Introduction

Co-Design Session Outlines

The outlines below highlight the focus and components of five co-design sessions that lead to the project design sprint (the process to answer questions, test ideas, and prototype solutions which in this initiative is developing a VR experience that helps teens build mental health strategies). These outlines should be used as a jumping off point for library staff engaged in this process. Activities and tools used may change based on library, teen, and community assets and needs.

Co-design sessions follow a similar structure, with elements and activities within that structure varying based on the theme of the co-design series and session. Elements that repeat are:

- **Session opening**: Welcome everyone to the event.

- **QotD: Question of the Day** – brings everyone together as a way to learn more about each other, build relationships, and start to think about the theme of the session. The QotD should relate to the theme and be a way to connect the QotD conversation and answers to what will be going on in the session.

- **Review of the agenda:** Lets co-designers know what they will be working on and why and provides a chance to connect the QotD to the day's activities.

- **Design activity/activities:** The interactive/collaborative activity (or activities) that co-designers will take part in.

- **De-brief:** Gives co-designers the chance to reflect on what they participated in, what they learned, what they liked/didn't like, what more they would like to do or learn.

- **Closing:** Thank you and next steps.

Face-to-face and/or Virtual Co-design Sessions

The overall structure of the co-design sessions will remain the same in both face-to-face and virtual settings. However, you will need to anticipate some differences between the sessions:

ACTIVITY	FACE-TO-FACE	VIRTUAL
Feedback and Reflection	Co-designers will use large sticky chart paper and post-its to write down their ideas.	Co-designers will write down their ideas using Miro Boards.
VR Build Testing Using Sidequest	Adult co-designers will prepare teen co-designer headsets, outside of one of the co-design sessions) by installing SideQuest software on those headsets	Portions of two virtual co-design sessions will include setting up and testing Sidequest on teen co-designer headsets.
Session Structure	As less time is needed to set up Sidequest in the face-to-face setting, agendas 10, 11, and 12 allow for more time to explore VR experiences.	Design sessions 10 and 11 include setting up Sidequest on co-designer headsets, fewer VR experiences will be explored during those sessions.

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

Goal: Building relationships

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

Teen well-being concepts are noted using the following key:
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Software used in this session:
- Discord
- Jackbox Party Pack

The very first session in the process is all about relationships and building connections between teens and adults. This session is informal and is less structured than the co-design sessions that follow.

> ❝ **We had the great idea of inviting a teen to participate on the next planning of the design session and will work on having one come.**❞
>
> *– 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: Building relationships

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

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ACTIVITY	FACILITATION	TECH	MENTAL HEALTH & WELL BEING
Start the meeting	Welcome everyone to the session.	Discord	
Open with the QotD **10 MINS**	As this is your first session the QotD should focus on a relationship building topic, for example, "What's your favorite game - now or from a different time, and why?"	Discord	**M E**
Review the agenda **5 MINS**	Ask if there are any questions as you review the agenda.	Discord	**S**
Jackbox Party Pack **30 MINS**	The main part of the meeting is playing games with the teens as a bonding and relationship building experience. Focus on teens having fun with each other and adults, building trust, and getting to know each other.	Discord Jackbox Party Pack	**M E S**
Closing **10 MINS**	Remind teen co-designers what's coming next.		

Session 2

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
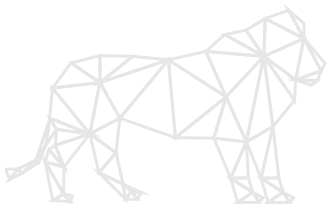
Session 2

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

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ACTIVITY	FACILITATION	TECH	MENTAL HEALTH & WELL BEING
Start the meeting	Welcome everyone to the session.	Discord	
Open with the QotD 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	M E
Review the agenda 5 MINS	Ask if there are any questions as you review the agenda.	Discord	S
Getting started with VR 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	M P E
Small group VR exploration 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	M E S
Full group meetup in VR 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	M E S
Closing 5 MINS	Remind the group about the next session.	VR Headset VR Chat Discord	M E S

Goal: Continuing to build VR confidences

Session 3

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

Teen well-being concepts are noted using the following key:
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Software used in this session:
- Discord
- VR Chat World (TaiikuKan)
- VR Chat World (Marble Puzzle)
- Miro and Session Example

The third co-design session gives teens the chance to learn more about VR and engage in VR activities together - continuing to build relationships and build comfort and confidence in each other and in exploring VR experiences. As teens engage in the activities pay attention to levels of engagement and if there is a need to think about how to better engage youth and/or help teens feel more confident with the technologies and the space.

> "It was lots of fun. Some of the collaboration was challenging because some teens would take over the solving of the puzzle for example, but it was still very engaging and interesting." *– 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.
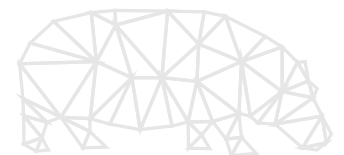
Goal: Continuing to build VR confidences

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

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ACTIVITY	FACILITATION	TECH	MENTALHEALTH & WELL BEING
Start the meeting	Welcome everyone to the session.	Discord	
Open with the QotD 10 MINS	As you continue to build relationships and build interest and knowledge about VR the QotD may be, "What was your experience with VR before being a part of this project?"	Discord	M E
Review the agenda 5 MINS	Ask if there are any questions as you review the agenda.	Discord	S
Conversation about how VR works 15 MINS	Facilitate a conversation in which teens have the chance to talk about what they know about VR so far. Have them think about how they move around in spaces and what that's like, how they communicate with others in VR spaces, and what that's like, etc. After talking with the teens about how VR works, explain they are going to play a few VR games in small groups. Ask them to think about what they just discussed while engaged in game play.	Discord	M E S
Game playing in VR 30 MINS	In small groups of 3 or 4, teens try out VR games. Facilitators should help teens as needed, but make sure that the teens have the chance to engage in the game play in the ways in which they are most interested.	VR Headset VR Chat Worlds (TaiikuKan & Marble Puzzle)	M E
Debrief on VR game playing 15 MINS	In the same small groups who worked together playing games in VR, have the teens visit the Miro board that you created for them (see previous page for example link). Ask the teens to highlight their ideas about what they liked, didn't like, and would like to have been able to do while playing the game in VR by adding post-its to the Miro. Once teens have talked about their ideas, ask them to go to the second part of the same Miro and put together a set of post-its on what they noticed about how the VR and the games worked. How did the interface function as a part of the game?	Discord Miro	M E S
Closing 5 MINS	Remind the group about the next session.	Discord	

Goal: Building more confidnece in VR

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:
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Software used in this session:
- Discord
- Mozilla Hubs

Through scaffolding over multiple sessions teen understanding of VR and how it works, teen co-designers are able to build confidence and practice what they already learned while adding new skills and knowledge. In the fourth session teens have the chance to explore a new VR tool, Mozilla Hubs, and at the same time are able to start thinking about the mental health aspects of the project and how they think about their own well-being. In the fourth session you can re-emphasize the goal of the project: teens will take what they learn about VR to help design a VR experience for others to use as a way to de-stress and build positive well-being.

"We realized that we need to have more time to bond and get to know each other" *– 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: Building more confidnece in VR

Teen well-being concepts are noted using the following key:
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ACTIVITY	FACILITATION	TECH	MENTALHEALTH & WELL BEING
Start the meeting	Welcome everyone to the session.	Discord	
Open with the QotD 10 MINS	While building more confidence in VR, this session also is the opening to conversations specifically about mental health and well being. A potential QotD is "What's a room or space that brings you peace?"	Discord	**M E**
Review the agenda 5 MINS	Ask if there are any questions as you review the agenda.	Discord	**S**
Getting ready for Mozilla Hubs 10 MINS	Provide a demo of Mozilla Hubs. Explain that Hubs gives users the chance to create rooms and add objects to it, while interacting with each other in the same virtual pace. Also explain that with Hubs teens are able to see each other's spaces,and give them the chance to discuss what concerns or questions they have about moving into new territory.	Discord	**M E S**
Mozilla Hubs 20 MINS	Teens will go into small groups of 3 or 4 with a facilitator and explore various aspects of Mozilla Hubs.	VR Headset Mozilla Hubs	**M E S**
Debrief First Mozilla Hubs Experience 10 MINS	Return to Discord and have a discussion with the teens about what they liked about using Mozilla Hubs, what they didn't like, and what was different from their previous experiences in VR.	Discord	**M E S**
Return to Mozilla Hubs 25 MINS	Have teens again go into small groups in Mozilla Hubs and with the facilitator providing support, have them design a space they would like to hangout in with a group of friends. Have the teens explore each other's rooms after they are completed and talk about what they like about each space.	VR Headset Mozilla Hu	**M E S**
Closing 5 MINS	Remind the group about the next session.	Discord	

Session 5

- Teens learn strategies for relieving stress and anxiety
- Teens develop digital literacy skills
- Teens gain confidence and experience in user design and collaboration

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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.

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

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ACTIVITY	FACILITATION	TECH	MENTALHEALTH & WELL BEING
Start the meeting	Welcome everyone to the session.	Discord	
Open with the QotD 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	**M E**
Review the agenda 5 MINS	Ask if there are any questions as you review the agenda.	Discord	**M E**
What is mental health? 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	**M E S**
Designing a space 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	**M E S**
Debrief 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	**M E S**
Closing 5 MINS	Remind teens of what's next.	Discord	

Session 6

LEARNING OBJECTIVES
- Teens learn strategies for relieving stress and anxiety
- Teens develop digital literacy skills
- Teens gain confidence and experience ih user design and collaboration

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Software used in this session:
- Discord
- Mozilla Hubs
- Beat Saber
- Miro and Session Example

Now that you have worked with teens over several co-design sessions they have built their confidence in the co-design process, have built relationships with each other and adult facilitators, are familiar with how to engaging in VR spaces, and are beginning to think about mental health and how they incorporate mental health strategies in their daily lives. In this co-design session you will more intentionally bring those pieces together and give teens the chance to have a fun experience in VR and connect that fun experience to mental health. You will also take the first step in bringing together all that teen co-designers have worked on and how that translates into a VR game that supports mental well-being.

Note: Before the session teens will need to be informed that they need space to move around for playing Beat Saber.

> **We are normalizing more and more the conversation around Mental Health by bringing it up every time, and doing exercises around it. We will continue to go deeper around the use of VR for Mental Health and designing for their peers."** *– 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: Considering how to Design in VR & How VR Experiences can Support Mental Health & Well-Being

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

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ACTIVITY	FACILITATION	TECH	MENTALHEALTH & WELL BEING
Start the meeting	Welcome everyone to the session.	Discord	
Open with the QotD 10 MINS	In this session you will give teens the chance to start to connect VR and mental health with the QotD. You may ask, "What is the most fun experience you've had in VR?"	Discord	M E
Review the agenda 5 MINS	Ask if there are any questions as you review the agenda and give a big picture overview of where the project has been and what is coming next in the process. Show SPL example road map.	Discord	S
Designing for Improvement 5 MINS	Ask teens in the full group to post sticky notes on the session Miro board in answer to the question, "How would you change Mozilla Hubs to make it easier to design?" Keep in mind that this conversation is a way to help teen co-designers think about what needs to be in place to successfully engage in a VR experience.	Discord Miro	M E S
Beat Saber 20 MINS	Provide a short demo of BeatSaber and explain to teens that they are going to try a new experience as a way to expand their ideas on what can happen in VR, how VR works (interactivity, etc.) and how VR experiences have an impact on emotions, behaviors, etc. Have teens participate in groups of 3 or 4 with a facilitator.	VR Headset Beat Saber	M P E S
Thinking about Self-Care 10 MINS	In the same small groups using the Miro, teen co-designers explore what self-care means. You can tie this into Beat Saber activity by including the idea that playing games such as Best Saber can be a form of self-care. Questions teens will consider as they post their ideas on Miro are: • How would you define self-care? • What does self-care mean to you? • What activities support your own self-care?	Discord Miro	M P E S
Successes and challenges with Beat Saber 10 MINS	Teens will now take their thoughts about self-care and their experience with Beat Saber and other VR environments to start thinking about successful VR experiences. On the Miro they will answer the questions: • What makes Beat Saber a successful VR experience? • What was relaxing, physically challenging, and/or strenuous? • Was using Beat Saber good for self-care?	Discord Miro	M E S

VRTALITY

Goal: Considering how to Design in VR & How VR Experiences can Support Mental Health & Well-Being

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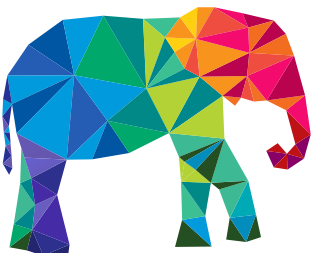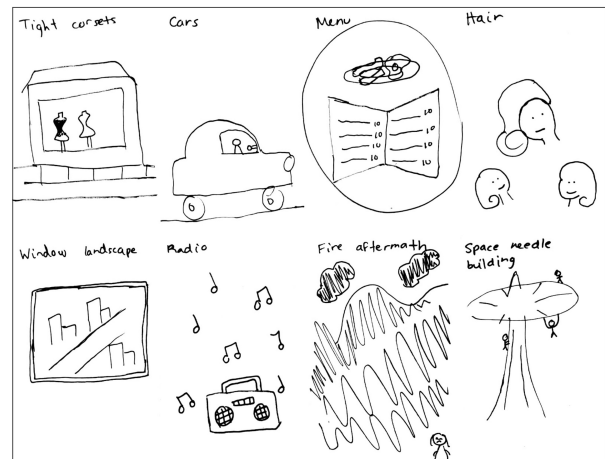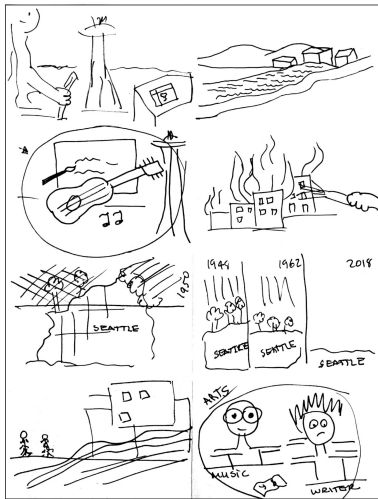| ACTIVITY	FACILITATION	TECH	MENTALHEALTH & WELL BEING
Designing a self-care focused VR game **10 MINS**	After thinking about the success of Beat Saber and how playing the game supports self-care, teen co-designers take on roles as VR designers and work together to design a game focused on self-care. As a group the teens will think about: • What the game will look like • What interactions it will include • What setting it would be in Facilitators can encourage teens to think outside of the box as they are designing their game and to consider all they have learned and experienced in VR so far in their ideas and decision-making.	Discord Miro	**M E S**
Rate it **5 MINS**	Continue on the same Miro and ask the group to use sticky dots to rate: • The ease or difficulty to learn Beat Saber mechanics • Comfort level with Beat Saber • Ease/difficulty in describing self-care • Ease/difficulty to design a self-care VR game The responses you receive from this rating activity provides some data you can use when working with the VR developers on creating the mental health focused VR experience.	Discord Miro	**M E S**
What was your game? **10 MINS**	Bring the full group back together and give each group the opportunity to talk about the game they created, what they thought and talked about in the design of their game, and how their ideas of self-care and successful VR experiences came into play.	Discord Miro	**M E S**
Closing **5 MINS**	The next step in the co-design process is the design sprint. Talk with the co-designers about this next step - explaining what a design sprint is (a design sprint is a session to find a soultion to a question or problem through a set of interactive exercises including sketching and voting) and how it is different than the sessions so far. Remind teens the Design Sprint will take 3 hours but will include time for breaks and snacks provided by the library. Emphasize that design sprints are made to be fun and before they know it the sprint will be over.	Discord	**M E S**

Design Sprint

Post-Design Sprint Sessions

Note:

The outlines and agendas below are written to take place following the design sprint. Keep in mind that you may decide to hold the design sprint at a different point in the process. As a result, you will want to think about how the pieces fit together so that teens have strong relationships, understand the basics of VR, and are comfortable talking about mental health.

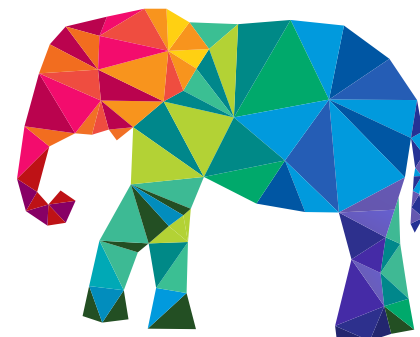The sessions following the design sprint are organized into three main areas:
- Exploring more about VR interactions and experiences
- Co-design activity
- VR build engagement and feedback

Throughout the process following the design sprint the project team will work closely with the VR developers to integrate ideas generated in each session into the VR build. The project team will work to organize the ideas from each session into concrete concepts for the VR developers to jump off of. See the sample Miro board that highlights how to move from design session ideas to concrete VR interactions. This sample Miro board organizes the broader ideas generated in design sessions 7 and 8.

Virtual vs In-Person

The number of iterations (we recommend a minimum of 5) on the VR experience that you are able to facilitate will have an impact on the number of sessions held following the design sprint. You may need to consolidate sessions and if that is the case we suggest consolidating sessions 7 & 8 and sessions 10 &11.

Session structures will vary based on whether or not the co-designers meet virtually or face-to-face. If in a virtual setting you will need to set aside portions of two sessions for preparing headsets for testing the VR builds. If facilitated face-to-face, the adult co-designers should prepare headsets for VR build testing. The pre-setup will minimize the setup time required during co-design sessions. Where necessary the agendas below point out where there are variations based on whether or not the co-design takes place in a face-to-face or virtual setting.

Goal: Moving from Design Sprint Ideas to a VR Experience

Session 7

Teen well-being concepts are noted using the following key:
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Software used in this session:
- Discord
- Zoom
- Gravity Sketch
- Miro and Session Example

The first session that follows the design sprint is a chance to talk with teens about the ideas generated during the sprint and make more decisions about what the VR experience will look and feel like.

Note: Before the session teens will need to be informed to download Gravity Sketch onto their VR devices prior to the start of the session.

> " **We are using zoom now which doesn't seem to be a problem and has less technical problems than discord. Discord continues to be used for messages and communication about meetings, technical support and requests such as installing Gravity Sketch for example."**
>
> *– Field Notes*

Reminder:

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Goal: Moving from Design Sprint Ideas to a VR Experience

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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 10 MINS	As this is the first session following the design sprint, the QotD is a chance to talk about that experience. For example, "What was your favorite part of the design sprint?"	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	**S**
Gravity Sketch 15 MINS	Begin with an opportunity to deepen their understanding of how VR works and what the options for a VR experience are. While in the large group each co-designer tests out Gravity Sketch individually. Then after about five minutes bring the group back together to talk about what stood out to them about the experience. Keep in mind this is a chance for the co-designers to talk about new ideas and questions about VR through using Gravity Sketch.	Zoom Gravity Sketch	**M E S**
Design Sprint Debrief 5 MINS	Thank everyone for their work on the design sprint. Give the co-designers a chance to review the wild 8s and the storyboards from the design sprint. Spend about two minutes first on the wild 8s and then 2 minutes on the storyboards.	Zoom Miro	**M E S**
Design Sprint Core Ideas 5 MINS	After reviewing the materials from the design sprint begin a conversation about what it was possible to extract from those as the core ideas. Explain what the ideas are and how they are displayed on the storyboard and/or wild 8s.	Zoom Miro	**M E S**
What will it look/feel like? 10 MINS	Select one of the core ideas and ask co-designers to answer a series of questions about how, within the VR experience, the core idea will come to life. The questions should leverage co-designers' knowledge and understading of VR experiences from previous co-design sessions; how VR works and what VR environments look like and include. Sample questions are: • What interactions should the experience include? • What would the environment look like? • What is the end result of the experience?	Zoom Miro	**M E S**

Session 7

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ACTIVITY	FACILITATION	TECH	MENTALHEALTH & WELL BEING
What will it look/feel like? (Cont.)	Ask each question separately and give the co-designers about five minutes to place post its on the Miro board space for each question. As you move from question to question, briefly mention what you notice on the post its.	Zoom Miro	**M E S**
What it will look like voting **5 MINS**	Once the co-designers add their ideas to the prompts, give them time to vote on their favorite ideas for each question. Co-designers have three sticky dots for each question, and have 3 minutes to vote on their favorites for each question.	Zoom Miro	**M E S**
VR Build Review **20 MINS**	The VR developers will "present" the first iteration of the experience they are working on. Co-designers will watch a video of the iteration and have the opportunity to talk about what's been developed so far, how the build connects to the core ideas, and also ask questions about next steps for the development.	Zoom	**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	

Goal: Moving from Design Sprint Ideas to a VR Experience - Pt. 2

Session 8

- 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:
- CoSpaces.edu
- Zoom
- Miro and Session Example

You will facilitate session 8 if co-designers came up with more than one core idea during the design sprint. The session provides a second chance to consider what the VR experience will look and feel like related to this second idea.

Note: Before the session have teens create a CoSpace account and join the class you set up ahead of time. Prior to the session you will need to create a class and create assignments that the co-designers will go to.

"**Everyone was really excited seeing the ideas now in VR, and provided a lot of great feedback.**" *– 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: Moving from Design Sprint Ideas to a VR Experience - Pt. 2

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

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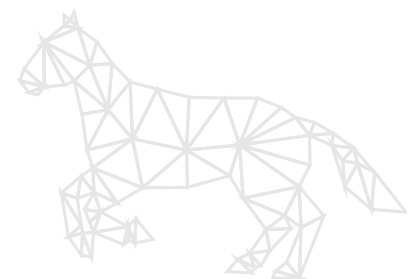| ACTIVITY	FACILITATION	TECH	MENTALHEALTH & WELL BEING
Start the meeting	Welcome everyone to the session.	Zoom Miro	
Open with the QotD 10 MINS	For this session's QotD you can ask something related to the emotion of happiness. For example, "What is something that brings a smile to your face?"	Zoom Miro	**M E S**
Review the agenda 5 MINS	Go over the agenda and see if there are any questions before getting started.	Zoom Miro	
CoSpaces Edu 30 MINS	Do a short - approximately 5 minute - demonstration of CoSpaces. Then have the co-designers create a space using CoSpaces, then look at each other's spaces. Follow the CoSpaces show and tell with a reflection on the way the VR app works, what they like about it and what they would like to have been different.	CoSpaces	**M P E S**
Design Sprint Core Ideas - Part 2 5 MINS	Explain that you are going to go through a process similar to the last session and this time the co-designers will consider a second core idea from the design sprint. Have the co-designers review the sketches from the design sprint related to this second core idea.	Zoom Miro	**M E S**
What will it look/feel like? 15 MINS	Select one of the core ideas and ask co-designers to answer a series of questions about how, within the VR experience, the core idea will come to life.The questions give co-designers the chance to use the knowledge gained in previous co-design sessions about how VR works and what VR environments look like and include. Sample questions are: • What interactions should the experience include? • What would the environment look like? • What is the end result of the experience? Ask each question separately and give the co-designers about five minutes to place post its on the Miro board space for each question. As you move from question to question, briefly mention what you notice on the post its.	Zoom Miro	**M E S**

Session 8

Teen well-being concepts are noted using the following key:
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ACTIVITY	FACILITATION	TECH	MENTALHEALTH & WELL BEING
What it will look like voting **5 MINS**	Once the co-designers add their ideas to the prompts, give them time to vote on their favorite ideas for each question. Co-designers have three sticky dots for each question, and have 3 minutes to vote on their favorites for each question.	Zoom Miro	**M E S**
VR Build Review **20 MINS**	The VR developers will "present" the second iteration of the experience they are working on. Co-designers will watch a video of the iteration and have the opportunity to answer a series of questions about the current build. Sample questions are: • How easy was it to understand the mechanics of the experience? • What did you think was fun about the most recent test build? • 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	

Goal: Tying Ideas Together

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:
- CoSpaces.edu
- Zoom
- Miro and Session Example

In this session co-designers have the chance to see all of their ideas since the design sprint in one place on a development board (a document to guide the developers on what the VR experience should look like, including interactions). Prior to this session you will want to gather all of the ideas into one of these boards so the co-designers can review, comment, and iterate. With at least one other person on your team, review all of the documents and materials created during the design sprint(s) and look for the main/big ideas that the co-designers discussed and wrote about. This will help you to determine the core ideas that the VR experience should focus on and ultimately what the experience is about.

A good way to get started is to look through the design ideas with the most votes and consider their similarities to identify potential core ideas. Then, you want to create the other sections of the board which include the VR interactions discussed, the way the VR will look, and the overall goal of the experience. Create each development board section as best you can. Don't worry about getting everything perfect as the VR experience is built, changes and iterations will naturally take shape. Feel free to take some artistic license while at the same time keeping the core ideas of the co-designers intact. With these pieces in place you can complete the "scenes" for the VR experience narrative.

> **"There are so many places we can go from here. We plan to continue to use things like CoSpaces and other apps to work with teens using codesign principles."** – FPLMA Reflection

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: Tying Ideas Together

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

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ACTIVITY	FACILITATION	TECH	MENTALHEALTH & WELL BEING
Start the meeting	Welcome everyone to the session.	Zoom Miro	
Open with the QotD **5 MINS**	For this session's QotD you can focus on a question that gives the co-designers a chance to think about what they look for in a gaming experience. For example, "What makes a game fun and/or relaxing for you?" This is a good entry into talking about the game they will create in VR.	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	
CoSpaces Edu **25 MINS**	Remind the co-designers that they used CoSpaces in the last session and let them know they will be working with CoSpaces again and this time working on using CoSpaces to work on a challenge that you see having a connection to the core ideas co-designers have been working on/with. The CoSpaces work will be in three parts: • Part 1: 10 minutes of building in co-spaces in the small group • Part 2: 10 minutes to test on Quest • Part 3 1 minute per group to highlight what they worked on in CoSpaces After explaining the challenge and the three parts of the CoSpaces activity put the co-designers into groups of 3 or 4. Give them 25 minutes to complete parts 1 and 2 mentioned above. After 25 minutes bring the co-designers back and facilitate Part 3 above.	Zoom CoSpaces	**M P E S**
Exploring the Development of the VR Experience **10 MINS**	Explain that the Miro Board includes a section that highlights the work that's been done and the decisions that have been made since the design sprint. Give the co-designers 10 minutes to review each of the "Development Boards" and consider all the work that's been done since the Sprint. Once the co-designers review the boards open up the conversation to questions and comments about what's under development. Give the group a chance to think about what needs to be explained and/or explored more.	Zoom Miro	**M E S**

Goal: Tying Ideas Together

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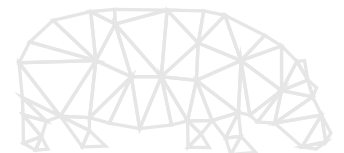| ACTIVITY	FACILITATION	TECH	MENTAL HEALTH & WELL BEING
Bringing the Core Ideas Together (Optional)	This step is necessary only if you have more than one core idea. While the teens may relate to more than one core idea and the developers may want to build out more than one core idea, you may decide to begin more simply and focus on only one. A single core idea for the VR experience will enable the co-designers and the developers to focus more specifically on the features of that one idea. (Note: The following is only required if you are working with more than one core idea.) Explain to the co-designers that the next step is to think about the ideas they have to bring the two core ideas, they've been working on and talking about in previous sessions, together. Give the co-designers five minutes to post their answers to the question, "How can we tie our two ideas together" on the Miro Board for the session. Before the co-designers get started give them a couple of examples so that they have a sense of the different ways the question can be answered.	Zoom Miro	**M E S**
The Features that will Make it Work **5 MINS**	Next on the Miro Board co-designers will have five minutes to add post its to answer the question "What features are necessary to make this an experience you keep coming back to?" As you introduce this part of the session remind the co-designers about what they said during the QotD about what made games fun and relaxing. These "features" that they talked about maybe features they would like to consider for the VR experience they are developing. Give the co-designers 5 minutes to add their post its to the Miro Board.	Zoom Miro	**M E S**
Mental Health and the Core Ideas **10 MINS**	In the last pre-voting five minutes of this activity in this section of the session, ask the co-designers to add their thoughts to the Miro Board in response to the question, "How do we provide space for the spectrum of mental health when a user is in the experience?" You may give an example such as, not making the experience too achievement oriented so that the player feels good about their wins and accomplishments.	Zoom Miro	**M E S**
Casting a Vote **5 MINS**	Give the co-designers a chance to vote for their favorite ideas on the Miro Board for each of the questions. For each question the co-designers will have three dots to use to cast their vote - either putting multiple dots on one item or single dots on several items.	Zoom Miro	**M E S**

VRTALITY

Goal: Tying Ideas Together

Session 9

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	MENTAL HEALTH & WELL BEING
VR Build Review **10 MINS**	Thank the co-designers for their work so far and then hand the session over to the development team to talk about the most current build of the VR experience. The team may show a video of the current build and discuss what's been updated, added, etc.	Zoom Miro	**M E S**
VR Build Feedback **10 MINS**	Once the co-designers have had a chance to look at the current build they will answer a set of questions, on the Miro Board, while again watching the video review. 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	

VRTALITY

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

Goal: Getting Headsets and Co-Designers Ready

Session 10

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

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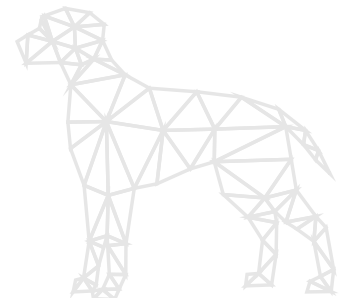| ACTIVITY	FACILITATION	TECH	MENTALHEALTH & WELL BEING
Start the meeting	Welcome everyone to the session.	Zoom Miro	
Open with the QotD 5 MINS	For this session's QotD consider asking the co-designers to answer the question, "If you could create a world, what would it look like?" This question connects 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

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

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ACTIVITY	FACILITATION	TECH	MENTAL HEALTH & 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	

Goal: Playtesting

Teen well-being concepts are noted using the following key:
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Software used in this session:
· SideQuest
· Zoom
· Miro and Session Example

The activities in this session will vary based on whether or not you need to continue helping co-designers setup SideQuest on their headsets. If SideQuest setup is required, the first portion of the session will focus on that. If SideQuest setup is not required, the start of the session should focus on giving the co-designers the chance to explore another VR experience. This session is the perfect opportunity to ask co-designers what they would like to test out and explore their VR "finds" together.

> **I think the team and teens are starting to realize we are getting closer and closer to a final experience. The teens seemed excited and supportive of the main themes."**
>
> *– FPLMA Reflections*

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: Playtesting

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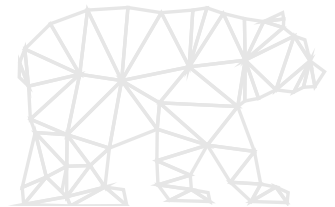| ACTIVITY	FACILITATION	TECH	MENTAL HEALTH & WELL BEING
Start the meeting	Welcome everyone to the session.	Zoom Miro	
Open with the QotD 5 MINS	For this session's QotD consider asking the co-designers to answer the question, "What has been your favorite part of this process?" This question gives the co-designers the chance to reflect on the work so far.	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	
Finishing up Side-Quest installation 20 MINS (only necessary if not completed previously)	Break the co-designers into groups again with 1 adult for each one to two teens. Follow the directions on the Miro Board to complete the setup. As teens complete the setup they can jump into any VR experience they'd like while everyone else finishes the setup process.	SideQuest Zoom Miro	**M E S**
Download and install latest VR Build 10 MINS	Once Sidequest is installed, have everyone install the latest VR build onto their headsets. To access the build to install you will send the co-designers a link via email, Zoom Chat, or another format.	Zoom SideQuest	**M E S**
The latest VR Build 5 MINS	Ask the VR Developers/Interns to discuss any of the additions, changes, and challenges in the latest version of the VR Build.	Zoom SideQuest	**M E S**
Check for Build Uploading Success 20 MINS	Remind co-designers of the importance of being able to upload the builds to their headsets since they will be using the headsets to test out the builds over the next several weeks. Go over the steps in which co-designers need to take to upload the build to their headset: 1. Make sure the headset connects to Sidequest by seeing the little green dot in Sidequest on the computer. 2. Make sure when click on the icon with a down arrow that you can find the VR build file and that you can upload correctly.	SideQuest	**M E S**

Session 11

Teen well-being concepts are noted using the following key:
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ACTIVITY	FACILITATION	TECH	MENTAL HEALTH & WELL BEING
Check for Build Uploading Success (Cont.)	3. If uploaded correctly you will see a green bar and text that says, "all tasks completed." 4. Click on the top right on your headset where it says "all" and then scroll down to where it says "unknown resources." 5. Launch the application for your VR experience. Check to make sure that all co-designers were able to upload the latest VR build onto their headset before moving forward.	SideQuest	**M E S**
Playtesting **15 MINS**	Ask the co-designers to try out the full VR experience in the current build. (If any co-designers still need help with installing the build on their headset, invite teens to join a breakout room to get help.)	Zoom SideQuest	**M E S**
Feedback for Developers **20 MINS**	The feedback starts with asking the co-designers to reflect on what their expectations were for the VR experience and how it would work and compare that to what they are seeing in the VR build. In this second portion of the feedback session, ask the co-designers to specifically ask what it was like to interact with the different components of the experience. For the final reflection question in the feedback session ask the teens to highlight any bugs or components that didn't work as expected. Close the feedback session by inviting the teen co-designers to specifically highlight what they liked or didn't like about the VR experience.	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	

VRTALITY

Goal: Playtesting - Pt. 2

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:
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Software used in this session:
- SideQuest
- Zoom
- BeatSaber
- Miro and Session Example
- Sample Playtesting Prompts

This session focuses on a final playtest of the VR build. To do this playtesting teens will work in small groups of 1 teen and 1 adult. In order to support all of the teens, you will have half the teens play Beat Saber while the other half are playtesting. Then you will swap the groups so that the teens that were playtesting move on to Beat Saber and the teens that were in Beat Saber begin the playtesting process.

> **"We have realized that framing the design around game design with goals, rules, components, settings, etc. might be useful for the next implementation."** *– 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: Playtesting - Pt. 2

Teen well-being concepts are noted using the following key:
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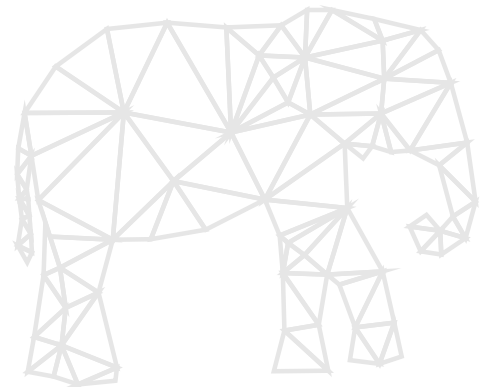| ACTIVITY	FACILITATION	TECH	MENTALHEALTH & WELL BEING
Start the meeting	Welcome everyone to the session.	Zoom Miro	
Open with the QotD 5 MINS	For this session's QotD, consider asking the co-designers to answer the question, "Throughout this program, what did you learn about mental health that you didn't know before?" This question gives the co-designers the chance to reflect on their learning and understanding of mental health as a result of the work they've been doing on this project.	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 or Beat Saber 5 MINS	Explain that you are going to have the teens go into small groups of 2 with 1 teen and 1 adult. Let the teens know that if they are not a part of the playtesting group at the start, they will play Best Saber until there is a switch in breakout rooms.	Zoom Miro	**M E S**
Playtesting 45 MINS	Each adult should start the playtesting of the current build by making sure the teen co-designer is set with SideQuest and installing the latest build. Once the build is installed, talk with the teen about using a talk aloud process for the playtest. You can have the teens practice the process, before playtesting, by walking you through their home, and counting the number of windows they see as they go room to room. You should encourage the teens to continuously share what they are seeing, feeling, and thinking during the playtest. Then have the teen open the latest build and use the talk aloud process as they go through the experience. Feel free to interact with the teen as they go through the experience, ask questions, and help them if they get stuck. Prior to the session it is useful to come up with a set of prompts of activities and actions in the VR that you would specifically like the teen to try out and talk about. As the teen talks aloud, take notes on what works and doesn't work on the Miro board.	Zoom Miro SideQuest	**M E S**

Goal: Playtesting - Pt. 2

Session 12

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ACTIVITY	FACILITATION	TECH	MENTAL HEALTH & WELL BEING
Best Saber **45 MINS** **(Concurrent w/ playtesting)**	Teens that are not yet playtesting will play Beat Saber.	Zoom Miro SideQuest	**M P E S**
Teen Switching **10 MINS**	When the teens have completed the first round of playtesting, switch the groups so that those playtesting will play Beat Saber and those playing Beat Saber will playtest. Use the same playtesting processes as described above.		
Reflection **10 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 **10 MINS**	Thank the designers for joining and participating in the session and let them know what's coming next.	Zoom Miro	

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:
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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	MENTAL HEALTH & 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	MENTAL HEALTH & 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**