

CAT 4 RESOURCE DEVELOPMENT

Group 4-08

Project Kin

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ABSTRACT

Parent-teenager relationships in the modern world are certainly perennial issues that many families struggle with. With strained parent and teenager relationships becoming a pressing concern in Singapore, Project Kin is focused on helping parents and teenagers forge better relationships. Project Kin provides comprehensive resources, including fun posters and drawings to generate awareness of such a problem to teenagers and parents. Hence in order to forge better relationships between parents and teenagers, we created a website with a forum for parents, itinerary planner and videos that both parents and children can use.

1 INTRODUCTION

1.1 Rationale

The rationale for our project is that most teenagers are going through a “rebellious stage” and hence grow distant from their parents and have a hard time communicating with their parents. This results in them having very strained relationships with each other. This can lead to teenagers distancing themselves from their parents or ignoring their parents frequently. This is not ideal.

When teenagers are not able to secure healthy attachments with their parents, they may not be able to regulate emotions under stress. Parents will also be upset as they are not able to handle their teenagers well. This is a worrying situation and hence we believe that it is imperative to raise awareness of strained relationships between parents and teenagers in Singapore and hence try to bridge gaps between them.

1.2 Objectives

Our objectives of this project are to help bridge the gap between the teenagers and their parents and hope they are able to forge better relationships. Through the use of comics and videos, our website can help to address this rising concern over strained relationships and to provide useful tips on how to improve the relationship of the teenagers and their parents.

1.3 Target Audience

Our target audience for this project is HCI students aged 13 to 16 (which are Secondary 1 to 4 students), and their parents. We have done a survey on 73 students and their parents, to find out what ticks and what did not in their relationship with each other.

1.4 Resources

We created a website for parents and for teenagers with information that the two parties could refer to in order to have a better relationship with each other. The website included comics and videos. It also includes a forum and itinerary planner for activities, movies and games that families can take part in together.. We also created an instagram with inspiring quotes and comics, and also some causes and solutions of strained relationships for teenagers, such that we can raise awareness of strained relationships in Singapore.

2 REVIEW

2.1 Why is our website necessary?

According to the Straits Times, many people are worried that strained relationships will have a negative impact on their mental health. According to a study, teenagers that have close and strong relationships with their parents report lower levels of depression symptoms, and suicidal thoughts. Hence, Project Kin hopes to prevent such situations from happening and thus believe that it is necessary to maintain a good relationship with parents and teens.

2.2 Existing resources

We looked at other websites that had information on how parents and teenagers should communicate. Firstly, we visited the Familiesforlife.sg website. However it is not engaging to students and also does not elaborate on examples to help bond families. Furthermore, it is also more focused towards parents. Secondly, we visited the Raisingchildren.net website. Once again, it is not engaging to the students and focused mainly on parents. It also does not elaborate on how to improve on the ties between parents and child. Thus we feel that it is crucial to have a website which gives specific solutions and examples which engages both parents and teenagers, which is more effective in achieving the purpose.

A table to summarize our review

Websites we researched	Cons
Familiesforlife.sg https://familiesforlife.sg/discover-an-article/Pages/10-Ways-to-a-Better-Relationship-with-Your-Teenager.aspx	<ol style="list-style-type: none">1. Not engaging to students2. Basic ways to help bond families (no elaborate examples)3. It is more focused towards parents (non-specific or unique)
Raisingchildren.net https://raisingchildren.net.au/pre-teens/communicating-relationships/family-relationships/relationships-with-parents-teens	<ol style="list-style-type: none">1. Not engaging to the students (mainly focused on parents)2. Does not provide elaborate examples for the list of ways3. Most focused on parenting

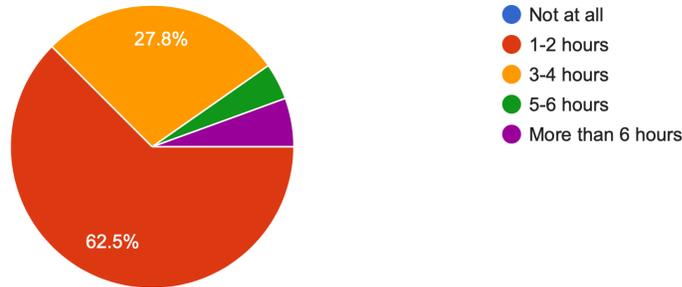
3 METHODOLOGY

3.1 Needs Analysis

We conducted a survey for both parents and teenagers. From the survey for teenagers, we found out that 62.5% of the teenagers talk to their parents for 1-2 hrs a day.

How many hours do you talk to your parents a day?

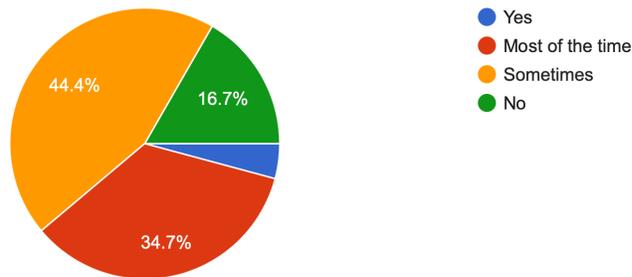
72 responses



A large percent of the teenagers feel like they have a strained relationship with their parents.

Do you feel that you have a strained relationship with your parents?

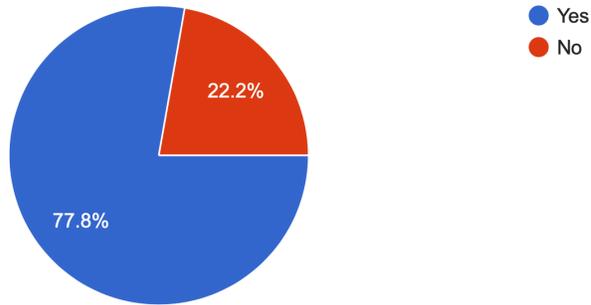
72 responses



Though 77.8% of teenagers want to spend more time with their parents, 63.5% of students share their problems with their parents occasionally only.

Do you want to spend more time with your parents?

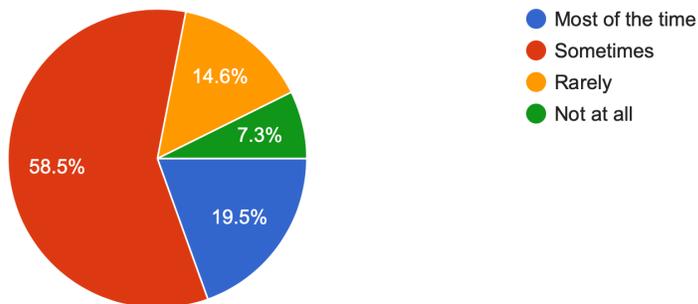
72 responses



From the survey for parents, we found out that 78% of the parents who did our survey quarrel with their children often

Do you quarrel with your children?

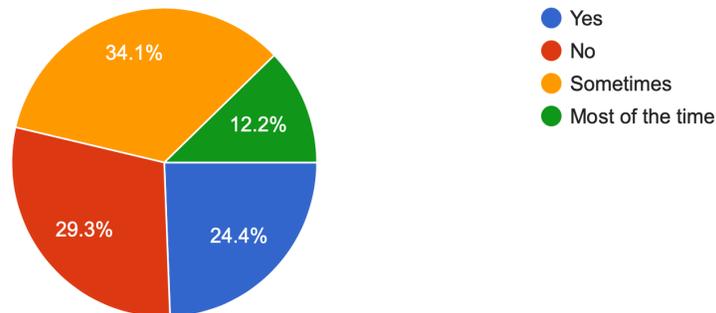
41 responses



and 70.7% of parents say that their children ignore them when they talk to them.

Does your child(ren) ignore you when you try to talk to them?

41 responses



3.2 Survey Results

We conducted a survey for parents and teenagers. From the survey results for teenagers we concluded that a majority of the students feel that their relationship is distant, or there is still room for improvement, and hope to strengthen the bond with their parents. From the survey results for parents, we concluded that a large percentage of parents have conflicts with their children, and spend very little time talking with them.

3.3 Development of Resources

Extensive research was done through readings of various literature from the internet, where we visited different websites to research common causes for strained relationships between parents and teenagers. By visiting these websites (links are found in references), we manage to find out more on causes, reasons and solutions of strained relationships between parents and teenagers. To confirm our reasons and information, we consulted two experienced counsellors. Firstly, we consulted Mr Edmund Teo, our school counsellor, on the reasons why Hwa Chong students would experience strained relationships with their parents and how to solve them. Secondly, we consulted Mdm Ho, another counsellor for other reasons and warning signs to look

out for. From this, we managed to create an Instagram page and a better website for parents and teenagers.

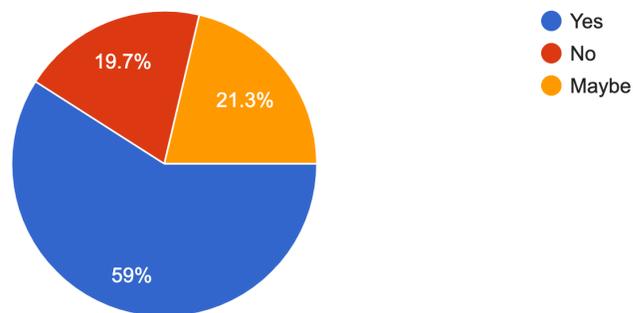
3.4 Pilot Test

Firstly, we asked parents and teenagers to comment about how useful the website was, and what can be improved.

According to the survey, we found that although the website helped the majority of people improve their relationship between parents and teenagers, there was still room for improvement.

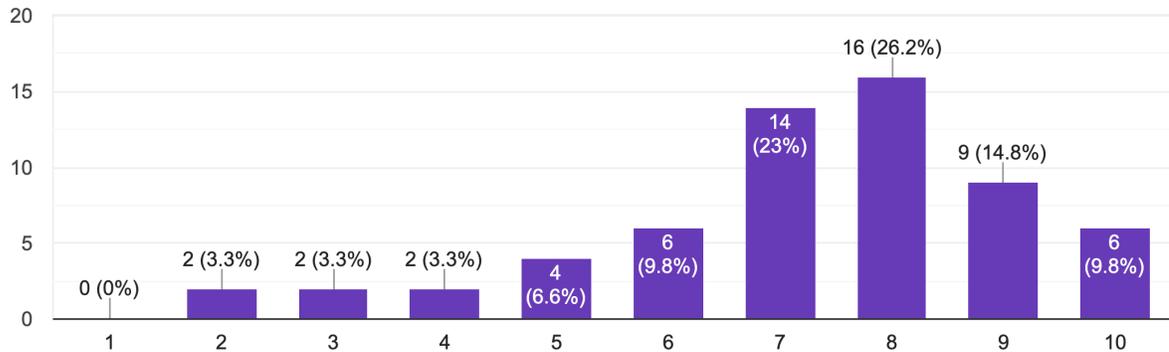
Did the videos and posters help improve your relationship with your parents/child?

61 responses



Overall, how much do you rate our website for solving strained relationships between parents and their children?

61 responses



Feedback for our website:

“Please add more comics and drawings to make it much more visually appealing!”

“You should make it much more colourful to appeal to teenagers.”

“Pls add more visual elements as there is too much text.”

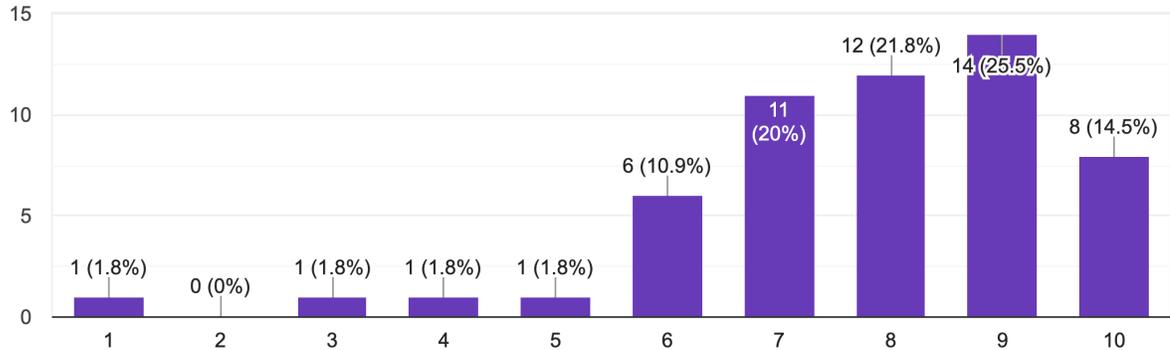
The majority of the comments suggested that we added more visual elements such as comics and drawings, instead of lumping in large texts which may look boring.

Aside from surveying parents and teenagers alike, we also consulted Mr Edmund Teo, the Hwa Chong Counsellor, for his feedback. He suggested that we made our messages clearer, and we improved on the visual aspects, such as the comic strips.

After the proper adjustments were made to our website, we conducted another survey to gauge the improvements.

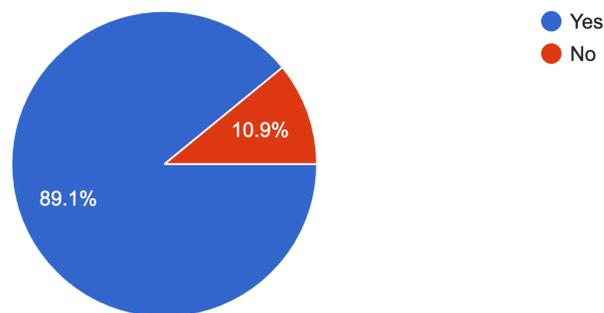
On a scale of 1-10, how much do you think our website is effective in helping the strained relationship of parents and teens?

55 responses



Do u think adequate improvements have been made to our website?

55 responses



“It gives so much more detailed explanation and it is very organised, unlike other websites which are vague and superficial”

“Your website has more resources and is overall more specific. It also had more visuals such as videos and drawings.”

“Other website are often very vague and always say “spend more time with your family” while this actually provides an itinerary planner”

This shows that we had made enough progress in improving our website, and we were able to make our reviews go up.

4 OUTCOME & DISCUSSION

All the resources created have been useful and effective, based on the positive feedback we have received. Through the pilot test, the resources were able to help teenagers and parents alike in forging and repairing their relationship with each other.

<https://forms.gle/KSNxtyddcfpXVe64A>

<https://forms.gle/VEM2YwriJTzyY2ZY7>

We have made a few improvements after the pilot test, for example, we added more comics and other visual elements such as drawings, to make the website much more attractive and aesthetically pleasing.

Website: <https://xavierdaapple.wixsite.com/main>



How can you fix this?

Understand each others perspectives

You should have a discussion with your children, so that you can understand their perspective and they can understand yours. You should try to let them understand that the restrictions that you set on them are for their own good to prevent them from any harm. You should also try to understand what your teenager wants, such as independence and privacy. That way, both parents and teenagers would be able to help each other out, which hence forges better relationships between parents and teenagers. Through this, you can reach a mutual understanding, and hopefully meet in the middle.

Family activities and outings

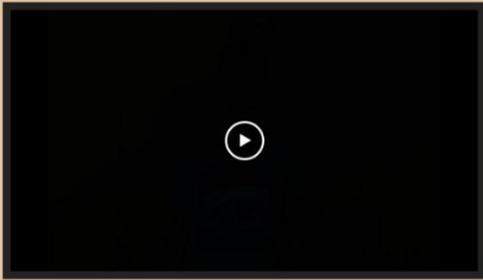
You can use family activities and outings to further bond as a family and to explore each other's interests. Teenagers may feel that you do not understand them, and you can use this opportunity to understand them better. For example, you could bring the family on outings where there are activities that he would enjoy, such as laser tag or outdoor obstacle courses. You may find an itinerary planner to identify suitable activities below.



Project Kin Teenagers

HOME Causes Solutions Comics 

Here's a video to help you understand better



External resources

After taking a look at our

Verywell family:
<https://www.verywellfamily.com/why-does-my-teen-need-privacy-2609615>



Itinerary Planner

Here is a way that you can plan suitable family activities for your family in Singapore, taking into account your budget for the family activity.

Next

Google Forms This form was created inside of Hwa Chong Institution.



Forum

Welcome! Have a look around and join the discussions.

Create New Post

General Discussion

Share stories, ideas, pictures and more!

0

4

Follow

Questions & Answers

Get answers and share knowledge.

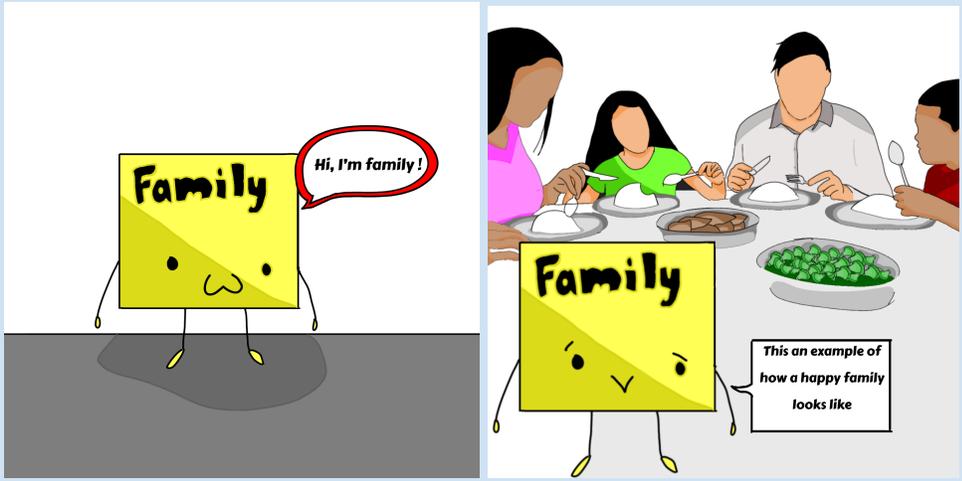
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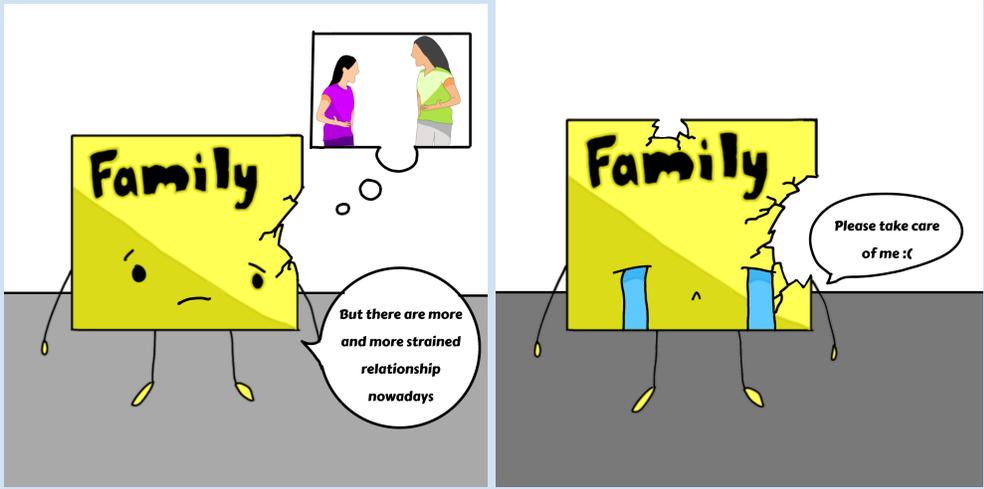
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Follow

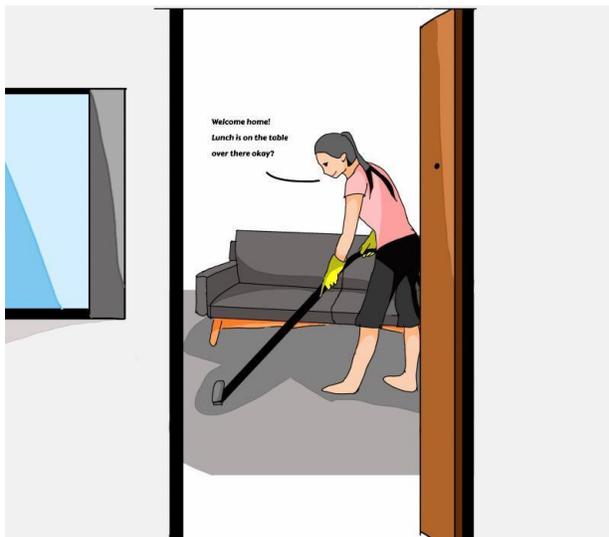
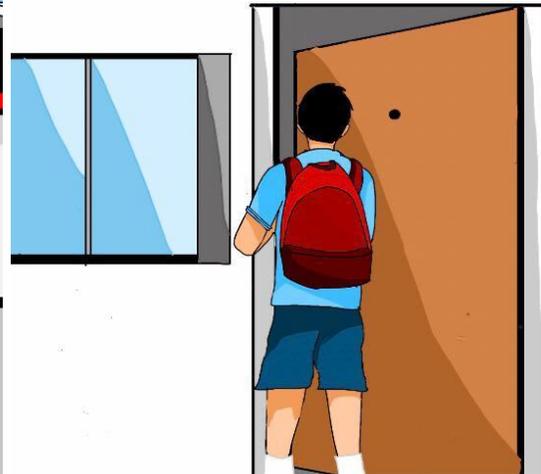
New Posts

Comic 1:

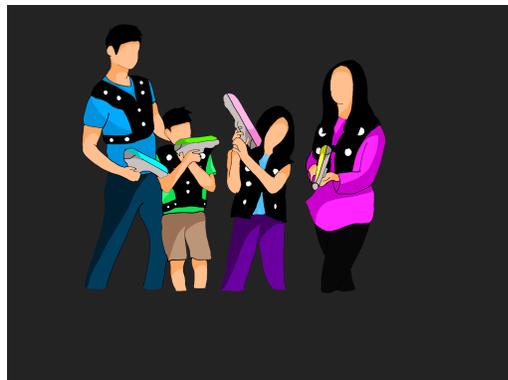
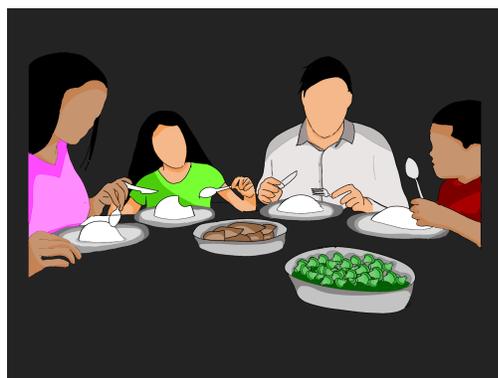
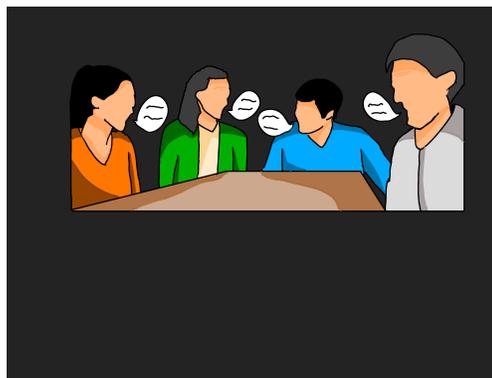
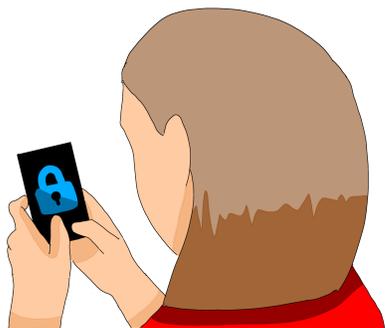


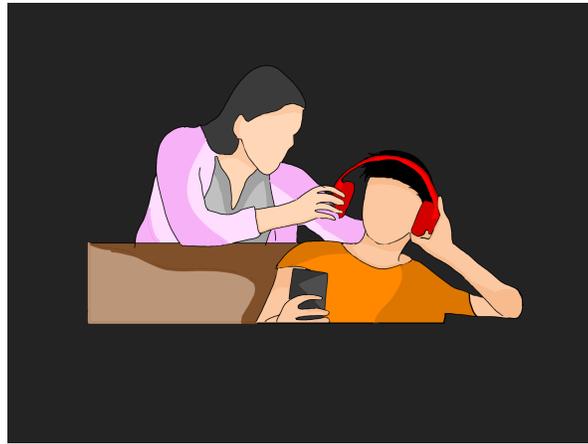
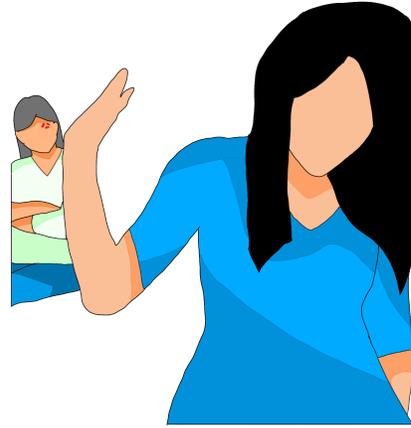


Comic 2:



Drawings:





We have also decided to add a video, where we explained some solutions for teenagers and parents clearly, and added some drawings to allow viewers to understand better.

Teenagers Video:

[project kin teenager](#)

Parents Video:

[project kin parents](#)

We have also implemented an itinerary planner, to allow families to plan activities for the whole family. Through this itinerary planner, it allows the families to select their budget range, and give them suitable options based on their budget.

<https://forms.gle/1134ikkRiWdD3pgQ7>

Lastly, we also have our Instagram account where we post comics, solutions and quotes to raise awareness of strained family relationships.

https://www.instagram.com/project_kin_/

5 CONCLUSION

During this project work, we have encountered many difficulties, including ensuring our ways of helping parents and teenagers rebuild their relationship were feasible and useful. However, through many interviews with professional counsellors and family therapists, the carrying out of different forms, and doing extensive research, we were able to overcome these difficulties.

We also had to use our creativity to ensure that our ways of helping were able to captivate attention and interests from teenagers and parents. Hence we implemented drawings, comics, and videos. Other than the website, we also made use of other platforms such as Instagram.

We also learned how to use the website, “WIX” to make websites. We encountered some difficulties in learning how to use WIX but we managed to overcome the challenges and do the websites.

Lastly, we managed to have a deeper understanding of strained relationships between us and our parents, how to spot them, and how to counter them. This project was not

only able to help other teenagers and parents to help improve their strained relationships, but was also able to help ourselves.

6 REFERENCES

Interviews

1. Mr Edmund Teo (HCI school counsellor)
2. Madam Ho (A family counsellor)

Research

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24. <https://psychcentral.com/blog/5-tips-for-building-a-healthy-relationship-with-your-teenager#3>
25. <https://parentingteenagersacademy.com/being-coopopular/#:~:text=It%27s%20during%20the%20teenage%20years,true%20self%20and%20ego%20self.>