Title of session: What are you saying?

Length of recording: 40 minutes (timed)

Actors: 2 hosts + special guests:

Drama 1: 1 adult female interviewer (could be a student), 1 male student

Drama 2: 1 female narrator, 1 adult female (mother), and 1 male student

Drama 3: 1 female student and 1 male student

Sound effects (SFX): Intro music, transitional music, hands clapping, people cheering, gong, jingle

music

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: Keeping it real song

Awa Does everyone agree to keep it REAL? If so, say 'yes!'.

SFX: A group of people shouting 'yes!' but at a quiet/low mixing level. We want to

give students an idea of what they should be shouting.

Awa: I couldn't hear you!

SFX: People shouting 'yes!' but at a quiet/low mixing level

Awa: Great! Now, do you remember what our last session was about?

Mohamed: I sure do, we discussed STIs, which stands for Sexually Transmitted Infections.

We learned about STIs that are transmitted through bodily fluids, like HIV, Chlamydia, Gonorrhoea and Zika virus. If left untreated, these infections can make it painful to urinate, can lead to infertility and in some cases death.

Awa: And we learned that the best way to protect yourself from getting one of

these STIs is by using a condom, because it creates a barrier that prevents

bodily fluids from being transferred from one person to another.

Mohammed Correct. And the we learned about STIs that are transmitted through skin to

skin contact, like syphilis, herpes and HPV.

Awa: That's right – these STIs all produce sores or blisters around the genital area

that are highly infectious, so if you touch them with your hand, mouth or genitals you will likely get infected. If left untreated, these infections can lead

to reoccurring sores, cancer and in some cases death.

Mohammed Right. And the best way to protect yourself is to ask your partner how many

different people they have had sex with and whether they have had any sores around their genitals. If they have had *many* partners or have experienced *any* symptoms, make them get tested for STIs! If they test positive then *you*

can decide if you want to take the risk of having sex with them.

Awa: And finally, we brought Dr Koroma back into the studio to do a question and

answer session with Mrs Ngombu. We had lots of questions from students

across the country and they gave us a lot of great answers.

Mohamed: Exactly! I think this is everything that we covered last time. Shall we start

today's session then?

Mohamed: Girls and boys, are you ready? If so, say 'yes!'.

People shouting 'yes!' but at a quiet/low mixing level

Mohamed: I didn't hear you!

People shouting 'yes!' but at a quiet/low mixing level

Excellent. That's what we want to hear.

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

SFX: Transition music – 3-4 seconds

Awa: Today's session is: "What are you saying?". How you communicate with others

can have big consequences on your happiness, your safety, and your life!

Mohamed: (yawning) We all know what communication is, it's when you speak to other

people!

Awa: Sure, but not only, silly! Communication is about the messages people send

to each other. You are right that this can be through the words that we say,

but we also communicate through the way we say those words, or through

our body language or our faces.

Mohamed: So if I make a sad face, I am also communicating my sadness to everyone, yes?

Awa: Exactly. We will do a little game now to show how we communicate all the

time: We need three volunteers – raise your hand if you want to volunteer.

Mohamed: Club Leaders, please point to the first three students who put up their hand. If

people are feeling shy today and nobody raised their hand, then just pick

three students in the room, both girls and boys.

Awa: Ok, the first volunteer will say "I am going to school" with a very happy voice

and attitude - Imagine you are on stage. Ready? Now!

SFX Gong sound to start the acting, and then soft background music for 5 seconds.

Awa: Great, how did that go? Mohamed, I can feel you are dying to play the game!

Do it! Do the happy voice!

Mohamed (with a very happy voice) I am going to school!

Awa: Yeah! Now, our second volunteer will say the same sentence "I am going to

school" but will act very sad – I want to feel the sadness in your voice! Ready?

go!

SFX Gong to start the acting, and then soft background music for 5 seconds.

Awa: All right – now Mohamed, go for it!

Mohamed: (crying) I am going to school!

Awa: Now, third volunteer, you will say "I am going to school" with a super angry

voice – show us how mad you are ! ready ? go!

SFX Gong to start the acting, and then soft background music for 5 seconds.

Awa: Perfect! Mohamed, it's your turn;

Mohamed: (with an angry voice) I am going to school!

SFX transition music

Awa: Well done everyone, congratulations on your performance! You saw that your

voice, face and body language communicate how you feel in addition to what you actually say. I am sure you could tell when Mohamed was angry or happy.

Mohamed: (bragging) That's because I am a very good actor.

Awa: (mocking Mohamed gently) And very modest too! Sometimes however, we

think we are sending clear messages, but it's not quite working and people

can misunderstand us.

Mohamed: Like if I say that I am happy but I keep crying and I look upset?

Awa: Exactly ! It would be difficult for people to tell exactly how you feel, wouldn't

it? That's exactly what we need to avoid.

Mohamed Ok, but how?

Awa: This can be improved if we work on our communication skills. That is what we

will try to do today.

Mohamed: Great!

Awa: Let's listen to an interview that was done with Momo, who talked about his

friendship with Tunde

SFW Gong to start the interview and music jingle like on TV

Interviewer: Good morning Momo, you are here today to speak about your friend Tunde

and how his communication made you doubt his friendship.

Momo: Good morning! I'm glad to be here.

Interviewer Now, can you tell us what happened?

Momo: Well, I wear glasses because I can't see very well. I have trouble seeing things

even if they are close. This is why boys at school bother me.

Interview How do they bother you ?

Momo: well for a start they call me Momo four eyes, because of my glasses. And

sometimes they push me in the schoolyard, make fun of me because I cannot

play football, or cannot read what the teacher writes on the board.

Interview But Tunde is not like that, right ?

Momo: Tunde was my friend. He told me we would be friends no matter what and that

he would defend me against the older boys who bully me.

Interviewer He seems like a true friend. *Then what happened?*

Momo: Well, yesterday, Tunde and I were sitting in the schoolyard, and several boys

from my class came over, and mocked me. They called me Momo four eyes but

then they invited Tunde to play football with them.

Interviewer I assume Tunde stuck to his word and said no to the invitation?

Momo: No, actually, he didn't. He didn't say anything to stop the boys making fun of

me and calling me names. He told me he was going to play with them and that

we would see each other after the next day.

Interviewer Really, and he just left you there by yourself?

Momo: He did. We had plans to go home and study together, but he didn't care.

SFX Gong to finish the drama and end music (2-3 seconds)

Awa All right! How would you feel if you were Momo? Have you had an experience

of someone saying something and then acting differently? Have you ever said

something and then did something different? If so, why?

Mohamed: Let's Padi Padi. Pick a partner who you haven't worked with before. You have

3 minutes to discuss: think about a time when you or someone you know said

something and did something completely different: how did that make you

feel? . 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! Stop Padi-Padi!

SFX: Cheering and clapping

Awa: Thank you all for sharing! I am sure you understood that Tunde's words and

actions didn't match.

Mohamed Yes, even though he said he would always help Momo and be his friend, he

just sat there when other boys were mocking him.

Awa: He showed by his actions that his words were not true.

Mohamed: Exactly, and because he said something and did something different, he made

Momo feel really bad.

Awa: That's right - We all communicate through the things that we say, but we also

communicate through our actions – in the things we do.

Mohamed: And both are very important, both need to send the same message.

Otherwise, people will feel cheated or deceived by you. It may lead to very tricky situations in which people can misinterpret or misunderstand you.

Awa: that's right: we all need to be clear when we communicate. We need to make

sure what we are thinking, saying and doing are all aligned.

Mohamed Awa, it also seems that Momo is suffering from psychological violence at his

school: other boys bully him and call him names. Should he use the school

suggestion box to report it?

Awa: Excellent point Mohamed, what Momo is experiencing is not cool, and not

right. He should definitely report it to a school mentor, or through the

suggestion box.

Mohamed: I want to hear another drama! I like these!

Awa: This drama explains how being honest with our communication is important.

This is Abu Bakarr's story.

SFX Gong to start the drama

Narrator Abu Bakarr is 13, he skips classes a lot, and he goes to the market or plays

football during the school day, but he lies about it and tells his mum that he always go to school. He is always complaining to his mum and saying that all

the teachers and school principal treat him badly.

Abu Bakarr (complaining) Mum, I cannot go to school, my English teacher always gives me

a hard time. She canes me and gives me extra homework all the time. She

does not do that with the other students!

Mother: My son, I do not believe you, I went to school and spoke with the Principal and

he said that you are skipping class to go to the market. He said that nobody caned you. He says the extra homework is to help you learn and keep up!

Abu Bakarr this is a lie! I am telling you I am punished all the time for no reason.

Narrator (background voice) One day though, a teacher hit Abu Bakarr very hard with a

stick. Then he made him kneel on the hard floor for an hour. This was very

cruel and unfair.

Abu Bakarr (crying) Mum, this time you must believe me, my teacher hit me very hard

and I'm still in pain. I think I need to see a doctor.

Mother: Abu Bakarr, I am done with your lies, I do not believe you, and I will not go to

the Principal and make a fool of myself again because I know this didn't happen. And I am not going to take you to a doctor - this is just another

excuse to miss class.

Abu Bakarr: No mum, I promise I am not lying this time, I swear!

Mother Go to the field and help your father, now!

SFX Gong to end drama and transition music.

Awa All right students, What did you think of this story? Abu Bakarr's mum does

not trust him: why is that? What could he have done differently?

Mohamed: Padi-Padi and pick a partner who you haven't worked with before. You have 3

minutes to discuss Abu Bakarr's story and why his mother doesn't trust him

anymore. Ready?

Awa: 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! Stop Padi-Padi!

SFX cheering, clapping

Awa: Very good! Mohamed, what did you think of Abu Bakarr's story?

Mohamed: He had been skipping school and lying about it to his mum so she doesn't trust

him. Then, when he does get hurt and suffers from actual violence, his mum

does not believe him.

Awa: That's right. His communication wasn't clear. He repeated over and over that

his teachers treated him badly, when it wasn't true. But when a teacher did

treat him badly, and in a very serious way, his mother didn't believe him

because she lost her trust in him.

Mohamed: If he cannot convince her, maybe he could use the suggestion box or speak to

a mentor to report the violence, right Awa?

Awa: yes this is true, Mohamed! He can definitely do this. But again, the school

safety committee might not trust what he is saying - especially if he is

constantly lying and skipping class.

Mohammed: You're right. This is not a very good situation to be in. It shows how important

it is to be truthful, even if it might get you into a little bit of trouble. It is

horrible to not be believed when something bad happens to you.

Awa: Absolutely correct, Mohamed.

SFX Transition music

Mohamed: What next, Awa?

Awa: Now, we will learn about different types of communication, some more

effective than others.

Mohamed: Great! I want to learn how to communicate to be the next President of Sierra

Leone:

Awa: (laugh) Let's first start with a small game: We will hear three statements, and

each time you will have to vote if it is "always true", "sometimes true", or

"never true" for you.

Mohamed: So, "Always true" means that we would always act like that, yes?

Awa: Exactly. "Sometimes true" means that sometimes you would act like that, but

sometimes you would not. and "Never true" means you would never do that -

OK?

Mohamed: Ok! Let's do it!

Awa: We will do a group Vote! We will ask you to raise your hand to vote for the

option that is right for you.

Mohamed Then, one Club Leader will count the number of hands raised for each option

and the other club leader will write that number on the chalkboard. We can

only vote for one option for each sentence, correct?

Awa: Correct! Let's start. Let's listen to the first statement. Mohamed, go ahead!

Mohamed Every time I see someone bullying a student, I tell the bully to stop.

Awa: Students who think this is *always true* for them, raise your hand - club

leaders, please count the hands and write the number on the chalkboard

SFX: background music 7 seconds.

Awa: Those who think this is *sometimes true* for you, raise your hand – club leaders,

you know what to do!

SFX: background music 7 seconds.

Mohamed: And people who think this is *never true*, raise your hand! Club leaders, don't

forget to count them.

SFX: background music 7 seconds.

Awa: all right Mohamed, please read the second statement now:

Mohamed If my friend hurts my feelings, I tell them.

Awa: all people who think this is *always true* for them, raise your hand - club

leaders, you know what to do!

SFX: background music 7 seconds.

Mohamed: If you think this is *sometimes true* for you, raise your hand – club leaders,

don't forget to count them and write it down.

SFX: background music 7 seconds.

Awa: And everyone who thinks this is *never true* for you, raise your hand! Club

leaders, please count them.

SFX: background music 7 seconds.

Awa: And finally Mohamed, please read the third statement now:

Mohamed If I feel pressure to do something I don't want to do, I can say no.

Awa: all people who think this is *always true* for them, raise your hand - club

leaders, you know what to do!

SFX: background music 7 seconds.

Mohamed: If you think this is *sometimes true* for you, raise your hand – club leaders,

don't forget to count them and write it down.

SFX: background music 7 seconds.

Awa: And everyone who thinks this is *never true* for you, raise your hand! Club

leaders, please count them.

SFX: background music 7 seconds.

Awa: all right, thank you girls and boys! Now, look at the numbers on the board: if

there are a majority of "always true", it means people in this room are direct

communicators! This is good.

Mohamed: Direct communicators? What does that mean?

Awa: If you are direct, it means that you are not afraid to say what you think or feel.

You speak your mind. You have the confidence to stand up to bullies and tell them about our zero-tolerance rule against psychological violence. And you have the confidence to speak to your friend and be honest about how they

made you feel. You also have the confidence to say no if someone is

pressuring you to do something you feel uncomfortable doing – like skipping

class or drinking alcohol or having sex.

Mohammed: What about if there are lots of "never true" on the board?

Awa: A majority of "never true" would mean that students are *not* direct – perhaps

they are shy or too nervous to speak their mind. They should think about the

consequences if they do not stand up for themselves or others.

Mohamed: I guess the consequences are that bullies will get away with psychological

abuse and that your friend will not realise that they hurt your feelings. If they

don't know this, they could do it again.

Awa: And if you can't say 'no' to someone who pressures you, you can end up

doing things that will get you into trouble.

Mohamed So, if we can be more direct, we will be able to say how we feel, what we want

and what we need.

Awa: Exactly, this is very important.

Mohamed: What about people who find it difficult to be more direct?

Awa: First of all, it is understandable! Young people often find it difficult to be direct

with adults because we are often told to respect our elders and respect those

in authority, like the police or teachers.

Mohamed: that's true!

Awa: It is important to respect adults and if you disagree with them, you should be

respectful and explain why. However, with friends, students and people your age, you need to stand up for yourself and be able to say what you really feel.

Mohamed: This applies to both girls and boys, right?

Awa: Absolutely. It's important for all girls and boys to stand up for themselves, say

no when they want to and also be able to explain why.

Mohamed: Noted, everyone should be more direct and stand up for themselves!

Awa: Exactly! It will make life easier! But there is also another type of

communication style, called aggressive – this is much harsher that someone

who is direct.

Mohamed: What do you mean, Awa?

Awa: Well, an aggressive person would certainly stand up for their rights but they

wouldn't care about other people's feelings. She or he would make demands, be pushy, and wouldn't listen to what others have to say, or how they feel.

Mohamed: An aggressive person can sometimes be violent, then?

Awa: It is possible: an aggressive person could attack people with words or actions,

bully people, and ignore how people feel.

Mohamed Oh, that is not good!

Awa: No, this type of communication really needs to be avoided, even though it can

make you feel strong and powerful for a short while.

Mohamed: Are you ready to hear another drama now?

Awa: Yes, let's listen to Kariatu and John, and we'll discuss this afterwards.

Mohamed: Great.

SFX transition music and *Gong to start the drama*

John: Kariatu, we have been together for three months now, I told you I love you.

We are adults now – no more kissing and holding hands. We should do more.

Kariatu: But we are only 15. I don't think we are ready to have sex.

John But all of my friends are having sex! We are ready!

Kariatu: Um, well...

John Hm, maybe you don't love me after all. If you're not ready maybe I should find

someone else who is.

Kariatu: No, don't leave me. (Sigh) I guess it's okay....

SFX transition music

Awa All right students, What do you think of John and Kariatu's communication?

Who was being direct, not direct or even aggressive? What could be improved? I will give you 3 minutes to Padi-Padi. 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 10...9...8...7...6...5...4...3...2...1! Stop sharing!

SFX: Cheering and clapping

Awa I am sure you realized John's communication was really aggressive: he did not

respect Kariatu's opinion when she said she did not want to have sex. Then he

was manipulating her by threatening to leave her.

Mohamed: Awa, what is manipulating?

Awa Manipulation is when you are *not* direct with your communication and instead

try to trick someone into doing something for you. You can trick them through threats, by making them feel guilty or even through compliments and flattery.

Mohamed: So, John was manipulating Kariatu by threatening to break up with her and

making her feel guilty by saying she didn't love him.

Awa: Correct. And Kariatu was not direct enough herself! She was afraid of

upsetting John and did not stand up for herself.

Mohamed: She should not have sex if she doesn't want to.

Awa: Correct: Maybe she could have explained better what she was feeling. Maybe

John could have been more patient and understanding. Shall we improve their

story?

Mohamed: Oh Yes, let's improve it!

Awa: Ok, let's hear this drama again, but this time with a more direct Kariatu and a

more respectful John. Let's see what changes!

SFX transition music and *Gong to start the drama*

John: Kariatu, we have been together for three months now, I told you I love you.

We are adults now – no more kissing and holding hands. We should do more.

Kariatu: But we are only 15. I don't think we are ready to have sex.

John But all of my friends are having sex! We are ready!

Kariatu John - do you remember RNRM?

John: Hmm, Respect ...No....Risks...and something else?

Kariatu That's right. R is for *respect your partner* and their opinions. N is for *say no or*

stop at any time. R is for know the risks. And M is have a clear mind when

making your decision.

John: Yes, M is for mind! So why are you telling me this?

Kariatu Because those are the ground rules. First, you should respect my opinion that I

am not ready to have sex. And your friends should respect you and not pressure you to have sex. Second, I can say NO at any time and you have to accept that. Third, one of the reasons I'm saying no is because of the risks. If we have sex I could get pregnant – I don't want that and we would need to

sort out contraception first.

John: And I can see you have clear mind – that is why I love you.

Kariatu I love you too.

John: Okay, you're right. I'm happy with the RNRM ground rules. But you know what

that means?

Kariatu What?

John: You have to respect me when I say no, I don't want to be in the choir with

you! There is a big risk there because I cannot sing!

Kariatu (Laughing) Okay, okay! You don't have to sing! I promise!

Sfx transition music

Mohamed: Ah, that was much better, yes?

Awa: It was! Kariatu would definitely feel better after such an open and honest

conversation. And I am happy that she was more direct and used the RNRM

ground rules to help with the discussion.

Mohamed And John will also probably feel better now that he can understand why

Kariatu does not think she is ready yet.

Awa: And like we said before, nobody should have sex if they are not ready to. If you

force someone to have sex against their will, it is rape!

Mohamed: Well said, Awa. Remember you need to take care of yourself and others! Clear

and honest communication is so important!

SFX: *Transition music.*

Mohamed: Okay team, it is time to wrap up this session. Awa, can you remind us what we

covered today?

Awa: Of course: we said that we communicate with our words, but also our faces

and body language. We also said that what we say and what we do must

mean the same.

Mohamed Yes, otherwise other people might not understand what we want to say.

Awa: That's right, and we also discussed a direct, not direct and aggressive style of

communication.

Mohamed: Indeed. Being direct means being clear to others about how you feel, but

always showing respect to others and their feelings too.

Awa It's always the best choice!

Mohamed: When you are not direct, this means you will have difficulties expressing your

feelings or needs; or sometimes staying silent and accepting things you

shouldn't accept.

Awa: And this may be dangerous as people might take advantage of you if you are

too quiet!

Mohamed: And being aggressive means not listening to others when we communicate

and ignoring how people are feeling.

Awa: Yep, This might make you feel powerful for a short while, but it makes others

feel very bad.

Mohamed: We all should communicate clearly and firmly. And always remind people of

RNRM! These ground rules are important!

Awa: Yes. Always be clear about how you feel, don't be afraid to say no, and be clear

about what you expect from others. Don't forget that you need to protect yourself, and stand up for yourself, without ignoring other people's feelings.

Mohamed: that was a good summary!

Awa: Thanks Mohamed! Let's wrap up with 'Reflection Time'. Everyone sit quietly

and reflect on what we've discussed today.

Mohamed Students, please think about what you liked most about today's session. Was

there anything that you found interesting or that you didn't know before?

Awa: do you want to tell your friends or family about it?

Mohamed: I want to tell them what a good actor I am!

Awa: (laughs) Was there something that you disagreed with? Something you have a

question about?

Mohamed If you have questions, you can write them down and give them to your Club

Leaders.

Awa: Okay everyone, please be quiet now and enjoy your 30 seconds of Reflection

Time.

SFX: Reflection Time music (30 seconds – should be different from intro/transition

music)

Awa: Okay, everyone, thank you for reflecting. Remember, if there was something

that you liked from today's session – share what you learned with others. If there was something that you have a question about, I hope you wrote it

down. Please give your questions to your Club Leaders now.

Mohamed: Now, we're going to have Question Time. Club Leaders, we're going to play

the background music for four minutes again.

Awa: During the three minutes, please read out any questions that you may have

received and see if anyone from your team can answer.

Mohamed: what if they can't?

Awa: if they can't, save the question and ask your Mentor for help. Ready? Club

Leaders, please read out the first question!

SFX: Background activity music for 2 minutes

Mohamed: Club Leaders, we have 2 minutes left!

SFX: Background activity music for 1 minute

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 10...9...8...7...6...5...4...3...2...1! Stop Question Time!

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: I want to make sure that everyone promises to *come to the next club session*

on time!

Awa: As always!

Mohamed: 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?

(drums and pause for 2 seconds)

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.. how is it called Mohamed?

Mohamed It's called "what are you thinking?"

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

Awa: See you all soon! (in Krio)

SFX: Closing music (7 seconds)