

Module Title:	Looking Beneath the Surface			
Duration	60 minutes			
Delivery method	Blended ☐	Face to face ☒	Online learning ☐	Distance learning (Learning Platform) ☐
	Notes on the choice: <i>*The trainer will choose the course delivery method taking into account the interested students location, the available teaching space and resources, social situation, etc.</i>			
Learning Outcomes:	• Explain the concept of the Iceberg Model. • Distinguish between visible behaviours and hidden emotions or experiences. • Recognise that addiction and other risky behaviours often have underlying causes.			
Materials	• Pens or pencils • Flipchart or whiteboard • Post its • Trigger mapping grid (one per participant)			
Session purpose	The purpose of this activity is to encourage participants to look beyond visible behaviours and recognise that people's actions are often influenced by hidden emotions, experiences and personal challenges. Using the Iceberg Model, participants develop empathy, challenge stereotypes and gain a deeper understanding of the factors that may contribute to addictive or unhealthy behaviours.			
Session Details:	Lesson Item:	Method(s) and instructions for trainers:		
	Introduction	Explain that today's activity explores what may lie beneath the surface and why understanding these hidden factors helps us respond with empathy instead of judgement. Begin the session by asking participants: • "Does anyone know what an iceberg is?" • "How much of an iceberg do you think is actually visible above the water?" Allow participants to share their ideas and encourage a short discussion. Once a few answers have been given, draw a large iceberg on a flipchart or display an image of one. Explain that only around 20% of an iceberg is visible above the surface, while the remaining 80% lies hidden beneath the water.		

	Activity 1:	Then introduce the metaphor: <i>"People can be very similar to icebergs. What we see on the outside—someone's behaviour, actions or reactions—is only a small part of who they are. Beneath the surface are many hidden factors that influence how a person behaves."</i> Invite now participants to suggest examples of what we see above the surface (ex. Anger, poor concentration, binge drinking, ...) and then focus on the larger underwater section discussing "What might be happening underneath that we do not see?" (ex. Stress, trauma, family conflict, loneliness...) Explain that the hidden factors can be divided into: • Internal triggers: emotions, stress, loneliness, frustration, trauma, etc. • External triggers: family conflicts, societal pressures, cultural influence, etc. As participants suggest examples, write them in the lower part of the iceberg, grouping them under Internal Triggers and External Triggers.
	Activity 2:	Divide the participants in smaller groups and provide to each the "looking beneath the surface" grid. Assign randomly to each participant a situation card (available in the annex) and ask them to fill in the grid discussing about the situation provided. Give the participants 15/20 minutes to complete and at the end ask them to present their findings.
	Post-Activity Discussion	Bring participants together for a final reflection. Ask: • What surprised you during today's discussion? • Has this activity changed how you think about other people's behaviour? Conclude by emphasising that behaviours rarely tell the whole story. Understanding what lies beneath the surface helps us respond with compassion, build supportive relationships and recognise that seeking help is a sign of strength rather than weakness.

Additional notes and tips for trainers

- Create a safe and respectful environment before discussing sensitive topics.
- Remind participants that they should avoid sharing personal experiences unless they feel comfortable.
- Reinforce that the examples discussed are possibilities, not diagnoses.
- Be prepared to provide information about support services if the discussion raises personal concerns.