Goal: Launch & Reflecting on the Learning and the Experience

LEARNING OBJECTIVES
- Teens gain critical thinking and analysis skills
- Teens build confidence in decision making

Teen well-being concepts are noted using the following key:
M = Mental well-being   **P** = Physical well-being   **E** = Emotional well-being   **S** = Spiritual well-being

Software used in this session:
- SideQuest
- Zoom
- Miro and Session Example

As this is the final session consider sending pizza or snacks to the teens prior to the session that are participating virtually. You can invite the teens to eat their pizza or snacks as part of the final session celebration.

" **At the end many of them signed off with messages thanking us for having the program. It was really great to hear them be so positive about the experience.**" *– Field Notes*

Reminder: It is key to have a good demo of the VR tool that will be used. The demo should be concise and provide key elements regarding interface, interactivity, and how to use the platform effectively so everyone is able to contribute without too many technology related barriers

Goal: Launch & Reflecting on the Learning and the Experience

Teen well-being concepts are noted using the following key:

M = Mental well-being   **P** = Physical well-being   **E** = Emotional well-being   **S** = Spiritual well-being

ACTIVITY	FACILITATION	TECH	MENTALHEALTH & WELL BEING
Start the meeting	Welcome everyone. Highlight that this is the last session and that is both a celebration and a reflection/feedback session.	Zoom Miro	
Open with the QotD **5 MINS**	For this session's QotD, consider asking the co-designers to think about the co-design experience and reflect on what that was like. A question you may ask is "How would you describe the co-design process to someone else."	Zoom Miro	**M E S**
Review the agenda **5 MINS**	Go over the agenda and see if there are any questions before getting started.	Zoom Miro	
Playtesting/Video Testing **20 MINS**	Divide the co-designers into two breakout room groups. One group is made up of those that are unable to test the VR on their headset. This group will watch a video of the latest build. The other group is made up of those that have the latest build on their headset and are able to test the build on their device. Each group will go through the VR experience and talk about what they are doing and seeing as they participate - either via video viewing or playtesting. **Note:** It is also a useful idea to have a breakout room that is a "help" room and co-designers that are having trouble with the headset installation and play can go to get assistance.	Zoom Miro SideQuest	**M P E S**
VR Experience Feedback **10 MINS**	Bring the groups back together and give them the opportunity to reflect on the VR testing that they just participated in. Ask them to reflect on: • What they enjoyed most about the experience? • What they would like to change in the experience? As teens record their ideas, highlight what you notice and what you are seeing as similarities and differences and ask for explanations of some of what is noted.This is also an opportunity to have the teens design a name for the experience. During the final portion of the feedback period give teens a chance to brainstorm potential names and why they think the name they are suggesting is a good idea.	Zoom Miro	**M E S**

Session 13

Teen well-being concepts are noted using the following key:

M = Mental well-being   **P** = Physical well-being   **E** = Emotional well-being   **S** = Spiritual well-being

ACTIVITY	FACILITATION	TECH	MENTALHEALTH & WELL BEING
VRtality Program Reflection **15 MINS**	Giving co-designers (teens and adults) the chance to think about the VRtality experience is a good way to learn about what worked and didn't work and also helps the teens to understand what they learned and how their thinking grew and changed over time. Questions to have the teens consider include: • What was your favorite part of the program? • What did you find difficult or did not like about the program? • What surprised you about the program? • Did anything change in how you think about mental health? • How can we improve the program for future teen co-designers? Adult co-designers should also answer the questions, so to know whether or not an adult or teen provided feedback, ask the adult to add an asterisk at the end of their comment. As the teens respond to the questions the facilitator should highlight some of the points made and ask follow-up questions.	Zoom Miro	**M E S**
Building Reflection Themes **25 MINS**	With the teen co-designer feedback and reflections in-hand, break the teens into two groups - each group should be facilitated by one of the adult co-designers. In each breakout room the adult co-designer will facilitate a process to organize the responses to each question into themes. The adult should help the teens to think about the similarities between the different ideas expressed in answer to each question.	Zoom Miro	**M E S**
Closing **5 MINS**	Congratulate the co-designers on the experience and all that they accomplished. Allow for them to say goodbye and share anything they'd like to say before ending the session.	Zoom Miro	**M E S**