

# Exercise



## Triads

**AVERT**  
FAMILY VIOLENCE



**Collaborative Responses in  
the Family Law System**



An Australian Government Initiative

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## Triads Exercise

### Purpose:

- To provide an opportunity for participants to share ideas with one another and explore different opinions
- To provide an activity that creates physical movement and energy for talking and listening.

### Materials required:

- A list of questions

### Process:

1. Participants are instructed to stand in groups of 3. Ask participants to decide who will be 'A', who will 'B' and who will be 'C'. (If the group does not divide evenly into groups of three, allow some to be groups of 4 and simply have two A's or two B's or two C's.)
2. Ask the groups to arrange themselves around the room roughly in a circle, so that it becomes a circle of triads.
3. Ask participants to discuss the first topic for between 3 – 5 minutes. (Depending on how many topics you have, how large the group is and how significant the issues raised are likely to be).
4. Instruct the triads to let everyone give their response to the topic and note they are not required to agree or come to a shared opinion or final answer.
5. After a few minutes ask the participants to be quiet and instruct A's to remain where they are, B's to move clockwise to the next triad and C's to move anti-clockwise to the next triad, so that each triad is comprised of new participants.
6. Repeat steps 3 – 5 until all the topics have been discussed.



**Variation:**

Topics can be either introductory, 'getting to know you' items that are light-hearted and encourage people to participate, or they can be more challenging values-based questions that allow participants to share opinions they do not have to share in the larger group. This latter option is often a good preparation for challenging or controversial activities.

**Suggested topic sets:**

***Introduction Topics:***

- Favourite music
- Favourite holiday
- Worst holiday
- Fantasy job
- Two things they hope doesn't happen in the program
- Two things they hope to get from the program.

***Impact of Family Violence on Children Topics:***

- Children quickly recover from exposure to family violence
- Children who have been exposed to family violence are more likely to become victims or perpetrators of family violence
- Children deserve a say about their parenting arrangements
- Parents should leave violent relationships for the sake of the children
- Children need both parents.