




**A healthy relationship and decision making video program for Alaska Native youth**

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**How to host a SITV youth workshop**



ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

## SITV Trailer

- Link to trailer:

<https://www.youtube.com/watch?v=YsnHtGj7Eho>



## Example Key Messages

- ❑ **Sex and STIs** (e.g.: respect for other teen's decision to delay sexual activity)
- ❑ **Interpersonal violence** (e.g.: stand up and speak up against acts of harassment)
- ❑ **Having trusted adults** (e.g.: it's important to have a trusted adult within the family or community to talk to)
- ❑ **Alcohol abuse** (e.g.: it's ok to say no to drinking and using drugs and still have friends to hang out with)

More messages on pages 3-5 in the facilitator guide.



## SITV Components and Topics

### SITV Movie – 34:32 min.

- Friendships
- Relationships
- Making good decisions
- STDs or STIs (sexually transmitted infections)
- How alcohol can affect goals and decisions
- Having a trusted adult to talk to

### Actor Interviews – 25:21 min

- Sex and STIs
- Setting goals
- Having trusted adults
- Domestic violence, drugs and alcohol
- Their movie character

Page 5 in the facilitator guide.



## Workshop Logistics

- **Approximate length:** 3-4 hours
  - 1.5-2 hours for SITV movie
  - 1-2 hours for actor interviews
- **Recommended number of participants:** 20
  - If larger group (20+ to 50) multiple facilitators are recommended to lead smaller groups
- **Group options:**
  - Co-ed
  - Separated by gender
  - Show SITV to everyone and then break into groups afterwards
- **Viewing options:**
  - Show movie first followed by discussion and then interviews followed by discussion
  - Show movie and interviews back to back followed by discussion of both

Pages 7-8 in the facilitator guide.



## Planning a Workshop I Setting the Stage

- Watch movie and interviews beforehand
- Select discussion questions (pages 11-16)
- Find a space to hold the workshop
  - Visit the space to see how to set-up (circle, classroom style etc.)
  - Arrange for speakers, projector and screen or TV
  - Make sure to have snacks for youth!
- Provide paper and pens

Pages 8-9 in the facilitator guide.



## Planning a Workshop II Other Considerations

- Invite elders, counselor, community health aides (CHAs), behavioral health aides (BHAs), school nurses or others who can support the youth and you
- Be open with youth and parents/guardians of youth about the content of SITV
- SITV is aimed at 15-19 year olds and content and discussion may not be suitable for young children



## Holding a Group Discussion I Things to Consider

- Watching the movie, interviews and group discussion may trigger symptoms of distress:
  - Agitated/Angry
  - Depressed, withdrawn, pulling away from the group
  - Irritable, short tempered, frustrated easily
  - Nervous (pacing, nail biting, fidgeting, restlessness)
  - Anxious
  - Fighting back tears
  - Frequently excusing themselves
- If you notice any of these symptoms check in with them one-on-one and not in front of the group
  - Having counselor or BHA support is very helpful in these situations

Pages 17-18 in the facilitator guide.



## Holding a Group Discussion II Discussion Method

- Focused Conversation – The ORID Dialogue Method:
  - Moves from a surface level of dealing with data or facts to a depth of understanding or decision.
  - No “yes/no” questions – keep questions open-ended
  - No “why” questions



## ORID Model

| LEVEL  | QUESTIONS   |
|--|---|
| <b>O – Objective</b><br><i>Describing the Facts</i>        | Asking what feelings did you see?<br>What phrases or images do you remember?                        |
| <b>R – Reflective</b><br><i>Personal/Emotional level</i>   | How does it relate to you? How was your experience same or different?                               |
| <b>I – Interpretive</b><br><i>Identify the root causes</i> | Why do you think this happens?<br>What is the cause of the situation?<br>How do we face this issue? |
| <b>D – Do</b><br><i>Call to Action</i>                     | What should we do about this?<br>What will help us act?   |



## Closed vs Open Questions

|   |  |
|---|--|
| Did your Aana your Aata take you berry picking? | How did berry picking go with your Aana?                                 |
| Do you enjoy playing basketball?                | I see that you enjoy playing basketball. What do you like most about it? |
| Is math your favorite subject?                  | Will you tell me about your favorite subject in school?                  |
| Did you go hunting yesterday?                   | What was your hunting experience like?                                   |



## Holding a Group Discussion III Opening the Workshop

- Welcome and introductions
- Share info about SITV and the purpose of watching
- Establish group guidelines (see tips on next slide)
- Let youth know how the workshop is structured
  - Play movie and then open the discussion
  - Play interviews and then open the discussion
  - Or show both back to back and then open the discussion
- Encourage youth to reach out if anything in the movie, interviews or discussion upset them



## Establish Group Guidelines

- Ask youth to come up with group rules
  - Respect everyone in the room (what does that look like?)
  - Everyone has an opportunity to share
  - Confidentiality – what is said in the room stays in the room
- Ask youth if they agree with the rules they came up with



## Holding a Group Discussion IV Movie Discussion

- Topics covered at beginning of the movie:
  - STDs
  - Relationships
  - Sex
  - Trusted adults
- Discussion questions on page 13 of the facilitator guide.



## Middle of the Movie

- Topics covered:
  - Goals
  - Going to college
  - Partying
  - Casual sex
  - Pressure to drink
  - The accident
- Discussion questions on page 14 of the facilitator guide.





## After the Crash

- Topics covered:
  - Goals
  - Drinking and violence
  - Having a trusted adult in life
- Discussion questions on pages 14 - 15 of the facilitator guide.



## Holding a Group Discussion V Interview Discussion

- Interview topics:
  - Sex and STDs
  - Setting Goals
  - Alcohol Abuse and Domestic Violence
  - Trusted adults
- Discussion questions for interview segment on pages 15-16 of the facilitator guide.



## Wrap-up Questions

- What stuck out for you?
- What interested you the most about the movie? The interviews?
- Tell me something thing that you learned from the movie?
- What do you think we can do to help youth to protect their sexual health? To not drink? To stay focused on goals?
- What can adults do to support or help youth live healthier and safer lives?
- What can we do to celebrate those who choose to live an alcohol-free, drug-free and STI-free lifestyle?



## Holding a Group Discussion VI Closing the Group Session

- Ask everyone if for suggestions, questions, need for information or anything else to share
- Distribute and talk about available resources
- Let youth know about [iknowmine.org](http://iknowmine.org) where they can get additional info
- Thank everyone for their participation and invite them to consider yourself as a resource if needed

