

WORKSHOP 1

GETTING TO KNOW EACH OTHER

Objectives

Following this workshop, the youth will be able to:

- Note commonalities within the group and feel more comfortable working together.
- Describe the purpose of the Agenda Gap program.

Overview

The group is introduced to the structure and phases of the Agenda Gap program and are given the opportunity to get to know each other better and begin group relationship building.

Total time

2 hours

Facilitator Prep

- If you need additional support to prepare a land acknowledgement, visit Native-Land.ca for some helpful resources.

Land Acknowledgement

Inform the group that you will be delivering a land acknowledgment to open the program in a good way before delivering the appropriate land acknowledgment for the region (see facilitator prep note on finding accurate information). Share that acknowledging the land deepens our understanding about the land we live, work and play on. It informs us about why context matters and grounds our collective work.

Welcome

Welcome the group and introduce the facilitation team.

Connect & Open

10 Word Biography

Aim

This Connect & Open aims to introduce the youth to each other and the facilitation team. It will allow space for each youth to share their preferred pronouns, as well as some fun descriptors to help them learn about each other in a casual way.

Steps

1. Inform the group this Connect & Open will be for introducing themselves and explain that they should provide the name they would like to be referred to by, and if desired, also the pronouns they would like used.
2. Go around the group and have each youth introduce themselves — it may be helpful for facilitators to re-introduce themselves with their pronouns first.
3. After each youth has introduced themselves, explain that they will now provide the group with a short and fun biography of themselves using a list of 10 descriptive words.

4. Allow the group some time (2-5 minutes) to write their biographies, and then have everyone share theirs with the group (including the facilitators). Be sure to invite the youth to message the facilitation team for support if they are struggling to write their biography.

Facilitator Tips

- Re-affirm to youth they should only share information they want to, and focus on creating a low-pressure friendly environment for them to get to know each other in this initial introduction.
- Offering your own introduction again with your pronouns helps create safety for non-binary and trans youth who may be uncertain about disclosing pronouns. Encourage youth to come on camera if they aren't already — seeing each other during these introductory activities will help build community and trust amongst the group.

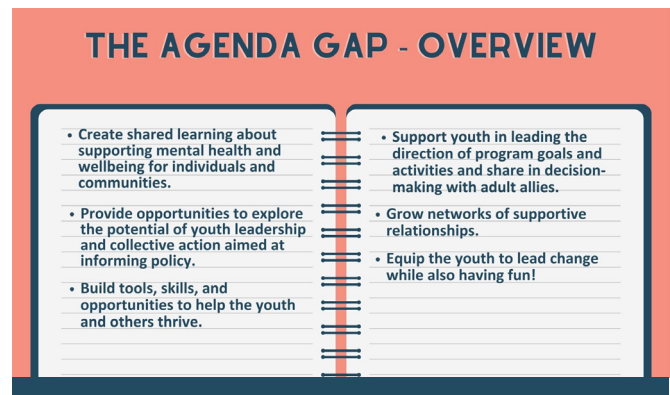
Look Forward (10 minutes)

Aim

This activity introduces the program focus and structure and will offer the group an opportunity to ask questions about what to expect in the coming workshops.

Steps

1. Share “The Agenda Gap Overview” slide and explain that the Agenda Gap program works through phases and will:
 - a. Create shared learning about supporting mental health and wellbeing for individuals and communities.
 - b. Provide opportunities to explore the potential of youth leadership and collective action aimed at informing **policy**.
 - c. Build tools, skills and opportunities to help the youth and others thrive.
 - d. Support youth in leading the direction of program goals and activities and share in decision-making with adult allies.
 - e. Grow networks of supportive relationships.
 - f. Equip the youth to lead change while also having fun!



2. Explain that there are four phases to the program:

Phase 1: Building relationships and knowledge.

Phase 2: Bridging knowledge with action planning.

Phase 3: Partnering to realize an action plan for youth-driven policy change.

Phase 4: Ongoing connection to sustain and monitor impacts. This phase follows the intensive programming and provides a point of continued connection with the Agenda Gap team and/or community-based allies to support participants in meeting their evolving goals.

Facilitator Tips

- Ensure that while introducing the program you pause to allow the youth to ask questions or make comments about the program content or delivery.
- Review that the last two phases of the program become more youth-led, and activities guided by the directions they determine.



Activity 1: Getting to Know You (20 minutes)

Aim

This activity will provide an opportunity for the youth to engage in casual conversation in smaller groups and help them get to know each other.

Steps

1. Inform the group that this is a fun activity where they will be put into smaller groups and challenged to find things they have in common using a series of prompts.
2. Provide the following list of prompts:
 - a. Fine Arts
 - b. Sports
 - c. Food
 - d. Travel
 - e. Hobbies
 - f. Clothing
 - g. Movies
 - h. Music
 - i. Outdoor activities



Workshop 1 cont.

3. Let the group know that they can use these prompts to help them discover what they might share with each other. For example, the group members may all have the same favourite colour, or type of pet or love of basketball.
4. Challenge the group to list as many commonalities as they can in 10 minutes to see which group can identify the most.
5. Ask the group if they have any questions.
6. After 10 minutes, bring the groups back and invite each group to share how many shared interests they found. Invite discussion on shared areas of interest.

Facilitator Tips

- This activity is meant to foster fun through discussion and light competition, so bringing energy to the activity will help get the group excited.



Activity 2: 7 Questions in 7 Minutes (10 minutes)

Aim

This activity provides an opportunity for the group to share aspects of themselves and may help the facilitation team identify potential policy targets and passions early on.

Steps

1. Share the “7 Questions in 7 Minutes” slide.
2. Explain that the group will spend the next seven minutes responding to questions using sticky notes or a whiteboard. Each question will be allotted a one-minute response time. As each question is populated, note any common themes. Share the question slides:

Q1. What kinds of places make you happy?

Q2. What types of activities make you feel good about yourself?

Q3. What skills or abilities seem to come naturally to you?

Q4. What kinds of people make you smile?

Q5. What qualities in people (e.g., friends, family, celebrities, historical figures, etc.) do you most admire?

Q6. What are some experiences, resources or relationships you have now that, if removed from your life, you would regret not having?

Q7. What is something in your life or the world that you want to change?



Facilitator Tips

- The final question can help to discover early areas of policy interest. As you move through the program, these ideas can be revisited, refined and confirmed. Responses to these questions can also help identify participant strengths.
- Check in with the group for reflections on this activity and how they felt about it.

Connect & Close (20 minutes)

1. Inform the group that you are going to make a collective “time capsule” of your favourite things to return to at the end of the program. Invite the group to consider the following topics:
 - a. TV shows
 - b. Films
 - c. Music
 - d. Activities
 - e. Memes
 - f. Fashion trends
 - g. Goals for the future
2. Ask the group if they have any additional categories they would like to include in the time capsule and note their suggested inclusions.
3. Go through the suggestions by category and invite the group to comment on what to include. When adding to the time capsule ensure that each item also includes the identity of the person who suggested it. This way, when the capsule is “opened” at the end of the program, they can comment on how these are still relevant or whether they have changed.
4. Take a photo of the groups’ finalized list and let them know you will keep the capsule until the end of the program, at which point you will open it as a group.
5. Explain that an Anonymous Workshop Evaluation (AWE) survey link/paper copy will be made available after each workshop. The AWE survey includes an opportunity to list items for an Anonymous Compliments Board where the youth can give shout-outs to others about what or who is inspiring them. These compliments will then be shared with the group at the next workshop. The survey also includes questions about what worked well in the workshop and what could be improved.
6. Allow a few minutes for everyone to complete the survey. If any youth doesn’t want to do so immediately, ask that they complete it before the next meeting.
7. After the group finishes the survey, thank them for their participation and close the workshop.
8. After the workshop closes send a link to the AWE survey by email for those who did not complete it during the session.

Facilitator Tips

- The content of the time capsule should not include personal details, such as current romantic relationships, etc. Popular culture, news or activities of interest would be more appropriate topics.
- Ensure all voices are represented in the capsule so that the youth can all participate in the activity at program close and feel involved.
- Reaffirm that all suggestions are valid as everyone has different experiences and preferences — what one person may consider interesting in their circles may differ from others.