

Workshop 2

1. Arrivals/Circle: Review previous day, review goals & ground rules (10 minutes).

2. Trust Falls (10 minutes)

Form partners. Explain game. Not a silent game. One girl: Feet together, eyes closed, body stiff. Other girl: Hands on shoulder blades says "ready." Girl #1 leans back, supported by girl #2. Girl #2 puts girl #1 upright. Repeat but each time hands are a few more inches further. Continue until girl #1 says enough. No rush. Take your time.
Switch with your partner.

3. Circle Dash (10 minutes)

Explain game. SILENT. Form a circle. Someone's in the middle. People in the circle silently signal a switch of locations. You must silently non-verbally signal with individual intention to make a switch. NO TALKING. Person in the middle tries to grab an open spot while the switch is occurring. Several switches can be happening at once. Must go around each other, not run over each other. If a switcher doesn't get to her spot, she takes the middle.

4. A Brief Reproductive Health Crash Course with Kenya statistics (25 minutes).

See attached PowerPoint PDF for contents of this crash course.

5. Create an Environment (20 minutes)

Entire group faces an open space. Silent game. No mouthing words. Volunteer begins doing any activity. She makes that activity as real as possible. As group figures out/guesses they activity they join in one at a time. They begin another action or activity that might take place at the same time/place. But no interacting. This goes on until everyone is participating (ideally).

Created the same space.

Freeze. Repeat.

Freeze. Introduce variation #1: Each of you is visiting your best friend. One friend tells the other a secret, that she's pregnant.

Freeze. Introduce variation #2: Each of you is visiting your best friend. One friend tells the other that she's going to have an abortion.

Freeze: Introduce variation #3: One of you is the boyfriend and one the girlfriend. The boyfriend wants to end the relationship because the girl doesn't want to become sexually active.

6. Values Clarification (30 minutes)

Explain: I read statement. You decide how you feel and move to one of the following stations: I agree, I disagree, I am unsure. Be prepared to discuss your position, why you agree, disagree, etc. During the discussion you can move to another station if you change your mind. I'll ask the largest group first, the smallest group last. We will use this activity to help us generate

statements for later exploration.

Repeat with new statement.

STATEMENTS USED:

It is ok to kiss and caress a boy if you really love him, even if you're not married.

Girls should remain virgins until they are married off.

I am worried that I, or someone I love, will get AIDS.

Parents and their children should talk about sex in depth.

It's OK for a woman to love a woman or for a man to love a man.

A schoolgirl your age should be able to stay in school if she is pregnant.

Someday I expect to have a fulfilling sexual relationship.