



Daughters of Tradition I

*A Prevention Education Program
for 8-12 year old Native American Girls*

Purpose: 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 women, there are 8 feelings that must be developed. The fourth of these feelings is developed between the ages of 8-12. After talking to the Elders and Clan Mothers, the program was developed. It is being used in over 100 locations. Currently, we are awaiting test results based on a three year study. The results will be posted on the White Bison website at www.whitebison.org.

Objectives:

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

- ◆ Learn that they are “good for something, good at something.”
- ◆ Learn about their heritage and who they are; be proud to be Native American
- ◆ 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 healthy activities -- and to make healthy decisions
- ◆ Learn to understand and apply the Eight Thought Patterns and Eight Feelings in their lives

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 used 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

Please call to find out about available Facilitator Training and DOT Kit specials.





The Elders told us:

“You must teach your daughters respect and you must teach them to pray!”

Based upon 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 (Original Instructions)
- ◆ Spirit and Intent
- ◆ Four Laws of Change
- ◆ Power of the Circle to Heal

Prevention Topics include:

- √ A letter from Grandma
- √ A story about alcohol and opportunity to identify what it does to individuals, families, the community and the nation
- √ Prevention facts about alcohol, marijuana, cocaine, inhalants, depression, 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 as Prevention” (notes about Elders as mentors, Native American Naming ceremonies)
- √ A “Word Find” game based on prevention words and traditions
- √ Personal stories from girls
- √ A place to record telephone numbers of emergency services
- √ Internet sources for facts on alcohol, suicide, substance abuse, depression

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 service work, learning traditional skills and crafts, participating in and learning how to plan cultural activities and community events. Poster themes include:

Show Respect for Yourself
Show Respect for Your Body
Show Respect for Young Women
Show Respect for Young Men
Show Respect for Your Family

Show Respect for Cultural Traditions
Show Respect for Spiritual Life
Show Respect for Your Elders
Show Respect for The Community
Show Respect for the Earth
Show Respect for Property

