

# **ACTIVITY 1: DESIGNING A YOUNG PERSON**

## Designing a Young person

Purpose	To explore the push and pull factors that may shape a young person's vulnerability to harmful influences, extremism, or high-risk behaviour.
Time	40–50 minutes
Materials	Flip chart paper, pens

## Instructions

1. Facilitators remind the group about the importance of nuance: this activity is not about stereotyping but understanding the human context behind vulnerability.
2. In groups, participants draw a 'young person from their community', including interests, hobbies, online habits, worries, and strengths. Encourage diversity and realism.
3. Groups then draw a second young person who may be experiencing challenges or pressures (e.g. social exclusion, online influences, community tensions, family stress).
4. Before drawing, the facilitator leads a short discussion on **push factors** (exclusion, frustration, lack of belonging, difficult home life) and **pull factors** (belonging, identity, excitement, recognition, online persuasion).
5. Groups compare the two drawings and reflect.

## Debrief Questions

- What similarities do you notice between the two young people?
- What differences stand out?
- Which factors might increase vulnerability?
- What might help protect or empower each young person?