

SAMPLE AGENDAS

Agenda for 4-day Residential Training

Day 1: Leading by knowing

9:00 – 10:30	1.1 Introduction & welcome (30 mins)
	1.2 Making cheers (30 mins)
	1.3 Setting shared agreements (30 mins)
10:30-11:00	Morning break
11:00-13:00	1.4 Trust game (20 mins)
	1.5 Support stars (20 mins)
	1.6 Fruit shake (10 mins)
	1.7 All the colours of the rainbow (60 mins)
13:00-14:00	Lunch break
14:00-15:30	1.8 The knots game (20 mins)
	1.9 Challenging stigma; embracing diversity (60 mins)
15:30-16:00	Afternoon break
16:00-17:30	1.10 Body wave (10 mins)
	1.11 Changes and challenges as we grow up (60 mins)
	1.12 Making a face (20 mins)

Day 2: My everyday life

9:00 – 10:30	2.1 Recap: Youth lead, YOUTH LEAD! (15 mins)
	2.2 Making decisions about sexual activity (40 mins)
10:30-11:00	Morning break
11:00-13:00	2.3 Pass the balls game (STIs & HIV) (15 mins)
	2.4 Seeking, giving and denying consent in sexual activity (60 mins)
	2.5 Condom relay (15 mins)
	2.6 HIV and AIDS – the basics (30 mins)
13:00-14:00	Lunch break
14:00-15:30	2.7 Condom steps race (20 mins)
	2.8 Rice and beans (HIV treatment) (30 mins)
	2.9 HIV and AIDS quiz (30 mins)
15:30-16:00	Afternoon break
16:00-17:30	2.10 How can I convince you? (40)
	2.11 Barriers to my needs and rights (40 mins)
	2.12 One word (10 mins)
Evening activity	TeenFactor! Preparations

Day 3: Overcoming challenges and barriers

9:00 – 10:30	3.1 Greetings game (20 mins)		
	3.2 What to do if... (60 mins)		
10:30-11:00	Morning break		
11:00-13:00	3.3 Guided relaxation (15 mins)		
	3.4 Protecting our mental health (60+ mins)	<i>or</i>	3.6 Alcohol, drugs & harm reduction (60+ mins)
	3.5 Self-care and coping strategies (15 mins)		
13:00-14:00	Lunch break		
14:00-15:30	3.7 Do as I say! (10 mins)		
	3.8 Dealing with negative peer pressure (50 mins)		
15:30-16:00	Afternoon break		
16:00-17:30	3.9 Guess my emotion (10 mins)		
	3.10 Dealing with violence and abuse (60 mins)		
	3.11 Let's dance (20 mins)		
Evening activity	TeenFactor!		

Day 4: What's next? What's ahead?

9:00 – 10:30	4.1 Who is leading? (15 mins)
	4.2 My right to advocate and lead! (40 mins)
	4.3 Keeper of the keys (15 mins)
	4.4 Leadership qualities (20 mins)
10:30-11:00	Morning break
11:00-13:00	4.5 Winking game (10 mins)
	4.6 My map (60 mins)
	4.7 Shrinking life raft (15 mins)
	4.8 The young leader in the room (60 mins)
13:00-14:00	Lunch break
14:00-15:30	4.9 Research and advocacy campaign strategy (120 mins)
15:30-16:00	Afternoon break
16:00-17:30	4.10 Completion balloons game (15 mins)
	4.11 Stakeholders forum (30 mins)