Identify Family Values

Family Unit – Joint Session; Youth session 7, Adult session 4

**Goal:** Provide a space for youth to form a strong family identity by exploring family values with their parent or adult.

### Activity #1: Bandana/Cup/Marble Challenge

**Purpose**
Activity to help youth-adult pair bond as a family unit and feel comfortable while beginning to discuss family values (knowing that the adult might not be a parent.)

**Key Learning Points**
- Experience family teamwork and problem-solving
- Explore concept of values as how one judges what is important in life.
- Notice how we often don’t talk about what our values are, but we express them in different ways.

**Process:**
Each family group must balance a marble on top of cup on top of a bandana while walking from 1 station to another. While walking, they will discuss values by receiving a new prompt question at each station. Without upsetting the marble!

**Values sharing prompts:**
- **Adult:** “This is a value I want you to take with you wherever you go and this is why”
- **Youth/Adult:** This is a value I learned from my family…”
- **Youth/Adult:** “This is something I like about my family and why…”
- **Youth/Adult:** “I can say these good things about my family…”
- **Adult:** “When I was your age, my favorite family tradition was…”

### Activity #2: Values Tree

**Purpose**
Begin the discussion for participants about important Latino family values in a positive, non-confrontational manner.

**Key Learning Points**
- Definitions and differences between Values & Tradition
- Recognize that “values” is an on-going conversation
- Explore how values differ between individuals, families, generations and cultures
- See how values guide decisions.

**Process**
Families and youth brainstorm values and write them onto cut-out leaves. Leaves are different colors or shapes to distinguish between parent/youth. Leaves are hung on tree and used as the basis for discussion.

**Discussion Prompts**
- What are some of the differences between the youth and adult values?
- What are some of the similarities between the youth and adult values?
- What was difficult about this activity in naming your values?
- Are there values up there that you know you have, but you didn’t know how to name them?
- How do these values keep families together?
- How can you apply this information to your own family?
¡EN CU EN TRO! Curriculum Highlight

Sexual Health in our Culture

Sexual Health Unit – Youth Session 15

Goal: Youth will learn and understand that sex is a part of sexuality and discuss sexual health messages in our culture.

Activity #1: Timeline

Purpose
Youth will learn the definition of sexuality, (including the difference between sex and sexuality) and when in life people experience different aspects of sexuality.

Key Learning Points
- Sexuality is complex and spans an array of human experiences including family relationships, dating, sexual behavior, physical development, sensuality, sexualization, reproduction, gender, body image and more.
- It is a fundamental and natural part of being human, for people of all ages. Starts at birth and ends with death.
- Sexuality is much more than sexual feelings or sexual intercourse. It includes all the feelings, thoughts and behaviors associated with being a certain gender, being attracted to someone, loving, being in relationships, intimacy, and so on.

Process:
Placed on the wall are numbers (1-100) that represent a person’s life span. Youth are given a number of cards and asked to place the cards on the timeline. Written on the cards are a variety of different aspects of sexuality that occur during a lifetime.

Activity #2: Message I Have Heard

Purpose
To engage youth in active movement and discuss common cultural messages about sexuality they’ve encountered.

Key Learning Points
- We receive many different messages about sexuality and sexual health.
- Messages can be factual or opinions: knowing the difference can be hard; adult assistance is important.
- Messages are shaped/driven by cultural perspectives: methods for identifying cultural alignment.
- Methods for thinking about whether one agrees or disagrees with a message.

Messages about Sexuality
Men have to make the first move (to start a relationship).

You can get pregnant by making out

You can get an STI from a public toilet

There are other things you can do with someone you love besides sex.

Both men and women are responsible for birth control.