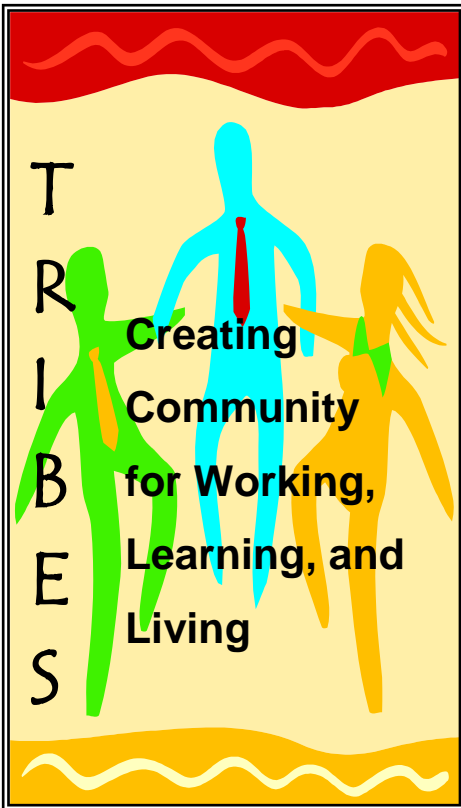




## THE TRIBES PROCESS

The Core of our Work  
Center for Human Development



The Tribes Process is the underlying basis for the programs designed by the Center for Human Development, including the Parent Educator Program, but is universally applicable to other groups. K-12 classroom teachers, alcohol and drug counselors, and anyone who works with groups will find it simple and practical to use.

The Tribes process is designed to help individuals develop the ability to withstand peer influence, create an awareness of and appreciation for diversity, and encourage the ability to make healthy decisions and enhance self-esteem.

### The “process” has three essential components:

#### 1. Group Rules for a Safe Environment

- ★ Attentive Listening
- ★ No Put Downs
- ★ The Right to Pass
- ★ Confidentiality

#### 2. Group Development

- ★ **Inclusion:** Activities designed to bring people together in a safe, trusting environment.
- ★ **Influence:** Activities designed to bring people into cooperative and achieving relationships.
- ★ **The 3 C’s – Collaboration, Cooperation, Community:** Respect for self and others, uniqueness, positive regard, ability to work together.

Activities alone are not enough. The activity needs to be thought about and reflected upon. Individuals need to be validated, recognized, and appreciated for their contributions.

#### 3. Objectives

- ★ Create a safe place
- ★ Provide group process opportunities
- ★ Constructive conflict management
- ★ Develop peer support
- ★ Transfer responsibility
- ★ Appreciate diversity

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