

Activities for African American and Hispanic Secondary School Students

Please utilize the following resources to support our students. We want to be sure to include courageous conversations and ensure that they know “You are Enough!” You may use any of these resources in your weekly conversations.

Activity #1

This worksheet can be an excellent way for young children to explore what makes them good and likable people, and to help them build a foundation of healthy self-esteem.

I'm Great Because...

- I like who I am because...
- I'm super at...
- I feel good about my...
- My friends think I have an awesome...
- Somewhere I feel happy is...
- I mean a lot to...
- Others reckon I'm a great...
- I think I'm a pretty good...
- Something I really enjoy is...
- I really admire myself for...
- My future goals are...
- I know I can achieve them because I'm...
- I'm naturally gifted at...
- Others often praise my...

Activity #2 Active Listening

Objectives: Youth will understand what active listening is, why active listening is important, and the role of active listening in leadership.

Explain that both of you will have one minute to share an experience they had of not being listened to. What was the situation? What was it like? How could you tell you were not being heard? While one partner is talking, the other partner listens silently (no talking, commenting, agreeing or disagreeing with the experience). Be sure to set a timer and tell them when to switch speaker and listener roles. When the activity is completed, ask your mentee to name some of the experiences that came up.

Activity #3 Leadership in my Life

Objective: This session is designed to give participants an opportunity to reflect on and celebrate leaders from their community and their culture. Participants will be encouraged to reflect on the characteristics of leaders and to begin to see themselves as leaders. This session addresses the following core content components: leadership efficacy and school engagement.

Describe the following:

- Leaders in my life
- Times I've been a good leader
- Five words that describe a good leader
- Things a good leader does

Activity #3- My Community



<https://www.youtube.com/watch?v=NR7z9FbUf5k>

1. Lead a brief discussion about the meaning of the word 'community'. Below are some questions you can use to guide the discussion:
 - What is a community?
 - What are some different kinds of communities? (e.g. my neighborhood, my church, the African American community)
 - What kinds of things help make something a good community?

Activity #4- African American Community & Media Stereotypes (For 8th-12th Graders Only)

The Roots of Negative Stereotypes: <https://www.youtube.com/watch?v=DHRHSN0rUZc>



Objectives:

- Identify stereotyped images of African Americans in the media
 - Explain how these images affect the African American community
 - Identify ways to break down negative media stereotypes of African Americans
1. The people who make TV shows, movies and music videos often choose to show negative stereotypes of African Americans. What are some of these stereotypes?
 2. What are the consequences of showing negative, stereotyped images of African Americans in the media? (How do these images affect how other people think about African Americans? How do these images affect how we think about ourselves?)
 3. Do you think that the way African Americans are represented in the media needs to change? If so, what can you do to help make those changes? What can the African American community do to make those changes?
 4. Other than trying to change the way media represents African Americans, what can you do to change how people are affected by the negative images they see of African Americans on TV and in the movies? What can the African American community do as a whole?

Activity #5- Learn about making mistakes, honesty, and the power of forgiveness

Watch the video clip on forgiveness and discuss the following questions.

<https://www.youtube.com/watch?v=dY8Ngqg-iq8>

- What does it mean to be honest?
- Why is it important to show honesty in our everyday lives?
- How do other people influence the decisions you make in your life?
- How can peer pressure be both positive and negative?
- What does it mean to forgive someone?
- How can we learn from our mistakes?