Goal: Getting Headsets and Co-Designers Ready

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

The focus of this session is to work with the co-designers so that they are able to test out the VR builds on their own headsets. The time needed to set up the headsets for this will vary depending on whether the session takes place virtually or face to face. Your first step should be to review the Miro Board on how to set up SideQuest in either the virtual or face-to-face environment - see the information in the agenda below about explaining to the co-designers why you are using SideQuest.

If facilitating virtually, prior to the session each of the adult co-designers will need to install SideQuest and be prepared to take the teen co-designers through the process.

If facilitating virtually, make sure that the co-designers have the necessary USB cable needed for connecting their headset to an Apple or Windows-based computer and that they have access to one of those computers.

If facilitating face-to-face, the adult co-designers should set up the headsets with Sidequest prior to the session. Teens will then be able to get started right away reviewing the build on their headsets instead of via the video presented by the interns.

> "We realize that in order to get better feedback, we need to have all designers test in the Oculus Quest." *– 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

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ACTIVITY	FACILITATION	TECH	MENTAL HEALTH & WELL BEING
Start the meeting	Welcome everyone to the session.	Zoom Miro	
Open with the QotD **5 MINS**	For this session's QotD consider asking the co-designers to answer the question, "If you could create a world, what would it look like?" This question connects to the work the co-designers will be doing as they continue to build the VR experience and world that supports positive teen mental health.	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	
Introduce the idea of SideQuest **5 MINS**	Explain to the co-designers the reason for using SideQuest - that in order to test the app without it being approved by Oculus, which could take a long period of time, SideQuest can be used to access the VR experience on the headset.	Zoom	
Installing SideQuest in Breakout Rooms **30 MINS** **(If Sidequest is already on the headsets you can skip to the section below for review of the latest build.)**	Break the co-designers into groups of 3 with one adult and two youth. In the breakouts the youth and adult will go through the process of installing Sidequest using the steps outlined on the Miro Board. Note: in this first phase of Sidequest setup the co-designers will get developer mode setup. In the next session they will finish the rest of the setup.	Zoom SideQuest	**M E S**
Review of and Updates on the Latest Build **20 MINS**	Show the latest VR build video. Following the video the developers/interns should discuss the changes and enhancements from the previous build to this build.	Zoom Miro	**M E S**

Goal: Tying Ideas Together

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ACTIVITY	FACILITATION	TECH	MENTALHEALTH & WELL BEING
Feedback from Co-designers on the Latest Build **15 MINS**	Once the VR Developers/Interns have gone over the changes, additions, and integrating feedback and ideas from the co-designers. Ask the teens to visit the session Miro Board. The VR developers will show the video and teens will take notes on the Miro Board. The first question they will focus on is: • How easy was it to understand the mechanics of the experience? After posting answers that question, have the co-designers again watch the video and answer the question: • What did you think was fun about the most recent test build? Then the co-designers will watch the video of the build one more time and answer the question: • What other interactions or features would you like to see in the experience now that you've seen the current build?	Zoom Miro	**M E S**
Reflection **5 MINS**	Give the co-designers a chance to reflect on the design session activities and write comments about their experience in the session. Co-designers can reflect on the difficulty of each of the parts of the design session.	Zoom Miro	**M E S**
Closing **5 MINS**	Thank the designers for joining and participating in the session and let them know what's coming next.	Zoom Miro	