

SAFE *in the* VILLAGE

Facilitation and discussion guide
to open conversation about sex,
alcohol, and peer pressure.



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

*HIV/STD Prevention
Program*

iknowmine.org

SAFE IN THE VILLAGE FACILITATION GUIDE

Dear Reader,

Safe in the Village (SITV) is a video program to help open up conversations about healthy relationships and safe behaviors with Alaska Native youth. To create SITV, we talked to almost 100 youth in rural Alaska. We also asked tribal leaders, health care providers, educators, parents and other community members for help in making SITV.

Although the story is not real, the messages and skills shown are. Here are some of the key messages:

- » Respect other's choices to delay sex
- » Stand up against harassment
- » Talk with trusted adults
- » Say no to alcohol and drugs

Talking is the first step in creating healthier communities. We hope that SITV sparks conversations that help young people make healthy decisions in life and in the end, help prevent sexually transmitted infections (STIs) and HIV, drug and alcohol abuse, dating violence or unplanned pregnancy.

Thank you for opening a safe space for the young people to come together and share stories.



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**Gunalchéesh, Qu yana, Bassee, How'aa, Taikuu, Tsin'aen,
Igamsiqayugvikamkin, Qagasaakun, Chin'an, Thank you. To
all the community members, youth, and Tribal partners who
helped develop Safe in the Village.**

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WHAT IS SAFE IN THE VILLAGE?

Safe in the Village (SITV) is a video program to help start discussions about sexually transmitted infections (STIs) and healthy relationships. SITV is for Alaska Native youth ages 15-19, but can be used with younger teens, including middle school aged youth.

The SITV movie shows safe behaviors to deal with peer pressure around relationships, friendships, and alcohol. It also shows how decisions affect one's future and the importance of having trusted adults and goals in life. In interviews that follow the movie, actors also discuss these topics.

Key Messages in the Videos

Sex and STIs

- » STIs are a preventable health problem and talking about them is the first step towards prevention.
- » Sex can have serious effects like unplanned pregnancy and STIs.
- » Get tested for STIs by a healthcare provider before having sex with a new partner.
- » Community Health Aides (CHAs) are trustworthy healthcare providers who treat personal information as confidential.
- » Those under 18 have the right to seek treatment and testing for STIs without parental consent.

WHAT IS SAFE IN THE VILLAGE?

- » Respect people's decision to delay sexual activity.
- » It is ok to say "no" or delay having sex to reach goals – "I will focus on graduating from high school before making such an important decision in life."

Interpersonal/Domestic Violence

- » A healthy relationship means giving each other personal space to do independent activities.
- » If you see harassment or violence, stand up and speak out against these acts.

Having Trusted Adults

- » Families can have open communication about sexual health that includes talking about STIs and HIV.
- » It is important to have a trusted adult to talk with.
- » Elders are a good source of information on relationships and life.

Alcohol Abuse

- » It is okay to say no to drinking and taking drugs, and still have friends to hang out with.
- » When you party or drink, surround yourself with people you trust.
- » Using alcohol or drugs leads to taking risks that a person may otherwise not take.

- » Choose traditional activities over partying and drinking.

HOW TO USE THE VIDEOS

We recommend that group leaders watch the videos before deciding on how to show SITV and adapt the suggested questions in this guide to best fit their group's need.

SITV has two main parts to open up discussion with youth; the first part is the movie itself (34:32 min.) and addresses:

- » Friendships
- » Relationships
- » Making good decisions
- » Sexually Transmitted Infections (STIs – see the glossary at the back of this manual for a full list of terms)
- » How alcohol can affect goals and decisions
- » Having a trusted adult to talk to

The second part is the interviews with the SITV actors (25:21 min.) :

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

ABOUT THIS GUIDE

This guide is written for two sessions, one for the movie and one for the interviews. You can either first watch the movie followed by a group discussion and then watch the interviews followed by a group discussion, or watch the movie and the interviews back to back and then discuss both. Please feel free to adapt the sessions to the needs of your group.

Other Considerations

Elders: Are you going to have an Elder present? If so, make sure they see the movie beforehand so that they may speak to the topics brought up in the movie. The involvement of an Elder who is supportive of the SITV messages and the goals of the program can make the experience for youth even more positive and impactful.

Young children: Although the topics are suitable for discussion in a family setting, SITV was made for youth ages 15-19 and the group discussions may not be OK to have in front of young children. If youth outside this age range participate, you may want to have multiple showings for the different ages or grades or even genders.

ABOUT THIS GUIDE

This guide was created to help adult or youth group leaders open up discussions with youth on sexual health and relationships after watching the SITV movie and actor interviews.

If a youth is leading the discussion, we recommend at least one adult group leader is present to help with the discussions and to answer questions. The group leader does not have to be an expert in the topics shown in this movie. The role of the group leader is to create a safe space for an open discussion and to help youth connect with resources and experts in the community.

HOLDING A SITV GROUP SESSION

1. **Approximate Time Needed:** 1.5 - 2 hours for Movie Session and 1-2 hours for the Interviews Session.
 - a. You can show the SITV movie and SITV interviews at different times. For example, you can show the movie itself in the morning and the interviews in the afternoon or the movie on one day and the interviews the next day.
 - b. Another option would be to show the movie and the interviews back to back. Run time of the movie (34:32 min.) and the interviews (25:21 min.) is 59:53 minutes.
2. **Maximum Number of Participants:** 20
 - a. The group can be larger (20+ to 50) if there are multiple group leaders to lead small groups of 10 in discussion after watching the movie in a large group.
3. **Group Options:** Co-ed, all boys or all girls. The benefit of having all boys or all girls is that the participants may feel more open to talk about

sexual health and relationships if the opposite sex is not present. You can also show the movie to everyone at once and then break into separate gender groups for the discussions.

Group Leader's Preplanning Tasks

Review the key messages.

- » Watch the movie and interviews before showing them to the youth. Write down the questions about the key messages to ask during discussion (also see the Discussion section later in this guide for suggested questions).

Setting Up the Space

- » Secure space to show and discuss the videos.
- » Visit the space to see how the area should be set-up. For example, in a semi-circle format, around a table or classroom-type layout, etc. Make sure the area looks inviting and allows for easy conversation.
- » You will need speakers, a projector, a screen and either a laptop or a DVD player to show the movie.
- » Have snacks for youth.

Providing Resources

- » Consider having handouts about STIs, healthy

relationships, STI testing and condoms if appropriate.

- Visit www.iknowmine.org/sitv to order free handouts, condoms and where to get region specific resource guides.
- Feel free to copy the statewide resource list in this guide to distribute to the participants.
- » Do you have a counselor or a behavioral health aide that you can invite or refer youth to if they need to talk to somebody in private? (Please review the possible symptoms of distress at the back of the manual to help you be able to tell if a participant is feeling upset.)

Additional tasks

- » Provide paper and pens in case people want to write down their questions or feedback.
- » Be open with youth participants and parents/guardians of the youth under 18 about the content of the movie and interviews.

Leading a Session

Establish Group Guidelines

Each group can make its own rules for a safe discussion, but here are a few suggestions to talk with participants about:

- » Respect everyone in the room.

- Ask participants what it looks like to show respect.
- » Everyone has an opportunity to share.
- » Respect those who may not want to talk.
 - Confidentiality – what is said in the room stays in the room. **Please note:** confidentiality does not apply if a child or an Elder is being abused. Alaska State law requires this type of abuse to be reported to the authorities – please talk to your organization on how to handle situations like this.
 - Learn more about reporting abuse from the State of Alaska at www.iknowmine.org/sitv.
- » Invite and encourage participants to speak up or talk to someone they trust if they are emotional or upset because of something they saw in the movie or in the interviews.
- » Ask participants if they agree with the group rules or if they would like to add something.
- » Establish time limits, including the ending time.

Establish the Group Process

- » Share how SITV will be shown and the purpose for watching.
- » Share that there will be discussions about the movie and the interviews
- » Although personal stories may be told, it is important that the group leader keep questions and discussions focused on topics in

the movie and towards what the community can do – please encourage youth to think how the topics relate to their community and what they can do to make positive change.

- When the group gets off topic, gently guide them back to the question asked or give a new question for the group to discuss.

Opening the Group Session

- » Welcome everyone and do introductions.
- » Share information about SITV and the purpose for the viewing and discussion; cover the ground rules and ask the group to add extra ground rules.
- » Please visit www.iknowmine.org/sitv for materials and additional resources for sharing SITV with your community..
- » Choose “Play Movie” from the DVD menu; then open up a discussion using the questions in the “Movie Discussion” section.
- » After the movie discussion is complete, choose “Play Interviews” from the DVD menu; then start a discussion using the questions listed in the “Interviews Discussion” section.
- » You can also show the movie and interviews in a single showing and open up discussion using questions from both “Movie Discussion” and “Interview Discussion” sections.

Movie Discussion

The movie has many topics, but the main topics are alcohol, dating violence, sex, STIs, trusted adults and setting goals.

You will be using the ORID Dialogue Model to facilitate the group discussion(s). ORID is:

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

When using this model, ask open-ended questions and **do not ask yes or no questions**. Write down what you are going to ask before showing the movie. The following sections have some suggested questions to help you keep the conversation focused.

Feeling nervous? Check out our Frequently Asked Questions and Tips for ORID discussions at www.iknowmine.org/sitv.

For discussion, the movie is divided into three parts: "Beginning of the Movie", "Middle of the Movie," and "After the Crash - Middle to End of the Movie". You do not have to ask every question, but do ask at least one question for each of the scenes described in the three parts.

Beginning of the Movie

Topics covered in the beginning of the movie are STIs, relationships, sex, and trusted adults.

- » The movie opens up with Ben, Sara and Matt hanging out and then going to a health presentation.
 - o How do you feel about a community presentation you have attended? What do you know about STIs? What about STIs in our community?
 - o Why do you think Ben does not want to go to the health talk? When you do not want to go somewhere, how do you make yourself go?
 - o What can you do to encourage your friends and/or yourself go to a youth presentation? What could adults do to help talk about health topics you care about?
- » Next, the three friends, Ben, Sara and Matt are at the community presentation, and they meet Lonnie Dangerous for the first time.
 - o What do you remember about the presentation by Lonnie Dangerous?

- What does Lonnie say that relates to you? Has someone said some of the same things to you?
- Why do you think Lonnie gives these kinds of talks?
- What do you do to focus on your goals?

Middle of the Movie

Topics covered in the middle of the movie are goals; going to college, partying, casual sex, pressure to drink, and the accident.

- » Ben, Sara and Matt are at a party. Ben crashes the Honda and is grounded.
 - What did you see happening at the party?
 - What do you think is happening between Ben and Sara? Ben and Matt? What does this remind you of with your own friends?
 - What do you do when friends are pressuring you to do something that you do not want to do? Who in your life would leave with you like Matt did with Sara?
 - What would help you and your friends to say no to drinking alcohol? What can you do to help a friend being pressured into sex as Sara was? What can you do to encourage other youth to not drive when they have been drinking?

After the Crash – Middle to End of Movie

Topics covered in the middle to the end of the movie are about goals; drinking and violence, and having trusted adults in your life.

- » Sara and Matt feel bad for leaving Ben at the party but stay focused on the goal of singing with Lonnie. Matt's mom talks to him about drinking and relationships. Jon talks about how he was a trusted adult for Lonnie.
 - o What part of the movie did you focus on most?
 - o What did you notice about Matt's relationship with his mom?
 - o How does what happens in the movie relate to our lives? Our communities?
 - o What do you think is the impact of alcohol on our friendships? On our relationships? Our community? How do you face the issue of alcohol?
 - o What can we do to make less the impact of alcohol and STIs in our communities?

Interviews Discussion

There are four topics covered in the interviews: Sex and STIs, Setting Goals, Alcohol Abuse and Domestic Violence, and Trusted Adults.

Interview Questions

Ask the following questions after each topic or after you show all the interviews:

- » What did you hear? What do you think the actors are trying to say?
- » What was something one of the actors said that you could relate with?
- » What did you learn from the interviews?
- » What is the impact of alcohol upon our culture?
- » What is the impact of STIs upon our culture and community?
- » How do the interviews relate to our community?
- » How can we change these issues? As one person? As a community?
- » What will you do differently after seeing the interviews?
- » What can we, as a group, do next?
- » How do we celebrate when we succeed? Our traditions? Or our community?
- » Anything else we should consider or do?

Wrap-Up Questions for Movie & Interviews

- » What stuck out for you?
- » What interested you the most about the movie? The interviews?
- » Did you learn something new from the movie? From the interviews?
- » Are you going to do something differently after watching the movie? The interviews?
- » What do you think we can do to help other youth protect their sexual health? To not drink? To stay focused on goals?

- » What can adults in our community 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?

Closing the Group Session

After all the discussions are over:

- » Ask everyone if there are any more suggestions, questions, or need for information, or if they can think of anything else they would like to share.
- » Distribute and talk about available community and statewide resources.
- » Let the group know about the **iknowmine.org** website, where the SITV webpage is and where they can get additional information.
- » Have an optional discussion about setting goals; please see the Appendix II for a suggestion on how to have this conversation.
- » Close the session.

APPENDICES

Appendix I - Symptoms of Distress

If you see someone showing one of these feelings during your discussions, please check in with them one-one-one and not in front of the group.

- » Agitated/Angry
- » Depressed, withdrawn, pulling away from the group
- » Irritable, short tempered, frustrated easily
- » Nervous (pacing, nail biting, fidgeting, restless)
- » Looking anxious
- » Look like they are fighting back tears
- » Frequently excusing themselves

Please see more information on stress symptoms, signs and causes at: helpguide.org/mental/stress_signs.htm

Appendix II – Setting Goals Conversation

If you want to have a conversation about setting goals as an added activity, here is a suggested way to talk about goals.

Setting Goals

Setting goals allows you to choose how you want to move through life. Reaching some goals can take a lifetime to realize, while others can be completed in a day. Goals can change. You may find as you are doing one goal another opportunity may come up and may change one of your goals and this is OK, it is about how *you* want to move through *your life*.

Questions to consider when setting goals:

- » Where am I now? What makes me happy?

- » What do I want to achieve?
- » Where do I want to be tomorrow? At the end of the school year?
- » What do I want to do when I graduate from school?
- » What do I want to do when I _____?
- » What do I want to do with my life this year?
- » What specific steps will I need to take to meet my goal(s)?
- » How long will it take for each step?
- » What do I need to do to meet each step?

Once you set your goals, write down your goals and make them your priority:

- » Writing helps you remember and move your goals from a thought to something that you are doing.
- » Remind yourself of what you want to achieve frequently.
- » Do one thing every day that brings you closer to your goals.
- » Track your steps. Sometimes you will need to take small steps for some goals that require a longer amount of time.
- » Check in with yourself frequently on the steps and goals you have set for yourself to help you stay focused on your goals.
- » Surround yourself with people who are goal-focused too.
- » Most important, once you reach your goal – Celebrate It!

Setting goals is clearly stating what you want to

happen and what you have to do to get there. Keep your goals simple, doable, and relevant to what you want to do with your life.

Appendix III – Glossary

Term/Phrase – Definition

- » **AIDS** – Acquired Immune Deficiency Syndrome. The most advanced stage of HIV. If not treated by a doctor it has very bad health problems and can lead to death.
- » **Anal Sex** – When a man puts his penis into their partner's anus (butt).
- » **HIV (Human Immunodeficiency Virus)** – A virus that can lead to AIDS that is shared through fluids during sex or through blood or breast milk. With treatment from a doctor, people with HIV can live as long those without HIV.
- » **Oral sex** – When someone puts their mouth on someone else's genitals (penis, vagina, or anus).
- » **Personal rules** – Rules that you set for yourself about the things you will and will not do.
- » **Put you down** – When someone does or says something to make you feel bad or belittle you.
- » **Reduced risk** – Less likely to happen.
- » **STI** – Sexually transmitted infection.
- » **Vagina** – The canal where a baby comes out.
- » **Vaginal sex** – When a man puts his penis into a woman's vagina.
- » **What is Chlamydia?** – Chlamydia is a STI

caused by bacteria. It can have long-lasting health problems if not cured. People catch it by having sex with someone who has chlamydia. It can be cured with antibiotics from your healthcare provider. Chlamydia often has no symptoms and the best way to find out if you have it is to get tested.

- » **What is Gonorrhea?** – Gonorrhea is a STI caused by bacteria. Like Chlamydia it can have long term health problems, like not being able to have children. People catch it by having sex with someone who is infected with the bacteria. It can be cured with antibiotics from your healthcare provider. It often does not show any symptoms so the best way to find out if you have it is to get tested.
- » **What is a STI?** – An infection that is passed on from one person to another during sex without a condom. They infect both men and women.
- » **What is STI testing? Or “getting tested?”**
– A test you can do at your local clinic that means peeing in a cup, giving a small amount of blood, or having your vagina/penis/anus/throat swabbed with a Q-tip. Chlamydia, gonorrhea, syphilis, trichomoniasis, and HIV are all STIs that can be tested for in the body.
- » **What is Trichomoniasis?** – Trichomoniasis also known as Trich, causes health problems in the vagina and anus. It can be cured with antibiotics from your healthcare provider after being tested for trichomoniasis. Trich also rarely shows any symptoms.

Statewide and National Resources for Youth

Sexual Health

iknowmine

www.iknowmine.org

Text "4HEALTH" to 313131 to ask confidential questions on sex, relationships, STI's, and more. Free online condom and at-home STI test kits.

Scarleteen

www.scarleteen.com

Services include national text service, message boards, live chat service, and advice column.

Healthy Relationships & Emotional Health

Love is Respect

www.loveisrespect.org

Text "loveis" to 22522 to text with an advocate about your relationship, chat online at loveisrespect.org, or call 1-866-331-9474. 24 hours a day, 365 days a year.

Alaska Careline

www.carelinealaska.com

Suicide Prevention and Someone to Talk to helpline. Call anytime: 1-877-266-4357 or text "4HELP" to 839863 3-11pm Tuesday-Saturday.

Substance Abuse

NIDA for Teens

www.teens.drugabuse.gov

The science behind drug abuse and guides on how to help.

National Helpline

Call anytime: 1-800-662-HELP (4357)

The National Helpline is a treatment referral and information service for mental health and substance abuse.

Credits

Alaska Native Tribal Health Consortium

HIV/STD Prevention Program

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Taikuu

Igamsiqanaghalek

Quyana

Thank you