

# WELCOME TO THE "SHIFT" GUIDE

## HERE'S WHY YOU DO WHAT YOU DO...

There are **5 factors** that make young people strong. The Center for the Study of Social Policy has done research and looked things up in big books and spent time and \$\$\$ on discovering what these factors are.

## FACTORS



### KNOWLEDGE

Knowing, understanding, and learning more about yourself



### SUPPORT

Finding community and resources you need to get help and support in your life



### RESILIENCE

Being able to bounce back and stabilize emotionally after life's challenges



### AWARENESS

Understanding your own thoughts and feelings, and how to convey those to others



### RELATIONSHIP

Learning how to form safe and healthy relationships that allow you to be your true self

**WE WANT TO CREATE AN OPPORTUNITY FOR YOUNG PEOPLE TO HAVE IMPORTANT CONVERSATIONS. WE WANT THEM TO CONNECT IN MEANINGFUL WAYS TO EACH OTHER AND TO HAVE REAL TALK.**

## TO GET STARTED YOU'LL NEED:

**People**—Anyone can participate!



## ARE YOU THE LEADER?

Youth-led is best, however, if youth aren't comfortable yet, have an adult do it until they are.

**WHEN YOU LEAD, YOU GET THE TITLE "GRAND FACILITATOR" OR JUST FACILITATOR.**

## YOU'LL DIVIDE INTO GROUPS OF 4-8 PER GROUP.

Have each group sit close enough to hear each other or use a virtual room for each group. You'll need a **TableHost** for each group.

You'll need a comfortable place. Tables and chairs or couches or sitting in a circle on the floor could work. Preferably not on Mars—unless it gets colonized.

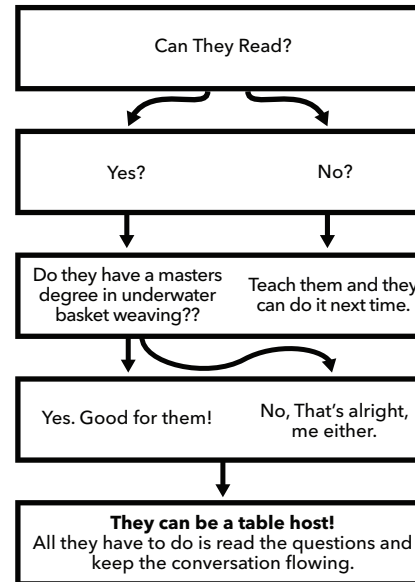
You just need a safe, comfortable place (*virtual places count too*) where all are welcome.

## AS FACILITATOR YOU WILL:

- 1 Ask an opening question and have the groups talk until the conversation dies down.
- 2 Introduce the framework and the factors.
- 3 Choose a factor to focus on and have each group choose a question from that factor.
- 4 Time the conversations for 5-7 minutes. If groups are still talking, you could do 10 minutes or longer. 4 hours is probably too long.

## TABLEHOST

Who can be a TableHost?



## RULES?

# NOPE!!!

But here are some agreements:

## CONVERSATION AGREEMENTS

### I will:

- ✓ Honor this conversation and make sure this is a safe place for all to speak.
- ✓ Speak from my own experience—tell my own story, speak my own truth.
- ✓ Listen and not interrupt—respecting other's words.
- ✓ Not speak judgments about what I hear.
- ✓ Not give advice—others are telling their story and their truth.
- ✓ Keep what I hear in this space—honoring confidentiality.

## GAMEPLAY:

Have Facilitator ask an opening question. Not a boring question like: **What is your favorite shade of brown?**

But something interesting like: **Where would you poop if you were a unicorn?**

Let the groups talk for 5 minutes about the opening question.

## NEXT:

**Facilitator** will choose a factor to introduce.

Each **TableHost** will read questions from 2 cards that match that factor...let the group decide which question they would like to discuss.

## EVERYONE CAN TALK! BUT NO ONE HAS TO TALK

Talk until the conversation fades, until the **Facilitator** says: **"TIME'S UP"** or until the facilitator ends the smaller virtual rooms.

**TableHost** will ask 2 more questions from the chosen factor.

The groups will talk again...or not, but connections happen when everyone shares a bit about themselves with those in the group.

If doing conversations virtually, you can combine the ice breakers and the first factor question discussion in the smaller virtual groups with your TableHost.

## WINNERS:

# EVERYONE

No losers!