

Kaiyai Girl: Session Plan

Session 5: I am the boss of my own body.

Session overview: This session will help participants to:

- recognise potential hazards in the story
- predict possible problems from some behaviours
- identify ways of reducing the risks and harms in order to stay safe and in control.

Related film sessions

Sessions 2 to 6 of the film can be used in sequence or as decided by the facilitator. The following scenes relate to the activities for this session and all revolve around the party hosted by Robbie and his mates.

Scenes relating to Session 3 outline the risks Missy takes if she has sex and/or sex without a condom and Session 4 has a focus on the consequences of those choices and related actions. Session 5 has the same group of related scenes as Session 4 however this session should be viewed taking into consideration Missy's choices whether to leave the party with Robbie; the implication being they will go off together and either have sex or not.

- [Scene 6](#) – Party gets started
- [Scene 6B](#) – Guys bragging, attempted drink spiking
- [Scene 6D](#) – Missy and her pals at the bar

In the interactive DVD the Choice Scene 3 has one of the boys asking Missy: *"Hey Missy, do you want a nice strong mix?"*

- [Scene 7A](#) – Missy goes hard on the grog [Missy says: *"Yeah, I'm gonna go get pieces"*]
- [Scene 7B](#) – Missy eases off the grog [Missy says: *"Nah, I wanna settle down a bit now"*]

In the interactive DVD [Choice 4: Missy's choice to go for a walk with Robbie or not] Robbie asks Missy: *"Hey Missy, do you want to go for a walk or what?"*. Missy answers either:

"Nah, lets just hang out here, I'm not leaving town" OR

"Yeah, but let's hang here first then we go hey?"

- [Scene 8](#) – Party winds up

More information about the *Kaiyai Girl* film and links to other scenes is available from [The Film](#) pages (this site).

Strategy

To prepare for this session the facilitator should download all related resource sheets (refer to section at bottom of page) and have participants watch any of the related film scenes needed to provide the background story.

1. Brainstorm possible problems that can happen at parties young people attend. Record ideas on whiteboard. Revise some or all of the party scenes from the *Kaiyai Girl* film/DVD depending on time available.
2. Put participants into groups of three. Hand out a copy of **Resource Sheet 5.1: I am the boss of my own body cards** to each group (the cards show situations from the *Kaiyai Girl* party scenes). Participants are to cut the cards out and mix up.
3. Ask participants to re-sort the cards into three columns with the headings: *What's the problem? Why is it a problem?* and *What to do to stay in control and safe!* Participants may also think of other problems which can be written and added onto any blank cards.
4. Once each group has completed the activity ask them to compare their answers. The facilitator should show a completed e-copy of the resource sheet so that different answers can be discussed and corrections made about any myths and misconceptions. Participants can rearrange any of their answers to make sure they have the correct responses.
5. Hand out a copy of **Resource Sheet 5.2: I am the boss of my own body** to each participant and ask them to choose *one* of the problems discussed and *one* strategy (what to do) to stay safe and in control to write or draw on the worksheet.
6. Revise and reinforce the take home message and encourage participants to take their worksheet home to discuss with their caregiver.

Additional activity: Using the ideas from the *What to do to stay in control and safe!* cards, participants role play their responses in pairs or small groups in order to practise being assertive.

Discussion questions

- Why do some parties get out of control?
- What are some other problems that might happen at parties?
- Why might they happen at some parties and not others?
- What are some things you can do to help stop or reduce problems at parties?

- What are some things you can say to stay in control at a party?
- What are some things that you can say to help your friend/s stay in control?

Take home message

I will stay in control because I am the boss of my own body.

Links to background information

For more information about go the [Useful Links](#) section (this site). This page contains a list of organisations and resources that you may find useful to complement the information contained in the Kaiyai Girl sessions.

Related Resources (download)

[Resource Sheet 5.2 - I am the boss of my own body](#)

[Resource Sheet 5.1 - I am the boss of my own body cards](#)