

## CENTRAL NEW YORK YOUTH T4F AGENDA

### FIRST MORNING: 8:10 – 11:40

- |   |    |
|---|----|
| 1 Welcome, Agenda Review, Team Intros   | 05 |
| 2 Opening Talk: Process –<br>(are people up for challenges?);                           |    |
| 3 Ground Rules & AVP Ways;  | 05 |
| 4 Housekeeping: BR, lunch,<br>anything special?   | 05 |
| 5 Adjective Name & Why I'd like (or I like) to<br>be a facilitator                      | 15 |
| 6 Team <b>Building</b> for Teams A, B & C (hand<br>out 7 Team Building&Feedback sheets) | 45 |
| 8 L&L: Here I Sit   | 10 |
| <b>BREAK</b>  | 15 |
| 9 Team <b>Planning</b> for Teams A, B & C (hand<br>out Agendas w. evaluation sheet)     | 45 |
| 10 Evaluation (short intro & modeling)  | 10 |
| 11 Feedback Modeling (for Session 1 with<br>facilitators that led Session 1)            | 15 |

**LUNCH** 30

### FIRST AFTERNOON: 12:10 – 2:05

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|--|----|
| <b>1 Sample Session A led by Team A</b><br>entire section              | 50 |
| 2 Agenda Review  |    |
| 3 Gathering: Something needed for good<br>team work is...              |    |
| 4 Concentric Circles (topics about<br>facilitating)                    |    |
| 5 L&L: Ethnic Food Cart  |    |
| 6 Evaluation   |    |
| <b>7 Feedback for Team A</b>   | 20 |
| <b>Mini Break</b>  | 10 |
| <b>8 Brainstorm for Role Plays<br/>&amp; hand out Role-Play Sheets</b> |    |

### 9 Questions?? & Closing

(Handshake/High Five?) 15

### SECOND MORNING: 8:10 – 11:40

(Quick welcome & on to Team B)

#### Sample Session B - led by Team B

entire section 50

- Agenda Review
- Gathering: (after a quick review of TP Guides) A TP Guide that speaks to me is...
- Broken Squares (w. Letters)
- L&L: Elephant & the Palm Tree
- Evaluation

**Feedback for Team B** 15

**Mini Break** 10

#### Sample Session C – led by Team C

entire section 60

- Agenda Review
- Gathering: Mirror Circle (from Youth manual) (When (such & such happens), I (feel, get etc) ...because...)
- Win/Win Process (from Youth Manual. - Try the demo for Middle School Program)
- L&L: Pattern Ball
- Evaluation

**Feedback for Team C** 15

**Lunch** 30

### SECOND AFTERNOON: 12:10 – 2:05

- |  |    |
|--|----|
| 1 Role Play(s?) ( to compare R.P.s and Skits<br>& to practice de-rolling characters) | 60 |
| 2 Where do we go from here, & Questions  | 25 |
| 3 Closing Circle – Graduation Circle   |    |
| 15 (Followed by L&L: Machine??)  | 30 |

(LETTER TO PARTICIPANTS)

**RE: ALTERNATIVE TO VIOLENCE (AVP)  
TRAINING FOR FACILITATORS (T4F) WORKSHOP**

Dear Participants:

Hello! Here's a packet of materials concerning the upcoming workshop. We will have 2 busy, hands-on days. Participants will have a chance to 'practice' being facilitators. Other groups have said it would be helpful to have a general idea of what the days will be like and some materials to read that explain a bit about what becoming an AVP facilitator entails.

**GENERAL IDEA:**

On the **First Morning**, after some group building activities, participants will work on 3 Teams: Team A, Team B and Team C. With the help of a facilitator, each team will do some 'Team Building' and 'Team Planning.'

On the **First Afternoon** Team A will facilitate a sample session followed by feedback.

On the **Second Morning** Teams B and C will each facilitate sample sessions, each followed by feedback.

On the **Second Afternoon** we'll do a short role-play with volunteers doing the 'playing' and other volunteers practicing to 'de-role' the 'players' and to 'process' the role-play. We'll also discuss any unanswered questions and have a closing.

**READING MATERIALS from the Youth Manual:**

Enclosed are the following:

'General Tips For Facilitators Doing Youth Workshops'

'Introduction To Exercises'

'Introduction To Light & Livelies'

If everyone would read these **before** the workshop, it would be wonderful! **Please bring these materials to the workshop as well.** There will be other information handed out at the workshop.

Information for Facilitators – to make packets for participants

**Packet 1:** This contains sheets of general information as above.

**Packet 2:** This contains 3 sheets of overall agendas & Team Building sheets. Each participant should get this packet. These will be handed out during the **First Morning** session when the three teams do **Team Building**.

**Packet 3A, 3B & 3C:** These contain sheets comprising of agendas & exercises for each of the 3 teams. These will be given out for **Team Planning** on the **First Morning**. Each team will get 7 copies of its agenda & exercises – for as many as 6 participants plus one for the 'lead' facilitator of the particular team