

## What was I taught?

**SPECIFIC ISSUE/S:** Any kind of issue

**PURPOSE/OBJECTIVES:** To enable participants to explore development of their own values and beliefs in relation to the issue in a safe context

**LENGTH:** 20 - 40 minutes, depending on the size of the group

**GROUP SIZE:** Up to 20 participants; can be done with a larger group but then sharing would be done in smaller groups

**GROUP CHARACTERISTICS:** Any kind of group

**FACILITATOR KNOWLEDGE AND SKILLS NEEDED:** Low level of facilitator knowledge; Low level facilitation skills sufficient

**RESOURCES NEEDED:** What was I taught handout

**INSTRUCTIONS:** Explain to participants that this is an activity that helps us to reflect on messages that we receive about [issue] from various places when growing up; and to develop greater awareness of what we are passing on to the next generations.

1. Hand out the template and ask individuals to fill in the four quadrants as best they can. They will have an opportunity to develop their thinking in discussion later.
2. After 5 minutes move the group into pairs and ask them to share their reflections with their partner. Allow 10 minutes for that, allowing extra time if needed (for adding to their notes if discussion has prompted further thinking).
3. Then move everyone back into the larger group to share reflections and discuss any issues that arise.

Ask the group to consider these questions:

- What are some themes you have noticed?
- What are some messages that others' received that you would like to check out?
- What have been the processes for the messages to be conveyed?
- What might be different about what we tell our children and grandchildren's generation and why? [if time]

Don't worry if participants can't recall messages in a particular area because there might not have been any.

**FACILITATION TIPS:** Any response is fine; note potential issues to bring up later.

**ACKNOWLEDGEMENTS:** Various