

Tool: Activities for learning from and about adolescents ¹

Use the activity guides below to help adolescent girls and boys to explore their lives and experiences, and to learn more about their circumstances.



Understanding adolescents

- ▶ **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

¹ See the Facilitator’s Guidance for detailed activity guides.