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

How to host a SITV youth workshop
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

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**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

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

Closed vs Open Questions

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Did your Aana your Aata take you berry picking?</td>
<td>How did berry picking go with your Aana?</td>
</tr>
<tr>
<td>Do you enjoy playing basketball?</td>
<td>I see that you enjoy playing basketball. What do you like most about it?</td>
</tr>
<tr>
<td>Is math your favorite subject?</td>
<td>Will you tell me about your favorite subject in school?</td>
</tr>
<tr>
<td>Did you go hunting yesterday?</td>
<td>What was your hunting experience like?</td>
</tr>
</tbody>
</table>
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 where they can get additional info
• Thank everyone for their participation and invite them to consider yourself as a resource if needed