

Editorial board: „Rat auf Draht“

Activity to foster cooperative behaviour, developed by BEST

Objective: Adequate support and cooperation; reduce the inhibition threshold, talk about individually stressful situations and burdensome topics

Young people and young men can playfully gain experience via this exercise and learn how it feels when someone is looking for advice and experiencing the process of active advice giving; further they learn that other persons (of whom one does not necessarily expect that...) face similar or other worries or difficulties and that it is relieving for them to speak about it.

Approach

Game preparation (Information: this part must be completed before the actual game, ideally already a few days before the game the trainer has to brief and instruct the participants about it)

To imagine and create examples themselves or collect newspaper and magazine articles (=> also letters to the editor), internet contributions, e.g. about:

- Problems related to their parents
- (everyday) worries
- Group pressure (peers)
- lack of self-confidence
- Difficulties in job search and finding a job
- Difficulties in career choice (occupational identity)
- Each magazine article on a topic (see above) has to be put into a separate envelope
- The envelopes are labelled externally with "Editorial Board Rat auf Draht"

Game structure:

- The trainer hand out the labelled envelopes (one envelope per small group)
- For each small group (about 3 - 4 persons per group, but also only two people are possible), an envelope is edited by writing an answer. The trainers give the following work assignment to the small group (s):
- "Read the matter, which is in the envelope, then put you in the position of the letter-writer and finally write an answer to the 'sender' "

After each small group has written their answer, the process of „evaluation“ starts as follows:

- Therefore the trainer will discuss the following aspects with the participants:
- Content-related aspects: "What are the different aspects of the problem for those affected?"

„Which aspects appeared most urgently to you when editing?“

- „Which solutions have been proposed?“
- Personal aspects: "How did you feel in the role of the adviser?"
- „How easy/difficult was it for you do feel/experience empathy?“
- „Where do you get help when you need it?“

Positive Effects

The inhibition threshold, expressing worries and problems is reduced via playful approach. Once stressful things are discussed once, the pressure *"to manage everything alone; to solve problems alone"* and the feeling of helplessness decreases. Thus, in many cases, the prerequisite for the individual receptivity and readiness towards learning contents is established.

Learning objectives

- Adequate support and cooperation: even in the case of job search, it is helpful to support each other and give courage
- Participants learn to verbalize individual worries and problems and experience that this has a relieving effect on them
- Extending the personal scope for action against existing male role models