



# IO2 – Toolbox of Integration Resources

Handbook – Telling it like  
it is



**exemplar**

Young Migrant Integration Leaders

## Integration Leader Handbook

The aim of this short handbook is to support you, as a young leader of integration, to use the digital resources provided in the Toolbox of Integration Resources with young migrants in your community. Through this short handbook, we will provide you with some background information on the topic being discussed in the digital resource and then we will provide some guidance on a follow-up activity that you can complete with young people in your local network. The activity included in this handbook will work to further develop their understanding of the topic outlined in the digital resource. In some cases, where group discussions are more appropriate, we will guide you in how to set up a group discussion, and will provide some discussion points and questions for you to introduce to young people in your local group.

The topic of this handbook relates to the digital resource – **Telling it like it is**

### Introduction to the Topic

When collaborating with young people and peers from the host and migrant communities in your local group, it is important that young people understand and reflect on examples of discrimination and mistreatment in their lives and in society in general because it contributes to a culture of intolerance and injustice in society.

The aim of this digital resource is to understand why some groups of people are treated unfairly because of their characteristics and be able to identify negative and discriminatory behaviour.

Additionally, through this handbook, we will encourage you to develop self-awareness skills and show you how we can make positive changes to our lives by becoming more aware. Then you are encouraged to share this knowledge with young people in your group through a short group discussion and worksheet activity.

### Using this Resource with a Group

To use this resource with young people in your local group, we recommend that you begin by introducing the topic to people in your group. To prepare what you will say,

you should first watch the digital resource yourself and then you can recap on some of the key points mentioned in this handbook.

You should then invite all young people in your group to watch the digital resource. As you won't have access to a projector and a screen, you can invite your peers to log on to the EXEMPLAR project website: [www.exemplars.eu](http://www.exemplars.eu) and watch the digital resource on their smartphone, tablet or other device.

Once all peers in your network have watched the video resource, you should begin by asking them:

1. What did you think of the video resource?
2. What did you learn from it? Did you learn something new?
3. How did you find this resource useful and why?

### Follow-up Activity

When you have made sure that all young people in your group have watched the digital resource and have engaged in this short discussion, we would encourage you to lead a more in-depth group discussion on the topic of how to think about your own strengths and weaknesses, as well as the way your attitudes and behaviour can affect your lives.

**Activity Name:** Group Discussion – Being conscious of your personality

**Timing:** We recommend that you should hold this discussion with your group for 20-40 minutes - depending on how much they are willing to engage in the discussion and share with the group.

**Materials:** For this activity, you will need to provide the following materials:

- Large sheet of paper or flip board.
- Pens and note-taking materials for all young people.
- Copies of the worksheet printed (if possible).

Also, you will need to have space to sit around and discuss this issue with young people in your group.

As you are doing this work on a voluntary basis and there is no budget for materials, you should contact your local community center, local government office or even approach local businesses working in the community and see if they would be willing to donate some supplies for you to complete this activity with your peers.

### **Setting up a Group Discussion:**

- ❖ Before you start a group discussion, it is important that the atmosphere is right and all opinions should be considered as valid and respected in your group.
- ❖ Ensure that all young people have watched the digital resource, and recognize the meaning of self-awareness.
- ❖ Follow up by asking the following questions:
  - What does 'Don't judge a book by its cover' mean to you?
  - How a better sense of self-awareness might improve different aspects of an individual's life (e.g. increasing self-confidence, becoming better organized, performing better, feeling better about yourself, etc)?
- ❖ When you have discussed these questions you can then invite young people to fill the worksheet with their names and three things they like and don't like about themselves. These things may be physical characteristics or skills and talents.
- ❖ After young people have completed the worksheet, ask them to pass their piece of paper to the group, and to write below the Positive characteristics one thing that they most like or admire about her/him. Next, write one idea to help individuals flip their listed items on Negative characteristics so that they become positive. For example, a student might list "I failed a math quiz." A means of flipping this could be: "I will study harder to pass the next quiz" or "I will ask the teacher for help understanding the material on the last quiz."
- ❖ Wrap Up the lesson with a discussion using the following questions:
  - Was it easy to find something good to say about yourself? About others?
  - Which was easier? Why?
  - People will sometimes say unpleasant things to you. How does this make you feel? Why do you think they said these things?

- ❖ The aim of this activity is to allow young people the opportunity to self-evaluate, problem solve and improve themselves. By writing down and/or sharing something with others, young people will feel more positively about themselves and their behaviors or might discover something inside of them that they have never thought of. This is also a helpful way for students to start thinking about what kind of person they want to be.

My positive characteristics	My negative characteristics/ failures
Things that I most like or admire about You	“FLIP” Problem solving

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