



Youth Connection

Session 2

"A Celebration of Me!"

A CELEBRATION OF ME!

Goal: To recognize and celebrate the unique and special qualities of each participant.

Key Points:

- ⊗ Each of us is “one-of-a-kind” (unique). There is no one else exactly like me.
- ⊗ We are special because of who we are, not because of what we do or what we have.
- ⊗ Using alcohol and other drugs will not make me feel better about myself.
- ⊗ Part of how we feel about ourselves is how we feel about our family. There are many different kinds of families. Every family is special in some way, but no family is perfect.

Major Message: *I AM likeable, capable, unique, and valued.*

I. Sunshine and Cloud

II. Review and Introduction

I am really glad to see you all again today!

★ Who can tell me some things we talked about last session?

Last session we talked about our group and the topics we will be discussing in each session. We also decided on our Behaviors of Respect. We learned that group is a safe place where we can take time for ourselves, talk about our thoughts and feelings, and have fun. Finally, we got to know each other a little better.

Today we are going to talk about one of everybody's favorite topics – ourselves! The name of today's session is "A Celebration of Me."

III. Guided Discussion

Over the next couple of sessions we will be talking about our feelings, how to handle anger, and our dreams and goals for the future. All these things together make up who we are. Today, we are going to talk specifically about ourselves as individuals. Our individuality consists of those traits, behaviors, and moral fibers that make us who we are.

★ What are some reasons it is important to talk about ourselves?

It is really important for each of us to have a strong sense of who we are and to have a positive identity or view of ourselves. Having a positive view of ourselves shapes the way we look at the world and our future.

★ How can having a strong sense of self shape our future?

For example, having a strong sense of self gives you the confidence to run for school office, ask someone out on a date, or interview for a job.

Let's start by talking about the kinds of things that make us stand out. A word that you may have heard is unique.

★ What does unique mean?

The definition of unique is "being the only one of its kind." I want to go around the group and have each one of you share one unique quality that you believe you possess. Some examples might be honest, caring, or a good friend.

Let's do it in a fun way! Remember this is only the second session of group, so we are still getting acquainted with one another. Let's begin by sharing our name along with the quality that makes us unique. To make it more fun, after we have introduced ourselves, we have to re-introduce the others in the group using their name and their unique quality.

- ★ **Did anybody notice any qualities we have in common?**
- ★ **Just by looking around at our group, what are some obvious differences?**

Even though we do have some qualities in common, the fact of the matter is each of us is one of a kind. There is no one else exactly like me or you!

I know that talking about ourselves in positive ways can be hard for some of us.

- ★ **What do you want others to find special about you?**

Sometimes people may want to be our friend because we have cool things, or we act a certain way, dress in certain clothes, or play on a certain team. This may make us believe that we are only special if we have nice things or act in certain ways. People who only like us for these reasons are not really friends. They don't see us as special – they see our things as special. It is important to know that we are special because of who we are, not because of what we do or what we have.

- ★ **Why do you think it is so hard to talk about ourselves in positive ways?**

Some of us may have gotten the idea that talking about ourselves in a positive way is not okay. But being able to identify personal strengths and positive qualities is essential to becoming a successful individual. It is important that we find attributes that we value about ourselves and celebrate those gifts.

- ★ **What is the difference between thinking of ourselves in a positive way and being “stuck up?”**

When we think of ourselves in a positive way, we are acknowledging those qualities, talents, or accomplishments that we hold in high regard about ourselves. These are things that you take pride in and that you may have worked very hard to accomplish. Beginning today, I want each of you to believe it is okay to be proud of who you are. It is important for you to appreciate your individual self, because then it becomes easier for you to appreciate others. In this group, you can acknowledge one another's uniqueness by practicing “put-ups.”

- ★ **How else can we acknowledge each other's uniqueness?**
- ★ **Will putting someone else down help you feel better about yourself?**

Sometimes people think that if they put someone else down they will look or feel like they are better than others. They may even have the mistaken idea that they will look or feel smarter, prettier or stronger. Instead, they are just showing that they don't feel good about themselves. People who put others down are really putting themselves down!

★ **Will using alcohol or other drugs help you feel better about yourself?**

Sometimes people think that if they drink alcohol or use drugs they will be “cool” or “fit in” better. This is simply not true! Using alcohol or other drugs will not make us feel better about ourselves – in fact it can make us feel worse about ourselves.

Part of how we feel about ourselves is how we feel about our family. Each one of us belongs to a family. There are many different kinds of families. All families are different. Some families may have a mom, a dad, and kids. Others may have a mom and kids, or sometimes kids live with a grandparent or with foster parents. Sometimes families don't all live together and sometimes they do. ***(Because of the many types of families that exist today, it is important to help participants feel comfortable about their family structure.)***

Just like each one of us is special, all families have special qualities. No family is better than another family. We all come from different kinds of families with special qualities.

★ **What is special about your family?**

Every family is special in different ways, and every family has problems. Sometimes we may feel like our family is the only one with problems, but that isn't true. No family is perfect.

IV. Activity and Processing

(Choose an appropriate activity for your group and upon completion of the activity process what they learned and how it relates to the discussion.)

V. Closing Summary

★ **What do you think was the purpose of our group today?**

Each one of us has many strengths and positive qualities. Admitting that there are things about ourselves that we like, or that we are good at, is not being stuck up. Instead it is a very important part of growing into a strong, healthy person. One thing is for sure – putting other people down or using alcohol or other drugs will not make us feel better about ourselves. Each one of you is special and important because of who you are, not because of what you do. Each one of you is unique and there is no one exactly like you.

Finally, we learned is that we are all part of a family and just like each one of us is different, there are also many different kinds of families. All families are special, but all families have problems.

Our Major Message for today is: ***I AM likeable, capable, unique, and valued.***

VI. Major Message Ritual