# implementing Multimedia Circle of Life (mCOL)

**Target audience:**

* American Indian and Alaska Native youth
* Ages 10-12 years old

**Organizational capacity:**

* Requires computers with headsets and internet access. Youth do the online program independently, and can take turns using the computers.
* Space to conduct the classes.

**Programmatic costs:**

* Staff time to review training materials and prepare lessons:
  + 3 hr. per class x 7 classes = 21 hr.
* Staff time to present the program:
  + 2 hr. per class x 7 classes = 14 hr.
* Material costs:
  + Printing, paper, markers, glue, etc. = $30 (total)

**Staffing:**

Staffing depends on how the program is implemented (options described below).

* **Full program (both components):** Onestaff member should monitor youth when they are using computers, and a staff member is needed to facilitate the classes. The same person can do both components since the activities occur at different times.
* **Online only:** A staff member should monitor youth when they are using computers.
* **Optional:** Sites doing the full program may choose to deliver the program separately to different groups (e.g., boys/girls, older/younger). This would require more facilitators.

**Implementing the full program: number and length of sessions**

* Each chapter consists of an online lesson completed independently on the computer by youth followed by a class lesson. These components do not have to be covered on the same day and in the afterschool setting it may be best to have them on different days.
  + **7 online chapters:** Done independently by youth at the site. Each chapter takes about 20-25 min to complete.
  + **7 class lessons:** Each class takes about an hour to complete.
* **Alternative implementation: T**he online and class portions can be presented together to a group by projecting the online material onto a screen. The facilitator can pause the online program to integrate information from the lesson plan. There are no specific instructions about teaching the class this way. The facilitator can adapt the amount of material covered to keep the class to 1 hour.

# Optimal number of youth per group

* 15 youth for classes to promote rich discussions