# The Dibble Institute®

Resources for Teaching Relationship Skills

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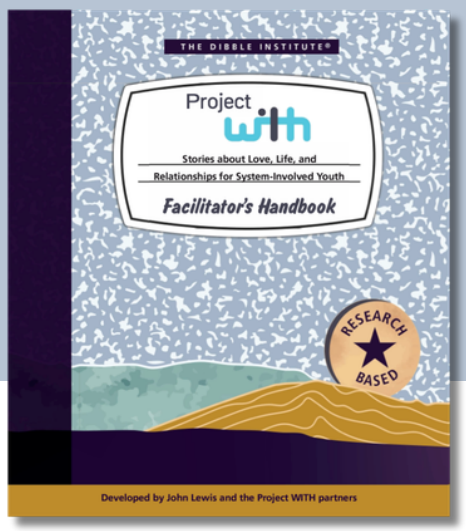



# project with

## Stories about Love, Life, and Relationships for System-Involved Youth

**By: John Lewis and *Project WITH* Partners**

- Research-Based Program for Systems-Involved Youth, ages 15-24.
- Facilitator's Handbook with 12 Lesson Plans and Student Journal.
- Journals available with and without staples for use in detention facilities
- Accompanying videos and activities deepen participants' understanding and provide space for reflection.
- Increases youths' protective factors and teaches them to set goals, recognize the elements of a healthy relationship, and consider the consequences of their decisions before acting.

*Project WITH* draws its name from those a person does life "with"—their families, friends, peers, romantic partners, coworkers, and everyone in between. It is designed to **reach system-involved youth, ages 15-24, about the complexities and joys of a wide variety of relationships**, including friendships and family, infatuations and first romances, enduring commitments and marriage.

Studying short stories, poems, folk tales, and native wisdom empowers facilitators, preferably with lived experience, to help young people connect ideas in literature to choices in real life and the skills necessary to achieve healthy relationships and instill hope in their lives.

**In 12 lessons, Project WITH invites participants to explore the question of "who they will do life with"** while gaining the know-how to build and nurture meaningful relationships.

RelationshipSkills@Dibbleinstitute.org
800-695-7975 | www.DibbleInstitute.org

# project with

**Facilitator Handbook** **$310**
**PW**

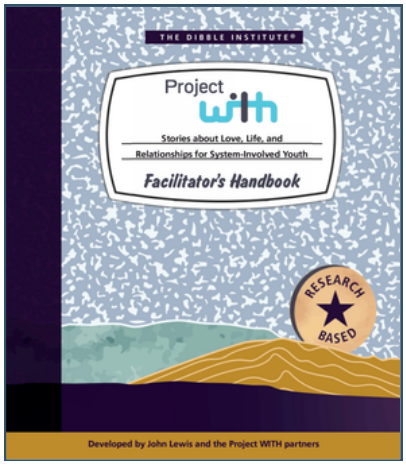
- Project WITH Facilitator Handbook
- 12 Lesson Plans

**10 Participant Journals** **$140**
**PW-J10**

1-4 packs - $140
5-9 packs - $135
10 + packs - $120

**10 Participant Journals -Perfect Bound** **$170**
**PW-PBJ10**

1-4 packs - $170
5-9 packs - $165
10 + packs - $160

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# LESSON 8

# *Eagle*

STORIES FOR LIFE, LOVE, & RELATIONSHIPS

LESSON 8

# EAGLE

## Big Idea & Skills

**BIG IDEA: Waiting and Self-Control Can Lead to Committed, Mature Relationship**

**LESSON CONNECTIONS:**

- We learn to love from our families and communities.
- Human relationships are complex, take time and sexual relationships are a big deal.

## Story Summary:

**Author:** As told by the Wintu Tribal Elders of California

**Story Summary:**

When it comes time for the female eagle to choose her mate, she prepares herself for many suitors. She does not settle for the first male eagle who tries to get her attention. She does not settle just because every other female eagle she knows has a mate. She practices self-control and patience while going through the process. Many male eagles will try to impress her. She will take her time to evaluate them, test their strength, and make her decision based on an informed outcome.

This is equivalent to dating; just because someone takes you out on a date does not mean he or she is the right one for you. The reason for dating is to see if this person is the right fit. The female eagle does not allow herself to become emotionally connected to the male eagle, but rather, she sticks with her plan without any distractions. Her focus is to make sure he fits the profile that she has in mind. The male eagle she chooses will be her mate for the rest of her life. She will not mate with another male eagle unless her mate dies. It is important for her not to rush the process.

If we learn to take the emotion out of the initial dating phase and focus on the knowing phase, there's a higher chance for a positive outcome. Relationships are too important and yet complicated to be rushed into because it takes time to get to know someone. Remember to put logic before emotions.

# Lesson Preparation

## MATERIALS

- *Project WITH* Student Journals
- Paper (if Student Journals are not being used)
- Large Sticky Notes Easel Pad
- Small Sticky Notes
- Markers / Pencils / Pens
- Tablet
- Colored circle stickers
- Paper printouts with the following statements (at the end of the lesson):

  - No flirting
  - Returns calls
  - Doesn't look at other (girls/guys)
  - Dates only me
  - Shows affection publicly
  - I'm more important than friends
  - Gives respect and kindness
  - Shows up on time

## DIGITAL RESOURCES

Video Clips:

- *Bronx Tale - Door Test*
  tinyurl.com/3yt67cce

- *Love On Top*
  tinyurl.com/yx66zjbx

# *Lesson Plan Outline*

## 1. Welcome, Rewind, On-Ramp

15 MINS

**1.1 Welcome**
**1.2 Rewind**
**1.3 On-Ramp: Bronx Tale**
**1.4 Transition to Theme**

## 2. The Story: Activities, Discussion, Media

40 MINS

**2.1 The Story**
- Frame the Story
- Read: *How the Female Eagle Chooses Her Mate*
- Explain the Connection

**2.2 Activities & Discussion**
- Video: *Love on Top*
- Video Discussion
- Activity: The Stick Test
- Discussion

## 3. Wrap Up

5 MINS

**3.1 Journal Reflection: Thank You for Catching the Stick**
**3.2 Big Idea Reflection**

# 1. Welcome, Rewind, On-Ramp

Duration / Running time

## 1.1 WELCOME

5 min / 5:00

Welcome everyone back, re-introduce yourself, and name the participants from memory.

Ask participants: *On a scale of 1-10, where 1 is really negative, and 10 is extremely positive, how do you feel right now and why?*

## 1.2 REWIND

5 min / 10:00

Start the Rewind by saying:

*Before leaving the last session, you wrote some comments on sticky notes about the* ***Big Idea:***

***Real Love Means Getting to Know the Other Person, Respecting Them, and Acting Responsibly for Their Well-Being.***

*Let's circle back to that.*

- Read the sticky notes out loud.
- Ask: *Any additional thoughts?*
- Ask: *Are there any changes in how you were feeling or what you thought since we last met?*

## 1.3 ON-RAMP: *BRONX TALE*

5 min / 15:00

Introduce this video by paraphrasing: *When we do meet someone for the first time, we probably make our first decision to talk to them about how they look. A person looks may not be the best factor on whether she/he is a great match for you in the long run. We all may have ways to figure out if we have a connection with someone. Has anyone has seen the movie Bronx Tales?*

*This is a short clip about 'The Door Test'.*

Play video:

*Door Test*
tinyurl.com/3yt67cce

### 1.4 TRANSITION TO THEME

Explain: *A test plays an important role in our story today about how an eagle has her own door test.*

## 2. The Story: Activities, Discussion, Media

Duration / Running time
2 min / 17:00

### 2.1 THE STORY

### FRAME THE STORY

Explain in your own words:

*Our story comes to us from the Wintu Tribe of Northern California who represents the direct descendants of the local indigenous people known as the Wintu.*

- *Many indigenous people have a masterful knowledge of their surroundings, and nature is part of everyday life.*
- *The telling of stories passed down from generation to generation remained their primary form of wisdom communication even after the written word had spread across the globe.*
- *Storytelling traditions allowed tribes to pass down their wisdom and knowledge of themselves and their environment to their children and their children's children.*

### READ THE STORY

4 min / 21:00

*How the Female Eagle Chooses Her Mate*
(As told by the Wintu Tribal Elders of California)

When it comes time for the female eagle to choose her mate, she prepares herself for many suitors. And many come before her. She looks them over quite well and then picks one to fly with for a while.

If she likes the way he flies, she finds a small stick, picks it up and flies high with it. At some point she will drop the stick to see if the male can catch it. If he does, then she finds a larger stick and flies with it much higher this time. Each time the male catches the sticks, she continues to pick up larger and larger sticks. When she finds the largest, heaviest stick that she herself can carry, the stick is at this point almost the size of a small log! But she can still fly very high with this large stick.

At any time in this process, if the male fails to catch the stick, she flies away from him as her signal that the test is now over. She begins her search all over again. And when she again finds a male she is interested in, she starts testing him in the exact same way. And she will continue this "testing" until she finds the male eagle that can catch all the sticks. And when she does, she chooses him, and will mate with him for life.

One of the reasons for this test is that at some point they will build a nest together high up and will then have their eaglets. When the babies begin to learn to fly, they sometimes fall instead. It is then that the male must catch his young. And he does!

## EXPLAIN THE CONNECTION

2 min / 23:00

Explain: *We can learn a lot from the eagle:*

- *Genuine commitment is worth waiting for.*
- *Patience is important in choosing a mate, and well worth it.*
- *Never settle, no matter what.*
- *Pursue what you want.*
- *Be willing to prove you are worthy.*

## 2.2 ACTIVITIES & DISCUSSION

5 min / 28:00

## VIDEO: *LOVE ON TOP*

While they watch this video, have the participants write down the statement, "Patience is bitter but the fruit of love is sweeter." (Pause the video at 0:07 so they can read the text from the girl on the roof waiting.)

Play video:

*Love on Top*
tinyurl.com/yx66zjbx

## DISCUSSION

5 min / 33:00

Ask participants:

- *What are some observations you made in the video?*
- *What does the two guys choosing to take the elevator represent?* (The easy way)
- *The guy who chose to take the stairs, what was going on in his head?*

Dividing up in pairs, have participants share with their partner:

- *What's the most important thing you've waited for?*
- *What's an example of something that you worked hard for? How did that make you feel?*
- *What do you think of people who always try to take the short cut?*

## ACTIVITY

10 min / 43:00

## THE STICK TEST

Post printed sheets of paper around the room displaying the following statements:

- No flirting
- Returns calls
- Doesn't look at other [girls/guys]
- Dates only me
- Shows affection publicly
- I'm more important than friends
- Gives respect and kindness
- Shows up on time

Explain:

*Success in a relationship hinges on timing, preparedness, and knowledge. Deciding what you want and need—and determining how to achieve it—requires time and, most importantly, patience. When the moment is right, and when a person is whole, mature, and ready to embrace both the responsibilities and the pleasures of a loving relationship, commitment, and marriage, life becomes happier and more fulfilling.*

Say:

*The story of the Eagle serves as a powerful lesson in testing, patience, and waiting for the best. Some dropped the stick and, as a result, failed the test. We have all experienced moments when we 'dropped the stick' for others in our lives. Now, let's explore what the 'Stick Test' might look like for us in the dating scene.*

## VIDEO: *TELL ME YOURS*

5 min / 48:00

Play video:

*Tell Me Yours*
tinyurl.com/bjsc4v2w

## DISCUSSION

After watching the video, ask participants: *What brought everyone together? How were they all included? What was the key factor that united them?*

## ACTIVITY

7 min / 55:00

Explain:

*Around the room, you will find sheets of paper listing the expectations we have in dating relationships.*

*Each of you has 10 stickers.*

*Please go around and use your stickers to vote for the expectations that are most important to you. The color of the sticker does not matter.*

## DISCUSSION

- Go around the room and add up each sheet.
- *Ask the group why they voted as they did.*
- Allow the group to lead the discussion.

Wrap the group's discussion by saying:

*We don't often do as well as the eagle to 'test' our prospective mates. We should take a cue from the story, exercise patience, and wait for the one who passes the test, and never, ever settle. For those of us who may have let others down by dropping the stick too many times, we can always start again with a fresh commitment to be a good partner.*

# 3. Wrap Up

Duration / Running time
4 min / 59:00

## 3.1 JOURNAL REFLECTION

### THANK YOU FOR CATCHING THE STICK

In their student journal on page 33, have participants answer these questions:

- When have you "dropped the stick" in past relationships?
- Write down the name of one person in your life you can thank for "catching the stick."

## 3.2 BIG IDEA REFLECTION

1 min / 60:00

At the end of the lesson, connect the discussion and activities back to the **Big Idea: Waiting and Self-Control Can Lead to Committed, Mature Relationships.**

Close the lesson by saying: *On the way out today, please take a sticky note and write a brief comment on what you learned about the following: Being open with others helps us connect with them and overcome loneliness and isolation. Place your sticky note on the sticky notes easel pad before you go.*

Keep the sticky notes for the beginning of the next lesson.

# NO FLIRTING

# LESSON 8 | EAGLE

# RETURNS MY CALLS

# DOESN'T LOOK AT OTHER (GIRLS/ GUYS)

# LESSON 8 | EAGLE

# DATES ONLY ME

# LESSON 81 *EAGLE*

# SHOWS AFFECTION PUBLICLY

# LESSON 8 | EAGLE

# I'M MORE IMPORTANT THAN FRIENDS

# LESSON 81 EAGLE

# GIVES RESPECT AND KINDNESS

# LESSON 8 | EAGLE

# SHOWS UP ON TIME

# LESSON 81 EAGLE

THE DIBBLE INSTITUTE®

# Project WITH Journal

Stories are Powerful Yours...Mine... Ours!

Developed by John Lewis and the *Project WITH* partners

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Lesson 8

## Big Idea

# Waiting and Self-Control Can Lead to Committed, Mature Relationships

# Eagle Story

(As told by the Wintu Tribal Elders of California)

Lesson 8

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# Journal Reflection:

## Thank You for Catching the Stick

When have you "dropped the stick" in past relationships? Write down the name of one person in your life you can thank for "catching the stick."

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