AHA Outline of the First Session

Session Ideas- July 6th-13th

3 DAYS A WEEK FOR 4 HOURS or

4 FOR DAYS A WEEK FOR 3 HOURS

1. Start out with brief introductions about U of M staff who we are and why we are here.
2. Pre test of what is a Healthy relationship?
3. Open the session up to the group with a brief introduction of themselves along with a fun fact and icebreaker.
4. Allow the group as a whole to set up the group norms and themes for the sessions.
   • Possible themes for later sessions
   • Control/Trust
   • Roles- roles for different cultural groups
   • Sexual harassment-
   • Relationship with yourself and with other people-
   • STD Transmission/ Healthy Activity Section
   • Media and the what is the perfect relationship/ Relationship with parents
   • Proper Interactions within the community
5. Current media topic from music or movie that addresses unhealthy relationships.
6. Allow for the groups to give their thoughts about the lyrics or scene. Ask them also to see what could be done to improve it.
7. Break/physical activity for the group
8. Break into single sex groups and focus upon gender roles.
   • Is there truth in stereotypes about differences between men and women?
   • Are men better drivers?
   • Are women better with children?
   • Are these differences natural?
9. Still in single sex groups Activity: Act Like a Man/ Act Like a Lady/ Gender in a bag.
10. Brief feedback session about activity.
11. (Activity)What would it be like if you woke up as the other gender....what would your day be like? (What you also dislike about the roles that you’re in.)
12. Discussion of the activities and feedback session.
13. Whole group feedback session-focus upon the different ideas of norms that arose within the boys and girls group. Why they felt that way and what they feel is different now that they have addressed it if any.
14. Post Test- Name something that you’ve learned today?