

Welcome to the Living as a Quaker pack

This pack grew out of discussions of the Quaker Youth Forum (QYF). The QYF was a group of young people who came together to talk about issues of particular importance to them, considering how they might be raised and addressed more widely within Britain Yearly Meeting (BYM).

One issue discussed by the QYF was the difficulties that arose from bullying and their experience of being in a minority. The group discussion considered the impact of being different from the majority – in terms of different values and lifestyles. This developed thinking around the following questions – How do you work out your own values? How do you explain Quakerism to those interested in Quakerism? What would develop your confidence in this?

The Living as a Quaker pack 2009 contains 6 sessions of 1 hour and is aimed at 12–18 year olds. Each session is designed as a part of a series with ideas in one session being built on in subsequent sessions. Some sessions have optional activities, and space for you to adapt what is done according to the needs of your group.

The first three sessions look at Quakerism and explore ways of sharing this. Two new sessions have been introduced and look at Groups and Belonging, and Interactions – this is an opportunity for participants to consider how they participate in groups and explores ways to develop their skills. The pack concludes with the session “What now?” This is an opportunity for participants to identify support structures within the groups and networks of which they are part.

The original pack was entitled ‘Only Quaker’. This new edition is entitled ‘Living as a Quaker’, to reflect the thinking that this material is suitable for all young Quakers. It aims to enable young people to explore what being a Quaker means and how this affects their thinking, their actions, their relationships and interactions with others. Sessions 3 and 4 focus specifically on the development of skills in how they might relate and interact with other people. The following material provides all the activities, ideas and resources for adults to facilitate their programme with young people.

Guide to the sessions

Each session begins with an outline which introduces and identifies the aim and focus of the session. It then highlights any preparation required and resources that you will need to facilitate the session.

The outline will indicate any resource sheets to be used in the session and that are included at the rear of the pack.

Note: Sessions 1 and 2 contain links to information from the internet – due to copyright issues we have been unable to include this information within the resource.

Session 6 invites you to hand out www.yqspace.org.uk stickers – if you require additional stickers to those in the pack you can get more from the Youth Participation Officer (see details on page 4).

Layout of the sessions

Each of the sessions contains the following:

Information relating to facilitation of the session – *in plain text*

Background information relating to the focus of the session – *on a tinted background*



Ideas for facilitation of session – *appears next to a light bulb*

Spoken text to read to the group – *in bold text*

Facilitator notes

Each of the sessions requires some preparation – a number of the sessions provide you with a range of activities that you can choose as appropriate to your group. As you prepare for the sessions think about:

How you will include participants in the facilitation of the sessions:

- Which activities could you work with participants to facilitate?
- Think about when you will have your planning meetings to enable participants that are facilitating to be involved.
- How will you ensure that each person who'd like to facilitate has a chance?



How you will work with a co-facilitator:

- Who will be responsible for what? (e.g. preparation, facilitation, co-ordination)
- How will you support each other?
- How will you work as a team?

The environment you want to create:

Have you thought about the space you will work in – is it a safe one where participants feel happy to explore the topics, share their experiences and work together?

- Is it the right size for the number of people in the group and the exercises that you have planned?
- Where will participants sit? Are there enough chairs? Is the floor carpeted?
- Who is the room for? Are there toys that are distracting? Is the room used for storage?



The group you are working with:

- How many people are in your group? A workable size is between 5 and 16 people.
- What reasons might people be coming to the sessions? For example do they feel excluded at school? How will you facilitate in light of this?



- How will you balance the needs different participants? For example vocal participants and quiet participants? Participants that learn through discussions and participants who learn through activities? Think about how the make up of the group affects pair work and group work.

How you will evaluate:

- As a facilitation team: Will you reflect on how you worked together? On any areas or individuals that you are concerned about? On how you have worked with the group?
- The sessions with the participants: What have people taken or learnt from the session? How should you develop your practice, are there any changes which you need to make?

