

A TOOLKIT

FOR HOSTING A COMMUNITY CAFÉ SERIES:
On **CHOOSING RESPECT** and Ending Domestic Violence,
Sexual Assault and Child Sexual Abuse



July 2012

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As you navigate this Toolkit, you will see icons to assist you in preparing to host and speak during your event.



The **purple thought bubble** offers helpful reminders to consider before or during the Community Café event.



The **red speech bubble** provides speaking points addressed to the entire group that highlight definitions, statistics and other important pieces of information regarding the Café's topic.



The **teal question box** highlights specific questions you are asking the participants to discuss with a partner or amongst the table with a table host.

What are Community Cafes?

Community Cafes are an easy-to-use method for having thoughtful and productive discussions around issues that deeply impact our lives, communities and families. They are built on the belief that people already have within them the wisdom to address even the most difficult challenges. With specific direction and focus, it is possible to tap into and use our deeper knowledge about what's important.

Just as many plants are needed for a successful harvest; numerous ideas and personalities are necessary to gain solid community insight. The Café model cultivates different conversations among participants then collects the summary or "harvests" the outcomes of the conversations.

Community Cafes help us to see new ways to make a difference in our lives and work. The power of conversation is so natural that we usually overlook it. For example, consider all the learning and choices that occur as people move from one conversation to another. Once we become aware of the power of conversation as a way to change things, we can use it more effectively for our mutual benefit.

The three agenda options included in this Community Café Toolkit focus on ending domestic violence (page 6), sexual assault (page 9) and child sexual abuse (page 12). You may choose to host a café on one of these topics or all three.

Six GUIDELINES FOR HOSTING: What is Essential About the Café Method?

The Café format is flexible and adaptive to meet many different circumstances. When these **guidelines** are used in combination, they create an environment of sharing, engaging, and problem-solving.

- **Clarify the Purpose-** Knowing your purpose enables you to consider who should be there and what you will need to do to achieve your purpose.
- **Create a Hospitable Space-** When people feel comfortable to be themselves, they do their most creative thinking, speaking and listening. In particular, consider how your invitation and your physical set-up contribute to creating a welcoming and safe atmosphere.
- **Explore Questions that Matter-** Finding and framing questions that matter is an area where thought and attention can produce powerful results. Your Café may explore only a single question, or several that support a logical progression of discovery.
- **Encourage Everyone's Contribution-** It is important to encourage everyone in your meeting to contribute their ideas and perspectives, while also allowing anyone who wants to participate by simply listening to do so.
- **Connect Diverse Perspectives-** The opportunity to move between groups (tables), share your thinking and link the essence of your discoveries to ever-widening circles of thought is one of the distinguishing characteristics of the Café.
- **Listen for Insights and Share Discoveries-** Through practicing shared listening and paying attention to themes, patterns and insights, we begin to sense a connection to the larger whole. By collecting the HARVEST we offer the entire group an opportunity to connect the overall themes or questions that are now present.

Based on the principles and format developed by The World Café (see www.theworldcafe.com).

A Quick Guide to Hosting a Community Cafe

What is the Dream? – What do you want?

What is the Design? - What change needs to happen?

What is the Discovery? – What about your community do you need to learn more about?

What is the Delivery? – What will each of these steps look like in your community?

- STEP 1:** **Define** the purpose of the conversation and what you want to learn. As a state, we are striving to end the epidemic of domestic, sexual and childhood violence. What does that goal mean to your community and how can individuals help create that change?
- STEP 2:** **Form** a Hosting Team –invite organizations and community members interested in addressing domestic violence, sexual assault and child sexual abuse into the planning.
- STEP 3:** **Plan** the Setting for the Café- consider all of the materials, food, etc. you will need to create a warm, welcoming, inclusive environment. Create a “special” environment, modeled after a café, i.e. small tables covered with a tablecloth, flip chart paper or post-it notes, colored pens or markers, a centerpiece and optional “talking stick” item.
- STEP 4:** **Design** the Invitation and Café Conversation- Design an invitation that fits the culture of your community, feels personal and communicates excitement.
- STEP 5:** **Create** the Café Agenda- Set the time and person responsible for each activity to include set up and clean up. (See Planning Forms - Appendix H-I)
- STEP 6:** **Host** the Café- Plan what you need to be fully present as a host. Be there in plenty of time to set up. Greet each person as they enter, invite them to sign in and make themselves comfortable.
- STEP 7:** **Follow-up** After a Café- Discuss with the planning team items from the harvest, what went well and opportunities for growth. Decide who to share the information with and if and when you will have follow-up cafes.



How to Create a Café Ambiance

- Create an environment where everyone is comfortable. When your guests arrive they should know immediately that this is no ordinary meeting.
- Choose a space with good lighting.
- Make the space look like an actual café with tables that seat four to five people.
- Use colorful tablecloths and a small vase of flowers or centerpiece. Natural materials participants can relate to such as rocks, feathers, sea shells, etc. can also be used.
- Place Post-Its on each table with a mug of colorful pens or markers. Encourage scribbling, drawing and connecting ideas. In this way people will jot down ideas as they emerge.
- Have a table at the front for the host's materials.
- Consider displaying art or adding posters to the walls and play music as people arrive and you welcome them.
- Place appropriate Café Etiquette handouts on each table for participant review.

Suggested Café Supplies

- ☐ Tables of 4-5 people
- ☐ Colorful tablecloths
- ☐ Centerpieces
- ☐ Post-Its
- ☐ Pens/markers
- ☐ Refreshments
- ☐ Music system

I'm a Café Host, what do I do?

Refer to the six guidelines for dialogue and engagement to put into action. (See page 1)



- **Welcome the participants when they enter.**
- **Follow the agenda.**
- **During the conversation, move among the tables.**
- **Encourage everyone to participate.**
- **Remind people to note key ideas, doodle and draw.**
- **Make sure key insights are recorded visually or are gathered and posted if possible; this is the harvesting process.**

Based on the principles and format developed by The World Café (see www.theworldcafe.com).

Tips for Hosting

A Special Note:

A Community Café setting is designed to make participants feel comfortable expressing opinions, personal experiences and thoughts regarding the topic of discussion. Due to the sensitive nature of the proposed topics including domestic, sexual and childhood violence we strongly suggest creating a plan with your co-host on how to handle an emotional disclosure and who will be on the lookout for a distressed participant. A Community Café is not a support group, but rather an opportunity to gain insight from shared experiences and focus on possible community solutions.

The key for handling an emotional situation is to validate the person's experience, thank him or her for sharing and for their courage to break the silence. Move the conversation by highlighting the critical need to continue pursuing the Community Café method of conversation. Take time to follow-up with the participant at the end of the evening and provide appropriate resources if the participant is interested.

Additional tips and ideas on handling disclosure of victimization can be found in the appendix portion of this Toolkit.

What if people need conversation the way fish need water?

- Use cafes to create numerous opportunities for leadership.
- Encourage participants to share their thoughts and opinions as a community member.

What if conversation is how positive changes happens for families?

- Invite rather than persuade or try to get people to come.
- Create an environment of hope by explaining that the answers to community challenges are already with the group; we just need to harvest them.

What if we could create a space that nurtures meaningful conversation?

- Building trust and the freedom to express personal truth requires the presence of safe, predictable and accepting environment.
- Care for yourself as lovingly as you treat others; model self leadership.
- Hosts honor culture by considering culturally relevant activities into their routines, foods they serve, communication styles and displayed art.
- Participants are greeted at the door with a welcoming smile and thank them for their time.
- Create a group tradition that signifies the beginning and the end of each café; such as: a prayer, message of hope or a song.

What if the gold lies in discovering the big questions?

- Powerful questions tend to be relevant to all in the room, open to interpretation, easily read and heard, stimulate conversation rather than develop lists, cause a little discomfort and consider the culture of participants.
- Encourage everyone's perspectives.
- Remind participants that everyone's story leads to a deeper group discovery.
- Everyone is released from needing to know the answers.

Tips for Hosting

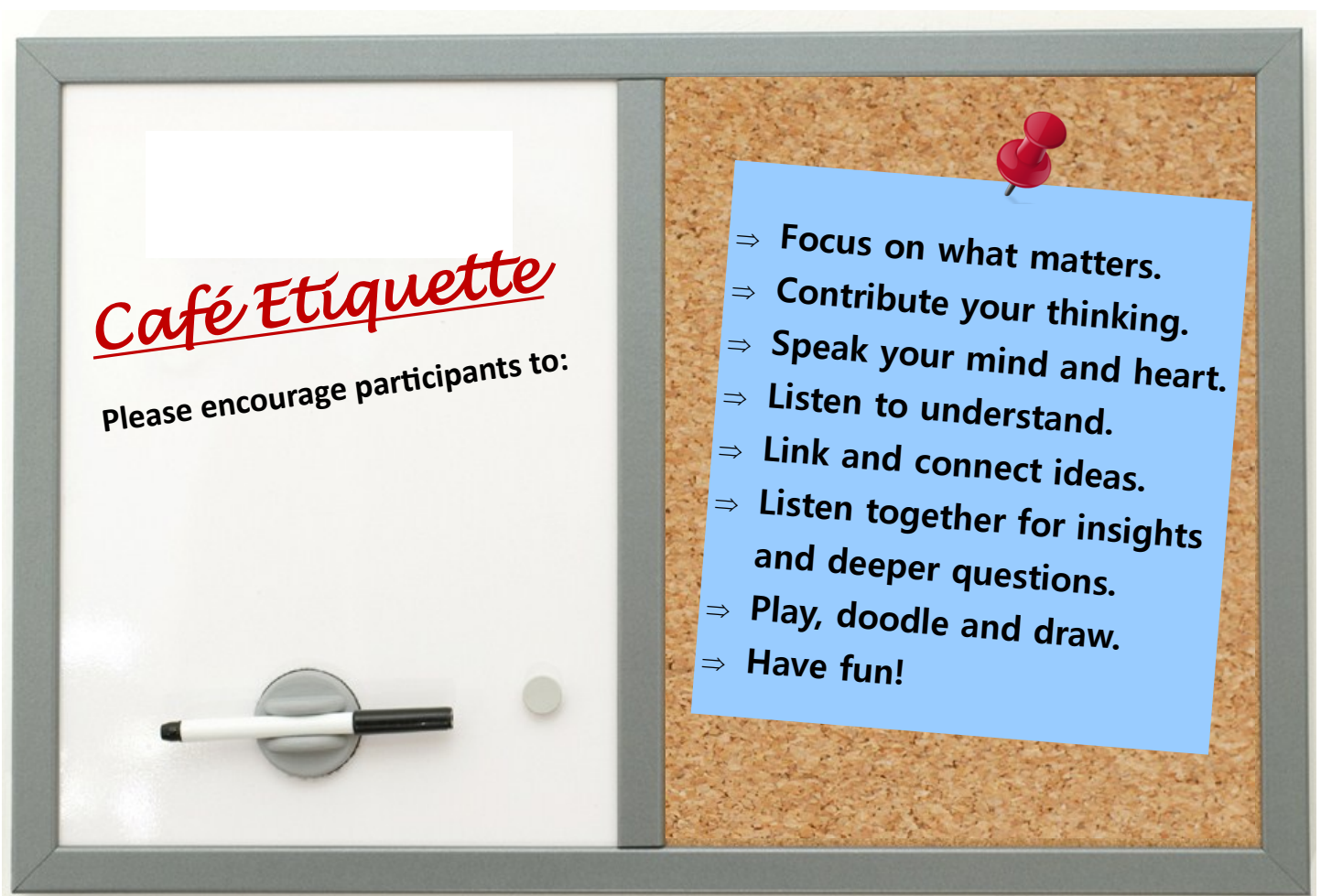
What if listening together is how movement happens?

- Everyone is responsible for listening and documenting what is meaningful to them so it is visible to others.
- Share the individual conversations with the whole group.
- Document the stories.

What if the HARVEST provides seeds for action?

- Have a networking mechanism in place ahead of time.
- Engage community partners from the beginning.
- Encourage participants to connect the group wisdom to the community.
- Give the group a chance to build relationship with each other.
- Follow up with storytellers; encourage them to become hosts.
- Celebrate and communicate achievements

Adapted from: Brown, Juanita, The World Café, Berrett Koehler Publ., 2005



Based on the principles and format developed by The World Café (see www.theworldcafe.com).

Agenda Option #1

Step-by-step Agenda for Hosting Your Community Café

Domestic Violence



Make a point to greet each person as they walk into the room. Ask them to sign in. Optional: Have friendly, relaxing music playing to help set the tone.

5:30 Welcome! Café hosts welcome guests and introduce themselves.

5:35 Provide overview and purpose of meeting: Light a spark!



Thank you for joining us for tonight's Community Café. A Community Café is a way to have meaningful conversations about things that are important to us and for our community. Tonight's topic is domestic violence.

Domestic violence is when someone chooses to use emotional, physical and sexual abuse to gain or maintain power and control over a husband, wife, boyfriend, girlfriend, family member or anyone that that lives in the home.

- As you know this is a significant problem in Alaska that can have a devastating impact on individuals, families and our community.
- In Alaska, 48 adult women out every 100 have experienced intimate partner Violence in their lifetime. (2010, UAA Justice Center, AK Victimization Survey, <http://justiceuaa.alaska.edu/avs>)
- Growing up in a violent home may be a terrifying and traumatic experience for children and can have long terms effects on their growth and development.
- Sometimes living in a violent home leads to the violence being continued or experienced by the next generation.
- We want victims and survivors to know that they are not alone and are not to blame. Your presence here tonight gives victims and survivors courage to seek safety. It lets them know that our community cares about their health, well-being and safety.
- We hope that tonight's Community Café will help us think of new ways to address this issue in our community.



Step-by-step Agenda for Hosting Your Community Café on

Domestic Violence



If having a potluck or dinner this is a natural break in the agenda to invite participants to enjoy!

5:45 Introduction Exercise:

Everyone please stand in a circle and share your name and answer this question:



What is something you sacrificed or gave up to be here today and name a word that describes a gift that you bring to the circle.

Give personal example: “I could have been at home relaxing with my family tonight. I bring the gift of ‘hope’ that we can make a difference in our community.”

6:00 Partner Conversations:

Have everyone select someone to pair up with.
Each person will be given 3 minutes to share.
Emphasize the listener’s job is only to listen, not comment.



Present a topic for discussion such as:

Share a time when you got through a difficult situation and what helped you through.

Share a personal example like: There was a time when members of my family were arguing and not getting along. We had a very wise grandmother who talked with everyone about the meaning of family. That really helped us all calm down and remember that we really loved each other.

Instruct participants when to switch speakers. Consider using a soft bell or chime to indicate the end of the 3 minutes.

When both partners have had time to share, debrief the exercise by asking:



- **What did you get from your partner’s story?**
- **What strengths did you hear?**
- **What was it like to have someone just listen to you without interruption?**

6:15 Explain the Café Process:



We will be discussing three questions tonight. As you discuss your ideas, you can scribble, doodle or write ideas on the post it notes. Everyone is encouraged to share their thoughts and ideas and to listen intently when others are speaking. We want everyone to feel safe and valued, so please respect each other’s opinions and personal sharing.

After we discuss each question, everyone at your table except for one person (who will be your table host), will mix up and go to other tables before the next question is presented.

When you arrive at your new table, your table host will summarize the ideas from the group previously at that table. When we are done with all of the questions, we will collect the HARVEST. Please be listening for themes and ideas that emerged from the conversations that you were in.

Step-by-step Agenda for Hosting Your Community Café on

Domestic Violence



Now-decide who will be the table host at your table. (Table hosts can be preselected if the organizers feel that would make things go smoother.)

6:20 Present question #1.

Here is the first question for you to discuss:



OPTION A: How does domestic violence impact everyone in our community?

OPTION B: Who in the community do you and your family rely on to keep your family strong? What does that look like?

6:35 Ask participants to move to a new table.



When everyone is settled, ask the table host to summarize ideas from the last group.

Present Question #2: What would our community look like if there was no domestic violence?

6:50 Ask participants to move to a new table.



When everyone is settled, ask the table host to summarize ideas from the last group. Present

Question #3: What is my role as a community member to inspire, spark, model or encourage a better way?

7:05 Collect the HARVEST as a large group.



Connect the discussion to the purpose of the meeting.

- *Tonight we gathered to talk about the impacts of domestic violence on our community, what our community could look like if there was no domestic violence and what we each could do to encourage a better way.*
- *What were the insights, common themes, or patterns that emerged?*
- *What were the things that you heard that maybe you hadn't heard before?*
- *Were there things, ideas, etc. that we should think more about?*
- *Is there any action we should take?*

The hosts can record the ideas on a white board or large poster . If the group has decided to take any action or follow-up is identified, summarize.

7:20 Closure:



Have the participants return to the circle and silently reflect for 1-2 minutes.

Ask the group a final wrap up question: What one word describes you in this moment?

Read an inspirational poem or short story such as "I Am A Flower" (see Appendix C)

Thank the participants for coming and let them know if/when the next café is scheduled.



Have domestic violence resources available for anyone interested.

Step-by-step Agenda for Hosting Your Community Café on **Sexual Assault**



Make a point to greet each person as they walk into the room. Ask them to sign in. Optional: Have friendly, relaxing music playing to help set the tone.

5:30 Welcome! Café hosts welcome guests and introduce themselves.

5:35 Provide overview and purpose of meeting: Light a spark!



Thank you for joining us for tonight's Community Café. A Community Café is a way to have meaningful conversations about things that are important to us and for our community. Tonight's topic is sexual assault.

Sexual assault and rape occur when force, threats, manipulation or coercion are used. Also, it is important to remember that if a victim is incapacitated due to drugs or alcohol, he or she is unable to consent. Many victims do not tell anyone immediately after an assault. Believing a victim and knowing some resources is very helpful.

- As you know this is a significant problem in Alaska that can have a devastating impact on individuals, families and our community.
- Alaskans face the tragedy of sexual assault more than residents in any other state in the country. There isn't one type of victim. Crime statistics document men, women and children as falling victim to this disturbing type of crime. Statistics also show there is not an age barrier or a class that is immune to sexual assaults.
(<http://www.dps.state.ak.us/PIO/TrooperTimes/ArchiveStories/SARTinBethel100509.pdf>)
- The Alaska Victimization Survey showed that 37% of women have experienced sexual violence in her lifetime. (2010, UAA Justice Center, AK Victimization Survey, <http://justiceuaa.alaska.edu/avs>)
- We want victims and survivors to know that they are not alone and are not to blame. Your presence here tonight gives victims and survivors courage to seek safety. It lets them know that our community cares about their health, well-being, and safety.
- We hope that tonight's Community Café will help us think of new ways to address this issue in our community.



If having a potluck or dinner this is a natural break in the agenda to invite participants to enjoy!



Step-by-step Agenda for Hosting Your Community Café on

Sexual Assault

5:45 Introduction Exercise:

Everyone please stand in a circle and share your name and answer this question:



What is something you sacrificed or gave up to be here today and name a word that describes a gift that you bring to the circle.

Give personal example: “I could have been berry picking with my family, but I choose to come to the café. I bring compassion for victims of sexual assault to the table.”

6:00 Partner Conversations:

Have everyone select someone to pair up with. Each person will be given 3 minutes to share. Emphasize the listener’s job is only to listen, not comment.



Present a topic for discussion such as:

Think of something important to you that has challenged you.

Share a personal example like: “I have always wanted to be more assertive because I tend to let others make most of my decisions, even if I don’t like them. I am working hard at being brave enough to say what I think.”

Instruct participants when to switch speakers. Consider using a soft bell or chime to indicate the end of the 3 minutes.

When both partners have had time to share, debrief the exercise by asking:

- **What did you get from your partner’s story?**
- **What strengths did you hear?**
- **What was it like to have someone just listen to you without interruption?**

6:15 Explain the Café Process:



We will be discussing three questions tonight. As you discuss your ideas, you can scribble, doodle or write ideas on the post it notes. Everyone is encouraged to share their thoughts and ideas and to listen intently when others are speaking. We want everyone to feel safe and valued, so please respect each other’s opinions and personal sharing.

After we discuss each question, everyone at your table except for one person (who will be your **table host**), will mix up and go to other tables before the next question is presented.

When you arrive at your new table, the table host will summarize the ideas from the group previously at that table. When we are done with all of the questions, we will collect the HARVEST. Please be listening for themes and ideas that emerged from the conversations that you were in.

Decide who will be the table host at your table. (Table hosts can be preselected if the organizers feel that would make things go smoother.)

Step-by-step Agenda for Hosting Your Community Café on

Sexual Assault

6:20 Present question #1.



Here is the first question for you to discuss:

Present QUESTION #1 - How does sexual assault keep our community from thriving and being the best place to live?

6:35 Ask participants to move to a new table.



When everyone is settled, ask the table host to summarize ideas from the last group.

Present Question #2:

OPTION A: When was a time you felt safe and protected by your community?

OPTION B: What in your family history or culture makes it difficult or easy to ask for help?

6:50 Ask participants to move to a new table.



When everyone is settled, ask the table host to summarize ideas from the last group.

Present QUESTION #3: What must we do together that we cannot do alone?

7:05 Collect the HARVEST as a large group.

Connect the discussion to the purpose of the meeting.



- Tonight we gathered to talk about the impacts of sexual assault on our community, what our community could look like if there was no sexual assault and what we each could do to encourage a better way.
- What were the insights, common themes, or patterns that emerged?
- What were the things that you heard that maybe you hadn't heard before?
- Were there things, ideas, etc. that we should think more about?
- Is there any action we should take?

The hosts can record the ideas on a white board or large poster. If the group has decided to take any action or follow-up is identified, summarize.

7:20 Closure.



Have the participants return to the circle and silently reflect for 1-2 minutes.

Ask the group a final wrap up question: What one word describes you in this moment?

Read an inspirational poem or short story such as "Turning to One Another" (see Appendix D)

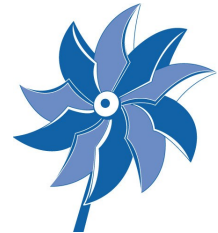
Thank the participants for coming and let them know if/when the next café is scheduled.



Have sexual assault resources on hand for anyone with additional questions or needs.

Step-by-step Agenda for Hosting Your Community

Child Sexual Abuse



Make a point to greet each person as they walk into the room. Ask them to sign in. Optional: have friendly, relaxing music playing to help set the tone.

5:30 Welcome! Café hosts welcome guests and introduce themselves.

5:35 Provide overview and purpose of meeting: Light a spark!



Thank you for joining us for tonight's Community Café. A Community Café is a way to have meaningful conversations about things that are important to us and for our community. Tonight's topic is child maltreatment and child sexual abuse.

Child sexual abuse is any interaction between a child and an adult (or another child) in which the child is used for the sexual stimulation of the perpetrator or an observer. Sexual abuse can include both touching and non-touching behaviors. Abusers often do not use physical force, but may use play, deception, threats, or other forms of coercion to engage children and maintain their silence.

(http://www.nctsn.org/sites/default/files/assets/pdfs/ChildSexualAbuseFactSheetFINAL_10_2_07.pdf)

- In 2010, the Alaska rate of reported and substantiated child abuse and neglect was 1.6 times higher than the U.S. rate. (2012 Alaska Dashboard- Key Issues Impacting Domestic Violence and Sexual Assault in Alaska, http://www.dps.state.ak.us/CDVSA/docs/DVSA_Dashboard_2012.pdf)
- There were 2,825 victims of all types of child maltreatment. 60.9% of all victims were 7 years old or younger. 112 of those victims experienced child sexual abuse. (<http://www.acf.hhs.gov/programs/cb/pubs/cm10/cm10.pdf#page=31>)

Studies have shown that families who have certain “**protective factors**” are less likely to abuse or neglect their children. They are more likely to be strong and able to support and nurture their children.

5 Protective Factors:

Parental Resilience: The ability to cope and bounce back from challenges.

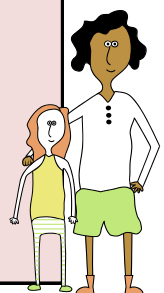
Social Connections: Having positive friends, family, neighbors and others who provide emotional support and assistance.

Knowledge of Parenting and Child Development: Having information about raising children and what they can do at different ages.

Concrete Support in Times of Need: Being able to meet their day-to-day needs. Having access to food, housing, health services, education, counseling and other needed services.

Children's Social & Emotional Development: Children knowing they are loved, feeling they belong, and being able to get along with others.

(The 5 Protective Factors table handout is provided on Appendix E)



Step-by-step Agenda for Hosting Your Community Café on

Child Sexual Abuse



We hope that tonight's Community Café will help us think of new ways to support families and prevent child maltreatment in our community.



If having a potluck or dinner this is a natural break in the agenda to invite participants to enjoy!

5:45 Introduction Exercise:

Everyone please stand in a circle and share your name and answer this question:



What is something you sacrificed or gave up to be here today and name a word that describes a gift that you bring to the circle.

Give personal example: "I could have been at my friend's get-together but instead I choose to come here. I bring to the table a strong desire to raise my children safely."

6:00 Partner Conversations:

Have everyone select someone to pair up with. Each person will be given 3 minutes to share. Emphasize the listener's job is only to listen, not comment.



Present a topic for discussion such as:

When times are tough, what gives you courage?

Share a personal example like: When times are tough I talk to myself. I always tell myself I am capable and smart and I will get through this tough time. I try to remember other times when I have been successful.

Instruct participants when to switch speakers. Consider using a soft bell or chime to indicate the end of the 3 minutes.

When both partners have had time to share, debrief the exercise by asking:

- **What did you get from your partner's story?**
- **What strengths did you hear?**
- **What was it like to have someone just listen to you without interruption?**

6:15 Explain the Café Process:



We will be discussing three questions tonight. As you discuss your ideas, you can scribble, doodle or write ideas on the post it notes. Everyone is encouraged to share their thoughts and ideas and to listen intently when others are speaking. We want everyone to feel safe and valued, so please respect each other's opinions and personal sharing.

After we discuss each question, everyone at your table except for one person (who will be your table host), will mix up and go to other tables before the next question is presented.

Step-by-step Agenda for Hosting Your Community Café on

Child Sexual Abuse



When you arrive at your new table, your table host will summarize the ideas from the group previously at that table. When we are done with all of the questions, we will collect the HARVEST. Please be listening for themes and ideas that emerged from the conversations that you were in.

Now-decide who will be the table host at your table. (Table hosts can be preselected if the organizers feel that would make things go smoother.)

6:20 Present question #1.



Question #1: What did the protective factors look like when your grandparents were raising children?

6:35 Ask participants to move to a new table.

When everyone is settled, ask the table host to summarize ideas from the last group.



Present Question #2: Who in the community do you and your family rely on to keep your family strong? What does that support look like?

6:50 Ask participants to move to a new table.

When everyone is settled, ask the table host to summarize ideas from the last group.



Present Question #3: What can we do together to help strengthen these protective factors for the families in our community?

7:05 Collect the HARVEST as a large group.

Connect the discussion to the purpose of the meeting.



- **Tonight we gathered to talk about the impacts of child sexual abuse on our community, what our community could look like if there was no child sexual abuse and what we each could do to encourage a better way.**
- **What were the insights, common themes, or patterns that emerged?**
- **What were the things that you heard that maybe you hadn't heard before?**
- **Were there things, ideas, etc. that we should think more about?**
- **Is there any action we should take?**

The hosts can record the ideas on a white board or large poster. If the group has decided to take any action or follow-up is identified, summarize.

7:20 Closure



Have the participants return to the circle and silently reflect for 1-2 minutes.

Ask the group a final wrap up question: What one word describes you in this moment?

Read an inspirational poem or short story such as "A Poem— For the Children" (see Appendix F).

Thank the participants for coming and let them know if/when the next café is scheduled.



Have resources on child sexual abuse available for anyone interested.

A Basic Agenda

A COMMUNITY CAFÉ –

on CHOOSING RESPECT and ending domestic violence,
sexual assault and child sexual abuse!

Changing lives through conversations that matter.

5:30 Welcome!

5:35 Overview and purpose of meeting. Light a Spark!

(If having a potluck or dinner – break here and adjust time on the agenda)

5:45 Introduction Exercise

6:00 Partner Conversations

6:15 Explanation of the Café Process

6:20 Present Question #1

6:35 Participants move to a new table. Table host summarizes ideas from the last group. Present Question #2

6:50 Participants move to a new table. Table host summarizes ideas from the last group. Present Question #3

7:05 Collect the HARVEST

7:20 Closing Activity



Appendix

Sample Forms

Poems

Alternative Questions

You're Invited!

Join us for a Community Café

(Insert Date)

(Insert Time)

(Insert Location)



We are excited to invite you to a Community Café: Changing Lives through Conversations that Matter.

In partnership with (agency partner/organization) we hope to involve our community by discussing ways to CHOOSE RESPECT and end domestic violence, sexual assault and child sexual abuse.

What first steps would we be taking today, if as a generation, we decided we wanted to leave a legacy of ending **(insert domestic violence, sexual assault or child maltreatment and child sexual abuse)?**

We'll get together in a fun, relaxed, and safe atmosphere.
(Optional insert: Child care and dinner will be provided. Let us know if transportation or other supports could help get you there.)

If you can come or if you have questions, contact _____.

Café Etiquette

All participants are encouraged to:

- ⇒ Focus on what matters.
- ⇒ Contribute your thinking.
- ⇒ Speak your mind and heart.
- ⇒ Listen to understand.
- ⇒ Link and connect ideas.
- ⇒ Listen together for insights and deeper questions.
- ⇒ Play, doodle and draw.
- ⇒ Have fun!

I AM A FLOWER by Alice Rose Crow, Yup'ik Bethel, Alaska

I am
A perennial Alaska wildflower
The wind and birds spread my seed
sometimes in flooded marshes
or along abandoned roadsides
mostly where human beings do not step
human eyes cannot see
I come back most years
even if ever so briefly
Even after hard, cold winters

I am a flower because I bloom, wilt, blossom, wilt, bloom and wilt, blossom and wilt
On and on until my roots are yanked out or rot
I do not transplant easily
Once, I was sunning myself on the roadside
knowing nothing of easements
and visibility requirements
without a care.

Then one night
the Thrasher came
and whacked me to the ground

Uglily
in the best interest of those who travel along
by where I live
At first, I seemed dead

But my roots spread wide
And I emerged again
Now I know the Thrasher will come again
Still I enjoy my long days in the sun
And the rainy days, they keep my roots strong and growing
I look to fall, when my seeds ready themselves to fly away
In winter I am quiet and still, blanketed under snow
When spring comes and I am chilled by wet mud
I know this too will pass.

I am a Flower because I was created as a flower
I am a flower even after the Thrasher comes
Even then
I am
A flower



A Poem: “TURNING TO ONE ANOTHER”

by Margaret Wheatley

There is no power greater than a community discovering what it cares about.

Ask: “What’s possible?” not “What’s wrong?” Keep asking.

Notice what you care about. Assume that many others share your dreams.

Be brave enough to start a conversation that matters. Talk to people you know.

Talk to people you don’t know. Talk to people you never talk to.

Be intrigued by the differences you hear. Expect to be surprised.

Treasure curiosity more than certainty.

Invite in everybody who cares to work on what’s possible. Acknowledge that everyone is an expert about something.

Know that creative solutions come from new connections.

Remember, you don’t fear people whose story you know.

Real listening always brings people closer together.

Trust that meaningful conversations can change your world.

Rely on human goodness. Stay together

<http://www.slowmoneymaine.org/articles/2010/12/a-poem-turning-to-one-another-by-margaret-wheatley/>



The 5 Protective Factors:

Parental Resilience: The ability to cope and bounce back from challenges.

Social Connections: Having positive friends, family, neighbors and others who provide emotional support and assistance.

Knowledge of Parenting and Child Development: Having information about raising children and what they can do at different ages.

Concrete Support in Times of Need: Being able to meet their day-to-day needs. Having access to food, housing, health services, education, counseling and other needed services.

Children's Social & Emotional Development: Children knowing they are loved, feeling they belong, and being able to get along with others.

Center for the Study of Social Policy
<http://www.cssp.org/reform/strengthening-families/the-basics/protective-factors>



A POEM:

For the Children

The rising hills, the slopes,
of statistics
lie before us.
the steep climb
of everything, going up,
up, as we all
go down.

In the next century
or the one beyond that,
they say,
are valleys, pastures,
we can meet there in peace
if we make it.
To climb these coming crests
one word to you, to
you and your children:

stay together
learn the flowers
go light

- Gary Snyder, from Turtle Island

<http://www.margaretwheatley.com/articles/turningtooneanother.html>



Additional Café Questions:

Adapted from- The National Alliance of Children's Trust and Prevention Funds Community Café:

(http://www.ctfalliance.org/initiative_parents-2.htm)

- How does domestic violence, sexual assault, and child sexual abuse impact everyone in our community?
- What would our community look like if there were no domestic violence, sexual assault, or child sexual abuse?
- What makes all of us critical leaders to our community's success?
- What can I do to challenge, inspire, spark, model, encourage a better way?
- What must we do together that cannot be done alone?
- What more do we need to learn to make this a better place for all people in our community?
- What thing could I change that would change a lot of other things?
- What if we assumed we were enough to create the change we want to see in the community?
- What does a happy and successful person look like at home and in community?
- What contribution do I make to all community member succeeding, no exceptions?
- What do you perceive as your role in relationship to this community?
- What would this community look like if all people were able to partner together?
- How can I call up my courage to have meaningful conversations in diverse groups?
- What possibilities can we create together?
- What did protective factors look like when your grandparents were raising children?
- What do you do to reinforce your own family's culture for your children? Why does it matter?
- What does your family need to thrive?
- What do you think your child needs to thrive?
- What possibilities for our families and community could result from using our collective wisdom?
- What does (name a protective factor) look like in your own family?
- There was a time in your history when all the children in your village were cared for, what were some traditions or cultural norms that helped do that?
- Who supports your positive parenting? What does that look like? What in your family history makes it easy or difficult to ask for help?
- How do you know your child loves you? How does your child know you and feel your love?
- How does your child know how you are feeling? What tells you what your child is feeling?
- What do you consider basic needs? What impact do you think it has on your child when basic needs are not being met?
- How do you get information about resources in the community?
- Do you have someone in your family, neighborhood, and/or community that you can count on?
- What in your family history or culture makes it difficult or easy to ask for help?
- Think about a challenging time in your family. What made you feel proud of your family in that situation?
- How does your family bounce back from difficult times?
- What parts of parenting have come naturally to you?
- What parts of parenting have surprised you? What has challenged you to learn more?
- Describe a time when your family or your child had a need that you could not meet. How did that feel? How do you think it affected your child?
- What are the resources and skills that aid you whenever your family's basic needs are not being met?

SAMPLE COMMUNITY CAFÉ PLANNING FORM

DATE AND TIME: _____

COMMUNITY: _____

HOSTED BY: _____

Conversation Purpose:

- Experience the use of meaningful conversations around ways we can prevent domestic violence, sexual assault, and child sexual abuse.
- Participants will see their role in the context of each other and to the larger community.
- Learn what it means to create and hold a container for possibility rather than problem-solving to strengthen our community.

Supplies: table cloths; centerpiece or local items like rocks, feathers, beads; post-it notes; markers or pens; flip chart; music player

Time	Activity	Why	Who	Preparations/Materials/Notes
5:00	Arrange the room Café space and circle space	Create a hospitable and welcoming atmosphere	All	Music, table decorations, pens or markers, flip chart
5:30	Welcome & Introductions Overview and Purpose	Provide a good beginning. Provide the context.	Sue John Mary	Welcome and purpose of the café.
5:45	Introductory Circle	Honor all present. Appreciate the diversity. Set the tone.	Sue	Start in space for opening circle- standing.
6:00	Partner Conversations	Practice deep listening.	John	Share with your partner. Partner has the tough job of just listening. (3 minutes each) What did you get from partner's story? What strengths did you hear? What was it like to have someone just listen to you?
6:15	Explain the Café Process	Give participants an idea of what to expect and get the flow of the café.	Mary	Write questions on flip chart paper. Describe process & table structure.
6:20	Question #1	Learn from each other about....	Sue	Allow time for table reflection after each question and an opportunity to add to the paper table cloth.

SAMPLE COMMUNITY CAFÉ PLANNING FORM (cont.)

Time	Activity	Why	Who	Preparations/Materials/Notes
6:50	Question #3	Learn from each other about....	Mary	
7:05	Collect the HARVEST	Make the collective wisdom visible. What is emerging?	Sue John	Talk about the reason behind using powerful questions and meaningful conversation to accomplish the work. What were the common themes that emerged?
7:20	Closure Circle Exercise	End in beauty.	Mary	1-2 minutes reflection. Back to the standing circle. Share one word that describes you in this moment?
	Inspirational Poem or Story		Sue	Read poem. Thanks participants for coming. Let them know next steps.





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