

Week 1 Individual Session: Making Friends

Session Goals

- ❖ Discuss making new friends
- ❖ Explore cultural similarities and differences when meeting new people
- ❖ Talk about the effect of Covid-19 pandemic on friendships

Pre-Session Instructions for Learner

- ❖ Think about the most recent friend you have made. Be ready to talk about your friendship with that person.

Pre-Session Instructions for Volunteer

- ❖ Think about the most recent friend you have made. Be ready to talk about your friendship with that person.
- ❖ Be ready to share your screen with the sound on for [this website](#), [this video](#), [this video](#) and [this one](#).

During the Session:

- ❖ **[5 min]** Check in with your speaking buddy and ask about their week. Introduce this new unit and explain that you will be discussing relationships for the next few weeks.
- ❖ **[5 min]** Here are 4 words and phrases that relate to this week's activities. Go through them with your buddy and challenge them to use each word/phrase at least once in the session!
 - Self-conscious (noun) = anxious and uncomfortable because you are worried about what people think about you or your actions
 - “People tend to get very *self-conscious* when they have to make a speech in public.”
 - Mutual (adjective) = experienced or felt by both/all individuals in a situation
 - “I don’t like her.”
 - “Well, the feeling is *mutual*, she doesn’t like you either”
 - Break the ice (phrase) = do or say something that makes people who do not know each other feel more comfortable
 - “She looked uncomfortable so I made a joke to *break the ice*.”
 - Hit it off (phrase) = become friendly with each other immediately
 - “Usually it takes time to become friendly with someone, but he and I really *hit it off* last night!”

- ❖ **[15 min]** Tell your buddy about the most recent friend you have made. Here are some questions to get you started:
 - How did you two meet?
 - When did you two meet?
 - How did you two become friends?
 - Why did you want to become friends with that person?
 - What things do you two share in common?
 - What differences do you have?
 - Do you think it will become a long-lasting friendship? Why or why not?

- ❖ **[10 min]** You and your buddy are going to figure out which type of friend you are in a friend group by taking a quiz!
 - Share [the link to the quiz](#) with your buddy.
 - Go through the quiz together, but each of you should do your own quiz.
 - For the first question, if you haven't watched Friends, pick the character that appears most similar to you.
 - Once you're done with the quiz, share your results with each other.
 - Discuss the following questions:
 - Was the result accurate?
 - If so, how accurate was it?
 - If not, what was off about it?
 - Who do you think you are in a friend group? Why?
 - How do your friends describe you?

- ❖ **[15 min]** Screen share and watch [this video](#) about how to make new friends (make sure to have the subtitles on.) Ask if your buddy has any questions about the video and clarify as needed. Talk about making new friends by discussing the following questions:
 - What are some qualities you look for in a friend?
 - What are some characteristics that make you NOT want to be friends with someone?
 - What are some activities you like to do in a group setting?
 - Have you made any friends when doing those activities?
 - If so, how did you do it?
 - If not, why not?
 - Was it easier to make new friends when you were younger? Why or why not?
 - Do you think making friends in school is easier than making friends outside of school? Why or why not?
 - Would you rather have a lot of friends or a few close friends? Why?
 - How can you be a great friend?
 - What differences do you notice in attitudes toward friendship between your and your buddy's culture?

- ❖ **[10 min]** Screen share and watch [this funny video](#) about small talk (make sure to have the subtitles on!) Discuss the following questions:

- How good are you at small talk?
 - How comfortable are you to start a conversation with someone you don't know?
 - How common is small talk in your culture?
 - What kind of things do you say if you are "small talking"?
 - Do you like small talk? Why or why not?
 - Is small talk a useful skill to have for making new friends? Why or why not?
 - What differences do you notice in attitudes toward small talk between your and your buddy's culture?
- ❖ **[10 min]** Screen share and watch [this video](#) on how friendships have been affected by Covid-19 outbreak. Discuss the following questions:
- How were your friendships affected by Covid-19 lockdown? Did you feel a lack of communication, sad and lonely?
 - What is the impact of modern technologies on friendship?
 - Do you think you can find eternal friendships through the internet?
 - Could you provide 3 tips from friends to preserve their friendships while living in different countries?

Week 2 Individual Session: Conflict Resolution

Session Goals

- ❖ Learn about different conflict styles
- ❖ Discuss how attitudes towards conflict differ between countries
- ❖ Discover your conflict style

Pre-Session Instructions for Learner

- ❖ Think about a time when you had a major conflict with someone you know. Be ready to talk about the incident with your buddy.
- ❖ Watch [this video](#) about different conflict styles. Write down any words or phrases that you don't understand.

Pre-Session Instructions for Volunteer

- ❖ Think about a time when you had a major conflict with someone you know. Be ready to talk about the incident with your buddy.
- ❖ Watch [this video](#) about different conflict styles.
- ❖ Be ready to share your screen with the sound on for [this website](#), [this video](#), and [this video](#).

During the Session:

- ❖ **[5 min]** Here are 4 words and phrases that relate to this week's activities. Go through them with your buddy and challenge them to use each word/phrase at least once in the session!
 - In retrospect (phrase) = in looking back and considering the past
 - “*In retrospect*, the old man wished he had traveled more during his younger days.”
 - “*In retrospect*, I probably should not have eaten that 3rd slice of cake.”
 - Stalemate (noun) = When neither side in a argument can win
 - “After years of being unable to agree, I’m afraid we’ve reached a *stalemate*.”
 - Bad blood (noun) = feeling of hostility between people based on past occurrences
 - “There has been *bad blood* between these families ever since their grandfathers fought over this land.”
 - Make amends (phrase) = make up for a wrongdoing
 - “I need to *make amends* with her after yelling at her for no good reason”

- ❖ **[15 min]** Talk about a time you had a major conflict with someone (prework). Here are some questions to discuss:
 - What was the conflict about?
 - Who was the conflict with? How close are you with that person?
 - How did the conflict start?
 - How did the conflict end?
 - Did your relationship with that person change after the conflict?
 - If so, how?
 - If not, why do you think it didn't change?
 - *In retrospect*, what would you have done differently?

- ❖ **[20 min]** Review the content of [this video](#) from prework. Ask your buddy if they have any questions about the words/phrases in the video and clarify as needed. You and your buddy are going to figure out your conflict style by taking an assessment!
 - Share [the link to the assessment](#) with your buddy.
 - Go through the assessment together, but each of you should do your own assessment.
 - Click on where it says "Start Survey"
 - Read each statement with your buddy and ensure your buddy understands what the sentences mean.
 - Select the answer that suits you best (you don't have to share which answer you pick).
 - Move on to the next statement. You can go back and forth reading the statements.
 - Once you're done with the test, share your results with each other.
 - Discuss the following questions:
 - Do you agree with the results? Why or why not?
 - Did the results surprise you? Why or why not?
 - How would other people describe your conflict style?
 - Which conflict style does most appeal to you?

- ❖ **[10 min]** Screen share and watch [this video](#) about dealing with conflict. Ask if your buddy has any questions about the video and clarify as needed. Discuss the following questions:
 - When was the last time you had to deal with conflict? Were you able to resolve it?
 - If so, how?
 - If not, why not?
 - What are some common reasons that give rise to conflict?
 - Do you agree with the statement, "Seek first to understand, then to be understood?" Why or why not?
 - How do you usually deal with conflict?
 - Can conflict ever be good?
 - If so, how?

- If not, why not?

❖ **[10 min]** Screen share and watch [this video](#) about cultural conflicts (make sure to have the subtitles on). Ask if your buddy has any questions about the video and clarify as needed. Discuss the following questions:

- Are you familiar with Chinese culture? Did you know about any of the “unwritten rules” in the video?
- What are the “unwritten rules” about what to do and what not to do at the dinner table in your culture?
- Has something similar ever happened to you? If so, share what happened.
- How did the characters in this video deal with conflict?
- How do people in your country usually deal with conflict?
- What are some common causes of interpersonal conflict where you live?
- How is conflict viewed in your culture?

Week 3 Individual Session: Family

Session Goals

- ❖ Compare and contrast family relationships between countries
- ❖ Discuss your relationship with your parents and siblings

Pre-Session Instructions for Learner

- ❖ What are some good memories you have of you and your family doing something fun together? Be ready to talk about those times with your buddy.

Pre-Session Instructions for Volunteer

- ❖ What are some good memories you have of you and your family doing something fun together? Be ready to talk about those times with your buddy.
- ❖ Be ready to share your screen with the sound on for [this video](#), [this video](#) and [this website](#).

During the Session:

- ❖ **[5 min]** Here are 4 words and phrases that relate to this week's activities. Go through them with your buddy and challenge them to use each word/phrase at least once in the session!
 - Curfew (noun) = specific time of day that you must be at home
 - “As I got older, my parents pushed back my *curfew* so I could stay out longer.”
 - Helicopter parent (noun) = overprotective and overly involved in child's life
 - “She can never go out with us because of her *helicopter parents* who watch her every move.”
 - Runs in the family (phrase) = a quality that many members of a family have
 - “Intelligence seems to *run in that family*.”
 - Framily (noun) = slang for friends who are so close that they are like family!
- ❖ **[10 min]** Share some fun family memories from prework. Here are some questions to talk about:
 - What did you guys do?
 - Who was there with you?
 - When and where did you guys do it?
 - How were you feeling?
 - How often is your entire family together?
 - What do you and your family like to do together?

- ❖ **[15 min]** Talk about your relationship with your family members. Here are some questions to get you started. Important note: be aware of your buddy's family structure and modify these questions as necessary.
 - How strict were your parents in your childhood (*or mom, grandma, etc*)?
 - How well do you get along with your family?
 - Do you have any siblings?
 - If so, how well do you get along with them?
 - If not, would you like to have siblings? Why or why not?
 - Have you ever heard of the notion of 'sibling rivalry'. [Watch the video](#) and answer the question: What are the reasons for sibling rivalry? How can it be overcome? Can you provide any examples of sibling rivalry from your life experience?
 - Who do you feel closest with in your family? Why?
 - How often do you argue with your family members? How does it usually go?
 - Has your relationship with your parents (*or mom, grandma, etc*) changed over time?
 - If so, how?
 - If not, do you think it will change in the future? Why or why not?
 - What were some important things your family has taught you?
 - If you have kids, what are your expectations of them as a caregiver?
 - How do you raise your kids?
 - How did the concept of family change from the extended families of the past to the smaller and more independent families?

- ❖ **[15 min]** Screen share and watch [this video](#) about different kinds of families (be sure to have the subtitles on). Ask if your buddy has any questions about the video and clarify as needed. Talk about family relationships in your country by discussing the following questions:
 - What does a typical family look like where you live?
 - How many children do people typically have in your country?
 - How do parents discipline their children?
 - What kinds of housework do children usually do in your country?
 - How often do people get divorced? For what reason?
 - For how long do parents usually support their kids financially?
 - Are people encouraged to form a family in your country? Why or why not?
 - Can you think of examples of countries that have different cultural values regarding the importance of family?
 - Describe a typical family unit and the importance of family in your country.

- ❖ **[15 min]** You and your buddy are going to play Family Feud together!
 - Share [the link to the game](#) with your buddy and go over the instructions for playing the game:

- You are given a prompt and you must guess the top answers for the question in 60 seconds (example below)
 - Prompt: Name something people smell before buying it
 - Answers: Perfume, flowers, candle, fruit
- After 3 wrong guesses, each next strike leads to -5 score
- Have your buddy share their screen and click on “play now” to start the game
- Think together to answer the questions. You can switch who’s typing the answer after each 3 rounds!

Week 4 Individual Session: Romantic Relationships

Session Goals

- ❖ Talk about romantic relationships and partners
- ❖ Discuss how views about marriage differ between countries
- ❖ Talk about famous love stories

Pre-Session Instructions for Learner

- ❖ Be ready to talk about someone you have gone on a date with. If you have never gone on a date before, you can talk about someone you would like to go on a date with!
- ❖ Search for a famous love story in your country, be ready to share it with your buddy.

Pre-Session Instructions for Volunteer

- ❖ Be ready to talk about someone you have gone on a date with. If you have never gone on a date before, you can talk about someone you would like to go on a date with!
- ❖ Be ready to share your screen with the sound on for [this video](#), [this video](#) and [this website](#).

During the Session:

- ❖ **[5 min]** Here are 4 words and phrases that relate to this week's activities. Go through them with your buddy and challenge them to use each word/phrase at least once in the session!
 - Elope (verb) = run away to secretly get married without the permission of your parents
 - “Because his family didn’t approve of her, they decided to *elope*.”
 - Ask someone out (phrase) = invite someone to go on a date
 - “I’m really excited because he *asked me out* for dinner tonight!”
 - Vow (noun) = formal promise to commitment, usually in marriage
 - “An important part of a wedding is when both partners give their wedding *vows*, promising their commitment to one another for the rest of their lives.”
 - Fidelity (noun) = faithfulness to a spouse or partner
 - “How important do you think *fidelity* is in a marriage?”
- ❖ **[10 min]** Present on someone you have gone on a date with. (If you have never been on a date before, talk about someone you would like to go on a date with). Here are some questions to discuss:
 - How did you meet that person?

- How did you ask them to go on a date?
 - What are they like?
 - Why did you take them on a date?
 - How did the date go? What did you guys do?
 - Would you like to go on a date with them again? Why or why not?
- ❖ **[20 min]** You and your buddy are going to figure out which personality type is your ideal partner by taking a test!
- Share [the link to the test](#) with your buddy.
 - Go through the test together, but each of you should do your own test.
 - Read each statement with your buddy and ensure your buddy understands what the sentences mean.
 - Select the answer that best describes how your ideal partner would act (you don't have to share which answers you pick).
 - Move on to the next statement. You can go back and forth between reading the statements.
 - Once you're done with the test, share your results with each other.
 - Discuss the following questions:
 - Do you agree with the results? Why or why not?
 - Did the results surprise you? Why or why not?
 - What are some main characteristics you look for in a partner?
 - What are some characteristics you don't want your partner to have?
 - What's more important to you, your partner's appearance or personality? Why?
 - Which one do you prefer, short-term or long-term partners? Why?
- ❖ **[15 min]** Engage in conversation about marriage by discussing the following questions:
- What are some marriage customs in your country?
 - At what age do most people in your country get married?
 - At what age would you like to get married? Why?
 - How involved are parents in choosing a future spouse in your country?
 - How important is marriage to you?
 - How important is marriage in your culture?
 - Would you rather stay single or get married? Why?
 - If you were to get married, what are some things you'd like to do before getting married? After getting married?
 - If you had to marry either a poor person whom you really loved, or a rich person whom you did not love, which would you choose? Why?
 - Which one is more important for people in your country, their career or marriage?
- ❖ **[10 min]** Screen share and watch [this video](#) about "going Dutch" on a date (Going Dutch means splitting the cost of a meal equally between people). Discuss the following questions:
- Did any of the people's opinions surprise you? Why or why not?

- How do people pay for their meals in your country? How common is going Dutch?
 - Do you think going Dutch is okay on a first date? Why or why not?
 - Should the guy always pay for the meal on dates? Why or why not?
 - If you were to go on a date, how would you feel about paying for your date's meal?
- ❖ **[10 min]** Love conquers all! Screen share and [watch this video](#) how a couple reunited after being 53 years apart. Discuss the following questions:
- Have you ever heard any similar stories? What feeling do you have after watching this story?
 - Do you agree that first love always holds a special place in one's heart?
 - When you see a couple, how do you know they are in love?
 - Do you believe in love at first sight?
 - Do you think that a real love may overcome distance, years being apart?
 - Are long-distance romantic relationships possible or are they destined for failure?
 - In all cultures there are famous love stories (i.e. Romeo and Juliet). What is a famous love story in your country?

Week 5 Individual Session: Social issues of contemporary family life

Session Goals

- ❖ Discuss having babies and paternity leave
- ❖ Discuss adoption issues
- ❖ Talk about traditions

Pre-Session Instructions for Learner

- ❖ Review this [video](#) and be ready to discuss
- ❖ You are going to talk about a tradition in your family. Make notes using these questions and use the ideas in the photos to help you:
 - What's the tradition?
 - How often does it happen?
 - When/Where does it happen?
 - Which family members are involved?
 - How did the tradition start?
 - Was there anything you used to do which you don't do now?
 - Do you like the tradition?
 - Do you think the tradition will carry on in the future?

Pre-Session Instructions for Volunteer

- ❖ Review this [video](#) and be ready to discuss
- ❖ Be ready to screen share and show this [document](#), this [video](#) and this [image](#).

During the Session:

- ❖ **[5 min]** Play a game "What would you do"? Screen share the [document](#), read the situations and together with your buddy share the ideas on how you would react in each of the cases.
- ❖ **[5 min]** Here are 4 words and phrases that relate to this week's activities. Go through them with your buddy and challenge them to use each word/phrase at least once in the session!
 - Breadwinner (noun) = the member of a family who earns the money that the family needs
 - "Men are often expected to be the breadwinner in a family."
 - Offspring (noun) = a person's children
 - "Tom's sister came over on Saturday with all her offspring."
 - Black sheep = a person who has done something bad that brings embarrassment or shame to his or her family
 - "He's the black sheep of the family."

- Bond= a close connection joining two or more people
 - “In societies with strong family bonds, people tend to live longer.”

- ❖ **[15 min]** Having a baby is a tremendously happy period in the life of every person. However, when it comes to taking care some challenges may arise. Review [this video](#) on paternity leave from pre-work (if necessary) and discuss the following questions:
 - In your country, are mothers allowed maternity leave (from work)? What about paternity leave for fathers?
 - What is the best age to have the first baby? How to realize that are you mentally ready to become a parent?
 - Are paternity leaves common in your culture? How would it be perceived by society?
 - Why are men usually reluctant to take paternity leave?
 - What are the advantages and disadvantages of paternity leave?
 - What are the biggest roles of a father in your culture?
 - Some argue that while paternity leave gives equal notice to both parents, parental leave in general indicates a lack of recognition to people who are childless (by choice or otherwise). Do you believe this is a valid argument?
 - Should women always get custody (keep the children) after a divorce? Why or why not?
 - Do you think it is okay for children to call their parents by their first names?

- ❖ **[15 min]** Talk about being separated from parents. [Watch the video](#) and discuss the following questions:
 - Why are there more and more young adults living with their parents?
 - At what age on average are children separated (=start living by themselves) in your country?
 - What are the advantages and disadvantages of leaving with parents when being an adult?
 - At what age did you/OR are you planning to become living on your own?
 - Is overprotection of children a problem? Should children be exposed to more risks? Are children being kept in bubble wrap?

- ❖ **[15 min]** Talk about adoption. First screen share and [show this picture](#) to your learner. Try to elicit what is special about this family (some of the kids have been adopted). Discuss the following questions:
 - How is adoption viewed in your country?
 - Do you know anyone who was adopted? Can you think of any famous people who were adopted?
 - How does being adopted affect a child’s view of themselves?
 - What are some of the reasons people adopt children?
 - What are some of the reasons people give children up for adoption?

- What do you think about the adoption system in your country? How much should the government be involved in the adoption process?
- What do you think about couples that adopt children from different countries?
- What qualities make a couple or a person qualified to adopt a child?
- Should the adoption process be more or less difficult than it is now?
- Should people be able to decide what type of children they want to adopt? For example: gender, hair color, age, etc.

❖ **[10 min]** You are going to talk about a tradition in your family. Make notes using these questions and use the ideas in the photos to help you:

- What's the tradition?
- How often does it happen?
- When/Where does it happen?
- Which family members are involved?
- How did the tradition start?
- Was there anything you used to do which you don't do now?
- Do you like the tradition?
- Do you think the tradition will carry on in the future?