

Action Steps for Creating a CBPR Project

Student Friendly Guide

The Bonner Community Engagement Curriculum

BWBR Description: *This training guide was created as a result of the “Introduction to Community Based Research” training module that can be easily accessed under “Training Modules” on the Bonner Wiki.*



Overview: Do you want to learn about how to make change with members of your community? Do you have a project idea to better those around you? If you are interested in further exploring the questions above, this training will assist you in doing so. The purpose of this training is to teach the intended audience how to take your ideas, and turn them into a Community Based Participatory Research model that addresses an issue(s) in their communities while gaining skills to navigate their programs resources.

Category: Community Based Participatory Research, Community Building, Diversity, and Civic Engagement.

Level: “Moderate to advanced” The suggested audience should consist of people who are comfortable or familiar with Community Based Participatory Research basic practices.



Recommended Bonner Sequence: This training is recommended for third or fourth year Bonner Students who are in the Example or Expertise stages; please note that students who have previous experience with CBPR or field research will also benefit from this training.

Expectation	Explore	Experience	Example	Expertise
				

Focus or Goals of this Guide:

- Participants will learn about the importance of maintaining community partner relationships.
- Participants will practice creating their own CBPR Project.
- Participants will gain the tools to begin implementing CBPR based practices in their communities.

Materials:

- Pens or Pencils (*You should have enough to give the participants one pen or pencil*).
- Half sheets of paper (*You should cut provide one half sheet to each participant when you start Part 3*).
- Handouts for Part 3 (*This can be found in the handouts section, make sure to print them for participants*).
- Issue Based Sheets (*Get 4 pieces of paper, and write **one** issue on each piece: Homelessness & Hunger, Immigration, Environment, and Education*).
- Chart Paper & Markers (*These items are optional but highly suggested because, it would be good to have ready in case your audience would like to use them for one of the activities*).

How to Prepare:

As the facilitator it is important for you to be comfortable with the material being addressed throughout the training guide, and to have all materials ready prior to starting the training itself. If there is any information that you are confused about, or not comfortable with make sure to conduct some general online research on Google or even bonner.org to ensure a successful training session.

Brief Outline:

The outline has the following parts:

- | | |
|---------------------------------|---------------------------|
| 1) Introductions | suggested time 5 minutes |
| 2) Community Connections | suggested time 20 minutes |
| 3) Create your own CBPR Project | suggested time 25 minutes |
| 4) Closing | suggested time 5 minutes |

Part 1) Introductions

Suggested time: 5 Minutes

Begin the workshop by introducing yourself, role, and hopes for the session.

If the audience has not been through “Introduction to Community Based Participatory Research” training, make sure to proceed to next session: Part 2) Community Connections.

If participants have completed the “Introduction to Community Based Participatory Research” training, ask them if they have implemented any of the research ideas at their service site since creating them last time? If so, were their supervisors receptive to the ideas? You can ask the audience to raise their hands when ready to share their thoughts. After you here from 2-3 participants, you can move in to the beginning activity for Part 2.

Part 2) Community Connections

Suggested time: 20 Minutes

For this first activity you should hand out half sheets of paper to each participant, and have them answer the question “Who in your community inspires you? And how?” After 5 minutes have the participants share in pairs of two.

At this time you should begin sharing the CBPR suggested action steps. You can play the provided YouTube video to give the audience an explanation of the suggested Community Based Participatory Research action steps:

(Basics of CBPR, approx. 9min) <https://www.youtube.com/watch?v=AePC97aKOJA>

After the video has played it will be important to recap the steps using the PowerPoint. It will allow you to discuss and recap the highlights of the 8 steps of a Community Based Participatory Research project with the audience.

If you find that there is time, and you would like to quiz the participants in their listening skills here are some questions related to the content covered in the video:

1. What's the goal of CBPR?
2. What role do the community members play in the research process?
3. Does CBPR build trust or weaken trust between researchers and the community?

4. How is the research question created?

Part 3) Create a CBPR Project

Suggested time: 25 Minutes

This activity should give the participants a chance to practice creating a CBPR project. It is important to be mindful that collaboration is essential in the CBPR process, so make sure to reiterate to participants that before action is taken community members and agencies should be informed of and become involved in the potential plans. Each group should have markers, pens or pencils, and one piece of chart paper.

At this time the issue group sheets that you prepared should be separated, and hung up around the room. The issue groups are common issue topics used by Bonner Programs across the network that we hope your program is already working on within your service. You should instruct participants to gather next one of the issue groups that they are familiar with. If this is not possible, it will be okay to mix participants. Just make sure that the group sizes are equal.

When all participants have found one of the suggested issue groups **Homelessness & Hunger, Immigration, Environment, or Education**, you can then give each participant one "Developing your Community Based Participatory Research Project" sheet which will contain the information below:

1. Develop a mission statement
2. Identify at least 5 stakeholders that may want to become involved in the work (A stakeholder is any person, group, or institution that affects or is affected by the research project).
3. Develop a plan for communication between all research partners (*Another good opportunity to be reflective about differences in time and strategy between universities and community agencies*).
4. Create at least 1-2 potential roles for each stakeholder in the process.
5. Create a meeting schedule that the research team may consider following (*Ex. Will you have weekly, bi-weekly or monthly meetings?*).
6. Identify a Research Question or Questions (*Be mindful of trainings that encourage students to take the lead in this capacity- it is not an inclusive model*

unless reflected upon appropriately).

After 25 minutes is up transition into the Closing session.

Part 4) Closing

Suggested time: 5 Minutes

At this time have the audience come together, and prepare the following discussion at the front of the room.

Discussion Questions:

1. Was this activity helpful for you?
2. Do you feel you have a better understanding of the CBPR process?
3. What aspects of this type of research do you still have questions about?
4. What could you as potential challenges moving forward on a project like this?
5. How might you address these challenges? Who might you need to involve?

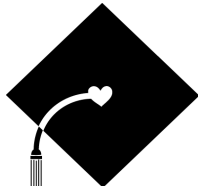
Handouts:

Video links

- (Basics of CBPR) The following video is an outlined explanation of the action steps that go behind a Community Based Participatory Research project. The video lasts approximately 9 minutes. <https://www.youtube.com/watch?v=AePC97aKOJA>

Websites / URLs

- The following website link provides strong and useful CBPR curriculum information that's been created by the Community-Campus Partnerships for Health organization. If you're interested in how an organization successfully teaches CBPR, check it out: <https://ccph.memberclicks.net/cbprcurriculum>



Developing your Community Based Participatory Research Project

Develop a mission statement (*This is a 3-4 sentence summary that should incorporate the vision, goals and purpose of your CBPR Project.*)

Identify at least 5 stakeholders (*Ex. Bonner Director, Dean of Students, Mayor, etc.*)

Develop a plan for communication between all research partners (*This is a good opportunity to be reflective about differences in time and strategy between universities and community agencies*)

Create a meeting schedule that the research team would follow (*Ex. Will you have weekly, bi-weekly or monthly meetings*)

Next steps (*How are you going to take the information above, and implement it within your service placement?*)

- 1

- 2

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