



2 INITIAL THOUGHTS - THE NEEDS OF YOUNG PEOPLE

OBJECTIVE:

To get people thinking about the needs of young people.

METHODS:

i) A Round - Rounds involve each participant in turn making a short statement. The group needs to be seated in a circle but, other than this, no special preparation is required. Rounds are a quick way of focussing people's minds. With a group of 12 the exercise will take from 3-5 minutes.

Some examples:

- a) When I was 16 I was;or
- b) My favourite place when I was 16 was;or
- c) Young people of today are

ii) Three-time Rhythm - A variation to a round which again is quite quick and does not involve any preparation other than getting people to sit or stand in a circle.

Introduce a rhythm - clap - clap - space - clap - clap - space etc. Going around the circle get each person to call out a word which says something about young people. They should say this in the space between claps. You may want to do a few rounds of this.

iii) When You Were Young

You will need copies of the 'When You Were Young?' question sheet. An example of this is provided. You may want to use this or you could make up your own.

Approx. 10-15 minutes for a group of 12-24 is required.

Give everyone a question sheet and explain that the object of the

“My favourite
place when I
was 16 was...”

exercise is to fill in all the squares with as many different names as you can. You do this by approaching people and asking them a question from the sheet. If they say yes, you write their name in a square and move on and ask another person another question. If they say no, ask them another question. You may want to decide on a particular age, for example 16.

WHEN YOU WERE YOUNG

Approach people and ask them a question from the sheet e.g. 'When you were young did you like playing sport

If they say yes, write their name in the square. If they say no, ask them another question. Try to fill the sheet with as many different names as possible.

Spend a lot of time on your own	Like playing sport	Have to help out at home
Have a large group of friends	Enjoy going to school	Have one particular friend
Obey your parents	Think most adults were boring	Like doing risky activities
Like reading	Feel shy when meeting new people	Worry about what others thought about you
Have a boyfriend or girlfriend	Like going to parties/dances etc	Like going to church