



## The Road Ahead

# Session 2: Health and Safety

### Session Planning Guide

#### About this Session

This session is built around the theme of well-being. This session covers the following topics from the [Cultural Orientation Objectives and Indicators](#): *Health and Hygiene, Safety, and U.S. Laws.*

#### Guiding Principles:

- Establish a [positive learning environment](#). Build rapport with participants and create an environment where the voices and experiences of participants are valued.
- Use visuals and labels to support participants in accessing content.
- Utilize [Settle In](#) resources to provide essential content in the home languages of clients.
- Offer participants multiple opportunities to process complex topics.

#### Options for Using Materials:

- *Minimal Editing:* Use the slide deck and activities as offered with minor revisions on designated slides to reflect local services and information.
- *Moderate Editing:* Personalize speaker notes and slide content to reflect local services. Substitute or add activities to support the needs of a specific group of clients. See related resources on page 2.
- *High Editing:* Incorporate these slides and activities in designing/revising your current CO curriculum. Select slides and activities to supplement or enhance your current CO curriculum.

#### Pre-Session Planning

1. Review the Session Overview on page 2.
2. Download a copy of the Session 2 slide deck to view and personalize.
  - Read the **Say, Notes, Modifications**, and **CO Topics** in the notes section of each slide.
  - Modify the slide deck as needed by adding, deleting, or revising slides and speaker notes.
3. Preview the [Healthcare in the U.S.](#), [Interacting with the Police](#), and [Rights and Responsibilities](#) videos on the Settle In website, and the *Preventative Health* lesson on the [Settle In app](#).
4. Review Related Resources and Activities on page 2.
5. Print and prepare needed participant materials:
  - [Where to Get Care Sorting Activity](#) or [Where to Get Care Whole-Group Activity](#)
  - **Optional Resources:** Fact sheets on [Healthcare in the U.S.](#), [Hygiene in the U.S.](#), [Rights and Responsibilities](#), and [How to Interact with the Police in the U.S.](#) Select the language at the top of the page. Then scroll down and click *Download this Page*. Additional materials that may support learning objectives in this session include real-world materials such as sample samples of health insurance cards, prescription medicine bottles, over-the-counter medicine, and hygiene products.

#### Post-Session Reflection

Reflecting is a practice that supports our learning and continuous improvement. After delivering the CO session, reflect using the following questions:

- What topics/activities went well? Why?
- What topics/activities were challenging? Why? What modifications could I make?
- What questions arose from participants that I need to follow up on? Follow-up as needed.
- What topics/activities should I revisit in future CO sessions?

## Session Overview

Sections	Content
<p><b>Welcome</b></p> <p><b>Estimated Time:</b> 10-15 minutes</p> <p><b>Materials:</b> Slides 5-11</p>	<p><b>Key Message:</b> Cultural Orientation is an opportunity to learn about topics relevant to resettling in this community.</p> <p><b>Activities:</b> 1) Introductions, 2) Overview of session topics</p>
<p><b>Health and Hygiene</b></p> <p><b>Estimated Time:</b> 40-50 minutes</p> <p><b>Materials:</b> Slides 12-45</p> <p><a href="#">Sorting Activity</a> (prepare for participants)</p>	<p><b>Key Message:</b> There are a variety of healthcare services available in the U.S. There are norms, procedures, and costs that newcomers must be aware of.</p> <p><b>Activities:</b> 1) Essential content presented through a video from the Settle In website, a lesson on Settle In app, and facilitator comment, 2) Sorting activity and discussion, 3) Group dialogue, 4) Review</p>
<p><b>Safety</b></p> <p><b>Estimated Time:</b> 30-40 minutes</p> <p><b>Materials:</b> Slides 47-68</p>	<p><b>Key Message:</b> There are things that people can do to maintain safety in their homes and in the community. It is important to be familiar with safety procedures and what to do in the community, including how to interact with the police.</p> <p><b>Activities:</b> 1) Essential content presented through Settle In video and facilitator comment, 2) Scenarios for group dialogue, 3) Participants connecting new learning with previous knowledge</p>
<p><b>U.S. Laws</b></p> <p><b>Estimated Time:</b> 20-30 minutes</p> <p><b>Materials:</b> Slides 69-80</p>	<p><b>Key Message:</b> The U.S. is governed by the rule of law, and newcomers have rights and responsibilities under U.S. laws.</p> <p><b>Activities:</b> 1) Essential content presented through a video from the Settle In website and facilitator comment, 2) Review activity and discussion, 3) Group dialogue</p>

Estimated time includes time allotted for interpretation.



Download a copy of the [Session 2 Slide Deck](#) to review and personalize.

## Related Resources/Activities

Consider utilizing the following resources to deepen, extend, or personalize learning. Activities can be used prior to, within, or following the CO session.

1. [CORE's Health and Hygiene Activity Bank](#) (scroll down to view all activities.)
2. [CORE's U.S. Laws Activity Bank](#) (scroll down to view all activities.)
3. [Public Safety and the Police Supplemental Lesson Plan](#)
4. Consider inviting community guests, such as representatives from law enforcement, emergency services, or public health agencies to participate in the session or follow-up sessions.
  - Read [CORE's guidance](#) on working with community guests in CO.
  - Use the [Community Partner fact sheet](#) to support law enforcement guests in incorporating key Cultural Orientation messages.



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