



BIG YOUTH CONVERSATION

EDUCATION RESOURCE PACK

THANKS FOR TAKING PART

Now in its fourth year, the Big Youth Conversation aims to collect the thoughts young people aged 11-25 who live, study, play or work in the borough, through a series of surveys, events and focus groups. The ideas and opinions collected through the Big Youth Conversation help us to create and improve services which directly impact young people and other residents.

The survey has been produced with young people and focuses on the issues most important to them. It takes less than 10 minutes to complete, and participants could be in with the chance of winning a £100 voucher.

This year's survey was launched on **1st November 2022** and will run until **18th December 2022**. Our aim is to get as many young people to complete the survey as possible, and so any support you can provide in publicising would be greatly appreciated.

THE SURVEY CAN BE FOUND HERE - bit.ly/WFBYC2022

Please circulate information about the survey to your students via newsletters, social media, websites, as well as in person through tutor groups and assemblies. In this pack we have included lesson plans, a poster, images and example wording to support this. These are also downloadable from The Hub.

The results will be released as part of this year's Youth Voice Report in April 2023 but there are lots of other ways to get involved in the Big Youth Conversation such as focus groups, our new youth forum, and work experience opportunities. If you think any of your students would be interested in getting involved further, or you would like a member of our team to visit your school, please get in touch.

We'd like to say a big THANK YOU to our schools for their support each year. The work you do to promote the Big Youth Conversation is invaluable in shaping services for young people and championing youth voice.

If you require any further information or support please contact bigyouthconversation@walthamforest.gov.uk

SUGGESTED SHORT TEXT FOR SOCIAL MEDIA

AGED 11 – 25? LIVE, WORK, PLAY OR STUDY IN WALTHAM FOREST? HAVE YOUR SAY!

Get involved in our 4th Big Youth Conversation and tell us your thoughts, ideas and opinions on the things that matter most. Complete our survey at bit.ly/WFBYC2022 to be in with the chance of winning a £100 voucher.



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2022 - 2023



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LESSON PLAN

This lesson plan aims to introduce students to the idea of participation, why it is important to have a voice and the importance of being an active citizen. The lesson can be facilitated in full as part of PSHE or Citizenship or in short in an assembly or tutor group session, by following the **pink** activities only.

INTRODUCTION

2 MINS

Outline that in today's lesson you will be exploring the idea of voice and influence. The reason influencers are called that is because they have the power through their words and actions to change the lives of others. Pose the question – "How can we use our voice to make a positive change in the lives of those around us?"

SPEAK OUT

2 MINS

Chose one student at random and ask them to say a word or short phrase out loud. Now ask all those with a birthday in January to say the same word or phrase together. Repeat this but now with all those with a birthday in January and February. Keep repeating, adding a month each time, until everyone is speaking together. Ask the group to reflect on how the sound got louder each time. Explain that the more voices come together, the bigger an impact it will have

STAND UP / SIT DOWN

2 MINS

Ask the students to answer a series of statements, standing up if they agree and staying seated if they disagree. Highlight that everyone is entitled to their own opinion and there are no wrong answers. Statements could include: Citizens should be allowed to vote at 16 | Newspapers should not be allowed to publish "fake news" | It is more difficult growing up today than it was 50 years ago | It is our duty as citizens to help those around us | Social media has had a mostly positive impact on society.

STAND UP / SIT DOWN EXTENSION

5 MINS

After each question chose one person who has stood up and one who has stayed sitting and ask them to explain why they chose that answer if they feel comfortable doing so.

ROLE MODELS

15 MINS

Divide students into small groups / breakout rooms and give each group one of the CHANGEMAKER PROFILES attached. Ask them to read their profile and answer the following questions: 1. What problem did this changemaker identify? 2. What did they do to solve the problem? 3. How did their solution make a difference? If groups finish early ask them to use their laptops, phones or tablets to research what age their changemaker was when they began their work. Ask each group in turn to present back their findings to the other groups.

SURVEY INTRODUCTION

2 MINS

Inform students that this survey will be used to help shape the services which Waltham Forest Council provides to children, young people and their families. Highlight that the survey takes just five mins and those who complete will be entered into a prize draw to win the following prizes: 1st £100 voucher | 2x 2nd £50 voucher | 5 x 3rd £10 voucher. The survey can be found at bit.ly/WFBYC2022

SURVEY

10 MINS

Allow time for students to complete the survey on laptops, phones or tablets.

TIME TO REFLECT

10 MINS

Facilitate a discussion about the importance of YOUTH VOICE. How did the students find the survey? Do they feel their ideas and opinions will make a difference? Are there any of the themes which they feel passionate about? Encourage those who are most engaged to consider participate in the focus groups highlighted at the end of the survey. If there are any statements from students you would like to share with us directly please email bigyouthconversation@walthamforest.gov.uk.

SMALL CHANGE – BIG IMPACT

2 MINS

Ask the students to think of one small thing they could do as an individual which would make the school a better place. Encourage them to complete this small change while reminding them of the SPEAK OUT activity. One small act on its own might not change the world, but lots of small acts together can!

RESOURCE

CHANGEMAKER PROFILES

JAYLEN ARNOLD



After being diagnosed with Tourette's Syndrome, Asperger's and OCD, Jaylen was bullied by peers for being different. He found that the anxiety he suffered as result of the bullying worsened the symptoms of his disabilities. That's what led Jaylen to found the Jaylen Challenge Foundation, which has educated more than 100,000 young people on recognizing bullying behaviour and understanding each others differences.

MARLEY DIAS



Marley is the activist behind the #1000BlackGirlBooks twitter phenomenon. The hashtag was born out of the avid reader's frustration that she couldn't find any stories where the main characters looked like her. The book drive resulted in more than 11,000 books catalogued with black female protagonists, and counting. Marley also wrote the book "Marley Dias Gets It Done: And So Can You" as a guide to positive change through activism.

LOWRI MOORE



In 2019, when she was 9 year old, Nottingham schoolgirl Lowri Moore wrote a heartfelt letter to Disney asking them to create a lead character who wore glasses. She was fed-up with the stereotype that people who wear glasses can't be brave or strong. What they couldn't tell her at the time was that the film *Encanto* was in production – with a glasses-wearing heroine. She has since launched a new #GlassesOn campaign, which is calling on the Unicode Consortium, the body responsible for all new emojis, to give people the option of adding glasses to all emojis. This is to reflect the diversity of glasses wearers and reduce the stigma that many young people still feel about glasses.

EASTON LA CHAPPELLE



Easton built a prototype for a robotic hand out of Lego and fishing wire in 2011, which earned him third place at the Colorado State Science Fair. As fate would have it, he met a seven-year-old girl at the science fair who had a prosthetic arm that cost \$80,000. It was then that Easton's mission became clear — to build a more affordable alternative. Now he runs a start-up called Unlimited Tomorrow that uses 3D printing to build prosthetic arms and hands, bringing the price down to just \$350 to produce. He also made the design accessible to download by anyone at no cost.

GRETA THUNBERG



You've probably heard of this environmental activist after her passionate speech at the UN Climate Summit, but this student has been advocating for sustainability for years now. Greta began by protesting Swedish parliament in an effort to get them to do more to prevent climate change. She went on to organize Fridays for Future, a school climate strike movement. She has been nominated for the Nobel Peace Prize in 2019, 2020 and 2021. When she was 11, she was also diagnosed with Asperger's Syndrome, OCD and selective mutism. Greta refers to her Asperger's as her 'superpower'.

BOYAN SLAT



During a fishing trip in Greece, Slat discovered massive amounts of plastic in the water. Two years later, the Dutch inventor launched his non-profit, Ocean Cleanup, to research using circulating currents to address the pollution issue. The group has raised over \$31.5 million in donations to help achieve Boyan's goal. In 2015 he was the youngest ever recipient of the United Nation's highest environmental accolade – Champion of the Earth

BEN WEST



In 2018, at just 17 years old, Ben's world collapsed around him when he tragically and unexpectedly lost his brother to suicide. The loss of Sam, aged only 15 when he died, propelled Ben to take positive action from this tragedy and concentrate his pain into a drive to campaigning around mental health awareness, suicide prevention and fundamentally changing how we approach mental health, especially in schools and the education system. He is now one of the most engaged mental health campaigners in the UK, committed to making real change around mental health in our society. Now 22, Ben has released his first book entitled "This Book Could Save Your Life - Breaking the Silence Around the Mental Health Emergency".

MALALA YOUSAFZAI



At seventeen, Malala became the youngest Nobel Prize laureate for her humanitarian efforts. She captured the world's attention after being shot by the Taliban in Pakistan on her way to school because she was an advocate for women pursuing education. She recently completed her bachelor's degree in Philosophy, Politics and Economics at Oxford University's Lady Margaret Hall. She continues her work advocating for a world where all girls can learn and lead, through her organisation the Malala Fund.