

Working with 15-18 Year Olds (borrowed from the Bonney Lake 4H Challenge Course)

General Tips:

- Give choices about clothing
- Do NOT assume that are more mature because they are older
- Facilitate on the fly! a.k.a.. allow them to create as much as possible
- Prone to mood swings & peer pressure
- Have a hesitancy to try
- Generally supportive, team players
- Not a cliquey as younger age groups
- A defined class hierarchy structure
- Higher level problem solving skills
- Greater physical capabilities and strength, so can use harder low initiatives

Facilitator Tips:

- Change roles within the group, i.e. leader becomes follower
- Be sensitive of body issues: Males & their strength, Females & their weight, Boys might take over due to size
- Stress emotional safety
- Be observant of emotional make-up of group: Hate the world? Indifferent?
- Recognize who takes responsibility in the group. What are their strengths?
- Emphasize the PROCESS not the completion of the activity
- Be aware of a facilitators dilemma: To be silly or not to be?
Advice: do whatever makes you comfortable
- Be flexible
- Reinforce challenge by choice, including the ice breakers

Sequencing:

- Tend to have "slower" mornings than younger groups
- Need to be able to snack throughout day
- More comfortable with physical spaces
- Allow them to set their own goals for the day & the activities
- Allow them to create their own safety plan, reporting it to facilitator before being implemented
- Emphasize NO SMOKING on course
- During welcome, discuss "helmet head"
- Choose activities that require higher lever planning and physical challenge
- Include dealing with sensitive issues in Full Value Contract

Briefing Tips:

- Get the participants to continually reiterate goals of both the activity and the day
- Activities must be framed in relation to participant's lives
- USE METAPHORS
- Give minimal guidance during set-up

Debriefing Tips:

- Multiple perspectives is not a bad thing
- Increase complexity of reflection time after each activity
- Address sensitive issues such as gender, body image
- Good debrief questions:
 - Apply this activity to something in your everyday life.
 - What individual contributions made this activity successful?
 - What are some skills used here needed for transition to college or career?
- Frame debrief for future/transitional time in life
- Use more questions that focus on skill application to "life after today"