

TEENGEN ACTIVITY OVERVIEW

Leading by knowing	My everyday life	Overcoming challenges and barriers	What's next? What's ahead?
1.1 Introduction & welcome	2.1 Youth, Lead, Youth LEAD!	3.1 Greetings game	4.1 Who is leading?
1.2 Making cheers	2.2 Making decisions about sexual activity	3.2 What to do If..	4.2 My right to advocate and lead!
1.3 Setting shared agreements	2.3 Pass the balls	3.3 Guided meditation	4.3 Shrinking life raft
1.4 Trust game	2.4 Seeking, giving and denying consent in sexual activity	3.4 Mental health	4.4 Leadership qualities
1.5 Support stars	2.5 Condom relay	3.5 Self-care strategies	4.5 Keeper of the keys
1.6 Fruit shake	2.6 HIV and AIDS – the basics	3.6 Alcohol and drugs + harm reduction	4.6 My map
1.7 All the colours of the rainbow	2.7 Condom steps race	3.7 Do as I say!	4.7 Winking game
1.8 The knots game	2.8 Rice and beans (learning about HIV treatment)	3.8 Dealing with peer pressure	4.8 The young leader in the room
1.9 Challenging stigma; embracing diversity	2.9 HIV Quiz	3.9 Follow my actions	4.9 Research and advocacy campaign strategy
1.10 Body wave	2.10 How can I convince you?	3.10 Fortune sticks – making decisions in challenging situations	
1.11 Changes and challenges as we grow up	2.11 Barriers to my needs and rights	3.11 Dealing with violence and abuse	4.10 Completion balloons game
1.12 Making a face	2.12 One word	3.12 Let's dance	4.11 Stakeholders forum

Optional evening activities (for residential training only)

TeenFactor preparations

Teen Factor! *(a talent show to express creativity and encourage camaraderie)*