

# FACILITATOR MANUAL

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## WHAT IS RYLA

The Rotary Youth Leadership Awards (RYLA) Conference is an intensive training program for up and coming community youth leaders. These young adults, chosen for their leadership potential, are privileged to attend an all expense paid leadership training program designed to build, strengthen and fine tune leadership skills used in all aspects of business, community, and life. RYLA events and programs often include recreational and cultural activities, which emphasize leadership skills and personal development.

RYLA is organized and sponsored by Rotary and has proven to be one of the most sought after and highly recognized training programs of its kind. Each year, thousands of high school juniors take part in the RYLA experience worldwide. In fact, colleges are now looking for RYLA on applications.

Rotarian leaders (facilitators) are essential to RYLA. Facilitators will interact with talented young people from throughout District 5340. RYLA provides a memorable opportunity for these students to learn, grow, and have fun, while making new friends. Students who attend a RYLA program are generally better able to successfully manage their own lives and careers.

## WHAT TO BRING

PERSONAL GEAR (Please note that all personal items are brought at your own risk.)

- A positive attitude and a sense of humor!
- Warm Sleeping Bag (Expect temperatures in the low 30's at night) and a pillow. Use of an extra blanket as a liner is helpful for lighter bags. Camp beds have mattresses only.
- Toiletries and other personal hygiene items – toothbrush, toothpaste, soap, shampoo, etc.
- Prescription medication(s) – must be listed on your Application
- Bath and hand towels.
- Walking shoes, tennis shoes, or hiking boots only. Sandals or open toed shoes are not allowed.
- Dress is casual – jeans, tee shirts and sweat shirts. Shorts are acceptable, but may not be desired when the weather turns cold (30's at night is expected). Long pants are necessary. Don't forget extra underwear and socks.
- Jacket, gloves, and other warm clothes – there is a good chance that it will rain or snow so be prepared with warm clothes.
- Lightweight flashlight – remember fresh batteries.
- Digital or film camera (remember film).
- Backpacks are suggested for carrying a jacket, your Program Handbook, extra pens or pencils, snacks, and other items for your students.
- Travel alarm clock.
- Leave pagers, MP3 players, etc., behind. Students are prohibited from using these items.

FAMILY DISCUSSION GROUP GEAR (Facilitators Only)

- Ground cloth for sitting outside.
- Inexpensive items relating to family discussion group name (stickers, handouts, etc.) to help personalize your family. Please spend no more than \$1 to \$2 per person.
- Special treats – candy, nutrition bars, etc.
- Activity items (see the "Activities That Teach" section)

## DISTRICT 5340 YOUTH PROTECTION POLICY

***District 5340 Youth Protection Policy Statement:*** It is the policy of Rotary International District 5340 that every Rotary Activity conducted or sponsored by or within District 5340 will take place in an environment that is absolutely free of Abuse and Harassment of any kind.

District 5340 and the RYLA Committee are committed to creating and maintaining the safest possible environment for all participants in RYLA. It is the duty of each Rotarian, Rotarian spouse or partner, or other volunteer at RYLA to safeguard, to the best of their ability, the welfare of and to prevent the Abuse and Harassment of the youth with whom they come into contact.

An adult working with youth in our Rotary District is required to comply with the District 5340 Youth Protection Policy (“Policy”) by being certified to work with youth. This applies equally to Rotarians, their spouses, Ambassadorial Scholars, and other volunteers. In order to be certified to work with youth, an adult at RYLA must complete and send a Youth Volunteer Affidavit (the Affidavit can be downloaded at <http://www.rotary5340.org/youth/pdf/YouthVolunteerAffidavit.pdf>) along with a check in the sum of \$5.00 to the District 5340 Office (address: District 5340 Office, Attn: Dale Bailey – District Youth Protection Officer, 2245 San Diego Avenue, Suite 221, San Diego, CA 92110). Please include a note requesting that your Affidavit and background check be expedited so you can participate in RYLA this year.

An abbreviated outline of what constitutes Abuse and Harassment and the procedure to be followed if an allegation of Abuse and Harassment is made is set forth below. Please review the entire Policy at <http://www.rotary5340.org/youth/pdf/YouthPolicy.pdf>.

***Abuse and Harassment.*** These terms include the following:

Emotional or verbal abuse. Incidents in which an adult uses fear, humiliation, or verbal assaults to control the behavior of a youth in his or her care. Examples include rejecting the youth, preventing him or her from developing normal social relationships, and making derogatory statements about the youth’s race, religion, or personal appearance.

Physical abuse. Mistreatment of a youth by use of physical contact intended to cause pain, injury, or other physical suffering or harm.

Neglect. Failure to provide (for no apparent financial reason) adequate food, clothing, shelter, or medical care necessary for a youth’s well-being.

Sexual abuse. Engaging in implicit or explicit sexual acts with a youth or forcing or encouraging a youth to engage in implicit or explicit sexual acts alone or with another person of any age, of the same or opposite sex. Sexual abuse includes non-touching offenses, such as indecent exposure or showing a youth sexual or pornographic material.

Sexual harassment. Sexual advances, requests for sexual favors, or verbal or physical conduct of a sexual nature. In some cases, sexual harassment precedes sexual abuse and is used by sexual predators to desensitize or groom their victims. Some examples of sexual harassment include:

- Sexual epithets, jokes, written or spoken references to sexual conduct, talking about one’s sex life in the presence of a youth, and comments about an individual’s sexual activity, deficiency, or prowess..
- Verbal abuse of a sexual nature.
- Display of sexually suggestive objects, pictures, or drawings.
- Sexual leering or whistling.
- Any inappropriate physical contact such as brushing or touching.
- Obscene language or gestures.
- Suggestive or insulting comments.

## ***Is it Abuse and Harassment?***

Whether the alleged conduct amounts to a form of Abuse and Harassment is not to be determined by the adult to whom allegations are made. After ensuring the safety of the youth, all allegations should be immediately reported to a member of the RYLA Committee.

### ***Allegation Reporting Guidelines.***

Any adult to whom a Student reports an incident of Abuse and Harassment is responsible for following these Allegation Reporting Guidelines.

1. Take a Report from the Youth Participant Making the Allegation
  - a. *Listen attentively and stay calm.* Acknowledge that it takes a lot of courage to report Abuse and Harassment. It is appropriate to listen and be encouraging. Do not express shock, horror, or disbelief.
  - b. *Protect confidentiality to the extent possible.* Explain that you will have to tell someone about the Abuse and Harassment to make it stop and to ensure that it doesn't happen to others.
  - c. *Get the facts, but don't interrogate.* Ask questions that establish what was done and who did it. Reassure the youth that s/he did the right thing in telling you. Avoid asking 'why' questions. Remember your responsibility is to record the facts as alleged.
  - d. *Be non-judgmental and reassure.* Do not be critical of anything that has happened or anyone who may be involved. It is especially important not to blame or criticize the youth. Assure them that they were brave and mature to come to you.
  - e. *Written record.* Keep a written record of the conversations as soon after the report as you can, including the date and time of the conversation. Use the youth's words, and record only what has been told to you.
2. Protect the Youth Participant

Ensure the safety and well-being of the youth. Remove him or her from the situation immediately and all contact with the alleged abuser or harasser. Give reassurance that this is for the youth's own safety and is not a punishment.
3. Report to the RYLA Committee

Immediately report all allegations of Abuse and Harassment to the RYLA Committee which will then report the incident to law enforcement as required. All allegations must be reported to RI within 72 hours and the person responsible for doing so is the District Administrator. District 5340 will cooperate fully with police or other legal investigations.
4. Avoid Gossip and Blame

Do not tell anyone about the report other than those required by the Policy guidelines. Care must be taken to protect the rights of both the victim and the accused during the investigation. District 5340 will maintain, to the extent possible within the requirements of the Policy, the privacy of any accused person by following and enforcing appropriate procedures.
5. Do Not Challenge the Alleged Offender

The adult to whom the youth participant or student reports must not contact the alleged offender. In cases of Abuse and Harassment, interrogation must be left entirely to law enforcement authorities. District 5340 will conduct its own independent evaluation, but only to the extent necessary to accomplish the goals of the Policy.

## STATEMENT OF LEADERSHIP RESPONSIBILITY

### I UNDERSTAND THAT:

1. I have made a commitment to attend the RYLA conference and will notify the sponsoring Rotary Club immediately if a conflict arises.
2. I may not arrive late, or leave RYLA earlier than schedules and I MUST USE THE RYLA SUPPLIED TRANSPORTATION.
3. I will attend all meetings and activities with my discussion group, referred to at RYLA as a "family."
4. Meals are to be eaten with my family and my family is responsible for cleaning our table after each meal.
5. I MUST SLEEP IN THE DORM WHICH I AM ASSIGNED. Lights out is at the scheduled time. It means that I will be quiet thereafter.
6. There are separate dorms for males and females. Males are not allowed in female dorms, and vice-versa. This is for the privacy and security of all concerned. The ONLY exception will be for inclement weather and evening family meetings.
7. MP3 players, mobile phones, etc., are permitted only during scheduled recreation times. Uses at other times will result in their being confiscated and returned at the end of the conference.
8. Recreation activities are limited to those periods of the day and evening scheduled for such activity.
9. If any person is injured or becomes ill, I WILL NOT MOVE THEM. I will contact the Camp Doctor or a member of the RYLA Committee immediately.
10. I will report any damage or breakage immediately to a facilitator, a dorm monitor, the RYLA Committee or the camp staff (All participants are responsible for taking care of the facilities).
11. SMOKING IS PROHIBITED. This is to respect the health of all participants and because of the potential fire hazard in the area.
12. ALL MEDICATIONS, whether prescribed or "over the counter," must be identified on the container. Unidentified medications, alcohol, weapons, or tobacco products found in the possession of any student will be confiscated.
13. Foul or abusive language (including anything of a discriminatory nature) will not be tolerated nor will physical violence or threats of any kind be allowed. If I observe such behavior, I will contact a facilitator, a dorm monitor, the RYLA Committee or the camp staff immediately.
14. Any sexual or lewd misconduct by and/or between myself and other participants will be considered unacceptable behavior.
15. I may not leave the camp area for any reason without the permission of the RYLA Committee Chair.
16. Confidentiality is important. Anything shared by a member of your family should remain in that family. However, camp officials are mandated by law to report any suicide or abuse issues to the proper authorities.
17. I will respect the environment of the camp and surrounding area and will do all in my ability to protect it for future generations.
18. I am to conduct myself in all sessions, in all activities, in my family, in the dining hall, in sports, and in my dorm, in a manner which will bring credit to myself, my school, my sponsoring Rotary Club and my personal family, and in a manner which will not cause injury to another person.

I have read the Statement of Leadership Responsibility and do hereby agree and commit to honoring them. SHOULD MY CONDUCT BE CONSIDERED UNACCEPTABLE AT ANY TIME AT THE DISCRETION OF CONFERENCE OFFICIALS, OR SHOULD I TRANSGRESS ANY OF THE CODES STATED ABOVE, I UNDERSTAND THAT I WILL BE DISMISSED FROM THE CONFERENCE AND WILL BE SENT HOME AT MY PARENTS' OR GUARDIANS' EXPENSE.

## **FACILITATOR PROCEDURES**

These procedures are designed to help the facilitator have the best possible and most enjoyable RYLA experience. There are no formal requirements to be a facilitator. You must be a Rotarian and be interested in working with youth. Any questions about the role of a facilitator should be directed to the Facilitator Coordinator.

### **Pre-Conference**

Facilitators are asked to commit to attend the orientation meeting and to make themselves available the entire conference weekend, from 8:00 am Friday morning until approximately 3:00 pm Sunday afternoon. Training will be conducted at the orientation meeting to familiarize new and old facilitators with RYLA policies, activities, procedures and rules. You will have a chance to experience some of the activities that will be conducted at the camp, including simulated group discussions. You will be able to interact with RYLA Committee members and experienced facilitators.

Each facilitator is responsible for a group of up to 10 students, referred to as a RYLA "family." Each family will be assigned a name for the weekend and you will be given the name of your family at the orientation meeting. This will enable you to prepare some kind of family identity markers such as stickers, headbands, patches, etc. Please limit your spending to \$1 to \$2 per family member.

Several experienced facilitators will be asked to serve as bus monitors and separate procedures have been prepared for them. If selected, you will need to have a mobile phone so that you can communicate any issues with the Transportation Coordinator.

### **Conference Weekend**

You are responsible to get yourself to the camp Friday morning no later than 9:00 am. You may find it convenient to carpool with other facilitators. Once you arrive at the conference facility, you will participate in a camp orientation and tour. You will receive two copies of your family roster and your dorm assignment. If you are selected to be a dorm monitor, a dorm roster will also be given you. As the students arrive you will be asked to assist with the registration process, including helping students find their dorms. Although the students are leaders, they will arrive confused and will look to any adult for assistance.

The first activity will be lunch and this will be the first time you will meet the members of your family. Look for the table with your family name; the students have received the same instruction while on the busses. All families have been randomly assigned tables and the table assignments may change for each meal. After lunch, you will be directed to go to the opening session, to be held in McNeil Hall directly south of the dining hall. Look for your seating row identified with your family name. The row your family sits in will randomly change throughout the weekend.

After the opening session, the families will be dismissed to their first discussion period. The purpose of this first discussion will be to orient your family to the conference weekend. Review any health issues noted on your family roster, the conference schedule, and family basics – especially confidentiality issues. Please make note of any missing members from your family. You may want to briefly discuss Rotary. You are expected to use the Family Orientation activity in this facilitator manual to introduce yourself and the students to each other. Use this time to review any changes to the student information as shown on the family roster. You should also ask and note which students were not interviewed by Rotarians in the selection process.

You are expected to participate with your family in all activities (where physically possible), including the early morning activities and evening social functions. You are responsible for the whereabouts of your family members at all times. If anyone is missing or you are encountering difficulties with any student, contact a member of the RYLA Committee immediately (see "Lost Student" procedure).

Facilitator meetings will be held to debrief the day's activities and allow you a chance to seek help or respond to others who need help. At the first facilitator meeting, please return the updated family roster that you have marked with corrections. Dorm monitors will be told who is missing from the dorms based on the compiled "No Show" list.

The final family discussion period on Sunday will be used for housekeeping purposes, including completing the RYLA evaluation forms. Unless you have a bus monitor assignment, you will be expected to stay and help with closing the camp after the buses have left.

### **Post-Conference**

All participants, students and facilitators, should attend their sponsoring Rotary Club's meeting in May or June where the Club will hand out yearbooks and certificates. All participants should be invited to share their experiences.

## **FAMILY DISCUSSION BASICS**

Families are the essence of the RYLA conference. Participants will be divided into families to provide a more intimate learning and sharing experience. Each family consists of a Rotarian adult facilitator and up to 10 students from different high schools throughout our Rotary District. The family will become a close knit community as a result of working together and sharing ideas after each major presentation and activity.

The family will function on what has been called the "life raft" principle. Since no two members from any one school are in the same family, members are cast adrift with strangers and are kept together. Because of the intensity of doing everything together for the entire conference, friendships are forged and family members learn to relate to and trust each other as individuals, not as stereotypes.

Families will interact with a variety of outstanding individuals, who are leaders and motivators in such fields as civics, sports and business. Students are also exposed to the other youth programs Rotary has to offer, such as Interact, Rotaract, Youth Exchange and Ambassadorial Scholarships.

### **How The Families Are Established**

The conference has space for 288 students. They will be divided into 32 families led by a Rotarian facilitator. Each family will be assigned a name relating to a theme selected by returning RYLA Alumni. Throughout the weekend, the family must be together and function together during all activities (unless otherwise specified) and must eat together at all meals.

Students receive their family assignments when they pick up their program materials at the Registration tables. They have been told on the bus by the Alumni to find their family at lunch (placards will be randomly placed on the tables).

### **Discussion Worksheets**

Discussion worksheets have been provided in the program handbook given to each RYLA student and facilitator to assist you in preparing for and conducting the discussion activity which follows most presentations and major activities.

### **Family Activities**

Several experiential activities are incorporated into the program schedule because experience has taught us that experiential activities work best in establishing principles and fostering personal development. In addition, supplemental activities described in this facilitator manual for use as you may deem appropriate. Information and instructions about these activities are included in the section titled "Activities That Teach."

## FACILITATOR GUIDELINES

The process of facilitation is to guide or lead the family as it reflects on an experience, whether that experience was a speaker, a workshop, or an activity. Effective facilitation enables students to share perspectives on a common experience through a productive dialog and then develop behavioral changes through enriched communication, trust, and teamwork. The process takes students from "what happened (or was heard)" to "what can we do differently or better."

A facilitator's goal is to enhance each student's RYLA experience and to help them become a more effective leader. Past participants have suggested that the best way to achieve this is as follows.

- Relate ideas presented by the speakers and in the activities to current life settings as high school leaders.
- Have family members work harmoniously with other family members who are all student leaders.
- Establish future communication links among student leaders throughout Rotary's sphere of influence.
- Ask open ended questions which cause students to think and feel in order to reach their own conclusions.
- Encourage everyone to participate in all that you do, even the "silent" types.
- Recognize that there may be insecurities in being placed with people you don't know.
- Encourage friendly competition between families in all activities or whatever you may do together.
- Share with the students what Rotary is about.
- Encourage a bond to form - let your family members open up and be themselves and be free to speak.
- Confidentiality is all important. As they say in AA. "what is said here, what you hear here, let it stay here."

### **The Right Setting**

It is important that all members of the family be seated at the same level and be arranged so that each member can have eye contact with each other member. The facilitator should be part of the family and not sit away from the other members. Encourage family members to bring their program handbooks with them and leave playthings behind (see Codes of Conduct regarding portable MP3 players, etc.)

**INDOORS** - Families will meet indoors at night and during inclement weather. Chairs are available in some of the rooms, so please use them and return them to their storage place when the session ends. In some cases your meeting area will be a dorm and we encourage you to tell members to not sit on the bunks. Be aware of other students' personal belongings in the dorm and see that they are not disturbed. Indoor assignments are listed on your Family Roster and in your program handbook.

**OUTDOORS** - Select an area which is far enough from other families to prevent "overhearing" and disturbing one another. Select a location that will permit members to be at the same level and have eye contact with each other. You may wish to vary the location each time. You might consider bringing a ground cover for the family to sit on.

**DINING HALL and McNEIL HALL** - Families will eat together in the Dining Hall and sit together during all assemblies in McNeil Hall. Placards identifying your family table or row assignment for meetings will be randomly placed for each meal or session by the Alumni.

## **Time Of Sessions**

It is important to use all the time allotted and to keep on schedule. Leadership activities that are "fun" are included in this manual so that if a discussion ends early you can keep the members occupied and working together. Excusing families early disrupts the concentration of other families.

### **Facilitate, Moderate, Participate – Do Not Pontificate!**

1. Create an atmosphere of openness by being non-judgmental and encouraging others to do likewise. Protect family members from making personal attacks on each other when they disagree. Try to be a neutral with the family.
2. Show a sense of humor and encourage it in others. Avoid sarcasm and "kidding around" which might embarrass or humiliate. Be positive!
3. Gently keep the students on the topic. If the discussion starts to drift, ask, "How does this relate to what we are discussing?" However, if the family wants to discuss something else, be flexible and use your own initiative.
4. Avoid talking too much or lecturing the family. Don't supply the "right" answer. Let the family come up with its own answer or response.
5. Promote participation by everyone in the family. If someone is being left out or remaining silent, try to draw them out by calling him or her by first name, e.g., "(name), what do you think about that?" Use your position to prevent talkative or aggressive members from dominating a discussion or activity. It is okay to politely interrupt a "dominator" and remind him or her that there is a limited time for the discussion period and that you would like everyone to participate.
6. Have some open ended questions (those that can't be answered with a simple one or two word response like "yes" or "no") before the family starts its discussion in case the family is not self starting.
7. Be sensitive to faulty communication. Encourage all to keep their eyes and ears on the person speaking. Ask them to "listen to understand rather than to reply." Cross talk is okay, but allow those speaking to be able to complete their remarks without being interrupted. If the person speaking does not seem to be "coming across," use the technique of paraphrasing to clarify what he or she is trying to say without putting your own interpretations into the clarification.
8. Don't be too quick to break silences. There are times when family members are assimilating ideas. Wait until you see some of the family members showing discomfort at the silence before drawing upon your list of open ended questions.

### **Family Unity**

It is a good idea to prepare your own icebreakers and/or treats to occupy the family at different times. You will have received your family name prior to the conference so you might consider preparing something to help solidify family unity (based on the family name). For instance, if your family name was "Ducks", you might have duck stickers for your members, adopt a song, etc. Please remember to spend no more than \$1 or \$2 per family member.

## Basic Facilitator Tips

### General suggestions:

- Relax - have fun
- Study the camp map
- Have six different snacks – one for each family meeting
- Spend family time as family time
- Decide in advance how honest you want to be
- Make sure you have a jacket at all times
- Pack for the day in the morning

### Food for thought questions:

- What would you do if you knew you could not fail?
- What event in your life are you especially proud of? Ask them this early on and remind them a couple of times before talking about it.
- Who would you like to meet living or dead and why?

### Ice breakers:

- Two truths and one lie
- If you were a fruit, an animal, a \_\_\_\_\_, what would you be and why?
- Hopes, dreams, and fears
- Nicknames

### What should be in your backpack:

- A tarp big enough for ten (may want to leave it where you will have family meetings)
- Pens and or pencils – take extras
- Envelopes and paper
- Snacks for the day
- Small flashlight
- Water
- Program Handbook - be on time!
- Jacket
- Sunscreen

### RYLA is held at a mountain camp:

- 5,000 ft. altitude.
- Dehydration – drink lots of water.
- It may rain or snow – bring appropriate clothing.
- It will be cold – bring warm clothing.
- Lots of walking – bring comfortable walking shoes or light hiking boots (dirt, mountain meadow grass, asphalt, and concrete).

## WORKING WITH TEENAGERS

As you prepare to be a facilitator, there are issues which you must consider that could have an adverse impact in terms of dealing with youth. There are many issues that have surfaced over the last few years regarding liability, sexual misconduct, etc. It is imperative that you be aware of the following concerns.

1. Confidentiality is important. If a youth confides in you, or the family, it should stay with you (or the family). If there is a concern which needs further consideration (such as suicide, impending harm to oneself or another, physical abuse, or sexual abuse) you must inform a RYLA Committee member who may contact a professional agency for further assistance. **YOU MUST DISCUSS THIS CONFIDENTIALITY RULE WITH YOUR FAMILY AT THE FAMILY ORIENTATION SESSION.**
2. Maintain a "hands-off" policy when working with youth. This includes hitting, wrestling, kissing, having someone sit in your lap, etc. You are an ADULT entrusted to work with TEENAGERS. No matter how "mature" a teenager may seem to be, remember this policy.
3. Protect yourself by not being alone with only one teen in your area, especially in an enclosed environment. Always have someone else with you. If you need to talk in private, go away from the family, but maintain visual contact.
4. Use appropriate language and insist that those around you do the same.
5. Smoking, drugs, and alcohol are not allowed. Today's teens are amazingly perceptive so resist the temptation to have a "social drink" during your free time.
6. If a fight ensues or other violence is threatened, clear the area. Attempt to verbally end or diffuse the situation without placing yourself or others in harm's way. If a weapon is displayed, quickly get others to safety but do not attempt to disarm the person. Contact a member of the RYLA Committee immediately.
7. If a person is injured on the ground, DO NOT MOVE THEM (see Emergency Procedures section of the program handbook). Contact the camp doctor and a member of the RYLA Committee immediately.
8. Be careful when conducting any activity so that nobody is injured. Be aware of the surroundings and avoid any possible hazards.
9. Utilize common sense in dealing with your family members. Try to develop a rapport with as many members as possible, steering clear of the favoritism, elitism, etc., which could hinder your rapport with the entire family.
10. Always remember our facilitator motto: "FACILITATE, MODERATE, PARTICIPATE – DO NOT PONTIFICATE."

Please be sure to read and familiarize yourself with the Statement of Leadership Responsibility found later in this facilitator manual. It will help you understand the issues related above and how the RYLA Committee accepts its responsibility for the safety and well-being of all participants at RYLA. Every student has received a copy of the Statement of Leadership Responsibility in their student application, which they signed, and in their program handbook.

## GENERAL AND EMERGENCY PROCEDURES

### General

Any time an emergency situation arises, such as a natural disaster, accident, injury, health problem, fighting and other forms of violence (including verbal threats), send someone to contact any RYLA Committee member for assistance. Most of the RYLA Committee members have a radio for contacting the necessary staff member. Look for the RYLA Committee members and their distinctive hats or jackets. They can be found circulating through the camp or perhaps at Emerson Hall, which is the Conference headquarters. It is just south of McNeil Hall (past the fire pit) where most of our assemblies are held. When all else fails, contact Idyllwild Pines personnel at their office just inside the main entrance.

In order to prepare for any emergency, please review all the rules, especially the Statement of Leadership Responsibility.

### Medical And Health Related

Every participant at RYLA has provided medical information on their application and this information has been given to our onsite doctor. Facilitators should verify the medical information with the students in their families, always being sensitive to confidentiality issues.

The doctor can usually be found in "Sickbay", which is located across from the Dining Hall. He will be equipped with medicine and other hygiene needs, or have access to such. The RYLA Committee will also be able to provide limited amounts of things such as toothpaste, toothbrushes and soap. There is a camp store at the main entrance to the camp but we do not want any students going there.

Be attentive to the condition of your family members at all times, even in sunny weather (see Inclement Weather section below). Watch out for signs of weather induced health issues, such as sun stroke (sunburn), hypothermia (shivering), dehydration (headache, nausea, and lethargy).

If any participant becomes ill or injured, notify the doctor via any RYLA Committee member immediately. Do not allow a family member to go back to their dorm unattended to just lay down for a while. There are beds available in Sickbay for the doctor to attend and watch over any person feeling ill.

### Security

The camp provides general security for its property. They will generally stop and question anyone in the camp who does not have a name tag visible. Facilitators and RYLA Committee members supplement the camp's security efforts. Security is not normally a problem for our participants, but due to the open nature of the environment there may be people wandering through camp. RYLA Committee members and camp personnel circulate through the camp continuously.

**The need for participants to wear their nametags at all times cannot be overemphasized.** Anyone not wearing a nametag will be stopped and questioned.

The RYLA Committee must be immediately notified if you observe any suspicious person, any suspicious activity, any claims of missing property, and any threats of or acts of violence against any participant.

### Unsafe Conditions

If you see or determine that any facility or camp environment represents an unsafe condition please notify any RYLA Committee member. RYLA is held in an outdoor setting, with trees, fast running streams, and deep paths, so plan your family activities and discussion locations accordingly. The use of sturdy shoes has been recommended in all material sent to participants and flashlights are necessary at night because of camp conditions.

## **Insurance**

While the conference facility and various vendors (such as the bus company) provide certain liability coverage, primary liability coverage for the conference is maintained through the District's liability policy. The RYLA Committee seeks to minimize risk through appropriate means, including providing conference security, an onsite medical doctor, restricting modes of transportation, use of trained personnel in activities, and constant monitoring of all sessions and participants by the RYLA Committee. The camp maintains a Campers Accident Policy, covering such things as bee stings, spider bites, poison oak or ivy exposure, etc.

## **Natural Disasters**

The camp is located in a wooded, mountainous, area and the danger from natural disasters such as a forest fire or earthquake cannot be minimized. We will follow camp rules and procedures in dealing with such an emergency.

In the event of a fire in a building, evacuate the building and notify camp personnel or the RYLA Committee. Fire extinguishers can be found in each building. No flammables of any kind, no lighters, and no cigarettes are allowed to be used or possessed by our students. In the event of a forest or brush fire, all participants should assemble in the volleyball court area BY FAMILY. We will follow the camp evacuation plan as directed by the camp.

If we should experience earthquake, follow these procedures. If you are inside, look for a door or a sturdy piece of furniture to stand next to or underneath. Stay away from all windows. If you are outside, go to a clearing, such as the volleyball court or meadow, staying away from all trees and power lines. After the earthquake is over and it is safe to proceed, assemble in the volleyball court area BY FAMILY for further instruction.

## **Transportation Policy**

For liability and insurance purposes, ALL STUDENTS MUST TO AND FROM CAMP ON THE BUSES PROVIDED. STUDENTS ARE NOT PERMITTED TO DRIVE THEMSELVES. There are no exceptions. A Rotarian bus monitor will be at each bus stop to help with the loading and unloading of buses. They will be equipped with cellular phones should there be an emergency. We will also have an experienced facilitator on each bus to assist the bus driver and Alumni who are responsible for the buses.

## **Lost Student**

It is important that all facilitators know the whereabouts of their family members at all times except at night when the students are in their dorms. At that time, dorm monitors are responsible to see that all students are in their bed after lights out. If a student is missing at any time in either situation, please notify any RYLA Committee member immediately. Do not leave your family alone to find the missing student - leave that to the RYLA Committee.

If it is necessary for a student to visit a restroom, get a jacket, etc., you may either take the whole family or dismiss them in pairs for a brief time. If they do not immediately return, please notify the RYLA Committee. Better yet, discuss with your family what they will need to bring to each RYLA session, such as a flashlight at night, in order to minimize any "emergency" trips.

RYLA Committee members are constantly circulating through the camp and can assist in locating a missing person. Mandatory bed checks are to be made each night by the dorm monitors and a RYLA Committee member will be available for a while after "lights out".

### **Inclement Weather**

Due to the nature of the season when RYLA is held, we can expect inclement weather in the form of rain and/or snow. Adverse weather can affect the conference in basically three ways: travel road conditions, limiting outdoor activities, and effects on the conference facilities. All participants have been advised regarding the possibility of inclement weather, mainly snow and/or rain, and have been asked to dress accordingly.

Since most activities (including family discussions) are conducted outside, provision have been made in case of foul weather. An indoor inclement weather location has been assigned to all families to be used for family discussions and activities. This location is listed on your Family Roster and in the program handbook.

A number regarding weather road conditions is to be found at the end of this section. A link on our website has also been made regarding weather conditions. (see [www.rylaconference.com](http://www.rylaconference.com) ).

### **Miscellaneous Provisions**

Certain parts of the camp are off limits, including the pool and camp residential area next to and behind the Dining Hall. No student is allowed off camp for any reason. Ask your family members to please be careful when around the creek bed, especially at night.

There are restroom facilities available in the individual dorms and on the north side of the dining hall. A pay telephone booth is also located across from the dining hall. The phone cannot be used by students except during planned free time and recreational activities.

RYLA COMMITTEE CHAIR (Elaine Allyn, mobile phone)	760-535-9441
CAMP EMERGENCY PHONE NUMBER (This number is to be used for emergencies only!)	(909) 659-2605
TRANSPORTATION COORDINATOR (Michael Metts, mobile phone)	(619) 417-6304
CoachUSA DISPATCH NUMBER	(619) 266-7365
ROAD CONDITIONS	909-659-3259

## **DORM MONITOR PROCEDURES**

A minimum of two facilitators will be assigned to each of the larger dorms and one facilitator will be assigned to each of the smaller cabins to serve as dorm monitors. The facilitator(s) will sleep in their assigned dorm and will be responsible for assisting the dorm monitors.

Each dorm or cabin has its own toilet and shower facility and is heated. There are bunks, supplied with mattress only. Bunks are available on a first-come, first-selected basis.

A dorm roster will be provided to the dorm monitor(s). As all students have been assigned to a dorm, the purpose of the roster is to insure that only those students named are to reside in the dorm. Students have been randomly assigned to the dorms, the only criteria being the separation of sexes. It is extremely important that no switching occur. In times of emergency, either at camp or back at home, the RYLA Committee needs to be able to find any particular student in a hurry. The Roster will also include information about potential medical issues with students in the dorm.

All facilitators in each dorm are responsible for maintaining orderly behavior in the dorm and the dorm monitor is to conduct bed checks each night. If any participant is missing at "lights out," the dorm monitor should immediately contact a RYLA Committee member (who will be available for this purpose in the dormitory area). The RYLA Committee will be responsible for finding any missing participants. Because of the active schedule at the conference, the dorm monitor should adhere to the "lights out" schedule. However, there will generally be a lot of excitement and discussion among dorm members so use your judgment.

All the dorms have been earmarked to serve as Inclement Weather or Nighttime family discussion locations. Typically, your family has been assigned to the dorm you reside in. This makes it easier for you to control your own dorm. However, because of using the dorms for meeting purposes, please be sure that all dorm members secure their belongings each day.

Please remind each student the first night about personal responsibilities for their possessions and about not leaving valuables behind. Be sure that all have appropriate bedding (some extra sleeping bags are available as well as some personal hygiene kits). Review medical issues with those so indicated on the roster.

Any questions regarding dorm monitor responsibilities should be directed to the Facilitator Coordinator.

## **BUS MONITOR PROCEDURES**

The RYLA experience begins and ends with the bus ride to and from camp. For insurance and liability purposes, no student is allowed to travel to or from the RYLA Conference on their own.

An Alumni is assigned to ride on each bus. The Alumni, as part of their leadership responsibilities, is responsible for conducting the icebreaker activities on board the bus, assisting the bus driver with the orderly loading and unloading of students and luggage, and making sure the bus is clean. Please do not interfere with these activities unless asked to by the Alumni or bus driver.

An experienced facilitator is assigned to ride the bus as a bus monitor and to assist the Alumni whenever and wherever needed. The bus monitor needs to have a mobile phone to communicate any problems to the Transportation Coordinator, to notify the camp of an emergency situation, or to contact parents who may be late in picking up their son or daughter Sunday afternoon.

Having an adult Rotarian present at all times gives added assurance to the parents and guardians that RYLA is well planned and that their sons and daughters will be looked after carefully and safely. If you have any questions, please contact the Transportation Coordinator.

Please see the RYLA website for a current version of the bus schedule and specific instructions, which can be found by clicking, in the following order, on the links for "Students", "Bus Information", and "Instructions, pick-up and drop off points, and times."

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TRANSPORTATION COORDINATOR (Michael Metts, cell phone)	(619) 417-6304
CoachUSA DISPATCH NUMBER	(619) 266-7365

## RYLA DEFINITIONS AND POLICIES

**ALUMNI:** Several high school seniors that attended RYLA the previous year as juniors and have been selected by the RYLA Committee to return to conduct the conference activities. They are nominated by their family facilitators as being outstanding and charismatic leaders. Alumni select the conference theme and colors, and provide valuable input to the planning process. They introduce the speakers, conduct icebreakers and maintain the spirit that pervades the conference weekend.

**AMBASSADORIAL SCHOLARSHIPS:** The world's largest privately funded scholarship program. Ambassadorial scholarships are funded by grants from the Rotary Foundation. Selected young men and women (typically of college age) go abroad for a year of study and serve as goodwill ambassadors for their native country and for Rotary. Applicants are sponsored by a Rotary Club and then selected by a RYLA Committee. Information about this program can be obtained through the Rotary District office or the District Ambassadorial Scholarship coordinator.

**BUS MONITOR:** An adult Rotarian equipped with a cell phone to be found with each bus or at each bus stop. They will assist the Alumni and bus driver in the loading and unloading of each bus. Each will be given a phone list and bus stop summary for all bus stops.

**CLUB CHAIR:** The individual selected by the club president to be responsible for the club's RYLA involvement, largely consisting of the identification of which schools to sponsor and the selection of students to attend.

**RYLA COMMITTEE:** A group of Rotarians selected and led by the RYLA Committee Chair (appointed by the Governor of District 5340) who plan the conference and make all necessary arrangements for programs, transportation, supplies, etc. Typically, prior RYLA experience is the primary factor for selection.

**DORM MONITOR:** Each dorm will have a Rotarian facilitator assigned to it to act as a dorm monitor. This Rotarian will monitor activity in the dorm, including bed checks each night. All participants are required to sleep in their assigned dorms. Dorms are segregated by sex and students of the opposite sex are not allowed into the dorm.

**FACILITATORS:** Rotarians selected to be group discussion leaders and dorm monitors. There are no special requirements or experience needed - just a desire to serve and an ability to work with youth. The Facilitator's role is to "Facilitate, moderate, participate - do not pontificate" in the family discussion group (see "Family" below). Those selected must commit to attend all necessary meetings, including a pre-RYLA training session and all conference orientation meetings. They will need to complete an application, which must also be signed by an authorized Club Officer, recognizing the club's financial responsibility for the facilitator's expense (same fee as for students). Generally, a mix of 50% experienced and 50% new or "green" facilitators is desired each year.

**FAMILY:** A key element to the success of the conference. Students are divided into "family" discussion groups at the beginning of the conference and participate in all activities and program sessions with that family. No two people from the same school are in any one family. Most activities, including meals (and excluding sleeping), are conducted in the families. This encourages new friendships and interactions. There are (9) students and an adult Rotarian facilitator (see "facilitator" above) in each family.

**HIGH SCHOOLS:** It is the RYLA Committee's goal that every high school (or equivalent) within the District's boundaries be represented at RYLA. Students can be found at all public schools, as well as alternative, continuation, private and parochial schools and academies. Due to space limitations at the conference facility, the RYLA Committee has to limit the number of students that a club can send from each school. Currently, no more than five (5) students will be allowed per school per club. For those clubs wishing to send additional students, look to the different types of schools described above (e.g., some clubs have sponsored a student from a school in Mexico where it's sister club is located).

INTERACT: Interact is a school-based community service organization for young people that is sponsored by individual Rotary Clubs. Independent of the Rotary Club, it nevertheless can be supported by the club in order to promote the service ethic and awareness of Rotary in the community. Many students after learning about Interact at RYLA, return to their schools to start an Interact Club.

LIABILITY and INSURANCE: while the conference facility and various vendors (such as the bus company) provide certain liability coverage, primary liability coverage for the conference is maintained through the District's liability policy. The RYLA Committee seeks to minimize risk through appropriate means: including proving conference security, onsite medical doctor, restricting modes of transportation, use of trained personnel in activities, and constant monitoring of all sessions and participants by the RYLA Committee. The camp maintains a Campers Accident Policy, covering such things as bee stings, spider bites, poison ivy/oak exposure etc.

LOCATION/FACILITY: The conference is currently held at the Idyllwild Pines Camp and Conference Center in Idyllwild, California (about 110 miles, or two hours from San Diego). A member of Christian Camping International, the camp offers sleeping, eating and meeting facilities sufficient for the needs of a RYLA conference of our size and complexity. Its location in the mountains offers a seclusion from the daily routine and exposures of life, enabling all participants to concentrate on the business at hand without distractions.

NO-SHOW POLICY: Every year there are a number of no-shows. Due to the significance of the experience and the fact that so many qualified applicants are turned away it is a shame that there are empty beds at the conference. **Thus it is important that the Club Chair constantly follow-up on their selections to minimize any no shows** (see "Substitution Policy"). However, should any student or facilitator not show up at the conference, their funds will be forfeit. Significant costs, including camp minimums, have been incurred and the funds expended.

ROTARACT: A community-based or college-based service group sponsored by a Rotary Club for men and women, ages 18 to 30. Rotaractors have the opportunity to develop leadership skills in their self-governing clubs, refine professional skills and enjoy international meeting opportunities.

RULES and ENFORCEMENT: All students are required to commit to the Statement of Leadership Responsibility which has been included with each application and is in the program handbook. Any violation of the Statement of Leadership Responsibility will be cause for immediate dismissal from RYLA and return home at the parent's expense.

SPONSORSHIP: A sponsorship is funds provided by one Rotary Club to assist the financial needs of another Club, or to send students from an area not covered by a Rotary Club. While the RYLA Committee strives to assist needy clubs whenever possible from its budget, sponsorships are a great way of showing that the Four-Way Test is alive and well in Rotary.

SCHOOL LIAISON: A person at each school with whom the Club Chair works to obtain and select student applicants. Typically, this person will be a guidance counselor, activities director or perhaps an English teacher. In most cases, the liaison will be the same person the club worked with in the previous year, otherwise the Club Chair should contact the principle to determine that person. Sometimes a new principal or liaison will need to be educated as to the RYLA program and its benefits. In such a case, contact your Club Registrar for assistance. The RYLA Committee has videos and slides available to demonstrate the RYLA program.

SPEAKER SELECTION POLICY: Speakers are selected on their ability to present and communicate their message as it relates to the RYLA theme and their ability to interact with the participants. Generally all speakers must have been seen or heard by a member of the RYLA Committee or have been referred by a competent Rotarian. We do not normally compensate speakers, except perhaps for travel expenses. Speakers are selected for their impact, although we do try for a balanced mix of speakers, male-female and ethnic background.

SUBSTITUTION POLICY: Because late arrivals or early departures are disruptive to the RYLA schedule and families, students must commit to attend the entire conference. We cannot make exceptions if a conflict between RYLA and another school activity arises. However, you can substitute an alternate prior to the stated deadline. Any substitutions made should be on a SAME SEX basis, if possible. **THE DEADLINE FOR SUBSTITUTIONS IS ONE WEEK BEFORE THE START OF RYLA DUE TO SCHEDULING AND LOGISTIC ISSUES.**

STUDENT ELIGIBILITY: Eligible students are interviewed and selected by the sponsoring Rotary Club to attend the conference. Eligible students are not just ASB officers and honor students, they include at-risk students as well. It has been said that there is no difference between an at-risk kid and an overachiever, they have the same needs. Interact officers should be included if your Club sponsors an Interact program. Children of Rotarians are also eligible but should be treated like any other applicant. The eligibility requirements are that **ONLY HIGH SCHOOL STUDENTS IN THEIR JUNIOR YEAR OR EQUIVALENT** with leadership experience (or potential) are eligible to attend RYLA and that they must maintain a "C" or better grade point average. Please let all eligible students apply. Please try to select students from a wide range of ethnic and cultural heritages.

TRANSPORTATION POLICY: For liability and insurance purposes, **ALL STUDENTS MUST RIDE TO AND FROM RYLA ON THE BUSES PROVIDED.** Students ARE NOT permitted to drive themselves. There are no exceptions.

YOUTH EXCHANGE: Through this program, interested youth spend from several weeks to a year or more living with a host family in a country other than their own. They learn about that country and act as ambassadors of goodwill by sharing experiences from their own country. Information about this program can be obtained through the District office or the District's Youth Exchange coordinator.

## ACTIVITIES THAT TEACH

Each activity has a purpose and an approximate length of time is indicated. As each family and each facilitator will be different, a family may employ some or none of these activities. **PLEASE USE THE FAMILY ORIENTATION ACTIVITY DURING THE FIRST DISCUSSION PERIOD.**

Always remember our motto: "**Facilitate, Moderate, Participate – Do Not Pontificate**"

### FAMILY ORIENTATION (45 Minutes)

**PURPOSE** – To allow the facilitator and students to learn about each other and to become more understanding of each other's background as they share ideas throughout the conference.

**WHAT IS ROTARY?** – Give a **brief** explanation.

**DISCUSS FAMILY NAME** \_\_\_\_\_ – What is unique about your family.

**REVIEW ROSTER** – Review the information and **legibly** write-in any missing or incorrect information.

**WAS EVERYONE INTERVIEWED BY A ROTARIAN?** – Please notify the RYLA Committee if any student was not interviewed by a Rotarian prior to coming to RYLA.

### RYLA GUIDELINES –

- CONFIDENTIALITY is the key to our family. What is said here, what you hear here, stays here.
- EXCEPTIONS to the confidentiality rule are mandated by law. As an adult working with young people under 18, I have a legal obligation to report, in confidence to the RYLA Committee which must then inform professionals who are trained to help you, anything that is said regarding suicide, imminent or threatened physical harm to you or others, and current physical or sexual abuse. You don't have to reveal these things to our family or to me, but if you choose to do so, either to the family or in private to me, I must put you in touch with people who can help you.
- LEADERS ARE PREPARED and always have a pen or pencil and their Program Handbook.

**ACTIVITY** – Have the participants pair off (facilitator may be included). The pairs are to spend 5-7 minutes interviewing each other and taking notes. At the conclusion of the time allotted, each person introduces his or her partner and shares the information gained in the interview with the family.

**DISCUSSION** – How did the person being introduced feel about the way they were described?

## **BEING A TEENAGER (20 - 30 minutes)**

**PURPOSE** - To allow the family members to reach a consensus about themselves.

**ACTIVITY** - Ask each member of the family to rank the following statements. Place a #1 on the statement they feel is the most correct about teenagers, and so forth, and place a #7 next to, the statement that least applies to a teenager.

- The opinions of teenagers are equally as important as the opinions of their parents.
- If there are any reforms or changes to be made in society, they should be made by today's teenagers rather than adults.
- Being a teenager is a safe age, you aren't expected to behave like an adult but you aren't treated like a child.
- Advice from friends is worth more than advice from parents.
- Being a teenager has its advantages and disadvantages, just like any other age group.
- Time is the only thing in a teen's favor. If you can just wait until you turn eighteen everything will be okay.
- What teenagers really want is to be able to voice their own opinions and make their own decisions.

**DISCUSSION** - Add up the rankings and discuss the results.

**NOTE:** The next page can be duplicated before RYLA and cut in half so each family member has a sheet on which to rank the statements.

## Being a Teenager

Rank 1-7; put a 1 in front of the statement that you feel is the most correct, a 7 in front of the statement that you feel is the least correct, etc.

- The opinions of teenagers are equally as important as the opinions of their parents.
- If there are any reforms or changes to be made in society, they should be made by today's teenagers rather than adults.
- Being a teenager is a safe age, you aren't expected to behave like an adult but you aren't treated like a child.
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- What teenagers really want is to be able to voice their own opinions and make their own decisions.

## WHAT IS LEADERSHIP (15 - 30 minutes)

**PURPOSE** -To enable the family to examine what leadership is to them.

**ACTIVITY** - Ask the family to discuss and/or respond to the questions shown below or to the material in the Leadership section of the handbook.

**DISCUSSION** - Proposed Questions:

1. How would you define leadership?
2. What makes a good leader?
3. Who has history proven to be a good leader and why? Or Give an example of a good leader and why?
4. Have you ever been in a leadership role? When? How? Result?
5. If you could change something about your school or community, what would it be and how would you go about making the change?
6. Define the term "manager". Are all managers leaders?
7. Agree or Disagree and explain your reasoning: Cooperation is better than competition in performing a task or solving a problem. (There is no right or wrong answer here but consider this: Competition is at the heart of capitalism while cooperation is the essence of communism – it's something to think about)
8. Should leaders govern or serve?
9. (Formulate your own questions)

## **FOLLOW YOUR DREAM (15 minutes)**

**PURPOSE** - To provide a means of students setting goals and challenging themselves, and then let them review their own progress.

**THE ACTIVITY** - Provide each family member with writing paper and a letter envelope. Have the family members write themselves a letter. The letter should be about what they want to accomplish with what they have learned at RYLA or perhaps it will be about a challenge to themselves. After they have written the letter, have them prepare a self-addressed envelope and seal it with the letter inside.

**MAIL THE LETTERS** to the family members just before school starts next year.

### **THE I's HAVE IT (20 - 30 minutes)**

**PURPOSE** - To provide a means for participants to express themselves in a safe controlled environment.

**THE ACTIVITY** - Establish rules of feedback and crosstalk, and emphasize the needs for confidentiality prior to commencing. Give each participant an opportunity to discuss the following in their family:

I hate ...  
I wish ...  
I fear...  
I love ...

**DISCUSSION** – How did the family members react to each other? Did they agree or disagree? Why? The nature of this activity is to insure the confidentiality of each participant's comments and to allow discussion when desired. Special attention must be given so that each participant does not feel threatened by any feedback the family may make.

## **LISTENING AND POSITIVE REINFORCEMENT (30 - 40 minutes)**

**PURPOSE** – To improve the students' ability to listen carefully and present others in the family with positive feedback relating to what has been said.

**WHAT MAKES A LEADER A GOOD COMMUNICATOR** – Being a good listener and giving back positive feedback.

**ACTIVITY** – Have each member take a blank piece of paper and write down a description of an activity or event in their life which was a moment of success, which made them proud of their accomplishment. Give the members 4-5 minutes for this introspection and to write down the description. After the period of writing, have each member tell about his/her "moment of success." All other members should write the name of the person speaking and list 2-3 adjectives which describe the positive attributes which the speaker portrayed in his/her presentation. After every member has presented their moment of success, have each member tell each other member what they wrote to describe how and what the presenter said (or came across).

**MATERIALS NEEDED** – Blank sheet of paper and pen for each member in the family.

**DISCUSSION** – Discuss with the family how it feels to hear positive things about themselves and the impressions that their "bragging" might leave on others.

## **STAND UP AND BE COUNTED (25 minutes)**

**PURPOSE** – To allow the students to share how it feels to take personal risks, on a one-to-one basis.

**ACTIVITY** – Divide the family into pairs and instruct members that each of them will have two minutes to talk to the other without interruption.

As you do this exercise, think about what a leader can or should do when someone is being made fun of or discriminated against.

- The first time I said “NO” to peer pressure.
- The first time I stood up for my rights.
- The first time I stood up for someone else’s rights.

Ask the pairs to decide who will talk first then begin the first two minute timed period. At the end of two minutes, stop the family and ask the second person to trade places and talk about the same subject. At the end of the second two minute period, stop the process and reassemble the whole family.

**DISCUSSION** – Have the family discuss what they have learned about each other and how what might be learned about personal risk-taking. The session might end with members voluntarily sharing experiences and thoughts about any "life threatening" situation they have been in.

## BRAIN TEASERS (10 - 20 minutes)

Each statement contains the first initial of words that will make it correct.

Example:	16 = O in a P	(16 Ounces in a Pound)
7 = W of the W		Wonders of the World
26 = L of the A		Letters of the Alphabet
1001 = A N		Arabian Nights
12 = S of the Z		Signs of the Zodiac
54 = C in a D with J		Cards in a Deck with Jokers
2 = F the S		For the Show
88 = P K		Piano Keys
13 = S on the A F		Stripes on the American Flag
32 = D at which W F		Degrees at which Water Freezes
18 = H on a G C		Holes on a Golf Course
90 = D in a R A		Degrees in a Right Angle
4 = T G		To Go
4 = Q in a G		Quarts in a Gallon
24 = H in a D		Hours in a Day
1 = H on a U		Horn on a Unicorn
5 = D in a Z C		Digits in a Zip Code
57 = H V		Heinz Varieties

**NOTE:** The next page can be duplicated prior to RYLA and cut in half so each family member has their own sheet of Brain Teasers to fill-in.

## Brain Teasers

Each statement contains the first initial of words that will make it correct.

Example: 16 = O in a P (16 Ounces in a Pound)

7 = W of the W  
26 = L of the A  
1001 = A N  
12 = S of the Z  
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4 = Q in a G  
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1 = H on a U  
5 = D in a Z C  
57 = H V

## **HUMAN KNOT (10 minutes)**

**PURPOSE** - To develop cooperation with each other.

**ACTIVITY** - Have everyone form a circle, then reach both hands into the circle and grasp with each hand the hand of another person. No one can hold the hand of the person next to them and each person must be holding the hands of two different people. Without letting go of each other's hands, unravel the "Knot" until everyone is in a complete circle holding hands. (NOTE: It is entirely possible that two or more circles could be formed, one within the other.)

The facilitator can either watch or participate. Also, if a particular position becomes painful to a member, hands of the discomforted person(s) can be dropped momentarily to ease the discomfort. However, they should immediately grasp the same hand that was held before so as to not disturb the integrity of the knot.

**DISCUSSION** - After successfully untying the knot, the family can discuss the process it used to solve the knot. Topics might include emotions of frustration, ideas generated and the manner of communicating those ideas to the family

## **SUPERMAN (20 minutes)**

**PURPOSE** – To develop trust and interdependence on others in the family.

**ACTIVITY** - One member of the family, "Superman" is going to face the family. The family members, "catchers", gather together in front of Superman and they will catch Superman as he flies. Catchers will face each other and interlock arms to provide a secure and safe landing surface. The facilitator should supervise the activity as a spotter from the end furthest from Superman in order to catch or watch Superman's head when he or she lands.

Use the following procedure to insure the safety and well-being of all members. **BE AWARE OF STRENGTH AND WEIGHT ISSUES. Remember, NO ONE SHOULD BE FORCED TO PARTICIPATE IN THIS ACTIVITY AGAINST THEIR WILL (or due to peer pressure).**

1. Superman yells "Catchers Ready?"
2. The catchers yell "Catchers Ready!"
3. Superman yells "Flying!"
4. Catchers say "Fly on Superman."
5. Superman runs to the Catchers and jumps forward with arms straight in front of the face, **KEEPING THE BODY STRAIGHT.**
6. After Superman has landed safely, he or she can be helped up.

**DISCUSSION** - Discuss anything that appears to be appropriate. Consider such things as, would anyone fall without knowing their family, was someone convinced to do something they did not want to do, communicating between delegates during the act, etc.

## **BIRDS ON A WIRE (10 minutes)**

**PURPOSE** - To learn to communicate with each other in adverse situations.

**ACTIVITY** - Have all members stand on a balancing beam or other narrow object or in a narrow space. Then ask everyone to arrange themselves in order by certain criteria; for example: by age, height, weight, etc., **WITHOUT TALKING or STEPPING OFF OR OUT OF THE NARROW CONFINES.**

**DISCUSSION** - Discuss the difficulties of communicating in an adverse situation and what means the family determined to use to communicate. The discussion might include how to prepare for adverse situations and what some of those situations might be and what caused them.

WACKY WORDIES 1 (10 minutes)

<p>Life of Ease</p> <p>1</p>	<p>Rule of Thumb</p> <p>2</p>	
<p>3</p> <p>Inverted Pyramid</p>	<p>4</p> <p>Me &amp; My Shadow</p>	<p>7</p> <p>Writers Block</p>
<p>6</p> <p>Spring Fever</p>	<p>7</p> <p>Sloppy Joes</p>	<p>8</p> <p>Inflated Ego</p>
<p>9</p> <p>Screen Test</p>	<p>10</p> <p>Chief of Staff</p>	
<p>11</p> <p>All Star Game</p>	<p>12</p> <p>Old English Sheepdog</p>	

**NOTE:** The next page can be copied prior to RYLA and given to each family member.

WACKY WORDIES 1

1  
L I F E

2  
THUMB

3  
*pnurwd*

4  
ME



6  
FEVER

7  
Joes



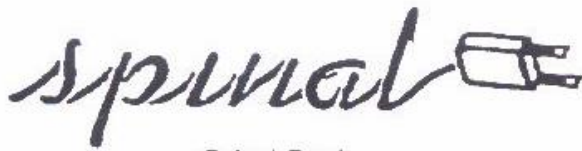
9  
TEST



11  
GAME

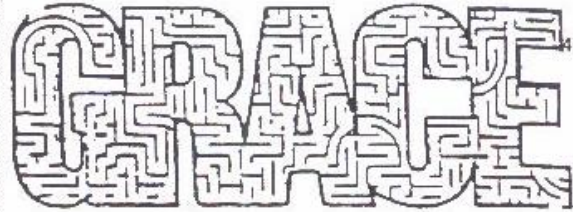
12  
Sheepdog

WACKY WORDIES 2 (10 minutes)



13

Spinal Cord



16

Amazing Grace



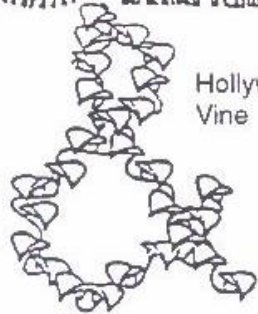
14

Straw Vote



15

Bagpipe

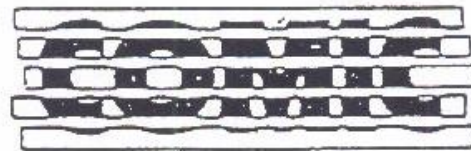


Hollywood &  
Vine



18

Dead Sea Scrolls



19

Comic Strip



20

Dotted Swiss



21

Coconuts



22

Holy Mackerel

Knotty Pines



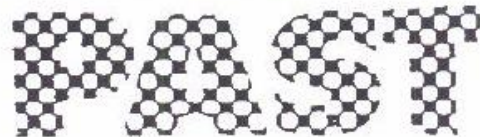
23

Striped Bass



24

Checkered Past



25

**NOTE:** The next page can be copied prior to RYLA and given to each family member.

WACKY WORDIES 2

spinal 

13

ORANGE

16

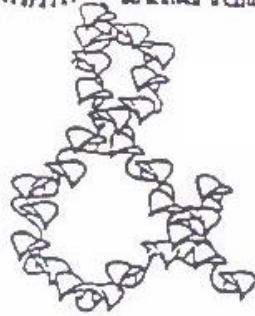
VOTE

14

BAG

15

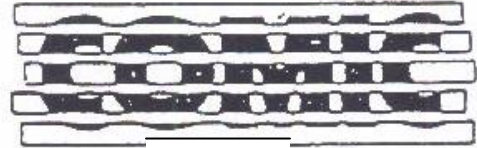
WALLY



18

SCROLLS

19



SWISS

20

COCO

21

MACKEREL

22

PINE

23

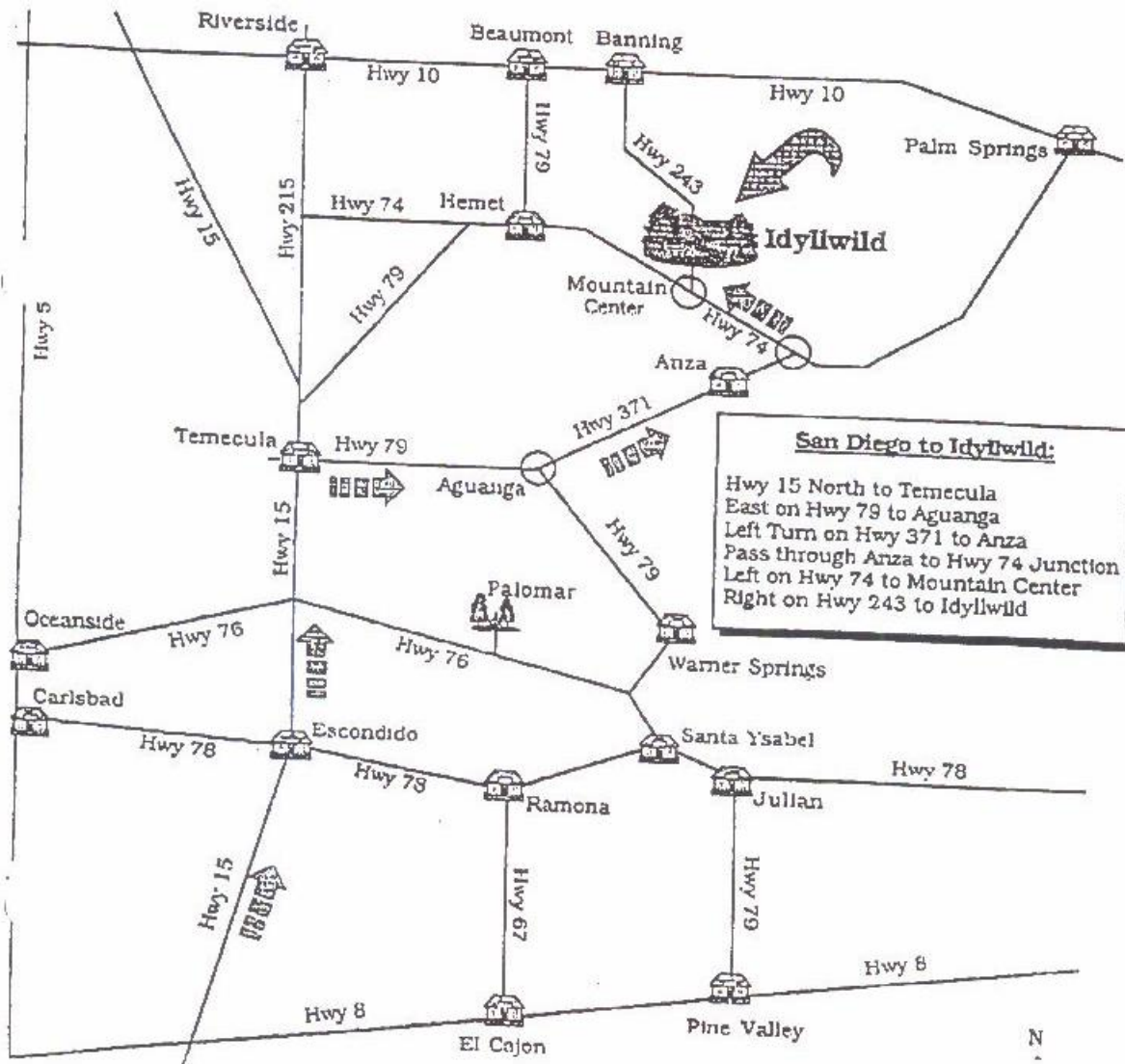
BASS

24

PAST

25

## DIRECTIONS TO IDYLLWILD PINES CAMP



# MAP OF IDYLLWILD PINES CAMP

