



LAYC Training Scheme

Keep It Real Training



Introduction

The purpose of this module is to introduce the Keep It Real Pack to youth workers, give participants an opportunity to familiarise themselves with the layout and structure of the pack and try out some of the activities.

The course is run for LAYC by Youth Scotland.

The course is suitable for youth workers of all levels of experience.

Content

Keep It Real is the result of collaboration between Youth Scotland and Save the Children. This resource takes a practical approach to the issue of youth participation. It views youth participation as an integral part of quality youth work and provides a varied selection of activities and sample programmes.

The fun and interactive activities in the pack, tried and tested by young people, help develop participation levels that will provide opportunities to:

- Build self esteem and self confidence
- Increase involvement in decision making
- Create learning and develop new skills
- Share ideas in a creative way
- Evaluate and recognise achievements

For use by youth workers, teachers or peer trainers, it can be used flexibly to support young people. In the development of the pack, youth leaders tried out the activities with young people aged 11 – 18. However the activities can be adapted for use with younger and older age groups.

Each participant will receive the training pack worth £5.00 as part of their £10 course fee..

Outcomes

By the end of the course participants will:

- have an understanding of the pack and how it can be used to promote participation and decision making;
- become familiar with the layout and structure of the pack; and
- be confident about using the pack in their own settings.