

Love Makes You Family

Discussion Guide



Introducing the Love Makes You Family Discussion Guide!

This discussion guide accompanies our new animation 'Love Makes You Family'. The animation celebrates families from all walks of life, structures and backgrounds. It promotes a broad and inclusive definition of family, encouraging us to appreciate the many forms that family can take.

[You can watch the animation here.](#)

We want communities across Scotland to benefit from the animation and the message behind it. We have created this discussion guide as a tool that you can use to host a conversation about what family means to you and your communities.

In this guide we outline everything you need to start your own discussion event.

The Love Makes You Family videos were animated and produced by [SUMM.Studio](#).



The Aims of Love Makes You Family

1. To communicate that Scottish Families supports anyone affected by someone else's substance use and to embrace an expansive and inclusive definition of family.
2. To start constructive conversations that shine a light on the people and families who are under-represented in communities and services, and identify opportunities to work together to address this.
3. To grow partnerships and identify opportunities to stand beside each other to create socially just communities and services that value families in all their diverse forms.

Who Can Use This Discussion Guide?



Anyone can use this discussion guide to host a conversation. It doesn't have to be formal and you don't have to have experience facilitating or hosting community conversations to do it. If you're interested in having a discussion in a group or community that you are part of, our advice is to go for it!

If you would prefer to work alongside us to co-host a discussion together or if you'd like us to attend your event, we'd love to hear from you! Get in touch communities@sfad.org.uk.

Here are some ideas of who you could host a discussion with:

- Your friends or family
- Your local support group/family support group
- Your local recovery community
- Your workplace
- People you know from your place of worship (eg. Mosque, Church, Synagogue, etc)
- People in supported accommodation
- Your parent group
- Your youth group/service
- Your community centre
- Your school community (ie: with students, teaching staff, etc)
- A third sector organisation

This is not an exhaustive list so feel free to host your discussion with any group or community that you are a part of.

The Discussion Format:

HELLO

Start: Welcome and introductions

Welcome everyone and briefly outline the plan for the discussion. Tell them a bit about yourself and why you wanted to host the discussion. (*Prompt: Why is this topic important to you?*)

Ask people to introduce themselves and answer an icebreaker question to help people feel more comfortable.

Example icebreakers: 'Share your favourite place to visit in Scotland'/'If you could be an animal, what animal would you be and why?' 'Where is your dream holiday destination?'

Set out some basic group principles for the discussion. You can ask participants to help you to decide on these. Common group principles are respect, confidentiality, listening (sharing the airspace), valuing diversity and being non-judgemental.

Housekeeping tips: If hosting the event online it can be helpful to explain to members how to use the online platform (i.e. how to mute/unmute themselves, how to turn their video on and off, how to change their display so that they can see all the participants faces).



@ 15mins – Short discussion: 'What does family mean to you?'

Ask participants 'What does family mean to you?' If you find that people are quiet or hesitant to talk, you might like to try sharing your own response to the question first.

Facilitator Tips: Remember to listen to the different answers, paraphrase to check you have understood and to reflect your understanding back to the person and the group. This can keep the conversation flowing.

@ 25mins – Screening of animation

Before playing the animation ask: 'As you watch the video, notice the many different families that are represented. In particular, see if you can notice any families who are underrepresented or less visible in the communities or groups that you are part of.'

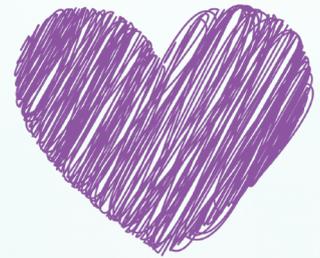
Technical tips: if you are sharing the animation on Zoom select 'Screen share' from the bottom of the screen, select the computer window with the video open, select the box that says 'share computer sound', then 'share screen'. If you do not select 'share computer sound' participants will not be able to hear the audio. To minimise interference, it's a good idea to ask participants to 'mute' their microphones. You may also wish to ask participants to temporarily turn off their cameras while you are screening the animation.

@30mins – Discussion: Reflecting on the animation

Ask participants to share their initial impressions on the animation and ask:

- o 'What stood out to you about the clip?'
- o 'Has the animation broadened how you view family?'

Facilitator notes: Paraphrase, reflect back and draw out key themes from the discussion.



@40mins – Discussion: Reflecting on our own understanding of 'family'

Facilitator to reflect to group: 'Our understandings of family are often based in our own experiences and are culturally bound. What this means is that our own experiences in our family of origin and our cultural context determine what we 'think' when we think of the word 'family'. For example, the animation starts with showing the image of a heterosexual, white, able-bodied presenting nuclear family. This is the image of 'family' that is most often represented but it is not reflective of the diversity of families in our communities. This leads to some people and families being less visible or supported in our communities.'

Ask participants: 'Do you think your own culture and experience of 'family' affects what you think when you hear the word 'family'? Can you think of an example?'

Facilitator notes: This section of the discussion aims to support participants to reflect on their own biases in regards to how they understand family. You may want to help prompt discussion by sharing something yourself. For example, if you grew up in a heterosexual family you might note how this can sometimes lead you to make assumptions that children have a 'mum and a dad' when some children may have same gender parents. If you grew up in a culture where the 'nuclear family' is the norm, you might reflect on how various cultures around the world have different family norms where family connections are based within extended family networks or communities.

@55mins – Discussion: Ideas for creating socially just communities

Ask: What ideas, no matter how small, do you have for making our community spaces, groups, services, schools, workplaces and language more inclusive of a diverse range of people and families?

Facilitator notes: Remember to reflect back, paraphrase and ask follow up questions to keep the conversation flowing. Remind people the ideas do not have to be big – small ideas can make a big difference! Some past ideas have been:

- o Avoid language like 'mums and dads' which may exclude same gender parents or children who are cared for by other adults, such as through kinship care or foster care.
- o Make sure that 'family support groups' define family broadly and explicitly include friends, partners or any other people involved.
- o Contact Black, Asian and minority ethnic (BAME) community groups or BAME led organisations to build connections and develop better links and partnerships.
- o Put up rainbow flags to communicate that a school/nursery/family support group/ community space is LGBTQ+ friendly.

@1hour15mins – Discussion:

What is one thing that you can do to increase inclusion of a diverse range of people and families in your community/group/organisation/workplace? Is there anyone here who could work together with you on this?



Note that small actions can make a big difference.

Facilitator notes: You may like to keep a note of the ideas that people come up with and email them out to participants after the session. You can also email them to us with the participant's permission – we would love to hear what you come up with!

@1hour25mins – Wrapping up

Thank each person for coming and share a couple of notes about what you have appreciated from the discussion.

Ask each participant to share one word that describes how they are feeling. This will give you a sense of how the discussion has been for the participants. You might also encourage participants to provide any feedback to you about the workshop directly.

Feel free to point any participants towards our service directory or helpline (see details below).

@1hour30mins – Close the session



Support Links

Scottish Families Service Directory:

You can search by postcode to find information about services and support groups at the [Scottish Families Service Directory](#).

Scottish Families Affected by Alcohol and Drugs Helpline:

Scottish Families' helpline advisers are here to support you if you are concerned about someone else's alcohol or drug use. We can chat, offer advice and information, and link you either into our services or services local to you.

Phone: 08080 10 10 11

Email: helpline@sfad.org.uk

Webchat: www.sfad.org.uk



Scottish Families Affected by Alcohol and Drugs

Main Office: Edward House, 199 Sauchiehall Street, Glasgow, G2 3EX

Helpline: 08080 10 10 11

helpline@sfad.org.uk

webchat available at: www.sfad.org.uk

Twitter: @ScotFamADrugs

Facebook: @ScottishFamiliesAffectedByDrugs

Instagram: @ScotFamADrugs

General enquiries: 0141 465 7523

email: info@sfad.org.uk

website: www.sfad.org.uk



Registered Scottish charity: SC034737