

MY MOTHER SAYS*

▶ ABOUT THIS ACTIVITY

- 🕒 **Time:** 20 minutes
- ➔ **Objectives:** By the end of this session, participants will be able to:
 - Get to know other participants in more depth.
 - Be energized to participate in the training.
- ✓ **In this activity you will:**
 - Direct participants to move around the room sharing health information they learned from their family or friends (10 minutes)
 - Discuss what participants shared (10 minutes)
- ✂ **Materials:** None
- 🖋 **Preparation:** None

▶ TRAINING TIP

Use this as an opportunity to discuss the influences on our clients and where they get their health information.

Instructions

1. Introduce session.
2. Tell participants that throughout our lives we receive all kinds of folk wisdom about how to stay healthy or what to do when we are sick. Ask participants to try to think about some health messages that they heard as a child from their parents, grandparents, aunts, uncles, teachers, etc.
3. Ask participants to stand up and to turn to a person nearby. Ask participants to shake hands and introduce themselves and share a piece of wisdom from one of their childhood “experts” on health (e.g. my aunt always said that if I didn’t wash my ears, potatoes would grow in them, if you swallow gum, it takes 7 years to digest, etc.)
4. Once they have exchanged names and words of wisdom with one partner, move on until they have completed three introductions using a different health message each time if possible.
5. After three introductions, participants can return to their seats.
6. Process the exercise with the group
 - What are some of the most interesting pieces of advice you heard?
 - Did women get messages that seemed very different than men?

Summary

Ask the group how they felt about this exercise.

Source: Lana Ka’opua
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(via “The HeART of Training Manual”)

* This module is part of the online toolkit Building Blocks to Peer Success. For more information, visit http://www.hdwg.org/peer_center/training_toolkit. This module comes from the Comprehensive Peer Worker Training, Peer Advanced Competency Training (PACT) Project Harlem Hospital Center, Division of Infectious Diseases, 2008.