

GLADI'S GIRLS AND BOYS CLUBS AUDIO SCRIPTS

Title of session:	What are you thinking ?
Length of recording:	40 minutes (timed)
Actors:	2 hosts Drama 1 and 2: 1 male and 1 female narrators, 1 female adult (mother), 1 male student and 1 female student
Sound effects (SFX):	Intro music, transitional music, hands clapping, people cheering

Intro:	'Girls and Boys Club Theme Song' (for 1 min)
Awa (female host):	Hello everyone and welcome back to the Girls' and Boy's club! My name is Awanatu and I am one of your hosts for the club.
Mohamed (male host):	Hello everyone! It's very nice to see you again. My name is Mohamed and thanks for joining our Girls' and Boys' Club. We're very glad that you're here.
Awa:	We are both part of the Leh Wi Lan programme sponsored by UK Aid
Mohamed	Yes, and we support the Ministry of Basic and Senior Secondary Education to deliver Free Quality School Education to all students in Sierra Leone.
SFX:	Hands clapping, people cheering
Mohammed:	Okay, girls and boys, before we begin we must not forget our club rules. Do you remember what the rules are?
Awanatu:	Yes, we say: Keep it REAL! R is for Respect. E is for Equal participation. A is for Ask questions. L is for languages! The Languages of the club are English and Krio.
Awa:	Exactly.
Mohamed:	So, when we follow the club rules, we're keeping it REAL.
SFX:	<i>Keeping it real song</i>
SFX:	Hands clapping, people cheering
Awa	Brilliant. Now, do you remember what our last session was about?
Mohamed:	I sure do, we talked about how we need to make sure we communicate clearly through what we say and what we do.
Awa:	That's right. we said that as well as communicating with our words, we communication through our faces, body language and our actions. It is very important that all of these things communicate the same things.

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- Mohamed:** Yes, otherwise other people might be confused and not understand what we mean.
- Awa:** Exactly. We also explained the different styles of communication, who can remember what are the three different styles of communication?
- Mohamed:** Let's see! Raise your hands to answer the question. Club Leaders, please point to someone if they have put up their hand.
- SFX Quiz music and pause for 10 seconds
- Mohamed:** I know the answer: there are people who are not direct, for example.
- Awa:** Yes: When you aren't direct it means you might find it difficult to express your feelings or needs; or sometimes you might stay silent and accept things you shouldn't accept.
- Mohamed:** Which could be dangerous as people might take advantage of you if you are not direct and too quiet, right Awa?
- Awa:** You are very right Mohamed. What about the other communication styles?
- Mohamed:** There is also aggressive communication.
- Awa:** yes - being aggressive means not listening to others when we are communicating and ignoring how people are feeling.
- Mohamed:** But it does feel good when people respect you !
- Awa:** It is true this might make you feel powerful for a short while, but remember it makes others feel very bad, if you shout or yell at them.
- Mohamed:** So the best solution is to be direct in our communications.
- Awa:** Indeed. Being direct means being honest about what you feel, need or want, but always showing respect to others and their feelings. It's always the best choice!
- Mohamed:** We all should communicate clearly and directly.
- Awa:** All of us should always be clear about how we feel, and we should say clearly what we expect from others.
- Mohamed:** We should always stand up for ourselves, without ignoring other people's feelings.
- Awa:** Well said, Mohamed, the most important thing is to look after ourselves and each other.
- Mohamed:** Shall we get started on today's session now ? Girls and boys, are you ready? If so, say 'yes!'.
- (pause for 2 seconds)

I couldn't hear you!

(pause for 2 seconds)

Excellent. That's what we want to hear.

Awa: Okay, Mohamed, let's get started!

SFX: Transition music – 3-4 seconds

Awa: Today's session is: "What are you feeling?"

Mohamed What will we talk about?

Awa: this is about how to understand our feelings and other people's feelings, and how to react to these feelings.

Mohamed: Ok, I'm excited to start! What do you mean by feelings exactly?

Awa: Feelings are things we feel: emotions like being angry, or sad, or excited, etc.

Mohamed: Understood – What do we do now?

Awa: first, we will get to know ourselves and our schoolmates better. You will take 20 seconds to think about two things you really like about yourself, or things you are good at.

Mohamed: Could it be something like "I like my eyes" ?

Awa: yes, it could, or it could be "I am always nice to people", or "I am good at netball".

Mohamed: Great! Can I go first ?

Awa: No, think about it for a second! Girls and boys, we are going to play background music for 20 seconds and I'd like you to think about these two things ok? What do you like about yourself ? what are you good at ? go!

SFX *Gong and 20 seconds background music. Gong when 20 seconds is finished.*

Awa: Ok, has everybody got some things they like about themselves ? Mohamed, you go first

Mohamed: all right, I like that I am funny, and I am a very good cook.

Awa Oh yes you are a very good cook! And I am very good at mathematics, and what I like most about myself is that I am intelligent.

Mohamed: You are very intelligent! You are also a wonderful singer.

Awa: Thank you very much Mohammed, that is nice of you to say. Now that we have all thought of at least two qualities we have, lets share them with our neighbour. Then you can also talk about the qualities you like in each other.

Mohamed: What about me, who will discuss with me?

Awa: We can discuss together you and me. Girls and boys, Padi Padi and pick a partner who you haven't worked with before. Each of you share your

favourite qualities about yourself. Then tell your partner what you like most about them. These can be qualities your partner has already said, or maybe you can think of some new ones!

- Mohamed:** What if my partner can't think of anything they like about themselves ?
- Awa:** Then your job is to help them find the things they are good at! You have 3 minutes. Ready? Padi Padi now!
- SFX:** Background activity music for 2 minutes
- Mohamed:** Club Leaders, we have 1 minute left!
- SFX:** Background activity music for 50 seconds
- Mohamed:** Club Leaders, we have 10 seconds left! We will start our countdown now.
- Mohamed/Awa together:** 10...9...8...7...6...5...4...3...2...1! Okay stop padi padi!
- SFX:** Cheering and clapping
- Awa:** All right, I hope you all identified many qualities for yourself and your partner! Students, do you want to know what new qualities I discovered about Mohamed ?
- SFX:** (background "Yeah" noises)
- Awa:** I didn't hear you!
- (background "Yeah" noises)
- Awa:** Ok, so Mohamed said he was funny and a good cook. I discovered he also writes poems, and he always take care of his younger sisters and brother.
- Mohamed:** And I discovered that Awa runs very fast, and she is a good English teacher.
- Awa:** Well done everyone, it is important to know what you are good at and how people see you.
- Mohamed:** Why is this important, Awa?
- Awa:** Well, it helps you to build your self-confidence. There will be experiences that will make us doubt ourselves. We might fail an exam or someone might say something negative that makes us feel bad about ourselves. It is during these experiences that we should remind ourselves of all the things we're good at.
- Mohamed:** That's good advice, Awa.
- Awa:** Now students, I want you to discuss with your partner what makes you really sad, or really angry. We can all feel this way sometimes. Do you agree Mohamed? Do you sometimes feel sad or angry?
- Mohamed:** Yes I do Awa. Sometimes I get upset and I want to hide away from my friends.

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- Awa:** It is important to recognize our emotions, especially negative ones like sadness or anger. It is also really important to know how to deal with them.
- Mohamed:** It is!
- Awa:** So, Girls and boys, Padi-Padi and pick a partner: explain what makes you really sad or angry, and what you do when this happens ! You have three minutes! Ready? Padi Padi now!
- SFX:** Background activity music for 2 minutes
- Mohamed:** Club Leaders, we have 1 minute left!
- SFX:** Background activity music for 50 seconds
- Mohamed:** Club Leaders, we have 10 seconds left! We will start our countdown now.
- Mohamed/Awa together:** 10...9...8...7...6...5...4...3...2...1! Okay stop padi padi!
- SFX:** Cheering and clapping
- Awa:** Well done everyone ! We will all feel sad or upset at some point in our life – it is normal, it happens to everybody! The important thing is to understand how we feel and think about why.
- Mohamed:** And to then deal with the feelings!
- Awa:** Yes, exactly: if you do not deal with your feelings and keep them inside you, it can make you feel even more sad or make you more angry until you cannot hide it anymore. It is not good to keep it inside!
- Mohamed:** When I feel angry, I take a deep breath, and slowly count to ten to calm down.
- Awa:** that's a very good strategy for dealing with anger! When I feel sad, I write down why I am sad, which helps me focus on how to find a solution.
- Mohamed:** Does it work?
- Awa:** It does! Other people might cry, or sing, or talk to their friends about it.
- Mohamed:** Or if they felt sad because they were doubting themselves, they could think about all the things they are good at, which we discussed during the previous padi padi.
- Awa:** Absolutely. There are many ways to deal with your emotions, and as long as they do not hurt or upset anyone, then they are all good.
- Mohamed:** Agreed - hitting people is not a good way to deal with anger!
- Awa:** certainly not: remember it's ok to feel angry or upset sometimes, but you need to manage your anger in a peaceful way, never hurt anyone else physically or psychologically!
- Mohamed:** Awa, sometimes, there are things that make me want to cry, but I try not to, because I'm a male and I am supposed to be strong.

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- Awa:** Oh Mohamed, you should not feel embarrassed about crying. It is okay to cry, whether you are a girl or a boy. You may feel better after crying – I know I have released a lot of emotions that were trapped inside of me.
- Mohamed:** I understand. If you release some of the emotion through crying your mind will feel clearer.
- Awa:** Exactly – now that we understand what feelings are, and how we should deal with them, I am going to help you communicate your feelings. Mohamed, you remember our talk last week about direct communication?
- Mohamed:** I sure do: direct communication is being honest and transparent about what we feel, or what we want.
- Awa:** Exactly, and being direct means standing up for ourselves, without disregarding other people's feelings. Got it ?
- Mohamed** Got it!
- Awa:** Now what do you think makes good firm communication? Think of a situation when the communication was really good. Mohamed, do you have an example?
- Mohamed:** I do! When I speak with my best friend, and she listens to me, and encourages me with her words, and gives me feedback in a nice way, I feel there is good communication.
- Awa:** Yes, that is a good example. To communicate directly and clearly, it is usually good to say "I", do you know why?
- Mohamed:** Why is it good to say "I"?...
- Awa:** Because you are explaining how you feel, or what you want: for example, "I was happy when you went to visit me at home"
- Mohamed:** Or "I felt upset when you broke up with me".
- Awa:** Yes! You should always say how you feel to your friends, and other people, and you can propose solutions, instead of giving orders.
- Mohamed** Like "I feel upset when you call me names and what I would like is for you to call me by my own name" ?
- Awa:** Yes, that's a good example. Or you could say "I wish you would not share secrets I tell you with other people."
- Mohamed:** what if the other person doesn't agree ?
- Awa:** You can try asking how he or she would feel if they were in your shoes: say "How would you feel if I did this to you?". It is easier to have a peaceful conversation if everybody can express thoughts and feelings.
- Mohamed:** what if the other person doesn't listen to me, or is aggressive with me?

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- Awa:** in this case, the best option may be to get help from an adult, for example a teacher, a neighbour, or school mentor.
- Mohamed:** Okay, now, let's practice a little. We will hear a short story, and you will then pair with your neighbour and imagine the rest of the story. Let's hear it first:
- SFX:** *Gong to start the story*
- Female Narrator :** Fatou is good at school. She is good with numbers, she is good with books. Her teachers always praise her intelligence.
- Fatou:** I love schools, I always have great marks.
- Male Narrator:** Aku is Fatou's friend. He doesn't like school as much.
- Aku** I can't wait to finish school so that I can work for my uncle in the big city !
- Female Narrator** His teachers know that he is very clever but doesn't try hard enough. His mum often scolds him for having bad marks at school.
- Aku's mother** *(scolding)* How will you work for your uncle if you do not do well at school!?
- Male Narrator:** One day, Aku asks Fatou if he can copy her homework because he didn't do his.
- Female Narrator** Fatou says yes, because she is his friend. The next day, Aku asks if he can sit beside Fatou for a their mathematics exam and copy her answers.
- Male Narrator:** Fatou says yes, but she really wants to say no:
- Fatou** *(with an annoyed voice)* Aku should really study by himself - it's not fair if he cheats all the time while I study so hard. But his mum will punish him if he gets bad marks again...
- SFX:** *Gong to end the story*
- Mohamed:** Ok students, what should Fatou say? What should Aku say?
- Awa** Let's do a role play now: each of you will pick a role, one will be Aku, one will be Fatou. Fatou will need to be firm and convince Aku that they shouldn't cheat.
- Mohamed:** So, students, you will have 3 minutes to role play with your neighbour: continue Aku and Fatou's story and solve their problem ! Ready? Role play now!
- SFX:** Background activity music for 2 minutes
- Mohamed:** Club Leaders, we have 1 minute left!
- SFX:** Background activity music for 50 seconds
- Mohamed:** Club Leaders, we have 10 seconds left! We will start our countdown now.

- Mohamed/Awa together:** 10...9...8...7...6...5...4...3...2...1! Okay stop role play now!
- SFX:** Cheering and clapping
- Awa:** Well done! How was it ? Let's now hear how Fatou and Aku really solved their problem.
- SFX** Gong to start drama
- Aku:** Fatou, please let me copy your answers at the exam tomorrow: I swear that if you don't, I will fail and my mother will punish me. I don't know anything for the test!
- Fatou:** Aku, I don't like it when you copy what I do because I study very hard to get good marks at school. Also, cheating is wrong, if you get caught, you and I will be punished.
- Aku:** Please, please! My mum will stop sending me to school if I fail the exam and I will have to work in the fields. My mum told me I only had one more chance!
- Fatou:** I understand that you are upset. I don't want you to quit school and work in the fields. But I let you copy, I am not helping you. You will keep failing at all the next exams.
- Aku:** What should I do then? I am no good at school.
- Fatou:** Maybe if you try a little harder you will be. And I could help you study: what do you think?
- Aku:** You would do that ?
- Fatou:** Sure I would! We are friends! Let's start today after class!
- Aku:** Great, thank you!
- SFX** *Gong to end the story*
- Mohamed:** WOW, she convinced him! She is GOOD!
- Awa:** Fatou had a direct communication style, she explained why she didn't feel comfortable letting Aku cheat. She was honest about it and proposed a solution.
- Mohamed:** And Aku understood her reasons and was happy with the solution proposed.
- Awa:** This is an example of good communication. Aku was great!
- Mohamed** She also had the courage to say "no" to a friend! This is difficult sometimes.
- Awa:** I'm glad you brought that up Mohamed – because I also wanted to talk with you about saying NO. It is very important for us to learn to say no, and really

mean it, especially as we can get ourselves in danger if we are not communicating directly.

Mohamed: for example when a stranger wants us to go with him to his house?

Awa: Yes, that's a good example. Who can think of another example of a dangerous situation where you will need to say "no" firmly and not get involved ?

Mohamed Raise your hands if you have an example. Club leaders, please point to the first three students who put up their hand and let's hear their examples. Please give your answers now!

SFX *background music for 20 seconds*

Awa: Thank you for your examples! Mohamed did you have any more examples ?

Mohamed: Yes, I did. Another example of a dangerous situation where you should say "no" directly and firmly is when people offer us drugs, or alcohol. We should also say no to stealing, or other crimes.

Awa: Yes, and also say no to any form of sexual activity if you don't want to do it. That includes kissing, touching or sex - you don't have to do any of it if you don't want to! Remember if you say no and it happens, it is sexual violence!

Mohamed Awa, these are all situations in which the RNRM ground rules should apply. R is for respect your partner or friend. N is for 'say No or Stop at any time'. R is for 'know the risks of the activity'. And M is for 'have a clear mind when you make your decision'.

Awa: Exactly. If all students follow RNRM everyone will benefit.

Mohamed: But what if some people don't know RNRM, like my cousin? What if I am still pressured to do something I don't want to do?

Awa Sometime people can be very forceful. For example, Mohamed, if your cousin really wants to convince you to have a beer, he may say things like "you're a big man now, everybody drinks", or "don't be a coward" – what would you do then?

Mohamed I would stay firm and say that I don't want to drink.

Awa: Correct! Remember if you feel you are in danger of being forced to do something that you don't want to do, say "no" firmly and leave. If you feel it's best, you can ask for the help of an adult you trust.

Mohamed: You know Awa, sometimes boys are expected to do things to show that they are brave, and strong, like drinking a lot, or smoking.

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- Awa:** I know Mohamed. Boys can feel that society expects them to be like this. However, being aggressive or showing off is not good. It is also unfair treatment to expect males to act this way.
- Mohamed:** You mean, this is gender discrimination?
- Awa:** Yes, we talked about unfair treatment based on gender a few episodes ago. Boys are treated unfairly because they are expected to be aggressive and show off. And girls are treated unfairly because they are expected to be shy and quiet.
- Mohamed:** You are right, women and girls are often expected to be quiet, and to let men rule. This is complete unfair treatment or gender discrimination. However, if you look around, there are many women who are very direct communicators and who are very powerful in our country!
- Awa:** exactly! Just like politician Bernadette Lahai, who is current Minority Leader of Parliament of Sierra Leone and is one of many powerful women pressing for gender equality.
- Mohamed:** You are right. And thanks for reminding us about the unfair treatment that happens with gender discrimination. Let's remember this and all try to play by the same, equal rules.
- Awa:** Great. Now, Mohamed, I think it's time to wrap up. Can you summarize our discussion today?
- Mohamed:** Sure, we discussed our best qualities, and our padi padi partner's best qualities: we found that everybody has different qualities, and it is good to know about them and remind yourself of them. Especially if you're feeling down.
- Awa:** Yes, what else ?
- Mohamed:** We also tried to identify our feelings: when are we sad, or happy, or upset, and what do we can do about them?
- Awa:** exactly and the key thing is to always express our feelings in a non-violent way: you can cry, you can exercise, or sing, or talk to someone. But you must not yell or hit or lash out. These are not helpful ways of expressing your feelings, even if you are frustrated or angry.
- Mohamed:** That's right. And we also learnt how to communicate directly and firmly in a tricky situation.
- Awa:** Yes – we learnt how to say “No” in a dangerous situation and stay firm.
- Mohamed:** In summary, be direct and firm, people!

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- Awa:** Almost all the time, it is good to be direct and firm, and explain clearly what you want or how you feel.
- Mohamed:** that was a good summary!
- Awa:** Okay, students, now let's wrap up with our 'Reflection Time'. Take the next 30 seconds to reflect on what we've discussed today.
- Mohamed:** You can also use this time to think about how you can use what you learnt today in your daily life.
- Awa:** Very true, try to work on your relationships with others, and your communication!
- Mohamed:** And students, you can also think about any questions you may have. Please write them down and give them to your Club Leaders after Reflection Time.
- Awa:** Okay everyone, please be quiet now and enjoy your 30 seconds of Reflection Time.
- SFX:** Reflection Time music (*30 seconds*)
- Awa:** Okay, everyone, thank you for reflecting. Remember, if there was something that you liked from today's session – share it with others. If there was something that you have a question about, I hope you wrote it down.
- Mohamed:** Please give your questions to your Club Leaders now for Question Time. Club Leaders, please read out any questions that you have received and see if anyone can help answer. If not, save the question and ask your Mentor for help.
- Awa:** If you can't finish answering *all* the questions during these three minutes, feel free to continue after the session if there is time. Ready? Go !
- SFX:** Background activity music for 2 minutes
- Mohamed:** Club Leaders, we have 1 minute left!
- SFX:** Background activity music for 50 seconds
- Mohamed:** Club Leaders, we have 10 seconds left! We will start our countdown now.
- Mohamed/Awa together:** 10...9...8...7...6...5...4...3...2...1! Okay stop Question Time!
- SFX:** Cheering and clapping
- Awa:** Thanks, Mohamed. That was great. I think it is time to wrap up the session now. Did you have any other points to make?
- Mohamed:** Yes ! Club Leaders, could you please remind us of the day, time and place for our next session?
- (drums and pause for 3 seconds)
- Mohamed:** Thank you. Students, do you promise to be on time?
- SFX:** *Group of people shouting 'yes!'*

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Mohamed: I didn't hear you!

SFX: *Group of people shouting 'yes!'*

Mohamed: Great. See you then!

Awa: Okay, thank you again for your participation and we look forward to seeing you for our next session, which is called :

Mohamed/Awa together: "what are you doing?"

Mohamed: Great. Hope to see you all at the next session!

Awa: See you all soon! (in Krio)

SFX: Closing music (2 mins)