

## River of Culture Activity Instructions

1. Tell the group to come to the middle of the room. Participants will not need to bring anything with them.
2. Tell participants to arrange themselves in a single line based on their age. Instruct them that they will arrange by year and month.
3. Participants cannot use any words or sounds to indicate their ages.
4. After the group has settled down, check to see if everyone is in the correct place based on their date of birth.
5. Tell the group that they comprise a river of culture. This river of culture consists of a variety of experiences, knowledge, and ways of existence. These ways are based on the experiences of our parents and the times into which the participants were born. We are, in essence, the products of those times.
6. Starting at the source of the river, ask questions that get at the central family and social issues. For example:
  - What was a historically significant event that occurred in the first five years of your life?
  - When did you learn there was a difference between boys and girls and what boys and girls were allowed to do?
  - When did you learn that there was a difference among people (related to race, religion, and nationality)?
  - What was your family's belief about why certain families got into trouble?
  - How did your family define success?
  - What was a social/political issue you became active with?
  - In what way did your peers experiment with alcohol or other drugs?
  - For you and your peers, what was the norm around the length of time you needed to know someone before you had sex with them?
7. Ask participants how these events have influenced their worldview and impacted their perceptions of others.