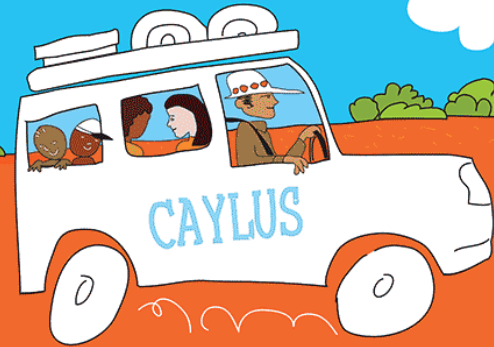


Central Australian Youth Link-Up Service

CAYLUS



Tangentyere Council

Blue Book Planning

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Weekly roster

A weekly roster helps the youth program run regular activities.

Regular activities ensure:

- stronger attendance, because everyone knows what is going on.
- better maintenance of spaces and equipment.
- youth workers also have an opportunity to develop the skills and confidence to run specific activities.
- easier setup and clean up
- kids having structure they can depend on is healthy and reassuring
- participants can have more ownership and involvement in designing and building on the activity Eg. If you make a little film with the kids every couple of weeks, they'll be thinking and talking about it, generating ideas for future films.

To inform what the activities might be, and which day they are traditionally held, we look into the history of the youth program in the community by speaking to the local youth workers, families, and young people.

Here is an example of a visual weekly roster:

	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning					
Afternoon					
Night					

Some suggestions for how to use this:

- see weekly roster template in the list of links with this pdf
- google clipart or cartoon images for the activities you need to add, or get young people to draw different activities, ask for a logo style image, ie. Simple object that represents the activity, rather than a picture of everything that could be happening
- add logo of your organisation

- adjust the template so it shows your team’s weekly plan
- print and laminate as a staff roster, stick it up in the office
- attach a whiteboard marker to some string and tie it to something close to the roster (also very handy for pens in the office, they always seem to go missing! Even in the car! Tie them up!!!)
- staff can write their initials on the roster for the activities/days they want to work.

Youth program roster for public notice boards

	Tuesday	Wednesday	Thursday	Friday	Saturday
Afternoon					
Night					



Some suggestions for how to use this:

- see public weekly roster template in the list of links with this pdf
- google clipart or cartoon images for the activities you need to add
- adjust the template so it shows your team’s weekly roster
- add logo of your organisation
- print a few copies for the local youth workers to take home and show family, so people can familiarise themselves with it
- sit outside the shop with a few and have chats with people about youth program, what sort of activities they’d like to see happening, and be part of, and discuss the roster
- ask the store managers if you can dedicate a specific spot in the store to put up the roster
- If this is possible you could even make a banner or the like to make the youth program roster and any posters more eye catching.

Some things to consider when planning

Across the region youth programs run a variety of activities based on skills, interests, spaces, numbers of kids and resources. Each place is unique, however there are a few things worth considering in planning to create a robust, culturally appropriate, and sustainable program.

Combination of high and low energy activities

This way staff get a rest and participants can enjoy super charged time as well as low key activities. Factor in heat and other events in the community.

Too much of a good thing, unsurprisingly, isn't great. Running a favourite activity like disco say on a Friday and a Saturday sometimes means you have two crap discos instead of one AMAZING disco.

Plan chilled out activities on days where you need a bit of recovery time.

Sorry Business or other cultural events

Spending time out and about in the community before, between and after activities will allow you to check in with people and you will inevitably stay informed about any possible adjustments the youth program may need to make.

Always consult local families when it comes to sorry business and culture/Business, and communicate what is happening with your employer. You may well find that it is okay to run youth program if it is a quiet activity (for example a computer room session) on the other side of town, or a bush trip with a small group, but be sure to check in with people about the day's/weeks planned events. Communicate the possible changes with your managers and discuss what you may be able to do on days where no program may be held. Organising spaces, equipment, admin, ordering stuff, cleaning cars, researching games, downloading interesting youtube clips etc.

Cleaning and maintenance

Daily cleaning and weekly or even monthly cleaning all look different and you'll do well to plan for these. Cleaning can be a lot of work, remember cleaning doesn't have to be perfect, just done regularly. Integrating some cleaning up to the actual activity can look like a stop in the music fifteen minutes before the end, and getting everyone to pick up some rubbish. If there are kids who refuse don't go hard with demands and ultimatums, try giving them options to do other stuff, do they want to get the balls, pack up the iPads, or get the stage ready for disco later tonight? Tread gently with defiance, because the young person may just be seeking an opportunity to push back against something. Read more about this in Blue Book Behaviour Management.

Cleaning the car weekly is a good way to go, it can even be something that happens outside the rec hall (depending on how the space works). Kids quite like cleaning the car, equip them with a

rubbish bag, dust pan and broom, a spray bottle and tea towels. You can make your own cleaning liquid with 80:20 vinegar and water, a few squirts of detergent and some eucalyptus oil for a nice smell, way cheaper, saves plastic and works well, can sting a bit on skin so warn kids using it.

Seasonally appropriate activities

To help inform the program, create a yearly planner specific to your community. See the below as an example.

Example Yearly Planner											
					BBB						
					AFL GF						
								Christmas			Easter
			AS Show								
Sport's Carnival season											
Cooler time for bush trips						Hot time					
			Akatjiri season			Pura Season					
						Possible rainy season					
						Pool Season					
						Culture time					
Holidays		Holidays	Holidays		Holidays	Holidays		Holidays	Holidays		
April	May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	March

Talk with the team and include season times for different bush foods, bush medicines, hunting, country to visit at specific times, looking after country jobs etc. Ask about any big annual events, rodeos, dance and culture festival, school sports carnivals, visits from dialysis patients, Santa! Keep your ears open about visiting organisations or groups, which can have a significant impact on youth program, speak to the school principal and find out who is visiting this term.

Having an awareness of these events does not mean the youth program have to do any work in running these things, rather that you understand that they may have an impact on what the team plans so you may successfully provide a regular program. Stuff happens out of the blue, absolutely, and you can't predict or control everything, but planning and working to a plan is helpful.

Start with the month you make the planner, shapes and sizes of youth worker teams change, do what you can do, now.

Local culture

How many things in the plan are centred around local culture?

See the list below for a few examples:

- Bush trips, can be camping but doesn't have to be epic, can be an afterschool 2 hour trip to a place 10 minutes drive away, take snacks and something to take photos.
- Watching Central Australian media on ictv, youtube, ask families about films they might be

in or local films they like, any they own and can share.

- Creating and sharing media, see book making in Blue Book Language, and Film making in Bluebook Activities
- Family Tree app on the iPad
- Any activity that involves multiple generations/family
- Collecting bush tucker
- Making kid's books with the paintings the kids do, see the book making section of Blue Book Language
- Girls or boys traditional dancing
 - You need a dancing kit, the right senior folk, a car, a warm enough day, food, camera, permission forms/talent release and 3 hours (given its not a massive drive). Talk to the local youth workers about who to involve. N.b female youth workers talk to females, males speak with males.
 - This can be a weekly activity, it is a lovely thing to do. If you only have one car load of people, if possible, another team member runs an activity back in the community so other kids don't miss out.

Local culture - Planning and reflection tools

Cultural elements of activities	Week 1	Week 2	Week 3	Week 4	Week 5	Month Total
Country/Bush trip						
Language						
Media consuming						
Media creation						
Food/bush tucker/hunting						
Family focus						
Art						
Etc.						
Etc.						
Weekly total	4	4	3	3	2	16

You will find that cultural elements overlap. Let's have a look at Week 1 in the example table above.

This youth program ran a bush trip with grandmothers and girls, took photos of plants and recorded local language name to make a book. This activity scored 4 points. The numbers do not indicate how many individual activities, rather the number of cultural elements included in the activities across the week/month. The aim is to increase the team's personal best. Looking at the above you will notice that Art only got one point, so this gives the youth team an opportunity to consider how they may better implement particular cultural elements. For example, does it come down to equipment, people, space? How may you adjust your ideas around what making art looks like to make it possible to deliver more art based activities?

Keep in mind that every community is different, and the culture of the youth programs themselves

can vary. For example, some places have particularly active and involved older family members, while in other places it can be challenging to involve that cohort. Some communities have amazing rec halls and almost all the activities are centred around that space, where as another community may only have 8 kids rocking up, and bush trips happen every second day. In summer its way too hot to go on bush trips but some communities are lucky enough to have local swimming spots after rain.

Another way of planning to include cultural elements is consider the weekly roster and add a tick where appropriate. This action, done regularly gives the team an opportunity to plan for and reflect on how the local culture is active in the youth program.

	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning					
Afternoon					
Night					



If you find it difficult to include cultural elements or what that might look like, spend time talking with families about what they want to see in the youth program and what that involves.

Inclusive program

- Good relationships are number one when it comes to running an inclusive program.
- Running diverse range of activities means the program will appeal to different individuals.
- Regular program can make kids more confident that they will get their turn, if say, teenage girls are having an activity in the computer room and the 9 year old boys want something to do. You will be able to reassure the 9yos that they have an activity coming up.
- Sometimes you need to adjust the location to ensure that the focus group get access, those 9yos might be in the habit of throwing rocks on the roof, disturbing the group inside. It might be worth planning the activities in another location, maybe take those teenagers on a bush trip or another space that ensures some peace.
- Sometimes youth programs are servicing one (big) family exclusively, without intending to or even realising it. This is something which requires continuous navigating. Talk to the youth program team to see how the local youth workers are related and keep this in mind when it comes to collecting young people for say a bush trip. Change the direction you drive around town, visit homes on each street, each side of town, there are bound to be kids in every home. This is one of the helpful elements of the whitefella non-related state,

we don't have family pressure to take specific kids.

- Talk with the school to find out which kids they may be struggling with, or those who rarely come to school, communicate if they are attending youth program, and make an effort to provide meaningful activities that appeal, including family if possible.

Involving other services

Talk to young people about other services they access in the community, and speak to all the services about what they may be providing for young people. For example, you may find the school have a wood working and welding group that meet every Monday morning and three young fellas love it but they rarely go to school. Arranging to collect those young fellas for that class could be a really good all round.

Control the things you can control

Here are some of the things you can regularly do as a team, at each activity. All of these things help the youth worker team, and everyone coming to activities know what to expect, and this can make it easier to run good program.



Run regular program, so everyone knows what to expect each day of the week



Lock the car so kids aren't getting into it when you don't want them to



Lock doors in the spaces you don't want people going into



Tidy and put away equipment at the end of each activity



Setup for the next activity before all the kids arrive. Or establish a culture of including the kids in helping with specific set up jobs.



Talk to the kids about the activity before you go into the space, ask "who wants to help us with this, who wants to help us with that".



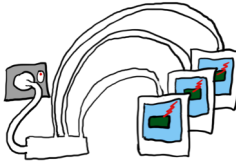
Plan the week so you have a good mix of high energy activities and low energy activities, so the youth worker team don't get too tired.



Have food and water available if possible, offer it to everyone.



Save the numbers for night patrol, police, youth workers and other important people in your phone.



Charge iPads, cameras, speakers and other things BEFORE program starts



Remove broken equipment, and try and keep a clean car. When equipment and spaces are looked after, everyone feels better in the space and it is less likely more things will get damaged.



Make a plan with the team about the activity each day, when setup happens, how everyone will get to work. Remember not everyone has the privilege to get to work by car.



If you have an activity planned in advance, check in with the people or the organisation again on the morning of the activity.



Make sure the team have food and water for themselves so everyone is feeling good.
