



- Guidance Lesson -

My Tribe:

Objective: Encourage students to think about who they can reach out to in times of stress, conflict, or crisis.

Estimated Time: 10-15 minutes

Materials: pen/pencil, "My Tribe" Response Sheet

Activity/Discussion:

1. Write the word TRIBE on the board. Ask students to share their definition of a tribe.
2. Record their responses on the board or large chart paper.
3. After they have shared their thoughts. Emphasize words such as common bond, kinship, connected, trust, protect.
4. Ask students to complete the "My Tribe" Response Sheet to allow them to start thinking about those in their life they can count on or turn to in times of crisis, stress, or conflict.
5. After students have completed their "My Tribe" sheet allow time for sharing. Remind students how important it is that we know who we can count on and who we trust.

Reflection:

1. Do you feel like you have people in your life that you can speak openly and honestly with about tough issues?
2. Has there been a time in your life when you had to reach out to someone to ask for help?
3. **Challenge:** If you had trouble identifying your "tribe" think about how you plan on reaching out if you find yourself feeling overwhelmed or frustrated. Is there an adult at school, church, or home? Do you have peers at school or in extra-curricular activities who you think might be someone you can trust?



- MY TRIBE -
Response Sheet

Who would be the first person you called if you won the lottery? _____

Who would be the first person you called if you were lost and needed directions?

Who is the first person you would call if you broke up with your boyfriend/girlfriend?

Who is the first person you would talk to if you were nervous about an upcoming event

at school? _____

Who would you talk to if you felt unsafe? _____

Who is the person you talk to when you're angry? _____

Who usually helps calm you down when you are anxious or frustrated?

Who gives the best advice? _____

Who loves you unconditionally, no matter what? _____

Who can you be totally honest with and not risk being judged?

