

Topic: Cultural Adjustment
(International Organization for Migration, Overseas Processing Entity, Nairobi)

Activity: Who Does What? (Identifying Family Roles/Preparing for Change)

Introduction

Many participants come from cultures where "roles" in the home and workplace are more or less prescribed (e.g., men work outside the home and women take care of everything in the home). Often times, participants quickly discover that the old roles are no longer the same, especially when women start working outside their homes so the family can become self-sufficient. The many role changes can cause stress (imbalances) within the family.

In this activity, participants begin to identify how their roles might change.

Objectives

Given the profile of a refugee family, decide who will complete various tasks.

Materials

- 3 charts for identifying who does what (included)

Practice

1. Trainer presents the chart depicting family members and common activities. Ask participants to put a check mark in the column under the name of the family member who performs each duty in their native country.
2. Present second chart with family profile. Have participants work in groups to decide who does what. Keep in mind that the husband and wife have different days off.
3. Present third chart and ask participants if they anticipate any changes in family roles in the U.S.

Variations

1. Discuss how family roles have changed from native country to the roles in the country of asylum. Ask if they think the roles in the U.S. will be more like the roles in their native country or in the country of asylum. If appropriate, have participants discuss how they have handled (or will handle) the role changes.

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Charts: Adjustment – General/Family Roles

Chart 1: In Native Country

Who...?	Husband	Wife	Son	Daughter	Child 3	Other?
Lives in the house						
Earns money						
Takes job outside the house						
Buys and prepares food						
Takes care of children						
Cleans the house						
Goes to school						
Disciplines others						
Gives advice to other family members						

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Chart 2: Family Profile (husband, wife, 2 daughters ages 4 and 9)

The husband works full-time doing grounds maintenance for a resort at \$5.60 per hour. The wife is a full time housekeeper at \$6.50 per hour. The husband works Monday-Friday from 8:30-5:30. The wife works Wednesday-Sunday from 7:00-3:00 at a hotel only 15 minutes from the apartment, and gets home in time to meet her daughter at the school bus stop.

Who...?	Husband	Wife	Daughter, age 9	Daughter, age 4
Lives in the house				
Earns money				
Takes job outside the house				
Buys and prepares food				
Takes care of children				
Cleans the house				
Goes to school				
Disciplines others				
Gives advice to other family members				

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Chart 3: Your Family in the U.S.

Who...?					
Lives in the house					
Earns money					
Takes job outside the house					
Buys and prepares food					
Takes care of children					
Cleans the house					
Goes to school					
Disciplines others					
Gives advice to other family members					

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