

# Kasama sa Kalusugan

A youth-led program to share good health practices in the community



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# Introduction

The global COVID-19 pandemic in 2020 had a big impact on young people who had to stay home and miss school for a long time. Many started thinking about the importance of taking care of their health, while some faced mental health challenges.

The Kasama sa Kalusugan Program is designed to engage young people (ages 15–24) in your community. It focuses on important health issues like mental health, emergency preparedness, and combatting false information. It uses a peer-to-peer Youth Health Influencer model to encourage young people to talk to each other, share good health practices, and access vital community resources.

Empowering youth and harnessing their skills can make a big difference in your community. Recognizing the voice and agency of young people can bring a fresh perspective to existing community challenges and offer creative solutions that complement existing services.

Thank you for adopting the Kasama sa Kalusugan Program in your community! It is easy and inexpensive to implement. In a one-day workshop, motivated youth leaders are trained to become Youth Health Influencers and to implement short activities with their peers. These activities are self-contained interactive sessions on a variety of health topics.

As the organizer, you will set up a one-day workshop for the youth leaders, and then they will recruit their peers and organize and conduct the sessions. The sessions can be conducted within established youth activities (like Sangguniang Kabataan events, youth church group meetings, scouts' activities, and vocational training) or as an after-school activity—wherever young people gather.

# Organizer's Package

The Kasama sa Kalusugan Organizer's Package includes the following:

## **Kasama sa Kalusugan Organizer's Guide:**

This how-to guide provides step-by-step instructions on how to implement the Kasama sa Kalusugan Workshop from start to finish.

## **Kasama sa Kalusugan Facilitator's Guide:**

This will guide the facilitator – it can be you or another person – through the one-day training for the Youth Health Influencers.

## **Youth Health Influencer Kit:**

It contains session guide materials that the youth leaders will need to become effective Youth Health Influencers in their communities. This includes the Guide to Getting Started, which will guide the Youth Health Influencers step-by-step as they invite, organize, and implement the short sessions in the I CHOOSE to be Health modules. It includes slides, videos, posters, talking points for each session, and a set of age-appropriate resources.

*The Kasama sa Kalusugan Workshop is designed to train community-based youth leaders to:*



Promote healthy habits and encourage health-seeking behaviors among young people



Identify trusted sources of information and lead their peers to accurate and age-appropriate resources and,



Encourage others to become health influencers too.



## ☺ Kasama sa Kalusugan Workshop ☺

### Overview

This full-day workshop has two parts.

In the morning, the facilitator will define what it means to be a Youth Health Influencer and share the skills and knowledge needed to be successful in engaging peers and sharing good health practices.

In the afternoon, the participants will be introduced to facilitation skills and practice using the resources and materials to conduct a session in their own voice. Lastly, the Youth Health Influencer will create their own activity plan for moving forward.

### Implementation

As the organizer, you are responsible for putting together the Kasama sa Kalusugan workshop from start to finish. The activities are divided into three phases: pre-workshop, workshop day, and post-workshop.

# Pre-Workshop

## Step 1: Identify and Recruit Participants

Ideally, future Youth Health Influencers will include youth from different formation – both established leaders and non-leaders—allowing for a range of perspectives.

A maximum of 20 participants per session is recommended.



### Suggested profile:

#### Age

15–24 years old  
(youth younger than 18 need a parent’s consent)

#### Demographic

Both out-of-school youth and current learners are encouraged to join the workshop

#### Gender

Aim for inclusive representation of gender and sexual identity

### Where to find participants:

Participants can be invited through existing organizations (Sangguniang Kabataan, Pag-Asa Youth Association of the Philippines, Supreme Student Government, Youth for Christ, etc.) or by reaching out to interested youth in the community.

## Step 2: Find partners that can help with implementation or provide resources

There are many people in your community who you can approach for support. You can meet with the local chief executive/town mayor, municipal social worker, and/or health promotion officer to present the proposed activity and get their support. For example:



### The Mayor's Office

can approve and endorse the activity so there will be enthusiastic participation. May also be able to provide financial support.



### The Municipal/City Social Work & Development Office

can help recruit participants, coordinate with school, church, and out-of-school youth groups, help find a venue, or provide financial support.



### Local Non-governmental and Civil Society Organizations

can provide sponsorship, help invite participants, and identify resource speakers with experience working with youth.



### The Health Education and Promotion Officer

may be able to provide the necessary print materials, such as booklets and posters.

### Step 3: Identify an inspiring facilitator

You will need an experienced facilitator to set the tone of the workshop and create a friendly, safe, respectful, and engaging atmosphere throughout the day. Choose an experienced facilitator from your organization or partner organizations. It's best if that person has experience working with youth. It could be you!



### Step 4: Plan the logistics of the workshop and the budget

#### Set the date



It's important to consider the availability of your intended participants when you set the date. The workshop can be one day (perhaps on a weekend when participants are most available) or two half-day sessions. In the Philippines, most youth members are available on Saturdays. Ask a few potential participants what works for them.

#### Scout for a venue

The workshop can be held indoors or outdoors, but the venue should have a roof and be easy to get to. Ensure the venue has good ventilation, enough space for the participants to move around and work in groups, and not too noisy or close to other distractions.



## Plan for snacks and lunch

You will need to provide snacks and meals for participants and speakers:

- + **Whole-day session:** morning snacks, lunch, and afternoon snacks
- + **Half-day session:** morning OR afternoon snacks



Look for a local food vendor or volunteer to prepare and deliver the food to your venue. Water should be readily available during the workshop. Keep your budget in mind when you plan the menu.

## Think about transportation

Prepare a budget for transportation in case speakers and/or participants need help getting to and from the venue. The local government may be able to help with this if they have resources such as LGU-owned vehicles, a budget for hiring a vehicle and driver, or funds for transportation reimbursement.



## Plan and secure the funds needed for the workshop

Your budget should include funds for the following items:

- Venue (if not a free or donated space)
- Food
- Transportation
- Supplies like paper and pens
- Printing of the booklets and posters (if needed)
- Printing of certificates of participation
- Contingency fund – *a small amount of money for emergency or unforeseen expenses during the workshop.*

*Annex A includes an illustrative budget. You can adjust it as needed.*

# Gather the Workshop Materials

Here is a list of the materials that you will need for the workshop (templates are included in this package):

## At Registration

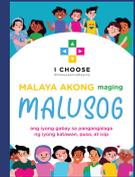
- Attendance sheets
- Consent forms
- + Each participant must sign a consent form. All participants younger than 18 need a consent form signed by a parent.
- + If possible, distribute these before the workshop and have participants bring them.
- + Have a few copies on hand too at registration.
- Name tags (sticker labels or simple masking tape will do)
- Black marker pens
- Attendance/completion certificates
- Workshop schedule (half-page print)
- Feedback form (half-page print)
- Resource materials
- + Each participant should get a set of booklets:



COVID-19



Mental Health



Teen Health

## Workshop Activities

- Black marker pens
- Coloring pens (crayons or markers)
- Meta cards or post-its
- Masking tape
- Manila paper or cartolina
- Scissors
- Pencils
- Tokens/prizes (optional)
- + If you don't have physical copies from your Center for Health Development (CHD), you can print them from the link provided at the end of this guide.
- + There are also a few posters available that you can print out to hang around the room for inspiration.

## Closing

## Participant Workshop Kit

- Ballpen
- Notepad or notebook
- Certificates of Completion
- + Prepare and print the certificates before the workshop, have them signed, and fill out participant names on the day of the event.
- + You can decide who should sign the certificates – you, someone from a partner organization, or a local chief executive.
- + Logos of partner organizations/offices may be included in the certificate.
- + See Annex F for a sample of the certificate template.

## Step 5: Prepare and Distribute Registration and Consent Forms

You can distribute registration and consent forms to interested participants prior to the workshop. Consent forms are important when conducting this workshop to ensure that participants are well-informed about the activity, understand what they will be asked to do after the workshop, and willingly agree to participate. Interested participants under the age of 18 need their parent's consent to participate as well.

The consent forms include key details about the activity and indicate a protection measure for participants who may experience distress during the day. You can collect these forms before the workshop or on the day of the activity. Everyone must complete and sign these forms, or they should not be allowed to participate.

*You will need the following forms:*

### Registration form

This form includes details such as full name, preferred nickname, age, sex, gender, organization, contact details (i.e., phone number and/or email address), and signature. This will allow organizers of the workshop to keep a record of workshop participants for future activities and documentation to supporters and funders.

### Informed consent form for participants

This form is for all participants, regardless of age. **This should be signed and submitted prior to the start of the workshop.**

### Parental consent form for minor participants

An additional consent form for parents or legal guardians of participants under 18 years of age. This consent form states that the parent or legal guardian of a minor participant understands the intent of the workshop and allows the minor participant to attend. **This should be signed and submitted prior to the start of the workshop.**

*Annex B contains sample templates of consent forms.  
See Annex C for the workshop registration form template.*



# Workshop Day

Yippee! The day of the workshop has finally arrived. Here are tips for implementing a successful event:



## Step 1: Arrive early to prepare the workshop space

### Set up chairs & tables in a U-shape for the session

This layout encourages participants to engage and collaborate with one another. It also allows each participant to see the facilitator. Make sure there is a projector for the facilitator's deck.

### Set up a Registration Table

Place the registration table at the venue entrance to ensure everyone has registered, is given a name tag, and has submitted the consent forms before the start of the workshop.

- Have one or two people collect the forms and check them:
  - + Registration form
  - + Informed consent form for participants
  - + Parental consent form for minor participants
- Ask participants to write their preferred nickname on their name tag
- Have some extra forms available

### Set up a Food & Drinks Table

If you have a table for water and snacks, place it at the back of the room/workshop space so that participants can get them whenever they want without disrupting the session.



## Step 2 : Conduct the Workshop!

When everyone is ready and seated, the facilitator may begin the workshop, following the **Facilitator's Guide**.

The next page provides an overview of the workshop day.



# Overview of the Kasama sa Kalusugan - Youth Health Influencer Training Workshop

## Session 1 : What is a Youth Health Influencer?

This session defines the role of a Youth Health Influencer, as well as expectations and resources.

## Session 2 : Get to Know Your Community

This session includes activities and exercises to help participants better understand their community and identify local resources. There will also be a discussion on activity planning.

## Session 3 : Credible Health Resources for Teens

This session introduces the Youth Health Influencers to the Department of Health-approved online and print health resources and the short sessions they will use with their peers. The topics covered include mental health, teen health, and how to identify false information.

## LUNCH

## Session 4 : Building Facilitation Skills

This session will introduce the different communication tools and strategies participants need to become successful Youth Health Influencers. It covers tips on group facilitation and examples of activities that participants can do to engage their audiences.

## Session 5 : Let's Practice!

In this session, the Youth Health Influencers will familiarize themselves with the modules and practice using them.

## Session 6 : Action Planning

In this session, the Youth Health Influencers will each make an action plan to implement a session or two and practice conducting one of the short lessons, using the slides provided.



# Post-Workshop



## Step 3: Wrap up and follow up

At the end of the day, plan to follow up with the newly trained Youth Health Influencers, get feedback on the workshop, and hand out certificates.

### Make a plan to follow up with the Youth Health Influencers

If possible, you or the facilitator should schedule coaching sessions with the new Youth Health Influencers. You can do this with individual Youth Health Influencers or in groups. You can review their programming plans, give feedback on their sessions, and coach them through any difficulties. These sessions can be done online or in person.

Lastly, encourage the Youth Health Influencers to complete an Activity Report at the end of each session they conduct and return it to you. You can use this report to monitor the Youth Health Influencers' activities and provide encouragement, feedback, and guidance. It will also help you document the program's implementation in your community.

*See Annex D for a template of the activity report.*

### Get Feedback

Feedback will help you improve the Youth Health Influencers workshop. Annex E has a sample feedback form. Feedback forms should be distributed, completed, and collected before you give out the Certificates of Completion.

### Distribute Certificates of Completion

Give a certificate to each Youth Health Influencer who completes the workshop. This is a lasting remembrance of their hard work and commitment to their peers and community.

# ♥ Five Ways to be a Good Mentor ♥

After the workshop, the newly trained influencers may come to you for advice and guidance as they plan their sessions. Here are five tips for mentoring them:



## Establish Trust and Rapport

It's important to make time to get to know the influencers and build rapport. They need to trust you to listen and give them good advice on their activity plans.



## Be a Good Listener

Practice active listening. This means you ask questions to show your interest and understanding of their needs and don't think about your reply while they are talking.



## Offer Constructive Feedback

Young people like to be inspired. Share stories, not instructions. You can share your own success stories or failures and lessons learned, provide suggestions on what else to think about, or introduce them to other people to help them.



## Set Schedules and Expectations

Hold the Youth Health Influencers accountable for their action plans. Set a time to meet each Youth Health Influencer, either in person or online, and stick to it.



## Celebrate Growth and Success

Make sure you acknowledge the Youth Health Influencers' accomplishments and milestones, with them and in public. This will encourage them to continue with their activities. Avoid giving credit to yourself.

# Congratulations!

You have completed the Youth Health Influencer Training Workshop! THANK YOU for organizing the day's event. Your commitment to the youth in your community is well appreciated.



# Resources

## Materials

### Booklets

- Gabay para sa COVID-19
- A Moment for Myself: Taking Good Care of My Mind & Body
- Malaya Akong Maging Malusog

### Posters

- Mental Health Continuum
- Tips for Recognizing False Information

### KsK Brochure

- Kasama sa Kalusugan Program

### Videos

- Mental Health Introduction
- Mental Health Continuum
- Stigma
- Self-care
- Mindfulness Exercise

## Youth Health Influencer Training Workshop

- Facilitator's Guide
- Facilitator's Deck

## Youth Health Influencer Kit

- A Youth Health Influencer's Guide to Getting Started
- I CHOOSE to be Healthy Module
- I CHOOSE to be Healthy Deck
- Kasama sa Kalusugan Pamphlet

## Annexes

- Annex A: Illustrative Budget
- Annex B.1: Informed Consent Form for Participants
- Annex B.2: Parental Consent Form for Minor Participants
- Annex C: Workshop Registration Form
- Annex D: Activity Report
- Annex E: Feedback Form
- Annex F: Certificate of Completion
- Annex G: Action Plan Form

Visit the I CHOOSE website ([malayaako.ph](http://malayaako.ph)) and go to the Resources tab to get digital copies of these materials.

# ORGANIZER'S GUIDE

