



# Activity Sheet

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Peer Café – Better Your Digital Habits

## Activity Title:

Peer Café – Better Your Digital Habits

## Activity theme:

To encourage interactive peer conversations about digital habits..

## Learning Outcomes:

- Organise youth events to encourage interactive peer conversations
- Explore group dynamics and how to create safe learning spaces
- Handle sensitive topics with care and confidence

## Duration: 90min

Introduction: 10 minutes

Peer Café (small groups activity): 60 minutes

Debrief & Group Reflection: 15 minutes

Real-Life Application / individual Reflection: 5 minutes

## Materials:

- Digital note-taking tools (Optional)
- Flipcharts/Whiteboards and markers for each group
- Paper and pens
- Journals/notepad for individual reflection

## Activity description:

### Step 1: Introduction (10 mins)

The facilitator explains to the participants that the session's goal is to learn ways to open and engage in meaningful conversations with their peers. Use the PowerPoint presentation as a session guide.

- Guide the participants to share some examples from their own lives, where they had a meaningful conversation with a peer. For example, it could be on the bus during the school trip, it could be between lessons or during a sports activity. It might have been a long conversation or just a quick couple of sentence exchange.
- Ask the participants if they knew how to respond/act at the time, and if they now wish they would have done something different. Encourage light examples and be mindful not to trigger participants who might have some previous trauma.

### Step 2: Main Activity (60 mins)

#### Peer Café – Better Your Digital Habits

- Divide the participants into groups of 3-4 people.
- The facilitator provides each group with digital note-taking tools and/or a flipchart, pen and paper which will be used to capture ideas, draft the café plan, or create a simple outline or visual to support the group presentation.
- The facilitator guides them to organise a peer café on a topic relevant to digital habits. Ask the participants to keep in mind that they will share the idea and steps with the rest of the group. Groups do not need to develop each element in full detail; a simple outline or draft plan is sufficient.
- Things to keep in mind:
  - Define the purpose - what is the topic you want to discuss (in relation to bettering digital habits of youth), and who you want to attend the café. For example, the topic might be gaming addiction, participants might be either the whole school, the whole community or all 6th classes, etc.
  - Plan the setting and logistics - where will you host the café, how will you facilitate the conversations - could use the example of [world café models](#). Will you include aspirational talkers from the community? Make sure to assign the roles based on the strengths of the participants (someone to organise & contact the venue & the food, someone to advertise it & create content, someone to host it during the day, etc.)
  - Create a plan for advertising the event: what channels will you use - offline/online; what content will you use, what is the main message?

- Design the flow and activities - draft a rough agenda with topics. How do you make sure that sensitive topics are handled correctly? When planning, think about how to keep conversations safe and respectful, for example by setting simple ground rules, using open and non-judgemental questions, and making it clear that no one has to share anything personal. Brainstorm engaging questions and materials for the session. Make sure to think of inclusivity with access to the location, digital and language skills, etc.
- Plan if and how to collect feedback from the participants of the peer café. For example, this could be done through a short paper form, a QR code linking to an online survey, or a short group discussion at the end of the café.
- Group presentation - ask all groups to present their idea for the peer café and explain each step briefly to the rest of the group. Let the rest of the participants highlight the strengths and weaknesses of the plan and suggest one area for improvement.

### **Step 3: Debrief and Reflection (15 mins)**

- After everyone has introduced their idea, the facilitator highlights the overall strengths and weaknesses of organising peer cafés for peer support when dealing with the topic of digital habits.
- The facilitator will guide the summary discussion by using the questions included below in the group debrief notes.

### **Step 4: Real-Life Application (5 mins)**

- Do you know if there are other similar events organised in your community to highlight and discuss similar issues? If so, share some examples with the group.
- Have you ever taken part in a peer or community café - what was your experience like?
- If you have not participated, would you like to and if so, what topic are you interested in, and what knowledge, skills or support would you like to gain?

### **My reflection:**

Invite participants to reflect individually on how they might apply what they've learned during the sessions. Encourage them to consider:

- What would be the first steps to take to organise a peer café in your community, and who would you do it with, and who would you invite to participate?
- What are the topics that feel relevant to you to discuss, and who would you invite to participate?
- Did you learn anything about yourself during this activity? Highlight some strengths and possible weaknesses you discovered.

### **Group debrief notes: questions and prompts:**

1. *Think of an example when you witnessed a peer being great at educating/leading others. Why does the example stand out, and what made you think of it?*
2. *What is the benefit of peer education within the community?*
3. *How can you encourage more of your peers to step up and lead the way?*
4. *Why would anyone want to become a peer educator?*
5. *What are the next steps you could take to support your peers and community?*



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