

SESSION 2

Jamaa Building: Purpose, Introductions, and Rules

OBJECTIVES

- To create individual *jamaas*, or groups, and begin to establish an emotionally safe atmosphere within them
- To begin building cohesion among participants

MATERIALS

CD player and CD of African percussion music

Water and plant for the *tambiko*

Easel pads and markers (one per *jamaa*)

Copies of the *Possible Jamaa Names* handout (*optional*)

Journals (loose-leaf binders, one per participant) and copies of the session's journal pages (Appendix B, pp. 133–135)

Pencils or pens

Session 2 *Staying in Focus* assignment cards

Snacks

PREPARATION

- Determine how many *jamaas* you will need and decide on a way to assign participants to each (see the suggested activity). Assign one or more *mzees* to each *jamaa*.
- Assemble journals for each participant, including journal pages for the session. If you wish, you can include each girl's bingo sheet from the last session as well.

PROCEDURE

Before the girls arrive, start the music. Continue to display the posters of the Nguzo Nane (Eight Principles) and Sisters of Nia Creed, along with the map of Africa.

Opening Rituals

- Turn off the music and gather everyone together for the *durara umoja*. (Mzees should spread themselves throughout the circle.) Ask if anyone remembers the purpose and significance of the circle. Remind the group if necessary.
- Review the purpose of and perform the *tambiko*.

Jamaa-Forming Activity

When forming jamaas, it is important to separate cliques and prevent last-minute switches as girls attempt to stay with their friends. Here is one procedure using index cards of different colors to create balanced group membership within jamaas.

- Create a stack of colored index cards based on how many *jamaas* you will need and how many girls will be in each *jamaa*. For example, if there will be three *jamaas* of eight girls each, you could use eight blue, green, and yellow cards (a total of 24). Alternate the colors—stacking first a blue card, then a green card, and finally a yellow card—until all 24 cards have been stacked.
- While the large group is still in the *durara umoja*, distribute the cards, being sure to rotate through the colors until all the cards have been given out. Girls having cards of the same color form a *jamaa*.
- Have the *mzees* collect their *jamaa* members, go to separate areas of the room, and sit in their own respective circles.

Jamaa Work

1. Circulate a sheet of paper and ask the members of your group to sign their names, then explain the purpose and function of the *jamaa*.

Jamaa: A group or family (in this case, formed to help the girls work together to become Sisters of Nia).

2. Have the group vote on a name for their *jamaa*. Ideas include having the girls choose from among the names of African nations or words on the *Possible Jamaa Names* handout.
3. Conduct an introduction exercise: Have each girl give her name and finish the following statement: "One thing I can contribute to my *jamaa* is _____." This should be a positive quality. If a participant has difficulty thinking of something, let her pass and come back to her at the end. If she continues to struggle, assist her. Make sure to reframe any negatively worded statements. For example, instead of "I won't talk over others," encourage the girl to say, "I will practice listening to others."
4. Explain the purpose of group rules or cultural norms. For example, you could say: "In life, we have rules for several reasons. Some of these reasons are to help people feel safe, to observe and preserve culture, and to create an environment where people feel respected." Give a concrete example of how a person might show respect (listening when others talk, using words instead of hurting others when we disagree).
5. Ask the group what rules they think the *jamaa* should have. Write these down on the easel pad. Tell the group that many rules are *nonnegotiable*, meaning that everyone must follow them. At minimum, the following rules need to be included:
 - Respect elders.
 - Respect one another.
 - Speak only positively about people.
 - Maintain confidentiality.
 - No fighting.

Put an asterisk next to each necessary rule. Any remaining rules, such as "We should love each other," are optional and may be adopted on an individual basis.

6. To show their willingness to abide by the rules, have the members sign their names to the list of rules.
7. Next ask for two volunteers to write the *nguzo* and proverb of the day:

Nguzo/Principle: Nia (Purpose)

Proverb: "Before shooting, one must aim."

To be able to write the principle and proverb, volunteers will need something to refer to. Options for this and following sessions include giving them their journal page early and having them copy from that or preparing and giving them separate index cards (principle written on one, proverb written on the other).

8. Have participants practice saying the *nguzo*, then ask the group to relate the proverb to the principle. You can point out that in order to accomplish something, there has to be a purpose.
9. Give each participant a journal, pen or pencil, and the journal pages for the session. Have each girl fill out the title page and answer the questions on page 135. Point out that the journal includes a copy of the *Sisters of Nia Creed* and let participants know that they will be adding pages to these journals as the sessions continue. Answer any questions.
10. Collect the journals and pencils or pens and give each girl a *Staying in Focus* assignment card. Read and discuss the instructions on the card:

"Between now and the next session, practice two of your jamaa's rules in your family or at school."

Answer any questions about the assignment and tell the girls that you want everyone to bring the card to the next session and be ready to share their answers.

Closing Rituals

- Get the whole group's attention, using the call and response method.
- Form the *durara umoja* and have everyone read the *Sisters of Nia Creed* aloud together.

Share the snacks. Mzees chat informally with the girls. Afterward, encourage everyone to help with clean-up.



POSSIBLE JAMAA NAMES

Word	Meaning	Language
THEMBA (TEHM-bah)	Hope	Xosa, spoken in southern Africa
AZIZA (ah-ZEE-zah)	Precious	Kiswahili, spoken in eastern Africa
RASHIDA (RAH-shee-dah)	Righteous	Kiswahili, spoken in eastern Africa
NGOZI (n-GOH-zee)	Blessing	Ibo, spoken in Nigeria
ZAWADI (zah-WAH-dee)	Gift	Kiswahili, spoken in eastern Africa
SAIDAH (SAH-ee-dah)	Happy or fortunate	Arabic, spoken in northern Africa
ZURI (ZUH-ree)	Beautiful	Kiswahili, spoken in eastern Africa
MALIKA (MAH-lee-kah)	Queen	Kiswahili, spoken in eastern Africa
AYO (AH-yo)	Great joy	Yoruba, spoken in Nigeria
SERWA (sair-WAH)	Noblewoman	Ewe, spoken in Ghana

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STAYING IN FOCUS ASSIGNMENT CARDS

Photocopy this page on card stock, then cut the cards apart (one card per participant).

<p>SESSION 2: STAYING IN FOCUS</p> <p>Between now and the next session, practice two of your <i>jamaa</i>'s rules in your family or at school.</p>	<p>SESSION 2: STAYING IN FOCUS</p> <p>Between now and the next session, practice two of your <i>jamaa</i>'s rules in your family or at school.</p>
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SISTERS OF NIA CREED

- We will not speak negatively of, ridicule, or belittle our sisters.
- We will work to help each other have positive feelings about who we are by complimenting each other.
- We accept responsibility for what we do, who we are, and what we can become.
- We will trust our inner voices.

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NIA 'PURPOSE

Before shooting, one must aim.

1. Write the names of the members of your *jamaa*.

2. Write down two things you can contribute to your *jamaa*.

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