

Y-ADAPT: Concept Note

‘Y-ADAPT’ or ‘Youth Adapt’ is an innovative curriculum using a games-based approach to engage and inspire 13 – 25-year-old youth, to develop and implement their own climate change adaptation action and advocacy plans in their local communities.

The Y-ADAPT curriculum is now fully tested and available for use. An evidence base has been developed through a pilot year (2018) working in Haiti and Guatemala, and a 2 year collaborative development phase (2016-2017) using a participatory play-testing methodology to design the programme with youth across the Philippines.

This document outlines the process of launching Y-Adapt in country, as a sustainable, long term programme. The national society or implementing organisation is responsible for developing their own contextualised plan of action guided by the five process steps outlined here:



Government ministries from several countries are interested integrating Y-Adapt into national school curriculums, to achieve objectives of including Climate Change Adaptation, Disaster Risk Reduction and Environmental Management and Restoration into secondary school learning. A contextualised, methodological and collaborative approach should be taken to move this agenda forward effectively, engaging relevant partners from the outset.

OVERVIEW

Problem Recognition

Climate change is happening, and impacts are projected to become increasingly severe in the future. Children and youth can be important agents of change in raising awareness and taking action. However, there is a need for awareness-raising educational materials that can support youth to engage in critical thinking, solution finding and to inspire action in their communities on climate change adaptation.

The Opportunity: The Y-Adapt Curriculum

‘Y-ADAPT’ -or ‘J’ADAPTE’ in French- is an interactive, games-based curriculum. Seven sessions build on each other to explore key concepts of climate change, extreme weather, hazards and vulnerabilities relevant to participants’ communities, developing awareness of integrated approaches to promote risk management. Drawing upon the ‘Vulnerability and Capacity Assessment’ methodology, Y-Adapt innovatively incorporates tools such as the seasonal calendar to show change over time. Experiential learning and dialogue strengthen understanding and engage youth in developing ideas to reduce climate-related risks, adapt and become more climate resilient. The final session supports the actual implementation of participant’s own identified adaptation actions.

Iterative Design; Participatory Playtesting (2016 – 2017)

Y-ADAPT's collaborative two year design phase drew upon expertise from partners and stakeholders covering game design, climate change adaptation, disaster risk reduction, integrated risk management, participatory approaches, education and youth work. The Red Cross Red Crescent Climate Centre partnered with Plan International, the Philippines Red Cross and Emerson College Engagement Lab. Sessions were designed through participatory playtesting. This was an iterative design methodology where ideas were tested by facilitators with 100s of rural and urban youth across the Philippines. Participant feedback determined which aspects to improve and amended designs were re-trialled. This evolving process of reiterations continued until a final, fully effective output was produced.

Pilot phase (2018)

Y-Adapt underwent a one year pilot phase. The primary objective of the pilot was to verify that Y-Adapt effectively inspires real-life youth led actions, by answering questions on four thematic areas:

- **Action Output:** Are youth inspired and able to plan and implement an action plan?
- **Knowledge:** Do youth acquire new knowledge through Y-ADAPT?
- **Engagement:** Do youth engage with and enjoy Y-ADAPT?
- **Methodology:** Do the activities and game mechanisms work effectively in the context?

The pilots were implemented in Haiti and Guatemala working with the national societies and partners. Data was captured through pre and post youth and facilitator surveys and focus group discussions, combined with integrated participatory M&E -from photo diaries, to WhatsApp groups, to capturing action on adaptation cards. Practically, the learnings have been used to update the methodology through a final version of the Y-Adapt facilitation guide, resources and training approach. The conclusions and lessons learnt have provided the evidence base to justify a global roll out of Y-Adapt, to reach 1000s of youth worldwide.

LAUNCHING Y-ADAPT

The National Society / Implementing organisation is responsible for developing a contextualised plan of action based on the below 5 step framework

STEP 1: Strategic planning and long term vision

Goal: Strategic planning for sustainable roll out of Y-Adapt in line with organisational objectives

- Review: (i) Y-Adapt guide and resources (ii) Y-Adapt training and roll out approach
- Plan a contextualised approach for long term sustainable integration of Y-Adapt in youth engagement and climate change work
- Create detailed, budgeted plans in line with organisational objectives for Y-Adapt roll out.
- Roll out may be through Red Cross Youth, extra-curricular programmes, youth groups, or collaborations with other organisations and initiatives. Roll out may also be with a view to integrating Y-Adapt into national school curriculum for long term sustainability
- Engage relevant partners and experts at this stage from the outset
- Gain necessary approvals for proposals and secure budgets to ensure Y-Adapt roll out can commence immediately after training

STEP 2: Training of Trainers Part One; Facilitator team

Goal: To train a group of 30, strategically selected Y-Adapt Facilitators

See: ANNEX A - ToT Requirements and ANNEX B – ToT Part One; Agenda

- 3-day Y-Adapt National ToT with 30 participants maximum.
- ToT participants should be strong facilitators, with an interest in the topic.
- ToT participants should be selected in line with the country Y-Adapt pilot and roll out plan, as they will become the Y-Adapt facilitators and ultimately the core trainers.
- Dependent on the roll out plan, could invite 1 or 2 key stakeholders to participate, perhaps Ministry of Education or Environment, or other key roll out partners.
- Consider inviting a student Junior Researcher to support M&E analysis.
- The implementing partner is responsible for the budgeting of, and organising ToT logistics.

STEP 3: Training of Trainers Part Two; Core group creation

Goal: Develop confidence and skillset of a 'Core Group' of 6 newly trained facilitators through a 4 day, supported launch of Y-Adapt with 30 youth. Core Group facilitators then lead the initial Y-Adapt roll out and support the other 24 facilitators (ToT Part 1) to launch Y-Adapt

See: ANNEX C - 'ToT Part Two; Agenda

- Organise a group of 30 youth aged 13-25 to be available for four consecutive afternoons
- Facilitators should be available for four full days, so as to use mornings for preparation
- In the 4 day launch, Y-Adapt sessions are led by the core group of facilitators, and supported by the ToT lead facilitator
- Select the core group of 6 (maximum) facilitators according to:
 - o Facilitator's location and alignment with roll out
 - o Strong facilitators who can support others
- For the 4 day launch, the core group works in pairs to deliver the 6 sessions, thereby becoming additionally expert to support other facilitators
- 6 week action phase follows the supported launch. Core group continue to support youth and check-in on photo diary participatory M&E, before returning to lead Session 7
- Core group then support the other 24 facilitators (from week one) to launch Y-Adapt

STEP 4: Y-Adapt Roll out

Goal: Roll our Y-Adapt as strategically planned and budgeted prior to the training

See: ANNEX D - Y-Adapt Sessions

- Y-Adapt is rolled out in country as per the vision planned and budgeted for in step one. This is led by the core group and newly trained facilitators
- Strongly recommend: that the roll out commences as soon as possible after the training so that the information is fresh in facilitators minds.
- To run Y-Adapt we suggest 2 lead facilitators and 2 co-facilitators
- Time taken to run Y-Adapt is divided as in the flow chart below. NOTE that the entire Y-Adapt curriculum is run intensely for training purposes, but in normal recommended practice sessions are spread out over 13 weeks



STEP 5: Monitoring, Evaluation, Accountability and Learning

Goal: Track progress of Y-Adapt in your country to contribute to the global database for continuous learning and improvement of the programme

- Maintain a record of Y-Adapt roll out; locations, organisations, type of youth (school group, RCY, scouts, guides etc), number of youth etc.
- Maintain a record of Y-Adapt training of trainers; locations, organisations and number of facilitators
- Maintain a record of Y-Adapt actions; file photo diaries and adaptation cards
- Ensure photo diaries and adaptation cards are uploaded to the interactive world map
- Share timely updates with the climate centre to support overall tracking of Y-Adapt roll out



ANNEX A: TRAINING OF TRAINERS: REQUIREMENTS

The implementing partner is responsible to budget for and organise the requirements

Agenda length:	3 full days for ToT: 9am – 5pm
No. of participants:	20 – 30 participants maximum
Type of participants:	Participants that already have <u>strong facilitation skills</u> and will then be the facilitators to lead the pilot and roll out <i>*Please provide information on participants once selected</i>
Venue:	Large room with plenty of space for all participants to move / run around [The larger the space the better – can include outdoor space as well as a room]
Venue Set Up:	Chairs around the edge of the room
Projector:	A projector is required for training purposes for the ToT, but a projector is <u>not</u> essential for Y-Adapt pilots or roll out
Refreshments:	Lunch and am / pm refreshments
Printed Y-Adapt materials:	https://www.weadapt.org/knowledge-base/y-adapt
	<ul style="list-style-type: none">- 3 facilitation guides and 3 sets of laminated resources for use in the ToT- 1 facilitation guide for each participant- Laminate a set of resources for each roll out location
Training of trainer materials:	
	<ul style="list-style-type: none">- 2 x Flip charts / 30 x Large sheets of paper A2 or larger- 40 sheets of A4 card in 4 colours (10 sheets per colour): Make these into Meta Card by cutting each sheet into thirds- Coloured paper- Scrap paper; one sheet per participant- Pens for each participant and a few packs of coloured pens for group work- Board markers- Scissors- Masking tape – 3 rolls- String (or chalk - if allowed to draw on the ground)

ANNEX B: TRAINING OF TRAINERS PART ONE: AGENDA

ToT Part One: DAY 1	
8.30	Registration
9:00 – 9:30	Opening Welcome
9:30 – 10:00	Y-ADAPT introduction and training structure
10:00 – 10:30	Participants expectations
10:30 – 11:00	Y-ADAPT SESSION 1: Introduction
11:10 – 11:20	BREAK
11:20 – 12:00	Practice: Session 1
12:00 – 1:00	LUNCH
1:00 – 2:00	Y-ADAPT SESSION 2: Climate Change Challenge
2:00 – 3:00	Practice: Session 2
3:00 – 3:15	BREAK
3:15 – 4:00	Quiz!
4:00 – 4:30	Wrap up
4:30 – 5:00	Personal note taking

ToT Part One: DAY 2	
9:00 – 9:30	Recap Snap!
9:30 – 10:00	SESSION 3: Map the Hazard
10:30 – 10:45	BREAK
10:45 – 11:45	Practice Session 3
11:45 – 12:00	Energiser Exchange
12:00 – 1:00	LUNCH
1:00 – 2:00	SESSION 4: See the System
2:00 – 3:00	Practice Session 4
3:00 – 3:15	BREAK
3:15 – 4:15	SESSION 5: Act to Adapt
4:15 – 4:30	Wrap up
4:30 -5:30	Personal Note Taking

ToT Part One: DAY 3	
9:00 – 9:15	Recap Reporters!
9:15 – 10:15	Practice Session 5
10:15 – 11:00	SESSION 6: Choose your Challenge
11:00 – 11:15	BREAK
11:15 – 11:45	Brainstorm Session 6
11:45 – 12:30	SESSION 7: Join the Global Y-adapt Community
12:30 – 1:30	LUNCH
1:30 – 1:45	Energizer Exchange!
1:45 – 2:30	Y-ADAPT Stakeholder Mapping [TBC]
2:30 – 3:15	Review + Facilitation Tips
3:15 – 3:30	BREAK
3:30 – 4:30	“What’s Next?” Roll out + Pledges
4:30 – 5:00	Closing Remarks

ANNEX C: TRAINING OF TRAINERS PART 2

- Divide the core group of 6 facilitators into 3 pairs; Pair A, Pair B, Pair C
- Note additional time is planned to deliver the Y-Adapt sessions (normally 1 hour each) as this is a continuation of the training and the first time for facilitators
- Organise a group of 30 youth aged 13-25 to be available for the 4 afternoons

ToT Part 2	Time	Activity	Description
DAY 1	9.00 – 12.00	Briefing	Practice and prepare materials
	13.00 – 16.30	Y-Adapt with 30 youth	SESSION 1: Led by Pair A SESSION 2: Led by Pair B
	16.30 – 17.00	Debrief	Debrief of the day
DAY 2	9.00 – 12.00	Briefing	Practice and prepare materials
	13.00 – 16.30	Y-Adapt with 30 youth	SESSION 3: Led by Pair C SESSION 4: Session 4: Led by Pair A
	16.30 – 17.00	Debrief	Debrief of the day
DAY 3	9.00 – 12.00	Briefing	Practice and prepare materials
	13.00 – 16.30	Y-Adapt with 30 youth	SESSION 5: Led by Pair B Optional Session: Led by Pair A
	16.30 – 17.00	Debrief	Debrief of the day
DAY 4	9.00 – 12.00	Briefing	Practice and prepare materials
	13.00 – 16.30	Y-Adapt with 30 youth	SESSION 6: Led by Pair B and planning supported by Pair A and C
	16.30 – 17.00	Debrief	Debrief of the day
The following 4 – 8 weeks		<i>Y-Adapt action phase</i>	<i>Youth implement their action plans, supported by the core group and if needed the lead trainer remotely</i>
Week 8		<i>Y-Adapt with 30 youth</i>	<i>SESSION 7: led by the core group</i>

ANNEX C : Y-ADAPT SESSIONS

Session 1 - Introduction

Description: An introduction to Y-adapt ending in a creative competition where teams present real-life examples of youth-led adaptations from around the world.

Real World Goals:

- Introduce adaptation examples that have been led by youth around the world
- Inspiration to start thinking how you can prepare for a changing climate in your community

Session 2 - Climate Change Challenge

Description: A playful session that demonstrates weather compared to climate to then create a seasonal calendar of your community. This leads into an energetic game that teaches about the greenhouse effect, global warming and climate change.

Real World Goals:

- Understand the difference between weather and climate
- Understand the greenhouse effect and causes of human-induced climate change
- Explore how climate change may have already impacted your community

Session 3 - Map the Hazard

Description: Critical thinking challenge to map extreme weather and its impacts on different societal groups in your community. Voting determines which hazards most impact your community.

Real World Goals:

- Explore the link between the greenhouse effect, global warming, climate change, hazards and impacts with a focus on local context
- Understand how more extreme weather can result in hazards and impacts in your community, effecting different people in different ways
- Determine which hazards happen most often and have the biggest impact in your community

Session 4 - See the System

Description: A card game encouraging 'systems-based thinking', where teams compete to identify how people, places, and things (resources) fit into systems. This is followed by an interactive exercise to systematically brainstorm the important resources in your community.

Real World Goals:

- Understand how "people, places and things" (resources) fit into systems
- Explore systems-based thinking and complexity, to understand how different systems interact and depend on one another
- Understand that climate change will impact a range of systems

Session 5 - Act to Adapt

Description: A giant board game to prioritise important resources in your community which are vulnerable to specific extreme weather events. Youth must negotiate with each other to take

individual or collective actions to adapt their community resources.

Real World Goals:

- Explore how extreme weather could affect your community
- Explore how you can act by yourself, or together with others
- Experience how the impacts of climate change could become more intense

Optional Session – Experience the Environment

Description: *A lively game to simulate an ecosystem, followed by a competitive scavenger hunt to creatively showcase the concept of ecosystem services ending with a team game to further emphasise the role a well-managed environment plays in climate change adaptation.*

Real World Goals:

- *To introduce environmental resources and ecosystem services*
- *To understand the environment can increase disaster risk if badly managed*
- *To understand environmental resources can help reduce disaster risk if well-managed*

Session 6 - Choose your Challenge

Description: An interactive challenge in which youth create an action plan to adapt resources in their community. Youth engage in a reality role-play competition to act through challenges and solutions in implementing their plans, before choosing the adaptation they will make in real life.

Real World Goals:

- To choose what to adapt in your community
- To critically think through an action plan, considering approach, resources, stakeholders, challenges and solutions
- To create an initial action plan and organise the first steps

*****ACTION PHASE*****

Duration: 6 weeks

Description: A 6 week period for youth to implement their action plan in their community. They must keep a weekly photo-caption diary to track their progress.

Real World Goals:

- To take adaptation action in your community to reduce the impacts of climate change

Session 7 - Global Y-Adapt Community

Description: Youth create a Y-Adapt 'Adaptation Card' to capture their adaptation action

Real World Goals:

- To document the photo-caption diary to show a weekly record of the action phase
- To create an adaptation card and share it online to inspire other youth around the world to take action on climate change in their communities

ANNEX E: LINKS TO FURTHER INFORMATION

Y-ADAPT facilitation materials online:

- ▶ <http://www.climatecentre.org/resources-games/y-adapt>

J'ADAPTE facilitation materials online: Webpage coming soon!

- ▶ <http://climatecentre.org/french>

Y-ADAPT web story articles

- ▶ [From the Philippines to Haiti: expanding the 'Y-Adapt' global community](#)
- ▶ [Y-Adapt pilots' global launch in Haiti - Haiti | ReliefWeb](#)

Y-ADAPT Flickr

- ▶ <https://www.flickr.com/photos/climatecentre/sets/72157687758840835>

Y-ADAPT videos

- ▶ <https://vimeo.com/230156567>
- ▶ <https://vimeo.com/230154134>