

# UpLift Process

## Introduction and Visioning

### General Notes:

The following processes were designed by the Youth Engagement Coordinator (YEC) in the South Shore in collaboration with school champions. These processes were designed with input from school champions and were, on many occasions, adjusted to meet the unique needs of a given group of students. We hope this document will be a helpful resource and offer ideas for engaging your students towards a school grant or project.

The process was designed for a group of grade 8 leadership students that wanted to go through a more involved process that would allow them to come up with an entirely youth-led, and youth-created project. This session is one part of a five session process. Many of the following activities could be adapted to be more suitable for younger students. This process is best for groups that have time and do not have a specific project they hope to implement.

All sessions are designed to be approximately 50- 60 minutes.

### Important Questions to Ask Before Beginning:

We encourage you to make adaptations to fit the needs and strengths of your young people and your school community. The following questions can help guide your adaptations:

- How many students are you working with?
- How old are these students?
- How much time will you have with these students?
- Will your engagement be in-person or virtual?
- Does the group already have an idea for what project or what kind of project they would like to work on?

# Introduction and Visioning

Activity	Purpose	Taking Notes	Materials and Time
Circle Check In	Everybody gets to speak and introduce topic for the day	<ul style="list-style-type: none"> <li>• Ask for names, pronouns and another question that introduces topic for the day.</li> <li>• If I am doing a session for a group that wants to improve their outdoor space, I might ask what their favourite activity to do outside at recess.</li> <li>• For an older group I might ask them to share a moment they felt really proud at school.</li> </ul> <p><b>Note:</b> If you are conscious of time or have a big group, frame the question so that they can answer in a couple of words or a sentence. Ex. Think of a moment you were really proud in your school. What were two things that made that moment really special?</p>	<p>Materials: none</p> <p>Time: depends on size of group – allocate at least one minute per student – this always takes longer than you think</p>
Introduction	Introduce myself, Uplift, Uplift approach, HPS, and what we will be doing for the day	<ul style="list-style-type: none"> <li>• What does wellbeing mean to you?</li> <li>• What do you do in your daily life to be well?</li> <li>• How does your school support well-being</li> <li>• Explain holistic well-being.</li> <li>• Explain youth-led</li> <li>• Upstream solutions (hole in boat analogy)</li> <li>• Give them overview of my process with them and plan for today</li> <li>• Get buy-in from students – are you willing to do the hard work to make this happen?</li> </ul> <p><b>Note:</b> Instead of presenting the information to students, asking them these questions helps elicit what they already know and creates a more engaging experience for them. Doing this from the beginning is one way to set the standard and create a culture of valuing their wisdom, experience and voice. It can also be helpful to introduce your plan for the day using visuals and have it visible throughout the session. This gives young people who may be anxious or fidgety an anchor and helps everyone follow along and know what to expect.</p>	<p>Materials: Plan for the day</p> <p>Time: 5-10mins</p>

<p>Shared Vision</p>	<p>Create a shared vision</p> <p>Develop ownership</p> <p>Build trust</p> <p>Identify reference point</p>	<p>By creating a shared vision, the students have more ownership over what comes next, it builds trust that all students are working towards the same goal, and it is a reference point when choosing a project</p> <ul style="list-style-type: none"> <li>• Provide examples of visions – UpLift, Sports team, company</li> </ul> <p><b>Activity</b></p> <ul style="list-style-type: none"> <li>• Ask students to think about a moment where they felt really proud, healthy, good, excited and then ask them to share some things that made those moments special (as noted above, this could be done as your check in question).</li> <li>• Record what they share as a group of words.</li> <li>• Next you will be asking them to independently come up with a sentence using these words to describe their vision for their school. It is helpful to give them an example by doing one yourself using their words.</li> <li>• Each student comes up with a one or two sentence vision, then they get into groups of two and combine sentences, then groups of 4 and combine sentences, and so on until they have one or two sentences that captures the ideas of the group.</li> </ul>	<p>Materials: Plan for the day</p> <p>Time: 5-10mins</p>
<p>Check Out</p>	<p>Say goodbyes, and hear everyone's voice once more</p>	<ul style="list-style-type: none"> <li>• One word to describe how felt about today</li> <li>• Something you are excited for this week</li> </ul> <p>For more ideas visit: <a href="https://toolbox.hyperisland.com/check-in-questions">https://toolbox.hyperisland.com/check-in-questions</a></p>	<p>Materials: None</p> <p>Time: 5-10 mins</p>