

Half-Day Training Preparation

You should begin preparation for the Media-Smart Youth training well before your training day to ensure adequate time for obtaining supplies and materials. Whenever feasible, you should view the training room layout to designate space for *Snack Breaks*, *Action Breaks*, and other training activities (as noted in the *Training Overview*, page 1). You should also practice and become familiar with the training scripts prior to your training day to help make interaction run smoothly and enhance the Media-Smart Youth training.

In this section, you will find the following information to help you plan for and conduct the half-day training:

- ◆ General supply list
- ◆ Grocery list for the *Snack Break*
- ◆ Flipchart papers and small papers needed for training activities
- ◆ Descriptions of the Media-Smart Youth DVD and slide presentation CD-ROM
- ◆ Handouts for participant folders

General Supply List

- ◆ 1 copy of *Media-Smart Youth: Eat, Think, and Be Active! Facilitator's Guide* for each participant or each table
- ◆ 2-inch binder(s) (optional, but strongly recommended) or metal rings to hold each guide together
- ◆ 6 Media Questions poster (included in *Media-Smart Youth Facilitator's Packet*)
- ◆ Media-Smart Youth DVD (included in *Media-Smart Youth Facilitator's Packet*)
Note: The DVD segments complement the lesson content, and you will need equipment to play and show the DVD. You might use a DVD player and a TV, a computer with DVD capabilities, a portable DVD player, or other equipment. Because of the multiple possibilities, this guide includes the following general language in the *Materials Needed* and the *Trainer's Preparation* sections of lessons and activities that use the DVD: "Equipment to play and show the Media-Smart Youth DVD." When you see that language, you can secure the equipment needed/available for showing the DVD.
- ◆ Media-Smart Youth slide presentation CD-ROM (included in *Train-the-Trainer Packet*)

- ◆ Laptop with Adobe® Reader® viewing capabilities (Adobe® Reader® software can be downloaded at <http://get.adobe.com/reader>) and projector/screen (optional, but strongly recommended)
- ◆ Name tags
- ◆ Pens
- ◆ Sheets of large paper or flipchart
- ◆ Easel (if available)
- ◆ Markers (enough for small groups)
- ◆ Masking tape
- ◆ Index cards/sheets of small paper
- ◆ 1 example of media (make sure that this example reflects the cultural identity of the group and can be photocopied) from the following options:
 - Cover of a popular CD
 - Print ad
 - Poster
- ◆ Empty food packages; see *Trainer's Preparation* section (page 44) at the beginning of the *Exploring Nutrition* module for specific instructions

Grocery List for *Snack Break*

- ◆ Whole-grain breakfast cereal, such as whole-wheat flakes or whole-wheat and barley nugget cereal (estimate 1 large box for 15 to 20 participants)
- ◆ Low-fat granola (estimate 2 boxes for 15 to 20 participants)
- ◆ Sunflower or pumpkin seeds (estimate 3 jars for 15 to 20 participants)
- ◆ Raisins (estimate 1 large canister and 1 medium bag for 15 to 20 participants)
- ◆ Other dried fruits such as apples or apricots (estimate 2 bags for 15 participants)
- ◆ Unsalted nuts*
- ◆ Sink or bathroom for hand washing, or alcohol-based (60%) hand sanitizer if soapy water is not available
- ◆ Plastic sandwich bags (estimate 1 for each participant)
- ◆ Twist ties (optional)
- ◆ Napkins (estimate enough for serving)

* This *Snack Break* contains unsalted nuts. Ask participants if any have nut allergies, and adapt this snack as needed.

Flipchart Paper and Small Paper for Training Activities

Welcome and Introduction

Prepare the following on sheets of flipchart paper to post in the training room:

- ◆ Agenda (see page 14 for content)
- ◆ Parking Lot (heading only)
- ◆ (Optional: If binders are provided, do not prepare this paper)
Welcome! Please assemble your program materials:
 1. Unwrap your materials.
 2. Insert tabs.
 3. Insert ring.
- ◆ What is your favorite...
 - TV show?
 - Magazine?
 - Website?
 - Food?
 - Physical activity?

Exploring Media

Prepare the following on sheets of small paper:

- ◆ Types of Media (heading only; number of sheets determined by the number of groups)

Exploring Nutrition

Prepare the following:

- ◆ One flipchart paper for drawing the whole-grain diagram from *Lesson 4* (also found on page 89)
- ◆ 11 sheets 8½” x 11” paper to write the names of nutrients found in a whole grain

* A Note to Trainers

Please review the *Trainer's Preparation* at the beginning of each module for instructions on how to prepare flipcharts and small papers specific to the activities in that module. The group size will determine the quantity of flipchart and small paper needed.

Exploring Physical Activity

Prepare the following on sheets of flipchart paper to post in the training room:

- ◆ Physical Activity Recommendations for Young People:
 - Do 60 minutes (1 hour) or more of physical activity daily.
 - Participate in physical activities that are appropriate for their age and are enjoyable so that these activities become a regular part of everyday life.
 - Do a variety of physical activities.
- ◆ Top 5 It's Hard To Believe, But It's Physical Activity (heading only; number of sheets of flipchart paper determined by number of groups)

Exploring Media Production

Prepare the following:

- ◆ Index cards or small sheets of paper for the *Omission Mission* activity (the number of index cards determined by the number of groups)

DVD Segments and Slide Presentations

Welcome and Introductions

This module uses the following:

- ◆ DVD Segment #3: *What Is Media-Smart Youth?*
- ◆ Slide Presentation: *Welcome and Introductions*

Overview of Structure & Design

This module uses the following:

- ◆ Slide Presentation: *Overview of Media-Smart Youth Structure & Design*

Exploring Media

This module uses the following:

- ◆ DVD Segment #8: *The Power of Advertising*

Exploring Nutrition

This module uses the following:

- ◆ DVD Segment #5: *Eat It Up!*

Exploring Physical Activity

This module uses the following:

- ◆ DVD Segment #6: *Activities Fit To Be Tried: Music Sequence*

Exploring Media Production

This module uses the following:

- ◆ DVD Segment #10: *Big Production Montage*

Handouts for Participant Folders

These handouts are available at the end of this guide. Copy the handouts, and add them to the folders in the order shown below.

Left Pocket (first to last)

1. Agenda
2. Media-Smart Youth materials order form
3. Media-Smart Youth fact sheet
4. *Ideas for Implementation* handout
5. *Tips for Facilitating the Media-Smart Youth Program* handout
6. *Feedback Form*

Right Pocket (first to last)

1. *Media Detective Notepad* sheet
2. *All About Nutrition in Media-Smart Youth* sheet
3. *Whole-Grain Kernel* diagram
4. *Nutrition Scavenger Hunt* sheets
5. *The Pulse Game* sheet
6. *Take Home a New Idea: Mix It Up!* sheet
7. *Omission Mission Script Starter* sheet
8. *Tips for Media-Smart Parents* sheet from *Lesson 2: Thinking About Media*
9. *Materials Checklist*