



Peace First Curriculum: 4-6 Week Guide

The following lesson plans offer suggestions for how facilitators may use the Peace First curriculum to help young people start social action projects in their communities over a period of 4-6 weeks. Activity names refer to lessons in curriculum, outlined by the Facilitator Manual. Young people should meet as a group for at least 1-2 hours per week, and may complete some activities at home on their own. To start, both facilitators and young people should make an account at www.peacefirst.org.

4 Week Lesson Plan:

- **Week 1:**
 - *Introduction & Choose an Injustice:*
 - Depending on time available, youth should complete abbreviated versions of the following activities. Additional activities listed in the Facilitator and Peacemaker manuals are not required, but will help guide participants' thinking. By the end of the day (or using the Peace First platform at home), young people will have identified the injustice their project will focus on.
 - Introduction to Peace First
 - Positives and Negatives
 - Injustice or Inconvenience
 - Choosing an Injustice
 - Students should begin the "Understand" phase at home.
- **Week 2:**
 - *Complete Understand Phase and Submit Compassionate Insight:*
 - The participants should arrive having completed some initial background research on their identified injustice. During the workshop, they will interview others in the room to learn more about their perspectives on the injustice. They'll then complete Problem and Solution Trees to identify the injustice's root cause and possible solutions.
 - Talking to Others
 - Problem and Solution Trees
 - Compassionate Insights
 - By the end of the day, participants should submit their Compassionate Insight on the Peace First platform.
- **Week 3:**
 - *Draft Project Plan:*

- Building from their Compassionate Insights, young people will begin to draft project plans outlining actionable steps to meet their goals. The accompanying activities will help project teams to identify possible collaborators and resources needed to complete their projects.
 - SMART Goals
 - Head, Heart, Hands, and Feet
 - By the end of the day (or at home this week), project teams should submit their completed project plans to the Peace First team.
- **Week 4:**
 - *Draft budget & peer feedback:*
 - Students should read over the project plan feedback from the Peace First team, then move into developing a budget for up to \$250 to support their project plan. Teams may have already identified budget items during the previous workshop. At this stage, it's helpful to have adult mentors present to help teams think through next steps, or to design a peer feedback activity by pairing teams to work together.
 - Planning and Budgeting
 - Reducing Risk
 - Gathering Feedback
 - By the end of the day, project teams should submit their budgets to the Peace First team.

After submitting their budgets to Peace First, project teams will do a coaching call with a member of the Peace First staff. When their budget is approved, teams will receive a mini-grant and have 3 months to implement their projects. The curriculum is best paired with a community gathering for closing and reflection, either immediately after the 4 workshops or after teams have completed their projects.

6 Week Lesson Plan:

- **Week 1:**
 - *Introduction & Choose an Injustice:*
 - Depending on time available, youth should complete abbreviated versions of the following activities. Additional activities listed in the Facilitator and Peacemaker manuals are not required, but will help guide participants' thinking. By the end of the day (or using the Peace First platform at home), young people will have identified the injustice their project will focus on.
 - Introduction to Peace First
 - Positives and Negatives
 - Injustice or Inconvenience
 - Choosing an Injustice
- **Week 2:**

- *Understand the Injustice:*
- The participants should arrive having completed some initial background research on their identified injustice. During the workshop, they will interview others in the room to learn more about their perspectives on the injustice.
 - Talking to Others
- Youth may also use this time to prep interview materials, and spend time at home interviewing community members.

- **Week 3:**
 - *Compassionate Insight:*
 - Using the information that participants gathered during their interviews the prior week, they will do a deeper dive into understanding the root cause of their selected injustice. The 6-week format allows additional time for young people to learn about the injustice and identify possible solutions that they can transform into actionable project plans.
 - Problem and Solution Trees
 - Compassionate Insights
 - By the end of the day, participants should submit their Compassionate Insight to Peace First.

- **Week 4:**
 - *Draft Project Plan:*
 - Building from their Compassionate Insights, young people will begin to draft project plans outlining actionable steps to meet their goals. The accompanying activities will help project teams to identify possible collaborators and resources needed to complete their projects.
 - SMART Goals
 - Head, Heart, Hands, and Feet
 - The 6-week timeline allows 2 full days for project planning, which gives space for teams to do a coaching session with adult mentors, complete a peer feedback activity, or additional time on each activity for deeper planning and troubleshooting. Teams may find it helpful to seek feedback from the broader community at this stage.

- **Week 5:**
 - *Finalize Project Plan & submit*
 - This week, teams will continue refining their project plans. They may begin building out their project budgets as well. Depending on time available and teams' progress, this week is a good time to build in supplementary activities to help teams give and receive feedback.
 - Planning and Budgeting
 - Reducing Risk

- By the end of the day (or at home this week), project teams should submit their completed project plans to the Peace First team. They may begin working on their draft budgets, to submit next week.
- **Week 6:**
 - *Submit budget, group reflection*
 - Students should read over the project plan feedback from the Peace First team, then move into developing a budget for up to \$250 to support their project plan. Teams may have already identified budget items during the previous workshop. At this stage, it's helpful to have adult mentors present to help teams think through next steps, or to design a peer feedback activity by pairing teams to work together.
 - Planning and Budgeting (cont'd)
 - Gathering Feedback
 - By the end of the day, project teams should submit their budgets to the Peace First team. Depending on how quickly teams move through the process, the 6-week timeline may allow additional time for group reflection and closing.

After submitting their budgets to Peace First, project teams will do a coaching call with a member of the Peace First staff. When their budget is approved, teams will receive a mini-grant and have 3 months to implement their projects. The curriculum is best paired with a community gathering for closing and reflection, either immediately after the 4 workshops or after teams have completed their projects.

Resources

Joining the Peace First Platform:

All of Peace First's resources are available for free online at www.peacefirst.org. Both students and staff can make accounts on the Peace First platform using [this link](#). Students can start projects [here](#).

Peace First Curriculum:

Peace First's curriculum is available for free online. We offer a [Peacemaker Manual](#) (for young people) and an accompanying [Facilitator Manual](#) for teachers and mentors. The Peacemaker Manual is also available in Spanish [here](#).

The curriculum outlines activities and resources that will guide young people through the process of creating a project. The manuals include a description of Peace First and tips for introducing our work to young people, links to videos, suggested activities, worksheets, and additional resources. The majority of young people on our platform work through the curriculum at their own pace without adult guidance, but facilitators often find it helpful to use the curriculum to guide group work.

Modifying the Curriculum:

While the curriculum offers enough activities and discussion prompts to fill lessons throughout several months, Peace First often runs events in which we help young people move through through Phases 1-3, developing their community project plan and writing a budget, over the course of 5-6 hours. Since the website includes all of the tools that young people need to start a project on their own, in-person activities from the curriculum can be added or removed as needed to fit your group's needs.

Accessing Support from Peace First:

The Peace First team is available on a daily basis to support young people and facilitators in Peace First Challenge. Please contact Brennan Lewis at blewis@peacefirst.org with questions. Our staff also runs a chat service for time-sensitive questions at www.peacefirst.org.