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youth social action



Department for
Digital, Culture
Media & Sport



COMMUNITY
FUND



Ormiston Trust
Improving life chances

MY SOCIAL ACTION PASSPORT - KEY STAGE 3

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



The #iwill Fund is made possible thanks to a £54 million joint investment from The National Lottery Community Fund and the Department for Digital, Culture, Media and Sport (DCMS) to support young people to access high-quality social action opportunities. Ormiston Trust acts as a match funder and awards grants on behalf of the #iwill Fund.



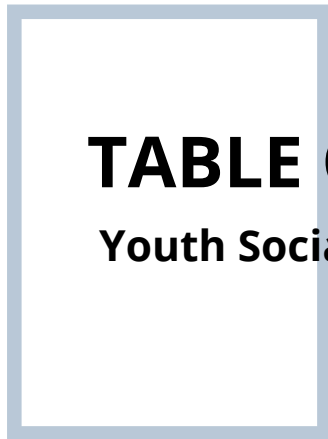
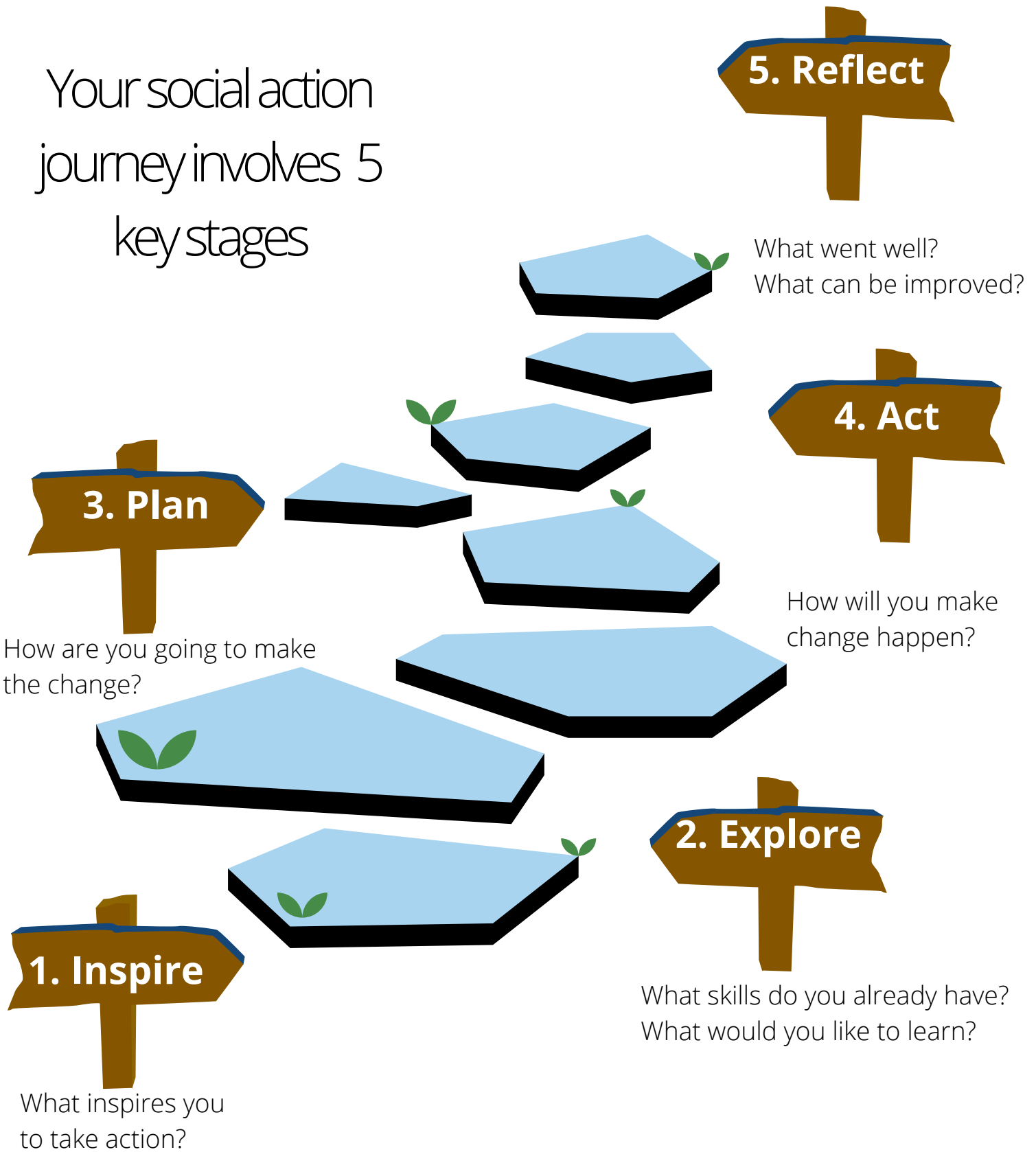


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Your social action journey involves 5 key stages



"Be the change you wish to see in the world."

Mahatma Gandhi

During your social action journey, you will be focusing on the following **skills**.



".....Look up to the stars and not down at your feet. Try to make sense of what you see and wonder about what makes the universe."

Stephen Hawking





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

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

"The passport allows you to reflect on your progress through the project, providing you with a strong structure to guide you through the project."

Hollie Young Advisor - Toolkit and Skills.



Fun Fact!

me

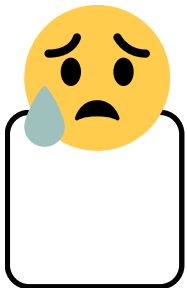
What is your favourite word.	
A contest you once won.	
What do you want people to remember about you?	
What is your favourite place in the world?	
What is one thing you've learned that you wish you could tell your younger self?	
What is your favourite type of cuisine?	
The ONE feature you'd add to Instagram/TikTok 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?	

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

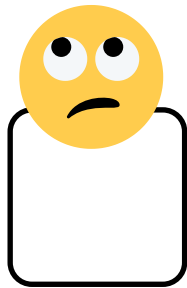


	Not at all confident	Slightly confident	Somewhat confident	Fairly confident	Completely confident
How would you rate your communication skills?					
How would you rate your problem-solving skills?					
How would you rate your teamwork skills?					
How would you rate your reflection skills?					

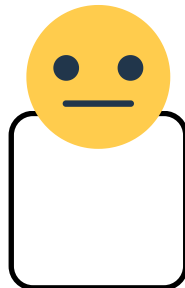
How do you feel about starting your social action journey? (place tick in the box)



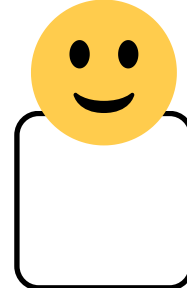
Not at all confident



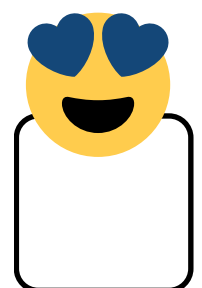
Slightly confident



Somewhat confident



Fairly confident



Completely confident

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?

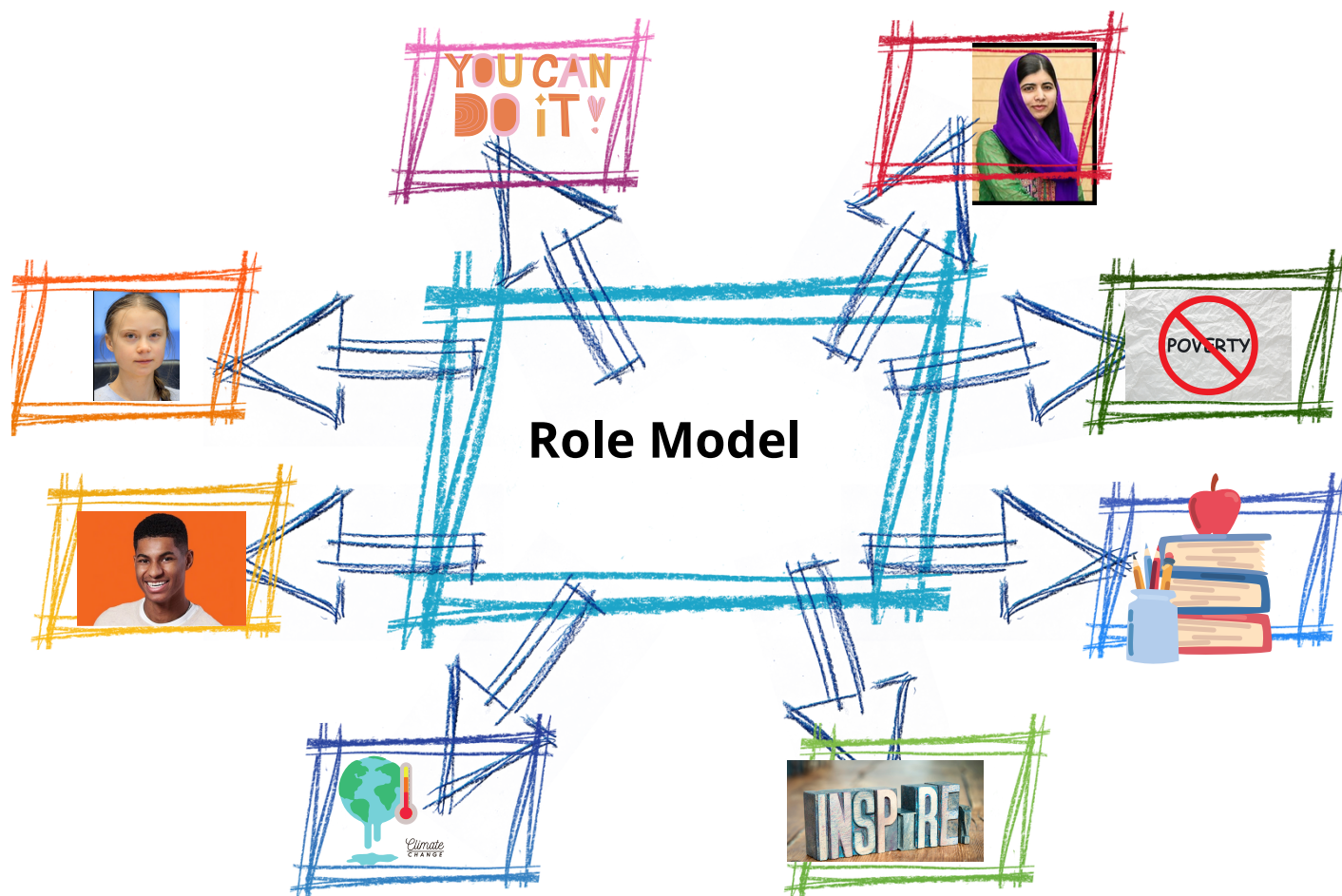
R
RELEVANT

Why is my goal important to me?

T
TIMELY

What is my deadline for this goal?

A role model is a person whose behaviour, example, or success can be emulated by others, especially younger people. Do you recognise any of the role models below?



Malala Yousafzai	Greta Thunberg	Marcus Rashford
12 July 1997, Mingora	3 January 2003, Sweden	31 October 1997, Manchester
<p>Malala is an advocate for girls' education. She continues to highlight her focus on education and women's rights, urging world leaders to change their policies.</p>	<p>Greta is a Swedish environmental activist who is known for challenging world leaders to take immediate action for climate change mitigation. Greta's activism began when she persuaded her parents to adopt lifestyle choices that reduced their own carbon footprint.</p>	<p>Marcus is an England International footballer who helped raise enough money to enable FareShare to distribute the equivalent of over 21 million meals for children and families who might not otherwise eat. Raised awareness of child hunger in the UK, driving the issue to the top of the news agenda.</p>

A role model is a person whose behaviour, example or success has inspired you to make a difference, support a cause and change things. Use the space below to tell me about them:



Draw or attach a picture of your role model.



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?	

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 face!)



Not at all
confident



Slightly
confident



Somewhat
confident



Fairly confident



Completely
confident

2: Which social action area have you chosen to support?

3: Why is this social action area important to you?

4: How can you help your chosen social action?

5: How can your team/school help your chosen social action?

6: How can your family/friends outside of school help your chosen social action?

*"It is not enough to be compassionate - you **must** act."*

The Dalai Lama



2. Explore

Congratulations, you are now taking part in the 'Explore' stage! Well done!

This involves continuing to develop your key skills: communication, teamwork, problem-solving and reflection.

Crucially, you will use these skills to think about the world around you, look at issues you are passionate about and start to think about what you can do to make a difference.

"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not."

Dr Seuss



Set a timer for one minute.

What can you see? What can you hear? What can you smell? What can you touch? Concentrate and focus ONLY on what's happening right now.



As part of your skills development and to help you talk with others about issues you can solve, think about holding a friendly debate.

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?

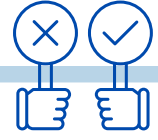
Or choose a topic of your own choice with your teacher's help.



DEBATE PLANNER

GROUP PARTICIPANTS

1. _____
2. _____
3. _____



**FOR/
AGAINST**

TOPIC:

ARGUMENT	SUPPORTING EVIDENCE
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

CLOSING STATEMENT

My emerging ideas for the social action project

What is your question

How will you explore the topic

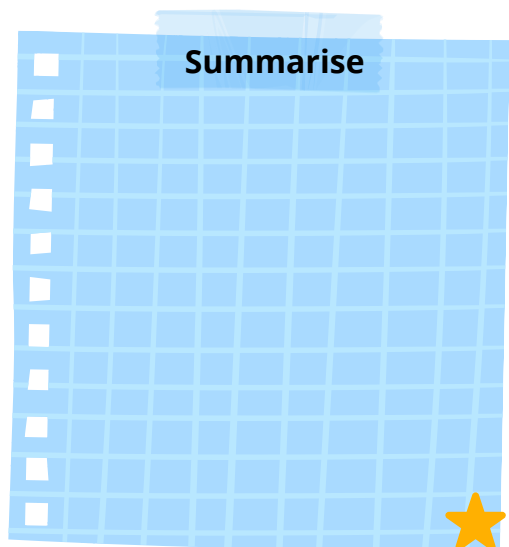
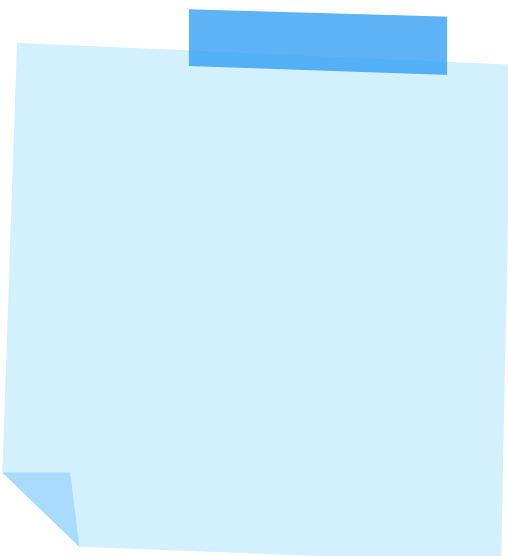
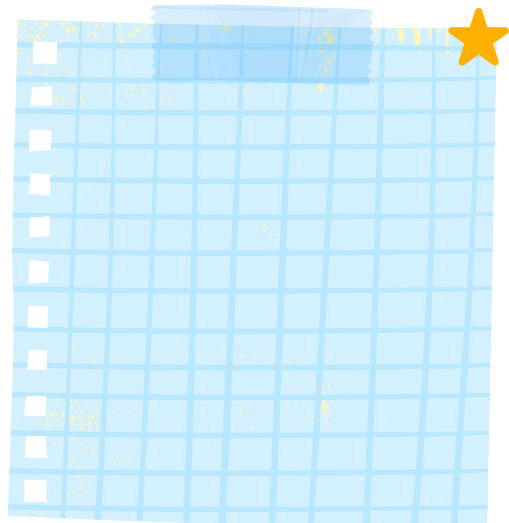
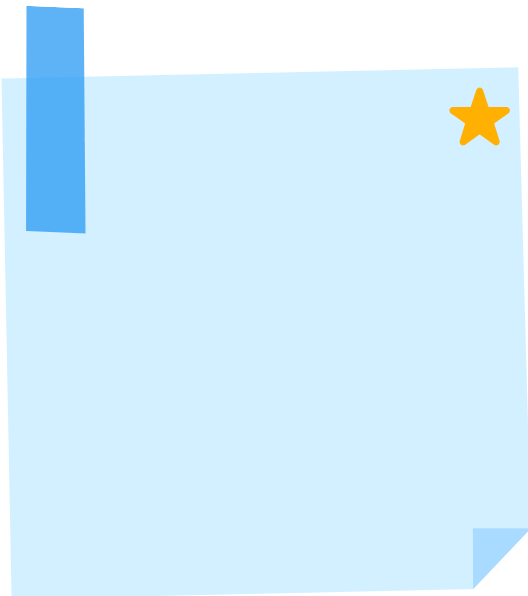
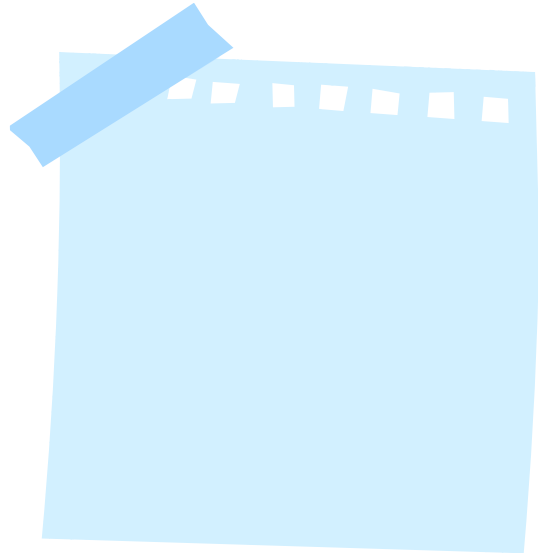
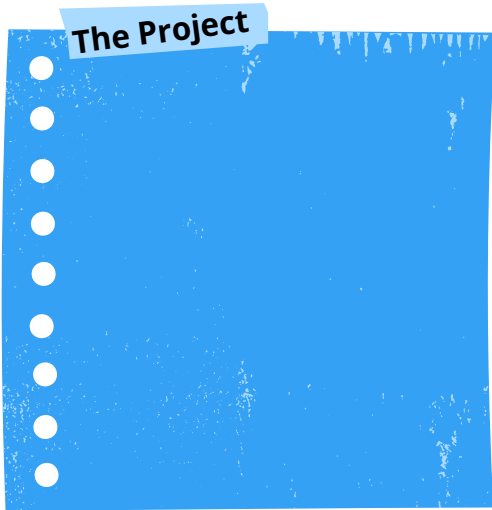
What resources will i need

What next?

What does the research tell us?

Did you know? The youngest environmental activist is from India, born on 2 October 2011. She spoke to global leaders at COP25 in 2019. Licypriya Kangujam talked in front of 26,000 people from 196 countries.

Use the space to plan your idea for a social action project to share with your group.
Why is your project idea the best?



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 face!)



Not at all
confident



Slightly
confident



Somewhat
confident



Fairly confident



Completely
confident

2: What impact does your chosen social area have at a local level? (Can you back this with evidence)

National level

International level

"People say, 'what is the sense of our small effort?' They cannot see that we must lay one brick at a time, take one step at a time."

Dorothy Day

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
When solving problems, I can identify the questions to resolve the issue.					
When solving problems, I can carry out the research needed to back my viewpoints.					
I can solve problems as part of a team and independently when required.					
I can back my ideas with evidence.					
I understand the process of solving problems.					
I can carry out effective research.					

"We do not need magic to change the world, we carry all the power we need inside ourselves already: we have the power to imagine better."— **J. K. Rowling**



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.

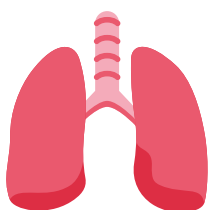
You will then need to conduct further research and create a detailed plan to carry out your chosen social action project.

"People say nothing is impossible but I do nothing every day."

Winnie the Pooh

Feeling nervous? Let us try belly breathing

Place one hand on your belly and one on your chest. Experiment with which hand feels best in which place. Once you've figured that out, come to stillness. Allow your eyes to drift shut... and take a deep breath in through your nose, filling up your lungs and feeling your belly and ribs expand. Exhale, emptying everything. Now, do that again.... and again.



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 face!)



Not at all
confident



Slightly
confident



Somewhat
confident



Fairly confident



Completely
confident

2: Briefly describe your plan for the project and your role:

"I really like setting and reviewing targets."

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

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 actively listen before speaking.					
I can process information ensuring I am keeping what is important.					
I have the confidence to work with others as part of a team.					
I can support others on my team					
I can take responsibility for my own actions.					
I can reflect on my own practise and set new targets.					
I can prepare for discussions, debates, and presentations.					

"The passport is a step-by-step guide on what to do"

Ese - Young Advisor - Toolkit and Skills. Gateway Learning Community

Imagine if you are in the middle of the sea. Your boat has a hole, and you are surrounded by sharks. What do you do?



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**

Lets learn to listen



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 profoundly (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.

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

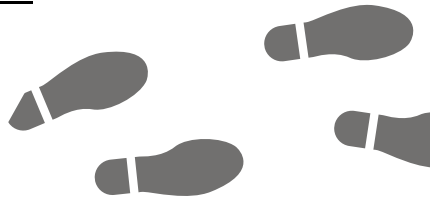
To what extent do you agree or disagree with the following statements?



	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
·I can reflect on my progress and identify areas for development.					
I can use my area of development and set new targets.					
I can support others in my team					
I can take responsibility for my actions.					
When speaking I can::					
Use strategies to remain calm					
Use different mediums to engage listeners					
Be aware of my pace.					
·Actively listen before responding.					
·Present information and recognise that other people will have different opinions and views.					

"It always seems impossible until it's done."—

Nelson Mandela



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 face!)



Not at all
confident



Slightly
confident



Somewhat
confident



Fairly confident



Completely
confident

2: Did you encounter any problems?

3: How did you deal with the problem?

4: Share the successes of your project:

Henry Ford "If everyone is moving forward together, then success takes care of itself,"

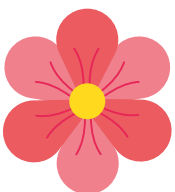


5. Reflect

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. And 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 is another way to re-focus yourself. Which do you prefer?

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?

"It is literally true that you can succeed best and quickest by helping others to succeed." – **Napolean Hill**

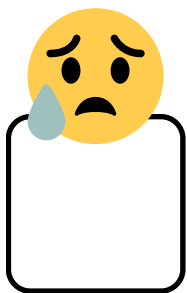
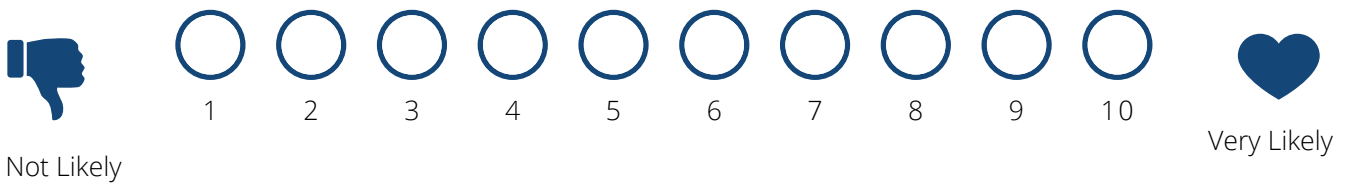


How do you feel about these skills now that you have finished your social action project?

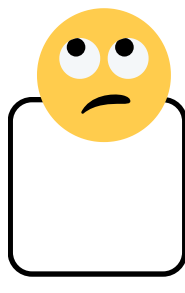


	Not at all confident	Slightly confident	Somewhat confident	Fairly confident	Completely confident
How would you rate your communication skills?					
How would you rate your problem-solving skills?					
How would you rate your teamwork skills?					
How would you rate your reflection skills?					

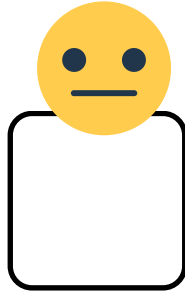
How likely are you to take part in new social action projects?



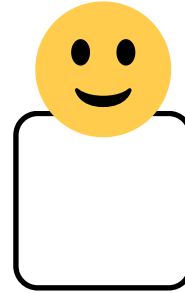
Not at all confident



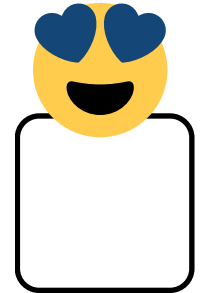
Slightly confident



Somewhat confident



Fairly confident



Completely confident

"Individually, we are one drop. Together, we are an ocean."

- Ryunosuke Satoro



My Goals

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

My **previous goals**

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

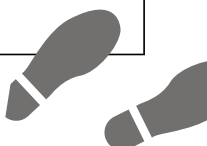
RELEVANT

Why is my goal important to me?

TIMELY

T

What is my deadline for this goal?



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!

TEAMWORK

We are a team



We respect each other

We take risks



We try our best

We learn from mistakes



We celebrate

Problem Solving

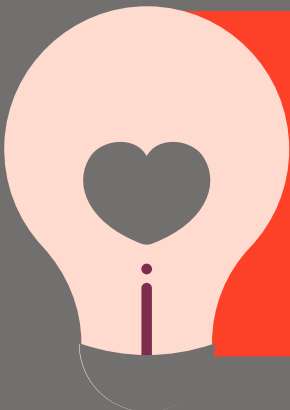
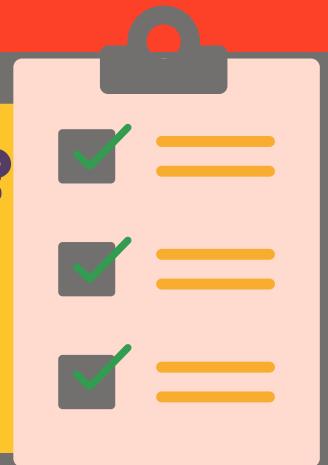


What is your question?

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?



