

Individual Reflection (20 minutes):

You are invited to think back to your early years and see if you can remember one or more sayings or phrases that you often heard adults (e.g., parents, guardians, other family members, teachers, etc.) in your life speak out loud. Take about *10 minutes* to **write down any sayings or phrases that come to mind:**

Once you have this brief list, select one of these sayings and spend another *10 minutes* thinking about what you learned from hearing this phrase as a child. Looking back, how would you describe the “message” behind this saying? **Write down the insights that come to mind:**

Paired Discussion (30-40 minutes):

In your pairs (or trios), **each participant** should take *10 minutes* to share the childhood saying that they selected. Provide as much contextual information as possible (i.e., who do you remember speaking this phrase, in what setting do you recall this phrase being spoken?). Then, share your reflections regarding the meaning behind the saying: are there particular values that you think you might have learned from hearing this saying from adults in your life? Do you think you still hold these same values now? Why or why not?

Once each participant has been able to share, take another *10 minutes* to **discuss and write down the differences and similarities among the sayings**: did you and your partner(s) hear different kinds of cultural messages growing up? How might these differences and similarities influence your communication with each other?