

YOUNG WOMEN COMMUNITY CONTRACT

FOR

WARD

INTRO (IGNITE) 10 MINUTES

Prompt: Describe your ideal community of Young Women. What traits does it have? How do you know you're a valued part of this group?

Discuss, share out, or silent write.

FRAME 5 MINUTES

Say: In this Young Women's group, we are going to be working with each other and taking some risks as we get to know each other and ourselves better, progress towards achieving goals that we have set for ourselves, and strive to become more like the Savior. It's important that every time we are together in Young Women's that you feel safe, valued, and important. Today, it's going to be up to this group to create a contract so that we can hold ourselves and others accountable.

ACTIVITY: ROUND TABLE 40 MIN

Hand out two Post-Its to each YW.

Step #1 On the first Post-It, each YW individually responds to the prompt "In this group, I need..."

Examples: In this community, I need everyone to participate, In this community, I need everyone not to laugh at me when I share. In this community, I need time to think before I respond.

Step #2 YW go around and read their "I need" statements and stick them on the board, flipchart, or poster near other YW responses that are similar to theirs.

#3 Repeat Steps #1 and #2 with new prompt "In this group, I expect..."

Examples: In this group, I expect to strengthen my testimony of the Savior. In this group, I expect to try to accomplish my goals without judgment. In this group, I expect to make friends.

ACTIVITY CONTINUED

Step #4 Prompt: Based on what we know we NEED and what we EXPECT in this group, we are going to come together and respond to the prompt: "I agree to..."

In partners or in small groups, depending on the group size, have students come up with one "I agree to..." per person.

Go around and have each group share out what their "I agree to..." statements. List these on a separate space on the board, flipchart, or poster. If a statement is repeated often, put a checkmark next to it. for each time it repeats.

Step #5 Popcorn out each "I agree to" statement. Work together to consolidate if several statements can be combined or seem to mean the same thing.

ASK "Is there anything missing from this contract based on our needs or expectations?"

Step #6 Fist-to Five Protocol

Have a YW volunteer to read the list of "I agree to" statements aloud.

After reading over the consolidated "I agree to" statements, ask the YW to hold up fingers to show where they are in this process:

5 fingers=100% on board, love this contract, confident I can uphold every point

4 fingers=great, agree with contract, believe I will be able to uphold most points consistently

3 fingers=fine with contract, meets my minimum needs and expectations, will work to uphold points

2=not fine with the contract, doesn't meet all my needs and expectations, needs changes to uphold

1=totally disagree with the contract, meets none of my needs and expectations, cannot uphold

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ACTIVITY CONTINUED

Allow anyone holding up a 1 or a 2 to have their voices heard. Discuss any necessary changes. Make changes, repeat Fist-to-Five protocol.

Step #7 Once the contract has been agreed upon, have each girl sign it on board, flipchart, or poster.

CLOSURE (REVIEW) 5 MINUTES

Individual reflection:
What are your hopes for our Young Women as we work together?
Which point of this contract will be the most challenging for you to uphold? Why?

DISCLAIMER

In a group with a significant history, it's possible that you'll have some YW who don't believe this contract will be upheld by everyone in the group. Ask the YW to check their assumptions. If this is coming up as a major barrier to this activity, it's OK to debrief mid-process about what is coming up for them. Suggested prompt: "I fear..." Have YW brainstorm what needs to happen to alleviate these fears.

DIFFERENTIATION

CONTENT

Provide list of steps as a checklist before the process begins so YW can track where they are in the process.

PROCESS

Give YW a "parking lot" paper to write down their thoughts and feelings as they come up.

CONTINGENCY

If anyone is a "zero" or a consistent "one" in the Fist-to-Five Protocol, ask to chat with them after the activity about what's coming up for them, or ask them to reflect on what's coming up for them in the individual reflection at the end.