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Activity ideas

Peer educations skills: presenting and leading

Three training activities and some practical guidelines for peer educators interested in making presentations and chairing events.

1 First impressions

A chance to think about the power of first impressions.

One way of emphasising the importance of first impressions and being a good role model as an event organiser is to get the group to act out scenarios – this method is fun and memorable!

After discussing what behaviour is acceptable and unacceptable when in a role model position, divide the group into smaller groups and act out two scenarios:
1) creating a negative first impression on arrival at the conference by acting as a negative role model.
2) creating a positive first impressions by acting as a positive role model.

2 Practice runs

Chairing a group takes confidence, leadership and public speaking skills which may takes practice!

A good way to practice is to ask the young people to run ice-breakers or team building activities at each meeting. This means they are able to practice giving clear instructions, facilitating activity and managing group dynamics.

Ensure feedback is given from peers – constructive criticism is key to developing skills the needed, and a good leader should welcome it!

3 Object game

A way to practice opening and closing speeches, normally done after an input on presentation styles.

Each person is given a random object and has 10 minutes to prepare a 1-minute speech.

The first 10 seconds must grab the audience and the last 10 seconds must summarise the key points and be memorable. The young people must then rate each other, pick the best opening and closing speech and discuss why.

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Guidelines: Essential speech-making

A) Delivery

- Give good eye contact
- Smile
- Good posture
- Make sure you find the speech interesting – be passionate, speak from heart
- Speak with PPPP (power, pauses, pace, pitch)

Using your hands in public speaking

- Use natural hand actions as you would in normal life.
- Don't put your hands in your pockets or leave them by your sides.

B) Content

The most important parts of your speech are the opening and the ending:

- **The first 9 seconds** is your chance to grab the audience, and get them engaged with what you are saying.
- **The last 9 seconds** will bring across your message and be the lasting words that will remain with the audience.

C) Structure

Keep It Short and Simple (KISS)

- Introduction (10%)
- The main body (80%)
  - 3 key points
  - Stories, examples, facts, information
- Conclusion (10%)

Based on a presentation by Carys Jones-Williams (UK Youth Voice member)

Guidelines: Chairing a session

A Chair is useful to introduce speakers, and put in order any questions being put to speakers: (i.e. judge whose hand went up first): to handle resolution sessions, or any elections you have built into your programme. Duties might include:

- welcoming people
- controlling meeting
- announcing any programme changes
- summing up discussions and decisions
- introducing sessions/speakers and closing sessions/thanking speakers
- keeping time
- opening question sessions
- any important announcements

These activities and guidelines are adapted from material in *Young People Shaping Youth Services*, available from the UK Youth storefront. http://stores.lulu.com/ukyouth