

IN 2 ACTION: A BRIEF GUIDE

An overview of youth work methods incorporated in the work of the project

Personal and Social Development: working with young people to help them develop as individuals and as members of society. Personal development can include things such as learning listening skills, communication skills and becoming more confident. Social development can include learning how to work as a member of a team, how to be diplomatic or how to be active in decision making processes.

Peer Education: when young people pass on information to other young people. This is a really effective way of getting the message across and can include all sorts of different media such as posters, drama, song and photography.

Participation Work: getting young people involved in how their club, group or project is run and having their say in the services provided for them. This covers many different aspects of work with young people and could mean young people forming a youth committee, becoming young leaders or organising a one-off event.

Accrediting Young People's Work: All young people who take part in an In 2 Action project will receive a certificate that recognises their achievement. They will also be offered the chance to take part of a national accreditation scheme. (e.g. Youth Achievement Awards)

All In 2 Action sessions are planned to incorporate one or more of the five priority outcomes for working with young people set out in Every Child Matters

IN 2 ACTION WORKSHOPS

These are examples of typical In 2 Action workshops. Many other workshops are available on request.

Positive Images: using digital photography to explore stereotypes and create positive images of young people (2-4 sessions)

Drugs Awareness: sessions that give young people the knowledge and confidence to make their own choices (2-6 sessions)

Xpress Yourself: looking at being assertive, having your say and making decisions effectively. Can incorporate job application and interview skills (4-6 sessions)

Keep Safe: exploring personal safety through a series of lively and thought provoking sessions (4-6 sessions)

If you are interested in our In 2 Action workshops please get in touch.

T: 01962 852307

E: op.manager.ychiow@gmail.com

In2Action

The Active Citizenship Project



**YOUTH
CLUBS**

**HAMPSHIRE
ISLE OF WIGHT**

This leaflet is for anyone working with young people in an informal setting such as a youth club, group or project



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In2Action

The Active Citizenship Project

The In 2 Action project is open to anyone working with young people in an informal setting such as a youth club, group or project in Portsmouth, Southampton, Hampshire or the Isle of Wight. Members of Youth Clubs Hampshire and Isle of Wight receive this service for free.*

What is the aim of the project?

To enable young people to explore issues that affect them, to develop skills needed to take control of their lives, make positive contributions to the communities they live in and go on to become happy, successful adults.

How we deliver the project

- ⇒ Members of the In 2 Action team will **work alongside you** and your colleagues to deliver an In 2 Action project for the young people in your youth club, group or project **over a period of 2-8 sessions**
- ⇒ We will begin by getting to know you, the young people you work with and the communities around you
- ⇒ We will work together to **come up with a programme of activities and sessions** that the young people will find interesting and enjoyable, that will meet their needs and the needs of the local community
- ⇒ We will then work with you at your club, group or project to deliver these **fun and varied sessions**

*There may be some equipment/resource costs

What we hope to achieve by doing this work with you...

We hope that some or all of the following outcomes can be achieved for the young people you work with who take part in an In 2 Action Project:

- ⇒ **Young people learn and develop skills and attributes vital to becoming a successful adult.** Some examples are: how to work as a team member, making decisions, communicating, being assertive, keeping safe, feeling they can make a difference.
- ⇒ **Young people are actively engaged or re-engaged with their communities.** Young people are part of many communities such as their youth group, their school, their local community centre, the area in which they live. This project can work to improve relationships between young people and one or more of these communities.
- ⇒ **Decreased risk taking behaviour:** this means increasing understanding of the need to minimise risk and act safely. For example; not skateboarding in the roads, decreased drug taking, smoking or drinking.
- ⇒ **Increased awareness of healthy lifestyles.** For example the importance of exercise and healthy eating, the dangers of using alcohol and drugs or having unsafe sex

Other benefits of being part of the In 2 Action project...

- ⇒ **The community** will benefit from having actively engaged young people.
- ⇒ **The youth club, group or project** have a chance to work alongside experienced, professional youth workers to plan work with young people, pick up new ideas, sharing experiences and get support.
- ⇒ **The youth club, group or project** will have young people more actively taking part in how their club is run which will help ensure their services remain relevant and of interest to local young people.
- ⇒ **A reduction of youth crime:** As young people engage in positive activities and develop improved relationships with their communities and a better understanding of them it is hoped that crime and anti-social behaviour will decrease.
- ⇒ **Training for youth workers.** A range of different training events are to be offered to support you to continue to work with young people in a safe, positive and beneficial way.
- ⇒ **Resources:** The In 2 Action project has a wide range of resources available for you to borrow in order to assist you in delivering work about active citizenship.