



OUR MISSION: Women and Youth Supporting Each Other empowers young women by providing the resources and support necessary to make positive life choices and create community change.

Mock Session Planning

Overview: Work in small groups to plan a mock WYSE session using the national curriculum and the Session Outline below. If time allows, it may also be helpful to simulate an actual session and give mentors a chance to flex their facilitator muscles before they begin working with mentees.

Session name

Date

Facilitators

Ice Breaker (# minutes total)

- *Describe icebreaker*
- *Debrief: (list some of the questions you might ask)*

Purpose (2 minute): What is the purpose of the session?

Message (2 minute): What is the take away message of your session?

Activity 1 (# minutes total)

- *Activity (# minutes total)*
- *Debrief (5 minutes):*
- *Materials needed?*

Activity 2 (# minutes total)

- *Activity*
- *Debrief*
- *Materials needed?*

Journal writing (# minutes)

- *Prompt:*

Community action discussion (# minutes)

Session debrief (# minutes total)

- List some of the questions you want to discuss in a large group

Closing activity (# minutes)