

Constructive Dialogue Skills Peer-to-Peer 1

How We Share Our Story

Before You Begin

For in-person P2Ps

Find a quiet place to talk where you're not worried about distractions or eavesdroppers. If possible, the group should sit so everyone can see each other.

For virtual P2Ps

Find a spot where you can have your video on, with good enough lighting that you can see each other's facial expressions easily. Do your best to make it feel as close to an in-person conversation as possible.

Introductions

Before you read any further, introduce yourselves to each other! Take turns sharing your name, where you're from, and your major.



Introduction

Welcome to your Peer-to-Peer conversation guide!

Please designate one person to read the following instructions out loud so the group is on the same page about what Peer-to-Peers are all about.

What are Peer-to-Peers?

A Peer-to-Peer is a guided conversation with two or more peers designed to accompany *Perspectives: The Inner Workings of Our Minds* online lessons. This conversation is designed to take 30-40 minutes to complete.

During each session, you will:

1. Connect with each other on a personal level
2. Set norms for the conversation
3. Engage in a structured dialogue with prompts
4. Reflect on the experience together

Why are we doing Peer-to-Peers?

The point of Peer-to-Peers is to:

- Put into practice what you've learned in *Perspectives: Constructive Dialogue Skills*.
- Connect with each other in a new way that will prepare you to bring these skills to other parts of your lives.

Peer-to-Peer logistics



Keeping time – You will see a small clock icon when an activity requires you to keep time. Please establish a time keeper at the beginning of every Peer-to-Peer conversation. This person will keep time on their phone or watch, indicate when someone's speaking time is over, and make sure the group stays on task.



Go-rounds – You will also see an icon for go-rounds. In go-rounds, everyone in the group takes turns sharing from a prompt for the exact same amount of time. The most important thing to know about go-rounds is that, when it's your turn to share, you are the only one allowed to speak.



Read-alouds – This icon means that a designated member of the group should read the text out loud to the group.

Now that you know the basics, you're ready to dive into your first Peer-to-Peer.

Connect Before Content



Each person can **choose from one** of the prompts listed below, and has 30 seconds to think about their answer. Then begin an untimed go-round to share.



- What is something that is distracting you from your school work this week, or from this conversation?
- Share with the group a small victory from this week.
- What is a group you're a part of that is important to you?

Group Norms



We're going to review our agreed-upon norms again to make sure they are fresh in everyone's minds:

1. We will respect others' perspectives and beliefs, even if we don't agree with them.
2. We will commit to confidentiality – what is shared in Peer-to-Peer stays in Peer-to-Peer.

If you can agree to work toward upholding those norms, give a thumbs up or say out loud "I agree."

If a group member feels they can't agree to one or all of the norms, they should feel free to bring up their concerns and suggestions for norms that would work better for them. Once the group has agreed to the revised norms, they can give a thumbs up or say out loud "I agree."

Main Activity: Telling Your Story

Preparing to Tell Your Story



At the end of Lesson 2 in *Perspectives: Constructive Dialogue Skills*, you were asked to start to tell your own story. You learned that stories for constructive dialogue should be a **HIT: Honest, Important, and To the Point**.

Refer back to your reflections in Lesson 2 to remind yourself of the story you came up with. Use the box below to record notes about what parts of your story you'd like to share in this Peer-to-Peer.



Silent writing and reflection time will last 2 minutes.

1. What was the issue you chose?

Need inspiration? Consider the following issues to get your thinking going. Which one do you feel most strongly about?

- Wealth inequality
- Racism
- Climate change
- Immigration
- 2nd amendment rights
- Cancel culture
- LGBTQ issues

2. Note down the main points of your story. You can use the sentence stems below to guide your thinking.

My story:

- “I feel especially strongly about this because [describe life experience.]”
- “I came to care about this issue because...”
- “The thing that’s most at stake for me about this issue is...”
- “The person who’s shaped my views on this issue most is...”

Sharing and Responding



This next section is for sharing your stories in a go-round.



Each person has 2 minutes to tell their story. After each story is done, the listeners have 1 minute in total to respond.

During the responding section, stick to:

- What stood out to you about what you heard?
- What did you connect with?
- What is something that you noticed, or that surprised you?

The responding section is not for question-asking, agreeing, or sharing your stance on the issue that person talked about. Do your best to stick to the prompts above.

For each story you hear, you can use the note-catcher below to capture your reactions so you are prepared to respond and ask questions.



2 minutes for each story, with 1 minute after each story for reflections from group members.

What stood out to me?

Think: details, values, or emotions you heard that resonate with you, or that you connect with.

What would I like to know more about?

Think: what didn't you understand? What would you like to learn more about?

Asking Follow-Up Questions



Now it's time to step into your best explorer mindset and try to learn as much as you can about one another's stories and experiences.

Refer to the right-hand column of your note-catcher to remind yourself about what left you feeling curious or wanting to learn more. You can also see the examples of constructive questions below to guide you, if you need.

Questions can be asked of each other in no particular order – take this time to learn as much as you can about each other's stories and perspectives.

- Why is this issue important to you?
- Can you tell me more?
- Can you share more about what you mean when you say_____?
- Why do you think that is?
- Can you share something about your experience that may have led you to believe_____?
- Is there anything about_____ where you feel conflicted or pulled in two different directions?
- What is at stake for you or someone you know about this issue?
- Why do you think you care so deeply about this issue?
- Have you always felt that way?



Take 8 minutes for follow-up questions.

Wrap-Up



To conclude this Peer-to-Peer conversation, each of you should share a response to the following prompts. Please keep your responses to a few sentences.



How did it feel to tell your story to this group? What was it like to listen to others do the same? Did anything surprise you? Did you learn anything new?

Great work! That concludes your first Peer-to-Peer conversation. See you next time for your second and final session.