

Some of the activities the boys will do include:

- .. Setting up a tepee
- .. Learning about and participating in a sweat lodge
- .. Camping in a tepee
- .. Learning how to drum and starting a young mans drum group

The young men will also have input on activities throughout the year



Star Shield Family Wellness
1776 SW Madison
Portland, Oregon 97205
Phone: 503.224.1044
Fax: 503.274.4251
www.naranorthwest.org



Native American Rehabilitation of the Northwest, INC.

SONS OF TRADITION

Education Prevention Program
for Native American Youth



Sons of Tradition

Is every Thursday night from 5:00 PM - 6:30
at the Madison Building on the first floor for
more information please call:
Robbie Gondara at 503.224.1044 x223 or
Laura John at 503.224.1044 x245

SONS OF TRADITION

This curriculum was designed using traditional Native American teachings. These teachings have been handed down by Elders in many Native American communities.

They are based upon the natural laws, principles, and values that govern the Earth. Sometimes they are called the teachings of the “*Good Mind*” or the “*Original Instructions*.”

We have identified these teachings as:
The Teachings of the Medicine Wheel



Purpose: provide a character-building framework that will enable male youth (age 8-18) to create healthy identities for themselves as young Native American men.

As a result of this facilitated training, the boys will:

- ◆ Learn how their own cultural traditions and ceremonies can provide a framework for healthy lifestyles
- ◆ Learn how culture and spirituality create the pathway to meaning in their lives
- ◆ Learn how to draw upon their own innate knowledge to make healthy decisions
- ◆ Understand how the various aspects of respect can provide them with a set of values for living
- ◆ Learn how to express their feelings, hopes, dreams, and fears, both in writing and in safe talking environments
- ◆ Learn from elders, peers, and community members about ways to recognize, avoid, and get help for problems that they see or experience
- ◆ Explore the three questions for this developmental stage: Who am I? Why am I? and Where am I going?
- ◆ Know what it is like to belong to a healthy group and participate in healthy thinking



As a result of participating in this program boys will

- ◆ Become aware of and be able to discuss their feelings
- ◆ Learn to apply the teachings and principles of healthy living to their own lives
- ◆ Recognize healthy behavior and learn how to avoid unsafe situations
- ◆ Understand the meaning of anger, guilt, shame, and fear
- ◆ Understand and apply spiritual values to their lives and experience healthy lifestyles, strong character, and a sense of harmony as a result
- ◆ Learn how to engage in talking circles that encourage sharing experiences, exploring new concepts, and learning how to help each other