

Participative methodologies for children and youths

Enhancing psychosocial resilience and empowerment

YouCreate



YouCreate is a **Youth-led Participatory Action Research (PAR)** Project aimed to train Youth Leaders, with the support of Adult Allies and the 'Art-kit', to lead their peers in implementing participatory arts-based research projects and 'Art Actions' - **arts-based activities designed to address issues of significance to youth in their community**. With the goal of strengthening youth well-being, resilience and leadership, YouCreate has had a positive impact on youth in countries where it has been implemented. This PAR project has broken down barriers between young people, their families and communities who come together with the common goal of strengthening well-being through the arts.

Objectives

To create a space for youth affected by migration and adversity to strengthen skills to lead their peers in arts-based activities that **support wellbeing, resilience and social cohesion**.

Target group

Age: 15-25

Size group: 20-25 participants

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

PAR Process

Participatory Action Research (PAR) is a process where the researchers (the Youth Leaders) and the participants (the Youth Participants) work together to understand the strengths and challenges in youth's daily lives, and then plan and implement projects that promote positive social change.

There are 5 phases in the YouCreate PAR:

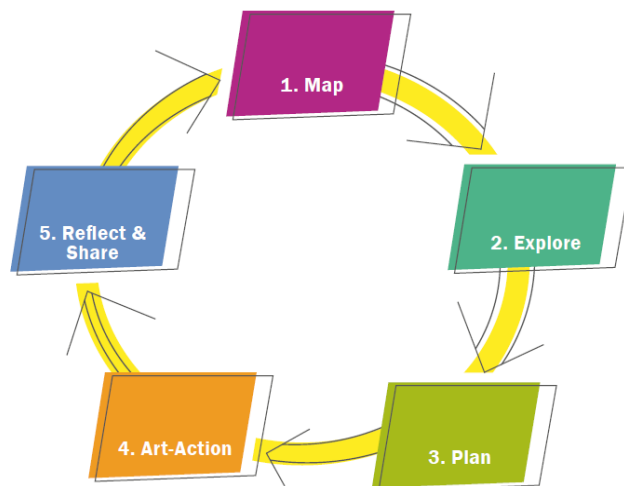
1. Map: Youth leaders and their Adult Allies use arts-based activities to map out a baseline for their project, to set our roles and to create a vision.

2. Explore: Youth leaders lead their peers through a series of art-based activities to explore their wellbeing and involvement in their communities and the arts.

3. Plan: Youth leaders guide their peers to confirm and adjust the findings. They select a specific challenge to address, analyze root causes, and develop an arts-based project to address it.

4. Art-Action: Youth implement, monitor and evaluate their arts-based project with the support of youth leaders and adult allies.

5. Reflect & Share: Youth leaders guide youth to reflect on any changes that have occurred as a result of YouCreate.



Prerequisite

Ensure this methodology **fits your needs & context** in terms of:

- Target group
- Staff capacity & skills
- Community engagement
- Time commitment

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

Material available

(click on titles to access directly)

YouCreate Program Report provides important background information and lessons learned on the current state of arts-based programming for young people impacted by migration and adversity worldwide in order to guide the development of the arts-based youth-led YouCreate methodology.

YouCreate Art Kit will guide Youth Leaders to lead activities with a group of Youth Participants. It includes a sequence of art-based activities, as well as some suggestions for fun play-based games.

YouCreate Project Guide is designed to help the project team to understand the YouCreate project and how to support youth and colleagues to develop a strong project.

YouCreate e-modules consist of a series of 6 videos together with reflective activities to learn about the YouCreate PAR process and explore how it might work for you.

The methodology is 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: 6 to 12 months

1st month: Contextualisation, Traduction & Baseline

2nd month: Building & Orientation of the project team & Training of the Youth leaders

3rd-5th month: Curriculum implementation -ideally over 3 months (1session/week) -18 hours of activities with Youth Participants + 24 hours of preparation & debrief with Youth Leaders

6th month: M&E analysis & Lessons learnt

Human resources:

At Programming level:

Project Manager & Project Officers & M&E Specialist

At Implementation level:

a. Trainer

b. Adult ally

c. 2 Youth leaders (Facilitator & Note taker)

Material:

- Arts equipment
- Small budget for Art-Action
- Safe space & Refreshment

Links with MHPSS framework



Strengthening resiliency capacities and self and collective efficacy: Through the collective planning and implementation of Art-Action, Youth Participants have the opportunity to gain a sense of control and meet their own personal goals as an important part of wellbeing.



5 pillars of well-being: The concept of the pillars is introduced early in the Art-kit and youth are encouraged to track their wellbeing over the course of the project.



Feeling safe



Feeling connected



Feeling worthy



Feeling respected



Feeling hopeful



Supporting Children and youth participation and empowerment: Youth's meaningful participation is central to this whole youth-led model of PAR. Though YouCreate deploys the standard project team (project manager, project officer and MEL specialist), actual project implementation is highly dependent on the Youth Leaders who lead their peers to launch their Art-Action with the support of their Adult Allies.



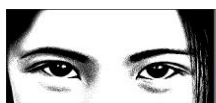
Community based and contextualised approach to well-being: The community is viewed as a resource for supporting Youth Art-Action, and a recipient for conveying youth's messages. The community is informed, consulted and invited to support Youth Art-Action.

Monitoring, Evaluation & Learning

In participatory approaches to programming, the level of engagement of youth in MEL can be on the following scale:



YouCreate is a Youth-led project therefore **most of the MEL activities will be led by Youth Leaders** with the support of the MEL specialist (activities incorporated in the PAR process) while only few activities will be led by the MEL Specialist (activities & tools available in the *Project Guide*).



Terre des hommes
Helping children worldwide.