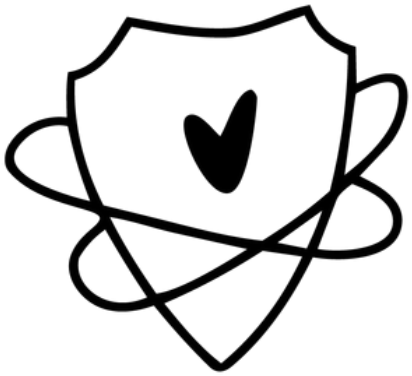
Connect and Reflect



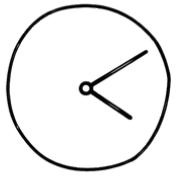
Session 1: The Heart of Youth Work – Connecting Theory to Practice

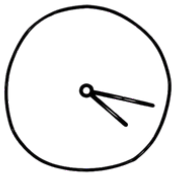
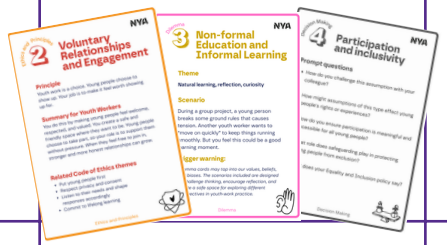
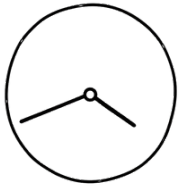
Focus: Understanding the 5 Principles and how they guide daily practice.
Duration: 60 minutes.
Aim: To build a shared understanding of what the 5 Principles mean in real youth work settings and their connection to the Code of Ethics.

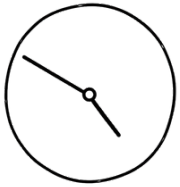
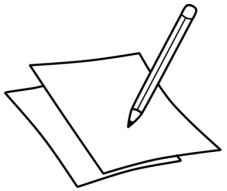
Learning Outcomes:

- Understand the role of The 5 Principles of Youth Work.
- Identify how the Principles guide daily practice.
- Recognise the link between the Principles and the Code of Ethics.

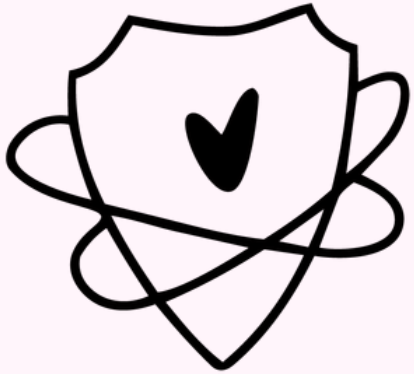
Time	Activity	Resources	Facilitation Prompts / Debrief
 0–10 mins	**Welcome and Icebreaker/ group contract "What's Your Why?"**	Flipchart or Post-it notes, markers 	**Ask:** · What motivated you to work with young people? · What is one skill that youth workers need to build safe relationships with young people? **Do:** · Write words onto the flipchart. · Note common themes (empowerment, belonging, trust, support). · Link these to create a group contract. **Say** · We work with young people to create safe spaces where they can explore their identity, beliefs, and values. Let's commit to using those same skills with each other in these sessions. **Our Group Agreement** · Respect and support each other. · Listen and share openly. · Create a safe space for discussion and learning · Confidentiality statement.

Time	Activity	Resources	Facilitation Prompts / Debrief
 10–20 mins	**Large group activity: Introducing the Five Principles** 	Flipcharts with one principle written on each flipchart, Post-it notes and Pens **The 5 Principles of Youth Work**: Put each one on a separate flip chart paper 1. Participation and Empowerment 2. Voluntary Relationships and Engagement 3. Non-formal Education / Informal Learning 4. Professionalism and Integrity 5. Equity, Equality, Diversity, Inclusion, and Belonging (EEDIB). VIEW THE 5 PRINCIPLES OF YOUTH WORK CARDS HERE	**Activity: Introducing the 5 Principles of Youth Work** **Do:** · Ask participants to write **one word per Post-it** for each Principle. · Facilitate a brief discussion around the meaning of each Principle. · Note: We will revisit this activity at the end of the session to reflect on learning. **Facilitator Notes-Key Points/Summary of the 5 Principles:** 1. **Participation & Empowerment:** Young people have a voice and take an active role in decisions. 2. **Voluntary Relationships & Engagement:** Participation is by choice; everyone feels respected and valued. 3. **Non-formal / Informal Learning:** Learning happens through real-life experiences and practical activities. 4. **Professionalism & Integrity:** Ethical standards create safe and trusting environments. 5. **Equity, Equality, Diversity, Inclusion & Belonging (EEDIB):** Everyone has equal opportunities and feels included and respected.

Time	Activity	Resources	Facilitation Prompts / Debrief
 20–40 mins	**Small Group or Paired Activity: Principles in Action**	Ethics and Principles Cards VIEW THE CARD DECK HERE 	**The Aim:** Explore what each Principle looks like in practice. Use the cards to guide group discussions and deepen understanding. Depending on the size of your group, give each group one of the **Ethics and Principles** cards to discuss. For smaller groups, give each group a couple of cards or let them choose which one to explore further. If you have a very small team, do this activity together as a whole group. Invite each group to share one key insight or challenge.
 40–50 mins	**Personal reflection Group feedback**	Provide one copy of the Code of Ethics statements for each participant. Pens VIEW THE CODE OF ETHICS HERE	**Activity: Reflecting on the Code of Ethics** 1. Give each participant a copy of the Code of Ethics statements. 2. Ask them to read through the statements individually. 3. Invite them to choose **three statements they feel they do well and one statement they would like to improve or are unsure about.** 4. Encourage participants who feel comfortable to share their reflections with the group.

Time	Activity	Resources	Facilitation Prompts / Debrief
 50–60 mins	**Reflection Round-Up**	Post-it notes, Flipcharts 	**Activity: Reflection and Action** 1. Give each participant a different Post-it note and ask them to write down anything they would add to the flip chart papers with the five principles. 2. Ask: **"What's one thing you'll do differently after today's session?"** Encourage reflection on gaps and strengths in practice. 3. Keep the flip chart papers for future sessions. Display them in Sessions 2–3 for reference and use them to create notes to support discussions in Sessions 4–6.

Facilitation Guidance and Enhancements



- Promote a positive, supportive and reflective environment.
- Encourage contributions that build trust, respect different perspectives, and foster constructive dialogue.
- Support peer learning and open discussion.
- Create a safe space where participants feel comfortable sharing experiences, acknowledging that some topics may connect strongly with personal values and beliefs.
- Capture and retain key insights.
- Keep flipchart notes and session outputs to inform future workshops, leadership meetings, trustee planning or ongoing development work.
- **Optional Extension**
  - Incorporate relevant legislation or policy deep dives to strengthen understanding.