

Fatherhood Idea Guide



FATHERHOOD IDEA GUIDE

Men and women often had clearly defined expectations within culture and traditions of the community, both having valued responsibilities for their contribution to the relationship, family, and community. Fulfilling these roles and responsibilities helped the village not only survive, but to flourish, and balance was critical in this endeavor.

The adult males were role models for the younger men. They held a responsibility to teach the lessons needed to become productive and valued members of the community. In turn, the young men were the role models for the younger boys. As babies transitioned into boys, boys into young men, and young men into mature adults, additional teachings and expectations were added along the way.

From the earliest years of contact between tribal and non-tribal people on this continent, there has been a continuing effort to assimilate native people to a different way of being. Many tribal peoples have been forcibly removed from their traditional lands, forced to change their traditional lifestyles, often punished for speaking their own language or for practicing their cultural ways. These and other traumatic experiences often involved a breakdown in traditional family systems of tribal community.

After untold generations have passed down the teachings about the balanced and respected roles of men and women from one generation to the next, families were being disrupted and disintegrated, which interfered with the successful transfer of knowledge. As a result, many tribal peoples became assimilated into a European mindset that typically placed men in dominant positions and women in significantly subservient roles. The teachings of one generation were not effectively passed on to the next and many parents found themselves unable to teach their children traditions of healthy behavior between men and women.

This assimilation often created a different thought process that reflected subsequent lifestyle changes. Many native people experienced young children sent to distant off-reservation boarding schools, were relocated to live adjacent to and serve the needs of mission settlements, and were forced into non-traditional roles, such as miners, farmers, and ranchers. These and many other disruptions to the traditional native family system disconnected men and women from their traditional roles and imposed different beliefs about the balance and respect between men and women.

While the experiences may have been different from one person or one community to the next, we do know that when faced with a traumatic experience, a person's behavior may change. And without some form of healing intervention, a person's behavior may become something more negative, or even dysfunctional. Today, many native families suffer significant dysfunction as many native men are not fulfilling some or all of their roles as healthy fathers helping to raise healthy families.

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

Fatherhood 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 group exercise, *Culture Walk* (activity), adjusting the topics to fit the fathers in the community and 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.

9:45 Break

10:00 Topic: Healthy Conflict Resolution/Healthy Communication

Begin with a lecture 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) and *Coyote Language* (activity). Pairing up participants, have each pair identify at least five other examples of Coyote Language. Bring the group back together and have everyone share their examples. Finish the topic by sharing *Collaborative Conflict Resolution* (handout).

10:45 Topic: Moving Your Family Forward

Guide a group discussion of *Positive Parenting* (handout) and *Loving Discipline* (handout). Explore what the different parts mean to the group, and how fathers may apply these concepts with their children. Brainstorm as a group how everyone might incorporate more of these teachings with their children.

11:45 Topic: Homework

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

12:00 Closing

Fatherhood Idea Guide
4-Hour Agenda
Participant Agenda

- 8:00** Welcome
Introductions
Icebreaker
- 8:15** Topic: Our History
Culture Walk (activity)
Characteristics of Life Experiences (handout)
Trauma Web (activity)
- 9:45** Break
- 10:00** Topic: Healthy Conflict Resolution/Healthy Communication
What is Conflict? (handout)
The Seven Fs of Conflict (handout)
Coyote Language (activity)
Collaborative Conflict Resolution (handout)
- 10:45** Topic: Moving Your Family Forward
Positive Parenting (handout)
Loving Discipline (handout)
- 11:45** Topic: Homework
Three Steps to Changing a Habit (handout)
- 12:00** Closing

Fatherhood 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 group exercise, *Culture Walk* (activity), adjusting the topics to fit the fathers in the community and 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.

10:15 Break

10:30 Topic: Healthy Conflict Resolution

Begin with a lecture 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). Upon completing the activity, discuss the results as a group. Complete the topic by sharing *Collaborative Conflict Resolution* (handout).

11:15 Topic: Healthy Communication

Open the topic with discussion of *Coyote Language* (handout). 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).

12:00 Lunch

1:00 Topic: Moving Your Family Forward

Guide a group discussion of *Positive Parenting* (handout) and *Loving Discipline* (handout). Explore what the different parts mean to the group, and how fathers may apply these concepts with their children. Brainstorm as a group to determine how everyone might incorporate more of these teachings with their children.

2:15 Topic: Passing Down Your Values

Begin the topic with a guided group discussion of the *Seven Gifts* (handouts). This will lead into the next exercise.

2:45 Break

3:00 Topic: Passing Down Your Values (continued)

Tape flip chart pages around the room labeled at the top with the eight topics of the *Relationship Roadmap* (activity) – considering what it is they want to teach their children in each of these areas. Divide the room 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. As a group, discuss the *Roadmap* exercise and what fathers may be taking away from it. Encourage fathers to do a more detailed personal version of the exercise at home.

4:00 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.

4:30 Topic: Homework

To conclude the day, have people complete *Three Steps to Changing a Habit* (handout). This will be the plan they can immediately begin applying to raising their children.

5:00 Closing

Fatherhood Idea Guide
Full-day Agenda
Participant Agenda

- 9:00** Welcome
Introductions
Icebreaker
- 9:15** Topic: Our History
Culture Walk (activity)
Characteristics of Life Experiences (handout)
Trauma Web (activity)
- 10:15** Break
- 10:30** Topic: Healthy Conflict Resolution
What is Conflict? (handout)
The Seven Fs of Conflict (handout)
Your Behavior During Conflict (activity)
Collaborative Conflict Resolution (handout)
- 11:15** Topic: Healthy Communication
Coyote Language (activity)
Listening Self-evaluation (activity)
Six Words for Clear Communication (handout)
- 12:00** Lunch
- 1:00** Topic: Moving Your Family Forward
Positive Parenting (handout)
Loving Discipline (handout)
- 2:15** Topic: Passing Down Your Values
Seven Gifts (handout)
- 2:45** Break
- 3:00** Topic: Passing Down Your Values (continued)
Relationship Roadmap (activity)
- 4:00** Topic: Life in Balance
Finding Balance (activity)
- 4:30** Topic: Homework
Three Steps to Changing a Habit (handout)
- 5:00** Closing