



## Strengthening Facilitation Skills: A Training Curriculum for Programs Working with Youth

**Strengthening Facilitation Skills: A Training Curriculum for Programs Working with Youth** is a free, three-module curriculum designed to help facilitators improve the quality of their facilitation skills.

**The curriculum provides content on the following topics:**



### Managing Energy

Facilitators are introduced to the energy cycle and how it directly affects youths' abilities to engage and learn. Facilitators learn tips and techniques for managing and resetting energy in the classroom.



### Debriefing: Drawing Out Teachable Moments

Facilitators are trained to effectively use debriefing skills to guide group discussions and highlight the insights, connections, and interpretations that arise from these discussions. Using these strategies can help facilitators increase their ability to effectively debrief activities and to draw out insights and learning points from youth.



### Building Trust and Challenging the Comfort Zone

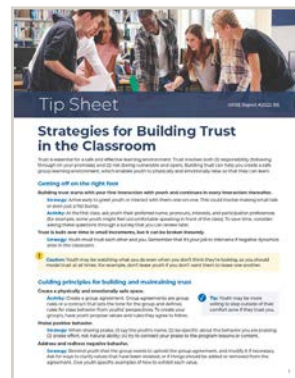
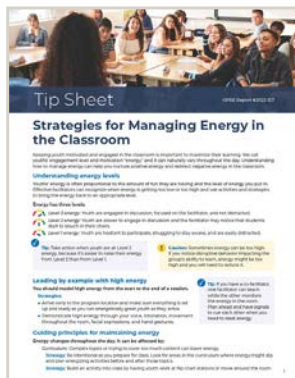
Facilitators learn strategies for building and maintaining trust with and among youth in a group learning environment. Facilitators can leverage that trust to challenge youth to begin exploring new skills and behaviors that might feel unnatural, silly, or unfamiliar at first. Trust makes it safe for youth to follow the facilitator to a place outside their comfort zone.



The training curriculum includes a guide for the trainer with background on the curriculum and tips for its delivery. The curriculum also includes supporting materials for facilitators and supervisors like checklists, handouts, and an observation protocol. For those who cannot take the full training, or as a supplement for those who can, there are also three accompanying tip sheets, one for each module, that provide key lessons from the curriculum. The training curriculum is research-based and was developed as part of a formative evaluation conducted by Mathematica and its partner Public Strategies in conjunction with two community-based organizations: Catholic Charities of Wayne County in New York, and Youth and Family Services in South Dakota.

To learn more about the formative evaluation, you can review the report *Co-Creating a Facilitation Training: A Formative Evaluation*. While the curriculum was developed with organizations that provide Healthy Marriage and Relationship Education programming for youth, it is designed to be flexible and useful for facilitation of similar group-based educational and prevention programs for youth.

The curriculum, tip sheets, and formative evaluation report can be found at [LINK].



The Office of Family Assistance (OFA) and Office of Planning, Research and Evaluation (OPRE) at the Administration for Children and Families (ACF) collaborated to produce this curriculum. The curriculum was developed under the Strengthening Relationship Education and Marriage Services (STREAMS) evaluation for ACF. Learn more about the STREAMS evaluation at <https://www.acf.hhs.gov/opre/research/project/strengthening-relationship-education-and-marriage-services-streams>.



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