

Individual WeACT Role Play 1

WeACT Items covered: 1, 2, 3, 4, 5, 6, 7, 8

Short situation:

Child 1 is a 10-year-old child who normally is very active in sports and plays football with the other kids during recesses in the yard of the centre. Recently, Child 1 has been sitting alone on yard of the centre and hasn't been taking part in the football games. You as the helper you approach Child 1 during a break to talk to them about how they are doing.

Instruction for Trainee / Helper

You are a helper in a community centre where you are running sessions with groups of 10-12 year-old children. Child 1 has been coming to these sessions for a few months and normally he is very active in sports and always plays football with the other kids in the schoolyard during the breaks. However, recently he has been sitting alone at the edge of the centre yard and has seemed tired and down. You approach him during one of the recesses at the side of the centre yard to ask how he is doing.

Instruction for Actor:

Your name is Child 1. You are usually open and outgoing with everyone but have recently become more closed off and reserved. You live with your parents and younger sister. You are an average participant and love sports, especially football. Normally you play football with the other kids before and after the session. However, recently you have started to feel more tired and don't take part anymore in the football games in the yard of the centre. Your parents have send you to work in a small auto repair shop across your street, since your mother recently lost her job because of her physical situation. You have to work in the repair shop in his street late into the night. So far you have not been paid yet, and you have been asking the owner of the shop several times to do the payment. He is saying that you will only get paid if you would become intimate with hit. So far you have always said no to it, which made the owner angry, and since then he started to give you extra heavy work, which really makes your back hurt. You start to doubt if you should say yes next time. You are ashamed of telling that to your family, because you feel it is your responsibility to help support your family and earn some money, and you are ashamed of what he asked.

Because your back is hurting that much, you are not feeling comfortable anymore to join playing football with the other kids. Also you feel a terrible friend, not joining the football anymore lately, and you feel you are letting your friends down. You feel really guilty about this. You have been the participant of the helper for the past few years, so you feel somewhat comfortable with the helper from the beginning, but also are a bit suspicious on why the helper wants to talk with you.

Competency	Notes to Actor	How Actor Reacts to Trainee
#3 Rapport & Relationship Building	As the child, you are feeling a bit hesitant to tell the helper why you haven't been playing with the other kids recently. You sit calmly, but sometimes are feeling some pain (not overact) and are talkative in other matters. However, you should be perceptive to the tone of voice, body language, and the relationship building techniques the helper uses throughout the session and respond to these cues appropriately, adjusting your response to open up about your issues.	If the helper asks you how you are doing, you can say something positive but evasive about how you are really feeling, such as: "I'm good. It's a really pretty day" Or "I'm feeling good. It's nice to sit here and rest for a bit" If the helper engages in friendly small talk and informal conversation and makes you feel comfortable, you should be responsive to their friendliness and keep up the positive responses. You can talk about the sports you like to play normally, or matches you like to watch. If the helper is unfriendly, does not engage in small talk, doesn't make you feel comfortable, or directly jumps to asking you about your problems, you should start to shorten your responses and become more closed and evasive. You can use short, evasive answers, e.g.: "I don't know" or "I guess so" or "Maybe"
#4 Empathy, Warmth & Genuineness #6 Ability to identify and understand the child's daily life problems or needs #8 Safe Identification of Child Abuse, Neglect, Violence, & Self-Harm (Referral necessary)	Here, the helper should start to steer the conversation from the introductory phase towards understanding your needs and feelings, why you haven't been engaging in the football games. They should try to find out why this is happening. If they do this in a emphatic and friendly way, you will open up. You should proceed to first sharing your feelings and then your situation about the work and your back pain. However, you should not explain the whole situation in one response, but rather let the helper probe the situation over several questions. If the helper does not show empathy, or is assessing in an intrusive way, you give short answers, and will show hesitance non-verbally. When the helper is touching upon confidentiality and potentially also about referral, you will say that you don't want to make any trouble for your family.	Try to prompt the helper on why you haven't been taking part in the football games, you can explain some of the situation, e.g.: <u>"I've just been feeling tired and a bit down. I don't really feel like playing so much right now"</u> The helper may say something like: "Oh I'm sorry to hear that, that sounds really difficult. Do you know/Would you be comfortable telling me why that is?" Subsequently you can explain, e.g.: <u>"I've just had a lot to do recently, and I've been staying up late at night doing things. I am so tired, and my back is hurting. "[having a painful face when saying it]"</u> If the helper asks for more information in an appropriate manner, you can explain a bit more, e.g.: <u>"My mom recently lost her work, so my family needs me to help out."</u> If the helper ask a follow up question in a reassuring and appropriate manner, you should be opening up more and explain the situation further: <u>"I've been working across the street auto repair shop most nights because we don't have enough money otherwise since my mom lost her income. But I have not been paid at all, after working there for a month right now, and I only get paid if do something that I don't want to do. I am scared to tell my parents about this"</u> If the helper is making you comfortable and asking what the shop owner asked you to do, you can open up more, and tell more details, but if the helper is making you feel uncomfortable to open up, you will not share much more. The helper might then explain that they will have to refer your case to a child protection specialist. If the helper explains confidentiality to you in an appropriate manner in a way that is understandable to a child your age, you can say:

		"I really don't want to make any problems, but I guess that sounds okay. But please don't make any trouble. I want to be good person and help my family." If they don't do these thing in an appropriate manner, you should be more against the referral, e.g.: "No I don't want you to do that. I don't want any problems for anyone. Why would you have to do that." If the helper is not friendly and appropriate, asks you too soon about your problems, or asks you about your back pain in an intrusive way, you should respond in shorter answers and give less information at a time.
#7 Problem solving—applies problem solving techniques for the child's problems #5 Supporting the reflection and the reframing of child's thoughts and feelings	Approaching the end of the session after you and the helper have discussed everything about your personal situation, you should bring up with the helper that you feel like you've been a bad friend (to trigger the element of reframing) recently and that you really wish you could play football with your friends again but that you lack the energy to run around the football pitch back and forth for a full game (the problem that could be solved and worked on). Upon prompting this, the helper will try to help to solve this problem. Also the helper should try to reframe this thought of you being a bad friend. If they do this well, you should become positive and hopeful. If they don't do this or don't do it well, you should be negative and sad.	You should prompt the helper to start problem solving by mentioning to them that you feel like you are a bad friend because you haven't been joining the football games and would really like to, but just lack the energy to do that at the moment, e.g.: "I feel like I am a failure towards my friends. I am the most terrible friend on earth, because I haven't been spending time with my friends lately. I would really wat to play football with them but I just really lack the energy to run around the pitch at the moment." If the helper doesn't start to solve your problem here, you should prompt them one more time, e.g.: "I really don't know what to do about this problem, I want to spend time with my friends." If the helper engages in fruitful problem solving, you should play along with them and be enthusiastic. If the problem solving techniques and the suggestions the helper makes are not helpful or if they don't try to find any solutions, you should be negative and sad. If the helper doesn't react to your prompting to reframe (about being a failure), you can try to trigger this one more time, e.g.: "But I do hate that I am a bad friend, and I have let my friends down.."