

Academic Tutorial: Spectrum Debates



Wellbeing Tutorial

Session Length: 45mins-1hour

Aims:

- Allow students to safely discuss their viewpoints and learn from others in a safe space. The session should actively encourage open discussions and allow students to openly discuss how they feel.

Set Up:

The session needs a large space with enough room to put 7 lines of tape on the floor which students can comfortably stand on in a line. The lines should be put on the floor before the session begins. This exercise is based upon part of the video series Spectrum by Julibee on YouTube which some students may be familiar with. We would advise you watch the following [link](#) to have an idea of how to run the session successfully.

Equipment:

- Tape for the floor
- [Debate Statements Resource](#)
- [A3 Prints of Line Rating Resource](#)
- [Youtube video link](#) – optional to show students or other Staff
- Optional – [Intro](#) and [Exit](#) Forms

Structure:

Session Introduction (10mins):

Optional - ask students to complete a digital intro form.

Ensure the room is clear and the floor has been lined with the 7 pieces of tape. Students should be stood on the central line with 3 pieces of tape to their left and three pieces on the right. On the floor the lines should read from Strongly Disagree, Disagree, Somewhat Disagree then skip the middle line then Somewhat agree, Agree and Strongly Agree.

Introduce the session explaining that we are going to run through some statements and you would like them to rate how they feel personally to the prompt. Students should be told that they can't stay on a line which doesn't have a label so must make a decision for each question.

Task 1 (25mins):

Begin reading the statements – you could also put these onto a monitor for all students to see the prompt clearly. Allow 1 minute after you read the statement out for students to move onto a line. After this select students and ask them why they made that decision and encourage some discussion between people from the other lines to start a slight debate. Ensure that you tell students that this is a safe space and to be respectful when listening to people's opinions.

Task 2 (15mins):

After finishing the prompts and discussion for the session, take the students back in a class situation and talk to them about what they got from the process. Link this back to British Values and PREVENT. This is where you can use the optional Exit questionnaire to see how their understanding has improved during the session.

Optional - students will now be asked to complete a digital exit form for feedback on the session.