



# Family Education & Support Youth Program Session One

~ **Orientation** ~

# My Goals for This Group

**What I want to work on about myself:**

**What I want my parents/caregivers to understand better about me :**

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## ~ ***Establishing Ground Rules for Group*** ~

Some ways for the group to develop ground rules:

Respect and trust can be good places to generate ideas. Rather than asking members how do we show another person respect, try asking how do we know when another shows us respect? If members have an idea of how they want to be treated, they may be more able to through empathy to appreciate how others want to be treated. For example, as them to think about what makes it easier for them to trust another person?

- When I tell someone something personal, I know they won't tell other people what I said. ***I will keep what is said in the group in the group. I won't break confidentiality.*** **RULE: What is said in the group stays in the group.** (Allow caveat for safety issues, e.g. thoughts to harm self or others).

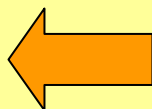
- When I know they won't make fun of me or judge me. ***I will not judge others.*** **RULE: We will not judge others in the group.** (Allow caveat for being able to question other's ideas or give others feedback).

- When I am talking, the other person is listening to me and doesn't interrupt me. ***I will listen when another is speaking and not interrupt.*** **RULE: One person speaks at a time. There will be no interrupting.**

- I know I will get a chance to talk. ***I will give others a chance to talk.*** **RULE: Everyone gets a chance to talk. No monopolizing.**

# Empathy: Walking in Other People's Shoes

Think of someone in your life who you see a lot.  
(Parent, younger brother, teacher, kid at school...)



**This is:** \_\_\_\_\_

**If I had to walk in their shoes and see things through their eyes, what would that *really* be like?** \_\_\_\_\_

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**If you were that person, how would you want to be treated?** \_\_\_\_\_

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