

# Goal: Deepening Relationships and VR Confidence, & Exploring Teen Well-Being

## Session 5

### LEARNING OBJECTIVES

- Teens learn strategies for relieving stress and anxiety
- Teens develop digital literacy skills
- Teens gain confidence and experience in user design and 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](#)
- [Mozilla Hubs](#)
- [Miro](#) and [Session Example](#)

In this session teens begin to think more deeply about well-being while at the same time continuing to explore the ins and outs of VR. At this point in the process, through the work that happened previously, teens should feel comfortable with each other and as a result are more able to discuss their thoughts and feelings about their own lives, what makes them happy, what makes them stressed, where they like to hang out, and so on.



**Would like a place that is calm, to escape to – a customizable environment with specific colors and brightness. Mentions of a bed/cozy place to physically rest on as well as calming nature to interact with and which moves on its own in a ‘breeze.’”** – *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	In this session you are going to continue to give teens the chance to consider mental health and well-being through the QotD. You may ask, "What do you like to do to stay active?"	Discord	<b>ME</b>
<b>Review the agenda</b> 5 MINS	Ask if there are any questions as you review the agenda.	Discord	<b>ME</b>
<b>What is mental health?</b> 20 MINS	Have teens work in small groups of 3 or 4 and facilitate a conversation about what the words "Mental Health" mean to them. The teens or the facilitator can record those words on a Miro board. The facilitator should give teens the opportunity to brainstorm and provide support as needed. For example, the facilitator can engage teens in a round robin in which each teen provides one word for the association in Miro.	Discord Miro	<b>MES</b>
<b>Designing a space</b> 30 MINS	Once teens have a set of mental health word associations, using the same Miro, ask the teens to design a space that incorporates the mental health ideas they talked about. Let the teens know that the space they create doesn't need to be a "room" and that it can be a street, underwater, in the jungle, etc.  Facilitators should empower teens to have a voice in the process and help along the way asking questions as needed, for example, "when you think about <<add word from association>> what do you see in a space?"	VR Headset Mozilla Hubs	<b>MES</b>
<b>Debrief</b> 20 MINS	Continuing in the small groups, ask the teens to talk about what they liked, didn't like, what was hard about designing these spaces, and what they would like in a VR version of this design activity to have available to them.	VR Headset Mozilla Hubs	<b>MES</b>
<b>Closing</b> 5 MINS	Remind teens of what's next.	Discord	

