

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:

- ✓ Introduction to Social Learning and Social Action Models
- ✓ Exploring Choices Available to Young People and Identifying Engagement Opportunities
- ✓ Mapping pathways for successful social action projects



General Information

Brief Description:

This module empowers young people to become mental health advocates for their peers, enhancing overall well-being. Topics covered include **social learning and social action models**, **exploring choices and identifying engagement opportunities**, and **mapping pathways for successful social action projects**. Participants will gain knowledge and skills to **advocate** effectively, engage in **personal growth**, and **initiate impactful projects for positive change**.



Face-to-Face Learning



Introduction to Social Learning and Social Action Models

- Social learning and social action models provide frameworks for empowering young people to become mental health advocates for their peers and improve over-all well-being prospects.
- These models highlight the importance of **learning from others**, **engaging in collective action**, and **fostering positive social changes**.

Social Learning Model

- ❑ The social learning model highlights the role of observation and imitation in learning new behaviours and attitudes.
- ❑ Young people can become mental health advocates by observing positive role models who promote mental well-being and engage in supportive behaviours.
- ❑ By witnessing others' advocacy efforts, young people can develop the skills and motivation to become advocates themselves.
- ❑ Key components of the social learning model include **identification with role models**, **observational learning**, and **reinforcement of desired behaviours**.

Social Action Model

- ❑ The social action model focuses on empowering young people to actively address mental health issues and create change in their communities.
- ❑ It encourages young people to take collective action by organising campaigns, raising awareness, and advocating for mental health support.
- ❑ This model promotes the view that young people can be catalysts for social change and highlights their agency in improving the well-being of their peers.
- ❑ Key elements of the social action model include youth empowerment, collective action, community engagement, and the promotion of mental health advocacy skills.

Social Action Model Example (Jigsaw, Ireland)

- ❑ Jigsaw, an organisation in Ireland, promotes youth advocacy by valuing and supporting the mental health of young people. They believe in providing the right support for every young person, regardless of their circumstances. Jigsaw achieves this by engaging young people aged 16 to 25 as volunteer youth advocates.
- ❑ These advocates work to raise awareness, promote youth mental health, and create understanding within their community. They also play a crucial role in representing the youth voice and contributing to Jigsaw's approach to youth engagement.
- ❑ Jigsaw empowers young people to improve mental health outcomes for their peers and actively participate in shaping mental health support for their generation.

JIGSAW
Young people's
health in mind

Scan the QR code to
find out more about
Youth Advocates at
Jigsaw



Youth Advocate Samanta (Jigsaw)





Activity #1

Mental Health Advocacy Campaign

Objective:

The aim of this activity is to encourage young people to become mental health advocates for their peers and improve overall well-being prospects through a hands-on advocacy campaign.



Duration:

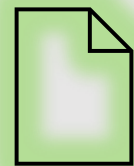
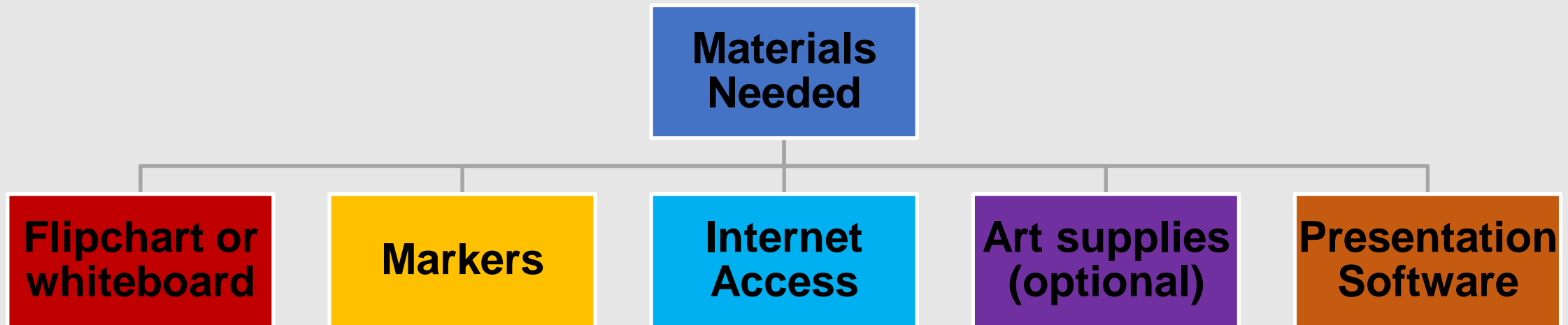
90-120 minutes





Activity #1

Mental Health Advocacy Campaign



Activity #1

Mental Health Advocacy Campaign

Step 1: Get into small groups and each group will be assigned a specific mental health issue or theme (e.g., anxiety, depression, self-care).

Step 2: Read and research resources such as articles, statistics, and personal stories related to the assigned mental health issue.

Step 3: In your group, brainstorm creative ways to raise awareness and advocate for your assigned mental health issue within your community.

Step 4: In your group, develop a comprehensive advocacy campaign, including goals, target audience, messaging, and materials needed.

Step 5: Take some time to work together on your campaign plan. Remember to think critically and consider various strategies.

Step 6: Once the plan is finalised, present your advocacy campaign to the rest of the groups.

Step 7: After each group has presented their plans, participate in a group discussion on the importance of youth-led mental health advocacy and the potential impact of the campaigns.

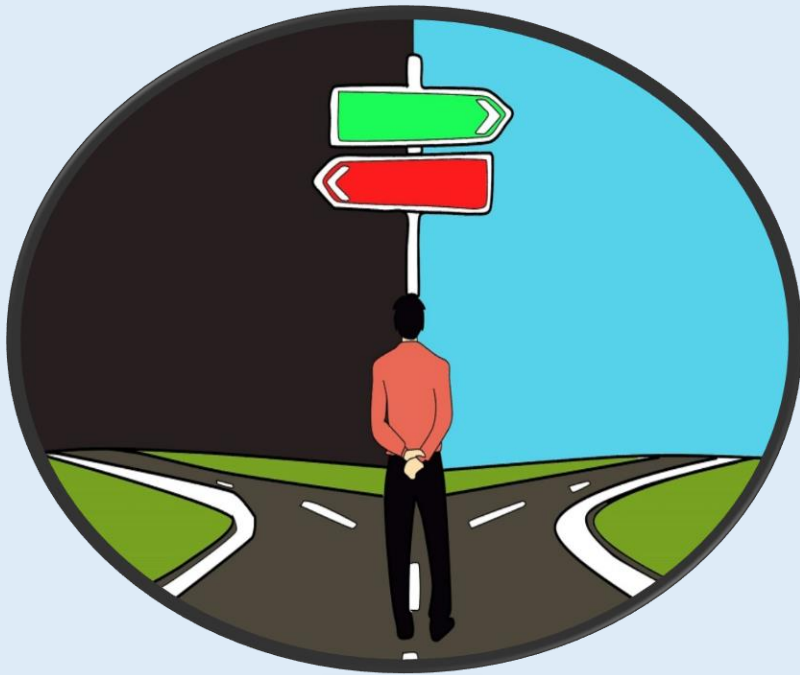
Activity #1

Mental Health Advocacy Campaign

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

- How did working collaboratively with your group members enhance the overall quality of your advocacy campaign plan?
- Consider the impact of your advocacy campaign on your target audience and community. How do you envision your campaign creating positive change or raising awareness about mental health issues?
- Reflect on the skills you developed or enhanced during this activity, such as communication, critical thinking, and teamwork. How do you anticipate these skills being useful in your future advocacy efforts?

Exploring Choices Available to Young People and Identifying Engagement Opportunities



- Young people have a wide range of choices and opportunities available to them when it comes to their **personal growth**, **development**, and **engagement** in various activities.
- Exploring these choices is crucial for young people to discover their **passions**, **interests**, and **areas** where they can make a **positive impact**.

Identifying Engagement Opportunities

- Identifying engagement opportunities allows young people to actively participate in activities that align with their **interests and values**, **fostering personal growth** and **contributing** to their overall **well-being**.
- Engagement opportunities can be found in various domains, such as **education**, **extracurricular activities**, **community initiatives**, and **volunteering**.
- By seeking and participating in engagement opportunities, young people can develop **valuable skills**, **build networks**, and make a **difference in their communities**.



Strategies for Identifying Engagement Opportunities

- ❑ Encourage young people to explore their **interests** and **passions** by trying out different activities and hobbies.
- ❑ Help young people connect with community organisations, clubs, or groups that align with their interests.
- ❑ Facilitate **discussions** and **brainstorming sessions** to **generate ideas** for **community engagement projects or initiatives**.
- ❑ Promote **awareness** of online platforms, resources, and networks that provide opportunities for youth involvement.
- ❑ Encourage collaboration and peer support among young people to identify and seize engagement opportunities together.



Activity #2

Exploring Choices and Identifying Engagement Opportunities for Mental Health Advocacy

Objective:

To encourage young people to become mental health advocates for their peers and improve their overall well-being prospects by exploring choices and identifying engagement opportunities.

Duration:

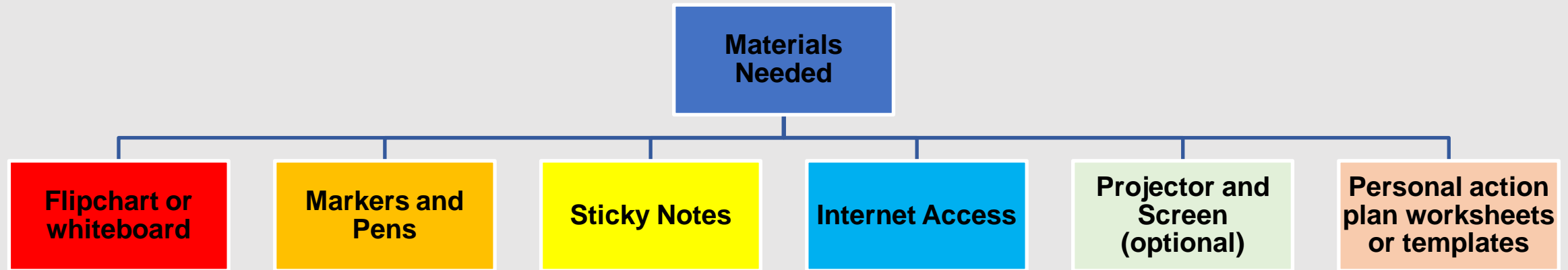
60-90 minutes





Activity #2

Exploring Choices and Identifying Engagement Opportunities for Mental Health Advocacy



Activity #2

Exploring Choices and Identifying Engagement Opportunities for Mental Health Advocacy

Step 1: Return to your groups from Activity #1. Each group will be assigned a specific area of interest related to mental health advocacy (e.g., peer support, awareness campaigns, school-based initiatives).

Step 2: Brainstorm and discuss in your groups and discuss various choices and engagement opportunities available within your assigned area.

Step 3: Research and review the provided links and prompts to help you think creatively and broaden your perspective engagement opportunities (e.g., online platforms, community organisations, school programs).

Activity #2

Exploring Choices and Identifying Engagement Opportunities for Mental Health Advocacy

Step 4: If you feel comfortable enough, feel free to share personal experiences or examples of successful engagement initiatives you have come across.

Step 5: Present your groups findings to the rest of the groups.

Step 6: As a collective, create a master list of engagement opportunities that encompass various areas of mental health advocacy.

Step 7: Reflect on your own interests, skills, and values, and identify specific engagement opportunities you feel passionate about.

Step 8: Create a personal action plan, outlining steps you can take to get involved in your chosen engagement opportunity.

Step 9: Reflect and discuss your thoughts and insights through completing your personal action plan.

Activity #2

Exploring Choices and Identifying Engagement Opportunities for Mental Health Advocacy

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

- What engagement opportunities resonated with you the most during the activity? Why do you feel drawn to them?
- Reflect on your personal interests, values, and skills. How do they align with the engagement opportunities you explored? Which opportunities capitalise on your strengths?
- Consider the potential impact of the engagement opportunities you explored. How do you envision them contributing to the well-being of individuals or the community?

Mapping Pathways for Successful Social Action Projects

- ❑ Mapping pathways for successful social action projects is crucial for effectively **planning**, **implementing**, and **sustaining initiatives** that bring about **positive social change**.
- ❑ By following a structured approach, young people can navigate the complexities of social action projects and increase their chances of achieving their desired outcomes.



Key Steps in Mapping Pathways



1. Identify a Social Issue: Start by identifying a social issue or cause that resonates with the interests and concerns of the young people involved. In this case, topics such as mental health.

2. Research and Planning: Conduct thorough research to understand the root causes, existing initiatives, and potential stakeholders related to the chosen social issue. Develop a detailed project plan, including objectives, strategies, resources required, and a timeline.

3. Collaboration and Partnerships: Engage with like-minded individuals, organisations, and community members who share a passion for the social issue. Collaborate to build partnerships that can provide support, resources, and expertise for the project.



Key Steps in Mapping Pathways (cont.)



4. Implementation and

Action: Put the project plan into action, ensuring effective coordination, communication, and monitoring of progress. Encourage active involvement of all participants and regularly evaluate the project's impact and outcomes.

5. Advocacy and

Awareness: Raise awareness about the social issue through various channels, such as social media, community events, or educational campaigns. Advocate for policy changes or societal shifts that can contribute to long-term solutions.

6. Reflection and

Adaptation: Regularly reflect on the project's progress, challenges faced, and lessons learned. Adapt the project strategies as necessary to overcome obstacles and improve outcomes.

7. Evaluation and

Sustainability: Evaluate the overall success of the social action project, considering both short-term achievements and long-term sustainability. Identify strategies to sustain the project's impact and ensure its continued positive influence.



Mapping Pathways Example (Mind Your Melon)

Mind Your Melon is a mental health and well-being festival for young people in Donegal, Ireland. Organised by Connect Mental Health, Jigsaw Donegal, and Foróige, it is designed "For young people, by young people." The involvement of young individuals from the Donegal Youth Council and Jigsaw's Youth Advisory Panel demonstrates how mapping pathways for successful social action projects can engage and empower the target audience.



Scan the QR code to find out more about Mind Your Melon





Activity #3

Mapping Pathways for Successful Social Action Projects

Objective:

This activity aims to empower young people to become mental health advocates for their peers and improve their overall well-being prospects by understanding the key steps involved in mapping pathways for successful social action projects.



Duration:

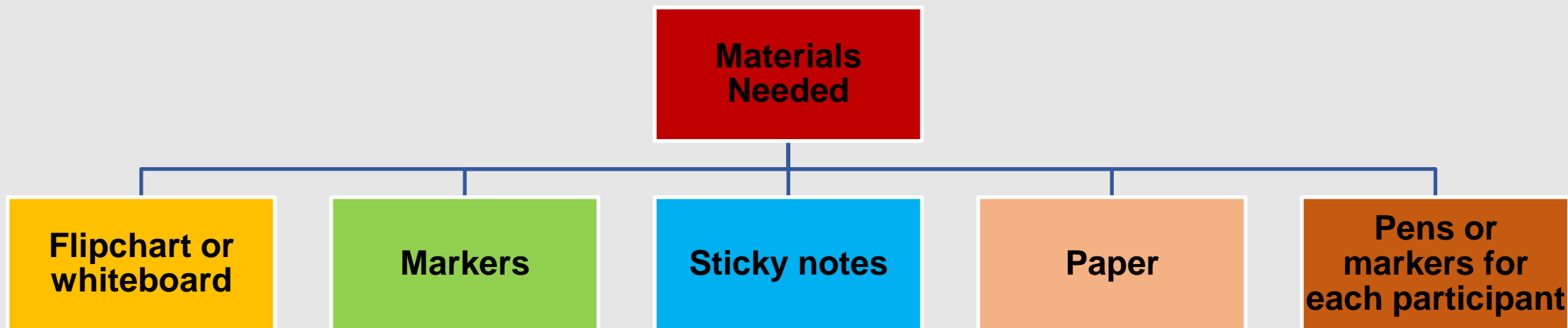
60-90 minutes





Activity #3

Mapping Pathways for Successful Social Action Projects



Activity #3

Mapping Pathways for Successful Social Action Projects

Step 1: Please return to your groups from Activity #1 and #2 and you will be assigned a social issue or cause related to mental health advocacy (e.g., destigmatising mental illness, promoting mental well-being in schools).

Step 2: Brainstorm and discuss the key steps involved in mapping pathways for your groups assigned social issue.

Step 3: Read the resources provided and research some of your own resources that will help you understand and each step and its importance in the project planning process.

Step 4: Share your findings and engage in a group discussion to exchange ideas and insights.

Step 5: Create a visual representation of your groups mapped pathway, using materials such as paper, markers, and sticky notes.

Activity #3

Mapping Pathways for Successful Social Action Projects

Step 6: Present your groups mapped pathway, explaining the rationale behind each step and how it contributes to the success of the social action project.

Step 7: Partake in a group discussion discussing the challenges, opportunities, and personal growth experienced during the mapping process.

Activity #3

Mapping Pathways for Successful Social Action Projects

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

- What insights did you gain from exploring the key steps involved in mapping pathways for social action projects? How do you think these steps contribute to the success of such projects?
- During the mapping process, did you encounter any challenges or obstacles? How did you overcome them, and what did you learn from those experiences?
- Think about the collaboration and partnerships discussed during the activity. How do you believe working with others and building connections can enhance the effectiveness of social action projects?

Congratulations

Well done on completing the face-to-face learning component on becoming mental health advocates for your peers! You have gained valuable insights into social learning, exploring choices, and mapping pathways for successful social action projects.

Remember, advocacy is a collective effort. Embrace opportunities, collaborate with others, and take action to make a positive impact on mental health and well-being. Together, let's create a world where all young people thrive!



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