

ERASMUS+ PROJECT

# FACILITATION GUIDE FOR YOUTH WORKERS

## Using Digital Adventures & Coaching Cards for Violence Prevention and Peacebuilding

[www.harmonypath.eu](http://www.harmonypath.eu)



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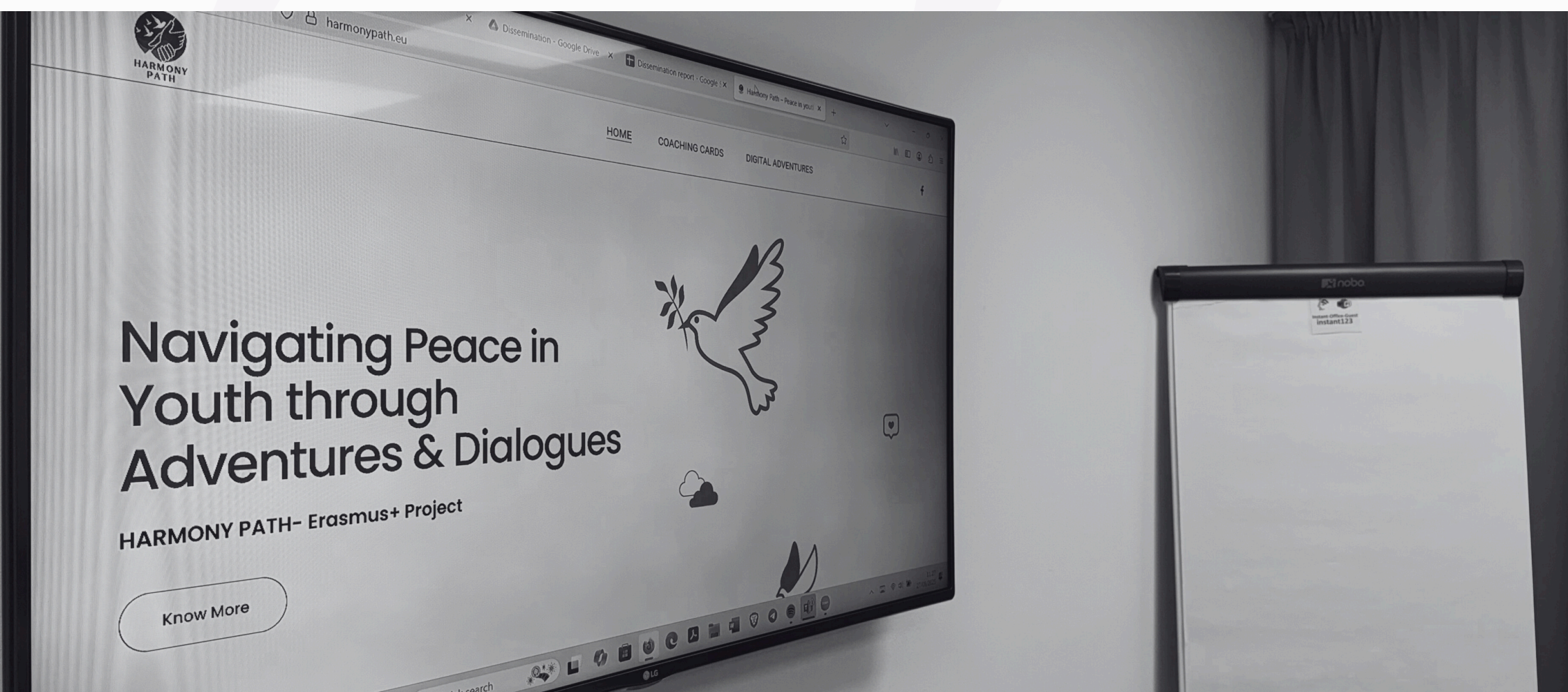
# PURPOSE OF THIS GUIDE

This guide supports youth workers to:

- Facilitate sensitive topics safely (violence, bullying, identity, polarization)
- Use Digital Adventures as lived experience
- Use Coaching Cards as reflection and skill-building tools
- Support youth without lecturing, shaming, or forcing disclosure

The goal is not to “fix” young people, but to help them:

- Notice harm early
- Understand root causes
- Practice non-violent choices
- Build confidence as bystanders, allies, and peacebuilders





# CORE FACILITATION PRINCIPLES (READ THIS FIRST)

Before using any Digital Adventure or Coaching Card, hold these principles:

## **1. Safety Over Speed**

Do not rush discussion. Silence, pauses, and hesitation are part of learning.

## **2. Curiosity, Not Correction**

You are guiding reflection, not delivering “right answers.”

## **3. Impact Over Intent**

Focus conversations on how actions affect people — not on judging motives.

## **4. Choice and Agency**

Young people always choose:

- How much to share
- Whether to speak or write
- Whether to pass

## **5. Name Systems, Not Just Individuals**

Violence is often relational and systemic. Help youth see both.



# HOW TO USE DIGITAL ADVENTURES (STEP-BY-STEP)

## STEP 1: Prepare the Space (5–10 minutes)

### Before starting:

- Set group agreements (respect, confidentiality, pass option)
- Remind youth:
- “You don’t have to share personal stories. You can speak generally or hypothetically.”

Optional grounding question:

- “What helps you feel safe in group conversations?”





# HOW TO USE DIGITAL ADVENTURES (STEP-BY-STEP)

## STEP 2: Experience the Digital Adventure (10–20 minutes)

### Important:

- Let youth experience first, without explanation.
- Do not summarize the “lesson”
- Do not stop them mid-story
- Allow emotional reactions (laughter, discomfort, silence)

If working in groups:

- Youth can go through it individually or in pairs
- Ask them to notice:
  - Where they felt tension
  - Where they hesitated
  - Which choice felt hardest






# HOW TO USE DIGITAL ADVENTURES (STEP-BY-STEP)

## STEP 3: Immediate Reflection (Low-Pressure) (5–10 minutes)

### Start with non-personal questions:

- “Which moment stood out to you most?”
- “Which choice felt easiest? Which felt hardest?”
- “Where did silence show up in the story?”

Avoid:

-  “What should the character have done?”
-  “What made some choices feel risky?”
- 



# USING COACHING CARDS WITH DIGITAL ADVENTURES

## STEP 4: Choose 1–3 Relevant Coaching Cards

### Start with non-personal questions:

Do not use too many cards at once.

Examples:

- Cyberbullying adventure → Cards 12–16, 37–40
- Harassment/bullying → Cards 1, 5, 22–24, 37–39
- Migration & dehumanization → Cards 3, 4, 33–36, 38
- Polarization → Cards 27–31, 32–36





## STEP 5: Facilitate with Coaching Questions

Use the Coaching Question, not the Action Step first.

Example:

“Why do people stay silent even when they know something isn’t right?”

Let youth answer each other — you summarize, don’t dominate.

Helpful prompts:

- “Say more about that.”
- “Does anyone see it differently?”
- “What makes that hard?”



## STEP 6: Move to Action Steps (Practice, Not Performance)

Choose one Action Step.

Options:

- Writing (private)
- Pair discussion
- Small-group role play
- Drawing / mapping
- Silent reflection

Always offer:

- “You can pass.”
- “You can keep this private.”



# HANDLING DIFFICULT MOMENTS (VERY IMPORTANT)

**If a youth shares something personal or painful:**

- Thank them
- Do not ask follow-up questions publicly

Say:

- “Thank you for trusting the group with that.”

Check in privately afterward if needed.





# HANDLING DIFFICULT MOMENTS (VERY IMPORTANT)

## If harmful language appears:

- Stay calm
- Redirect without shaming

Example:

- “Let’s pause — can we talk about the impact of that language?”



# HANDLING DIFFICULT MOMENTS (VERY IMPORTANT)

## If the group goes quiet:

Silence often means:

- Thinking
- Fear of being judged
- Emotional processing

Let it sit. Then try:

- “What’s making this hard to talk about?”
- Or switch to writing.



# CLOSING THE SESSION (5–10 MINUTES)

**Never end on heavy emotion alone.**

Choose one:

- One word check-out (“How are you leaving today?”)
- Grounding breath
- Values question:
- “What kind of person do you want to be when moments like this happen?”





# AFTER THE SESSION: YOUTH WORKER REFLECTION

## Ask yourself:

- Who spoke? Who didn't?
- Where did power show up?
- Did I listen more than I spoke?
- What support might be needed next?



# WHAT THIS APPROACH BUILDS OVER TIME

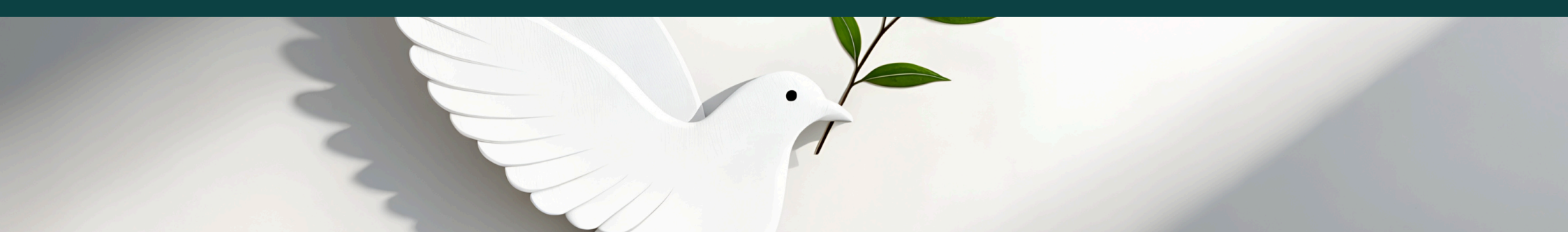
**When used consistently, this framework helps young people:**

- Recognize early signs of harm
- Understand violence as preventable
- Practice bystander intervention safely
- Build empathy without self-blame
- Develop a peacebuilder identity



# KEY REMINDER FOR YOUTH WORKERS

- You are not expected to:
  - ✗ Solve violence
  - ✗ Have perfect answers
  - ✗ Push youth to disclose
- You are expected to:
  - ✓ Hold space
  - ✓ Ask better questions
  - ✓ Model calm, respectful engagement
  - ✓ Believe young people can grow







## HARMONY PATH

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