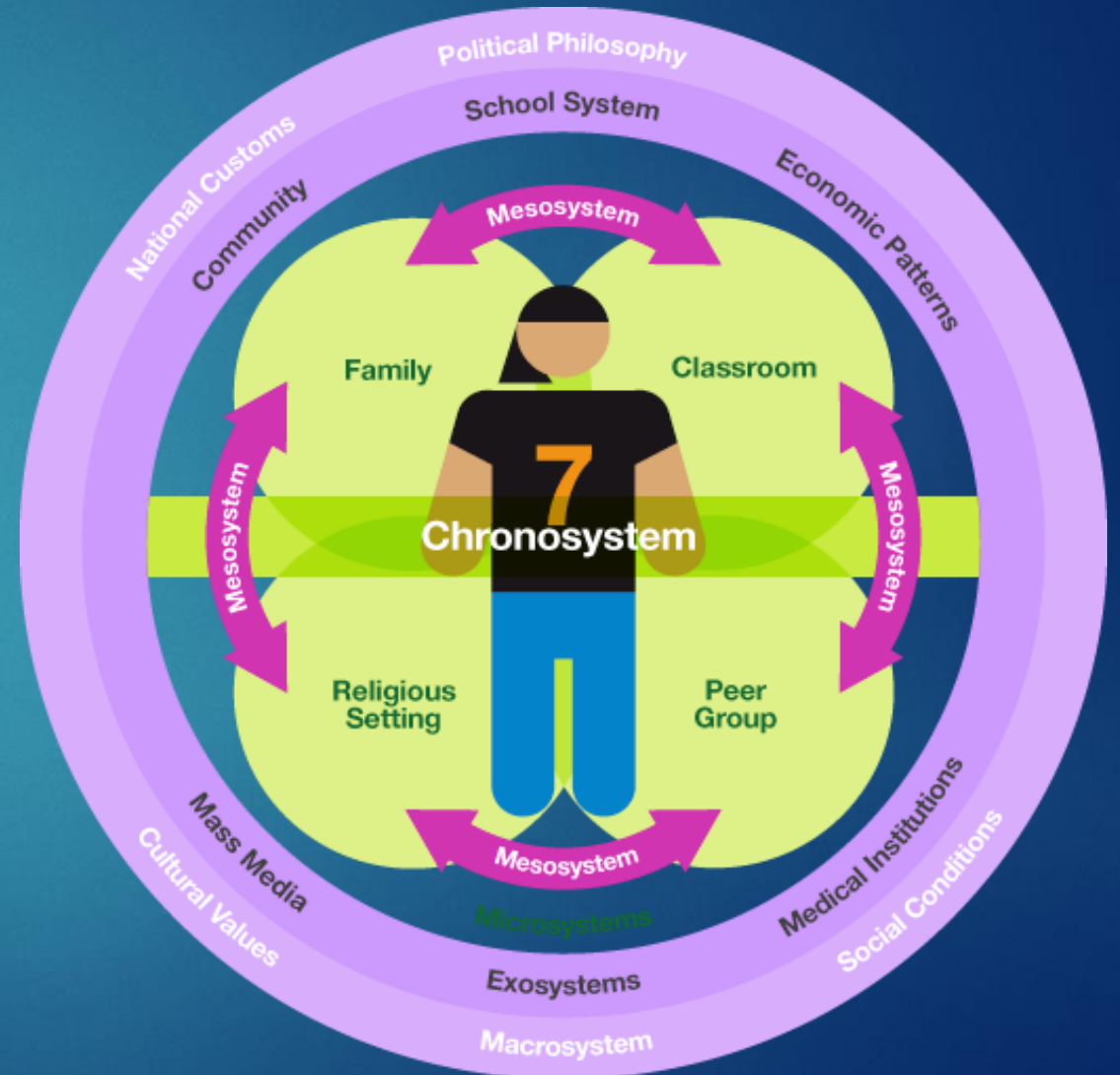
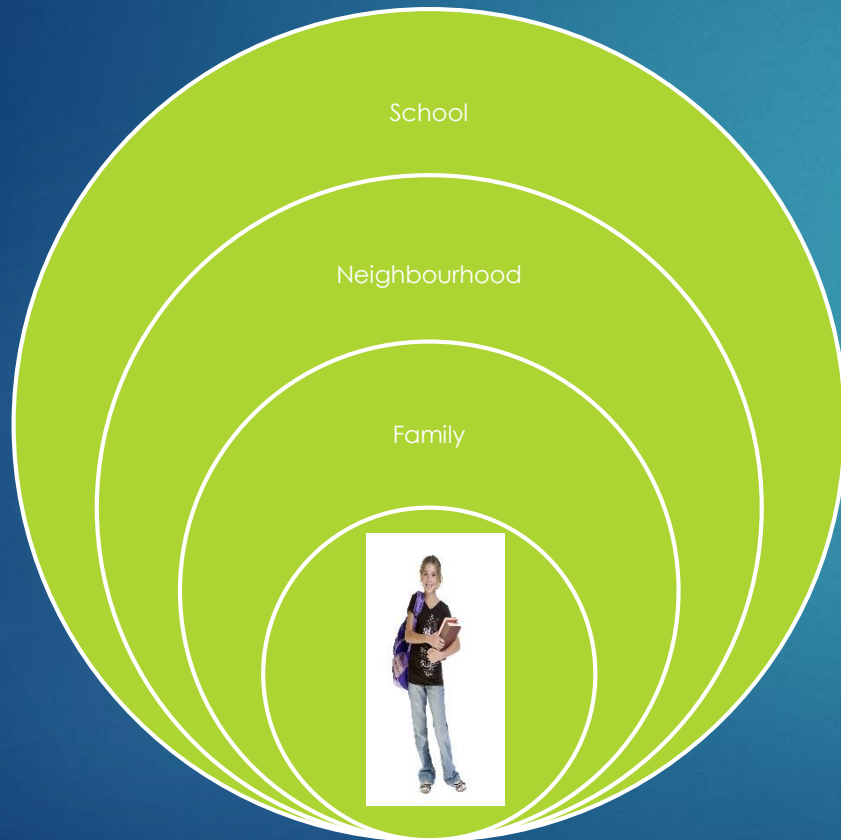


The Family

Family & Socio Context

- Rapid global change is altering the family, presenting new opportunities and challenges to young people's health and well-being.
- Young people's development occurs against a cultural backdrop of contexts that includes family, peers, school, community, and nation, each with its cultural legacies.

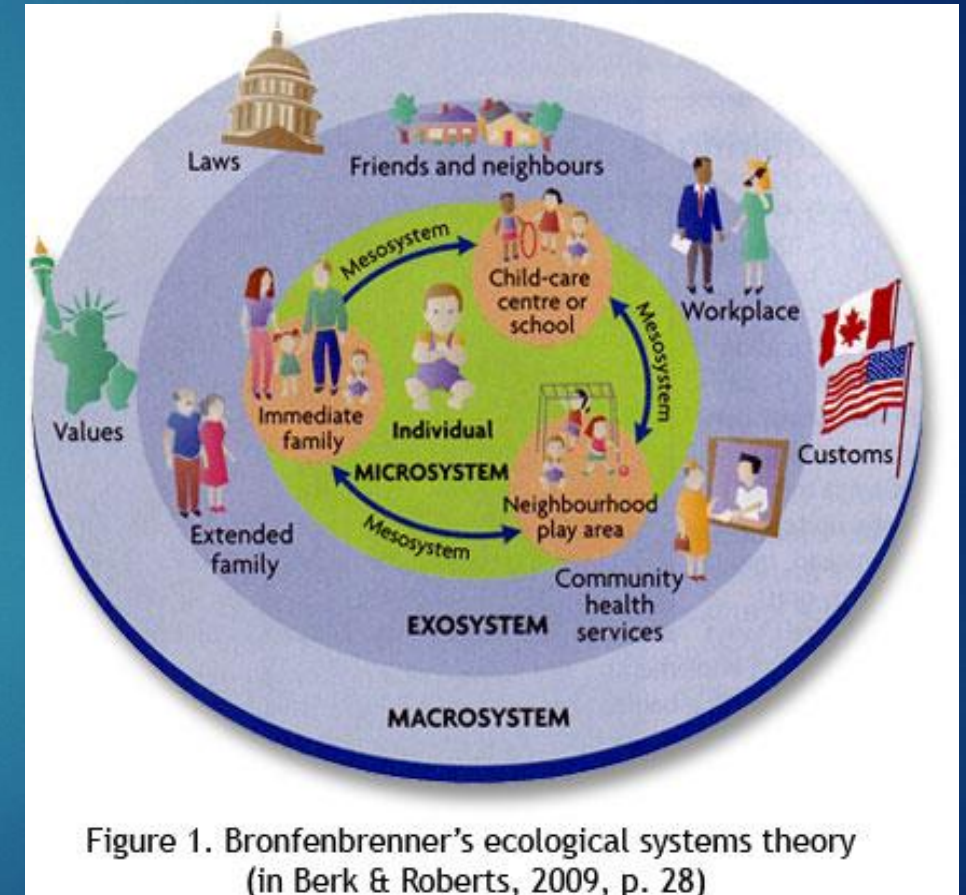
Family & Social Contexts



Social Contexts

Bronfenbrenner's ecological model:

- Human development depends on social experience.
- Human development is shaped by macro and micro systems.
- Attention to *relationships* between systems.



Family



- The way parents interact with their children has a strong impact on children's behaviour, well-being and success in later life.
- Most adolescents acknowledge that their closest relationships are with family members.
- Parents can influence young people's choice of friends.

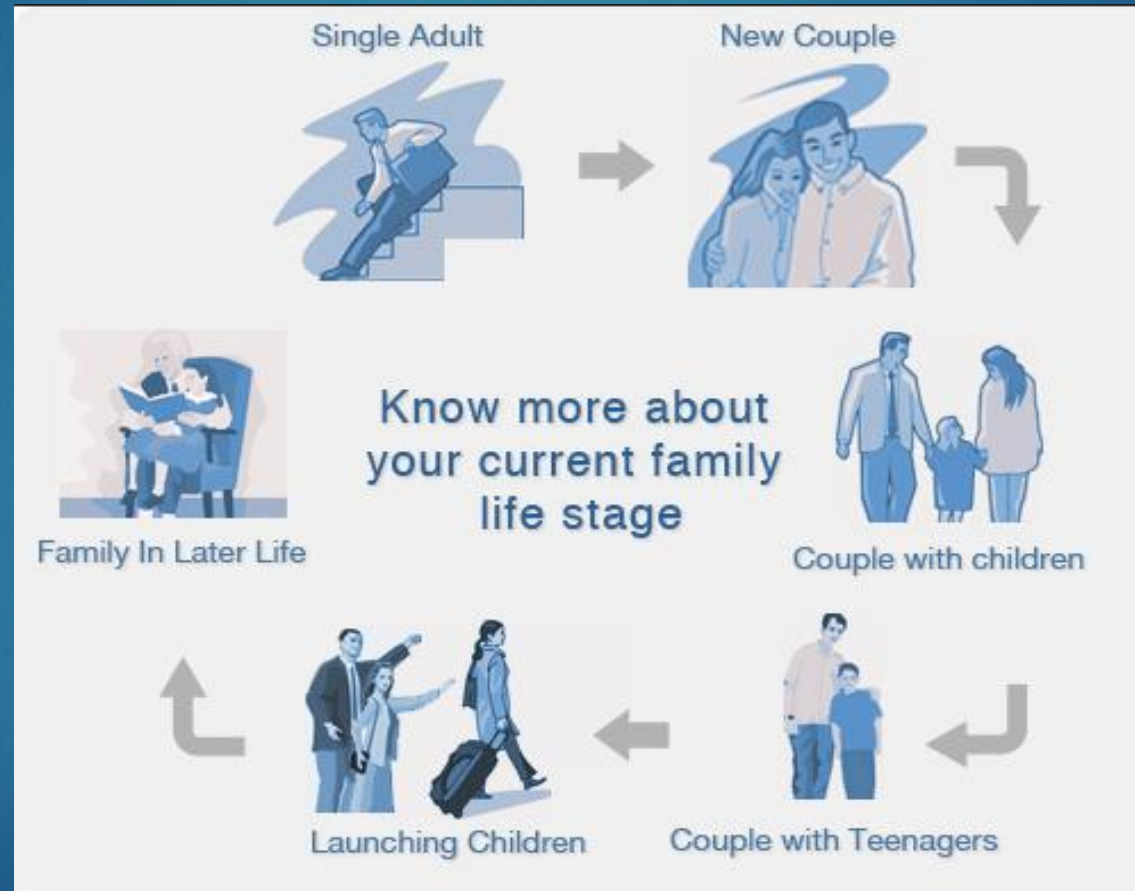
Family

- The very definition of *family* is undergoing radical changes (e.g. step-families, blended families, single parent). For example, *The Kids Are All Right* (film by Lisa Cholodenko).
- Research has shown consistently that conflict is a less dominant issue that was once assumed.
- More young people today stay in their parental home for longer than previous generations (Lila et al., 2006; Steinberg, 2008)
- An increased acknowledgement in research of *directionality*. Influence between parents and adolescents is bi-directional.
- Parenting and gender roles.

Family

- What is “normal” family functioning?
- The traditional family of the past - is it a myth?
- The nuclear family of modern time - is it also a myth?
- The myth of the proper gender order and roles
- The family cycle: New challenges

Family – The Family Cycle Theory

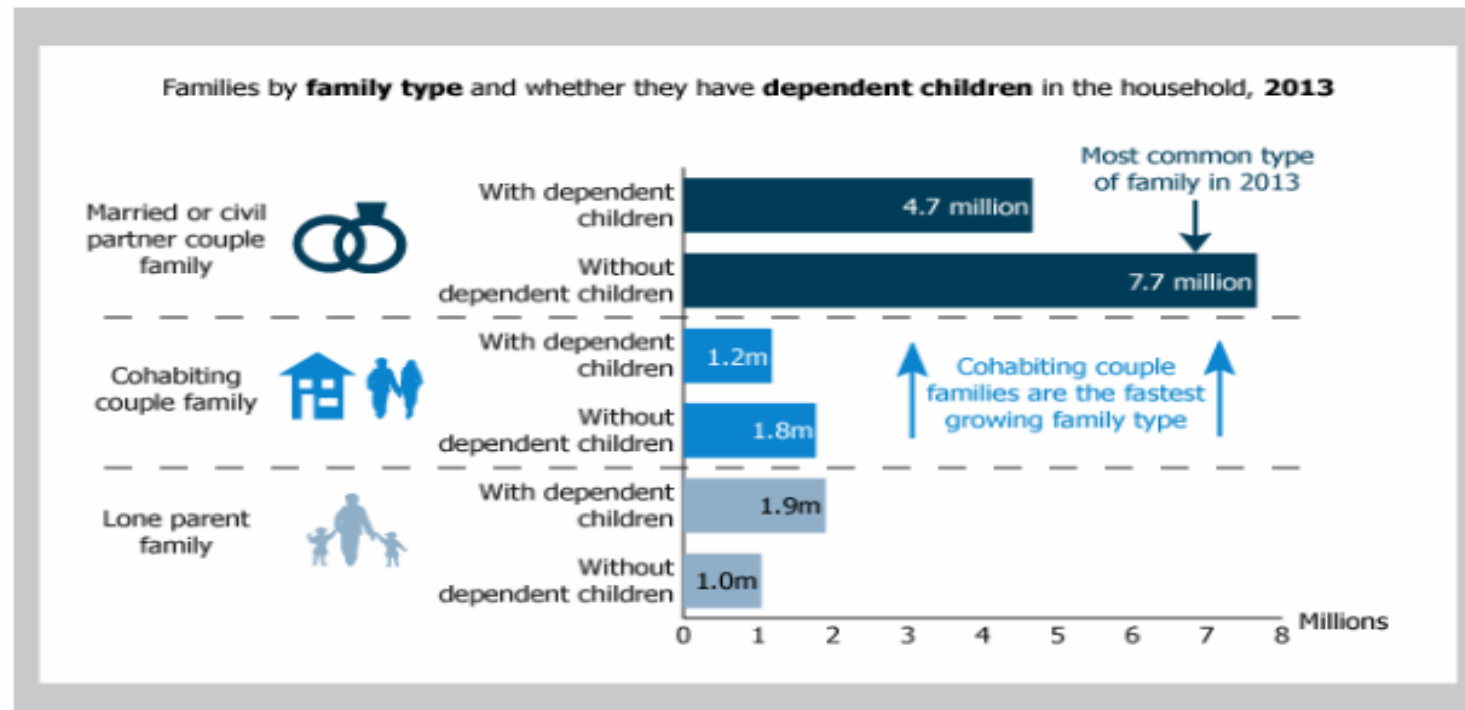


Family – Life Cycle

- Divorce and remarriage
- The life cycle of poor families
- Cultural variations

Family - UK

Figure 1: Families by family type, 2013



Source: Labour Force Survey - Office for National Statistics

Family – UK (Families and Households: 2013)

- In 2013 there were 18.2 million families in the UK. Of these, 12.3 million consisted of a married couple with or without children.
- The number of opposite sex cohabiting couple families has increased significantly, from 2.2 million in 2003 to 2.9 million in 2013. The number of dependent children living in opposite sex cohabiting couple families rose from 1.4 million to 1.9 million over the same period.
- There were nearly 1.9 million lone parents with dependent children in the UK in 2013, a figure which has grown steadily but not significantly from 1.8 million in 2003.

Family – UK (Families and Households: 2013)

- There were 26.4 million households in the UK in 2013. Of these, 29% consisted of only one person and 20% consisted of four or more people.
- The fastest growing household type was households containing two or more families, increasing by 39% from 206,000 households in 2003 to 286,000 households in 2013. However multi-family households still only represent 1% of all households.

Family and Autonomy

- The development of autonomy...and connectedness.
- Three types of autonomy (Sessa & Steinberg, 1991):
 - Behavioural
 - Emotional
 - Values
- Social domain theory of parental authority (Smetana, 2002, Smetana et al., 2005). Smetana, J., Crean, H. F. and Campione-Barr, N. (2005). Adolescents' and parents' changing conceptions of parental authority. *New Directions for Child and Adolescent Development*, 31–46.

Family and Autonomy

- Middle adolescence (15 – 17 yrs.) that the most intense negotiations take place regarding autonomy (Kracke & Noack, 1998).
- More verbal type negotiation at this stage of adolescent development.
- Larson et al. 1996 – Experience Sampling Method – a close relationship with parents continue to serve an essential function (Coleman, 2011).

Family and Autonomy

- Conflict and the generation gap:
 1. Majority of relationships between parents and teenagers are broadly positive. (Fogelman's study - 1976 – 11,000 young people in the UK).
 2. Steinberg (2008) – “there is greater diversity in values and beliefs between adolescents than there is between two generations”. (Coleman, 2011, p. 87).
- Reasons for a disagreement more to do the definition of an issue (e.g. parental authority vs. personal freedom).
- Key skill - “the idea of communication between generations becomes critical” (Coleman, J., Catan, L., & Dennison, C. (2004). ‘You’re the last person I’d talk to’. In J. Roche, S. Tucker, R. Thomson & R. Flynn (Eds) *Youth in Society* 2nd ed. Sage: London.

Family Environment

- Role of parents and parenting styles.
- Baumrind (1971): parental responsiveness and demandingness.
- Influence is bi-directional (Schaffer, 2006).
- Key variable: communication styles.
- Key variable: information management (Marshall et al. 2005).
- Trust and consequences of disclosure.
- The effect of culture and ethnicity (e.g. emotional closeness).
- British context - different cultural groups.

Family

- Parenting styles (Maccoby & Martin, 1983):
 - Authoritarian
 - Authoritative
 - Permissive
 - Neglective
- Parental control re-examined

Family Environment

- Divorce is a (breakdown) process rather than an event.
- High levels of parental conflict before the separation is a significant factor in determining the adjustment of young people post divorce (Collishaw et al. 2004).
- Chronic parental conflict and 'caught in the middle'.
- Parental divorce and family reorganization can be a protective factor.

Parenting

- Parenting teenagers and reciprocity
- Key issues:

Adequate control

(Genuine) Involvement

Provision of structure

Mentoring

- Mentoring relationships provide adolescents with adult role models in developing relational skills and interpersonal strategies.
- Mentoring is defined not in terms of formal roles, but in terms of the character of the *relationship* and the functions it serves (Levinson, 1978).
- The mentor represents a mixture of parent and peer.

Family Structure & Systems

Salvador Minuchin (1974):

- Parents are in charge of their children and give them increasing independence and freedom as they mature.
- Develop clear **boundaries** for individual members and changing the family's **structural pattern** by creating effective **hierarchical structure**

Family Structure

Family Subsystems

Boundaries

Family & Structure

Family Structure

- an organized pattern in which families interact.
- useful to pay attention to who says what to whom and in what way with what result.
- can only be seen when a family is in action, because verbal descriptions rarely convey the true structure.

Family Subsystems

- are subgroupings within the family based on age (or generation), gender and interest (or function)
- Parental (mother and father)
- Spousal (wife and husband)
- Sibling (children)
- Extended (Grandparents & other relatives)

Family Structure & Systems

Boundaries: are invisible barriers that regulate contact between members

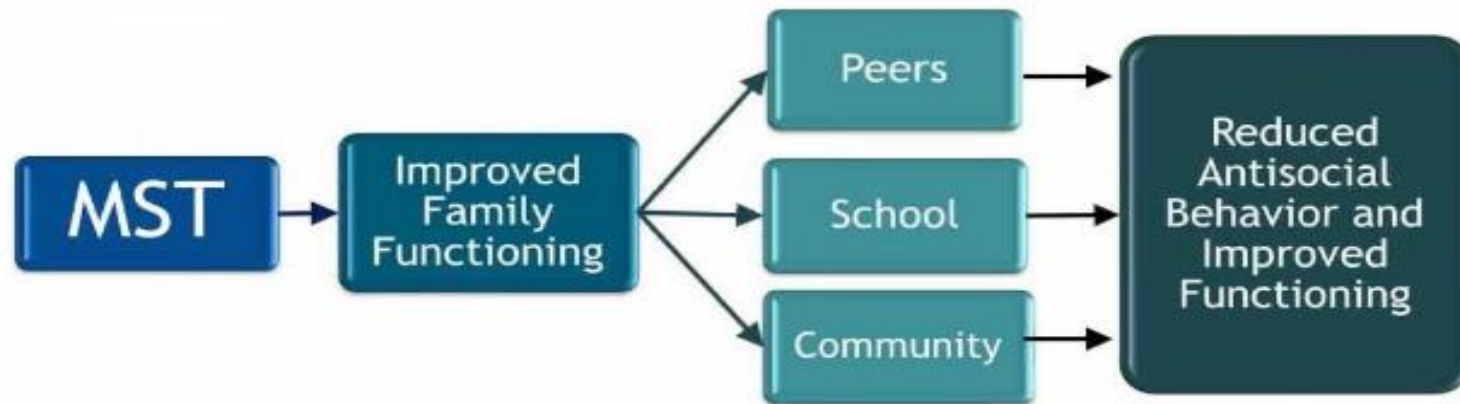
- Diffuse or “enmeshed” (**overly involved in each other’s lives**)
- Rigid or “disengaged” (**too much detachment from each other**)
- are reciprocal: means that a weak boundary (enmeshment) in a relationship usually means that the same person is disengaged from someone else.

Family Therapy

- Enmeshment
- Overprotection
- Rigidity
- Lack of conflict resolution

MST Theory of Change

MST[®]
Multisystemic Therapy



Attachment & Family Therapy

- The importance of a secure base (relationships) within the family.
- Identifying situations that undermine the secure family base.
- Build a secure family base.
- Address attachment issues in the family
- Providing parenting support and education (e.g. parenting programmes)