Trainer Guide

1. Title
2. Have the participants think about this question while watching the following two videos
3. This is part of Cameron Kasky’s speech at the March for Our Lives on March 24th, 2018.
4. This is a political ad for Alexandria Ocasio-Cortez, who is running for Congress in New York
5. Discuss. Write a list of the brainstormed answers
6. Introduction to the training. In the 2 hours:
* Go through the steps quickly and mention break.
* Point out visual in handouts so they know they can follow along
1. Step 1: Who Are You?
2. What are a person’s communities? Define simply
3. Discuss.

Cameron is speaking to youth his age about the importance of voting and speaking out

* He is in this group
* He is passionate about this issue and wants other people to be passionate also

Alexandria is speaking to the working-class New Yorkers who aren’t represented by their congressman

* She is in this group
* She wants people like her to feel like they are being heard by their representative and that they may be helped

Make sure to establish that people get involved in what they are a part of

1. Activity 1: What communities are you a part of?

Each person gets three sticky notes. On each, they write down one of the communities they are involved in and why it is important to them and their livelihood

What does the community provide for you?

Put them on a matrix to separate sections

* Matrix: 4 sections are – Social groups, Geographic location, Social Media, Personal Relations

See how many they can come up with

1. Establish fact; lead into “a community has values, so do you”
2. Step 2: What Do You Stand For?
3. Video, “I speak”
4. Activity 2: What are *your* values?

Pass out list of 20-30 values.

Ask each participant to choose 5-10 of the values on the list that they value most.

1. Discuss.
2. Conclusion
3. Step 3: Making It Real
4. Discuss. Participants write a list of the brainstormed answers
5. Answers to question on slide 17. Compare to brainstormed answers on 17
6. Discuss
7. Prelude to activity 3. Start asking the questions
8. Activity 3: Finding Your Issues?

Have the participants write down 1-3 issues, and then have them share them with the group. Create a list with *everyone’s* issues.

Ask: Are there issues on the list that affect others that you hadn’t seen before, or thought of as an issue?

1. Step 4: It’s Your Time!
2. Have the participants circle 1 of their issues to focus on from Activity 3
3. Intro into ways of getting involved
4. Have a participant volunteer to read through, or talk through quickly
5. Activity 5: Your Own Issue

Have the participants come up with 3 ways of getting involved with their own issue. Allow workshop time for 2 people to share their projects with each other and give suggestions.

1. Introduce the idea of obstacles. What gets in your way?
2. Discus VERY briefly
3. Have a participant volunteer to read
4. Have a participant volunteer to read
5. Have a participant volunteer to read
6. Activity 6: Finding the Time

Have participants fill out worksheet in handout

1. Summarize
2. Step 5: Teens Who’ve Done It
3. #NeverAgain
4. Daniel Mahoney and Flip Flop Drop. Quick summary
5. Raquel Gomez and Care Packages for the Homeless
6. Activity 7: Community needs survey. Explain simply for them to take home. They have the directions in their handbooks
7. Takeaways
8. Special Thanks!