

Although this activity was Adapted from The Council for Boys and Young Men it can benefit all genders.

Adapted Activity 1 - Culture Gram
from The Council for Boys and Young Men Activity Guide
Living a Legacy
Session 3
Adapted by Daniel Bland and Kemy Joseph



To All Our One Circle Facilitators

With these difficult times, One Circle Foundation wants to acknowledge you for the great work you continue to do with youth.

In an effort to make that a little easier for you, we are beginning to add Adapted Activities from our curricula in order for you to have the ability to hold Girls Circle and Boys Council sessions online with the youth in your programs. As you know, the creative and experiential activities presented in the Activity Guides require individuals to be in a live, in-person circle. We have begun adapting these activities so the youth can participate from the safety of their homes. These adaptations will be posted and made available to you on the One Circle Foundation website “Virtual Solutions” section, for your easy access..

Each adapted activity will note which Activity Guide they were adapted from as well as which session. We include here an outline of the six steps of the Girls Circle Model and the seven steps of The Council for Boys and Young Men Model for you to use as a guide.

PLEASE NOTE: These adaptations do NOT include the full session; only the **ACTIVITY** step is described; however, you will see in the adaptation that there is an overview of the topic and brief discussion to incorporate into your circles. The objectives of the activity align with the original intent of the session.

Girls Circle:

Opening Ritual
Theme Introduction
Check-In
Activity → ADAPTED
Sharing of Activity
Closing Ritual

The Council for Boys and Young Men:

Opening Ritual
Theme Introduction
Warm-Up
Check-in
Activity → ADAPTED
Reflection
Closing Ritual

We welcome your suggestions and feedback as well as learning of any adapted or original activities you are doing online with the youth you serve. In fact, we invite our community members to share these activities with one another in this forum as well.

We at One Circle Foundation are committed to supporting all of you as we find our new normal. Be safe and continue to reach out for support from One Circle Foundation.

Adapted Activity 1 - Culture Gram

from The Council for Boys and Young Men Activity Guide

Living a Legacy

Session 3

Adapted by Daniel Bland and Kemy Joseph

Topic: Strength Through Diversity

Group members will share aspects of their identities. Through identifying who they are and sharing that with others in the group, the members will learn more about each other.

Objectives:

- To further build a cooperative and safe group environment through exploring member's diverse backgrounds and experiences
- To help members understand the impact that stereotypes, prejudice and discrimination have had on their lives through the sharing of personal experiences
- To challenge members to recognize the role they play in enacting justice on behalf of others as it relates to building more inclusive, safe and cooperative schools and communities.

Key Learning Points:

- Stereotyping is the set of attitudes, assumptions, and judgments people make about one another based on appearances and notions, whether or not they actually know the truth about an individual person.
- These assumptions create barriers between members of communities.
- Culture Grams serve as an invitation for members to learn more about one another through a non-threatening activity.
- When members can share more of who they are and learn about others, they are building a more cohesive group.
- Talking about roadblocks or assumptions that arise when people come together is a way to break down the barriers and develop more authentic relationships.
- One commonality we all have is that we have been witness to or a victim of at least one

of the characteristics outlined on the culture gram

- There are more similarities across cultures than differences between
- Celebrating cultural differences enhances positive identities and builds group understanding

Facilitator Tips:

- For most groups, this topic evokes strong responses and strong awareness. It’s important for the facilitator to prepare to maintain a level of respect and interpersonal safety in the group.
- Talk about some of the deeper categories on the Culture Gram such as religion and ethnicity.

Prior to the session starting :

Create an order for your session by choosing a number for each member in your group (1-4 etc.). Then write their names next to their number to establish an order for taking turns speaking in the Council group..

Order for Speaking/Sharing

- 1.
- 2.
- 3.
- 4.

Procedure for Leading the Activity:

Materials and Preparation: The Culture Gram on White Board. Let the members know they will need a pen or pencil and a piece of paper. Double check that each group member has a pen or pencil and piece of paper before giving further instructions below. Let the members know you will be sharing your white board with them.

Name	Nickname	Birth Place	Religion/Faith Tradition	Ethnicity	Favorite Music	Favorite Food	Future Plans
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<i>Alex</i>	<i>Big "A"</i>	<i>Tampa</i>	<i>Catholic</i>	<i>Cuban</i>	<i>Hip-Hop</i>	<i>Chicken</i>	<i>Write a fishing guide</i>
<i>Kyle</i>	<i>King Kyle</i>	<i>Miami</i>	<i>Jewish</i>	<i>European American (German, Italian)</i>	<i>Rock</i>	<i>Seafood</i>	<i>Become a Council Facilitator</i>

1. Begin the activity by pointing out the headers in the above table of the Culture Gram.
2. Instruct group members to write their answers to the Culture Gram prompts on their piece of paper. Allow 5 minutes or so for this part of the activity.
3. After everyone is done writing, bring their attention to the group chat window. Invite them to share their response to each category one at a time.

4. Using Zoom Chat to Share Culture Gram Responses:

- a. Facilitator will start a CULTURE GRAM CHAT for the group.
- b. Click the "Chat" icon on your Zoom Control Panel at the bottom of your Zoom window to open a chat panel on the right side of your screen.
- c. At the bottom of the chat panel there is a small box that says "Type message here..."
- d. You, the Facilitator, will start by typing in your NAME IN ALL CAPS and hit "Enter." Your text will appear in the chat.
- e. Then ask the group members to type in their names after you (use your established order - 1, 2, 3, 4...).
- f. Once all names are entered, you, the Facilitator, will add several dashes (-----) to indicate the end of that category before moving to typing in the next category on the Culture Gram, e.g. . NICKNAME.

g. For example.

NAME:

Kenny
 Jorge
 Ashley
 Mandy

NICKNAME:

Ken
 J
 Ash

BIRTHPLACE:
San Jose, CA
Taos, NM
New York NY
Canton, OH
----- (and so on)

- h. Continue this process until all group members type in answers to each category that is listed in the Culture Gram beginning with the NAME category and ending with FUTURE PLANS category.
5. Once the Culture Gram is completed in the chat, instruct the members to take a look at the list in the chat by scrolling up and down and reviewing all answers.
6. Invite each member to reflect quietly on what they shared about themselves and learned about others.
7. Next, take turns according to your established order and have each member respond to the following prompt by completing the sentence in a paragraph or so:
 - a. “If you REALLY knew me _____.”

Reflection Questions:

- ❖ What did you notice was happening during this experience? *Give the members a few moments to respond.*
- ❖ Who surprised you with what was shared about their culture and why? *Give the members a few moments to respond.*
- ❖ How did hearing about the culture and experiences of others affect you? *Give the members a few moments to respond.*
- ❖ What was it like for you to respond to the prompt of “If you really knew me.....” *Give the members a few moments to respond.*

Explore Meanings:

- ❖ Why is it important to share and explore diversity, culture, stereotypes, and prejudice in this way? *Give the members a few moments to respond.*
- ❖ How can an activity like this have value or meaning in our lives? *Give the members a few moments to respond.*

- ❖ Who in your group or which cultural experience piques your own curiosity to know or share more? *Give the members a few moments to respond.*
- ❖ What struck you the most about the segment on “If you really knew me...?” *Give the members a few moments to respond.*

Summarize:

Summarize key points that members of the Council have shared, use affirmations and reflective statements, and make remarks to connect them to one another through this shared experience. Reflect what THEY said and affirm.

Application Question:

Use your established order to hear from each member of the Council. Ask:

What is one thing you will do over the next week as a result of this experience – either at school, in your community, or in your personal or home life?