

The Gentlemen's League
Facilitator Guide for Building Self-Awareness
90-min Session

Materials Needed for Success:

- Powerpoint, Chart Paper, Markers, Technology (Powerpoint), Magazines, Glue, Tape, Scissors, Blank White Paper

Purpose of Session:

- In order to determine where you want to go in life, you must first tackle the obstacle of identifying who you are, where you come from, and how your experiences impact you. This session will challenge you to dig deep and identify what challenges and obstacles are in your life that you might need to overcome.

Agenda:

- Ice Breaker: Would you Rather? (~10 minutes)
 - Ask each question and ask participants to move to one side of the room or the other, depending on which option they “would rather.” Have each side explain their reasoning behind their decision.
 - Facilitator can also choose any other ice breaker to conduct with students.
- Establish Group Norms (~10 minutes)
 - Create your own list of norms and present them to the group.
 - Have students contribute additional items.
 - Have the group create their own items and decide on the list of norms as a group.
- TGL Core Values / Components (~10 minutes)
 - Share TGL Core Values with the group.
 - Then have the gents partner up and introduce yourself, and Discuss which core value is most important to you, and why?
 - Have students share what rewards they may want and make a list to share with the TGL Programming Team.
- The Identity Journey Activity (30 minutes)
 - Objective: To encourage self-reflection and explore personal growth and identity development among boys in grades 9-12
 - Instructions:
 - Ask each student to create a timeline of their life on a large piece of paper.
 - The timeline should include significant events, experiences, and milestones that have shaped their identity, self-perception, and personal growth.

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- Encourage them to include both positive and challenging moments that have had an impact on their journey.
 - Provide time for self-reflection and writing a brief reflection next to each event or milestone to explain its significance.
 - After completing their timelines, allow each student to share their journey with the group, focusing on key turning points and personal insights.
 - Facilitate a group discussion on identity development, resilience, and the process of self-discovery.
 - Emphasize the importance of recognizing and embracing personal growth, while supporting and empowering one another throughout their journeys.
- Whole group Share Out (~15 minutes)
- Facilitator will then ask students to respond to the reflection questions:
 - What were some key turning points or significant events that you included in your timeline? How did these moments shape your identity or self-perception?
 - Were there any challenging experiences that you included in your timeline? How did you navigate through those challenges, and what did you learn from overcoming them?
 - How did the process of creating this timeline and reflecting on your identity journey make you feel? What insights or new understandings about yourself did you gain from this activity?
 - As you look back at your timeline, are there any aspects of your identity or personal growth that you want to focus on or develop further? How can we support each other in our journeys of self-discovery and growth?
 - Announcements/Reminder (5 minutes)
 - Facilitator will check in with students, and give them updates.