

Kaiyai Girl: Session Plan

Session 7: Kaiyai Girl yarning

Session overview: This session will help participants to:

- work together to solve problems through practising decision-making skills, looking at options and consequences
- apply knowledge and understandings.

Related film sessions

There are no film/DVD scenes directly related to this session. It is however recommended that Session 7 can be used as a summary and revision session to ensure that participants have gained the essential knowledge of the concepts of relationships, sexuality, sexual health, alcohol and other drugs, and risky behaviours and have the opportunity to apply this knowledge and understanding in activities.

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. Remind participants that there were lots of decisions that people made in the film/DVD *Kaiyai Girl*. Some had positive consequences and some had negative consequences. All decisions have choices and consequences. Everyone has to make lots of decisions every day. Asks participants for examples of decisions they make every day.
2. Explain that it is important to think about the steps to making a decision (below) BEFORE **ACT**ing.
 - Ask questions to find out information and **answers**
 - Consequences – think about your **choices** and what could happen
 - Trust your feelings and use trusted people and information to **make** your decision.

3. In groups of three or four give out one scenario and the corresponding choices cut from **Resource Sheet 7.1: Kaiyai Girl yarning scenarios**. Provide each group with an A3 copy of **Resource Sheet 7.2: Decision-making model**.
 - The facilitator should **model** one of the scenarios to demonstrate the flow/direction of the decision-making process/model.
 - As a group discuss the two choices, the four possible consequences that might happen (negative and positive) and how individuals may be feeling following each of the consequences.
4. Following the discussion ask each group to now glue their scenario at the top of the decision-making model sheet and complete the process with four possible consequences and feelings.
5. Each group then decides on the **safest, best or most positive** consequence and records that at the bottom of the sheet with a reason why they chose that decision/consequence.
6. Each group prepares a short story (yarn) about the problem, the safest decision, the feelings and the possible outcome.
7. Ask participants to come back together as a whole group and share their stories.
8. Participants complete **Resource Sheet 7.3: Making decisions** by completing the missing letters. Remind participants to think about these steps to making a decision **BEFORE ACTING**.

N.B. If time allows each group could role play their story or practise assertive communication skills when making positive and healthy decisions in the scenarios. (It is not advisable to role play unsafe or unhealthy choices.)

Discussion questions

- Why is it important to think about choices and consequences before making a decision?
- Is it OK to change your mind once you have made a decision? Can you think of some examples of when it is important and OK to change your decision?
- Is the safest decision always the easiest decision? Why or why not?
- What things influence people's decisions?
- Why is it important to be the boss of your body?
- How can you be the boss of your body?
- Who can you go to for help?

Take home messages

- It is really important that I make decisions to keep myself safe.
- My choices help me to be the boss of my 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 7.3 - Making decisions](#)

[Resource Sheet 7.1 - Kaiyai Girl yarning scenarios](#)

[Resource Sheet 7.2 - Decision-making model](#)