



# Newsletter

YOUTH COMMUNITY

## What's New

### Finished materials and resources

We are excited to announce that we have completed the creation of a series of valuable resources designed to support and empower young people in our community. These resources are available to all those who wish to promote a safe and positive environment for youth, and we are excited to share them with you.

- Youth Professionals Training Programme:

Wellness Training and Wellness Coaching Scheme: To equip youth professionals with the tools and skills needed to promote wellness among young people.

Social Action Toolkit: A comprehensive guide to facilitate social action among young people, promoting positive change in their communities.

Training of Trainers Programme: To train community leaders and youth professionals in the effective implementation of our programmes.

- Peer Leadership Programme:

Training Modules: Including understanding youth mental health, facilitating peer-to-peer workshops, promoting social action and creating safe spaces.

Within each of these programmes, you will find a variety of resources, including session sheets, sample activities, implementation tools, presentations, questionnaires and additional resources. All designed to make implementation smooth and effective.

These resources are already available on our project [website](#)! We encourage you to explore them and use them in your work with youth.

# Training with youth professionals

## Online training

During the 12th and 13th of February we implemented an online training for youth workers from Ireland, Spain and Czech Republic.

In this training we had the opportunity to present to these practitioners the resources and materials we have generated for the Coaching Scheme, Social Action Toolkit and the Train-the-Trainer Programme.

But we not only showed the tools, we also executed some of them so that the practitioners could see how to implement this with their group of young people, with their reality, and at the same time we collected feedback to improve the content generated.

The screenshot displays an online training session interface. On the left, a presentation slide titled "Purpose of Social Action" is visible. It features four circular icons representing different purposes: Social Change, Empowerment, Community Building, and Advocacy. Each icon is accompanied by a brief description of its role in social action. The slide also includes logos for the European Union and the organization "Generation Evolve".

On the right side of the screen, a grid of video feeds shows participants. The participants are identified by their names and avatars: Lavender Rockson (Generation Evolve), Montse, Humera FIPL, Jurgita J, Liz Murray, Cristina Alonso, Tereza (SEMwell), Katka Fichtnerová, Tammy, Mathanja, and Silvia Font. The participants are arranged in a grid, with some feeds showing their video and others showing their name and avatar.

Below the presentation slide, a QR code is displayed with the text "Join at: ahaslides.com/TM6MR". To the right of the QR code, a list of key characteristics of effective questioning is provided, including: Clarity, Open-ended questions, Constructive, Active listening, Empathy, Non-judgemental tone, Probing, and Something simple as to just asking. The list also includes a note: "Participants are typing".

# What will we work on next?

## Testing of resources with young people and professionals

We entered the last phase of the project implementation, we started with the testing on individuals with groups of young people and youth professionals.

Now each project partner will have to carry out two tests, in one of them we will test and implement the Coaching Outputs and the Social Action Outputs with professionals.

On the other hand, during the implementation with young people we will test the tools generated for the Peer Leadership Programme.

In total we will work with 36 young people and 45 youth professionals from Ireland, Spain and Czech Republic.

# Stay informed

## Our social media

### Partners' Instagram

Future In Perspective: @futureinperspective

SEMwell & Motion Digital: @semwell\_org

Backslash: @backslash.es

### Instagram of the project

@safespace4youth

### Contact mail

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