

Helping people to help themselves - Organising a Facebook group



Target group	Adult learners
Setting	<ul style="list-style-type: none">• Frontal lecture• Group work• Plenary
Time	90 - 180 minutes

ACTIVITY DESCRIPTION

In this lesson, parents will learn about the possibility of self-help and discuss it together. In an exercise, participants will learn how to create a group on Facebook to share common interests.

MATERIALS NEEDED

MATERIAL	Y/N
PROJECTOR	Y
Flipchart	Y
Printed handout	Y
Other (please specify): Internet-enabled devices	Y



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ACTIVITY DESCRIPTION

SESSION 1

TIP: Proposal for a workshop by an adult education provider – Method: World Café

The participants are given the task to deal with the idea of initiating a self-help group.

A short input about self-help groups is given as an introduction to the topic. The focus should be on the advantages and disadvantages of self-help groups.

Afterward, the participants have the opportunity to deepen their ideas with the method "World Café" and to discuss them later in the plenary as well as to add additional information. The participants should first draw their own conclusions from their observations and then share them with the group. Specific research tasks can also be assigned to individual participants or groups.

For the "World Café" method, the participants (depending on the number) are divided into 3 - 4 groups and assigned to work tables positioned as far apart as possible in the room. A so-called "host" stays at each table for the entire duration of the exercise and moderates the rounds. On each table, the groups will find flipchart paper and pens.



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ACTIVITY DESCRIPTION

On the respective flipcharts are the questions that the groups are supposed to deal with and can design the flipchart. After about 10 minutes, the discussion at one table ends and the groups move to the next tables and are welcomed by the "host". The exercise ends with a plenary reflection.

Many variations of the "World Café" can be found on the internet, which can of course be adapted and implemented.

Possible questions for the World Café:

What are important issues for me as a parent? Where do I need help?

Why have I never sought help before?

Why can a self-help group be beneficial?

What forms of self-help groups do I know? How should a self-help group be organised? (regular meetings, ...)

Afterwards, the results should be discussed in plenary.

TIP: For parents going through this lesson on their own, we recommend going through the following questions and looking for additional information on the internet if necessary. These questions can also be discussed with your partner, a friend, etc.



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ACTIVITY DESCRIPTION

SESSION 2

The trainer shows the learners how to create a group on Facebook so that they can exchange ideas with like-minded people.

In this context, he should also point out the advantages and disadvantages of such groups.

Tip: For those who are self-studying this and have little or no experience with Facebook, there are numerous videos on YouTube on how to register on Facebook or how to start your own group on Facebook.

ACTIVITY DESCRIPTION

Work in groups

After the frontal teaching, participants are divided into groups and given tasks to create a Facebook group.

For those who are not yet registered on Facebook, a Facebook account can be opened on request and a short individual introduction can be given.

Afterward, the individual groups present their results and give feedback.



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LEARNING GOALS

At the technical level

Promoting technical competence

Parents know what social media can be used for.

Parents know how to use social media for themselves and can also put these acquired skills into practice.

On the pedagogical level

Parents know how to support their children in using social media.

They know which advantages and disadvantages have to be considered with the use of social media.

In terms of digital skills:

Parents know what they can do to use social media.

Parents can access and actively use social media on the internet.



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METHODOLOGY(S) USED

Frontal teaching
Trainer lecture -> preparatory phase

Work in groups
Realization of exercises

Plenum
Presentation / evaluation
Feedback

Links to digital learning resources:

Evely Weiss: How to set up a Facebook Group. 19.02.2021. Available under:
<https://youtu.be/QhHDbt1RM4s>. last accessed on 30.01.2022.

