

Peer Leadership  
Programme

**SAFESPACE4YOUTH**

YOUTH COMMUNITY



Co-funded by  
the European Union

# MODULE 3: Social Action for YOUth





# Learning Outcomes

By the end of this module, you will have learned about topics such as:

- ✓ Conducting research on successful youth-led social action projects.
- ✓ Developing action plans for implementing social action projects in their communities.



# Self-Directed Learning



# Conducting Research on Successful Youth-Led Social Action Projects



- ❑ Conducting research on successful youth-led projects can provide valuable insights and guidance for young people interested in becoming mental health advocates for their peers.
- ❑ Research helps us to understand the strategies, approaches, and factors that contribute to the success of such projects.
- ❑ By learning from existing successful initiatives, young people can enhance their own advocacy efforts and improve overall well-being prospects.

# Benefits of Research

Research offers several benefits when it comes to youth-led social action projects and mental health advocacy:

1. **Knowledge Enhancement:** Research helps young people gain a deeper understanding of mental health issues, effective advocacy strategies, and evidence-based interventions.
1. **Identify Best Practices:** By studying successful projects, young advocates can identify best practices, innovative approaches, and strategies that they have yielded positive outcomes in improving mental well-being.
1. **Target Approach:** Research enables young people to identify the specific needs and challenges faced by their peers, allowing them to tailor their advocacy efforts to address those issues more effectively.

# Conducting Research

When conducting research on successful youth-led social action projects, young advocates can follow these key steps:

**1. Define Research Questions:** Clearly identify the specific aspects of mental health advocacy you wish to explore and the questions you seek to answer through your research.

**2. Review Existing Literature:** Conduct a thorough review of existing literature, including academic studies, reports, and case studies, to gather insights and learn from previous research in the field.

**3. Collect Data:** Gather data through surveys, interviews, focus groups, or observations to gain first-hand information and perspectives from individuals involved in successful projects.

**4. Analyse and Interpret Data:** Analyse the collected data to identify patterns, trends, and themes. Interpret the findings to understand the factors contributing to the success of youth-led social action projects.

**5. Draw Conclusions and Lessons:** Based on your analysis, conclude effective strategies, approaches, and key elements that lead to successful mental health advocacy projects. Extract valuable lessons that can inform your own advocacy efforts.



# Conducting Research

By conducting research on successful youth-led social action projects, young people can strengthen their knowledge, gain insights from best practices, and refine their approach to becoming effective mental health advocates. Research serves as a valuable tool for driving positive change and improving the wellbeing of peers in need of support.







# Activity #1

## Researching Successful Youth-Led Social Action Projects

### Objective:

The objective of this activity is to engage you in conducting research on successful youth-led social action projects related to mental health advocacy. By exploring existing initiatives, you will gain insights and knowledge to enhance your own advocacy efforts and improve overall well-being prospects.

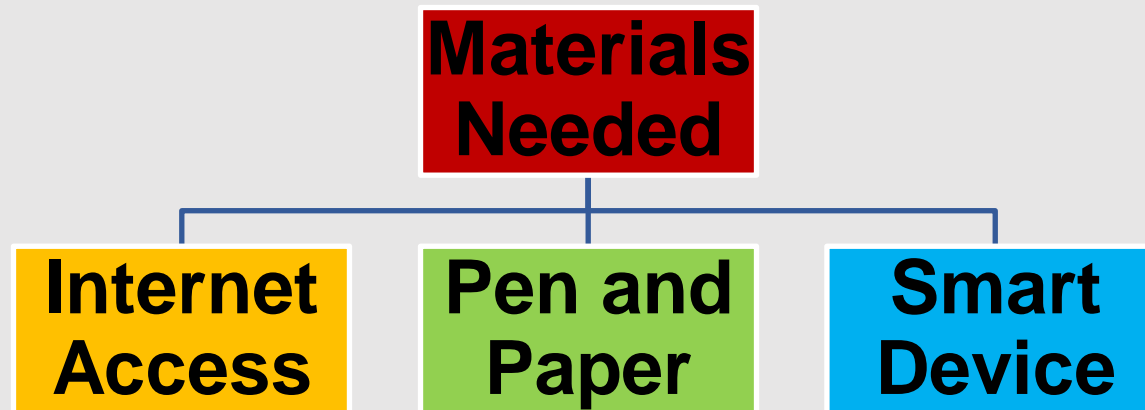
### Duration:

60-120 minutes



# Activity #1

## Researching Successful Youth-Led Social Action Projects



# Activity #1

## Researching Successful Youth-Led Social Action Projects

**Step 1:** Choose one of the following specific aspects of mental health advocacy you want to explore:

- Peer Support Programs
- Online Campaigns
- School-based Initiatives

**Step 2:** Once you have chosen your specific aspect, conduct research on existing successful projects within your chosen focus area. Consider gathering information on things such as, strategies, approaches, and key factors contributing to the success of those projects. Remember to take notes.

**Step 3:** Once you have completed your research, look for common strategies, approaches, and factors that have contributed to the success of these projects.

**Step 4:** Finally, identify one specific action that you can take based on the research you have just conducted to improve your own mental health advocacy skills or initiatives.

# Activity #1

## Researching Successful Youth-Led Social Action Projects

After completing this activity, please take the time to answer the following self-reflection questions:

- What were the most significant insights or lessons you gained from researching successful youth-led social action projects related to mental health advocacy?
- How can the strategies and approaches observed in those projects be applied to your own advocacy efforts?
- Reflect on the challenges faced by the projects you researched. How can you adapt or address those challenges in your own initiatives?
- How can you continue to stay informed about ongoing research and successful youth-led social action projects in the field of mental health advocacy? What steps will you take to remain engaged and up-to-date in your advocacy journey?

# Developing Action Plans For Implementing Social Action Projects in Communities

Developing action plans is a critical step in implementing social action projects that address mental health issues and promote overall well-being in communities. It provides a structured approach to turn ideas into concrete actions, ensuring effective project implementation and desired outcomes.



# Key Steps in Developing Action Plans

**1. Define the Project Goal:** Clearly identify the specific mental health issue you aim to address and the desired change or impact you want to achieve in your community.

**2. Conduct Needs Assessment:** Assess the needs and challenges related to mental health in your community. Collect data, conduct surveys or interviews, and involve stakeholders to gain a comprehensive understanding of the issue and the target audience's need

**3. Set Objectives and Strategies:** Based on the needs assessment, establish clear objectives that outline the specific actions you will take to address the mental health issue. Develop strategies that align with your objectives and consider the resources, partnerships, and activities required.

**4. Create a Timeline:** Establish a timeline that outlines the project's key milestones and deadlines. This will help you stay organised and ensure progress is made within a specified timeframe.

**5. Allocate Resources:** Determine the necessary resources, such as funding, volunteers, materials, or partnerships, needed to implement the project effectively. Explore potential funding sources and seek support from community organisations, businesses, or individuals.





# Key Steps in Developing Action Plans (cont.)

**6. Assign Roles and Responsibilities:** Clearly define the roles and responsibilities of team members involved in the project. Distribute tasks based on individuals' strengths and interests, ensuring a collaborative and efficient project implementation process.

**7. Monitor and Evaluate:** Establish means to monitor and evaluate the progress and impact of the project. Regularly assess whether the objectives are being met, identify challenges, and adjust as necessary to improve effectiveness.

**8. Communication and Engagement:** Develop a communication plan to raise awareness about the project and engage stakeholders, including the target audience, community members, and decision-makers. Use various channels such as social media, community events, or presentations to amplify the project's message.

**9. Sustainability Planning:** Consider the long-term sustainability of the project beyond its initial implementation. Explore ways to continue the project's impact and ensure lasting change in the community, such as establishing partnerships, advocating for policy changes, or integrating the project into existing initiatives.

# Key Steps in Developing Action Plans (cont.)

By following these key steps in developing action plans, young people can effectively implement social action projects that promote mental health advocacy and enhance overall well-being in their communities.





# Activity #2

## Action Plan Development

### Objective:

This activity aims to engage you in developing action plans for implementing social action projects focused on mental health advocacy and improving overall well-being in your community.

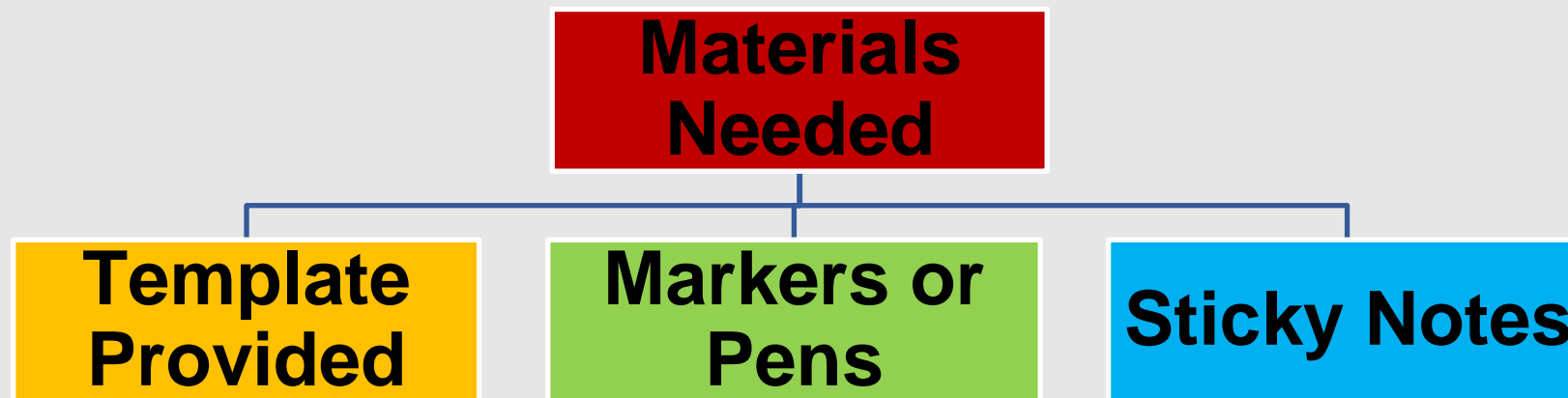
### Duration:

60-120 minutes



# Activity #2

## Action Plan Development



# Activity #2

## Action Plan Development

**Step 1:** Now that you know the key steps, it is time to create your own action plan for a mental health advocacy project.

**Step 2:** Brainstorm practical strategies and considerations related to each step.

**Step 3:** Fill out each step using the template provided. Remember to refer back to the 'Key Steps in Developing Action Plans' slides if you need assistance.

# Key Steps in Developing Action Plans (Template)

**1. Define the Project Goal:**

**2. Conduct Needs Assessment:**

**3. Set Objectives and Strategies:**

**4. Create a Timeline:**

**5. Allocate Resources:**



# Key Steps in Developing Action Plans (Template)



**6. Assign Roles and Responsibilities:**

**7. Monitor and Evaluate:**

**8. Communication and Engagement:**

**9. Sustainability Planning:**

# Activity #2

## Action Plan Development

After completing this activity, please take the time to answer the following self-reflection questions:

- What insights did you gain from developing an action plan for a mental health advocacy project?
- How do you think the action plan you developed can contribute to improving the overall well-being of your community?
- Did you encounter any challenges during the action plan development process? If so, how did you overcome them?
- Reflecting on the different steps involved in developing an action plan, which step did you find most crucial or impactful? Why?
- How do you envision yourself implementing your action plan in real-life situations? What resources or support do you think you will need?

# Assessment

**Want to see what you have learned? Take the time to answer the following questions:**

Q1. Conducting research on successful youth-led social action projects helps young people understand effective strategies for creating positive change.

- a. **True**
- b. **False**



# Assessment



Q2. Did you learn how to identify social issues and develop action plans to address them in your community?

- a. Yes
- b. No

# Assessment

Q3. Developing an action plan is an essential step in implementing social action projects and achieving their intended goals.

- a. True
- b. False



# Assessment

Q4. Did you gain knowledge and skills in identifying stakeholders and forming partnerships to support your social action projects?

- a. **Yes**
- b. **No**





# Assessment

Q5. This learning experience has increased your confidence and motivation to become a mental health advocate for your peers.

- a. Yes
- b. No



# Congratulations

Well done! You have completed the self-directed learning on conducting research on successful youth-led social action projects and developing action plans for implementing social action projects in your community. By engaging in this learning experience, you have acquired valuable knowledge and skills to become an effective mental health advocate for your peers and contribute to improving overall well-being.

Remember to apply what you have learned and take action in your community, as your efforts can create positive change. Keep up the great work in making a difference!



# Evaluation

Please answer the self-reflection questions below to assess your overall learning:

- What specific knowledge and skills have you gained through this learning experience about conducting research on successful youth-led social action projects and developing action plans for implementing social action projects in your community?
- How do you plan to apply the knowledge and skills you have acquired to become a more effective mental health advocate for your peers and contribute to improving overall well-being in your community?

# Extra Resources

If you would like to further your knowledge on this module, please use the following resources:

- [How Social Learning Theory Works](#)
- [Social Action Model](#)
- [NATIONAL STRATEGY ON CHILDREN AND YOUNG PEOPLE'S PARTICIPATION IN DECISION-MAKING 2015 – 2020](#)
- [ENGAGING YOUNG PEOPLE AND THEIR FAMILIES IN YOUTH MENTAL HEALTH](#)
- [Social Action Guide](#)
- [Youth-Led Research: What is it and How it can harness Long-term Change](#)
- [The Seven Steps of Action Planning](#)

# References

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