

UNDERSTANDING ADOLESCENCE

Time 1h 30min

Overview

It is crucial for the success of adolescent and youth programming to understand adolescence and the science behind the changes. Building on the science of brain development this session aims to get participants to see the unique second window of opportunity provided in adolescent and youth programming.

Instructions

- 1- **Individual reflection (5 min):** think about your own adolescence
 - a. What were changes you experienced during adolescence?
 - b. Why do you think they occurred?
 - c. What support did you receive to guide you through your adolescence? What support would you have liked to receive during adolescence?
 - d. Are your experiences relevant in today's world – for adolescents today?

- 2- **Group discussion (30 min):** Sharing of individual reflections, identifying common threads
 - a. Do you share any common point/experience?
 - b. Do you agree on the reasons behind your experiences during adolescence? Are there different points of view?
 - c. What is the relevance of these experiences for today's adolescents and youth
 - d. How would these changes, that occur during adolescence, influence adolescent and youth programming?**

- 3- **Plenary Feedback (30 min)**
 - a. Groups to provide feedback on (7 min/group):
 - i. Highlights of individual adolescence experiences (only if participants are keen to share)
 - ii. The rationale of why do these changes occur?
 - iii. Relevance of these issues to Adolescent and Youth Programming.

- 4- **Wrap presentation and discussion**
 - a. Video on adolescent brain development (6 min)
 - b. Summary presentation on the second window of opportunity (12 min)
 - c. Discussion (15 min)

Reference: <https://www.unicef-irc.org/article/1149-the-adolescent-brain-vulnerability-and-opportunity.html>