

Newsletter

YOUTH COMMUNITY

What's New

We begin the journey to safe space

The SafeSpace4Youth project was born in the European Year of Youth (2022) in response to an alarming reality. The UNICEF report "The State of the World's Children 2021: On My Mind" reveals the sad state of young people's mental health today.

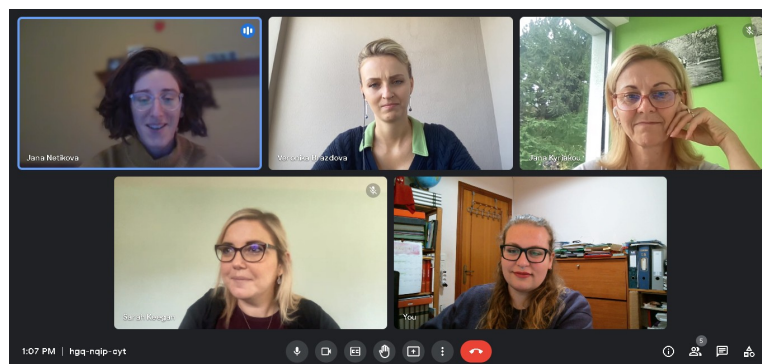
Against this backdrop, there is a need to engage young people in addressing this issue and overcoming the threats and negative impacts that poor mental health can have on our society. For this reason, the consortium will work hard over the coming years to produce high quality resources and materials that are practice and evidence based.

SafeSpace4Youth is aimed at young people and focuses on meeting their needs. Furthermore, due to the global nature of the problem addressed by the project, its results will be applicable in other countries and educational settings. Together we will work towards healthier and happier youth.

First steps

First meeting

We started the project with the first partners' meeting, where each partner had the opportunity to introduce themselves and build cohesion. The project is an international synergy between 3 European organisations: Motion Digital (Czech Republic), Future In Perspective (Ireland), Backslash (Spain).



At the meeting we divided responsibilities and set dates for the next steps to start working on the resources and results of the project.

What will we work on?

Materials and resources we are generating

The SafeSpace4Youth project partners will develop a comprehensive and multi-faceted training programme to equip professionals (youth workers, trainers, counsellors and social workers who work directly with young people) to deliver wellbeing and resilience coaching to young people to promote their social inclusion, civic participation and employability skills through collaborative local social action projects.

We have already started working on the programme by carrying out the first phase, the needs analysis, through a questionnaire that we sent to youth workers in the 3 countries. With the results of this needs analysis, we are creating the guidelines to start working on the training programme in order to better adapt it to the target group.

At the same time, we have started work on the other resource we will be creating: The Youth Peer Education Leadership Programme. We want to develop a new peer education programme that simultaneously addresses positive mental health and employability skills. Empowering young people to develop positive behaviours and habits that support their mental health.



As with the previous resource, we started by analysing the mental health needs of young people. Each partner carried out a workshop with young people in their country and desk research on the mental health resources available in each country, whether they are public resources, resources provided by the administration or resources provided by organisations or associations.

Stay informed

Our social media

Partners' Instagram

Future In Perspective: @futureinperspective

Motion Digital: @motion.digital.eu

Backslash: @backslash.es

Instagram of the project

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