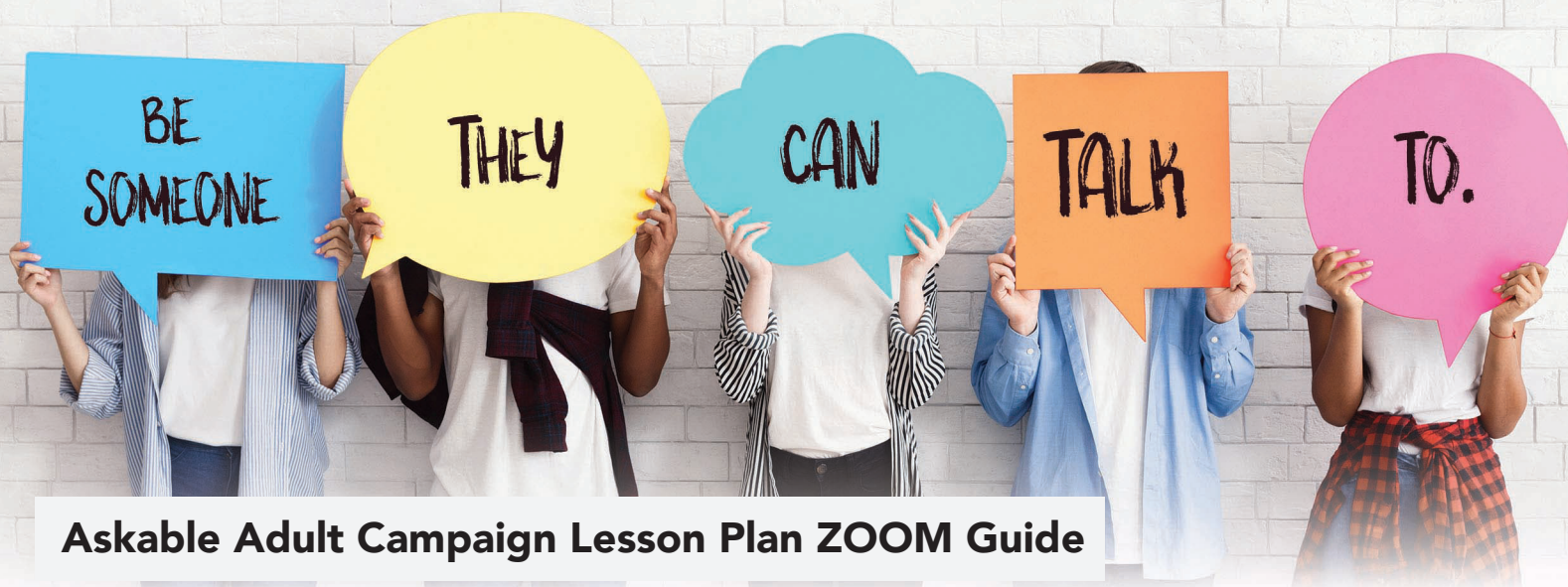


ASKABLE | ADULT CAMPAIGN



Askable Adult Campaign Lesson Plan ZOOM Guide

Tips for presenting the *Askable Adult Lesson Plan* for your community on ZOOM:

1. Schedule and set up two 1.5-hour Zoom meetings to complete the lesson plan.
2. Create a registration process for participants that allows you to limit the number of participants (30 max).
3. Participants must register for BOTH sessions.
4. Send ahead to participants:
 - Zoom links and remind them again a few days before the workshops
 - *Participant Guide* link to participants ahead of time; **ask them to review pp. 3–4 before workshop.** It may be helpful for them to have a hard copy as well.
 - Send the *Toolkit* as a separate link for participants to have available during the training.
5. Have hard copies of the *Facilitator Guide* available for facilitators.
6. Review *Facilitator Guide*—the Zoom guide below is meant to support the lesson plan, not replace it.
7. Have at least two staff at the Zoom workshop who will be responsible:
 - One for facilitation
 - One tech person:
 - > Pay attention to and reporting chat
 - > Responsible for breakout sessions

You can also rotate these positions through the training.
8. Practice with facilitation ahead of time following the agenda in the *Facilitator Guide* and the table below for Zoom adaptation:
 - Sharing screen and advancing slides
 - Sharing screen and sharing computer audio (for audio stories)
9. Decide if you'd like to have participants fill out an evaluation. There are paper evals on p. 41 of the *Facilitator Guide* and p. 39 of the *Participant Guide*. You can also create an online survey. These evaluations are for you to keep.
10. If you want to distribute postcards and stickers, be sure to request and send them to participants ahead of time.
11. Begin each of your sessions with a brief intro to Zoom for participants (noting chat box to everyone and to hosts, how to mute, about breakout rooms).

Notes for Zoom meeting:

- Cue up vtnetwork.org/askableadult
 - > Hit "Audio Stories" button to go to stories. You can also cue them on SoundCloud (**Note:** Story transcripts start on p. 21 of *Participant Guide*)
 - > Hit "Toolkit & Lesson Plan" button to link to the whole toolkit and individual tools
- Open PowerPoint slides
- When you share our screen, share computer sound in shared screen box bottom left.
- Have hard copy of this guide with you.



ASKABLE ADULT PART 1

Mins.		Page in Fac. Guide	Facilitator's Directions	Zoom Tech
5	<p>Welcome</p> <p>Review Zoom</p> <p>Large group</p>		<p><i>Welcome to this Zoom workshop!</i></p> <p><i>Please introduce yourselves using the chat function.</i></p> <p><i>You'll do more intros in breakouts as we go today.</i></p> <p><i>You will need Participant Guide, pen and paper.</i></p> <p><i>Brief intro to Zoom:</i></p> <ul style="list-style-type: none"> • <i>Tools along bottom</i> • <i>Use of breakouts today</i> • <i>Muting self</i> • <i>Open chat box and use gallery (all) vs. speaker views</i> <p><i>Please use rename (...) to put your pronouns next to name</i></p> <p><i>Please follow along with the Participant Guide as we go. Feel free to write in it!</i></p> <p><i>We will be:</i></p> <ul style="list-style-type: none"> • <i>Using a lot of breakout rooms and</i> • <i>Will ask you to raise your (actual) hand when we are taking a few comments during large group discussions.</i> <p><i>Please use the chat box to ask questions as we go.</i></p>	<p>Share screen and have slide #1 up if you want to</p> <p>Unshare screen when you begin</p> <p>Chat tech will keep track of questions; answer along the way via chat or hold until the end</p> <p>Try to record attendance</p>

LESSON PLAN PART 1

Mins.		Page in Fac. Guide	Facilitator's Directions	Zoom Tech
I. Welcome				
10		4–6	Facilitators cover the “why,” role of facilitators, learning objectives, and agenda.	Share screen, slide #2
II. What Makes an Askable Adult				
3	Large group	6	<p><i>Our first activity will be listening to the first of many audio stories shared by youth/adult teams. As we listen to the stories, you can follow along using the transcripts in the handouts on p. 20.</i></p> <p>A. <i>We’re going to listen to Maru and Alexa’s story. While you’re listening, please note something that Maru says about what makes adults askable for them.</i></p> <p><i>Please consider using the chat function to share something you noticed. Raise your hand if you have something for the group.</i></p>	<p style="text-align: center;">Unshare screen for intro</p> <p style="text-align: center;">Share screen/sound and play audio</p> <p style="text-align: center;">Unshare screen and take a few real time shares</p>
5	Large group/ individually		<p>B. <i>Now, please look over the three Wordles in the handouts on pp. 27–29. These represent the voices of Vermont youth gathered in a photo card campaign.</i></p>	Share screen, slide #3 with directions for B–C

Mins.		Page in Fac. Guide	Facilitator's Directions	Zoom Tech
2	Large group/ individually	6	<p>C. Pick one Wordle image and circle something that surprised or inspired you.</p>	Same slide
5	Large group		<p>D. Please share in chat what you circled.</p> <p>Raise your hand if you have something for the group.</p>	Unshare screen and take a few real time shares
III. Remembering Our Own Experiences				
<i>Note: In the Facilitator Guide, the next activity is optional. For Zoom, we've modified it. Participants will be paired up and have a choice about what to write/think about and share.</i>				
5	Individually	6	<p>A. Take about 3 minutes to write on scrap paper or think about prompt 1 OR 2 on the slide (p. 6 & slide).</p>	Share screen, slide #4 with prompts
7	Break-out pairs	7	<p>B. Now, we'll break into pairs to share reflections with your partner.</p> <p>Introduce yourselves quickly, then take 3 minutes each to share your reflections.</p>	<p>Unshare screen</p> <p>Break out into pairs for 7 mins</p> <p>Give 3 min warning</p>
5	Large group	7	<p>C. Please consider sharing in chat.</p> <p>Raise your hand if you have something for the group.</p>	Take a few real time shares

Mins.		Page in Fac. Guide	Facilitator's Directions	Zoom Tech
IV. Introduce Skill Areas				
3	Large group	7	<p>Point out “deeper dives” on p. 6 of <i>Participant Guide</i> as first of several throughout the guide. These connect to blogs and additional topical resources.</p> <p>Intro <i>Skill Building Toolkit</i> on p. 29 of handouts (or as separate document).</p> <p><i>This toolkit was created using the voices of youth, the expertise of the VT Network Youth Advocacy Task Force, and a research/literary review.</i></p> <p><i>The four Askable Adult skill building areas are:</i></p> <ul style="list-style-type: none"> ◇ <i>Building trusting, affirming relationships</i> ◇ <i>Commit to consistent connections</i> ◇ <i>Commit to caring communication</i> ◇ <i>Be a curious co-pilot /navigating tricky conversations</i> 	<p>Pull up: vtnetwork.org/askableadult/#blog and share screen</p> <p>Blog #1</p>
V. (SKILL #1) Building Trusting and Affirming Relationships				
	Large group	8	<p><i>From here, we'll spend our time together exploring these four tools.</i></p>	

Mins.		Page in Fac. Guide	Facilitator's Directions	Zoom Tech
3	Large group	8	<p>A. Next, we're going to listen to our second story: Gabriel and Natanya's story. While you listen, please note how trust and connection were built in their relationship.</p> <p>Please consider sharing something you noticed in chat. Raise your hand if you have something for the group.</p>	<p>Share screen/sound and play audio</p> <p>Unshare screen and take a few real time shares</p>
6	Large group/ individually	8	<p>B. Please take a few minutes to read over the Building Trusting Relationships tool and identify a tip that is doable and one that is a stretch for you.</p> <p>Directions on the slide.</p>	<p>Share screen, slide #5 with directions B. 1 & 2</p> <p>Share link to individual tools in chat: https://vtnet-work.org/wp-content/uploads/2020/20/Building-Trusting-Affirming-Relationships-Tool.pdf</p>
6	Large group		<p>C. Consider sharing a tip that is doable or a stretch for you in the chat. Raise your hand if you have something for the group.</p>	<p>Unshare screen and take a few real time shares</p>
VI. (SKILL #2) Commit to Consistent Connections				
4	Large group	9	<p>A. Now we're going to listen to our third story, Thomas and Laurie's story. As you listen, please note something about consistency.</p> <p style="text-align: right;">Cont'd ></p>	<p>Share screen/sound and play audio</p>

Mins.		Page in Fac. Guide	Facilitator's Directions	Zoom Tech
			<i>Please consider sharing something you noticed in chat. Raise your hand if you have something for the group.</i>	Unshare screen and take a few real time shares
3	Large group/ Individually		<i>B. Please take a couple of minutes to read over the Commit to Consistent Connections tool.</i>	Share link to tool in chat: https://vtnet-work.org/wp-content/uploads/2020/02/Commit-to-Consistent-Connections-Tool.pdf
7	Break out into teams of three		<i>C. We're now going to break out into groups.</i> <i>You'll do some quick intros, then identify the 3 tips you find most important (prompt C. on p. 8).</i> <i>Be ready for at least one person to put your answers in chat when you return.</i>	Put this prompt in chat before breakout: "Identify the 3 connection tips you find most important" Break out rooms for 6 mins Give 3 min warning
4	Large group		<i>D. Please chat share what your group identified as the top 3 tips for consistent connections.</i> <i>Raise your hand if you have something for the group.</i>	Take a few real time shares
Wrap-up for Part 1				
8	Large group		Q & A from chat; open up for more	Tech reads them out; facilitator answers
1	Large group		<i>Thank you and see you next time!</i>	Put reminders about Part II in chat

ASKABLE ADULT PART 2

Mins.		Page in Fac. Guide	Facilitator's Directions	Zoom Tech
5	Large group		<p>Welcome back to this Zoom workshop!</p> <ul style="list-style-type: none"> • Please introduce yourselves using the chat function. • Please use rename (...) to put your pronouns next to name. • Please follow along with the Participant Guide as we go. Feel free to write in it! • Please use the chat box to ask questions as we go. 	Chat tech will keep track of questions; answer along the way via chat or hold until the end

LESSON PLAN PART 2

VII. (SKILL #3) Commit to Caring Communication

3	Large group	10	<p>A. We're going to start by looking at a Twitter quote by Jada Yuan, a Washington Post reporter.</p> <p>Ask someone to read Jada's quote out loud: "Do you want to vent or do you want advice?" Just learning now, after 40 years on earth, that this might be the most important question to ask whenever a friend or loved one is upset."</p> <p>Ask participants to spend a few minutes free writing about this quote. Have you ever tried this approach with youth or someone else? If so, how is it helpful? If not, why do you think it might be helpful, particularly in communication with youth?</p>	<p>Share screen and show the quote image: https://themindsjournal.com/wp-content/uploads/sites/2/2020/02/advic.jpg.webp</p> <p>Share these writing prompts in the chat: Have you ever tried this approach with youth or someone else? If so, how is it helpful? If not, why do you think it might be helpful, particularly in communication with youth?</p>
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Mins.		Page in Fac. Guide	Facilitator's Directions	Zoom Tech
			<i>Please consider sharing something you wrote in chat. Raise your hand if you have something for the group.</i>	Unshare screen and take a few real time shares
3	Large group/ Individually		B. <i>Please take a couple minutes to read over the Commit to Caring Communications tool.</i>	Share link to tool in chat: https://vtnetwork.org/wp-content/uploads/2020/02/Commit-to-Caring-Communication-Tool.pdf
5	Large group	10–11	C. <i>We're going to do a fun activity together now. It's called W.A.I.T. (Why Am I Talking?).</i> Review directions on slide.	Share screen, slide #6 directions for W.A.I.T. activity
8	Break out into pairs	11	W.A.I.T. in breakouts <i>Introduce yourselves quickly then follow Participant Guide pp. 9-10 and do C.1-4; then we'll call you back for #6.</i>	Unshare screen Break out pairs for 8 mins Give 4-minute warning to switch to 4. Take Two
8	Large group	11	#6 large group share using questions below. <i>We're going to consider some questions together. Please chat your thoughts and raise your hand if you have a thought to share.</i> Facilitator: pick what you have time for—do the ★: <ul style="list-style-type: none"> • What came up for you? • What was hard? • How did it feel for the young person? • How did it feel for the adult? 	Enter chosen questions into chat as they come up All invited to share thoughts in chat box

Mins.		Page in Fac. Guide	Facilitator's Directions	Zoom Tech
			★ What possibilities open up when we make more space for youth?	
VIII. (SKILL #4) Curious Co-Pilot				
1	Large group	12	A. <i>Is there a volunteer who will read the quotation out loud?</i>	Share screen, slide #7 quotation
1	Large group	12	B. <i>Next, we're going break into pairs and ask you to reflect with a partner on these questions. You can find the questions in the Participant Guide, p. 11; B.1-3</i>	Slide #8 with questions 1-3
9	Break out into pairs	12	<i>In pairs: Do a quick intro with your partner, then work together on reflection questions. No report to large group.</i>	Unshare screen Break out in pairs for 8 minutes Give warning at 4 mins
4	Large group/ Individually	13	C. <i>Please take a few minutes to read over the Co-Pilot tool and star something that you want to personally revisit later.</i>	Share link to tool in chat: https://vtnet-work.org/wp-content/uploads/2020/02/Be-a-Curious-Co-Pilot-Tool.pdf
3	Large group/ Individually	13	D. <i>Take another few minutes to revisit Wordle #3 (p. 27 in Participant Guide) which reflects what youth want to talk about ... OR ... Think of a youth in your life. Identify + note a topic to learn more about, then identify + note a resource for that learning.</i>	Share screen, slide #9 with directions for D

Mins.		Page in Fac. Guide	Facilitator's Directions	Zoom Tech
4	Large group		<p>E. Please consider sharing the topic and resource in the chat.</p>	Unshare screen and take a few real time shares
IX. Explore Possibilities				
3	Large group	13	<p>A. We're going to listen to our last story from Alex and Sarah. While you listen, please think about what is possible.</p>	Share screen/sound Play audio
10	Break out groups of 3		<p>B. Let's think about a large question together.</p> <p>We'll break into groups to think together about this question:</p> <p>Question: What new possibilities are open for you to be more "askable" for the children and youth in your life? For you to have more deeply connected, trusting, affirming, relationships with them?</p> <p>You'll find the question on p. 12, section IX. B.</p> <p>In your groups, first do quick introductions then discuss the question.</p> <p>No report to large group</p> <p>Note: This is a large group discussion when training in person.</p>	Unshare screen Break out groups of 3 for 10 mins Broadcast question if you have time Give warning at 3 mins

Mins.		Page in Fac. Guide	Facilitator's Directions	Zoom Tech
X. Act/Swag				
10	Individually	13-14	<p>Ask participants to make personal commitments on a piece of paper (or #askableadult postcards if they have them). They'll find the 4 prompts on pp. X. 12-13.</p> <p>Offer to send postcards and stickers to participants. Ask them to send their addresses in chat, or ask for them in a follow-up email.</p>	Put contact for postcards and stickers in the chat box for participants to see.
5	Large group		Review B-I: Read or ask group members to each read "Some more ways to take action," p. 13	
1	Individually	14	<p>If you'd like an evaluation from participants, give directions for completion.</p> <p>Paper version is in <i>Participant Guide</i> p. 39</p>	
Wrap Up for TOT Part 2				
6	Large group		Q & A from chat	Tech reads them out Facilitator answers
1	Large group		<i>Thank you and please stay connected!</i>	Put facilitator contact info in chat