STARS

GROUP ICEBREAKER &
PROGRAM INTRODUCTION
Greeting and Icebreaker

Health Educator:

Welcome to STARS! I’m glad that you decided to join us! My name is ________ and I will be getting you started this morning!

Health Educator:

Okay ladies, let’s do a little fun activity that will get us up and energized for today’s workshop!. First, we’re going to need to form a circle.

Okay, I’m going to start off by passing this ball to the right and as you receive the ball make sure to say either your name or nickname-loud and clear.

➢ Go around circle only once.

Now let’s add a twist! I’m going to pass the ball around again, but you have to think of one word that describes a positive aspect about yourself. We need for you to say the positive aspect and then your first name (i.e. Intelligent Tanisha).

➢ Go around the circle once.

Okay, now we’re going to just throw the ball randomly around the circle. You have to say the name of the person you are throwing the ball to and you can’t throw the ball to the same person back to back.

➢ After everyone has received the ball.....

Can any of you ladies go around the room and give everyone’s positive aspect with their name?

Thanks for playing and I hope that you all know each other's name now! Just to be sure we don’t forget, I’d like everyone to make sure that your nametag is on at all times. Please enjoy this candy that you all worked so hard for while we spend some time learning about The STARS Program.

➢ Pass out candy to participants.
Health Educator:

Now that you have gotten to know everyone a little better, let’s talk about why we are here today and what the STARS program is all about.

African-American women are at the greatest risk of HIV infection. The STARS program was created in order to reduce the risk of HIV for African American women. This program is designed to teach women about positive choices they can make to protect themselves, be healthy and have a more successful life. It was also designed to instill a sense of pride, foster a sense of sisterhood among Black women and enhance our self-esteem. Today we will be talking about sex, relationships, and women’s health as a whole.

As part of the STARS program you will be asked to attend workshops. Our workshops offers important information, demonstrations and practice that you will need to know to stay healthy—both in your bodies and relationships. Our sessions are called “workshops” because very important work takes place—all with a lot of fun!

The group will last about 4 hours, with a break in the middle. Refreshments will be provided. If anyone has to go to the restroom they are located ________. We suggest that you go at the break because we will be covering a lot of information and we don’t want you to miss out on any of the fun.
Who are STARS Sistas?

Health Educator:

- **Display Poster 1 STARS Logo**

The two women pictured in our logo represents STARS sistas - a group of special young black women. STARS sistas are special because…

- They possess a sense of inner and outer beauty
- They are motivated to help themselves and others
- They have an inner strength that helps them meet life’s challenges

The STARS workshop is designed to teach black women like you to become STARS sistas. You’ve already shown me that you have what it takes to become a STARS sista – you’re responsible, motivated, and willing to learn new things.

I know you are responsible because you made a commitment to be here today and you kept that commitment.

You are certainly motivated! You got up early on Saturday morning, got dressed, and got yourself here! The fact that you are willing to try new things – like attending this workshop tells me you are ready to face new challenges.

Now we want to invite you to become a STARS sista. We’ve already talked about the things you will get when you join our group. Now let’s talk a little about what you will be asked to give when you join.

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**Purpose:**
The STARS motto and logo will be discussed. Participants will also be asked to commit to the program.

**Materials:**
- Poster 1: Logo
- Poster 2: Motto
- Poster 3: Pact
- Handout: STARS Pact
- Pens/pencils

**Time:**
10 minutes
Health Educator:

As you all know, the name of the program is STARS. When you hear STARS what do you think of?

➢ Allow participants time to respond to the question.

Like you, I think that the image of a STAR is really special. So I wrote down all of my thoughts about stars to create a motto.

You will say the STARS motto together at the beginning of every STARS workshop or session. Look at these posters and read them out loud as a group. On the count of three…1---2---3

Read Motto aloud with participants.

Health Educator:

So what does the motto mean:

1. As individuals we have to respect ourselves. If we don’t respect ourselves no one else will respect us.

2. As African American women we have to be optimistic about our future. We can choose those things about our life that are positive, let go of the things in our life that are negative, and create new things in our life to be positive about.

3. As African American women we are spiritual. We should listen to our inner spirit for guidance and truth.
STARS
Sistas Talking About Real Solutions

“My Sistas, My Girls”
We are Strong Black women.
We take Time to care for ourselves so that
We can Achieve all that we are meant to be.
We Rise to meet and overcome all of life’s challenges.
We are the Start of a new generation of Women.

WE ARE STARS!!!
The **STARS** Pact

**Health Educator:**

The first thing we ask you to give is your commitment to participate in the workshop and attend ALL follow-up appointments. The second thing we ask you to give is your support to other **STARS** sistas. We’ll read the **STARS** Pact to see exactly what I mean by that. Please turn your attention to these posters: “**STARS** Pact” and follow along as I explain what the **STARS** sisterhood requires of you.

- **Read STARS Pact aloud. Remember to read slowly while pointing to each point. Also, display Poster 3: STARS Pact.**

**Health Educator:**

Now I am going to pass out pens and a pact to each of you to read over and sign. After you have signed them, return them to me and I will make a copy for you to have for your journal by the end of today. I’ll keep the original for my records.

**Pass out the pacts for the participants to sign. Be sure to collect all of the copies.**
STARS PACT

I, __________________________ agree to:

Commit to the STARS Program

    Do my best to attend all workshops
    Do my best to attend STARS reunions
    Do my best to be on time

Participate in Workshop Activities

    Listen
    Share
    Take part

Support my STARS sistas

    Keep ALL personal information confidential
    Try not to interrupt
    Give everyone a chance to speak
    Respect each other’s differences – don’t judge

Sign your name: ________________________________

Date: _______________
STARS PACT

I, __________________________ agree to:

Commit to the STARS Program

Do my best to attend all workshops
Do my best to attend STARS reunions
Do my best to be on time

Participate in Workshop Activities

Listen
Share
Take part

Support my STARS sistas

Keep ALL personal information confidential
Try not to interrupt
Give everyone a chance to speak
Respect each other’s differences – don’t judge

Sign your name: ________________________________

Date: __________________
Group Guidelines

**Health Educator:**

- Every good program should have some guidelines, and the STARS program has some guidelines in order for our group to run smoothly. Can anyone think of any guidelines that we should have for our STARS group?

  (IF no one volunteers HE start of with an example).
  - Record participant answers on flip paper

These are all great suggestions, if you look at our Poster 4, we also have some guidelines we that we thought of before.

(Only point out the ones that the group did not say).

Can we all agree to these guidelines?
  - Allow participants time to answer

Great, we will keep these posted throughout the day.

**Health Educator:**

At this time we’re going to break you up into your groups for today’s workshop. Please listen carefully for your name to be called.
Group Guidelines

Confidentiality (privacy): we will be talking about very private things and we need to trust that we will not talk about the private lives of STARS sistas outside of the group.

No Smoking: this is a smoke free building.

Commit to the program: in order for everyone to get the most out of the program, it is important that you come to every session. Try to be committed to both workshops and ALL follow up appointments.

Participate in discussions: your personal experience may be very helpful to someone else. There are no stupid questions, answers, or comments. We are here to learn from each other, not to be critical.

Be on time: as you will see we have a lot planned for each session so it’s important that we start on time so we can end on time.

Participate in activities: many of the activities that we will be doing will make you think about issues that are meaningful to you and help you practice some of the skills we want you to learn.

Anyone is allowed to pass: you will not be pressured to participate in anything that may make you feel uncomfortable.

Have a non-judgmental attitude: don’t be quick to throw stones. We all have our different reasons for what we do and how we do it. We also all have our faults. The reason we’re here is to help each other make better, healthier decisions.

Respect each other: we need to listen to whoever is talking and respect them even if some of us disagree. This means that there should be no interrupting, whispering, giving funny looks or making fun of other group members. This means respect for each person’s space, too…please, no physical contact. Respect also means that we need to limit the amount that one person has to talk so others can have a chance to share, too.