

FACILITATION GUIDE FOR YOUTH WORKERS

Using Digital Adventures &
Coaching Cards for Violence
Prevention and Peacebuilding

www.harmonypath.eu



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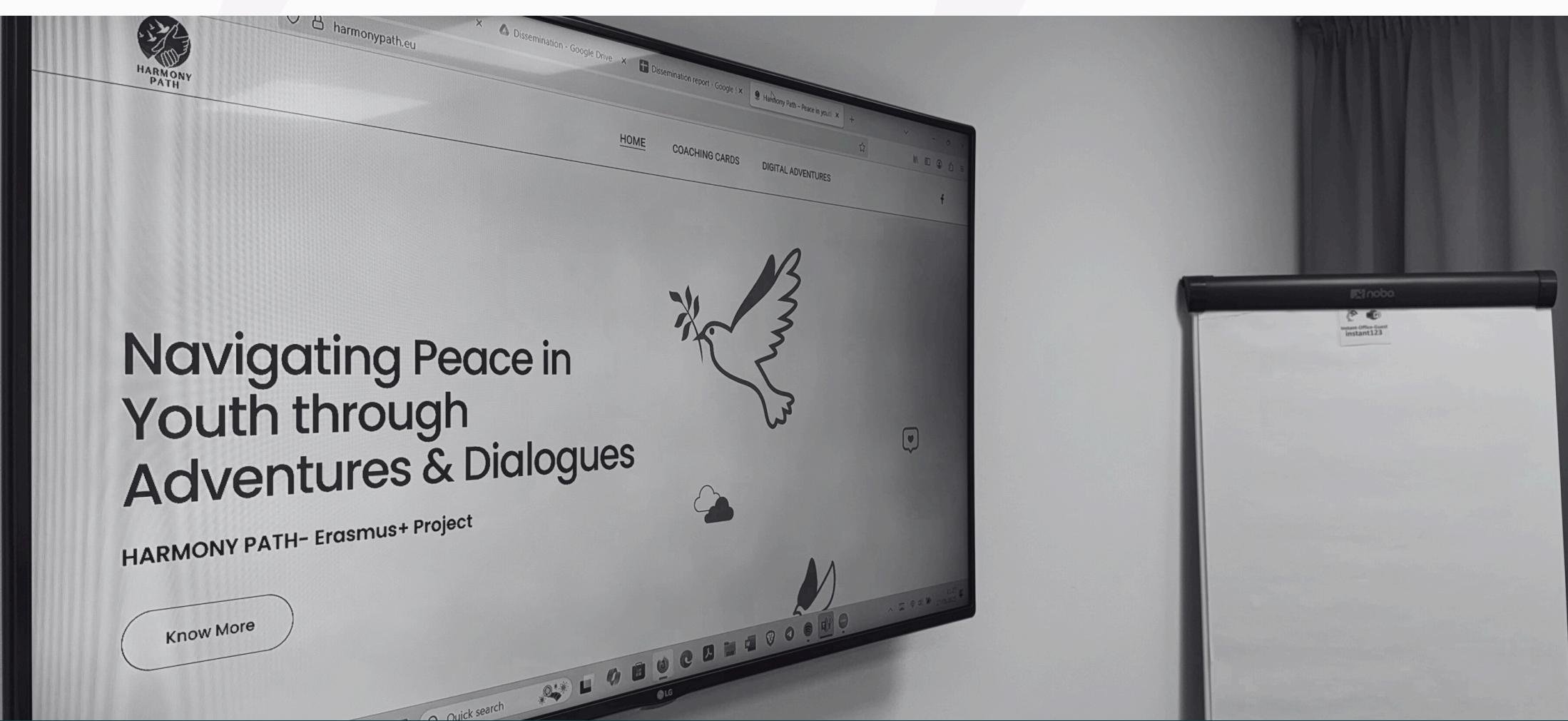
PURPOSE OF THIS GUIDE

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:

- X “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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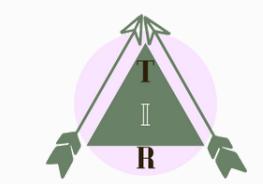
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