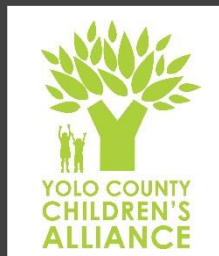


The Youth Promotores Program



*Youth-led Participatory Action Research &
Community Health Promotion
Program Documentation
2015 - 2016*



“Steps in a YPAR Project” Shuffle

This is a fun and dynamic movement exercise to introduce youth to the various steps involved in a YPAR project. This is a good way to start discussing and unpacking what a YPAR project entails and the amount of time and commitment the full inquiry and action cycle requires. This activity is adapted from the Youth Engaged in Leadership and Learning (YELL) curriculum by the John W. Gardner Center for Youth and Their Communities.

Objectives: Youth will understand all of the steps in the inquiry process and what makes a YPAR approach to research unique. Youth will understand the amount of time and commitment required by a full YPAR project cycle in order to set realistic goals and expectations for their own project moving forward.

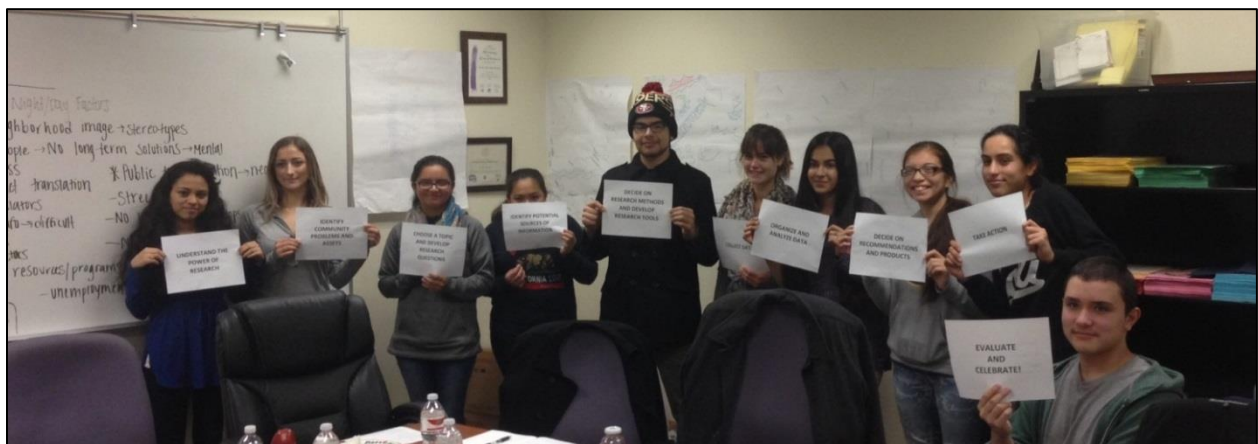
Materials & Preparation: Each step in the inquiry process should be printed or written on a separate piece of paper

Duration: 20 minutes

Roles: Facilitator, timekeeper

“Steps in a YPAR Project” Shuffle (10 minutes)

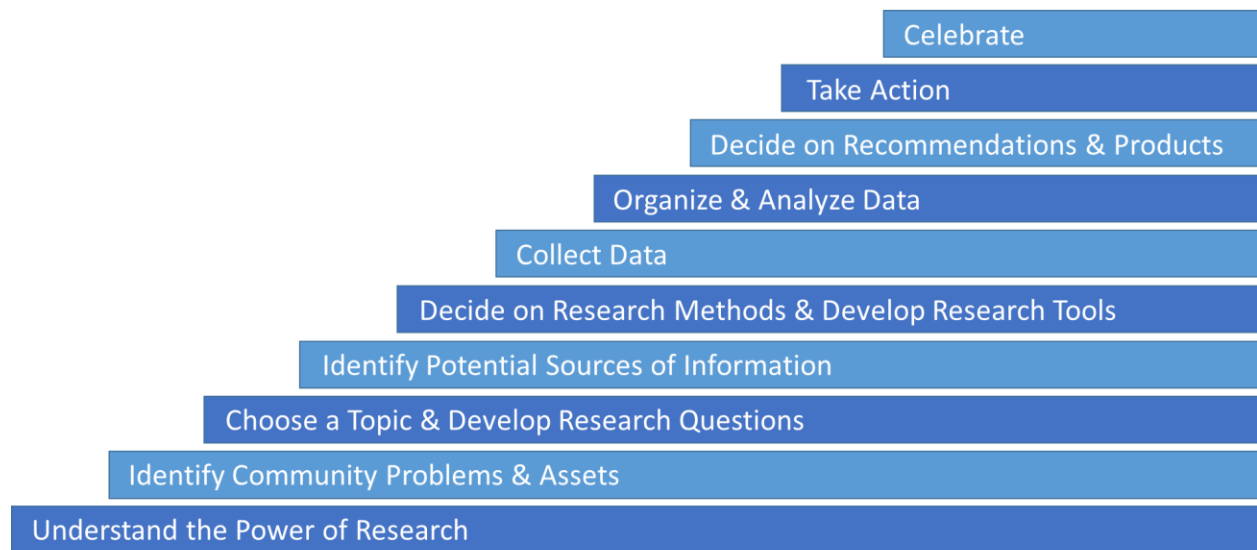
Explain that we will be discussing the research and inquiry process and learning about the YPAR cycle and this activity will help us understand the various steps that are involved. Shuffle up the papers with the steps printed/written on them so they are out of order and pass them out to the youth. To make sure each participant has a paper, you can combine or divide up the steps accordingly to reach the number you need. Have youth participants stand up and move around to rearrange themselves into the correct order. Make sure they hold their steps in front of them so everyone can read each paper. If people are still out of order, have the group analyze the situation and work to correct themselves until they are all in the right place.



Discussion & Reflection (10 minutes)

Provide a brief overview of the general YPAR timeline and approach. Allow youth to reflect on the various steps of the process and the overall commitment they each entail.

- What was your initial reaction after seeing all of the steps in the process laid out like this?
- Which steps sound like the most fun to you?
- Which steps seem like they would be the most challenging?
- What do you think makes a YPAR project unique from other research or action approaches?
- Does our time commitment and meeting schedule seem like it will give us enough time to get through this whole process? Why or why not?



The steps in a YPAR project

**PROJECT
PLANNING &
YOUTH
RECRUITMENT**

TEAM BUILDING

**UNDERSTAND
THE POWER OF
RESEARCH**

**IDENTIFY
COMMUNITY
PROBLEMS &
ASSETS**

**CHOOSE AN ISSUE
& DEVELOP
RESEARCH
QUESTIONS**

**DECIDE ON
RESEARCH METHODS
& DEVELOP
RESEARCH TOOLS**

**PRACTICE
RESEARCH
SKILLS**

COLLECT DATA

**ORGANIZE &
ANALYZE DATA**

**DECIDE ON
RECOMMENDATIONS
& PRESENT FINDINGS**

CELEBRATE

TAKE ACTION