with friends and classmates
 - I can not decide
 - Other: please specify
 -

5. In case of problems in your family and / or school, do you know who you would ask for assistance? Please specify:
.....
.....

6. Are you familiar with support groups? Yes / No

7. Would you attend such support groups? Yes / No

8. Who do you prefer to share your problems with? Please underline:
 - Police



- Headmaster
- School psychologist/ advisor
- Classmates
- Friends
- Relatives - brother, sister, cousins, mother, father

Result: according to your answers, contact the person you think will help you



Activity 4

STUDENTS' SURVEY – HOW DO YOU FEEL?

Read the questions and choose the answer that is closest to the way you feel.

1. How happy are you to be you?

- I like myself
- I like myself most of the time
- I wish I were more like someone else
- I don't like myself at all

2. How many friends do you have at school?

- I have no friends at school
- I only have 1 or 2 friends at school
- I have 4-5 close friends
- I have lots of friends

3. Over the last week, including today, about how many times have you had a fight with a friend?

- 0 fights
- a few (less than 5)
- a lot-almost everyday

4. During the last week, how many times, if any, have you been afraid that someone at school would physically hurt or harm you?

- never or almost never



- sometimes
- a lot - almost everyday

5. During the last week, how many times, if any, has someone left you out of or wouldn't let you join in activities on purpose?

- never or almost never
- sometimes
- a lot-almost everyday

6. During the last week, how many times, if any, has someone used cell phones or the Internet to say or post hurtful things about you?

- never or almost never
- sometimes
- a lot-almost everyday

7. Do you feel comfortable asking teachers and other adults for help with family problems?

- No
- Sometimes
- Yes

8. Do you dislike coming to school because of problems with family?

- I have never felt that way
- Sometimes I feel that way
- I feel that way a lot

Results: according to your answers try to figure out the reasons that make you feel that way. Search for other materials in the Self – teach workbook that can be useful to solve your problems, if any.



Activity 5



Find out your personality

This is a fun test that will reveal many of the answers related to your personality and goals. To do this you will need a sheet of paper and a pen to describe the answers. Be honest and creative, answer questions without looking at the key.

Questions:

1. Imagine a road. (Describe it on the sheet - straight, with a bend, asphalted, etc.)

.....
.....

2. You see a wall - long and high. What are you doing?

.....
.....

3. You cross the wall somehow. You find a key, big and heavy. Will you take it?

.....

4. You see a horse. Describe it.

.....
.....



5. Then you see 3 key holders. The first has 2-3 large keys, the second - a few medium-sized keys, and the third - very small keys. Which one will you take?

.....

6. Then you reach a forest. It's dark. You are surrounded by a pack of wolves - what are you going to do?

.....

7. After you continue on your way, you see an abandoned house. Will you get in or not?

.....

8. In the morning. There is a lake next to you. What would you do?

.....

9. You continue and reach a large sea. There is a boat on the beach and three islands in the sea. What would you do. (Will you go to one or go around one of them?)

.....

.....

10. You reach a mountain. What do you think is behind it?

.....

11. Finally you see a fence. Describe it.

.....

12. There are horses behind it. What are they doing?

.....

Well done! The test is over, and now it's time to read your personality on your own.

And here is the key:

1. The description of the path you are walking is your current state. For example, if it is black and dusty, you may be depressed.

2. The wall is your attitude towards obstacles.



3. The big key is knowledge. You decide whether to take it on your shoulders.
4. The horse describes your dream of a partner.
5. Key holders are your friends. If you have chosen the first key holder, then you like to have 1-2 friends, but really faithful. If you have chosen the 2nd key holder, then you prefer to have several friends you can count on. And if you have chosen the 3rd key holder, then you prefer to have many not very loyal friends.
6. The pack of wolves are your enemies. And what you will do is treat your enemies.
7. The abandoned unknown house shows your attitude to risk. If you get in you like to take risks, and if not you don't like taking risks
8. The lake shows your attitude towards sex.
9. The islands in the sea are your relationships. Depending on whether you prefer a long-term or several short-term relationships and whether you stay with one person, you stay on one or go around the islands.
10. The mountain shows your future and dreams.
11. The fence is the goal you set. The taller and prickly it is, the higher your goals are.
12. Horses are description of you. It is your identity. If they graze calmly - you are a balanced and calm person, if they run wild - you are sensitive and emotional person.