

Two@aTime project

SESSION 1
MEET THE CAST





SESSION 1

INTRODUCTION

Welcome to the Two@aTime Project. The goal of Two@aTime is to empower young people like yourselves to be able to better communicate with people who are different from you...different skin colors, backgrounds, beliefs and experiences. The Two@aTime Project has created something really fun. You will be watching a reality show like you see on TV with a cast of real life young people just like you, not actors. They're going to be challenged to set down their phones and their social media and have face-to-face conversations with people very different from them, then talk about some of the most relevant issues facing us today, especially issues of race. And we get to go on that journey with them!

OUTCOMES

- Understand the Two@aTime project
- Identify the goals of the Two@aTime project
- Gain a sense of comfort and have fun while talking and interacting with your peers
- Describe what ways you use online platforms and social media apps
- Give a number 1-10 that represents how comfortable you are in having a face-to-face conversation with someone different than you
- Discuss which cast members you relate to the most and your commonalities
- Practice using active listening skills in group discussion
- Identify the ways people react differently in stressful situations

LEADER PREP

1. Read the Leader Guide to gather a good understanding of the Two@aTime Project.
2. Familiarize yourself with the cast bios.
3. Print 1 copy of each Cast Highlight Sheet.
4. Print numbers 1-10 so you can create a paper scale to post on the wall.
5. Print social media icons and place them on the walls of your classroom.
6. Prepare white envelope/journals for each Team Member.
 - a. Get one #10 envelope for each Team Member
 - b. Staple three pieces of computer paper together, fold it, and put it in envelope.
 - c. Team Members can also use lined notebooks or composition notebooks instead of white envelopes and paper.

VOCABULARY

- Fight
- Flight
- Active Listening

MATERIALS NEEDED

- [Session 1 video](#)
- Printed out Cast Highlight Sheets
- Printed out social media icons
- Printed numbers 1-10 for paper scale
- Post-it notes (minimum of 10 per Team Member)
- #10 white envelope for each Team Member
- Three sheets of computer paper stapled together for each Team Member.
- If preferred each student can receive a lined notebook or composition notebook as their journal.
- A box or basket to hold and store white envelopes.

Session Map

🕒 1 hour

Setting the Stage	10 min
Inside the Episode	25 min
Activity	10 min
Two@aTime Work	10 min
Closing Credits	5 min



ACTIVITY

SETTING THE STAGE

🕒 10 Minutes

If the goal of Two@aTime is for us to really talk face-to-face, I think it's best for us to start by talking about the main issue of what is getting in our way...social media! We all love to spend a lot of time on social media, but it is also the reason why we are having a lot less face-to-face conversations.

So let's talk about this...How much time do you actually spend on social media every day? We're going to do a couple fun activities that show us how just much we use it.

SOCIAL MEDIA ACTIVITY #1

- The leader will give each Team Member their packet of post-it notes.
- Using the numbered scale on the wall, Team Members will write their name on a post-it note and stick it to the number that best represents their daily social media time. Explain that each number represents how many hours in a day that they are on social media platforms.
- After Team Members place their name on the scale, Team Leaders will quickly reflect on the results with the group.



SOCIAL MEDIA ACTIVITY #2

- Next, point out to Team Members that each of the four walls of the room has a picture of one social media icon:



- On the count of three, Team Members are going to walk to the wall of the social media platform that they use the most.
- While standing at their icon, have Team Members volunteer to share what they love about their favorite social media platform and what draws them to it every day.
- While Team Members are standing at their icons say the following:

Now that we all have discovered what social media platforms we use the most, let me ask you a very important question:

QUESTION

- On a scale of one to ten, how comfortable would you be to put aside your social media and sit down face-to-face with someone very different from yourself and have a conversation?

I want to get YOUR NUMBER. So hold up the number of fingers that represents your comfort level.

Now I want you to remember your number... this is your benchmark...your starting number. It will be fun to see how this number changes over the next six weeks.



★ FUN IDEA

Take a picture of everyone holding up their number so they can compare it with a picture you'll take at the end of the project! This will allow the group to see how much progress they have made! You can post this picture in your classroom or club.



REMEMBER... *Rulers/Scales* are tools used in the Two@aTime Project to allow Team Members to quickly access how they feel about trying something new. 1 representing not comfortable at all and 10 represents really comfortable and ready to do it right now!



INSIDE THE EPISODE

🕒 25 Minutes

Today we are going to get to the heart and soul of the Two@aTime project and watch episode 1!

But before we watch the episode and meet the cast, I want to tell you a little about the hosts for the show Reece and Courtenay.



Reece is a rap artist from Florida whose music has hit the top of the iTunes charts. He performs all over the world and also hosts his own YouTube show.



Courtenay has hosted multiple reality TV shows, she's written a book for women called Beautiful, and she travels the world speaking to young people just like you.

Together, Reece and Courtenay will be guiding us through Two@aTime while asking some pretty thought-provoking questions. Some of these questions will be ones that we answer ourselves in this group!

It is time for you to watch episode 1 of Two@aTime.

WATCH EPISODE 1

<https://www.youtube.com/watch?v=2LTongblUWs>

Now that we have watched episode 1, let's talk about it...

QUESTIONS

- What did you think? (let the group respond)
- Do you think you would have enjoyed being one of the cast members?
- If you were going to be friends with one of the cast members, which one would it be and why?
- What skills are necessary to have a Two@aTime conversation?

BE...

- Courageous
- Curious
- Open-minded
- Intentional
- Patient

DO...

- Ask Questions
- Talk Honestly
- Listen
- Look for Common Ground



During the episode, I want you to FOCUS ON what skills are necessary to have a successful Two@aTime conversation.

ACTIVITY

CAST ACTIVITY

🕒 10 Minutes

So now we're going to do a cast activity. Around the room, you will find Cast Highlight Sheets for all of the cast members. You're going to move around the room and read each of these highlight sheets. The challenge is to find one way that you're alike with as many of the cast members as you can. Use your post-it notes to write down how you're alike and stick it to that cast member's highlight sheet.

Examples: You might be energetic and outspoken like Tori or more timid and shy like Kamiyah. Or, you might love football like Derrian or love or want to start a business like Raymark.

- The leader will have all 8 Cast Highlight Sheets printed out and placed on different desks or tables in the room.
- Team Members will go around to each table and read the cast highlights and find one way they can make a connection with as many cast members as possible.
- Team Members will write their connections on post-it notes and post them on the cast highlights
- When each Team Member has made it to each Cast Highlight Sheet, the Team Leader will gather the group.
- The Team Leader will share a few of the connections and will ask students if they want to elaborate further.

So what we've seen here with this activity is how many ways we are like the cast members. We have a lot in common with them. So moving forward, it will be fun to see how the cast reacts to the many challenges they will face over the next five weeks and interesting to see if we react in the same way.



ACTIVITY

TWO@ATIME WORK

🕒 10 Minutes

We are going to get into small groups and answer some of the same questions Reece and Courtenay posed in episode 1. Like the cast talked about doing in the show, it's important to listen to each other. So let's take a moment to talk about ACTIVE LISTENING.

REMEMBER... Active listening is giving another person your full attention by stopping what you are doing, focusing on them, listening for the facts and feelings they are communicating.

Most of the time we don't listen well. We spend our time focusing on what WE want to say next. To really ACTIVELY LISTEN, we must really hear the meaning of what the other person is saying. We need to listen to understand.

- Move Team Members into groups of 4-5 and discuss the following questions.
- The Team Leaders will read the questions to the groups aloud.
- The Team Leader will give the groups 5 minutes to discuss each question



QUESTION 1

- In this episode, the cast discussed how people react differently in stressful situations. They talked about Flight and Fight, which is how our bodies respond to stressful situations. Derrian talked about when he faced difficult conversations, he had a tendency to withdraw and get quiet. That's called FLIGHT. Which would you say you are most like and why? How could you react differently?

QUESTION 2

- Jonah says he's had a lot of conversations where the other person cares more about being right, than working together to find solutions. What is your motive, to listen and find solutions or to be right? What can you do differently to have better conversations?

CONCLUSION

Wrap up as you would like.



CLOSING CREDITS

 5 Minutes

Right now everyone is going to get a white envelope with three pieces of paper in it (or a notebook). This will act as your journal that you will use over the six sessions of Two@a Time and it will hold your ideas and thoughts. What's in your journal will be kept private.

Each week you will write down the following:

- The Session number and a keyword that reminds you what the session was about.
- YOUR NUMBER, the number that represents how comfortable you are having a Two@aTime conversation.
- SOCIAL MEDIA SCORE - how many hours you are spending per day on social media.

It will be fun to see if these numbers change over time.

And the last thing I want you to do this week is jot down some of the issues that you feel are most important to talk about regarding issues of race and ethnicity.

We'll see if some of the topics you write down and put in your journal end up being in the Two@aTime episodes!

You can put your journal in this basket/box as you walk out. I am excited to see all of you next week for Session 2!