

During an Older Youth FGDM

- Be creative with food and location.
- Set the standard of the youth running the meeting.
- Plan for adequate time for the meeting and schedule it at times that accommodate the youth's schedule.
- Let the youth speak about how they feel without interruption.
- Understand the youth's perspective and their goals for the meeting.
- Support the youth with expressing their views and goals. This also means making sure that all of their concerns are addressed.
- Value all participants' goals and perspectives.
- Be prepared to accommodate and engage different personality types (ie. introvert vs. extrovert personality types).
- Be prepared to respond to participants getting upset, sad or frustrated and have a plan to constructively address these emotions.
- Make sure a concrete plan that describes what was resolved, agreed to and what the action steps that should have follow through is created. Include a few steps describing how parties will communicate with each other, i.e. phone calls, meetings, Facebook or texts.
- Keep the focus on the youth and their goals, plans, and wishes.
- Be prepared to quickly address diversions that could disrupt from the focus of the meeting.

After an Older Youth FGDM

- Check in with all participants:
 - Send copies of the plan to all parties that attended.
 - Check to see how participants are feeling about the meeting.
 - Check to see if participants are following through with any commitments or action steps that they agreed to.
- Make sure everyone sticks to deadlines.
- Schedule follow up meetings.
- Make sure the youth and participants have the support they need to follow-through with any actions steps they agreed to.
- Make follow up phone calls with all involved. Reiterate the plan and discuss their progress.
- Check in with the Youth with what went well, and what areas need to be improved with the FGDM process. This will aid in improving the process for all youth.