



STAND Together

Activity Purpose: Support youth in connecting what they have learned to the future they want for themselves and their communities.

Youth will:

- Describe what they learned during the Native STAND program.
- Identify strengths and opportunities for improvement in the program.
- Set goals for their group and community after the program ends.

Activity Outline	Core Content Components	Instructional Method	Timing
1 Welcome & Introductions	<ul style="list-style-type: none"> • Welcome Students • Review last lesson • Question Box • Words of Wisdom (WoW) 	<ul style="list-style-type: none"> • Mini-Lecture • Q&A • Cultural Teaching 	5 minutes
2 Native STAND Review	<ul style="list-style-type: none"> • Review Program Topics • Apply What We Learned • Reflect on What we Learned 	<ul style="list-style-type: none"> • Mini-Lecture • Small Group Discussion • Large Group Discussion 	10 minutes
3 Program Reflection & Feedback	<ul style="list-style-type: none"> • Introduce Feedback Activity • Positive Feedback • Opportunities for Improvement • Recommendations & Advice for the Future 	<ul style="list-style-type: none"> • Mini-Lecture • Brainstorm 	15 minutes
4 STAND Together	<ul style="list-style-type: none"> • Review Goals • Discuss Group Goals • Share Group Goals 	<ul style="list-style-type: none"> • Mini-Lecture • Small Group Discussion • Large Group Activity 	15 minutes
5 Closing	<ul style="list-style-type: none"> • Next Steps • Q&A • WoW 	<ul style="list-style-type: none"> • Mini-Lecture • Q&A • Cultural Teaching 	5 minutes

Materials:

- Question Box (QB)
- Yarn ball(s) and other craft supplies for the STAND Together Activity
- Scissors
- Chart paper and markers
- Post-It Notes

Handouts:

- Facilitator Resource 18.0: Native Wellness Model Posters

Preparation:

- Display Words of Wisdom (WoW)
- Hang the Native Wellness Model Posters in different areas around the room.
- Write the discussion prompts for the Native STAND review on a flipchart or on the board.
- Prepare flipchart pages for the feedback activity.
- Optional: Some Native STAND classes end the program with a Graduation Ceremony, special event, meal, or award students with a Certificate of Completion.

1. Welcome & Introductions



5 minutes, Large
Group Activity

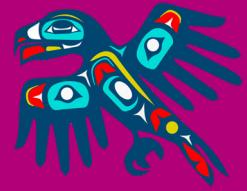
- Welcome Students
- Remind the group that today is the last session.
- Ask if anyone has questions before we get started.
- Ask a student to read today's Words of Wisdom:



Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together."

- Chief Seattle/Sealth/Si'ahl

2. Native STAND Review



10 minutes,
Small Groups

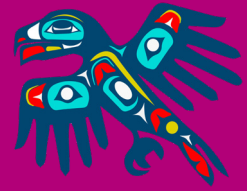
- **Say:** Over the last 17 sessions, we have covered a lot of topics, including what it means to be a peer advocate, our culture, diversities and identities, what we want for our future, our relationships and life goals, sexual health and preventing pregnancy and STIs, as well as drugs and alcohol, and how to care for ourselves as whole people.
- Today we're going to talk about what we've learned and think through how to apply our knowledge to reduce our own risks while also STANDING together to support our friends, peers, and community in making positive decisions for the future.
- **Applying What We Learned:** Break students into small groups of 3-4, handout sticky notes, and ask them to brainstorm responses to the following questions:
 - What does being a peer advocate mean to you?
 - What will you do to be a peer advocate in your school or community?
 - What did you learn from the Native STAND program?
 - What will you do to make positive decisions for your future?
- **Stick-em Up!** Give students ~8 minutes to discuss together and write their thoughts on individual sticky notes. When they have some ideas ready, ask them to post their sticky notes on flip charts with the question prompts.
- **Reflect on What We Learned:** Once everyone has posted their sticky notes, ask for volunteers to share some of their ideas from each group. Give each group ~3 minutes to share their thoughts.
- Thank the students for their participation and ideas.

3. Program Reflection & Feedback

15 minutes, Large Group Discussion

- **Introduce Feedback Activity:** Let the students know that their participation and contributions throughout the program have been so important and valuable. One final way they can contribute to the ongoing development of Native STAND program for future youth who will go through the program is to provide feedback on the program.
- **Positive Feedback:** Say, “let’s start with positive feedback about what you liked about the program, activities and resources.” Take notes about their feedback on flip chart paper or on the board.
- **Opportunities for Improvement:** Next ask, “what opportunities do you see for improving Native STAND?” Take notes about their feedback on flip chart paper or on the board.
- **Recommendations & Advice for Future Native STAND participants:** Finally ask, “what recommendations or advice do you have for future peer advocates going through the Native STAND program or future facilitators of the program?” Take notes on their feedback on flip chart paper or on the board.
- Thank students for their feedback.

4. STAND Together



15 minutes,
Small Groups

- **Review Goals Activity:** Ask students to recall the goal setting activity they did in Lesson 9 where they thought about goals for today, tomorrow, and the future, which included goals for their culture, their life, their relationships and their impact on their community.
- **Point out the Native Wellness Model Posters hung around the room that read:**
 - Our Culture
 - Our Lives
 - Our Relationships
 - Our Impact
- **Small Groups:** Ask them to select one of the four posters they feel most drawn to and move to it to form small groups. If any of the posters don't have anyone at them, ask for a few volunteers who feel open to moving there to form a group there.
- **Group Goals Discussions:** When they arrive at the poster, ask them to talk as a small group about some goals they would like to see their class of Native STAND peer advocates accomplish as a group today, tomorrow, or in the future. Give each group 5-8 minutes to discuss in their groups.
- **Prepare:** Ask each group to prepare to share at least one of their goals with the large group. Prepare to have each person in the group take a turn speaking (even if it's only one word).
- **Sharing Group Goals:** Once time is up, ask for a group to volunteer to share their group goals first. Ask all groups to move closer into the room to each other and form a circle in the order that they will speak for their group. Once the first group is ready to share hand the first person the ball of yarn and ask them to pass it to the next person who speaks.
- Once each group has shared their goal for the group, thank them for their ideas and thoughts and share a hope you have for their future.

- **Say:** Just as we developed individual goals for our culture, life, relationships and impact on our communities, it's important to remember that we are also part of a community, a history, and a culture that lives inside each of us as individuals.
- To be able to thrive as a whole community, we have to take steps on our own toward a positive future and we have STAND together with each other, so our community has a positive future too.
- While we'll leave our class today, we always have an opportunity to remember each other, remember what we learned, and to support each other in building a strong, healthy community that is moving to a hopeful future.
- **Gift of Remembrance:** Ask each student to cut a piece of string from the circle to take with them as a reminder to be a peer advocate for their community.

Facilitator's Note

You can use a single ball of yarn for this activity or use a different color of yarn for each group then create a small braid for each student to take with them.

If you have more time and resources, you can use beads or other supplies to turn the braid into a keychain that students can tie onto their backpacks. Or purchase a small memento to gift to the students to remind them of their time in Native STAND.

Some Native STAND classes end with a Graduation Ceremony, a special event, meal, or award students with a Certificate of Completion.

6. Closing



5 minutes,
Large Group

- **Next:** Thank the students for their feedback and let them know you look forward to seeing the great things they do in the future. If there is an opportunity for them to stay involved with your organization or participate in other programs, let them know what those opportunities are!
- **Ask** if there are any questions before you close.
- Ask for a volunteer to read the final Words of Wisdom (WoW).



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- Chief Seattle/Sealth/Si'ahl

- Adjourn

**Native
STAND**

Students Together Against Negative Decisions

**Facilitator
Resource 18.0:**
Native Wellness
Model Signs

Our Impact

Instructions:

Talk as a small group about goals you would like to see your class accomplish together – today, tomorrow, or in the future.

Our Culture

Instructions:

Talk as a small group about goals you would like to see your class accomplish together – today, tomorrow, or in the future.

Our Lives

Instructions:

Talk as a small group about goals you would like to see your class accomplish together – today, tomorrow, or in the future.

Our Relationships

Instructions:

Talk as a small group about goals you would like to see your class accomplish together – today, tomorrow, or in the future.