



## What's in the kit?

Guidance and tools, for anyone working with adolescents affected by conflict, crisis, or other challenges, especially on programs that provide them with opportunities to recover from difficult experiences, connect with peers, learn and practice essential skills, and get involved in projects that interest them. They include . . .

- ▶ A **Foundation Guide** for program teams to use together as they set goals and strengthen their practices for
- ▶ A **Program Coordinators' Guide**, with suggestions for how to reach and engage adolescents
- ▶ A **Facilitator's Guide**, for anyone leading activities with adolescents to plan sessions and modules that are adapted to their interests, needs and context.
- ▶ 90 guides and ideas for activities for adolescents!
- ▶ A **supply kit**, innovatively designed especially for emergency and low-resource contexts, with lightweight, replaceable carrying cases and storage pods, a multipurpose marker board, and stationery materials for arts and group projects.
- ▶ The supply kit is available to UNICEF and its partners through our Supply Division in Copenhagen. It is the only UNICEF tool available specifically designed for adolescents.
- ▶ The supply guide, available online, also includes templates and patterns for anyone to build a supply kit themselves!
- ▶ All guidance and tools are available on an open source basis! Learn more about the kit and download resources at [www.adolescentkit.org](http://www.adolescentkit.org).



# The Adolescent Kit for Expression and Innovation

The Adolescent Kit for Expression and Innovation is a toolkit created by UNICEF to expand positive opportunities for adolescents ages 10-19, especially those who are affected by conflict, crisis, displacement or poverty.

## WITH THIS KIT YOU CAN...



Start a new programme for adolescents



Learn and use good practices



Set programme goals



Plan fun, challenging, age-appropriate activities



Strengthen a programme you already have underway



Put adolescents in the lead

## What is the adolescent kit for expression and innovation?

The kit is especially for programs that provide adolescents with positive, healthy activities for them to have fun, learn, grow, and get actively involved in projects and issues that interest them. It equips humanitarian actors to respond to the specific psychosocial needs and priorities of adolescents, and to engage with young people in a meaningful way, enabling them to express themselves, participate in decisions that affect them and contribute to positive change in their families and communities.

The approaches and activities in the kit are designed to support adolescent girls and boys to develop key **competencies** that can help them to cope with stressful circumstances, build healthy relationships, learn new skills and engage positively with their communities. It offers cross-sectoral approaches that focus on **arts** and **innovation**, bringing groups of adolescent girls and boys ages 10-17 together in a safe space on a regular basis to have fun, cope with difficult experiences, learn and work together.



### SNAPSHOT

It is a package of guidance, tools and supplies to support adolescent girls and boys to develop key competencies that can help them to cope with stressful circumstances, build healthy relationships, learn new skills and engage positively with their communities.

It is designed for use by anyone who is designing, leading, working in programs with and for adolescents ages 10-19.

## THE KITS IN ACTION!

Around the world, UNICEF and our partners have used the kit to support . . .

### INDONESIA



**Adolescents as innovators in disaster risk reduction, Indonesia.**

In low-income neighborhoods in Jakarta and Lampung, adolescents used design thinking and digital storytelling to imagine ways to reduce the impact of seasonal flooding on their lives and communities.

### NIGERIA



**Youth leaders as peace educators in Nigeria**

In the Northeast of Nigeria, UNICEF trained youth leaders to use the Adolescent Kit resources to lead education and support programs with adolescent affected by violent conflict with Boko Haram.

### KENYA



**Youth performers who raise awareness about HIV and sexual and reproductive health**

In Kenya, the poverty-affected informal urban settings of Nairobi, youth champions used theater, spoken word, poetry, dance and musical performances to educate young people about sexual and reproductive health, HIV prevention and HIV stigma reduction.

### MYANMAR



**Adolescent peer networks in Myanmar**

In Rakhine, Shan and Mandalay states in Myanmar, UNICEF catalyzed clubs for adolescents to educate their peers and advocate for their human rights.