**Tool: Activities for learning from and about adolescents** [[1]](#footnote-0)

| **Understanding adolescents** |
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| * **Our days –** Provides information about adolescents’ daily activities and responsibilities * **Our environment –** Demonstrates what adolescents know about the geography, layout, and services in their communities, and how they view the resources and risks around them * **Our challenges, our solutions—** Explores issues that concern adolescents, and their ideas for positive solutions to those issues * **Ourselves on the inside and outside –** Demonstrates how adolescents see themselves, and provides insights into their psychosocial wellbeing * **I am, I have, I can –**  Allows adolescents to explore their strengths through drawing * **Relationship map –**  Demonstrates some of the relationships in adolescents’ lives, both positive and challenging * **Community dialogue** – Provides adolescents with opportunities to discuss issues that interest them with adults in the community * **Organizing an exhibition** – Showcases adolescents’ work and allows adolescents to express their feelings and views about particular issues |

Use the activity guides below to help adolescent girls and boys to explore their lives and experiences, and to learn more about their circumstances. ***Insert icon for: Listen to adolescents***

1. See the Facilitator’s Guidance for detailed activity guides. [↑](#footnote-ref-0)