



Session Six

Help-Seeking

Best Practices: Reflecting on Previous Sessions

One of the threads running through the entire BZDDD program is reinforcing the importance of community to our well-being. As you reflect on the previous 5 sessions, can you see how the activities and videos have helped participants grow in their sense of relationship to one another? Are they beginning to form trust for each other and the beginnings of friendships?

Summary and Objectives.

The sixth week's session's summary is:

The session activities will focus on how to seek help and how to give help by following a good way of life. Giving help to someone in need is just as important as seeking help when you are in need. The session will also focus on how to recognize when people need help, including yourself. Parents will brainstorm positive family goals and youth will learn about how to offer tobacco (asemaa).

This session's objectives.

1. Learn the skill of seeking help.
2. Learn about ways to help others in need.
3. Be able to identify people in the community who can help and offer advice.
4. Understand the importance of tobacco (asemaa) and the proper ways of offering it.

Questions for you:

Can you recall elders or someone in the community who helped you when you were a child?

How do you think knowing that person (those people) helped you feel more confident and secure??

Discussion for facilitation teams:

In what ways do seeking help and offering tobacco have a role in your lives?

**Best Practices: Meal Planning**

When deciding on menus for the different sessions, it may be helpful to think about the session's activities and what meals will be easier to manage for some sessions. For example, with the puppet show and tobacco pouches, this session has a lot going on and it might be helpful to have a simpler meal like sandwiches – where the set up and cleanup are quicker and easier than a meal with meat, vegetable, potatoes and gravy.

Session Six Activities:

The parents will be discussing the Four Sacred Plants before the youth present the puppet shows, then we will hand out the books and tobacco pouches. There are a lots of parts to this session, being prepared will help the activities go smoothly. Reading through and understanding the puppet show scenarios before the session is very helpful. Creating the puppets and acting out the scenarios is a favorite with the youth. By being familiar with the different scenarios you can help the youth act out a scenario that is the best fit for their age and personality.

Discussion for facilitation teams:

Thinking about the activities for this session, how can you best share the responsibilities to keep everything moving smoothly?

You might want to read through the puppet show scenarios together or read page 12 of "Walking Toward the Sacred" as part of your team planning, then discuss the reading in a talking circle.