

The Adolescent Kit

for Expression
and Innovation

The Adolescent Kit for Expression and Innovation is a package of guidance, tools, activities, and supplies that aims to promote positive outcomes for adolescents' psychosocial wellbeing. It was developed through human-centered design processes with adolescents aged 10-19 and focuses on developing their competencies to express themselves, participate in decisions that affect their lives, and contribute to positive change in their communities. Flexible and adaptable, the Kit can be used in a range of programming contexts, during preparedness, acute emergencies, protracted crises, and vulnerable development contexts.



Utilizing the Kit in humanitarian crises

During crises, the rights and needs of adolescent can be overlooked, so can their contributions. The Kit is an excellent resource to nurture and build the competencies that adolescent boys and girls need when facing and overcoming challenging circumstances. Activities focus on strengthening adolescents' natural resilience, developing and nurturing healthy relationships, building self-esteem and coping skills, fostering social cohesion, identifying solutions, and positively engaging with families and communities as change agents.



Focusing on expression and innovation

The Kit's activities focus on expression and innovation through the arts. The content offers processes for adolescents to experiment, express themselves, think outside the box, and draw on their innate talents in creative, fun and engaging ways. By bringing groups of adolescent girls and boys together in age-appropriate ways, the Kit process offers a safe space for these young people to learn, work, grow and thrive.

10 key competencies

The Kit is designed to enable adolescents to nurture, strengthen and develop the key competencies essential for their well-being and healthy development



Communication and expression

Learning new ways of communicating and expressing themselves can help adolescents engage positively with others, build relationships and gain self-awareness and confidence.



Identity and self-esteem

Adolescents can gain a stronger sense of identity and self-esteem by learning more about themselves, recognising their strengths and abilities and understanding how they fit into groups and society.



Leadership and influence

Empowering adolescents to understand that they can influence things that happen in their lives can motivate them to work for positive change with their families, friends and communities.



Problem-solving and managing conflict

The ability to resolve conflicts and problems in a nonviolent way can help adolescents maintain positive relationships with others and manage disruptions within their families, among friends and in their communities.



Coping with stress and managing emotions

Learning ways to manage their emotions and cope with stress can help adolescents to improve their well-being and to deal with difficult circumstances.



Cooperation and teamwork

Practising cooperation and teamwork can help adolescents form healthy and respectful relationships with others and prepare them for active participation in their community.



Empathy and respect

As adolescents develop empathy and respect, they become more able to build relationships with different types of people, respond positively to others and promote peace.



Hope for the future and goal-setting

Feeling hope for the future can decrease adolescents' stress, increase their resilience and empower them to set goals and make positive changes in their lives.



Critical thinking and decision-making

Learning how to think critically can help adolescents break down harmful stereotypes, understand the consequences of their actions, and make decisions that contribute to peace.



Creativity and innovation

Encouraging adolescents to think creatively and find innovative solutions to problems can help them work with others toward shared goals and find ways to cope with difficulties.

10 key approaches

The Kit promotes 10 key approaches to working with adolescents



Reach out to all adolescents

Identify the adolescent girls and boys who are most in need of support and work actively to include them.



Provide structure and support

Create a welcoming space for adolescents, with clear routines and structured activities, and provide them with ongoing support.



Listen to adolescents

Take time to learn about adolescents' lives, explore their ideas for working together, and give them space to express themselves.



Let adolescents take the lead

In your work together and encourage them to try new roles and take on new responsibilities.



Include all adolescents

From all types of backgrounds, and adapt your activities so that everyone has a chance to participate equally.



Make space for expression and creativity

Allow adolescents to express themselves, explore their creativity and let their imaginations run free.



Challenge and encourage adolescents

During your work together, while also providing them with support.



Improvise and adapt

Your work in response to adolescents' needs, interests and circumstances.



Build connections

Support adolescents to connect with their families, communities and each other, and help them access information and services.

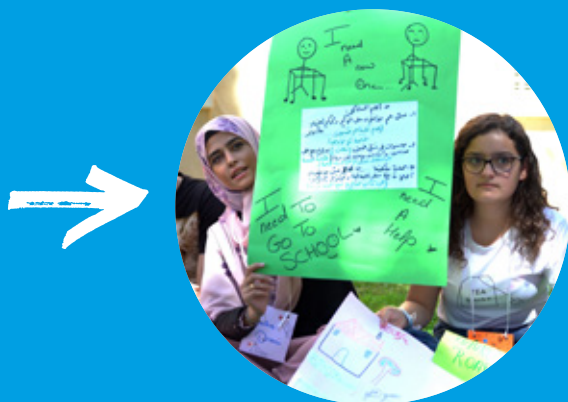


Build on the positive

Help adolescents recognise their strengths and create a fun and positive atmosphere for working together.

The Kit in Action

Around the world, the Kit has been adapted to the specific needs of young people and the context in which they live, work, learn and play.



In Lebanon, the Adolescent Kit is utilized to provide adolescents, including refugees, displaced beneficiaries, and beneficiaries with disabilities, with opportunities that would allow them to reach their full potential and participate in, engage with, and contribute to their communities. While the adapted Adolescent Kit Package is being implemented to improve mental health and promote physical wellbeing and healthy habits that lead to a better quality of life and more productivity amongst youth who were impacted by multiple social, economic, and health instability. It is also used to bring children and youths together to build new friendships and help them learn to accept others without making assumptions.



In Jordan, the Adolescent Kit, mainly the adapted package, is integrated within the Maharati (i.e., My Skills) programme, which was developed based on the Life Skills and Citizenship Education (LSCE) framework that is considered a cornerstone of the UNICEF skills-building programme. It provides a holistic and comprehensive package of key 21st-century skills to young people, to support their transition to productive and resilient adulthood. Youth volunteers and a national core team of trainers also translated and localized the Adapted Kit into an online resource package, including rolling it out via voice recordings and videos on WhatsApp groups to facilitate discussions with adolescents.



In Mozambique, the Adolescent Kit is used to support the recovery and resilience plan for children affected by the conflict in the North. UNICEF Child Protection section implemented a cross-sectoral programme in Northern Mozambique bringing arts-based psychosocial programming to adolescents to build resilience and connect them to services and opportunities. Within this programme UNICEF aims to reach specific vulnerable adolescents, such as unaccompanied and separated adolescents, adolescents with disability, adolescents of different ethnicity, survivors of GBV, and those who have been associated with armed groups.



In Algeria, the Adolescent Kit is utilized to support adolescent participation and access to capacity building and education, particularly for adolescents with disabilities. The Adolescent Kit initiative is integrated as part of programmes under Adolescent Participation and Development, Education, Innovation and Communications reaching thousands of adolescents across the country, particularly focusing on four regions with the most vulnerable adolescents in the south of Algeria, the north-west and the high lands. UNICEF Algeria have also developed some of the Adolescent Kit materials in Arabic Braille that is being used by visually impaired adolescents.

Please go to
www.adolescentkit.org
for more information about
the Kit, including procurement
and capacity development for
staff and partners, and to access
the Kit in different languages.

Available in English and Arabic, French
and Spanish forthcoming.

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