



Guidance for convening an online Children's Workshop

This guidance note is intended to support Convenors to organise an online Children's Workshop with children and young people. An online workshop should only be organised when it is unfeasible to convene an in-person event. This guidance note complements the accompanying PowerPoint presentation, as well as other guidance documents, notably the [Reference Manual](#), [Step by Step Guide](#) and [Safeguarding Framework](#).

Considerations for online engagement with children and young people

- Assess the need for digital engagement with children and young people; and convene an online workshop where it is the only feasible option.
- Avoid online workshops where the context might create additional risk for participants, for example online abuse and harassment (in some locations children and young people use internet cafes that can pose additional risks to them).
- Obtain parental consent for online engagement with children and young people. Templates are available on the Portal.
- Obtain participants consent to record the online workshop. An alternative is to take handwritten notes.
- Collect the minimum amount of personal data needed to perform the online workshop. All personal data should be managed according to local regulations, with particular consideration to protecting last name, phone numbers and email addresses.
- Encourage facilitators to read the Nutrition Dialogues Reference Manual, notably the specific tips for facilitators when conducting a Children's Workshop.
- Share online safety tips with all children and young people (below).
- The Nutrition Dialogues [Principles of Engagement](#) also apply to online events.

Getting ready!

- 60-minute session.
- Children and young people aged between 12-18 years.
- 10-15 participants per online workshop.

Resources

- All Children's Workshop guidance and resources available on the [Portal](#).
- PowerPoint presentation for online Children's Workshop. This presentation complements the guidance presented below.
- List of participants

Session outline

Time	Activity
10 minutes	Welcome, introduction and sharing online safety rules
10 minutes	Participants introduce themselves
5 minutes	Key concepts to outline the Workshop
15 minutes	Understanding good nourishment.
15 minutes	Sharing ideas to improve nourishment.
5 minutes	High-level summary and closing.

Welcome & introduction (10 minutes)

- Welcome participants, introduce yourself and the workshop objectives (slide 1).
- Share the online safety tips for children and young people (slide 2). This can be found in the box below. You may also ask participants to share their own ideas for online safety.

Online safety tips for children and young people

- Always share your views in a kind and respectful way.
- Never share views that bully or make others feel bad about themselves.
- Do not share personal information, such as phone numbers and full names.
- Do not engage online via private messaging during the workshop with people you do not know.
- Do not add people from the workshop as friends on your personal accounts if you do not know them.
- Always report cases of aggressive behaviour, misinformation, or other types of conflict in online chats.

Participants introduce themselves (10 minutes)

- Invite everyone to introduce themselves by saying their first name, age, and one free-time activity that they enjoy (slide 3).

Key concepts to outline the workshop (5 minutes)

- Display slide 4 and ask *participants, what do we mean by nutrition?*
- After two or three answers, display slide 5 and introduce the key terms, as well as the data in the box below.

- **Nutrition:** Nutrition is the intake of food, considered in relation to the body's dietary needs. Adequate food is vital in keeping people alive, and good nutrition is essential to good health.
- **Malnutrition:** Children and young people do not have the right amount (too much or too little) of energy and/or nutrients due to poor diet or poor care (e.g. they get sick or have diarrhoea frequently; they lack nutritious foods, proper care and services).
- 30 percent of our planet's population do not have consistent access to nutritious, safe, and sufficient food.
- 20 percent of children under five years of age are too short for their age, 7 percent are too thin, and 6 percent are overweight.

Participants' understanding of good nourishment

(15 minutes)

- Display slide 6 and ask participants to choose one photograph that catches their attention.
- Ask participants to share their impressions about the issue reflected in the photograph which they have chosen (give 30 seconds per participant).
- Once participants have shared their views, ask: *What is our appreciation or understanding of good nourishment?*
- Ask participants to share their views and encourage an active dialogue.
- You can use some prompt questions or photographs to help elicit a discussion.
- Once participants finished discussing the issues, summarise the most important points.

Participants' ideas to improve the nourishment of children (15 minutes)

- Invite participants to brainstorm ideas to improve children's and young people's nourishment.
- Display slide 7 and explain that for each issue discussed in the previous section, they can identify an idea/solution to improve nourishment in their contexts.
- Once participants finished presenting their ideas, summarise the most important points and ask if anyone want to add anything.

Closure (5 minutes)

- Close the session by thanking participants and acknowledging their valuable contributions and ideas. Remind them that their input will influence the Nutrition for Growth Summit in Paris.

Things to remember!

- Allocate a Record Keeper to take notes that capture the participants' responses.
- Complete the Feedback Form and submit it on the Nutrition Dialogues Portal. [Guidance](#) is available to help you complete this form.

Who to contact for support?

Nutrition Dialogues Help desk: info@nutritiondialogues.org