



1.1 “What is a Father Figure?” Activity

1. First, write down the words ‘father’ and ‘father figure’ on a piece of paper. Take 2-3 minutes to write down words and phrases that you associate with ‘father’ / ‘father figure’ (consider both ‘father’ and ‘father figure’ together).
 - a. When you are finished, choose a few of the words/phrases, and submit your answer to our collective pool of answers from all practitioners on our Mentimeter link [here](#).
2. Next, you will consider father figures that you have known in your life. Write down three things that describe the father figures you have known: adjectives, qualities, characteristics, etc.. After you have created this list, share a story that illustrates the adjectives you have selected. Tell a story about the father figure that really captures this quality of them!
3. Finally, write down one or two-word statements that describe what makes a good father. Does your description include words that describe actions, emotional states, or physical characteristics?

Notes:

- *More often, descriptions do not include physical characteristics. This activity might be helpful to share with teams that encounter LGBTQ-IA parents and want to ensure equity and inclusion. In the event that there are individuals who insist that physical attributes are important, acknowledge their thoughts and work to build consensus and respect through a shared values approach by identifying those attributes that are agreed upon.*
 - *This activity is not intended to be a clinical assessment. It is to be used as a tool for stimulating discussions about our understandings of what it means to be a father and what kind of father figure one might aspire to be.*
 - *If the individual would like to share multiple stories, that is welcome.*
 - *Sometimes our clients are challenged by past relationships with their fathers. When this occurs it might be helpful for them to share insights into their relationship with the father figure and what they know about that figure’s personal history.*
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Resources for Further Exploration

- [The changing role of the modern day father - APA](#)
- [12.5F: The Absent Father and Serial Fatherhood - Social Sci LibreTexts](#)
- [What Is Fatherhood? 11 Great Dads Outline What Fatherhood Means To Them - The Daily Dad](#)
- [Tracing The Expanding Definition Of Fatherhood - NPR](#)
- [Defined Fatherhood Lately?](#)
- [!\[\]\(467d80e979964f7f8c752fb22248b5b7_img.jpg\) LGBTQ+ Dads Ice Segueria, Paolo Maranan On The Beauty Of Fatherhood | #AB...](#)