**Tool: Getting the timing right for adolescents**

| Use the questions below to guide you with organizing activities at times that suit adolescents and don’t present barriers to their involvement in your intervention. |
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| * How do adolescent girls and boys spend their time?
* When do adolescent girls and boys go to school, socialise, work, pray, relax, eat meals, do household chores, mind siblings or their own children?
* Are there days of the week when adolescents have more or less free time? (For example, weekends).
* When do adolescents have free time when they aren’t busy with other activities?
* Are there times of the day and week when adolescents are unoccupied and bored?
* Are there particular times when adolescents engage in unhealthy or unsafe behaviours such as playing in the street, swimming in unsafe areas, smoking, drinking alcohol or taking drugs?
* Are there times of the day when adolescents wait for long periods of time for work, for food or non-food-item distribution, at washrooms or showers, or at community kitchens?
* If adolescents have limited free time to participate in activities, is it possible to arrange a break for them to participate in Adolescent Kit activities by talking to their parents, family members or others?
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