



# TAKOJA NIWICIYAPE

## SESSION ONE: WOTAPI WAKAN



**WOTAPI WAKAN [Wo'dah-pee Wah-kan'] – Offering a Sacred Meal to All (Welcome Feast):** The opening feast welcomes families, introduces them to facilitators, and provides an overview of program activities. Insight into the culturally-specific and family-based foundation of the program will be offered (and will include a welcome video) and the concept and purpose of the sacred meal will be explained. This meal is used only in ceremony or for special occasions and is typically offered twice a year; in the spring (new life) and fall (harvest). Finally, families will review the Twelve Oyate Values that serve as the foundation to the program and see how they are incorporated into each session. During the breakout segment, youth will create a behavior guide, hear a traditional story (*Legend of the White Buffalo Woman*), and play an Oyate Value problem solving game to familiarize them with the twelve values. Parents will focus on learning about traditional parenting practices. At the conclusion of this session, families will gather for group pictures. Additional pictures will be taken throughout the remaining sessions.

### **OYATE VALUE: Overview of all Twelve Oyate Values...**

“The three words—Lakota, Dakota, and Nakota--have the same meaning, “an alliance of friends.” They represent geographic as well as linguistic distinctions...A cornerstone of Lakota culture can be summed up in the words family and kinship. Family is the backbone, the foundation of our culture. We are given substance, nurtured, and sustained by family. Kinship goes beyond family and is the connection we feel to the world at large and everything in it.”  
(“*The Lakota Way*” Joseph Marshall III, pp. 206, 210)

### **OBJECTIVES:**

1. Welcome families to the Dakota Family Way of Life Alcohol Prevention Program
2. Offer overview of program activities, components, and desired outcomes
3. Introduce Twelve Oyate Values
4. Explore and come to understand the following cultural and family-based themes:
  - Spirituality
  - Community
  - Respect
  - Parenting and Good Role-Modeling