

How to Successfully Run a Youth Workshop

Be well prepared

The Youth Workshop is meant to be easy to run and provide a great learning experience to the participants.

To bring some fun and allow the participants to be more relaxed about acting, we recommend having props and costumes. Most popular are sunglasses and hats, then necklaces and wigs. If you plan to organise several workshops, it is better to have disinfectant spray to clean wigs, and disinfectant wipes to clean other props.

It is then necessary to print the pictograms (annex 1). Each category should be printed in another colour to make it easier to identify the different categories. If this is not possible, make sure that you separate the different categories.

Choose a good location

The place you will hold the Youth Workshop needs to be big enough to allow the participants to circulate properly.

No specific material is needed, unless you want the icons to be stuck on the wall. In this case, you will need a smooth wall to stick the pictograms or white boards to use a magnet to attach them.

If you are able to have a stage, this is better for the acting part.

Meet & Greet, Engaging New Participants

If you hold the workshop at a fair or sports event, the participants for the Youth Workshop are “recruited” from passers-by – athletes who are walking by the booth, or who peek in to the booth, or enter the booth to play with the fun props hanging on the wall. The Host should be friendly and greets all visitors, asking them where they are from and engaging in small talk.

Workshop Initialisation

- Turn on "theme music" (optional).
You can load some recent hit pop songs on the MP4 player to ensure that the mood is hip and energetic. Blaring the music for a minute at the beginning helps people loosen up, get pumped and in the mood to play.
- Give a name-tag sticker and marker-pen to each participant (unless you know the participants).

If you have a team with you, the different tasks can be distributed between the team.

Name-Tags

While the theme music plays, each participating athlete writes their name on a sticky tag and places it on their lapel (it also serves as a kind of "ice-breaker" activity that allows the Host to engage with each athlete one-on-one, reading each name out loud, asking if the pronunciation is correct).

Welcome

When everyone is ready, the Host turns down (to low background level) the music and welcomes the participants, introducing himself/herself and the purpose of the workshop. The Code of Conduct (annexed) serves as a basis:

Be true to you and your sport by respecting the CODE OF CONDUCT:

NEVER bet on your own sport or the Olympic Games.

NEVER manipulate a competition and always do your best.

NEVER share inside information. Non-public information about your sport stays private.

ALWAYS report an approach to manipulate or anything suspicious:

www.olympic.org/integrityhotline

The aim of the workshop is also explained, saying simply that we are here to explore cheating in sport by creating a short story that we will act out together.

Game Intro

The Host describes quickly and simply the structure of the game, pointing at each set of pictogram-icons (these icons are important visual clues for the participants, especially if they do not speak your language).





As a team, CREATE A SHORT SKIT using five story pieces that go like this:

Once upon a time there was an athlete practising this [SPORT]. One day while training, a surprising thing happened: A [VILLAIN] walked up to that young, talented athlete and said: "Hey, I need some help. Would you be willing to [DO SOMETHING] if I gave you [A GIFT]? It's easy. What a great deal!" You think about it, and you say: "[DECISION]" And then, what do you think happens...? [CONSEQUENCES].

How will your story go?









The “sets” include:

1. What sport do you choose? [SPORT]






				
Football	Handball	Running	Swimming	Tennis

2. Who approaches you? [VILLAIN]









In this section the Host explains that the person who asks you to cheat – the “bad guy” – could be either a stranger or *anyone* – even someone you trust, like a friend, relative, coach, doctor or teacher, etc.

				
Doctor, medical staff	Friend	Boyfriend or girlfriend	Official	Parents
				
Referee, judge	Stranger	Teacher, coach		





3. What is asked of you? [DO SOMETHING]

				
Information about the team	Information about you, injuries, strategies	Not to do your best	Lose on purpose	Bet on the competition








4. What is offered to you? [A GIFT]

				
Education, scholarship	Medical treatment	Resolve an issue	Money	Travel upgrade, holiday
				
Car, upgrade of car	House, house repair, house upgrade	Contract (work, sports, sponsorship)		

5. What is your decision? [DECISION]

			
Say NO, refuse corruption. Don't tell anybody.	Say NO, refuse corruption. Tell somebody (coach, sports federation, IOC).	Say YES, accept corruption. Don't tell anybody.	Say YES, accept corruption. Tell somebody (coach, sports federation, IOC).

6. What are the consequences [CONSEQUENCES]

				
Bad press	Become rich	Fame	Go to court, be fined	Go to jail
				
Kicked off the team, out of the federation	Withdrawal of the medals			

N.B. The different icons can be interpreted differently depending on the participants. The Host must be open and follow the participants into their logic. The aim of the workshop is to raise awareness about what could happen and the possible reaction, so the details are secondary.

Play Set-Up

The Host asks who would like to play:

- The first participant is asked to play the athlete's role. That "actor" comes up to choose their props.
- The second participant plays the villain role. That "actor" comes up to choose their props.
- Dress-up ensues, and some hilarity as the participants put on wigs, sunglasses, hats, etc.
- The third participant is chosen to play The Director - to narrate the story - and is given a small special-effects sound machine (very simple handheld gadget with a dozen buttons that make funny noises - optional) which they can use to complement their story.
- The fourth participant is asked to come and stand at the whiteboard to help make The Final Ethical Decision for their team.

Play

The Host counts out "3-2-1-Action!" and indicates to the Director to start telling a story. Some groups understand clearly what they are supposed to do and the Director proceeds to tell a made-up story, while other groups are a bit confused and need some additional guidance here: the Host can use simple words, hand gestures, examples, etc. to help them understand. All groups eventually understand what is expected, and often there are one or two personalities in the group who are outgoing and lead the rest. A lot of laughing and goofing around happens.

The Host watches carefully and acts as a kind of high-level director, pointing out actions, asking questions, making comments, to keep the flow of the action going and the storyline moving. At key points in the story – e.g. when the Athlete is asked to cheat and makes a choice – the Host turns to the audience and asks for their reaction to the choice. The booth team is trained to either "Yaaay!" or "Boo!" and show thumbs-up or thumbs-down, and this gets other audience members reacting as well. Ask the actors to take a bow. Encourage clapping and cheering all around.

The goal is to create a dynamic, flowing "short skit" with lots of laughter and fun, and some audience participation too. The typical play may run anywhere from 3-10 minutes, depending on how creative and engaged the participants are. Whatever their level of engagement, it's important to emphasise that they're doing well, and to highlight their key thought-points and decision-points in the storyline so that they at least leave with an understanding of action-consequence around the issue.

Conclusion

Once the skit is complete, and applause and cheering has ended, praise and thank the participants for a good job. BEFORE they remove their props and costumes, ask them to pose with you for a group photo, if possible in front of the Be True Be You Believe in Sport logo. This is optional, but it will certainly be a nice souvenir picture that can be printed or sent to them.

Say goodbyes.

Have fun organising Youth workshops!

In case you need help, please contact Christelle Correia, Project Manager at the IOC, christelle.correia@olympic.org or go to: www.olympic.org/believeinsport.