

## SESSION TWELVE

# Building Social Support

## *Bimaadizi Wiidookaagewin*

### SUMMARY:

The session activities focus on the positive influences in your community. Life can be tough and everyone has faced stress and problems at some point. Who do you talk to when you need support and where do you go for guidance? In this session, we will learn how to build positive social support.

### SESSION OVERVIEW

- **FAMILY: Group Activity**  
Trust Walk
- **FAMILY: Group Activity**  
Yarn Circle
- **PARENT: Individual Activity**  
Personal Statement
- **YOUTH: Individual Activity**  
Personal Statement

### OBJECTIVES

**By the end of the session, we hope participants will:**

1. Know how to identify people who are trustworthy.
2. Identify people they can turn to for help or advice.
3. Understand how to build and maintain trust.
4. Be able to communicate what living "A Good Way Life" means.

### MATERIALS:

- Trust Walk Activity Cards
- Ball of Yarn

- \_\_\_\_\_
- \_\_\_\_\_

### PREPARATION CHECKLIST:

- Ask the Guest Elder to look over the "Solve the Mystery Activity" on **pages 53 and 54** of the Youth Workbook and share the answers in this book.
- Locate the Trust Walk Activity Cards in the facilitator folder in the plastic facilitator tote. Use a cup or baggie to mix up the cards.

## As the Families Arrive

**15 min**



Welcome each family as they arrive. Ask any new family members to fill out a name tag and put them on. If the adult who attended last week is not in attendance, they can use the lanyard from the family folder. Give each returning family their workbooks and lanyards as they check in. Have all participants sign the "Session Sign In and Photo Consent" form. Ask the kids to put a sticker on the family Attendance Chart. Hand out an attendance raffle ticket to each child as they sign in. Write their name on the ticket we keep and put it into the Raffle Jar.

*While we are waiting for all the families to arrive, kids can take a few minutes and look at the pages in the back of your workbook – we are building pages for the scrapbook we will make in Session 13, so if you want to use crayons or colored pencils, you can work on some of those activities.*

## Meal

**30 min**

Once all of the families have arrived, introduce the Guest Elder to the group and thank them for attending. Ask a youth participant to offer tobacco (asemaa) to the Guest Elder so that he or she may pray, smudge, and perform an opening prayer and a blessing of the food. After the prayer is complete, let families know where plates, silverware, and beverages may be found and where the garbage cans are located. Remind families to throw away their items and clean up their area after the meal.

Mingle with the families during the meal. Please spread out and sit with the families. After people have finished eating, make sure that the area is cleaned up and ask others to help if necessary. Set aside any leftover food and redirect the group to their seats.

## Welcome

**10 min**

Welcome everyone to the session. Reinforce to the families how important their participation is. Ask if there are any questions from the last session. Discuss the Take Home Activity from the last session.

The parents were supposed to hold a family talking circle in order to discuss the behavior contract that they completed during the last session.

*How many of the parents were able to hold a family talking circle on your behavior contract? How was holding the talking circle to discuss the behavior different from how you usually react to the behavior that you chose?*

The youth were supposed to solve the mystery by getting help from their parents and talking to others and building a positive support system.

*So how many of you were able to work on last session's take-home activity? Did you like the Solve the Mystery activity? In your own words, what do all of the clues mean to you? Let's go through the answers!*

## MYSTERY SHEET ANSWER KEY: For Session Eleven Take-Home Activity

Clue #1

What does this mean: Gegoo aanizhiitangen? \_\_\_\_\_

**Answer: If you fall down once, get back up and try again.**

Clue #2

What does this mean: Bizindaw ingiw Chianishinaabeg? \_\_\_\_\_

**Answer: Listen to the Elders.**

Clue #3

What does this mean: Ayaawag gewiidoookookig? \_\_\_\_\_

**Answer: There are people and places you can go to for help.**

Clue #4

What does this mean: Zoongan gidizhitwaawininaan? \_\_\_\_\_

**Answer: There is strength in our culture and beliefs.**

Clue #5

What does this mean: Naanaagadawendan gegoo jibwaa izhichigeyan? \_\_\_\_\_

**Answer: Think before you act.**



Give raffle tickets to the youth who completed their Take Home Activity. Write their name on the ticket we keep and put it into the Raffle Jar.

### Trust Walk Activity

**20 min**

Ask families to turn to the “**Trust Behaviors**” page on **page 44** in the Adult Workbook and **page 55** in the Youth Workbook.

*As we have talked about before, life is tough sometimes. We have talked about how to handle stress, our problems, conflicts, emotions and have been learning some new coping skills. We know that one way of coping with problems and stress is to talk to other people about it, whether it is a friend, a relative, or an Elder. Life would be really tough to live alone and without the companionship of other people. Sometimes we take our friends and family for granted, but these are the people who are there for us when we need them.*

- *Who are some people that you count on?*
- *When was a time that you were going through a difficult situation and found out who is really on your side?*

*We have also talked about how the people we spend time with are a reflection of us. We tend to be like the people we are around most often. So, if we want to be a good person, what kind of people should we surround ourselves with?*

*Each day there are things we do or others do that either help to build trust or to destroy trust. We are going to do an exercise called the "**Trust Walk**." The goal of the exercise is to show us how we gain and lose trust with others. While we're doing the exercise, you can be thinking about*

- *What are the behaviors of people you trust, and why?*
- *Who are the kinds of behaviors that you do not trust, and why?*
- *Think about what trust and mistrust look like.*

The goal of this exercise is to demonstrate that trust is a constant process of negotiation and that certain actions can easily destroy trust.

Ask the families to stand up and clear chairs and tables to the outside of the room. Have everyone stand in a line towards the middle of the room, all facing one way. You will need to explain the rules of this activity before you start. The main idea for this activity is to get the group thinking about how certain actions are more helpful or damaging to the process of building trust.

\*Note: take this activity outdoors if weather permits.

*I am going to read different scenarios. Some of these are trust-building actions and some of these are trust-destroying actions. For each **trust-building** behavior picked, you will take one step forward. For each **trust-destroying** action, you will decide how many steps backward you should take.*

*For example, if a child comes home a half hour after curfew, you might decide to take one step backward. On the other hand, if a child says they are going to a friend's, but they lie and go someplace else, you might decide to take two steps backward.*



This would be a great time to take family pictures capturing the Trust Walk for the scrapbooks!

After you have gone through the scenarios in the cup, gather the group back to their seats. Lead a brief discussion about the activity.

*By a show of hands, has anyone ever had something untrustworthy done to them? You don't have to tell us what exactly they did, but how did that make you feel? Has someone ever broken your trust? How did that make you feel?*

*All of us make mistakes – parents and kids both. When someone makes a mistake what can they do to win back trust?*

Ask the families to reflect on the scenarios from the activity and lead a discussion on what other actions could be considered untrustworthy or trust-destroying and trustworthy or trust-building. How they can work towards avoiding those untrustworthy actions in their lives?

*Trust in ourselves and in our neighbors has been a traditional value for Anishinabe people. Traditional teachings tell us to uphold our promises and pledges. In addition, "if we undertake to do something for another, we must fulfill our work by deed - otherwise we are false. Without truth to self and to others, there is not trust."\**

*We all know, however, that putting our full trust in others is not always easy. In addition, the sense of trust so traditional to the Anishinabe people has been tested and crossed in many ways throughout history. Trusting in our community is an important step toward overcoming the obstacles of life. By becoming trustworthy ourselves, we are setting an example and teaching the lessons of trust to others.*

\*Quotation taken from "The Path of Life" Ojibwe Heritage by Basil Johnson\*

## **Parent and Youth Breakout Activities - 30 Minutes Total Time**

Ask parents to split out into a separate group from their children. Direct them to their individual meetings spaces. Let parents and youth know where they will be moving to and how much time they will be splitting up for, we recommend two adjacent rooms so you can easily check on the other group's progress. One facilitator should be with each group. Ask the Guest Elder if they would like to stay with the youth or go with the parents. Adults should move to a different area for the breakout activity.

### **PARENTS**

#### **Personal Statement Activity**

**30 min**

The next activity will involve spending some time writing about who you want to be as an Anishinabe person living a good way of life.

*We have done many activities and discussed many topics over the last 12 sessions. These may have made you think about the kind of person you wish to be and have some thoughts about where to go from here in your life journey. We would like you to write a statement about what it means to you to be a strong Anishinabe person living a good way of life. This statement defines who you are and how you will live your life.*

Direct the parents to **page 45-47** of their Workbooks "**Personal Statement Worksheet**" and go through each question, explaining in further detail and giving examples. Then allow the parents time to fill out their personal statements. Walk around the room and answer any questions they may have.

### **YOUTH**

#### **Personal Statement Activity**

**30 min**

The next activity will involve spending some time writing about who you want to be as an Anishinabe person living a good way of life.

*We have done many activities and discussed many topics. These may have made you think about the kind of person you wish to be as you grow up. We would like you to write*

*a statement about what it means to you to be a strong Anishinabe person living a good way of life. This statement defines who you are and how you will live your life.*

Direct the youth to **page 56-58** of their Workbooks to the "**Personal Statement Worksheet**" and go through each question, explaining in further detail and giving examples. Then allow the youth time to fill out their personal statements. Walk around the room and answer any questions they may have.

## **Group Gathering**

**5 min**

Gather your families back together for the group activity.

## **Yarn Circle Activity**

**20 min**



Ask the families to move their chairs into a circle. Explain that they are going to do a "Yarn Circle." This is a great activity to take pictures of each family for the scrapbooks.

*We have all been participating in this program for three months. I think it is appropriate to say that we have learned a lot about ourselves and our friends and family here. This is a fun activity that lets other people know what we appreciate and like about them. I will start with this ball of yarn and toss it to someone who I will say something nice to. For example, "I enjoyed getting to know you" or "I appreciate your honesty" or "I like your smile" or "You make me laugh." **Before I throw it, I will need to hold on to the yarn so that we remember who has already had a turn.** The person who receives the compliment and the ball of yarn can toss the yarn to anyone and continue the cycle. Let's make sure to give everyone a chance!*

Monitor and participate in this activity. After everyone has had a turn, stand up and pull on one of the strings. It should move everyone else's string as well.

*As you can see, when I pull on one piece of string it affects everybody else's string. Can you all see that? What could this symbolize?*

Give families time to share their thoughts.

*This symbolizes that what we do in our lives always affects someone else. We are all connected and affected by each other in some way. Remember that when Anishinabe people are making decisions, we think about how they will affect our people seven generations from now, like our ancestors did. We need to look after each other within our families and community to remain strong and provide support to one another.*

After the activity is completed, wind up the yarn ball and put it back in the plastic facilitator tote.

## **Wrap-up and Activity**

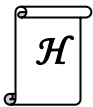
**30 min**

While still sitting in a circle, take a few minutes to get the group's feedback about the session and the social support building activities. Ask the group to think about the Trust Walk activity and the Yarn Circle activity.

*The activities were focused on building social support, which means making connections with people that you can trust and people who will be a positive support system for you. What did you like most about the activities? Was there anything you disliked?*

After the families finish, lead a brief discussion about the activity.

*These personal statements are a good way to remind us about the things we have learned about living a good way of life during this program. Does anyone want to share their personal mission statement with the group?*



## **Announcements and Reminders**

**5 min**

Direct participants to the **Take Home Activity** is “**Community Social Support Network**” activity on **page 20** in the adult **Take Home** booklet and **page 20** in the youth **Take Home** booklet. Think about the people you depend on in your life, like friends, parents, Aunties, Elders, siblings, doctors, teachers, and counselors. If you have trouble at work or school, who do you talk to? Who do you call if you have a family problem? If you are really sad? What if you are really angry?

Remind the youth to bring their take home assignment back next session:

*Remember to bring your **Take Home** booklets back with you next session so you can get the raffle ticket for completing your assignment! Also – remember to bring all your pictures and anything else you want to include in your keepsake scrapbook next week!*

## **Closing**

**5 min**

Tell the families that you appreciate their participation. You may want to ask a family member or Guest Elder to give a closing prayer before ending.

*I just want to tell you how much we appreciate your participation and how excited we will be to have everyone back here next session.*

*We want to especially thank our Guest Elder (Elder’s name) \_\_\_\_\_ for being with us!*

*Please be sure to put your workbooks and lanyards in your family folders.*

*Be sure to get your gift cards and sign your receipts!*

*If you can help straighten up the supplies and the room before you leave, we would really appreciate it.*

As people are preparing to leave, be sure to collect the lanyards and the Parent and Youth Workbooks or ask them to put them in their family folder in the plastic facilitator tote.

Have one adult from each family sign the \$20 visa gift card receipt (purple paper) and give them their gift card envelope. Have each eligible child sign the \$10 visa gift card receipt (blue paper) and give them their gift card envelope. Ask the Guest Elder to sign the \$50 visa gift card receipt (white paper) and give them their gift card envelope. Thank participants for their attendance and participation this week.

Complete the brief one-page 'Weekly Session Evaluation' form for your records. Remember to go online to the online fidelity survey <https://tinyurl.com/bzdddeval> to complete the overall weekly session evaluation BEFORE your next session.

Check to make sure that you have picked up all your supplies before leaving. Be sure that the area is clean and tidy. Check all bathrooms and eating areas to be sure that we aren't leaving any messes behind. Turn off lights and locks doors as directed by the facility.