

## Kaiyai Girl: Session Plan

### Before you get started 2

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Young people need time and opportunity to explore their own beliefs and values about these issues in a safe, supportive learning environment. When implementing this resource it is essential that facilitators are aware of creating such an environment and consider issues of disclosure, diversity, discrimination and confidentiality. Before you get started with facilitating any of the session plans or watching any of the related film scenes, you should:

#### **Create a safe, supportive and positive learning environment**

It is essential participants feel comfortable about expressing their opinions. Create a learning atmosphere that encourages them to:

- be non-judgemental and show respect by accepting, but not necessarily agreeing with, what others say
- speak in the third person to preserve confidentiality, avoid disclosure and make the environment non-confrontational
- speak for themselves when discussing values, attitudes and opinions. Use the term “I think/believe...” rather than “we all think...” or “everybody knows...”
- avoid verbal and non-verbal ‘put-downs’ of other people’s ideas, opinions, beliefs and/or values
- pass if they do not want to share their ideas; this respects both the facilitator’s and participant’s right to privacy
- volunteer a response rather than be singled out by the facilitator
- take responsibility for their own learning
- discuss and reflect on their learning through appropriate processing questions
- identify bias, prejudice and stereotypes
- feel they have the right to have a shift in attitude, or to make a mistake.

#### **Know how to answer difficult questions**

Establish ground rules before each session (see above). Facilitators should:

- be honest (without sharing personal experiences)
- respect the individual’s right to privacy

- avoid technical language and jargon
- use words which are accurate rather than emotive and that are understood by the participant
- accept and acknowledge feelings of discomfort but still attempt to answer the question
- if possible, find out more about the question and what the person already knows – clarify the information needed
- respect diversity of groups – do not be dismissive of questions or comments
- offer to get back to the participant if a question is unable to be answered immediately.

### **Know how to handle sensitive issues**

It is important to recognise that talking about sexuality, alcohol and other drug use issues may raise a range of issues, concerns and emotions. Participants may disclose information about themselves or others.

Facilitators need to, where possible, be proactive and know their audiences' backgrounds and experiences. They need to interrupt protectively anyone who is about to disclose information and divert attention from the individual by using redirecting statements. If issues arise that are beyond the facilitator's knowledge or level of expertise, they should refer the individual to appropriate professionals.

### **Related Resources (download)**