

# YMCA

Here for young people  
Here for communities  
Here for you

## FIND YOUR VOICE PROJECT SCHOOLS PACK



### About the project

Find Your Voice (FYV) is a youth led project funded by The National Lottery Community Fund that empowers young people to have their voices heard on the issues they care about. The project not only listens to the concerns and aspirations of young people, but it also provides them with the opportunity, skills and resources to take a pro-active role in making a real difference to their community.

FYV is a network for young people with shared interests and drive for change. FYV supports young people from Southend aged 13-24 years old, to collaborate and create opportunities that drive the passions of a generation forward to take positive action.

FYV is youth-led and we ensure young people are involved in the planning, design, delivery and evaluation stages of the project.

FYV encourages young people to influence decision-makers, engage in democratic processes and challenge injustices.

FYV provides young people with the training, skills and resources they need to turn their passions and desire for change into reality.

FYV will create a generation of changemakers who are well equipped to progress into higher education, volunteering or employment.

**Visit and sign up now:**  
**[www.fyv-southend.org.uk](http://www.fyv-southend.org.uk)**

Company registration No. 05052266 (England and Wales)  
Charity Registration No. 1102837  
Homes England Registration No. 4853



# Welcome

Calling all Secondary Schools, Colleges and Universities in Southend-on-Sea, Essex! We have an exciting opportunity to empower and engage your students.

Introducing Find Your Voice, a ground breaking platform tailor-made for young people aged 13 and above. Our mission is to inspire, educate, and enrich the lives of your students in five essential areas: Passion, Voice, Action, Skills, and Wellbeing.

Here's how your students can benefit from Find Your Voice:

**Online Youth Club:** Connect your students to a vibrant, supportive online youth community where they can collaborate, learn, and grow.

**Local Activity Map:** Ensure they never miss out on support with our comprehensive map of youth provisions in Southend-on-Sea.

**Advice and Support:** Provide them with valuable signposting services to access advice and support when they need it most.

**Dynamic Events:** Keep them engaged with a dynamic events page filled with exciting opportunities to participate in.

Don't let your students miss out on the chance to shape their futures, develop essential life skills, and contribute positively to their community.

**Take Action Today!**

Empower your students with Find Your Voice and watch them thrive like never before

## THE 5 THEMES OF THE PROJECT

### PASSION

Ignite their interests with a plethora of activities and resources that align with their passions.

### VOICE

Give them the confidence to speak up, express themselves, and be heard.

### ACTION

Encourage them to make a difference, take meaningful actions, and lead change in their community.

### SKILLS

Equip them with vital life skills, from creativity to leadership, to prepare for a successful future.

### WELLBEING

Promote mental and physical health, ensuring their overall well-being is nurtured and prioritised.

QUALITY AWARDS:



REGULATORS:

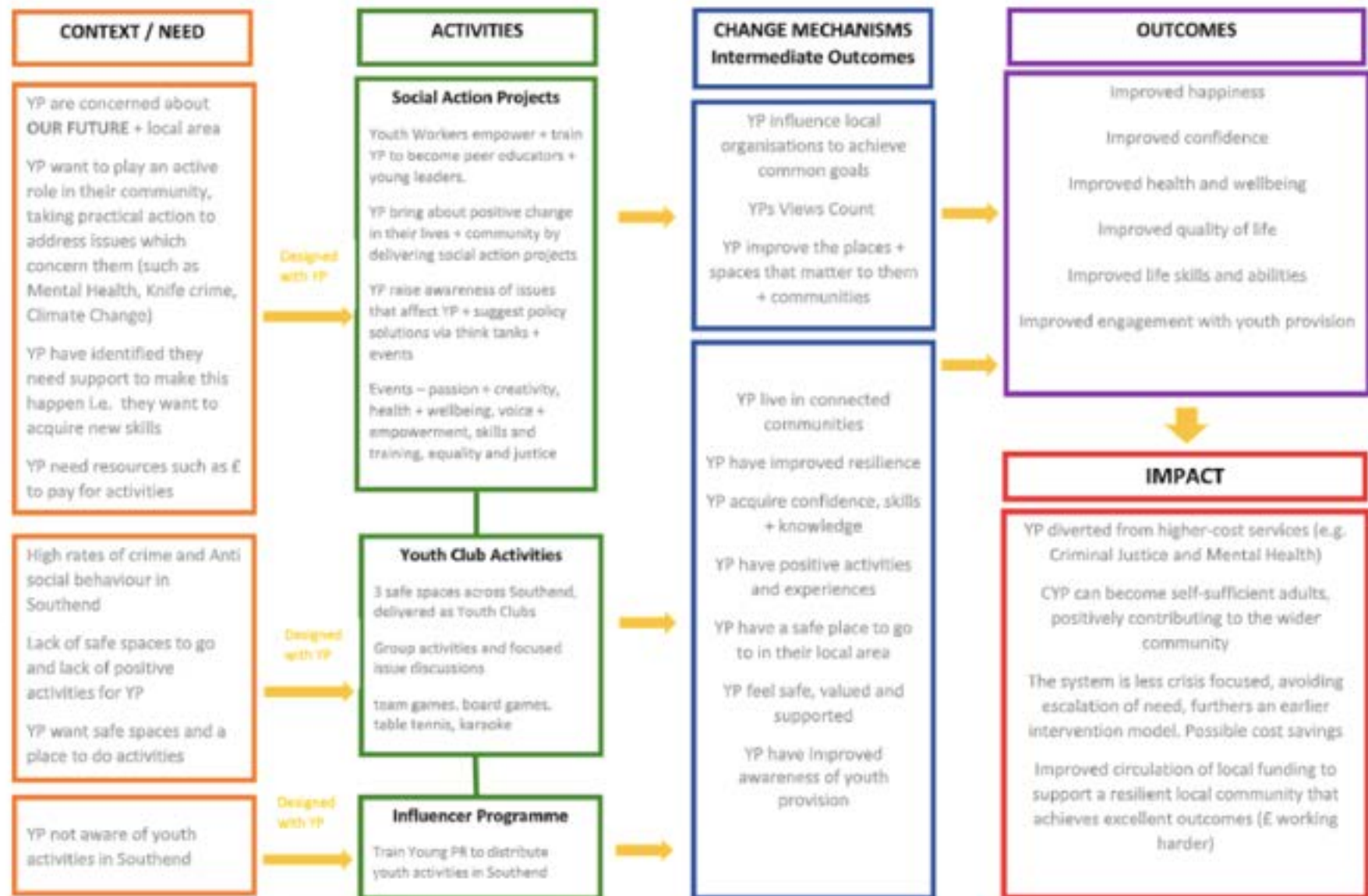


CHARITY COMMISSION  
FOR ENGLAND AND WALES



Over 100 years supporting  
young people and the  
community of  
Southend On Sea

# THEORY OF CHANGE MODEL





# PASSION

Ignite their interests with a plethora of activities and resources that align with their passions.

## WHY FOCUS ON PASSION?

Igniting passion in young people can have a multitude of positive effects, shaping their personalities, motivations, and future paths. Here are several key benefits:

- **Enhanced Motivation:** Passion fuels motivation. When young people discover something they are passionate about, they are more likely to set goals and work persistently towards achieving them.
- **Increased Focus and Concentration:** Passion provides a clear focus. Young people who are passionate about something are often able to concentrate better, leading to improved learning and skill development.
- **Encouraging Creativity:** Passionate pursuits encourage creative thinking. Whether it's art, science, or any other field, passion often leads to innovative ideas and solutions.
- **Building a Sense of Identity:** Developing a passion helps young people understand who they are and what they love. It forms a significant part of their identity and helps them connect with like-minded individuals.
- **Encouraging Lifelong Learning:** Passionate individuals tend to be lifelong learners. They are naturally curious and driven to explore more about their interests, leading to a continuous pursuit of knowledge.
- **Contributing to Society:** Passionate individuals often find ways to contribute to their communities. Whether through art, science, social work, or other avenues, their passion can lead to meaningful contributions to society.

## HOW YOU CAN GET INVOLVED

- ASK YOUR STUDENTS TO WRITE CONTENT FOR US TO BUILD THE DIGITAL PLATFORM
- PROMOTE OUR VOLUNTEERING OPPORTUNITIES
- SUPPORT OUR EVENTS



# VOICE

Give them the confidence to speak up,  
express themselves, and be heard.

## WHY FOCUS ON VOICE?

Promoting confidence in young people to speak up, express themselves, and be heard is crucial for their personal, social, and emotional development. Here are the benefits of instilling confidence in young individuals to voice their thoughts and opinions:

- **Enhanced Communication Skills:** Confidence encourages the development of effective communication skills, enabling young people to articulate their thoughts and ideas clearly and persuasively.
- **Improved Self-Esteem:** Expressing oneself and being heard boosts self-esteem. When young people feel confident in their ability to communicate, they are more likely to have a positive self-image.
- **Enhanced Critical Thinking:** Confident individuals are more likely to engage in discussions and debates, leading to improved critical thinking skills as they consider different perspectives and defend their own.
- **Encouraged Leadership Qualities:** Confident individuals are more likely to take on leadership roles. They can inspire and motivate others through their self-assured communication.
- **Enhanced Academic Performance:** Confident students are more likely to participate in class discussions, ask questions, and seek help when needed, leading to improved academic performance.
- **Better Career Opportunities:** Confident communication is a valuable skill in the professional world. Young people who can express themselves effectively have an advantage in job interviews and networking situations.

## HOW YOU CAN GET INVOLVED

- REFER YOUR STUDENTS TO OUR VOICE ACTIVITIES
- PROVIDE OPPORTUNITIES WHERE YOUNG PEOPLE CAN GET INVOLVED IN YOUR SCHOOL
- SUPPORT A YOUTH CLUB



# ACTION

Encourage them to make a difference, take meaningful actions, and lead change in their community.

## WHY FOCUS ON ACTION?

Encouraging young people to make a difference, take meaningful actions, and lead change in their community can have a profound and positive impact, both on the individuals involved and the community as a whole. Here are the benefits of fostering a culture of active youth engagement and leadership:

- **Fostering a Sense of Purpose:** Encouraging young people to make a difference provides them with a sense of purpose and fulfillment, leading to increased self-esteem and life satisfaction.
- **Building Empathy and Compassion:** Taking meaningful actions often involves understanding the needs of others. This process fosters empathy and compassion, encouraging a more caring and understanding society.
- **Encouraging Civic Responsibility:** Active participation in community projects instills a sense of civic responsibility, teaching young people the importance of contributing to the well-being of their society.
- **Promoting Teamwork and Collaboration:** Community projects often involve collaboration with diverse groups. Young people learn to work effectively with others, appreciating different perspectives and skills.
- **Encouraging Innovation:** Engaging with community issues can spark innovative thinking. Young people often come up with fresh and creative ideas to address long-standing problems.
- **Promoting Social Change:** Youth-led initiatives have the potential to drive significant social change. Young people bring fresh perspectives and energy to social issues, challenging the status quo and advocating for positive transformation.

## HOW YOU CAN GET INVOLVED

- PROMOTE OUR ACTION ACTIVITIES
- PROVIDE OPPORTUNITIES FOR OUR PR AGENCY TO PROMOTE IN YOUR EXISTING MARKETING MATERIAL
- SHARE OUR SURVEYS AND REPORTS TO YOUR STUDENTS TO GAIN YOUTH FEEDBACK



# SKILLS

Equip them with vital life skills, from creativity to leadership, to prepare for a successful future.

## WHY FOCUS ON SKILLS?

Equipping young people with vital life skills is essential for their personal development and future success. These skills provide a strong foundation that helps them navigate various challenges and opportunities in life. Here are the benefits of equipping young people with vital life skills:

- **Enhanced Decision-Making:** Life skills such as critical thinking and problem-solving enable young people to make informed decisions, analyze situations, and choose the best course of action.
- **Financial Literacy:** Understanding budgeting, saving, investing, and basic financial concepts empowers young people to make sound financial decisions, avoid debt, and plan for their future.
- **Time Management:** Time management skills help young people prioritize tasks, set goals, and manage their time effectively, leading to increased productivity and efficiency.
- **Healthy Lifestyle Choices:** Life skills education can promote healthy habits, including proper nutrition, exercise, and mental well-being, leading to a healthier and more fulfilling life.
- **Digital Literacy:** Understanding digital technology, online safety, and responsible internet use is crucial in the modern age, equipping young people with essential skills for the digital world.
- **Career Readiness:** Skills like resume writing, interview preparation, and networking empower young people to enter the job market confidently and pursue successful careers.

## HOW YOU CAN GET INVOLVED

- HELP US BUILD SKILLS OPPORTUNITIES
- PROVIDE OPPORTUNITIES WHERE YOUNG PEOPLE CAN ENGAGE YOUR SCHOOLS
- INVITE OUR STAFF TO SPEAK TO YOUR STUDENTS
- REFER YOUR STUDENTS TO OUR WEBSITE



# WELLBEING

Promote mental and physical health, ensuring their overall well-being is nurtured and prioritised.

## WHY FOCUS ON WELLBEING?

Promoting mental and physical health in young people is crucial for their overall well-being and development. Here are the benefits of prioritising both mental and physical health in the youth:

- **Enhanced Emotional Well-being:** Physical activity releases endorphins, the "feel-good" hormones, which reduce stress and anxiety. Additionally, promoting mental health awareness reduces stigma and encourages seeking help when needed, fostering emotional well-being.
- **Improved Self-esteem and Body Image:** Engaging in physical activities and promoting a positive body image fosters self-confidence and self-esteem in young people, helping them develop a healthy self-image.
- **Social Interaction:** Physical and mental health activities often involve group settings, promoting social interaction and a sense of belonging, reducing feelings of isolation and loneliness.
- **Healthy Coping Mechanisms:** Teaching young people healthy coping mechanisms, such as exercise, mindfulness, and creative activities, provides alternatives to negative coping strategies like substance abuse.
- **Enhanced Resilience:** A combination of physical and mental health activities builds resilience, helping young people bounce back from challenges and setbacks more effectively.
- **Prevention of Mental Health Disorders:** Healthy lifestyle choices can contribute to the prevention of mental health disorders. Regular exercise, balanced nutrition, and stress management play a role in mental health prevention.

## HOW YOU CAN GET INVOLVED

- INVOLVE YOUR STUDENTS IN OUR WELLBEING EVENTS
- PROVIDE FACILITIES AND EQUIPMENT TO ASSIST OUR PROJECTS
- PROMOTE OUR EVENTS TO YOUR STAFF



## OTHER WAYS TO GET INVOLVED

The new Find Your Voice Network needs partners and can benefit many young people around you. Please get in touch if you:

- Are looking to collaborate with a local youth service
- Wish to feature on our new digital platform and have your school logo on display
- Know students who would be interested in taking up Youth Commissioner or Youth Ambassador roles in Southend
- Would like to involve your staff in our latest projects
- Would like to support the new Youth PR Agency through business support, mentoring or resources

**Thank you!**



[southendymca.org.uk](http://southendymca.org.uk)

### SOUTHEND YMCA

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Southend On Sea, Essex  
SS1 2FY

Registered Charity Number: 1102837 (registered in England);  
Limited Liability

Company number: 05051166;  
Non-profit, private registered provider of

Social Housing: Number: 4853

Please get in touch via email at [info@southendymca.org.uk](mailto:info@southendymca.org.uk) or  
by calling 01702 301 301.

**YMCA**

Here for young people  
Here for communities  
Here for you

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

FAMILY & YOUTH WORK

HEALTH & WELLBEING

HOUSING

TRAINING & EDUCATION

SUPPORT & ADVICE