

Aldershot Wellness Fair – “Spill the Tea” booth results

The following quotes and snapshot are from the conversations the Aldershot Youth Crew had at the Aldershot Wellness Fair. Their booth was called “Spill the Tea” for two reasons. 1) It is a pop culture term that means sharing secrets. 2) Tea culture in Japan is all about connection and relationships, it is an intimate gathering.

Note: A dash with a number beside an entry indicates multiple similar responses

How do you share power in your household between adults and youth?

- Talk openly
- Parents sharing real stories from their life
- Discuss issues in an age-appropriate way
- Sharing chores
- Cutting fruits and veggies, which then leads to full dinner prep
- Mom asks kids to help with chores in exchange for allowance
- Choosing movies
- Tell my dad what I want
- Communication is key
- Kids/youth - Make suggestions known to parents
- Around birthdays, discuss new role(s) in family
- We all work together to keep our home tidy
- Letting the kids help, as far as they are capable of, then adults finish the job
- Gradually getting more responsibility with the pets
- Providing choices

How do you “spill the tea” in your family?

- Tell family you have something to say
- Text - 3
- Gradually integrate issues into the conversation
- At dinner
- Through text
- Family meeting - 2
- In the car (side by side)
- Tell my mom - 4

What are activities your family does to create strong parent/youth relationships?

- Board game night - 3
- Family dinner - 1
- Go for walks - 1
- Watch movies together - 2
- Playing cultural games
- Dancing!
- Coming to community events
- Walking the dog together
- Soccer
- Help make dinner
- Clean up together
- Running
- Go to the park and play - 1
- Do school work together
- Just talk and laugh together
- Bowling
- Everyone always asks about each others day – must elaborate, no “fine” or “good”

What do you think relationships are supposed to look like between parents and kids? Other adults and kids?

- Positivity is central
- Show youth what they are good at, and guide them towards doing more of that
- It’s important for adults to show empathy – if you don’t care for others, how will a young person?
- Kids and youth will feel comfortable sharing things without much prompt – and on the flip side, adults will offer up details of their day/life with kids
- Parents are not rude and judgey – they can talk about tough stuff in a calm way
- A good relationships will have love, respect, support – and showing up
- Adults, parent or not, must be *consistently* supportive, guiding and fun 😊
- Good relationships are: happy, healthy, respectful and meaningful