

Family Preservation Idea Guide



FAMILY PRESERVATION IDEA GUIDE

Passed down through untold generations, our traditions teach there are certain ways of behaving and working together as a community leading to healthy, successful communities in balance. Among these teachings are lessons about the differing roles and responsibilities of men and women – as a couple and as parents.

These teachings reflect all areas of daily life. Who hunted? Who gathered? Who crafted needed goods? Who taught the children? Who guided the spirit? Who was responsible for each facet of the community? Each person in the village learned the same stories and teachings, and as a response to these shared teachings, behaved in similar ways.

With thousands of tribal villages across the continent and hundreds of different ideas about what makes a successful community, there is no typical village setting. There are, however, many teachings about family that most native people seem comfortable in identifying with. Among them, women were honored and valued for their gift of bringing new life into the world. Many tribes placed additional responsibilities upon men to balance the pain of childbirth.

The men were likely the hunters. They were not only responsible for preparing their hunting tools, but also responsible for physically, mentally and spiritually preparing themselves for the hunt. The women were likely the gatherers. They monitored the seasons and gathered medicines, roots, berries, and other items at the appropriate time of year. The men were responsible for teaching young boys the lessons they needed to transition from childhood to manhood. The women were responsible for teaching young girls the lessons they needed to transition from childhood to womanhood.

Differing male and female roles brought balance to the family and were respected. Men and women counted on each other to maintain a healthy and successful community.

“The families lived together. The people respected and cared for their elders. The aunties, the uncles, and the grandparents helped watch over the children. Life’s teachings were passed from one generation to the next. The children were raised to be productive members of the village, ready to lead the next generations...”

-Pam and Gordon James, from the play “Humpie Season”.

The two agendas that follow provide examples of a four-hour workshop and a full-day workshop.

Family Preservation Idea Guide

4-Hour Agenda

Trainer Agenda

8:00 Welcome everyone to the workshop. Open in a culturally appropriate way. Allow for introductions where necessary. Begin with an icebreaker/energizer activity to gain focus, build energy and participation, and set the tone for the workshop.

8:15 Topic: Our History

Begin with a large group exercise, *Culture Walk* (activity) to demonstrate that many participants have similar experiences. Lead a discussion based on the *Characteristics of Life Experiences* (handout), sharing real-life experiences of the behaviors. Individually, have everyone complete the *Trauma Web* (activity). As a group, process the thoughts and feelings that come from the activity.

9:45 Break

10:00 Topic: Moving Forward

Guide a group discussion of the *Seven Gifts* (handout). Explore what different parts mean to the group and how participants may be implementing these elements into their families. Brainstorm as a group how everyone might incorporate more of these teachings into a balanced life.

10:45 Topic: Walking in Two Worlds in a Good Way

Have the group discuss what a healthy community could look like to begin brainstorming for the next activity. Divide the participants in the way deemed appropriate to *Draw a Healthy Community* (activity). Provide the needed supplies and encourage the creativity of the participants. Complete the activity by having each person, family, or small group take turns and share their vision with the rest of the group.

11:45 Topic: Homework

To complete the day, have people individually complete *Three Steps to Changing a Habit* (handout) as homework to take with them.

12:00 Closing

Family Preservation Idea Guide
4-Hour Agenda
Participant Agenda

8:00 Welcome
Introductions
Ice Breaker

8:15 Topic: Our History
Culture Walk (activity)
Characteristics of Life Experiences (handout)
Trauma Web (activity)

9:45 Break

10:00 Topic: Moving Forward
Seven Gifts (handout)

10:45 Topic: Walking in Two Worlds in a Good Way
Draw a Healthy Community (activity)

11:45 Topic: Homework
Three Steps to Changing a Habit (handout)

12:00 Closing

Family Preservation Idea Guide

Full-day Agenda

Trainer Agenda

9:00 Welcome everyone to the workshop. Open in a culturally appropriate way. Allow for introductions where necessary. Begin with an icebreaker/energizer activity to gain focus, build energy and participation, and set the tone for the workshop.

9:15 Topic: Our History

Begin with a large group exercise, *Culture Walk* (activity) to demonstrate that many participants have similar experiences. Lead a discussion on the *Characteristics of Life Experiences* (handout), sharing real-life experiences of the behaviors. Individually, have everyone complete the *Trauma Web* (activity). As a group, process the thoughts and feelings that come from the activity.

10:30 Break

10:45 Topic: Gender Differences

In a large group, lead a discussion about *Hunters and Gatherers* (handout) to assure that everyone understands the concept of gender difference affecting behavior. Breaking into small groups, have everyone discuss their own experiences. Bring the room back together and have groups check in with each other about these experiences. As a large group, review and discuss *Giving Effective Feedback* (handout).

11:15 Topic: Healthy Conflict Resolution

Begin with a discussion about the different causes of conflict with *What is Conflict?* (handout). Then discuss various habits we bring into conflict as *The Seven Fs of Conflict* (handout). Guide participants as they individually complete the questionnaire *Your Behavior During Conflict* (activity). Depending upon the preparedness of the trainer, the group, and the setting, this may be an opportunity to discuss the impacts of family violence. Upon completing the activity, discuss the results as a group. Complete the topic by sharing *Collaborative Conflict Resolution* (handout).

12:00 Lunch

1:00 Topic: Healthy Communication

Open the topic with discussion of *Coyote Language* (activity). Moving into different small groups, have each group identify at least five other examples of coyote language happening around them. Bring the groups back together and have everyone share their examples. Individually, have participants complete *Listening Self-evaluation* (activity), and discuss their results with the person next to them. As a large group, review the *Six Words for Clear Communication* (handout).

1:45 Topic: Moving Forward as a Family

Guide a group discussion of *Positive Parenting* (handout) and the *Seven Gifts* (handout). Explore what the different parts mean to the group and how participants are implementing these elements into their families. Brainstorm as a group to encourage everyone to incorporate more of these teachings into a balanced life. Discuss how this might apply in different family settings (e.g., grandparents raising

grandchildren, single parent families, absentee parents, etc.).

2:15 Topic: Being a Family

Tape flip chart pages around the room labeled at the top with the eight topics of the *Relationship Roadmap* (activity). Divide the group into smaller groups of 4-6 people each. Have each group brainstorm at each of the lists, discussing the topic and writing their answers for 3-5 minutes before moving to the next page. After each group has had a turn at each list, have everyone return to their seats and as a large group, review and discuss the lists that were created. Encourage participants to do a more detailed personal version of the exercise at home. As a large group, discuss the information written on the flip charts. How does everyone feel about the written comments? Following the discussion of the topic, "Family-Wise," initiate a large group discussion on, "What does a family look like today?"

3:00 Break

3:15 Topic: Walking in Two Worlds in a Good Way

Have the group discuss what a healthy community could look like to begin brainstorming for the next activity. Divide the participants in the way deemed appropriate to *Draw a Healthy Community* (activity). Provide the needed supplies and encourage the creativity of the participants. Complete the activity by having each person, family, or small group take turns and share their vision with the rest of the group.

4:15 Topic: Life in Balance

Have everyone complete *Finding Balance* (activity) individually. As a group, discuss different ideas about balancing these priorities, and how this impacts the preservation of the family.

4:45 Topic: Homework

To complete the day have people individually complete *Three Steps to Changing a Habit* (handout) as homework to take with them.

5:00 Closing

Family Preservation Idea Guide

Full-day Agenda Participant Agenda

- 9:00** Welcome
Introductions
Ice Breaker
- 9:15** Topic: Our History
Culture Walk (activity)
Characteristics of Life Experiences (handout)
Trauma Web (activity)
- 10:30** Break
- 10:45** Topic: Gender Differences
Hunters and Gatherers (handout)
Giving Effective Feedback (handout)
- 11:15** Topic: Healthy Conflict Resolution
What is Conflict? (handout)
The Seven Fs of Conflict (handout)
Your Behavior During Conflict (activity)
Collaborative Conflict Resolution (handout)
- 12:00** Lunch
- 1:00** Topic: Healthy Communication
Coyote Language (activity)
Listening Self-evaluation (activity)
Six Words for Clear Communication (handout)
- 1:45** Topic: Moving Forward as a Family
Positive Parenting (handout)
Seven Gifts (handout)
- 2:15** Topic: Being a Family
Relationship Roadmap (activity)
- 3:00** Break
- 3:15** Topic: Walking in Two Worlds in a Good Way
Draw a Healthy Community (activity)
- 4:15** Topic: Life in Balance
Finding Balance (activity)
- 4:45** Topic: Homework
Three Steps to Changing a Habit (handout)
- 5:00** Closing