

# ENHANCED SESSION GUIDE ON CHARACTER BUILDING FOR CHILDREN AND YOUTH IN RESIDENTIAL CARE FACILITIES

## Frequently Asked Questions

<p>What is Session Guide on Character Building for Children and Youth in Residential Care Facilities</p>	<p>It is a collection of session guides that focus of building character strength or positive traits among children and youth in residential care facilities.</p> <p>It is guided by principles of positive psychology- the science of positive subjective experiences, positive individual traits that enables positive experiences and positive institutions that enable positive traits to improve the quality of life and prevent pathologies ( Peterson &amp; Seligma &amp; Csikszentmihalyi, 2000).</p> <p>Positive traits have been empirically shown to relate greater well-being and less psychological distress They also act as buffer between negative life events and psychopathology (Rashid et al., 2013).</p> <p>With this strength based framework, children and youth in residential care facilities are viewed as having strengths and potential for further development.</p>
<p>What are the goals and Objectives on the Session Guide</p>	<p>The general goal of the four modules in the Session Guide is to equip children and youth with skills and knowledge that can help them to overcome challenges, care for their well- being, establish good relationship with others and become helpful community members.</p>
<p>Who are the beneficiaries of the service?</p>	<p>Children and Youth in Residential Care Facilities :</p> <ul style="list-style-type: none"> <li>❖ Children – 7 to 12 years old</li> <li>❖ Youth- 13 to 18 years old</li> </ul>

<p>Where it was pilot tested?</p>	<ol style="list-style-type: none"> <li>1. Region III -</li> <li>2. Region IV-A</li> <li>3. Region VII</li> <li>4. Region XI - Home for Girls</li> </ol>
<p>What character strength covered by the session guides?</p>	<p>The character strengths covered by the session guide are those valued in the Philippine culture. The session guides are grouped into four modules as follows:</p> <ol style="list-style-type: none"> <li>1. Love of God- Recognizing the Presence of God</li> <li>2. Love of Self- Practicing Self-Compassion and Care</li> <li>3. Love for Others - Respecting and Serving Others</li> <li>4. Love for Country and Environments</li> <li>5.</li> </ol>
<p>What is the structure of the Session Guides ( Types, frequency, number of members)</p>	<p><b>TYPES OF SESSION GUIDE:</b></p> <p>Each of the Character Strenths is tackled in two session guides ( main and follow-up sessions</p>