

# Decide how to use the Adolescent Kit for Expression and Innovation

**The Adolescent Kit for Expression and Innovation (Adolescent Kit) is a package of guidance, tools and activities that can be used within a range of humanitarian programmes to make them more relevant and effective for adolescents' psychosocial wellbeing, learning and positive engagement with their communities.**

You will need to consider where and how you can use the Adolescent Kit to make a new or ongoing intervention in your programming context stronger and more effective. This means identifying an intervention with objectives that are related to the purpose of the resources in the kit, reflecting on what you want to achieve for adolescent girls and boys, and then selecting and adapting the guidance, tools and activities in the Adolescent Kit that will help you to reach your goals.

## Using the Adolescent Kit

You can use the resources in the Adolescent Kit in different ways. For example, you can introduce the activities and approaches into an ongoing programme to make it more effective for adolescents. Or, you can use the Adolescent Kit as you plan and introduce a new programme, to make sure that you reach, focus on and engage adolescents from the start. It is possible to use all of the tools, guidance and activities in the Adolescent Kit, or to just select particular ones to target specific areas in your programme that need strengthening for adolescent girls and boys.

The resources in the Adolescent Kit can help you to make programmes more effective for adolescents by:

- ▶ Introducing ways of working with adolescents that can help to make positive changes in their life – particularly by introducing activities that help them to develop the Ten Key Competencies, and applying the Ten Key Approaches in all aspects of your programme;
- ▶ Providing strategies that can help you to reach out and engage with adolescents, particularly the most marginalised girls and boys;
- ▶ Introducing a structured approach to working with groups of adolescents that involves bringing them together in Circles, where they can work together, make friends and have fun;
- ▶ Providing challenging, engaging and age-appropriate activities for working with children ages 10-18, including creative activities that focus

The Adolescent Kit is designed to help adolescents to improve their **psychosocial wellbeing**, **learn new life skills and engage positively with their communities**. This means that the tools, activities and approaches are particularly useful in child protection, education, life skills, youth development and other programmes that are working toward similar goals for children and young people.

on **arts and innovation**; and

- ▶ Opening up space for adolescents to focus on their own priorities and interests through activities and projects that they select, and by involving them in planning and managing all aspects of their work together.

## 1. Decide on an entry point for the Adolescent Kit

As a first step, you will need to decide on an entry point. That means identifying a programme or intervention where you think adolescents could benefit from the activities, tools and approaches in the Adolescent Kit.

Remember - these are just suggestions! You can use the tools, approaches and guidance in the Adolescent Kit to build on (or add in) a focus on adolescents within nearly any humanitarian programme or intervention for children or youth. Do what works best for adolescents in your particular context.

Link to the **Possible Entry Points for the Adolescent Kit** for more ideas on possible entry point programmes.

## 2. Consider how you can use the Adolescent Kit to support adolescents

Once you have decided on an entry point, you will need to consider how you can use the activities, tools and guidance in the Adolescent Kit to make your programme more effective for adolescents – and what goals you want to set for your work.

The way that you use the Adolescent Kit will depend on adolescents' particular needs and circumstances, as well as the focus of your entry point programme. For example, if you are planning to introduce the Adolescent Kit within a Sports, Recreation and Play programme, you may simply want to diversify your work by adding new activities that focus on innovation and the arts. Or, if

**The following list includes possible programme entry points for the Adolescent Kit:**

Entry Point	The guidance, tools and approaches in the Adolescent Kit can be used within (or to set up):
Education, schools and life skills programmes	<ul style="list-style-type: none"> <li>▶ School classes on literacy, life skills, social studies, guidance counselling or art</li> <li>▶ Extra-curricular activities such as after-school clubs or arts programmes</li> <li>▶ Non-formal education programmes, such as life skills, peer-to-peer, mentoring and tutoring schemes</li> </ul>
Child protection programmes	<ul style="list-style-type: none"> <li>▶ Initiatives that focus on improving children’s psychosocial welfare and resilience, such as Child Friendly Spaces, child participation and child resilience interventions</li> <li>▶ Children’s, adolescent, or youth clubs, organisations or committees</li> <li>▶ Community child protection committees or networks</li> </ul>
Peacebuilding education and advocacy programmes	<ul style="list-style-type: none"> <li>▶ Initiatives that focus on building knowledge, attitudes and skills that can help adolescents to resolve conflict and build peace in their communities</li> <li>▶ Peace or mediation clubs</li> <li>▶ Community development/service projects</li> <li>▶ Interfaith/intergenerational initiatives</li> </ul>
Youth development programmes	<ul style="list-style-type: none"> <li>▶ Peer-to-peer and youth resilience initiatives</li> <li>▶ Youth clubs and centres</li> <li>▶ Community development/service projects</li> <li>▶ Mentoring and tutoring schemes</li> </ul>
Arts, recreation and sports programmes	<ul style="list-style-type: none"> <li>▶ Initiatives that focus on sports, games, physical exercise and recreation</li> <li>▶ Community art, theatre, street drama projects</li> <li>▶ Projects that support children or adolescents to express themselves through art, music, dance, drama</li> </ul>

you integrating the Adolescent Kit within a Child Friendly Space intervention, you could use the Adolescent Circles approach as a way to reach out to and engage older adolescents, and to work with them in a more structured way.

Similarly, you could use the resources in the Adolescent Kit to:

- ▶ Introduce adolescent-led community projects within a youth development or peacebuilding

programme;

- ▶ Set-up extra-curricular activities or clubs for adolescents within an education scheme;
- ▶ Find ways to constructively engage with adolescent mothers within a life skills intervention.

There are **a lot of ways to use the Adolescent Kit!** As you consider goals for your work with the Adolescent Kit, you will need to think about how you can tailor the

activities, tools and guidance to your particular entry point programme, and what you want to achieve for adolescent girls and boys.

Link to the **Integrating the Adolescent Kit: Practice scenario** tool

Remember that the activities and approaches in the Adolescent Kit support adolescent girls and boys to develop competencies – knowledge, attitudes and skills that can help them to cope with stressful circumstances, build healthy relationships, learn new skills and engage positively with their communities. As you set goals for your work with the Adolescent Kit, think about the particular competencies that adolescents in your programme and community would benefit from. Try to keep your goals simple and practical – and be ready to adapt them in line with adolescents’ changing circumstances.

Link to the **Competency goals for adolescents** tool

### 3. Bring it all together

Ultimately you will need to develop a project document that clearly sets out the goals and strategy for your intervention with the Adolescent Kit, along with a way to monitor your progress. In some cases, there may already be a project document in place within your entry point programme that you can feed into or adapt. Link to the **Basic planning questions** tool.

One advantage of integrating the Adolescent Kit into an ongoing programme is that you may be able to introduce the activities, tools and approaches without spending a lot of money or recruiting new staff. For example, you might benefit from safe spaces for adolescents, trained facilitators, a steering committee and community acceptance that your entry point programme might already have. This will make it easier to get started quickly.

The most important thing to remember as you plan your intervention with the Adolescent Kit is to **consult with adolescents** and the community, and to design your approach to fit your particular environment. Be prepared to adapt everything as you go!



## Monitoring your progress

**Once you get started, you will need to monitor the progress of your intervention with the Adolescent Kit both informally and through your organisation’s (or partner organisation’s) formal monitoring and evaluation procedures.**

This involves:

- ▶ Developing simple, user-friendly indicators to measure progress toward your goals
- ▶ Creating simple monitoring tools and collecting consistent information on a regular basis
- ▶ Involving adolescents, facilitators, volunteers, steering committee representatives and other community stakeholders in measuring progress and performance
- ▶ Using the collected data and lessons learned to adapt and improve your intervention