## **About the Adolescent Kit for Expression and Innovation**

The Adolescent Kit for Expression and Innovation (Adolescent Kit) is a package of **guidance, tools, activities and supplies** for supporting adolescents ages 10-17 who are affected by conflict, poverty and other humanitarian crises. It provides an innovative approach to working with adolescents in humanitarian situations that can be integrated into UNICEF and partner country programmes, or introduced as a stand-alone initiative. 

**What is the aim of the Adolescent Kit?**

The Adolescent Kit aims to bring about positive change in the lives of adolescents in challenging circumstances. It is a package of resources to support adolescent girls and boys to develop key **competencies** that can help them to cope with stressful circumstances, build healthy relationships, learn new skills and engage positively with their communities. It targets the most vulnerable adolescents in humanitarian situations, through cross-sectoral approaches that focus on **arts** and **innovation.** This involves bringing groups of adolescent girls and boys ages 10-17 together in a safe space on a regular basis to have fun, cope with difficult experiences, learn and work together.

**How to use the Adolescent Kit**

The Adolescent Kit is a package of guidance, tools and activities that can be used within a range of humanitarianprogrammes to make them more relevant and effective for adolescents. It can be integrated into existing child protection, education and youth interventions such as child friendly spaces, recreation programmes, formal and informal learning initiatives, and youth clubs, or used to set up new ones.

Programmes can use *all* of the tools, guidance and activities in the Adolescent Kit, or select particular ones to target specific areas that need strengthening for adolescents. What matters is that the Adolescent Circles approach is adapted to the needs of adolescent girls and boys in each particular environment, and used to help programmes meet their goals (or set new ones) for adolescents.

**Who is the Adolescent Kit for?**

The guidance, tools and activities in the Adolescent Kit can be used by anyone involved in working with adolescents in humanitarian situations. This includes UNICEF and partner staff across different sectors, teachers, Child Friendly Space assistants, youth workers, community volunteers and others.

In particular, the Adolescent Kit is aimed toward staff or volunteers involved in managing interventions with adolescents *(Programme Coordinators)* and working directlywith adolescent girls and boys *(Facilitators).[[1]](#footnote-0)* Programme coordinators can use the guidance and tools to design, oversee and support programmes or interventions that reach adolescents, especially the least reached, and engage adolescents throughout the programme cycle to create interventions that address their interests and priorities. Facilitators can use the guidance, activities and supplies in the Adolescent Kit to plan structured sessions, and to work with adolescent girls and boys through different stages that address their needs and interests.

**Resources in the Adolescent Kit**

The Adolescent Kit includes guidance, tools, activities and supplies for working with adolescents.

1. **Guidance**

Before starting your work with the Adolescent Kit, read through the guidance sections. While some of these sections are specifically targeted at Programme Coordinators and Facilitators, users are encouraged to read *all* of the guidance to get a full picture of how the Adolescent Kit works.

* **Quick Guide:** A helpful overview of the Adolescent Kit that provides a snapshot of all of the guidance, tools and activities available to users. Use this to get a sense of what the Adolescent Kit has to offer – and how it can support your work!
* **Foundation Guidance:** An introduction to the key principles and approaches that underpin the Adolescent Kit. The Foundation Guidance is for *everyone* who plans to use the Adolescent Kit, and includes an explanation of the **competency domains** that guide activities, **key approaches** to working with adolescents and technical guidance**.**
* **Programme Coordinators’ Guidance:** Guidance and tools for programme coordinators to design and manage interventions for adolescents using the Adolescent Kit.
* **Facilitators’ Guidance:**  Guidance, tools and activities for facilitators to work directly with adolescents through the Adolescent Circles approach.

1. **Supply Guidance:** Guidance for managing, storing and replacing supplies for interventions with the Adolescent Kit. This includes advice on creating and finding your own supplies if you *don’t* have access to a Supply Kit.
2. **Activity Box**

The Activity Box includes useful tools and resources to help facilitators as they work with adolescents. These range from in-depth guidance and instructions for running activities to quick and easy ideas to motivate participants.

* **Activity Guides:** Step-by-step guides to activities that canbe adapted to adolescents’ interests, needs and developmental level
* **Energizer Cards:** Cards with instructions for short, fun games or restful activities to run with adolescents
* **Inspiration Cards:** Inspiring ideas for quick activities to keep adolescents motivated and interested
* **Facilitator Tools:** Useful tools for planning and facilitating sessions with adolescents; includes a **topic bank** with a list of additional ideas that can be integrated into activities and **emotion cards** to help adolescents identify and communicate their emotions
* **Other resources:** Inspiration cards, Energiser cards, Emotion Cubes and other resources to help make activities with adolescents engaging and fun

**3. Supply Kit:** A package of materials, equipment and supplies that can be used to support activities with the Adolescent Kit

**4.** **Digital Resources:** A website and USB Key that include electronic versions of all of the guidance, tools and activities in the Adolescent Kit, as well as templates and videos for constructing a Supply Kit

**How to access the Adolescent Kit**

All of the guidance, activities and tools in the Adolescent Kit are available online at www. http://adolescentkit.org and can be downloaded for use. The Supply Kit is listed in UNICEF’s Emergency Supply Catalogue.

1. See the Glossary for definitions of *Programme Coordinator*, *Facilitator* and other terms used throughout the Adolescent Kit. [↑](#footnote-ref-0)