



**'WE ALL
HAVE THE
POWER TO
MAKE A
DIFFERENCE'**

A guide to social action by young
people for young people

At Praise Church Youth, we believe in an empathic world where young people like you are able to achieve their dreams and lead their best lives.

We believe all young people are leaders and should be involved in decision making, social action and system change.

As a group of Praise Church Experts we created this guide to celebrate and mark Community Spirit; supporting the vision to create a community that we as young people want to live in and where we have a strong voice to build a fairer and more inclusive society. We have been doing this work and hope by taking our tips that you are inspired to do the same.



Why should young people be involved in Social Action?

We are experts in our own experiences and that means we are the best people to influence and make change in the areas that directly impact us.

We can be positive role models to our friends and others in our community, they are much more likely to listen to us and take note.

We know that young people have LOTS TO SAY our VOICE IS IMPORTANT.

Being part of positive change makes us and others FEEL GOOD.

I
CAN INFLUENCE MY
COMMUNITY

Starting a Social Action project

RESEARCH: Do your research on your topic; ask lots of questions, look at what different charities/organisations maybe already offering in your area to address the issue.

VOLUNTEER: See if you can take time to work alongside others who may already be doing similar work; share your ideas with them and see if they can offer any advice or suggestions.

PLAN: What is your **GOAL** and what steps to do you need or want to achieve to get there. Breaking it down can make it seem less overwhelming.

COMMUNITY: Find others who may also have similar views and ideas of you; working together you can support each other and make an even bigger impact.

START SMALL: Don't be afraid to start small and grow; this is how all social action starts. It could be talking to a friend, doing a talk at a youth club or in your school, thinking about a skill you can share with others to emphasise your point.



I AM THE EXPERT
IN MY EXPERIENCES



Some advice from our Praise Church Leaders...

‘Believe in yourself and believe you can do it’

‘Think about how you can communicate your thoughts and ideas - try to always listen to others as well even if their opinion is different to yours; we can all learn’

‘All experience is knowledge and all knowledge is worth sharing’

‘Being passionate about your social action makes it infectious’

‘Know your target audience and tailor your approach to who you are bringing the message to - your mates are different to your teachers’

‘Leaders don’t have to act or dress a certain way - be your version of a leader’

‘Be kind to yourself and have empathy for yourself’

Helpful exercises

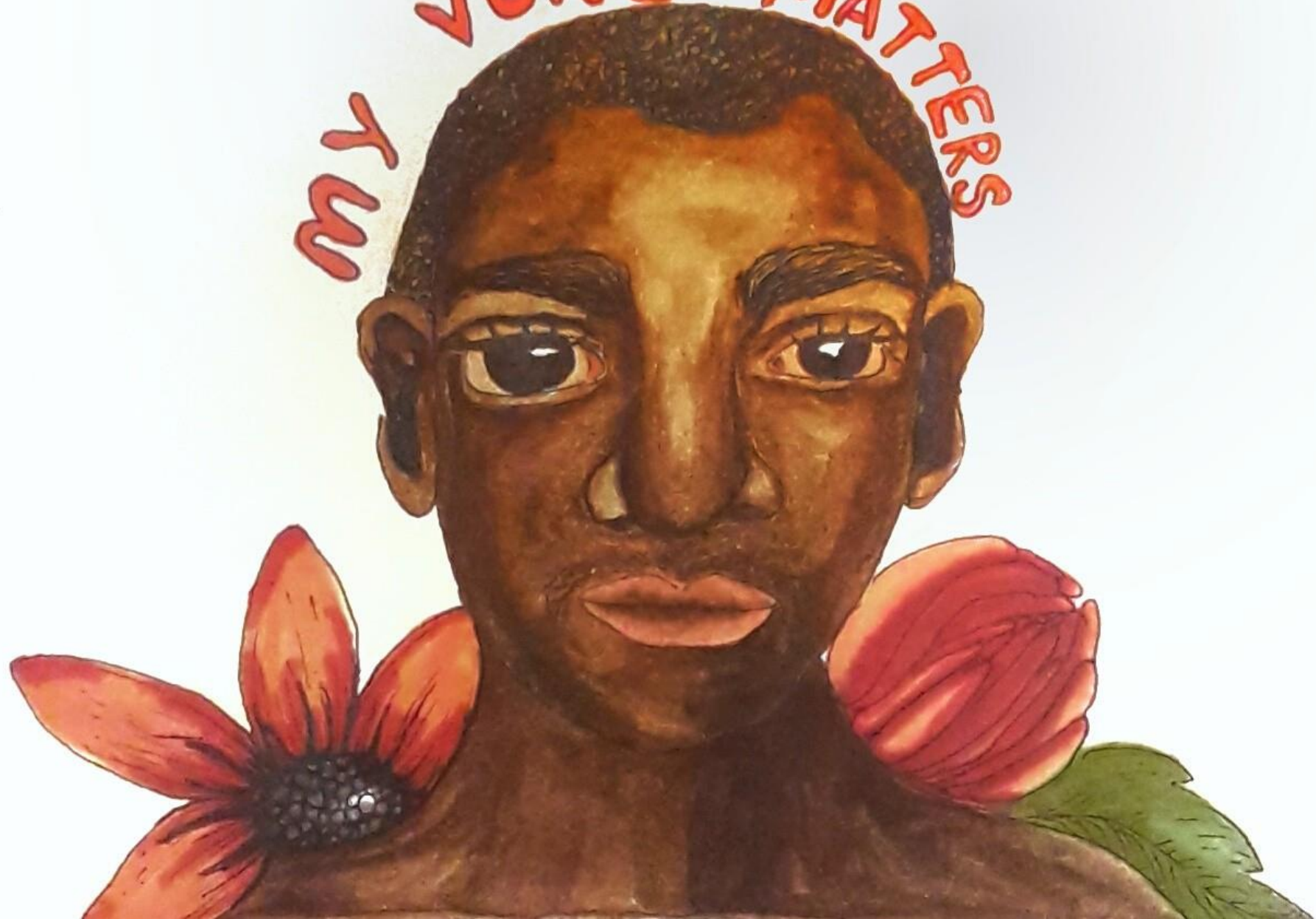
Take some time now to list some areas in your lives and communities that you think there could be CHANGE.

Being kind to yourself is SO IMPORTANT we are often much kinder when talking about others and not as kind to ourselves. Take some time to list ALL your amazing strengths.

Think about things you like to do - hobbies or skills you have and list them all - these could be great to use to communicate your ideas to others e.g could you run a training session linked to your topic or an art activity where people can discuss your topic; whilst doing something FUN.



MY VOICE MATTERS





"We worry about
what a child
will become
tomorrow, yet
we forget that they
are someone
today."