



# Kasama sa Kalusugan

Youth Health Influencer  
Training Workshop



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## Session 6 : Action Planning (30 minutes)

In this last session of the day, each Youth Health Influencer will draft an action plan.

- 01 Share a printed copy of the Action Plan Form.
- 02 Ask the following guide questions. Think Who, What, Where, When?
  - + Which health issue do you want to tackle? Which short session would you like to conduct?
  - + Who do you want in your audience? How will you invite them?
  - + What resources will you need?
  - + Where can you do this?
  - + When do you plan to conduct this activity?
  - + Whose help do you need?
  - + Can this be included in another activity?
  - + Do you need a resource speaker?

After about 20 minutes, ask a few Youth Health Influencers to share their plans. Ask if there are any questions.

## End of Day Activities

It has been a long day, and you and the new Youth Health Influencers have worked very hard. There are just a few more things to do:

- 01 Pass out the evaluation forms. Give the Youth Health Influencers 5-10 minutes to complete them. While they do this, offer snacks and water.
- 02 Hand out the Certificates of Completion. Thank each person for coming and for working hard. Encourage them to keep in touch via social media and let you or the organizer know when they organize and complete sessions.
- 03 Ask for help cleaning up the venue so you can all leave quickly.
- 04 Thank everyone for their hard work and dedication to their peers and community.
- 05 Let everyone go home!

THANK YOU for facilitating the day's event! Your commitment to the youth in your community is well appreciated.

## Session 5 : Let's Practice! (120 minutes)

The main objective of this activity is for participants to familiarize themselves with the resources shared and practice using them. You can share the I CHOOSE to be Healthy Modules and Deck and give each participant the booklets if you haven't already.

01 Ask participants to group themselves again according to their barangay and find a place in the venue. If the groups are too large, the participants can count off so each group has three to four people.

02 Explain the group activity:

- + Each group will use the time to look through all resources and pick one short session to conduct in front of the entire group. Each short session is self-contained, meaning everything the Youth Health Influencer needs to know and do is in the module.
- + It is recommended that each group pick a different topic. You can assign each group a topic, draw topics from a pile, or ask the groups to sort it out.
- + Give the participants an hour to review the print and online resources and the module and practice.
- + Go around and observe each group and provide advice or feedback if asked.

03 Presentations:

- + Each group will present one module to the audience if time permits. If not, ask each group to share their favorite part of the module.
- + Audience members can give comments or ask questions at the end of the session. Watch how the presenting group members accept the feedback.
- + You should give feedback and encouragement last. Ask how the person or people presenting felt. Acknowledge that giving and accepting feedback is sometimes hard, but we all need to be open to it.

Welcome to the Kasama sa Kalusugan – Youth Health Influencer Training Workshop. You will be working with amazing young people from your community who want to be Youth Health Influencers. Your job is to help orient them to the program and coach them to be effective Youth Health Influencers.

A Youth Health Influencer is not a teacher or a trainer, or even a counselor. Rather, a Youth Health Influencer is a kasama— a companion or guide to information, resources, and skills that can help other young people in the community as they navigate growing up, mental health challenges, and misinformation. Today, you will introduce the Youth Health Influencers to the skills they need and the resources available as they take on this new task. Then, they will go out and share with other youth in the community.

After this workshop, Youth Health Influencers are expected to invite groups of peers, talk with them about important health topics, and share resources using the short sessions provided. Youth Health Influencers are NOT expected to provide medical advice or counseling. They ARE expected to share resources and connect people to local health care providers or facilities if needed.

Your role as the training facilitator is crucial! We want you to develop rapport with the participants and inspire them. Your contribution of time and skills to this important task is greatly appreciated.





## Tips for Youth Health Influencer Workshop Facilitators

### Set the level of expectations

Discuss and establish house rules at the beginning of the workshop.

### Start with a prayer

Start the session with a universal prayer/interfaith activity.

### Break the Ice!

Break the awkwardness with an icebreaker activity to get people relaxed and talking. Look here for some ideas.

### Look each person in the eye

Make eye contact with the participants when you are speaking.

### Engage your participants

Engage participants by asking questions in between sessions. If you feel that participants are getting sleepy or bored, engage them in a quick energizer activity or take a 5-minute break to stretch!

### Keep groups small and manageable

When breaking out into groups, try to keep the groups small to encourage active participation from each person. Mix up the participants if there are multiple group work sessions or energizers. This will allow the participants to engage with different people.

### Be firm, but not scary

If you find that participants are not observing the house rules, make a direct instruction. This might sound like:

- Can we have one person speak at a time during the feedback session, please? It is important that we get to hear each other.
- Let's make sure we find a way to disagree while still respecting the other person.

### Be fair

Ensure that everyone is treated with respect. A good facilitator does not show favoritism to one person or a group of participants over others. Don't comment about a person's gender, sexual identity, religion, or ethnic group.

### Leave them with a message

What do you want your participants to do and remember? Close each session with a takeaway message and a concrete call to action.

## LUNCH

### Session 4 : Building facilitation skills (45-60 minutes)

Effective facilitation is crucial for Youth Health Influencers. This session aims to discuss various communication tools and strategies that participants can use as Youth Health Influencers.

- 01 Ask the group to think of a class or workshop they enjoyed. What made the teacher or facilitator effective and enjoyable? You can discuss as a group, or participants can write their answers on meta cards/post-its and post them on the wall for grouping and processing of common themes.
- 02 Next, go through the slides on Facilitation Skills in your deck. Make the session interactive by asking questions or role-playing.

### Two points to emphasize:

- 01 Effective facilitators are also good listeners. Emphasize the importance of listening. Learning to listen is key to understanding situations and figuring out how to help connect a peer to the proper resources. Being a good listener means focusing on what the other person is saying instead of what you want to say, asking good questions, rarely interrupting someone, and reflecting on what they said to ensure you heard it correctly.
- 02 Lastly, explain that sometimes someone may talk about a personal or dangerous event or situation with a Youth Health Influencer. Youth Health Influencers are NOT counselors or health care providers. Their role is to connect that person to an appropriate resource that can provide the proper counseling or treatment. They should not try to resolve a situation on their own.

- 03 Introduce the online and print resources we will use in this program. These are all endorsed by the Department of Health.

#### Online

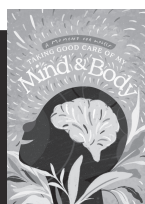
- + The main resource is the I CHOOSE website (malayaako.ph), the Philippines' national platform for teen health. Show and quickly go through this website if you have a computer, or you and the participants can access it on your phones.
- + Other credible resources include the Department of Health website and World Health Organization website.

#### Print Materials

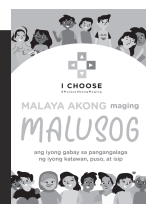
- + We use three booklets as resources for this program:



COVID-19



Mental Health



Teen Health

You can give the booklets and/or share the links.

#### I CHOOSE to be Healthy Modules

- + These are what the Youth Health Influencers will share with their peers. There are short sessions on mental health, COVID-19 and emergency preparedness, false information, and teen health. Each session contains an introduction, activity, and links to resources. Over time, Department of Health and partners may add and share more short sessions.
- 04 Point out that the participants can also go to their nearest barangay health center or adolescent-friendly health facility if they need to consult with a professional or if they want to ask questions. Teachers and guidance counselors can also be good resources!

#### Objective:

- + Introduce the concept of a Youth Health Influencer.
- + Equip the participants with the necessary skills to become effective Youth Health Influencers.
- + Introduce trusted and appropriate health resources and platforms.

Duration: 8 Hours

#### Materials:

- ☐ **Computer:** ideally with projector and screen. Make sure the Kasama sa Kalusugan - Facilitator's Deck is downloaded onto the computer as well as the I CHOOSE to be Healthy Deck and a few of the short sessions. If you don't have a computer or projector, you can print out the slides and hold them up like a flipchart. Or just talk and refer to these notes.
- ☐ **Craft Materials:** Manila paper, masking tape, pair of scissors, crayons, pencil, markers, colored paper
- ☐ **Posters:** Mental health and false information. Hang these on the wall.
- ☐ **Booklets:** Gabay para sa COVID-19, A Moment for Myself: Taking Good Care of My Mind & Body on mental health, and Malaya Akong Maging Malusog on teen health and relationships. (You can print from the links provided if you don't have physical copies. The organizer should assist with this. Each participant should get a set of booklets.)
- ☐ **Resource Materials:** Facilitator's Slide Deck, Youth Health Influencer's Guidebook, I CHOOSE to be Healthy Modules

# Let's Get Started!

## 01. Introduction

Introduce yourself and the purpose of this workshop. Then, ask each participant to introduce themselves and share their preferred name. Follow this with an icebreaker activity.

## 02. Icebreaker

Choose a favorite icebreaker or “get-to-know-you” activity that takes around 15 minutes to complete. Ensure that every participant takes part. You can find some ideas for icebreakers [here](#).

## 03. Start the day's sessions

You will find an overview of the workshop below and a step-by-step guide for each session in the following pages. Please refer to the deck for more details.

### Session 01

What is a Youth Health Influencer?

### Session 02

Get to Know Your Community

### Session 03

Credible Health Resources for Teens

### Session 04

Building Facilitation Skills

### Session 05

Let's Practice!

### Session 06

Action Planning

02 After the participants have shared their answers, acknowledge what is written or said and proceed with the discussion.

- + Stress out that there are many ways and places to get information online and offline.
- + Emphasize that it is important to identify credible sources of information.
- + Spend a few minutes talking about false information. You can refer to the I CHOOSE to be Health modules.
- + **False information** is any statement or representation of a fact, whether written or verbal, that is untrue. There are different types of false information:

01 **Rumors** are rapidly spreading stories or reports that may be true or false.

02 **Fake news** imitates news content to appear as a credible source.

03 **Misinformation** is the unintentional sharing of false or misleading information.

04 **Disinformation** refers to statements intentionally shared with malicious intent to serve a personal, political, or economic agenda.

In summary, fake news and disinformation are shared with the intent to deceive, while rumors and misinformation can be spread without the knowledge that the information being shared is not true.



## Session 2 : Get to Know Your Community (75 minutes)

The main objective of this activity is for participants to better understand their community by mapping out the health and social resources in their barangay/town.

- 01 Ask participants to group themselves according to their barangay. Give them 3 minutes to find their place in the session. Give each group a sheet of Manila paper and some markers.
- 02 Ask them to draw a map of their barangay identifying key community buildings like schools, churches, government offices, etc. where community groups and members meet and other commonly used areas. They can identify health resources too and include individuals if they want. Give the groups 40 minutes to discuss and draw their maps.
- 03 Ask each group to present their map creatively. Give each group 5-10 minutes to present. Let the observers ask questions or comment at the end of each presentation.

## BREAK

## Session 3 : Credible Health Resources for Teens (40 minutes)

This session aims to introduce credible resources for teens to use as Youth Health Influencers.

- 01 Ask participants the source of their health information. You can follow up with “Are there specific places you visit online? Or people you talk to? Which health facilities do you go to?”  
  
You can discuss their responses as a group or ask the participants to write their answers on meta cards or post-its and post them on the wall for grouping and processing of common themes.

## Session 1: What is a Youth Health Influencer? (30 minutes)

The main objective of this session is to introduce the concept of Youth Health Influencer to the participants.

### A. Explore the term “Influencer”

- 01 Ask participants:

What comes to your mind when you hear the word ‘Influencer’?

You can also ask:

What do you think it takes to be an influencer?

Who are the influencers you know?

Who influences your behavior and decisions?

Participants can share their answers out loud or write them down on a post-it note and post them on the wall. Then, group similar answers together and discuss common themes.

- 02 Once the participants have answered the question/s, explain that anyone can be an influencer. Emphasize that every individual has the potential to positively influence their peers. They can become good and trusted influencers with the right agency, skills, and capacity.
- 03 Let them know that in this workshop, they will learn the necessary skills and resources to be influencers in their community.





## B. Discuss what it means to be a “HEALTH Influencer”

Now that you’ve gathered participants’ common knowledge of the term “influencer,” continue the conversation by discussing and defining the characteristics of a Youth Health Influencer.

- 01 Start by asking the group who/where they seek out health information, either in the community or online. Have them answer out loud.
- 02 Next, go back to the key skills and capacities mentioned in the discussion of the term “influencer” and ask what they think are the characteristics of a health influencer.

Some answers might be:



Trustworthy friend or peer



Someone who likes to lead their peers or share new information



Someone who is known for raising awareness about health issues



Someone who has the motivation to bring about change in their lives and the lives of fellow teens



Someone who knows about health resources

You can point out any characteristics not mentioned and say:

“

*In this program, we are defining a Youth Health Influencer as someone who can encourage their peers to take better care of their health and well-being and connect them with the resources to do so. During this training you will learn about resources and short lessons (with slides, videos, activities, and discussion points) you can share with your peers so that you can be a credible and effective Youth Health Influencer.*

## C. Assess health issues in the community

Next, discuss the health issues in their community.

- 01 Ask participants what health issues they know of in their community or among their peers.
  - + You can ask general questions like “What are the common health issues in our community?” and then narrow it down to “What are the common health issues among you and your friends or other young people?”
  - + Ask the participants to put their answers on meta cards or post-its and post them on a piece of paper or the wall.
- 02 Group the health issues into clusters. Ask participants to share their thoughts about why some health issues are commonly mentioned.

