

CONFIDENTIALITY: THE ESSENTIAL BUILDING BLOCK TO A TRUSTING RELATIONSHIP

Objective:	Help students acknowledge the importance of confidentiality and gain experience explaining the concept to a group.		
Time:	50 minutes	How Many:	10-30 students
		Middle & High School	
Materials:	<i>Worksheet: “Small Group Questions” and the handout “Issues of Confidentiality”</i>		

Enroll: Tell this story

Several years ago there was a young girl in high school. She told a friend she thought she was pregnant and didn't know what to do. She told her friend she was scared and ashamed and didn't want anyone to know. Several days later there was a rumor going around the school that she was pregnant, and people wanted to know who the father of the baby was. The girl confronted her friend and reminded her that she had promised she wouldn't say anything. Her friend said she only told one girl and didn't think she would say anything to anyone, but she was wrong. This only added more stress to the girl's situation. She was so upset she began to think about suicide. Luckily, she spoke to the Peer Resource Coordinator at her school and got the help she needed.

Do/Experience: Small Group Brainstorm

- Divide students into small groups.
- Tell each group to choose a recorder to write group responses, a reporter to report back to the whole group, and a facilitator to make sure the group stays on task.
- Tell students they have 15 minutes to brainstorm answers to the following questions using the worksheet, "Small Group Questions". They should answer to the best of their knowledge. At the end of the 15 minutes, they will report back to the entire class.
- Tell them you will let them know when they have 5 minutes left.
- Go!

Large Group Report Back

- Have each group report back to everybody.
- After the groups have reported back, restate their definition of confidentiality and situations in which they need to break confidentiality. Add anything you think they missed.
- Have students stay in small groups.

- Process:**
- What happened in your small groups?
 - What were some similarities and differences in the responses?
 - What problems could arise when there are differences in what is perceived to be confidential and what isn't?

- Label:**
- What did you learn?
 - Why is it important for you as peer mentors to know what confidentiality is and what its limits are?
 - What could happen if you break confidentiality between you and your mentee?
 - What consequences should there be if a peer mentor breaks confidentiality?
 - How do you feel about coming to your Peer Resource Coordinator or appropriate adult if someone shares a situation where you need to break confidentiality?
 - Pass out the handout, "Issues of Confidentiality" and review the definition of confidentiality and its limits.
 - Any questions?
- Demonstrate:**
- It will be very important as peer advocates for you to explain confidentiality to your mentee. We will now take the opportunity to practice.
 - Divide students into pairs.
 - Ask who wants to be a papaya and who wants to be a mango. When they have decided, they should raise their hands.
 - Tell the papayas they are the mentors and the mangos are the mentees.
 - Tell papayas they have three minutes to explain to their partner what confidentiality is and when they would need to break confidentiality. Give them a thirty-second warning.
 - Tell mentees they can ask questions.
 - Any questions? Go!!
 - Give the thirty-second warning. Stop!! Now the mentees should give mentors feedback. What did they do well? Where could they improve?
 - Switch roles and give the same instructions. Go!!
 - Give the thirty-second warning. Stop!! Now allow the mentees to give feedback.
 - Give your own feedback about your observations.
- Review:**
- Any questions?
- Celebrate:**
- Great job! Congratulations!!!

SMALL GROUP QUESTIONS

1. What do you think the message of the story is?
2. What is confidentiality?
3. Why is confidentiality so important?
4. What are the consequences when you break confidentiality?
5. Are there situations when you need to break confidentiality?

ISSUES OF CONFIDENTIALITY

CONFIDENTIALITY

Confidentiality means what is said to you is to stay with you. You are not to reveal or share this information with anyone else. Information might be given to you individually or in a group setting. As an individual or group, you have a responsibility to keep this information confidential.

LIMITS OF CONFIDENTIALITY

There are certain situations that require for you to break confidentiality and communicate information to your Peer Resource Coordinator or appropriate adult. If an individual reveals any of the following situations, you must break confidentiality.

1. Child Abuse—physical, sexual, neglect
2. Suicidal thoughts
3. Threatening to harm another individual