

Fono 1: Communication activity instructions (20 min.)

Introduce *Fono 1*: Communication activity (1 min.)

Now we'll do an activity to help us *tauhi vā* (Tongan) or *tausi vā* (Samoan). We will use open communication to nurture the relationships that connect us to each other. This activity is a place to begin to help us feel confident about how to talk more openly about infant mortality with our community.

Review the *fono* rules for the discussion. (1 min.)

Review the *fono* rules to prepare for the discussion. Additional rules may include respect for the privacy of others and not sharing what is said outside of the group.

Conversation ball activity. (5 min.)

Explain that this activity will loosen everyone up to speak openly. Ask everyone to hold up their right thumb. Tell them when they catch the ball to answer the question that their right thumb lands on. After they answer the question, they should toss the ball to another person. (See smarterparenting.com for more information)

Create a safe space activity. (10 min.)

Fofola e fala (*kae talanoa e kāinga*) is a Tongan metaphor that means, "roll out the mats (so the kin can dialogue)." It describes the act of creating a safe and healthy space for dialogue to occur.(10)

'O le 'upega 'ua fili i le pō 'ae tatala i le ao is a Samoan metaphor meaning, "the fishing net can only be untangled in the daylight." It teaches that family and community issues can only be sorted out when brought to light and discussed openly.(11)

The "create a safe space activity" invites open discussion. It is done in pairs with two people who are familiar with each other. Pairs choose one person to start. Everyone hears part of a sentence. The first person restates the sentence with their own ending to their partner. The partner restates the same sentence with their own ending. Sentences start off simple and then go deeper to more difficult topics. Go in order. Use the example sentence to demonstrate with your co-facilitator. Tell pairs to put their workbooks away, go to a private space, and face each other when they talk. Explain the rules again and begin.

Example sentence:

Your best characteristic is . . .

Sentences to use:

Your most attractive feature is . . .

You help me be a better person by . . .

You make me smile when you . . .

I love you because . . .

When you are in pain, I feel . . .

When you need help, I want you to . . .

I can talk to you about anything because . . .

Discussion (2 min.)

Ask the group to share what they experienced.



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Conclusion (1 min.)

Explain the different levels of communication. Some things are easier to talk about than others. It is easier to talk about the weather than to tell someone you care about them or admit you need help. In the conversation ball activity, we talked about easier topics like your favorite food or movie. In the “create a safe space activity,” we practiced saying things that are sometimes harder to express like trust and concern for someone. The way we approached this activity gave you a safe space and purpose for talking about these more difficult topics, which you might have never talked about before. We can create safe spaces like this among our families or friends to start talking about more sensitive topics like infant mortality.