

**BEBASHI**



FACILITATOR'S GUIDE BOOK  
FOR  
NEW BEGINNING WORKSHOP



## NEW BEGINNING WORKSHOP

### C O D E S

[F]	FACILITATOR
[P]	PARTICIPANT
[CF]	CO-FACILITATOR
[GR]	GROUND RULE
[NP]	NEWS PRINT
[ROP]	RIGHT OF PASSAGE

## NEW BEGINNING WORKSHOP

**OPENING:** As participants enter workshop area, CF distributes names tags and markers. F & CF begin also by assuring work area is basically set-up with chairs and proper paperwork.

**INTRODUCTION:** F introduces self and staff and gives history of BEBASHI. F should then make introduction personal and relative to P in workshop. Introduction should be sincere and carrying the tones of "I Am No Better Than Any Of You, I Am Only A Part Of The Process." CF should introduce himself and follow basic procedures, then return the workshop back to the F.

**PROGRAM OVERVIEW:** CF prepares and gives out envelopes with pairing off cards. F in part should mention the need of this program and give statistical data to substantiate the claim. He then expresses the need to develop friendship, fellowship, intimacy, and brotherhood in essence male bonding. F should then proceed to ask P if they feel a need for these things to be discussed.

**WORKSHOP DETAIL:** F should explain the content of BEBASHI's Men Workshop Program in areas of how many parts, time requirement, exercises, etc.

**GROUND RULES:** F should give explanation why GRs are necessary and important as well as help to guide P into making a few basic GRs for themselves such as:

1. P should try to be on time.
2. Everybody participating in exercises even if they are uncomfortable or they don't understand.
3. Everybody opinion should be respected.

G.R. are written on newsprint by C.F. and then finalized by F and P.

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**SELF DISCOVERY:** F should ask the following questions to the P:

1. "Have You Ever Been Misperceived?"
2. "Have You Ever Misperceived Someone Else?"

After the F has presented the questions to the P, the F should explain the purpose of the exercise. P should be paired off into groups and observed by the F, assistance should be provide when needed. CF should time the exercise and set up for the next workshop. After exercise is completed P should be brought together by F and asked to share what they have learned about each other.

**LIKES & DISLIKES:** F suggest to P that based on the last exercise we have found out "The more we think were not alike the more we will find out we are!" F should proceed to tell P that we want to further prove this in the next exercise. CF then passes out cards for P to write likes and dislikes. After allotted time CF to collect, mix-up, and redistributed cards to P, who then will place them on NP or tape on wall.

F will now show commonality in likes and dislikes and place on separate newsprint. Showing common bond and proving "The More We Think We're Not A Like, The More We'll Find We Are".

B R E A K   B R E A K   B R E A K   \*   B R E A K   B R E A K   B R E A K  
[15 MINUTES]

**rites of Passage:** F should give explanation of rituals and how they have been a part of our everyday life and how they actually have influence on us. F give examples of how some rituals are not anything new but actually common usage in our daily lives such as:

1. Handshakes
2. Taking Off Our Hat(s) in our house
3. Putting Up A Christmas Tree
4. Firing Weapon On New Years, Etc.

F now explain the point of this ritual and the purpose of this exercise which is to assist us in understanding how past events, situations, and others life experience shape our personality and behavior of today.

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**rites of Passage:** Arm bands should be distributed to P and they are asked to put them on to symbolize "Commonality In Brotherhood".

### EXERCISE RECALLING:

F asks the P to explain what are R.O.P. F then explains how R.O.P., have shaped our behavior and shows how some R.O.P., are structured activity that some people do from adolescents to adulthood. F show P that some R.O.P., are good and some are bad, for example:

1. Graduating From sixth (6) Grade
2. Joining Your First (1st) Gang
3. Our First (1st) Cigarette
4. Our First (1st) Sexual Experience
5. Our First (1st) Car

Lights are now turn down, P should turn their chairs outward and begin to recall exercise with music. F after exercise call P back to order and discuss what P recalls - placing information on NP. After listing events and feeling F picks out common bonds which shows that many of our R.O.P., appears negative but are actually positive.

### PAIR-OFF EXERCISE:

F will direct P into Positive Directions by giving example as to "How I Would Change". Examples:

1. I Would Stay In School
2. I Wouldn't Take That First Hit

F will reconvene group and discuss experiences. F must remember to get a variety of experiences and not to trivialize the P expressions. F must also not allow shallow expressions like sex to dominate the discussion. Urge the P to go a little deeper in their explanations.

F now explain how we (the group) have just looked at our past, some pleasant, some unpleasant, and why we should not be afraid to look at our past. F should also note that while we are reflecting on the past we should not dwell on it but try to see whether our past has something to do with the way we are today.

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### PAIR-OFF EXERCISE:

F must at this point work very hard to show that many of our experience are actually positive even though they appear negative. F should give a personal life example and when P speaks, F should highlight the positive (by placing them on the NP) and trivialize the negative.

B R E A K B R E A K B R E A K \* B R E A K B R E A K B R E A K  
[15 MINUTES]

### CREATE IDEAL

#### MAN:

F asks the P to create the ideal man based on Quality and Character. F inform the P to try to stay away from specific religion, status materialism, occupations, and money! F should push Self-Esteem and work to get P to see family orientation, physical well being (health), education, and community orientation. F then show P that these qualities were in us all the time.

### DECISION MAKING:

F asks P "Can We Become This I Deal Man"? "What Can We Do Now, Today To Begin to Become This Ideal Man"? "What Process Must We Take"?

F now break group up into three (3) small groups (or how many necessary) to discuss this Ideal Man. After allotted time group return and discusses ideals.

F collect cards and compiles all information on long verses short term goals to bring back to next week meeting to distribute to participants.