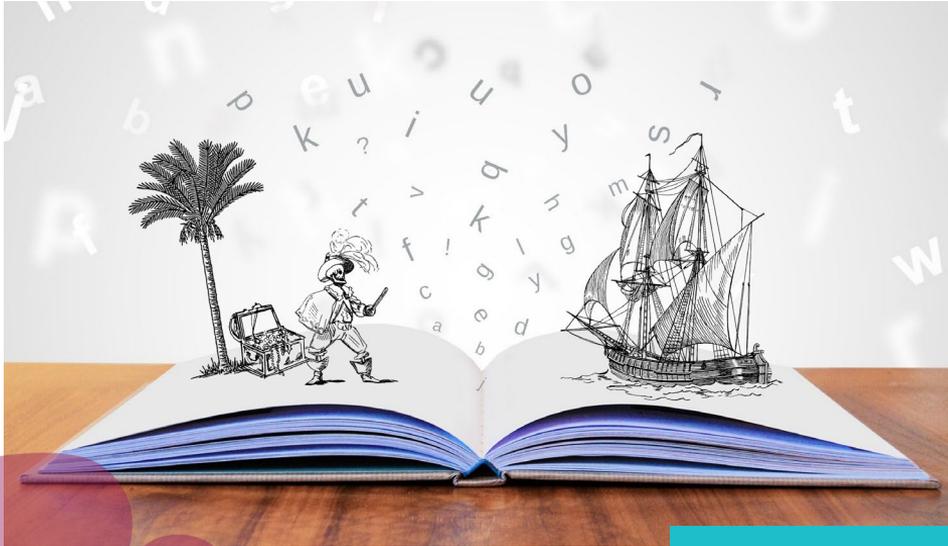


Storytelling for Peer Educators

*Professional Development
and Leadership Program*



Introduction



- 🌸 What experience do you have with storytelling?
- 🌸 What do you hope to gain from this session?

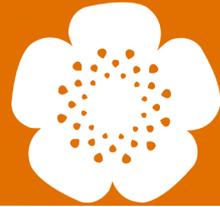
A photograph of four young women sitting on the grass in a park, juggling several red and yellow apples. They are all smiling and looking upwards at the apples. The background is a lush green forest. On the left side of the image, there is a vertical purple bar with a circular graphic overlay containing colorful bokeh lights.

Ice Breaker: Group Juggle



EngenderHealth
for a better life

Agenda



- ✿ Introduction
- ✿ Storytelling 101: Basics of a Good Story
- ✿ Crafting Your Story
- ✿ Sharing Stories
- ✿ Refining Your Story
- ✿ Sharing Refined Stories
- ✿ Closing



Storytelling 101: *Basics of a Good Story*



“

Stories have power. They delight, enchant, touch, teach, recall, inspire, motivate, and challenge. They help us understand. They imprint a picture on our minds. Want to make a point or raise an issue? Tell a story.

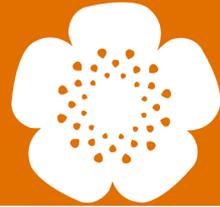
”

Janet Litherland



Storytelling 101:

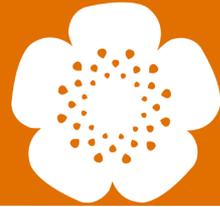
Basics of a Good Story



- ❁ Stories serve as connections to real-life experiences.
- ❁ Stories can convey important messages in memorable ways.
- ❁ Storytelling is a key part of many cultures and can be a great learning and teaching tool.



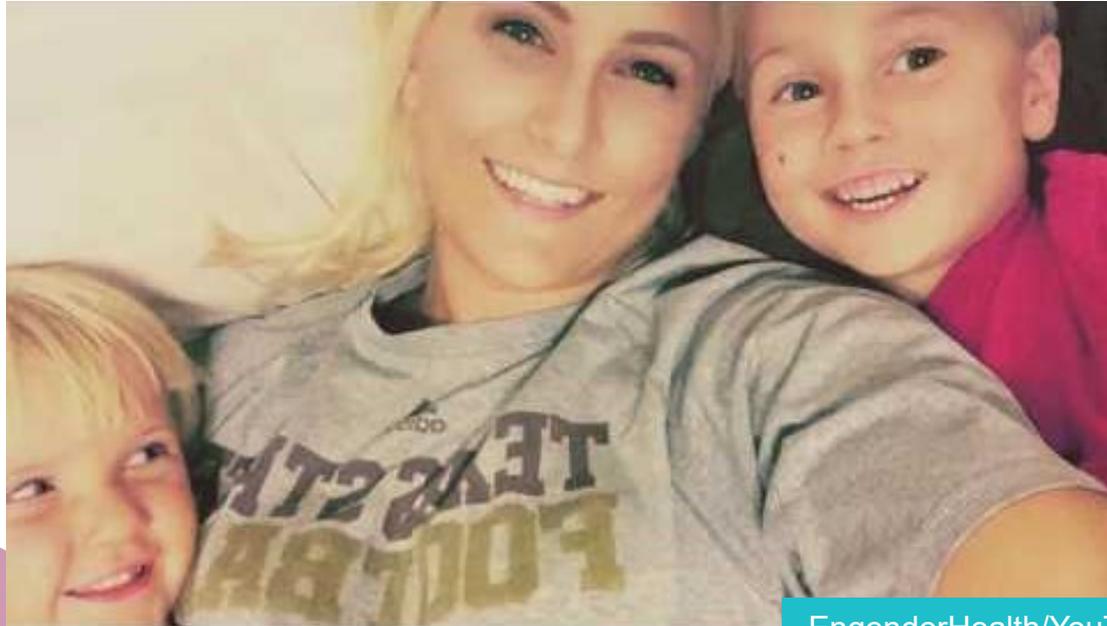
Storytelling Methods



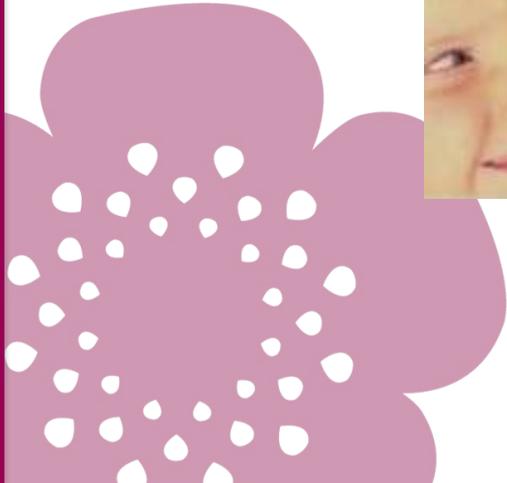
- ❁ Spend time thinking about and developing your story.
- ❁ Practice sharing your story.
- ❁ Make and maintain eye contact with your audience.
- ❁ Share your story with confidence!



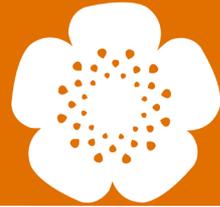
Peer Educator Digital Stories



[EngenderHealth/YouTube](#)



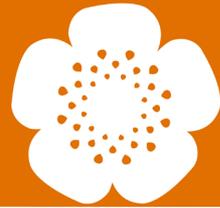
Discussion Questions



- ❁ What is storytelling, according to the video?
- ❁ What made this story memorable to you?
- ❁ What are some techniques you can use to engage your audience?
- ❁ What is the message that you would like your audience to take away from your story?



Crafting Your Story

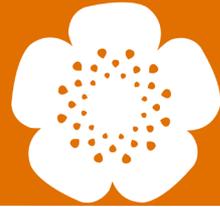


Think of a time when you decided to change an unhealthy attitude, belief, or behavior. Consider the following questions as you craft your story:

1. What healthy attitudes, beliefs, or behaviors did you want to establish?
2. What events led you to wanting to make the change?
3. What or who helped you make the change? What or who were obstacles and how did you deal with them?
4. What else would you want to share with youth about your experience that could help them make healthy decisions and changes?



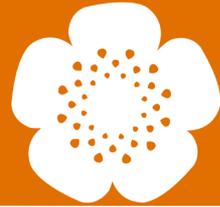
Sharing Stories



- ❁ Find another peer educator to be your partner. Share the story you have written and listen to their story.
- ❁ After both of you have shared your stories, provide constructive feedback to each other.
- ❁ Repeat the steps above until you have shared your story with, and heard the story of, all of the other peer educators.



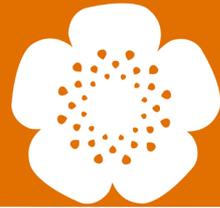
Sharing Stories Debrief



- 🌸 What did you find challenging about writing and sharing your story?
- 🌸 Did you change your story as you repeated it to different peers throughout the exercise?
- 🌸 How did it feel to give and receive feedback?



Refining Your Story



- ❁ What challenges did you face while crafting your story?
- ❁ What do you think you can add to your story to make it more engaging or relevant?
- ❁ Is there anything that you can remove from your story to deliver it in a more timely manner?
- ❁ What are the punchlines of your story? In other words, what do you want your audience to remember from your story?



Sharing Refined Stories

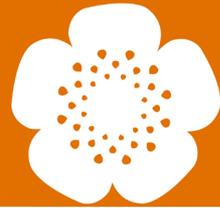


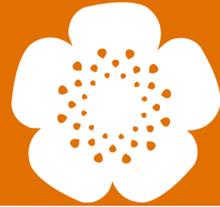
Photo Credit: Nick Morrison

Remember to write down:

- 🌸 Something you appreciated about the story
- 🌸 Something you would suggest adding or changing in the story
- 🌸 Something you think that others can learn from the story



Closing



- ❁ What is one thing that you learned today?
- ❁ How do you feel about sharing your story with youth?
- ❁ What other preparation do you need to complete before you will be ready to share your story?

