

Tool: Getting the timing right for adolescents

Use the questions below to guide you with organizing activities at times that suit adolescents and don't present barriers to their involvement in your intervention.

- ▶ How do adolescent girls and boys spend their time?
- ▶ When do adolescent girls and boys go to school, socialise, work, pray, relax, eat meals, do household chores, mind siblings or their own children?
- ▶ Are there days of the week when adolescents have more or less free time? (For example, weekends).
- ▶ When do adolescents have free time when they aren't busy with other activities?
- ▶ Are there times of the day and week when adolescents are unoccupied and bored?
- ▶ Are there particular times when adolescents engage in unhealthy or unsafe behaviours such as playing in the street, swimming in unsafe areas, smoking, drinking alcohol or taking drugs?
- ▶ Are there times of the day when adolescents wait for long periods of time for work, for food or non-food-item distribution, at washrooms or showers, or at community kitchens?
- ▶ If adolescents have limited free time to participate in activities, is it possible to arrange a break for them to participate in Adolescent Kit activities by talking to their parents, family members or others?