

Two@aTime project

SESSION 6
HOW CAN YOU CHANGE
YOUR WORLD?





SESSION 6

INTRODUCTION

Welcome back to the Two@aTime Project! Remember, the goal of Two@aTime is to empower young people like yourselves to better communicate with people who are different from you...people with different skin colors, backgrounds, beliefs, and experiences.

OUTCOMES

- Continue to find common ground to have productive interactions.
- Continue to practice inquiry to gain clarity and be understood.
- Continue to practice listening to understand and gain insight.
- Continue to understand how to take steps to deal with conflict productively.
- Practice and gain confidence in building the skills discussed throughout the Two@aTime Project after the project has been completed.
- Reflect on ways that an individual can impact the world.

LEADER PREP

1. Decorate the room.
2. Prepare snacks for Team Members.
3. Thoroughly review this Session 6 guide.
4. Basket/Box and journals available for pickup at the beginning of the session.
5. Have white paper, pens and paper available for Team Members.
6. Print out Two@aTime Toolkit handout (1 for each Team Member).
7. Print out Two@aTime Certificate of Accomplishment (1 for each Team Member).

Session Map

🕒 1 hour

Setting the Stage	10 min
Inside the Episode	15 min
Activity	25 min
Two@aTime Work	5 min
Closing Credits	5 min

MATERIALS NEEDED

- Decorations for room
- Snacks for party
- Basket/Box with journals (to be picked up by Team Members as they walk in)
- [Session 6 video](#)
- [Reece Spoken Word Instructions Video](#)
- White sheets of paper (1 per Team Member)
- Pen or pencil for each Team Member
- Two@aTime Toolkit handout (1 for each Team Member)
- Two@aTime Certificate of Accomplishment (1 for each Team Member)
- Optional: A Red Basket (if you are using this each week)



ACTIVITY

SETTING THE STAGE

🕒 10 Minutes

- Set up your room for a celebration.
- Party Ideas could include: balloons, streamers, posters, popcorn, and snacks in small bags. You can decorate as much as you want.

Welcome to the final session of the Two@aTime Project! Over the last 5 weeks, you have learned and practiced new skills that will help you meet new people and bridge the divides that exist in our communities.

We also hope that you use these newly acquired skills to unite people of all colors, backgrounds, and experiences, and become leaders in your families, clubs, schools, and cities.

You have challenged yourself and tried new things. That takes courage and I want to congratulate you all!

Last week all of you had your first official Two@aTime conversation. At the end of the last session, you wrote down your number: The number that best represented how comfortable you were having that conversation.

I would like to ask everyone to hold up that number!

★ FUN IDEA

Take a picture of everyone holding up their number so they can compare it with a picture you took at the beginning 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.

QUESTIONS:

- How many of you have a higher comfort number now than you did at the beginning of session 1?
- What positive changes have you made over the last 6 weeks?
- What is the favorite thing you discovered about yourself during the Two@aTime Project?
- What was your favorite session? (You may need to remind Team Members of session topics).

One more quick follow-up: In session one, we talked about how much time we spend on social media and how that can sometimes get in the way of having face-to-face conversations.

QUESTIONS:

- How many think you now spend less time on social media? Why or why not?
- If you spend less time on social media, what positive changes in your life have you noticed?



INSIDE THE EPISODE

 15 Minutes

Today we will be watching the final episode of Two@aTime. We will get to see what the cast has discovered about themselves and how they plan to make changes in their own lives. We will be watching this episode straight through to the end. At the end, we will discuss what the cast talks about in the video.

WATCH EPISODE 6

Episode 6

Play video to completion.

Team Leader will not pause this video.

After the video discuss the focus questions with your Team Members.



I want you to focus on a few things:

- What cast member do you admire the most? What do you appreciate about them and why?
- What is the cost of not having Two@aTime conversations and reaching out to people who are very different from you?
- What is your commitment moving forward? What will you choose to do with the new knowledge you have?

ACTIVITY

SPOKEN WORD

🕒 25 Minutes

We are going to have some fun today and create a spoken word just like Reece and the cast did in today's episode. Reece created a video that will teach us all how to do it! We will be divided into two groups, and each group will create their own unique spoken word. Then, each group will present their spoken word to the other group.

The theme of the spoken word piece is "How Can You Change Your World".

- Break up into two groups and sit together.
- Have a stack of white sheet paper in middle of tables.
- Have a pen or pencil for each Team Member.
- Listen to Reece's video and then get started creating. You will have 15 minutes to create.

IMPORTANT:

Have everyone choose 4-5 words that inspire them! Then have Team Members choose one of their words to build into their personal phrase. Each team will put their phrases together and make a spoken word.



- At the end of 15 minutes, each group will present to the other group.
- Each group will have approximately 3-4 minutes to present.

[Play video from Reece on Spoken Word](#)

Have fun with this spoken word and remember, it is YOUR CREATION! It is what all of you want to say! I can't wait to hear them. Let's get started!

- When each group has finished, congratulate them for their creativity and powerful commitments.

ACTIVITY

TWO@ATIME WORK

🕒 5 Minutes

Now that we have powerful commitments, I want to end the Two@aTime Project with a challenge!

Remember, the goal of Two@aTime is to empower young people like yourselves to better communicate with people who are different from you, people with different skin colors, backgrounds, beliefs, and experiences.

So here is the challenge, if each of you had a Two@aTime conversation with just 2 people, this class alone could meet and talk with about 40 people! If all of the teens in the Boys and Girls Clubs around the country did the same thing, then close to 1 million people could discover the power of setting aside their phones and social media and having meaningful face-to-face conversations.

How cool is that!!

You all have the power to make that big of a difference, Two@aTime!

CONCLUSION

Wrap up as you would like.





CLOSING CREDITS

🕒 5 Minutes

The Two@aTime Project wants each of you to receive a certificate of accomplishment and a Two@aTime Tool Kit resource which will help you remember all of the skills you have learned, practiced, and will use going forward.

- Have each student come up and receive their 2 documents.
- Shake their hand and congratulate them.
- Invite each student to take home their journal.