



DAUGHTERS OF TRADITION I

A PREVENTION EDUCATION PROGRAM FOR 8- 12 YEARS OLD

WELLBRIETY



A prevention education program that provides adults who work with teens and pre-teens the traditional knowledge to prepare daughters to become healthy teens.

Background and Teachings

For a young girl to grow into a healthy woman, there are 8 feelings that must be developed. The fourth of these feelings are developed between the ages of 8-12.

After talking to the Elders and Clan Mothers, the program was developed.

Objectives

As a result of this facilitated, year-long program, the girls will:

- Learn that they are “good for something, good at something”
- Learn how culture can guide their life
- Learn that they have choices that no one can take away
- Develop a mindset based upon respect that provides a foundation for living
- Learn how to express their feelings, hopes, dreams, and fears both in writing and in safe talking environments

- Learn from Elders, peers, and community members about ways to recognize, avoid, and get help for problems that they see or experience
- Know what it is like to belong to a healthy group and participate in healthy thinking and activities
- Learn to understand and apply the Eight Thought Patterns and Eight Feelings

Expected Outcomes

- Girls will become aware of and be able to discuss their feelings, and continue their journaling skills
- Girls will recognize healthy behavior and learn how to avoid unsafe situations
- Girls will understand the meaning of anger, fear, shame, and guilt
- Girls will understand and apply spiritual values to their lives and experience healthy behaviors as a result, demonstrate the willingness to continue growing

- Girls will stay involved in a talking circle
- Girls will know how to use the tools and how to set boundaries
- Girls will know what positive self-talk is
- Adults will have the opportunity to lead girls in discussion groups, sharing experiences, learning new concepts, and learning how to help each other

Based on The Teachings of the Elders

Elders and Clan Mothers from many different tribes shared the teachings with us to pass along to the girls.

Some of those teachings include:

- Teachings of the Medicine Wheel
- Cycle of Life
- Eight Thought Patterns and Eight Feelings
- Innate Knowledge
- Spirit and Intent
- Four Laws of Change
- Talking Circle





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Designed to Utilize The Support of Caring Adults

This is a year-long educational program designed for Indigenous girls.

It can be facilitated by a caring adult and incorporate 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.

Prevention Topics include:

- A Story about Alcohol and the Opportunity to Identify What It Does to Individuals, Families, the Community, and the Nation.
- Prevention Facts about Alcohol, Drugs, and Suicide
- Facts and Prevention Notes about Sexual Abuse, Domestic Violence, Characteristics of Healthy Relationships
- Opportunities to Think about the Way that Friendships Influence Behavior and Attitudes

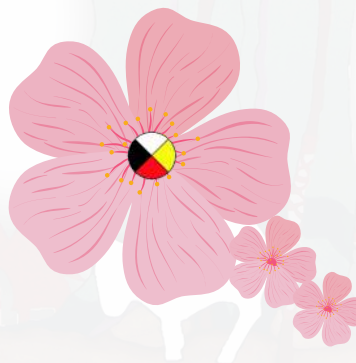
- Creating Mind Maps of Positive and Negative Behaviors
- “Culture is Prevention” (notes about Elders as mentors, Indigenous Naming ceremonies)
- Internet Sources for Facts on Alcohol, Suicide, Substance abuse, Depression

Facilitator’s Kit:

- Facilitator’s Manual
- Set of Videos
- Activity Booklet

Daughters of Tradition Kits:

- Set of 14 Posters
- My Sacred Journal
- Daughters Activity Booklet
- T-Shirt



Posters on Respect Provide the Themes for Each Session

Girls meet with the facilitator for 2 hours each week for a year.

The theme for each month is based upon the themes illustrated on the posters.

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 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
NAADAC Provider #64009**



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