



Chapter 9: How To Be a Support – Facilitator Guide

Room Set-Up: A circle, semi-circle, or U-shape would be ideal for discussions and sharing.

Number of Participants: Up to 20.

Approximate Time: 35-45 minutes

Materials

- Flip chart or white board; markers; Embracing Life Youth Voice Toolkit Chapter 9

Learning Objectives

- Identify strategies for supporting others
 - Learn how to support others based on the emotions they are experiencing
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Check-In Questions and Discussion

- How are you arriving today?
- Rose/Thorn/Bud Exercise
 - Rose: One good thing going on in your life right now
 - Thorn: One thing you'd like to work on or improve
 - Bud: One thing you are looking forward to
- Have you ever been a support for someone else? What was the situation and how did you support them?

Toolkit Chapter Review and Story (pp. 34-36)

Questions and Discussion (Popcorn Style) – Keep track of responses on flip chart/white board

- What are some signs someone close to you isn't doing well?
- What can support look like?
- What if someone who seems to need help is resistant to receiving help?

Toolkit Worksheet Activity (Work in small groups or individually – facilitator's discretion)

Checkout Questions

- How are you leaving today?
- Rose/Thorn/Bud Exercise
 - Rose: What are your favourite takeaways from this chapter?
 - Thorn: Was there anything you didn't like about this chapter?
 - Bud: How will you use what you learned in this chapter to improve your life or the lives of others?