

Proudly supporting  
youth social action



Department for  
Digital, Culture  
Media & Sport



COMMUNITY  
FUND



Ormiston Trust  
Improving life chances

# MY YOUTH SOCIAL ACTION PASSPORT - Key Stage 4

Name

School

Class





# TABLE OF CONTENTS

## Youth Social Action Project Passport

Social Action Key Stages	1
Social Action and Skills	2
What does great Youth social Action look like	3
Skills and Youth Social Action	4
Stage 1 - Inspire	5-11
Stage 2. Assess	12-16
Stage 3- Plan	17-21
Stage 4 - Act	22-25
Stage 5 - Reflect	26- 29
Public Speaking Tips & Tricks	30
Communication - Interview Questions	31
Teamwork	32
Problem Solving - Using Research	33
Note Pages	34-36

# SOCIAL ACTION PROCESS

Throughout the social action process, you will be following these steps.



## STEP 1 INSPIRE

The first step will inspire young people to carry out a social action project.



## STEP 2 EXPLORE

The second step involves developing the young people's communication, teamwork, problem-solving and reflection skills whilst exploring issues they may be passionate about and starting to think about what they can do to make a difference.



## STEP 3 PLAN

The third step involves building on the skills the young people have learnt, working as a group and building the confidence of the team. Young people will need to conduct further research and create a detailed plan to carry out your chosen social action project.



## STEP 4 ACT

The fourth step will allow the young people to carry out their projects.



## STEP 5 REFLECT

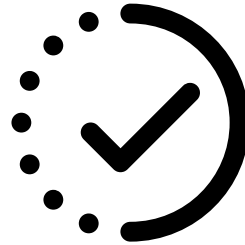
The fifth step is an opportunity to reflect on their progress and the impact of the project. This is also a good opportunity to decide on the next steps. Will they explore this project further? Or choose another focus area!

# What does great Youth Social Action look like?



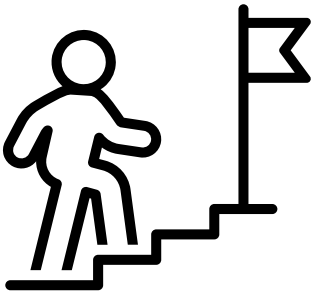
## Youth-led

Led, owned and shaped by young people's needs, ideas and decision making



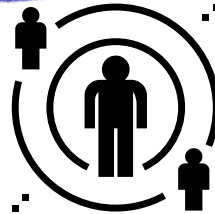
## Progressive

Sustained, and provided links to other activities and opportunities



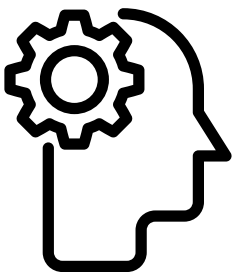
## Challenging

Stretching and ambitious as well as enjoyable and enabling



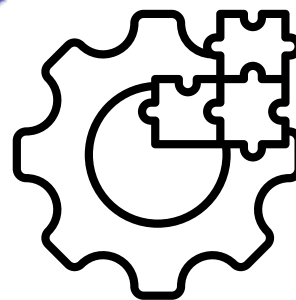
## Socially impactful

Have a clear intended benefit to a community, cause or social problem



## Reflective

Recognising contributions as well as valuing critical reflection and learning



## Embedded

Accessible to all, and well integrated to existing pathways to become a habit for life

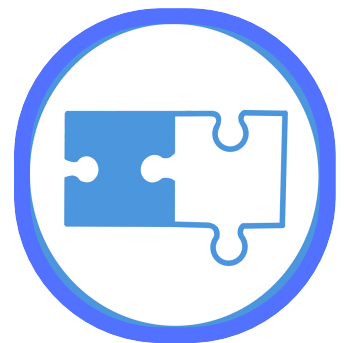
# DURING YOUR SOCIAL ACTION JOURNEY, YOU WILL BE FOCUSING ON THE FOLLOWING SKILLS

Effective communication is the ability to communicate to a range of different audiences and contribute towards discussions, and debates in a formal and informal way.



Effective teamwork is working confidently with others, adapting to different contexts, and taking responsibility for your own part. Forming collaborative relationships, resolving issues, and agreeing to work towards outcomes.

Effective problem solving is the ability to process and evaluate investigations, planning what to do and how they will go about doing this. They make informed and well-reasoned decisions, recognising that others have different beliefs and attitudes.



Effective reflection is evaluating your strengths and limitations and setting realistic targets with an end goal. You are able to monitor your own performance and progress, inviting feedback from others and making changes to further your learning.



# STEP 1 INSPIRE



The 'Inspire' stage involves understanding what social action is and the benefits to you and others.

*"I really like setting and reviewing targets."*

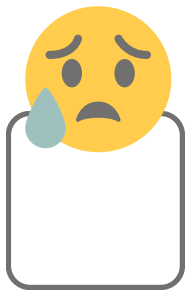
**Alex -Young Advisor - Toolkit and Skills. Gateway Learning Community**

# Before you start your project, how do you feel about these skills?

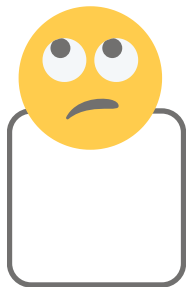


	Not at all confident	Slightly confident	Somewhat confident	Fairly confident	Completely confident
How would you rate your communication skills?					
How would you rate your problem-solving skills?					
How would you rate your teamwork skills?					
How would you rate your reflection skills?					

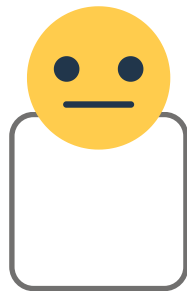
## How do you feel about starting your social action journey? (place tick in the box)



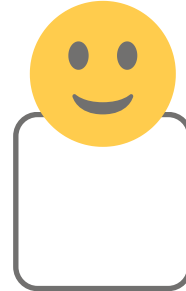
Not at all confident



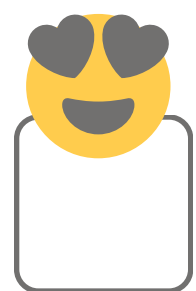
Slightly confident



Somewhat confident



Fairly confident



Completely confident



# FUN FACTS ABOUT ME!

What is your favourite word.?	
A contest you once won.	
What do you want people to remember about you?	
What is your favourite place in the world?	
What is one thing you've learnt that you wish you could tell your younger self?	
What is your favourite type of cuisine?	
The ONE feature you'd add to Instagram/TikTok if you were put in charge of that.	
If you could only watch one movie or television show for the rest of your life, what would it be?	
What is your favourite ice cream flavour?	
What is the most unusual pet you've had?	





# My Goals

Before starting the project, please set yourself the goals you would like to achieve at the next stage.

<p><b>S</b> <b>SPECIFIC</b></p> <p>What do I want to happen?</p>	
<p><b>M</b> <b>MEASURABLE</b></p> <p>How will I know when I have achieved my goal?</p>	
<p><b>A</b> <b>ATTAINABLE</b></p> <p>Is the goal realistic and how will I accomplish it?</p>	
<p><b>R</b> <b>RELEVANT</b></p> <p>Why is my goal important to me?</p>	
<p><b>T</b> <b>TIMELY</b></p> <p>What is my deadline for this goal?</p>	

# Practise your research skills!








**"People who save lives or help improve the lives of others are the true role models of today."**

Write an article for a newspaper in which you argue your view about what makes a good role model.

"Do, or do not. There is no try" Yoda, Star Wars, 2008

As part of your social action journey, you will be focusing on your teamwork, communication, problem-solving and reflection skills.

**To what extent do you agree or disagree with the following statements?**

	 Strongly disagree	 Disagree	 Neither agree or disagree	 Agree	 Strongly agree
I understand the importance of self-reflection					
I understand the importance of communication					
I understand the different aspects of good communication: reading, writing, speaking and active listening.					
I understand the importance of teamwork and how to work as part of a team.					
I understand the process of solving problems.					
I understand what the PEEL method is and how I can apply this.					
I can set SMART targets.					
I can reflect on my progress and identify areas for development.					

**Use the space below to respond to the questions:**

Do you understand what Youth Social Action is?	
Do you understand the skills you will be focusing on?	

## Self Review



"No one can win all the time but you have to learn from all you - do both successes and failures." **Micheal Sachs**

<p><b>A</b> <b>Achieved</b></p> <p>Things I have achieved/ I am proud of:</p>	
<p><b>L</b> <b>Lessons Learnt</b></p> <p>Important lessons I have learnt so far</p>	
<p><b>I</b> <b>Improve</b></p> <p>Things I can improve</p>	
<p><b>R</b> <b>Remember</b></p> <p>What I need to remember</p>	



# STEP 2 EXPLORE

This stage involves the development of skills focusing on communication, teamwork, problem solving and reflection. Using the skills learnt to think about the world around you, look at issues you are passionate about and what you can do to support issues to make a difference.



# My Goals



Before starting the project, please set yourself the goals you would like to achieve at the next stage.

**S**  
**SPECIFIC**

What do I want to happen?

**M**  
**MEASUREABLE**

How will I know when I have achieved my goal?

**A**  
**ATTAINABLE**

Is the goal realistic and how will I accomplish it?

**R**  
**RELEVANT**

Why is my goal important to me?

**T**  
**TIMELY**

What is my deadline for this goal?

# Practise your critical thinking and debate skills!

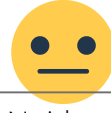
## DEBATE

Using your research, communication and problem-solving skills present your arguments for and against one of the topics below:

- Zoos are cruel; should all animals be released into the wild?
- Do footballers get paid too much?
- Is homework necessary or a waste of time?

As part of your social action journey, you will be focusing on your teamwork, communication, problem-solving and reflection skills.

**To what extent do you agree or disagree with the following statements?**



	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
I can set targets using SMART targets.					
I can identify relevant information from extended explanations or presentations when solving problems.					
I can identify implicit and inferred meaning in texts.					
I can follow an argument, identify different points of view, and distinguish facts from opinions.					
I understand the process of solving problems.					
I can solve a problem as part of a team and independently when required.					
I can present information and recognise that other people will have different opinions and views					
When communicating, I can apply the PEEL method.					
I have the confidence to work with others and adapt to the situation					





# Self Review

Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time. – **Thomas A. Edison, inventor**

**A**

**Achieved**

Things I have achieved/  
I am proud of

**L**

**Lessons Learnt**

Important lessons I  
have learnt

**I**

**Improve**

Things I can improve

**R**

**Remember**

What I need to remember

# STEP 3 PLAN



Stage 3, the "planning stage". This involves building on the skills you have learnt, working as a group and building your confidence as a team.

You will then need to conduct further research and create a detailed plan to carry out your chosen social action project.

*"It doesn't matter what your background is or where you come from, if you have dreams and goals, that's all that matters."*

**SERENA WILLIAMS**

**Professional Tennis Player**

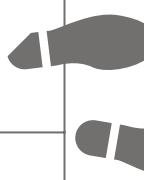
26 September 1981



# My Goals

Before starting the project, please set yourself the goals you would like to achieve at the next stage.

<p><b>S</b> <b>SPECIFIC</b></p> <p>What do I want to happen?</p>	
<p><b>M</b> <b>MEASUREABLE</b></p> <p>How will I know when I have achieved my goal?</p>	
<p><b>A</b> <b>ATTAINABLE</b></p> <p>Is the goal realistic and how will I accomplish it?</p>	
<p><b>R</b> <b>RELEVANT</b></p> <p>Why is my goal important to me?</p>	
<p><b>T</b> <b>TIMELY</b></p> <p>What is my deadline for this goal?</p>	






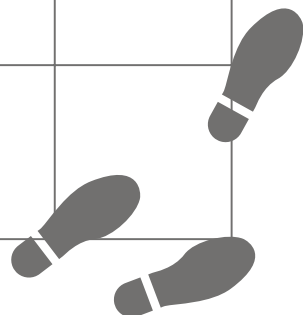
**Use this space to make notes on your plan for Youth Social Action:**



As part of your social action journey, you will focus on your teamwork, communication, problem-solving and reflection skills.

**To what extent do you agree or disagree with the following statements?**

	 Strongly disagree	 Disagree	 Neither agree or disagree	 Agree	 Strongly agree
My team has a common goal for the project.					
As a team, we were able to accept responsibility as individuals and as a team.					
I have the confidence to work with others and adapt to the situation.					
When speaking, I can <ul style="list-style-type: none"> <li>• use strategies to remain calm – Breathing exercises.</li> <li>• be aware of my body language.</li> <li>• use different mediums to engage listeners.</li> <li>• pace.</li> </ul>					
I can communicate information, ideas and opinions clearly and effectively using a range of different mediums					
I can solve a problem as part of a team and independently when required.					
I can use various reference materials and appropriate resources for different purposes.					
I have the confidence to work with others and adapt to the situation					





# Self Review

Start where you are. Use what you have. Do what you can. – **Arthur Ashe, tennis star**

**A**

**Achieved**

Things I have achieved/  
I am proud of:

**L**

**Lessons Learnt**

Important lessons I  
have learnt

**I**

**Improve**

Things I can improve

**R**

**Remember**

What I need to remember



# STEP 4 ACT

It's the moment we have been waiting for.....  
Time for you to deliver your social action plan.

Adapt any strategies if needed and most importantly enjoy delivering your project.

"Talent wins games, but teamwork and intelligence win championships."

**Michael Jordan**



Set a timer for one minute. Sit cross-legged on the floor, in a chair, or outside in the grass and breathe in and out deeply (without talking) until the timer goes off. Pay close attention to any sounds you hear around you or any sensations felt in your body. Just notice. If your mind wanders, pull it back to the breath.

# My Goals



Before starting the project, please set yourself the goals you would like to achieve at the next stage.

**S**  
**SPECIFIC**

What do I want to happen?

**M**  
**MEASUREABLE**

How will I know when I have achieved my goal?

**A**  
**ATTAINABLE**

Is the goal realistic and how will I accomplish it?

**R**  
**RELEVANT**

Why is my goal important to me?

**T**  
**TIMELY**

What is my deadline for this goal?



As part of your social action journey, you will focus on your teamwork, communication, problem-solving and reflection skills.

**To what extent do you agree or disagree with the following statements?**



	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
I am confident working with other students as part of a team.					
I can follow an argument, identify different points of view, and distinguish facts from opinions.					
I can respond effectively to detailed or extended questions and feedback					
I can interject and redirect discussions using appropriate language					
I can use different language suited to the audience and purpose (Persuasive, supporting evidence)					
Our team worked well together by ensuring we: <ul style="list-style-type: none"> <li>• Listen</li> <li>• Respect and Trust each other</li> </ul>					
I can use various reference materials and appropriate resources for different purposes.					

# Self Review



The difference between a stumbling block and a stepping stone is how high you raise your foot. - **Benny Lewis, author**

<p><b>A</b> <b>Achieved</b></p> <p>Things I have achieved/ I am proud of:</p>	
<p><b>L</b> <b>Lessons Learnt</b></p> <p>Important lessons I have learnt</p>	
<p><b>I</b> <b>Improve</b></p> <p>Things I can improve</p>	
<p><b>R</b> <b>Remember</b></p> <p>What I need to remember</p>	



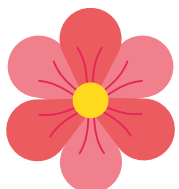
# STEP 5 REFLECT

You have come to the end of your Youth Social Action journey for this project. Well done.

1. Let's "reflect"...
2. Celebrate your success...
3. Find another issue you can work on.

"None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful."

**Mother Teresa**



The Flower Breath: Imagine smelling a flower. Breathe in through your nose, out through your mouth.

Use this review page to reflect on what you have learnt as part of your Youth Social Action project so far.



**1: How do you feel about the project so far? (please circle the appropriate emoji)**



Not at all  
confident



Slightly  
confident



Somewhat  
confident



Fairly confident



Completely  
confident

**2: What did you enjoy the most about Youth Social Action?**

**3: What can be improved about the #WeWill project?**

**4: What have you learnt by taking part in Youth Social Action?**

**5: How can we encourage other people to take part in social action projects?**

**6: How will you continue to support social action projects?**

## How do you feel about these skills now that you have finished your social action project?



	Not at all confident	Slightly confident	Somewhat confident	Fairly confident	Completely confident
How would you rate your communication skills?					
How would you rate your problem-solving skills?					
How would you rate your teamwork skills?					
How would you rate your reflection skills?					

## How likely are you to take part in new social action projects?



Not Likely

1

2

3

4

5

6

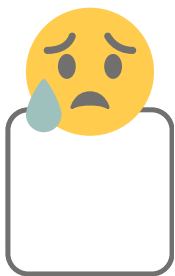
7

8

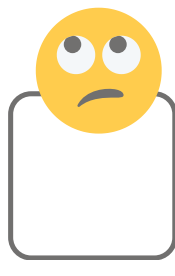
9

10

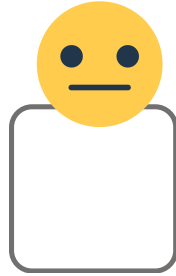
Very Likely



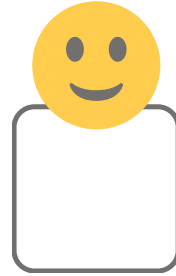
Not at all confident



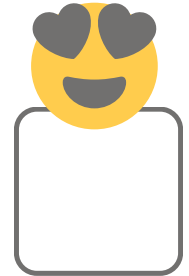
Slightly confident



Somewhat confident



Fairly confident



Completely confident

You can only become truly accomplished at something you love. – **Maya Angelou, author**

# My Goals

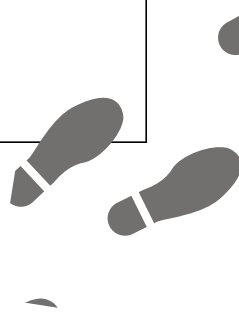
Now that you are at the end of the project, please set yourself the goals you would like to achieve next:

My <b>previous goals</b>
--------------------------

<b>S</b> <b>SPECIFIC</b> What do I want to happen?	
<b>M</b> <b>MEASUREABLE</b> How will I know when I have achieved my goal?	
<b>A</b> <b>ATTAINABLE</b> Is the goal realistic and how will I accomplish it?	
<b>R</b> <b>RELEVANT</b> Why is my goal important to me?	
<b>T</b> <b>TIMELY</b> What is my deadline for this goal?	

You can only become truly accomplished at something you love. –

**Maya Angelou, author**



# PUBLIC SPEAKING TIPS & TRICKS

## PREPARE, PREPARE, PREPARE!

---

- Palm cards
- Props
- Photo slideshow
- Memorise

## STAND UP STRAIGHT AND TALL

---

This makes you look confident, and helps project your voice to improve clarity.

Project your  
voice to the back  
of the room.

## SPEAK WITH EXPRESSION

---

- Smile when you talk!
- Mix up your tone, pitch and volume.
- Use humour.

## CONSIDER YOUR PACE

---

Not too fast, not too slow!



Use lots of  
eye contact.



Imagine yourself being confident!

# Interview Questions

Excellent communication skills are essential for success in everyday life. Therefore, employers seek employees who can get along with others and communicate well verbally and non-verbally. In addition, some college and university skills require you to demonstrate excellent communication skills at the application stage.

How do you handle stress and pressure?

What are you passionate about?

Give examples of your teamwork throughout your YSA project

How would your classmate describe your personality?

How have you worked well with other people?

What major challenges and problems have you faced? How did you handle them

How would you describe yourself?

Describe a difficult situation you faced during the YSA and how you overcame it?





# TEAMWORK

We are a team



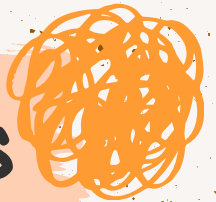
We respect each other

We take risks

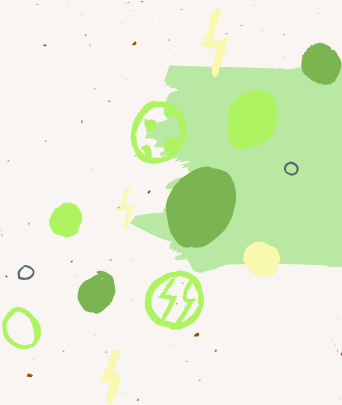


We try our best

We learn from mistakes



We celebrate



# Problem Solving

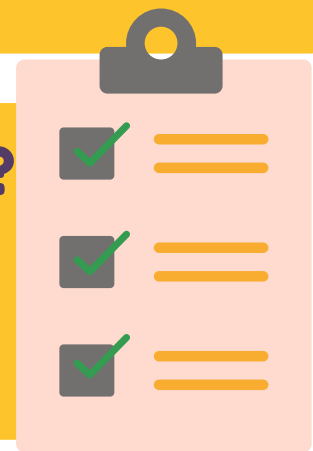


## What is your question?

Explore the issue or cause area fully.

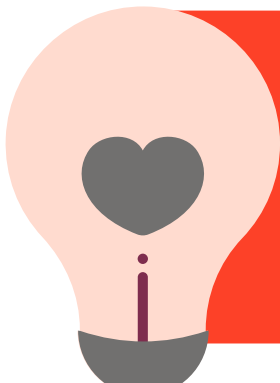
## How to explore the topic?

Think about the resources you may need—  
What does the research tell us?



## Solve

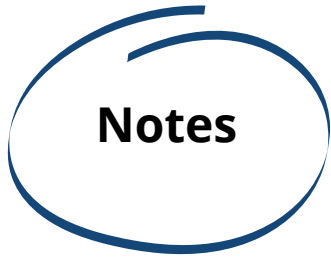
Carry out the plan you created.

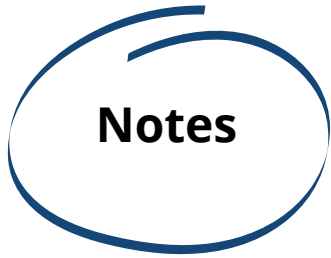


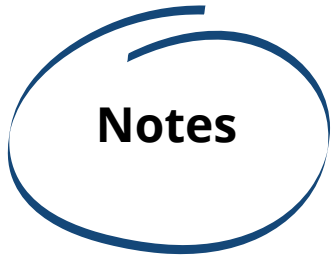
## Check

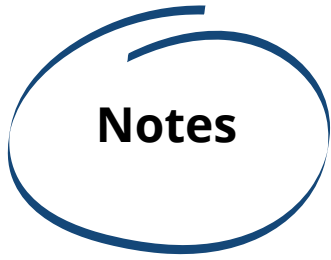
Look back and reflect. What worked and  
what didn't?













# Ormiston Trust

Improving life chances