



E-WISEE LAB

Name of activity	Empathetic Dialogues for Youth Workers
Description of activity	The Empathetic Dialogues for Youth Workers is a concise online activity aimed at strengthening the skills of youth workers in active listening, empathy, effective communication, and emotional communication within the context of sexual education. This activity provides an interactive and engaging experience through online platforms, enabling participants to enhance their communication abilities and engage in sensitive conversations.
Who are the participants?	This activity is foreseen to strengthen Youth Workers, skills such as Active Listening, Empathy, Effective Communication, Emotional Communication.
Identification of the aims of the activity	To equip youth workers with essential communication skills for addressing sexual education topics sensitively. To cultivate an empathetic approach among youth workers in online discussions. To provide participants with practical tools for facilitating open and respectful dialogues on sexual education.
Number of participants	10-25
Duration	Online Session:1-2 hours
Materials for the activity	Video conferencing platform (Zoom, Microsoft Teams, etc.). Scenario prompts related to sexual education (virtual handouts).
Identification of the competencies	<ol style="list-style-type: none"> 1) Active Listening: Participants will improve their capacity to attentively listen and understand the perspectives of others. 2) Empathy: Participants will develop empathy by recognizing and connecting with the emotions of others. 3) Effective Communication: Participants will practice clear and respectful communication in discussing sensitive topics. 4) Emotional Communication: Participants will learn to convey emotions and respond empathetically in online conversations.
Activity Steps with MURAL	<p>Online Session:</p> <ol style="list-style-type: none"> 1. Welcome and Introduction (10 minutes): Welcome participants and briefly introduce the activity's focus on communication skills in sexual education. Explain that MURAL will be used to enhance collaboration and engagement during the activity. 2. Scenario Exploration using MURAL (20 minutes):

	<p>Share a link to the MURAL workspace where scenarios are visually displayed on virtual sticky notes. Participants individually explore the scenarios on the MURAL board, adding comments or reactions to the sticky notes.</p> <p>3. Small Group Discussions and MURAL Collaboration (20 minutes): Divide participants into breakout rooms for small group discussions. Assign each group a scenario to discuss using MURAL. In MURAL, participants can place virtual sticky notes to capture key discussion points and insights.</p> <p>4. Role-Play and MURAL Interaction (20 minutes): Reconvene in the main session and select volunteers for role-play based on the scenarios. As the role-play unfolds, participants can use MURAL to post real-time reactions or comments related to empathy, active listening, and communication strategies.</p> <p>5. Reflection and MURAL Sharing (15 minutes): Facilitate a group discussion on the role-plays and insights gained. Participants share their MURAL boards with sticky notes summarizing their small group discussions.</p>
<p>Online Scenarios</p>	<p>Scenario 1: Addressing Misconceptions Scenario: In an online session, a youth participant expresses a common misconception about sexual health, contributing to potential misinformation among their peers. Discussion Points:</p> <ul style="list-style-type: none"> • How can you approach this situation with empathy and understanding, considering the participant's perspective? • What active listening techniques can you employ to gather more information about their misconception? • How might you use effective communication to correct the misconception without making the participant feel embarrassed or judged? • Discuss the importance of creating a safe space for participants to openly discuss their questions and concerns about sexual health. <p>Scenario 2: LGBTQ+ Inclusivity Scenario: During an online workshop on sexual diversity, a participant expresses discomfort with discussing LGBTQ+ topics due to personal beliefs. Discussion Points:</p> <ul style="list-style-type: none"> • How can you acknowledge the participant's perspective while ensuring that the workshop remains inclusive and informative? • What strategies can you use to foster an open dialogue about LGBTQ+ topics and address any discomfort sensitively? • Discuss the role of empathy in understanding the participant's viewpoint and creating an environment

	<p>where diverse perspectives can coexist.</p> <ul style="list-style-type: none"> ● Reflect on ways to balance respect for personal beliefs with the promotion of inclusive sexual education that supports all participants. <p>Scenario 3: Consent Education</p> <p>Scenario: In a virtual training session on consent, a participant raises a question about navigating consent within various cultural contexts.</p> <p>Discussion Points:</p> <ul style="list-style-type: none"> ● How can you respond empathetically to the participant's question, acknowledging the importance of cultural sensitivity in discussions about consent? ● How might you facilitate a conversation that explores the nuances of consent while respecting diverse cultural norms and practices? ● Discuss the significance of emotional communication in addressing complex and sensitive topics like consent across different cultural backgrounds. ● Reflect on strategies to create an environment where participants feel comfortable sharing cultural insights while learning about consent.
<p>Post-Activity Debriefing</p>	<p>Online Reflection (15 minutes):</p> <ul style="list-style-type: none"> ● Participants share their key takeaways from the activity and how they intend to apply these skills in their youth work. ● Facilitators provide closing remarks and additional resources for further learning.
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