

SESSION 7 AT-A-GLANCE

Facilitator-trainees will conduct the following activities:

Exercise 1: Introductions

Exercise 2: Recognizing Harmful and Helpful Thoughts

- A. Explain the difference between thoughts that are harmful and thoughts that are helpful as they relate to practicing safer sex.
- B. Conduct the harmful/helpful thought card game (7-A).

Exercise 3: Switching from Harmful to Helpful Thoughts

- A. Explain how to stop a negative thought cycle using the steps “catch, stop, challenge, substitute” using the prepared newsprint.
- B. Have two volunteer participants practice switching self-defeating to self-supporting thoughts.

Exercise 5: Using Self-Talk in Tough Situations

- A. Discuss the purpose and use of Self-Talk.
- B. Hand out “Examples of Self-Talk” (7-B) and go over it with the group. Write the steps on newsprint.

General Tips:

- You do not have to follow the script in the curriculum word for word. Put it in your own words.
- Make sure you understand the goals and objectives of this session and how it fits into the Street Smart curriculum. Ask your trainers if you have any questions or need clarification.
- Make sure you understand the activity and objective of each exercise.
- Facilitators should divide the session between them, alternating between exercises (see below). Even when not leading an activity, the co-facilitator should be prepared to assist (distributing hand-outs, holding models, answering questions, etc.).
- Anticipate the transition process between activities. Prepare so that the switching between facilitators feels natural and is done smoothly.

Session-Specific Tips

- Facilitators often find it helpful to write the “I statement” structure on a newsprint so it is available for easy reference during the session.
- Remember to have the role-play participants switch genders so a male plays Barbara and a female plays Jimmy. This provides an opportunity for youth to be in another gender’s “shoes” and dismiss gender stereotypes
- Make sure to use the terms “helpful” and “harmful” rather than “good” or “bad” to avoid conveying judgment. Explain how these thoughts can make it more or less likely for a person to engage in unsafe sex.
- Make sure cards are well shuffled. Sort the cards if need be to make the game “fair” or let participants pick the cards themselves from the stack.

Facilitator-trainee 1 should facilitate the following activities:

- Exercise 1
- Exercise 2
- Exercise 5

Facilitator-trainee 2 should facilitate the following activities:

- Exercise 3