

Workshop Title: Supporting Youth with Identity Development

2024 Leadership and Life Skills Summit for Foster Youth

Workshop Duration: 50 minutes

Learning Description:

Regardless of where young people are placed in the child welfare system, they need to develop boundaries, emotional health, and the skills to build lifelong relationships. There are specific tips and tools that can help young people overcome the trauma of their pasts and navigate healthy adult relationships. Participants will leave with concrete tools to develop personal boundaries and build trusting, restorative relationships.

Learning Outcomes: Participants will:

- Learn the definition of identity and many layers to identity.
- Participate in a hands-on activity that reflects how they feel they are perceived by other people vs. how they see themselves.
- Increase their awareness of tools to support identity exploration.

Diversity Issues Addressed:

Culture of Foster Care: Youth in and from foster care are connected by a common culture cultivated by shared experiences.

Handouts:

- [Identity Diagram](#)
- [Gender Unicorn](#) and [Genderbread Person](#)
- [Youth Advocate Profile](#) (*personality, purpose, people, past, and priorities*)

Agenda: (50 minutes total)

- 1.) Introduction and Purpose of Workshop
- 2.) Identity Diagram
- 3.) Working on Identity Masks
- 4.) Reporting Out on Identity Masks
- 5.) Sharing Additional Resources
- 6.) Transfer of Learning (if time allows)

Training Outline:

1.) Introduction and Purpose of Workshop: (this can be shortened if needed)

- Introductions: Youth could each share their name, county and one thing they hope to gain by attending this workshop.

- Trainer: Shares purpose of workshop and how their lived experience makes this a topic of high importance to them.

2.) Identity Diagram:

- Trainer: Shares the [Identity Diagram](#) and a definition of identity:
- Identity refers to our sense of who we are as individuals and as members of social groups. It also refers to our sense of how others may perceive and label us.
- Identities are complex and multi-layered. They include the values that we hold, which dictate the choices we make. An identity contains multiple roles, and each role holds meaning and expectations that are internalized by that person.
- Identity continues to evolve over the course of an individual's life. This can include our shared experience as foster youth, our cultural and gender identities, our role as a sibling, or where we see ourselves in the future vs. where we are now.

3.) Working on Identity Masks:

- Group Activity: The outside of the mask is how we are perceived by other people. The inside of the mask is how we see ourselves.

4.) Reporting Out on Identity Masks: (at least 15 minutes before the end of the workshop)

- Group Activity: Participants are invited to report out. Due to time constraints, and varying comfort levels, not every participant will do so.
- Trainer Instructions: Even if you weren't able to report out today, I encourage each of you to think of a trusted person in your lives to share your identity mask with, if you feel comfortable doing so.

5.) Sharing Additional Resources:

- [Gender Unicorn](#) and [Genderbread Person](#)
- [Youth Advocate Profile](#) (*personality, purpose, people, past, and priorities*)

6.) Transfer of Learning: (if time allows)

- *What is one thing that you learned today that you plan to put into practice?*
- *What's one concept that you plan to share with a fellow young person in or from foster care?*

Supplies for Masks:

1. Masks for Identity Workshop	30 Pack of Paper Mache Masks	6 packs
2. Markers for Masks (Classpack)	Crayola Broad Line Markers Classpack (256 Ct)	1 pack
3. Markers for Masks (Skin Tone)	Crayola Colors of The World Markers, Skin Tone Markers	2 packs
4. Sharpies for Shirts	Package of 36 felt sharpies	3 packs
5. Adhesive Felt	30 pieces of felt fabric sheets with adhesive on the back that youth can cut out and personalize	2 sets
6. Sequin Stickers	14 sheets of self-adhesive jewel stickers	3 sets
7. Foam Stickers	Glitter foam stickers – hears and stars	3 sets

Example created by Lisa:

