



SAMPLE YOUTH PROGRAM AGENDA

Arrival/ Coming Together - 15 mins

- Greet youth and welcome them into the space
- Provide snacks or beverages (if you're able to) or introduce youth to a traditional food
- Give youth time to connect and catch up
- Ask about their lives, families, activities, etc.

This allows youth to transition into the program, decompress and prepare to learn!

Introducing Today's Session- 5 mins

- Open the session
- Remind youth about ground rules
- Introduce the topics for the day and provide a content warning, if needed
- Share a cultural teaching or a blessing

This allows you to set expectations, warn youth about content, and center the group on the focus for the day.

Session Content & Activities-30 mins

- Provide a range of learning activities to keep things interesting, from discussions and activities to individual reflections and creative expression projects
- As often as you can, provide opportunities for youth decision making

This is the biggest part of your time with youth. Focus on how to structure the learning, not just what topics to cover.

Session Reflection/ Closure - 10 mins

- Give youth the last word for the day
- Close by offering a cultural teaching, reinforcing key messages, or sharing the next session's topics

This allows youth to reflect upon what they've learned, connect with each other, and transition out of programming.