



2024

Center of Transformation (CoT)

Program Curriculum

Facilitator Handbook –

Week 8 Session

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Developed By

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Week 8: Advocacy: Skills, and Techniques

Duration: 45 minutes

Week 8 Introduction (Video):

- Welcome members back and briefly recap Week 7.
- Introduce advocacy, skills, and techniques.
- Share more details about the final competition project instructions.
- Summarize this week's activities.

Objectives: The objectives of this session are to:

- Explore advocacy in global climate change, transportation, and energy challenges.
- Introduce the five step advocacy process.
- Practice advocating skills to improve teens' confidence, communication, and research skills.
- Encourage members to share any personal experiences or observations.
- Provide more details on the CoT Final Project Competition.

Facilitator Time Commitment: 3 hours maximum

- Weekly Check-in Meetings: 1 hour per week (or less)
 - Please ensure that at least one person from your organization joins us each week so that we can share important CoT updates, answer questions, and ensure program alignment.
 - Join Zoom Meeting
 - <https://us02web.zoom.us/j/89252599378?pwd=Mkg0Um5QL2QzUzBLYUxkUzZSY21TUT09>
 - Meeting ID: 892 5259 9378
 - Passcode: 727575
- Session Preparation: 30 minutes per week (or less)
- Session Facilitator: 1 hour
- Reporting and Feedback: 30 minutes per week

Facilitator Instructions:

- Set up:
 - Videos: Open an Internet window and have the Introduction video and Learning videos ready to play. The weekly session content and videos can be found at: <https://www.clubhouseatyourhouse.com/week8>. Scroll down to the "Weekly CoT Session" section of the web page and click on the specific week.
 - Virtual Facilitation:
 - Open the Zoom room at least 15 minutes before the start of the session.
 - CoT Virtual Session Zoom Link (for Tuesdays at 5:30 pm EST): <https://us02web.zoom.us/j/86164296749?pwd=RWNuSWxUdzVaVmhpRjRuamhiVTIEQT09>

- Some teens may join individually and others may join in a group at a local club. This may present some challenges with individual exercises and activities. Ensure that teens in the same room still have access to electronic devices to complete their assignments.
- Club/Organization facilitators may want to participate and help facilitate the discussion with the teens.
- Take pictures and video clips of your group and email them to: cot@bgcgw.org.
- In-person facilitation:
 - Arrive at least 15-30 minutes before the start of the session to set-up and prepare.
 - Teens should have access to electronic devices for individual assignments.
 - Download and/or print the *Advocacy Skills Worksheet* for your group (located at the end of Week 8 below).
 - Take pictures and video clips of your group and email them to: cot@bgcgw.org.
- Introduction Video: Begin the weekly session by playing the weekly BGCGW CoT Introduction video.
 - Set-up: It is recommended to set up the teen space before the teens join, test the projector/TV connection and play the video to check the video and audio features
 - Ensure that teens have access to electronic/mobile devices with an Internet connection.
 - The video will welcome teen members to the program and provide a brief overview of the CoT Program, the calendar of events, and how the weekly sessions are designed.
 - The video link is: <https://www.clubhouseatyourhouse.com/week8>.
- Learning Video: The link for the learning video can be found at: <https://www.clubhouseatyourhouse.com/week8>.
- Exercise or Activity: Advocacy Skills Practice
 - (All Facilitators):
 - Download and/or print the *Advocacy Skills Worksheet* for your group (located at the end of Week 8 below).
 - Group Assignments:
 - (In-person Groups) Pair teens up into groups of 2-4 and have them complete the Skills Worksheet together.
 - (Virtual Groups) For virtual groups (use Zoom breakout rooms)
 - Using the Five Step Advocacy Process, each group will come up with an issue that matters to them and practice how they would advocate for the issue.

- Each group will complete their *Advocacy Skills Practice Worksheet* and practice their idea in front of the group for constructive feedback.
- Facilitators and other group teens should provide constructive feedback to each group on how well they advocated for their issue and used the five step process.
- (Facilitators): Submit **all** group *Advocacy Skills Practice Worksheets* to: cot@bgcgw.org.

1. Facilitator:

- Provide an Overview of Week 9.
- Submit *Advocacy Skills Practice Worksheet* per each group to: cot@bgcgw.org.
- Submit weekly pictures and video clips and email them to: cot@bgcgw.org.
- Record weekly attendance for Week 8.

Week 8 Session

Duration	Activities	Facilitator	Resource(s)/ Material(s)
5 min	Week 8 CoT Video	BGCGW/CoT Staff	<ul style="list-style-type: none"> Video link: https://www.clubhouseatyourhouse.com/week8.
5 min	Learning Video: Self-Advocacy: Five Step Process	Club Facilitator	<ul style="list-style-type: none"> Video link: https://www.clubhouseatyourhouse.com/week8.
5 min	Advocacy Skills Practice Exercise Instructions	Club Facilitator	<ul style="list-style-type: none"> <i>Advocacy Skills Practice Worksheet</i>
25 min	<p>Exercise or Activity: Advocacy Skills Practice</p> <p>Using the Five Step Advocacy Process, each group of 2-4 teens will:</p> <p>(1) Work as a group to identify an advocacy issue or topic and complete the five step process on the <i>Advocacy Skills Practice Worksheet</i>.</p> <p>(2) Then, the group will practice & present their advocacy issue with the full group for constructive feedback.</p>	Club Facilitator	<ul style="list-style-type: none"> <i>Advocacy Skills Practice Worksheet</i>
5 min	Debrief and Wrap-up	Club Facilitator	<ul style="list-style-type: none"> Debrief Week 9 overview Submit <i>Advocacy Skills Practice Worksheet</i>

Outcomes:

- Members with increased advocacy and debate capabilities that improve members' critical thinking skills, boost their confidence, and improve their communication skills.
- (Facilitators) Submit the ***Advocacy Skills Practice Worksheet*** to: cot@bgcgw.org.

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Advocacy Skills Practice Worksheet

Advocacy is using your voice to speak up for yourself, others, and/or about important issues that matter to you.

Week: _____ **Club:** _____ **Date:** _____

Group Members (2-4 in each group):

Instructions: Each group will complete the Five Step Advocacy Process discussed in the Learning video (<https://youtu.be/fCjwA67THIc?si=DYPzC4YW8-Sxw2yQ>) and advocate for a global climate change, transportation, and energy issue.

1. Step 1: Identify and Clarify

Identify: What is the Issue or Problem: (What is the issue, what is important to you, what do you need or want, be clear about the issue)

Clarify: What Do Need: (What do you need to happen to address this issue?)

2. Step 2: Reach Out: (Who can help, who has the power or influence, who do you trust)

Who can best help address this issue?: (Name at least two different groups of stakeholders)

3. **Step 3: Have Courage:** (Believe in yourself, prepare a strong argument, practice what you want to say, and be willing to compromise.)

Research and share one FACT to help you build a strong position or argument:

4. **Step 4: Speak Up:** (Be specific about what you need and how they can support you in a respectful way)

What is your call to action? (Be specific about one thing that can be done that will help. What kind of support do you need on this issue?)

5. **Step 5: Reflect:** (What happened, how did the conversation go, what did you learn, and what are the next steps to take)

Practice in your group or with the larger group and be open to constructive feedback.

Document your feedback here.

Submission:

Facilitators should submit each group's *Advocacy Skills Practice Worksheet* to: cot@bgcgw.org.

Week 9 Session:

Duration	Activities	Facilitator	Resource(s)/ Material(s)
5 min	Week 9 CoT Video	BGCGW/CoT Staff	<ul style="list-style-type: none"> • Video link
5 min	<p>Exercise: <i>Advocacy Debate Competition</i></p> <p>Using the Five Step Advocacy Process in Week 8, organize members into two groups. One group will argue for the issue and the other will argue against the issue.</p> <p>Members will be provided an advocacy scenario and position that they must defend and advocate for.</p> <p>Each group will research their advocacy scenario and develop a debate argument. Designate someone to record the debate with a video and include the:</p> <p>Each group will prepare and practice a 2-minute advocacy debate. The group in each session who (1) submits their video by the deadline and (2) presents the strongest argument will win prizes.</p> <p>Winners will be announced in Week 10.</p>	Club Facilitator	<ul style="list-style-type: none"> • <i>Advocacy Debate Competition Worksheet</i> • <i>Advocacy Debate Video (one video per group)</i>
5 min	Wrap-up	Club Facilitator	<ul style="list-style-type: none"> • Submit the <i>Advocacy Debate Competition Worksheet and Video together</i> • Week 10 overview.

