

# Goal: Building relationships & Building VR confidence

## Session 2

### LEARNING OBJECTIVES

- Teens develop digital literacy skills
- Teens gain confidence and experience in collaboration

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:

- [Discord](#)
- [VR Chat](#)

The second co-design session gives teens and participating adults the chance to get to know and feel comfortable with each other. It also provides teens and adults the opportunity to feel comfortable with the technology and VR settings - such as VR Chat. When meeting virtually, as it can be more difficult to make connections and bond in virtual spaces, provide several opportunities to communicate informally and get to know each other. Prior to the session, facilitators need to make sure they are familiar with the technology that will be used and have a comfort level with exploring the technology with teens.



**It was very engaging and it was good to interact with the teens in a low stakes way, just coming together with adults to play and try silly avatars. Lots of laughs while we learned to move around and navigate VR chat.”** – *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	MENTALHEALTH & WELL BEING
<b>Start the meeting</b>	Welcome everyone to the session.	Discord	
<b>Open with the QotD</b> 10 MINS	As this is your first session the QotD should focus on a relationship building topic, for example, “Why do you want to be a part of this project?”	Discord	<b>M E</b>
<b>Review the agenda</b> 5 MINS	Ask if there are any questions as you review the agenda.	Discord	<b>S</b>
<b>Getting started with VR</b> 20 MINS	At this early stage you want to make sure that teens and facilitators are able to get into the VR space, know how to move around, and know how to get help. Before going into VR Chat provide an overview and demo of what everyone will be engaged in.	VR Headset VR Chat	<b>M P E</b>
<b>Small group VR exploration</b> 20 MINS	Divide into groups of 3 or 4 with one facilitator. Have each group explore the VR chat space together.	VR Headset VR Chat	<b>M E S</b>
<b>Full group meetup in VR</b> 20 MINS	Have everyone join together in a “fun” space (for example, McDonalds) to meetup, explore together, and talk about what they've been doing.	VR Headset VR Chat	<b>M E S</b>
<b>Closing</b> 5 MINS	Remind the group about the next session.	VR Headset VR Chat Discord	<b>M E S</b>

