

Participative methodologies for children and youths

Enhancing psychosocial resilience and empowerment

Football for Protection



Based on the sport for protection toolkit developed in 2018 with IOC and UNHCR, Tdh has developed **a detailed methodology to support coaches** to use Football for protection. A detailed curriculum supports coaches to propose 24 structured coaching sessions to provide safe sport, strengthen life skills and provide leadership opportunities to the youths. This F4P methodology is designed to help participants **cope with, adapt to, and transform** their situations by providing them with structured football activities. When using sports, the intended protection outcomes vary depending on the situation and programming priorities, as per Tdh's S4P framework these can include: Social Inclusion- "Including everyone"; Social Cohesion - "Living together"; Emotional well-being - "Feeling good".

Objectives

To support the use of Football as a tool for strengthening psychosocial resilience, youth protection, and community engagement.

For Participants

Children and youth take an active role in shaping their lives and environment according to their needs and aspirations by strengthening their Engage skills through sports and having the opportunity to exercise their agency.

For Coaches

To successfully support participants in learning the ENGAGE skills through football and increase their active participation in the development of their communities.

Target group

Age: 15-25

Size group: 10-15 participants

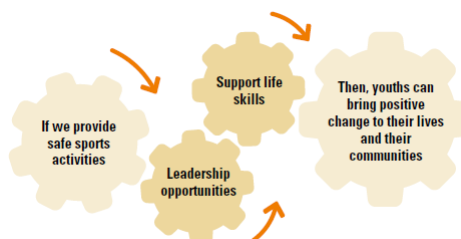
Context: settings which allow regular attendance/group stability such as development contexts and protracted crises or second phase of an emergency

Prerequisite

Ensure this methodology **fits your needs & context** in terms of Target group, Staff capacity & skills, Community engagement and Time commitment.

Consult with communities, parents, and children to see whether the methodology should be adapted.

Proceed to stakeholder mapping to see how you can develop a multi-stakeholder dynamic.



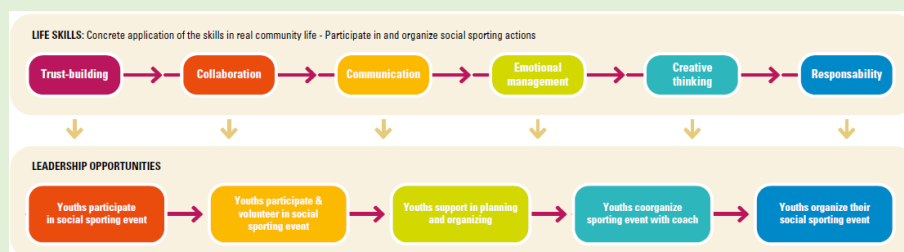
F4P Structure

Strengthening life skills

The program is based on 6 phases of training based on the ENGAGE skills (6 series of 4 sessions). Each of these phases have specific objectives to strengthen life-skills, football-skills, protection-knowledge, and well-being.

Providing leadership opportunities

If resources and context allow it, participants should put their acquired skills into work by organizing a Social Sporting Action that raises awareness on a challenge that their communities are facing.



Material available

(click on titles to access directly)

Sport for Protection (Tdh- IOC-UNHRC), which provides essential information to support program staff to design a sport for protection project.

F4P Curriculum Guide (Tdh) comprising of 24 planned sessions for previously trained coaches.

F4P Detailed Methodology (Tdh) which contains phases of training: Each of the phases have specific objectives to strengthen life-skills, football-skills, protection-knowledge, and well-being.

The F4P curriculum guide and detailed methodology will be available in different languages, therefore if you wish to translate it into your own language, make sure coordinate with maria.bray@tdh.ch.

Necessary resources

Timing:

- 1st month: Contextualisation, Traduction, Design & Printing
- 2nd month: Identification of coaches & Training (2 x 5 days)
- 3rd – 5th months: Curriculum implementation: 24 sessions of 90 mins + 6 Social Sporting Action
- 6th month: M&E and lessons learnt

Material:

- Football equipment
- Cancellary

Monitoring & Evaluation

In the guidance **overall recommendation** on F4P M&E methodologies are provided but also **examples of tools** (questionnaires, observation checklist) that were developed in Greece for a “Football for protection” project targeting youths on the move at risks. All these tools have been compiled in a F4P M&E toolkit (attached in Annex 6).

Links with Tdh MHPSS framework



Strengthening resiliency capacities and self and collective efficacy: The F4P methodology is based on the acquisition of 5 ENGAGE skills (Collaboration, Communication, Emotional management, Creative thinking and Responsibility) and the application of these skills through organizing a Social Sporting Action. The acquisition of the latter skills and knowledge can lead to increased psychosocial resilience, and capacity to protect oneself and others.



5 pillars of well-being: F4P activities aim to restore a sense of well-being through interaction with others, but also personal development.



Supporting Children and youth participation and empowerment

Through F4P, we propose youths to engage in collective Social Sporting Action to activate their newly acquired life skills in real life situations ; all through the curriculum, youths will gradually take more and more responsibility in preparing, organizing , managing, and facilitating the Social Sporting Actions (such as football for all events) which take place in parallel to the football sessions, and enable them to put into practice their acquired “ Engage” skills and experience leadership.



Community based and contextualised approach to well-being: Community engagement is key to the relevance and success of all the project’s activities. It will influence attendance of youths in the sport session but also during the Social Sporting Events, and participation in meetings and committees. Community Engagement will facilitate the participants’ access to the community in order to use their life skills and increase their participation as able individuals.



Terre des hommes
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