

SESSION 20:

The end and the beginning

Objectives

1. Participants will achieve a sense of accomplishment.
2. Participants will experience group support.
3. Participants will feel good about themselves and the group.
4. Participants will have a sense of direction.

Rationale

The primary assumption behind the last session is that for the previous training to have been effective participants must leave the formal group structure feeling good. This premise requires feeling good about themselves, what they accomplished, their participation in the group, their capacity to handle things, and their future. In short, feeling competent is critical. These affective changes are necessary to demonstrate that what the adolescents experienced was meaningful and that there is a positive feeling attachment to thoughts and behaviors leading to safer sex.

As peers play such a crucial role in the life of adolescents, experiencing a peer setting where there is both acceptance and a common, respected goal of safer sex has great support and motivational value. Highlighting those relationships at the end of the sessions provides positive messages to participants.

Procedures

1. Introduce the last session and the group members, having them say how they want to be remembered. Check feelings. Review successes and give out tokens. Review homework on what group members believe they can do better now.
2. Use a calming relaxation to deal with feelings around the last session.
3. Have group members come up with something special they will do for themselves to reward them for completing the sessions.
4. Have the group discuss what the training program has meant to them.
5. Explore the future by having each group member send a post card to the group from five years in the future.
6. Give appreciation to each group member's contributions to the group.
7. Use the eagle relaxation to help group members feel great.
8. Say goodbyes.

Materials

Tokens

Feeling thermometers

Food

3 x 5 cards and pencils

Exercise 1: Introducing and reviewing

Leader says

Well, here we are at Session 20 of "Stay Safe!" - the last session.

We have come a long way together.

It's been wonderful for me working with you.

I hope that each of you carries a condom with you at all times.

If you are abstinent, then you can use them to give to friends who are having sex - help your brothers and sisters out.

I really don't want you to get HIV.

As I have said over and over again - if you already are HIV-positive, please don't re-infect yourself because it can make things worse for you.

We want to slow the spread of HIV and AIDS in ourselves, our friends and the community.

I've brought some food to munch on while we talk today.

Help yourself.

Let's go around and introduce ourselves for the last time.

Tell your name and for today tell us what about you do you want us to remember.

When we think of you a couple of years from now, what word should pop up in our mind?

Just say "I'm John, and I want you to remember me as the most handsome guy you ever met."

I'll start. I'm _____ and I want you to remember me as _____.

Have everyone give their name and how they want to be remembered.

That was great.

How are you feeling right now on the Feeling Thermometer?

Encourage responding and pass out tokens for participation.

Always listen to your feelings.

They will tell you what is happening.

Be able to know both the level of discomfort and what kind of feeling it is.

The homework for today was to think of something that you can do better now than when you started the training.

What did you choose to show how you have improved?

Encourage sharing and discuss.

What did you do since we last met to stay safe?

I'm interested in anything you did no matter how important or unimportant it might seem to you.

Every step you take leads you to staying healthy so you can live the kind of life you want.

So what did you do?

Encourage sharing and give out tokens. Catch someone doing something good.

Exercise 2: Taking care of my feelings

At the last session of a group that has met as much as we have, people can feel a little unhappy.

How do you feel about this being the last time?

Encourage sharing of feelings.

Let's try a little relaxation to help us feel calm.

If the floor is clean enough, lie down on the floor and stretch out.

Let your body become a little unhinged so that it takes up as much space as possible.

Now breathe in. ***Pause.*** And slowly let your breath out. ***Pause.***

Try it again.

Breathe in. ***Pause.*** And slowly let your breath flow out. ***Pause.***

Where is the center of your body as you lie there?

Can you locate where you feel your center is? ***Pause.***

Just feel your center. ***Pause.***

Get to know your center. ***Pause.***

Now let your center get bigger. **Pause.**

Can you feel your center getting bigger, covering more of the floor? **Pause.**

Can you feel how big your center is now?

Let your breath flow gently around your center. **Pause.**

Now yawn and stretch.

How do you feel now?

Get reactions to the relaxation.

Exercise 3: Doing something nice for myself

All of you have really worked hard in this training.

It is important that you do something nice for yourself as a reward.

It doesn't have to be anything big, and it would be good if you could do it several times during the next couple of weeks.

Like going some place special, eating a favorite food, looking up an old friend, giving yourself a flower, drawing a picture, sleeping late, soaking in a warm bath, sending yourself a card, walking in a park, and so on.

Think about what you would like to do for yourself.

What special thing would you want to give yourself?

Go around and have group members indicate what they will do to reward themselves.

Those are great ideas of what you are going to do special for yourself.

Give out tokens.

Exercise 4: What the sessions have meant for me

We have crammed a lot of learning into a very small place.

I wonder what all this has meant to you.

What do you think of the experience you had here?

Encourage sharing of what the sessions meant to the group members.

How do you feel now?

Take feeling thermometer readings.

Exercise 5: A postcard from the future

Do you wonder sometimes what the future will be like?

Imagine that five years have gone by and you are sending a postcard to the group telling them what has happened to you.

What would you say?

"Dear Group, Here I am in my last year of college."

"Dear Group, Guess what? I have two lovely children, Francisco and Maria."

"Dear Group, A couple of years ago I joined the army. Now I am a corporal."

"Dear Group, This is my first job. I work in a computer company and really love it."

Think about it.

I am going to pass out some cards.

Write us a postcard from five years in the future.

Pass out 3 x 5 cards and pencils. Allow a few minutes for participants to write out their messages.

Who will start off reading their card to the group?

Have group members share their cards. Encourage participants to talk about their goals for the future.

Exercise 6: Giving appreciation to my friends in the group

You have shared a lot with each other.

You have seen group members role playing, answering questions, struggling to learn new skills, talking about their feelings, and being creative.

You have gone through a great deal together.

What kind of strokes would you like to give to the other members of the group?

What do you appreciate about them?

Encourage sharing strokes. Give out tokens.

Exercise 7: Feeling great!

Take a moment and get comfortable.

Now just observe your breath. ***Pause.***

If you want to, you can close your eyes.

Be cool and just listen to my voice.

Imagine being an eagle.

When you breathe out, imagine that you are soaring high in the bright blue sky. **Pause.**

Breathe out again. **Pause.**

You are gliding easily on the wind.

The wide world is far below. **Pause.**

As you breathe out again, your powerful wings lift you higher. **Pause.**

With each breath out, say, "I sail on the stream of success."

"I sail on the stream of success." **Pause.**

"I sail on the stream of success." **Pause.**

"I sail on the stream of success." **Pause.**

"I sail on the stream of success." **Pause.**

How does that feel?

Encourage expressions of feeling.

Exercise 8: Goodbyes

We are almost at the end.

Let's just wander around and say goodbye to the people in the group.

I'm sure our paths will cross again.

I feel really glad that I got to know you.

Have group members tell each other goodbye.

END OF SESSION 20