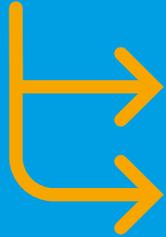




Household, Friend and Community Dialogue



What is the purpose of this activity?



Do you ever feel like you can't think of anything new to talk about with other people? Is it hard to talk with some people about certain topics, because you might disagree or argue?

In this activity, you will try a new way of having a dialogue with others, talking about topics that you may never have discussed before, and might spark your imagination.

What will you need?



One piece of paper, approximately A-4 size.



A pen or pencil.



One, two or more people, who are willing to work with you on a creative activity.



Step by step



Invite people from your household or your friends to have a dialogue with you.

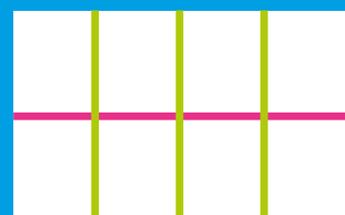
Explain that the dialogue will just be for fun. Agree to a time and place when you will have your dialogue. It should be a time when you can all join to talk and listen to each other without distractions for at least 30 minutes. The place you have the dialogue should be somewhere you can all access – online or offline. For example, if you meet in the household, choose a place where you can sit facing each other, in a circle or around a room. (If you eat meals together, mealtime might be a good time to have your dialogue.)



Optional: Plan for your dialogue to take place one or two days after you begin preparations that are shown in steps 2-4.



Prepare for the dialogue. Take your sheet of paper. Fold it in half along the "long" edge (the red line) and in thirds once along the "short" edge (the green lines), as shown below. Then, unfold it.




3

Find a flat surface that you can draw or write against. In the six rectangles, write one of these prompts per rectangle:

- ➔ **What is one of your favorite memories from childhood?**
- ➔ **If you could interview a famous person, who would you choose, and what would you ask them?**
- ➔ **If you could go back in time and live in another historical period, what period would you choose and why?**
- ➔ **If you could build a robot or a machine that could do anything, what would it be able to do, and what would it look like?**
- ➔ **If you could visit any other place in the world, where would you go and how would you spend your first two days there?**
- ➔ **If you could be another living creature, that is not a human being, what would you choose and what do you think a day in your life would be like?**

When you are done writing, cut or tear the paper into six “cards,” each of which has one question on it.

4

Make the question cards visible to all the dialogue participants, but keep the questions facing down so they cannot see them. Invite one person to select or draw one card at random. The question on the card is the one you will use for your dialogue. Show it to everyone who will participate in the dialogue so they can begin to think of what they want to reply.

(Keep the question card - you will use it during the dialogue! Keep the other five cards, too, so you can repeat the activity if you wish).

**5**

At the time and place you have agreed to hold your dialogue, invite your participants to join and welcome them. Agree on the following rules for the dialogue:

- ➔ Only the person holding the question card can speak.
- ➔ Everyone else should show that they are listening and should not be doing other things at the same time.
- ➔ Each person should only speak for 5 minutes total when it is their turn. When they are done speaking, they should pass the word to the next person.
- ➔ Each person should focus on answering the question while they are speaking. They should not speak about other topics during the dialogue.
- ➔ If someone wants to observe, but not participate in the dialogue, the people actively participating should decide if they may do that.
- ➔ This activity is for fun! No one should tease or criticize what another person shares.



Hold your dialogue, giving each participating person a chance to speak.

If you can, take a photo during or after your dialogue. After the last person has spoken, share a round of applause and thank everyone for participating!



If you want, you can discuss what was surprising or interesting during the dialogue, and what new things you learned about each other. You can ask for permission to share these things with others to spark more dialogue.



Create more

- **Write a story or create a drawing based on the memories or ideas that one of your participants shared. Surprise them by showing it to them!**
- **Hold another dialogue anytime you wish with household members and friends. Use the other five question cards for the dialogues to learn new things about each other.**



Share

→ **Online:**

Share a short report about your dialogue. Mention the question you chose. Share a surprising, interesting or funny thing that someone told you, if they give you permission to do so. Send these to the chat group.

Look for more messages from the chat group to see what other adolescents have experienced in their household dialogues. Participate in the conversation!

→ **Everyone (Online and Offline):**

Keep what you have written or drawn in a place where you can find it again. You can share your experience and creations with others who might enjoy hearing about it. You can put it out in the household for everyone to read and become inspired by it. and create one long list.



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Guide for parents and caregivers

1

Before your adolescent starts this activity

- Read the activity guide for Household, Friend and Community Dialogue so you understand the steps and what adolescents are asked to do.
- Support your adolescent by showing interest in participating in the Household, Friend and Community Dialogue they organize. Encourage others in your household to participate supportively as well.
- Help your adolescent to choose a good time and place for the dialogue.
- Support your adolescent in preparing the “question cards” and in arranging for one of the participants to choose, at random, the question card that will be used for the dialogue.
- Review the suggested activity rules together. Consider adding or changing rules that will help ensure an enjoyable, relaxing dialogue. For example, you may wish to consider including a rule that no one checks their mobile phone during the dialogue.

Ask your adolescent how they would like to work on this activity

- *Would you like to prepare the question cards on your own, or would you like for me to do this with you?*
- *Do you want to invite others in our household to the dialogue yourself, or would you like for me to do this with you?*
- *Do you agree to the “dialogue rules” that are suggested in the activity guide? Are there any others you suggest that would make our dialogue more enjoyable and interesting?*

Accept and support their answers to these questions. Once they have told you their preferences do not push them to try the activity another way.

Note: You may wish to suggest your own dialogue questions, instead of using the six from this activity. However, you are encouraged to try using one of these questions first. If you do wish to think of your own questions, be careful to avoid questions that may prompt anyone in your family to strongly disagree, argue, lecture or scold one another, or feel scolded. Keep in mind that such topics may add to your stress during an already stressful time, and the purpose of this activity is to have fun together.

2

During your family dialogue:

- Encourage that your adolescent is the one leading the activity and explaining it to the participants and helping everyone to agree to the rules together.

- Help to make sure that everyone in the dialogue follows the rules.
- Help to manage the time:
 - Make sure everyone tries to speak for maximum 5 minutes and that no one talks for so long that others get tired or bored.
 - Encourage participants to continue the dialogue for as long as needed so that everyone has an opportunity to speak, but do not force them to continue if people feel tired. In this case, pause the dialogue and agree to continue again another time.

If your adolescent or anyone else are confused about how to do the activity, and want your help:

- Read the guidelines in the activity guide and try to explain the step by step in your own words.
- Remind them that there is not a “right” or “wrong” way to do the activity, and that they should try to answer the question in a way that they enjoy. The purpose of the activity is to help people enjoy spending time together by having a fun, relaxing and creative dialogue about a low-stress topic.
- Encourage everyone to try the activity again with the other questions.

3

After your adolescent is done with the activity

- Help them to find a place and time to write or draw about what was shared, and how they felt, during the dialogue.
- Ask if your adolescent wants to share what they wrote or drew about the dialogue. If they do, share encouraging words about what they created. Never correct or criticize them.
- Talk with them about your memories and feelings about the dialogue. Share what you enjoyed, found surprising, interesting or funny about what others said, and invite your adolescent to do the same. Discuss what you learned about each other through the dialogue. Discuss whether you would like to have another dialogue.
- If they are participating in a discussion with a facilitator and other adolescents using their mobile device:
 - Remind and encourage them to share their thoughts and feedback about their dialogue in the chat group. (However, do not force them to share if they do not wish to.)
 - Encourage them to participate in the conversation with the facilitator and the other adolescents.



Facilitator guide

Activity Purpose

In this activity, adolescents organize a dialogue about a thought-provoking, non-sensitive topic with others in their household. They can also have the dialogue with friends and community members over phone. Then, they will share thoughts and reflections about the dialogue. Through this activity, they will practice competencies for empathy and respect, communication and expression and problem solving and managing conflict.

1

Preparing adolescents and families

- A few days in advance, announce that adolescents will receive a guide for this activity. Encourage adolescents to have fun and give it a try! Reshare the guide the day before adolescents begin the activity.
- Explain that the activity will give adolescents a chance to talk with others in a new way, about a creative, low-stress topic. Remind them that the activity is meant to help them to listen to and connect with household members and friends, and also to have fun.
- Remind parents/caregivers that they can support their adolescents by reviewing the activity guide and their own guide.
- Read the activity guide carefully and explain to the adolescents how to prepare for the activity.
- Inform them of the date by which they should finish the activity, and how they should share what they created.

2

When you share the activity guide

- Repeat the information above, so adolescents (and parents) understand how to participate in the activity, and what to do next.
- Explain to adolescents (and parents) how they can communicate with you to ask any questions they may have.
- Send encouraging messages to remind adolescents (and parents) that you hope they are enjoying the activity and look forward to hearing about their experiences.

3

After the activity

- Remind adolescents to share their experiences with their dialogues. Explain how they can share these with you.
- As some adolescents begin to share their stories, send encouraging reminders to others to do the same.
- Share examples of the first feedback you receive from adolescents about their dialogues with positive comments, as encouragement for other adolescents to share their stories, too.
- Invite adolescents to respond to the following questions, one at a time.
 - ➔ *Which question did you discuss for your dialogue? What was the most interesting, surprising or funny way someone answered the question?*
 - ➔ *What is something new you learned about the participants from your dialogue?*
 - ➔ *Was this dialogue similar to or different from the way you usually talk with others? Tell us more about your answer!*
 - ➔ *Get creative! How could you create a written story, drawing, or performance about something one or more people shared in your dialogue? Share what you create!*

Allow some time (possibly a day or so) between each question so adolescents have time to respond.

- Send a closing message thanking them for participating. Congratulate them on their posts and creative work. If you will be sharing their posts and creative works in another way, inform them of this and ask for their permission to do so. Let them know if they should expect another activity.