**COURAGE WORKSHOP PROCESS**

**SEX, CONCEPTION & OPTION COUNSELLING FOR CRISIS PREGNANCY**

AUDIENCE: Children aged 12 to 18

Young adults aged 19 to 24

Community members

Child Protection Officers (Includes social workers, health care professionals, police officers, teachers, coaches, or anyone who works with children.)

WELCOME & INTRODUCTIONS: (+- 10 minutes)

Facilitator: Introduce everyone to the session and the benefits of the workshop, which include:

* Developing a personal vision that will get participants to think about their future and the kind of world they would like to create for themselves.
* Understanding concepts such as puberty, consent, birth control, sex, conception and pregnancy.
* Understanding what causes and what could prevent crisis pregnancy in their community.
* Understanding the options available to someone experiencing a crisis pregnancy.
* Developing an action plan to ensure that they achieve their defined vision and future for themselves.

Participants: Briefly introduce themselves and what they would like to get out of the workshop.

VISION EXERCISE: (+- 20 minutes)

Facilitator: Introduce the concept of a vision: A creative statement of the future world they would like to live in, and the role that they would like to play in that world.

Ask each participant to complete the following sentences:

* The world would be a better place if… (where they should share their insights about what kind of world they would like to live in)
* I/we will help this happen by… (where they should share what they would like to do to make this future world a reality)
* When people see me/us they will think… (where they give themselves an advertising slogan or pay-off line that summarises how they would like to be seen e.g. Nike – Just do it!)

Participants: Should individually or collectively capture their vision statement by answering these three questions.

The facilitator should capture (or photograph) each vision statement.

SEX, CONCEPTION & PREGNANCY PRESENTATION: (+- 20 to 25 mins)

Facilitator: Introduce the concepts of puberty, consent, birth control, sex, conception, and pregnancy to the participants either using the Courage poster, video, or presentation. If you are using the poster, please see the accompanying script.

Discuss the poster with participants:

* Do they have any questions or queries?
* Is there anything that they don’t understand or need more clarity about?
* Where do they normally get this information from? (e.g. their friends, the internet, school etc)
* What was their experience of trying to get this information from other sources e.g. from the clinic, their parents, their school etc?

Participants: Feedback and discussion

The facilitator should capture the key points of the discussion.

(Skip to action planning exercise if this is a 1-hour workshop)

CRISIS PREGNANCY COMMUNITY MAPPING EXERCISE: (+- 20 mins)

Facilitator: Introduce the community map and that it represents a community anywhere in the world, complete with different areas e.g. houses, schools, parks, and churches, people, e.g. children, parents, teachers, and police officers, and different conversations (introduce the courage emoji language where conversations are represented by icons).

Ask the participants to place a red sticker or button on all the things that they think cause crisis pregnancy in their community. They must then place a green sticker or button on all the things that they think could prevent crisis pregnancy in their community.

Participants: After placing their various red and green stickers/buttons on the map they should share their insights with the facilitator.

The facilitator should capture the key causes and prevention insights.

OPTION COUNSELLING FOR CRISIS PREGNANCY: (+- 20 to 25 mins)

Facilitator: Introduce the concept of option counselling, who can help, what the different options are and what should be considered for each, using the Courage poster, video, or presentation. If you are using the poster, please see the accompanying script.

Introduce the role-play exercise where one participant pretends that they are pregnant, and another participant pretends to counsel them using the option counselling poster. The key to this exercise is to teach empathy for someone experiencing a crisis pregnancy, so make sure that both boys and girls take part in this exercise and have a chance to think about being pregnant themselves.

Participants: Role play exercise. Roles should be swapped halfway (around 5 minutes in each role).

Facilitator Briefly discuss the role play exercise with participants:

* Do they have any questions or queries about the options?
* Would they like any further information about anything?
* What was the experience of being pregnant like?
* What was it like to counsel someone who is pregnant?

Participants: Feedback and discussion

The facilitator should capture the key points of the discussion.

ACTION PLANNING: (+- 10 mins)

Facilitator: Explain that everyone should think about what they would like to do differently now that they know more about sex, conception, and option counselling for crisis pregnancy.

If you are short of time, ask everyone to share one thing that they will do differently now that they have taken part in this workshop e.g. get better information, have more empathy for someone experiencing a crisis pregnancy, look into birth control etc.

If you have a bit more time, you can ask all your participant to answer the following 3 questions in connection with the vision they created for themselves:

1. To achieve my vision, from today I will need to stop… (list a few things you will need stop doing to achieve your vision)
2. To achieve my vision, from today I will start… (list a few things that you will start doing to achieve your vision)
3. To achieve my vision, from today I will continue… (list a few things that you are already doing that support your vision).

The facilitator should capture the key actions or changes in behaviour that the participants share.

Thank everyone for their time and participation in the workshop and close the session. Assist any participants who have questions or queries after the session.

Capture the output of your session on the Courage website.