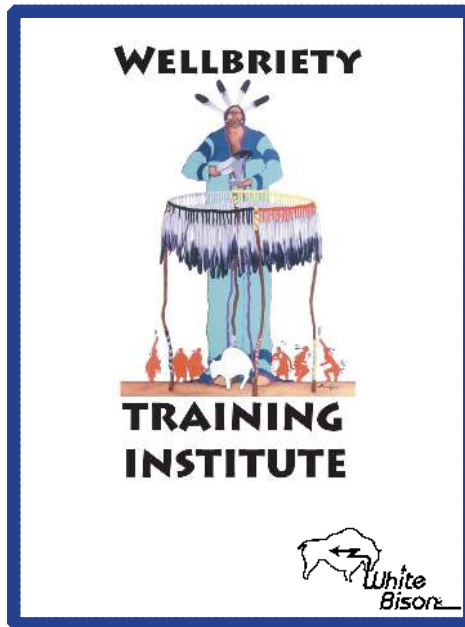


# Daughters of Tradition II



A Prevention Education Program for 13-17 year old Native American Girls



## Purpose:

A prevention education program that provides adults who work with teens the traditional knowledge to prepare daughters to become healthy Native American women.

### Character Building and Prevention

This program builds upon the character building and prevention education process begun in Daughters of Tradition I. The focus of the Daughters of Tradition II is on answering these questions: "Who am I?" "Why am I?" and "Where am I going?"

### Goals

As a result of participating in this program, girls will

- Become aware of and be able to discuss their feelings
- Learn to apply the teachings and principles of healthy living to their own lives
- Recognize healthy behavior and learn how to avoid unsafe situations
- Understand the meaning of boundaries, goals, taking care of one's self

This is a year long educational program designed for Native American teenage girls. It is patterned to correspond to the nine month school year and includes a three month supplement that can be used over the summer months. An essential aspect of the program is that girls will learn to understand and apply spiritual values to their lives in order to develop healthy lifestyles, strong characters, a sense of what it means to be a young Native American

woman, and how to create a sense of harmony in their lives. The program is facilitated by a caring adult and incorporates the wisdom and expertise of local community members, grandparents and Elders. It can be delivered in schools, churches, boys and girls clubs, or at someone's home. Training for facilitators is available through White Bison, Inc.

### Based on The Teachings of the Elders

- Teachings of the Medicine Wheel
- Cycle of Life--Eight Thought Patterns and Eight Feelings
- Innate Knowledge (Original Instructions)
- Spirit and Intent
- Four Laws of Change
- Power of the Circle to Heal

### Reviewed and Tested by Girls in many Communities

Daughters of Tradition II (DOT II) has undergone an extensive review process in which community leaders, girls, and parents of many different communities around the country have examined the curriculum, tested out the curriculum and have provided feedback to enhance and improve it. It is culturally relevant and age appropriate. DOT II is a natural follow-up program to the Daughters of Tradition prevention education program designed for Native American girls age 8-12.

### Monthly Themes include:

- Month 1: Choices and Decisions
- Month 2: Character Building
- Month 3: To Myself

## Curriculum

- Month 4: To My Body
- Month 5: To My Mate
- Month 6: To My Children
- Month 7: To My Spirituality
- Month 8: To My Family
- Month 9: To My Community
- Month 10: Earth Ambassadors
- Month 11: Mentoring
- Month 12: Resiliency

### Posters Supplement the Themes for each Month

Girls meet with the facilitator for 2 hours each week. The theme for each month is based upon the themes illustrated on the posters and in the 7 Philosophies for Native American Women. An opening ceremony allows the girls to engage in spiritual practices that reflect their own culture and spiritual preferences. Talking circles provide the girls with the opportunity to establish trust, feel a sense of security, create supportive relationships with other girls and the facilitator. In the sessions girls participate in talking circles to share their insights on the themes and prevention issues, create mind maps on the posters together with the other girls, and participate in special projects such as service work, learning traditional skills and crafts, participating in and learning how to plan cultural activities and community events.

24 Continuing Education Hours/CEH from NAADAC Education Provider #64009