

Change the Stigma's Candid Conversation Model

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First, things first. Check in with each other.

To start off your conversation, you will conduct an emotion inventory.

Each participant will locate their current emotion on the feelings wheel [Figure 1]. They will share what they chose and what got them there. Everyone is free to share as much or as little as they please.

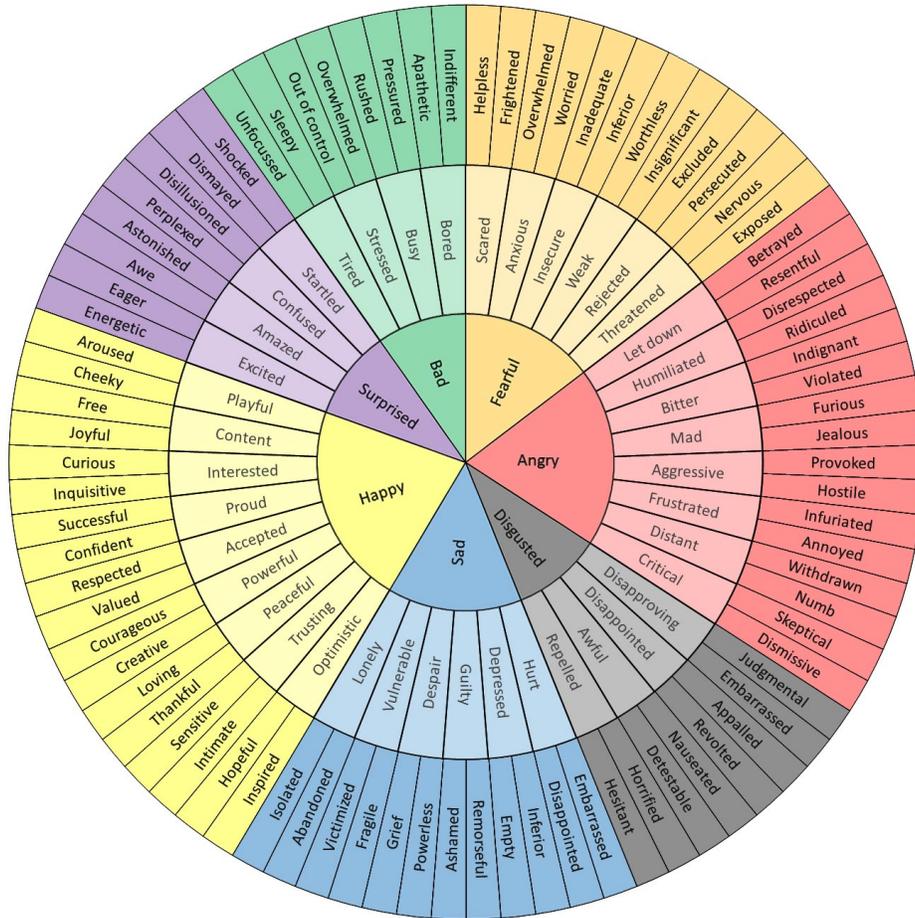


Figure 1

Introduce your topic.

Now is the time to introduce your topic. Assign a participant to usher the conversation. They will be the person to introduce the topic and pose the guiding questions. This role is important for the success of the conversation, so be conscious of who is put in this position and be sure they are ready to keep the conversation open and involved.

Topics can be found under “The Curriculum” on our resources page.

Once the topic is introduced, participants are welcome to share their first thoughts. But before that, the rules need to be read out loud by the usher to the participants.

The Rules

- Stay in the room
 - These conversations are confidential
 - Stay in the room even when troubling emotions arise
- Make no assumptions
 - Listen for understanding, and do not assume anything about others in the room
- Be vulnerable
 - Speak from your personal experiences
 - Know that vulnerability is needed for a genuine conversation
- Allow yourself to heal
 - Do/say what you feel is necessary for your own healing
 - Remember that healing is the revolution
- Remember that different experiences exist
 - Be aware of your domestication and how different each individual experience is
 - Every person knows something you don't know
- Be curious, not confused / Turn on your curiosity
 - Ask questions as opposed to making assumptions
- Allow your mind to be changed
 - Evaluate the attachment you have to your beliefs and why
- Safe space does not mean comfortable space
 - Conversations can get tense, but stay in the room
- Allow each other literacy moments
 - If you don't understand a word, simply say "literacy moment" and someone will explain it to you

Art Integration	Movement	On Paper
15 min exercises	Yoga, guided meditation, quick stretch, Contemporary improv, hip hop cypher	Line sketch (see what you can make without ever lifting your tool) , 10 minute story (write a story in 10 minutes), found poem(write one line at a time, passing around the poems in a circle, then read yours once it returns to you, Visual Art
Movement Espresso	Simon says, full body shake (just shake your body with vigor), drumming (use each other as drums) , 10 laps around the room, follow the leader	NA

Figure 2

Before beginning the discourse, the group will do some type of art integration.

Examples are provided in Figure 2 above. Any artistic activity that can be done in under 20 minutes is great. After that activity, the real conversation begins. For every 30 minutes of talking, there must be one “Movement Espresso” activity. Borrowing from the Peoples’ Institute for Survival and Beyond (PISAB) and Urban Bush Women (UBW), the movement espresso provides a much-needed mental break. Remember to keep an open mind and an open heart in your conversation.

And finally, we've arrived at the discourse.

Locate the starter questions (found under “CTS Curriculum” on our resources page) and read them aloud. Now is the time to hand out snacks if permissible.

Anyone may begin.

Use any object as a microphone and only one person may speak at a time.
Ensure that everyone who wants to speak is given a chance to do so.

For more black and white topics, meaning there are two clear sides, a randomly assigned debate may be a fun way to have people to see other perspectives and arguments.

If the debate round is taken be sure to assign the teams randomly, give each team 15 minutes to do research, then finally have them present their arguments.

For more resources on how to conduct a good debate visit:

https://ablconnect.harvard.edu/files/ablconnect/files/want_to_facilitate_a_debate_in_your_class.pdf

We at CTS thank you for taking the initiative to have these tough conversations at home. Go on out there and Change some Stigmas.