

Outcome 1: Young people are confident, resilient and optimistic for the future



Indicator 6: Young people respond positively to advice

Reflection activity

This activity helps young people to think about feedback and advice and how they have responded to previous offers of advice. You can download the self-reflection activity below

- In a group ask young people to think about what terms *advice*, *feedback* and *constructive criticism* mean (add in terms you might use in your youth work setting). On a flip chart note the definitions for each term
- In small groups ask young people to think discuss and record their thoughts about the following questions on a flip chart:
 - Can you remember a time in the last month when someone gave you some advice or feedback (you might need to explain what feedback is)?
 - What did you do with that advice? Did you do anything differently?

If you would like to explore how young people respond to constructive criticism you can use and adapt the following questions:

- Can you remember a time in the last month when someone gave you some advice or feedback that was critical of you?
- How did that feedback make you feel?
- What did you do with that advice? Did you do anything differently?

You need to ask these questions consistently over time to track changes in young people.

