



# program packet

**DEFEND FREE**



# MOVING A GENERATION TO ACT.



## who we are

Generation Alive empowers youth to compassionately engage the needs of their community through action and service.

## what we do

We partner with schools and any youth organization that is excited to give its students an opportunity to develop as leaders and community servants. We do this through our Action Teams, Something to Eat™ hunger initiative, Defend Free anti-human trafficking initiative and our Generation Alive summer camps.

## our vision

We strive to teach youth compassion, which we define as **sympathy plus action**. Students learn to not only recognize the need in the community, but also get to experience the satisfaction that comes from serving. Our hope is that our programs are just the beginning of a lifelong legacy of service and leadership.

# our program

## Defend Free



### AN INITIAL PRESENTATION

A virtual or in-person presentation will introduce Generation Alive and the issue of homelessness. This presentation defines **compassion** and challenges students to take action by **raising money** to pack Freedom Bags.

### FUNDRAISING AND TEAMWORK

Let's start an Action Team! We'll spend 4 weeks learning more about homelessness and what we can do. Then for just **\$5 per bag**, we buy supplies to give individuals who are homeless a bag full of basic personal items: toothbrush, shampoo, socks, hat, soap, a blanket, etc.



### PACK THE BAGS!

This is the fun part. We work with your schedule and space, but we'll bring the supplies. We can leave the supplies and instructions with you or help facilitate the packing with your students.

Once we are done, the bags go to local organizations who work directly with these individuals, either donated directly by your school or by our own staff. Each school typically packs 50 Freedom Bags.

# main steps

1

## SET DATES

Initial presentation:  
Bag Packing:

2

## RECRUIT ACTION TEAM MEMBERS

Our program tends to work best by trying to reach a predetermined group of students. We recommend using this program by individual classrooms.

3

## AN ADVISOR

For the sake of accountability and communication, we ask that we work with one staff person or administrator as our primary contact for the program. The advisor can teach the lessons on their own, or oversee the GA staff's teaching. Our most successful programs are the ones where school staff is excited to come alongside GA and their students to make change happen.

4

## SPACE AND SET UP

We bring most everything, but we ask that when we are picking dates that you also agree to provide space for packing. The day of, we'll require help with loading/unloading as well.

5

## YOUR EXCITEMENT AND COMMUNICATION

By far our most successful programs are at schools where the staff is as enthusiastic about the project as the students are. Again, we want to come alongside you in enabling these students to do something big.

5

# checklist

## School Staff

Please ensure the following is in place prior to your packing date:

- COMMUNICATED DATES AND FUNDRAISING TOTALS WITH GENERATION ALIVE (GA)**
- PROJECTOR ACCESS**  
(only for in-person presentations)
- ADDITIONAL SPACE AND SUPPLIES NEEDED IF PACKING IN-PERSON**
- COOPERATION WITH ANY OTHER NEEDS THE GA STAFF MAY SPECIFY**

# contract



When completed, please hand the contract back to a GA representative or mail it to:  
**Generation Alive, 418 W Sharp Ave, Spokane, WA 99201.**

School/Organization Name: \_\_\_\_\_

Supervisor/Contact Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email address: \_\_\_\_\_

## DATES

Initial Presentation: \_\_\_\_\_

Packing: \_\_\_\_\_

**By signing this form, we are agreeing to meeting all of the fundraising goals as determined by Generation Alive staff, providing space and volunteers for our event, committing to the dates above unless otherwise agreed upon with Generation Alive staff and following through with all commitments to a successful program as discussed.**

**Personally, I am committing to being the Generation Alive school staff supervisor and will attend all necessary trainings and meetings, support and communicate with the GA program staff and coordinate event details efficiently in order to ensure the best possible experience for our students.**

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**GENERATION ALIVE  
DEFEND FREE**

**curriculum  
2020-2021**

# week 1

TOTAL TIME: 16 MINUTES

## MATERIAL NEEDED:

- 'Ronald' Video
- 'I'm Homeless, But I'm Not...' Video

## OBJECTIVE:

Students will be introduced to homelessness and the importance of stories.

## WELCOME EVERYONE!

1 MIN

### INTRODUCTION TO MEETING

- This is the beginning of the Defend Free program that focuses on the issue of homelessness. The next four weeks will focus on learning more about homelessness and the ways that we can help.

7 MIN

### 'RONALD' VIDEO

#### Pre-Video

- Ask what they think of when they hear the word 'homeless.'

#### **Show Video**

#### Post-Video Discussion

- What are your reactions to the video?
- Did your perspective change and/or be reaffirmed about homelessness?
- Why couldn't Ronald get a job?

**Answers:** He didn't have a phone, he didn't look presentable, etc.

- What did he want at the end of the day?

**Answer:** He wanted somewhere to go home to.

- How can we use this story to help our discussions around homelessness?



7 MIN **'I'M HOMELESS, BUT I'M NOT...'**

**Show video**

- How did this video make you feel?
- What was it like to hear from people who were homeless?
- Have you ever had a stereotype about someone who was homeless?
- What did they say that they wanted at the end?

**Answer:** Respect, someone to say hi, etc.

**FINAL STATEMENT**

1 MIN

- These videos were used to introduce you to the issue of homelessness and what that really means. We are going to be focusing on the importance of stories throughout this program and why we are focusing on homelessness as a human issue.

# week 2

TOTAL TIME: 22 MINUTES

## MATERIALS NEEDED:

- 'Why Are So Many Americans Are Homeless' Video
- 'What the Homeless Want You to Know' Video

5 MIN

8 MIN

## OBJECTIVE:

Students will learn about how they and their community can support the homeless population.

## WELCOME EVERYONE!

### 'WHY SO MANY AMERICANS ARE HOMELESS' VIDEO

#### Show video

- What are some of the financial reasons why people are homeless?

**Answer:** Wage gaps, housing markets increase

- What are some of the contributing factors to homelessness?

**Answer:** Housing, substance abuse, social isolation, health

- What was the Housing First Movement discussed in the video?

**Answer:** Putting a roof over someone's head first, then tackling deeper issues like mental health and addiction

- Why is this important?

**Answer:** Without strong solutions, the number of homeless will grow.



5 MIN **'WHAT THE HOMELESS WANT YOU TO KNOW' VIDEO**

**Show video**

- Why is it important to acknowledge the homeless as human?

**Answer:** They have feelings, they've experienced trauma and hardships, it's not an easy life, etc.

- Why is it important to focus on stories?

**Answer:** It's important to remember that each person is a human being.

- How do you feel after watching this video?

2 MIN **ADDRESSING HOMELESSNESS IN SPOKANE**

- Go over organizations in Spokane that directly help those who are homeless
- **Cup of Cool Water:** Nonprofit organization that works with homeless youth by providing food, necessities, mentorship, life skills and workforce development.
- **Blessings Under the Bridge:** Nonprofit organization that provides meals, supplies and support to the homeless every Wednesday.
- **Crosswalk:** The only licensed emergency shelter serving runaway and homeless youth in Eastern Washington. They work to end the youth's homelessness and connect them to supportive services.
- **Union Gospel Mission:** UGM works with the homeless by providing food & shelter, job training, recovery, and youth programs.
- **House of Charity:** Works with the homeless by providing food & shelter, job training and recovery.
- There are many others, ask the students if they know of or have worked with any other organizations.

# week 3

TOTAL TIME: 15 MINUTES

## PREP NEEDED:

- List of reasons why someone is homeless

## OBJECTIVE:

Students will be able to address issues around them by acquainting them with homelessness.

## WELCOME EVERYONE!

8 MIN

### STORY ACTIVITY

Break students into groups of 3 or 4 (Adjust depending on group size-there should be no more than 5 groups)

- Give each group a number from the list of reasons why someone is homeless.
- Have each group write up a short backstory on why they are homeless and use the reasons on the list.

5 MIN

### STORY SHARING

Pick a few groups to share (depending on time).

2 MIN

### DEBRIEF

- Have your stereotypes changed on individuals who are homeless?
- What was most surprising to you?

# week 4

TOTAL TIME: 15 MINUTES

## OBJECTIVE:

Students will better understand empathy and grow in their ability to empathize with the homeless.

## WELCOME EVERYONE!

2 MIN

### ACTIVITY INTRODUCTION

- Why do people become homeless?
- Why might people need to vacate their home or apartment?

10 MIN

### WHAT WOULD YOU TAKE?

Present the following problem to the group?

- You and your family must vacate your home.
- You have only 10 minutes to choose what to take with you.
- What you choose must fit into your backpack.

Start timing and have participants write down what they would choose.

3 MIN

### DEBRIEF

After 10 minutes elapse, process as a group:

- What did you choose to take? Why?
- What did you leave behind? Why?
- How did it feel to make your choices?
- How will you do without the things you left behind?
- Where will you get the things you need but no longer have?

In the bags you will pack there will be:

- Toothbrushes, toothpaste, deodorant, socks, gloves, soap, a handwritten note, and other necessities.

### ADD-IN OPTION:

- Have students bring backpacks filled with their necessities.



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