

**Eunice Kennedy Shriver National Institute of Child Health and Human Development
Media-Smart Youth Webinar**

Wednesday, July 23, 2014

QUESTIONS AND ANSWERS

Question: The facilitators guide is free and includes the poster and DVD. Or is that an additional cost?

Answer: All Media-Smart Youth materials are available FREE.

The Facilitator's Packet includes the facilitator's guide with step-by-step instructions on how to lead the 10 structured lessons; the 13-segment DVD that supplements the lessons; and the 6 Media Questions poster that highlights key questions that young people can ask as they analyze media.

The Train-the-Trainer Packet provides the resources to conduct a half-day workshop to train program staff or volunteers. The packet contains 10 modules that offer interactive exercises to provide facilitators with an overview of the curriculum, program objectives, and content areas, and to allow facilitators to experience some of the activities that youth participants will do. The packet also includes a complete set of handouts for facilitator trainees and a presentation CD that supplements the training and gives an overview and introduction to Media-Smart Youth.

Question: Can each lesson be adapted to a 45-minute classroom period?

Answer: Yes. The program is flexible and has been adapted in many different ways to fit various time limits and other constraints. We encourage facilitators to adapt the program as needed so it works best for their group.

The suggested time for each lesson is 90 minutes: 70 minutes for activities, 10 minutes for the *Snack Break*, and 10 minutes for the *Action Break*. Suggested times also are provided for each activity within the lessons. The size, age, and gender mix of your group will affect how much time you will actually need for the lessons, so keep these things in mind when you establish the schedule and timing for your program. But again, MSY sites (particularly those in academic or school settings) have conducted the curriculum in various timeframes to get through the lessons.

Question: How large or small should a group be for this program to be effective? Is it better to have a smaller group?

Answer: Classes work best with 8 to 15 youth per group. With fewer than eight kids, it is sometimes more difficult to have a good discussion and participate fully in all the activities. With more than 15 kids, it is often hard to manage the group and keep everyone engaged.

Question: Does the whole lesson happen in one day?

Answer: The Media-Smart Youth program includes 10 lessons, each about 90 minutes long, plus an extra 2 to 3 sessions for the capstone project, the *Big Production*. But there is no set schedule program, meaning you decide how often to meet and how to conduct the lessons in a way that works best for you and your participants. Sites that have conducted the program have used a variety of formats and schedules. Possible options include:

- One lesson at a time, once or twice a week, after school or on a weekend day
- One lesson at a time, on consecutive days
- One lesson at a time, once a month
- Multiple lessons in a day, over several days or weeks (this option might work best for a camp program when youth are together for a concentrated period of time)

Please see the Overview for Program Managers section of the Facilitator's Guide for more tips and resources on program planning and implementation.

Question: Should the person teaching be a certified professor or teacher?

Answer: Training is not required to lead Media-Smart Youth lessons, but we do offer resources to give prospective facilitators an overview of the program and implementation tips. Additionally, our Train-the-Trainer Packet has materials for individuals interested in leading a half-day training workshop onsite for staff or volunteers.

Question: How can we get a copy of the Facilitator's Guide?

Answer: To order free copies of the Media-Smart Youth Facilitator's Guide and other materials, contact the NICHD Information Resource Center at 1-800-370-2943 or visit <https://www.nichd.nih.gov/msy>.