



# Participation




**Purpose:** Participants understand the concept and value of social action as a means of actively participating in society.

**Participant learning objectives:**

1. Understand benefits of social action to the individual
2. Understand benefits of social action to the community
3. Understand the four key steps to undertake social action

CONTENT	METHODS/ RESOURCES <i>Slides 90-105 can assist with this session.</i>	APPROX. TIME
<b>Introduction to Social Action</b>	<p>Begin by asking participants if they have ever heard of the term social action, what they already know about it etc.</p> <p>Social action can be defined as, ‘practical action in the service of others’. It is about doing something positive, of your choice, for the benefit of others or for the environment around us.</p> <p>Social action promotes youth advocacy and empowerment, encourages community participation, and shares the same values as volunteering. Social action can be awareness raising or taking direct action.</p> <p>Social action ensures all the values of participation are met. It ensures you:</p> <ul style="list-style-type: none"> <li>• Have a safe and open space to think, discuss and make decisions on things.</li> <li>• Have clear information and support in using your voice.</li> <li>• Are taken seriously.</li> <li>• Are listened to by those who have influence/ make decisions.</li> </ul>	10 minutes
<b>What’s in it for me? What’s in it for others?</b>	<p>To motivate participants to partake in social action, re-iterate the value of social action, for both individual and community.</p> <p>Ask participants to think about the last time they did something nice/ went above and beyond for someone else.</p> <p>Ask: Why did you do it? How did it make you feel?</p>	20 minutes

	<p>Now ask participants to think about how that act of kindness/ selflessness made the recipient/s feel.          Social action presents similar benefits.          Social action can help participants:</p> <ul style="list-style-type: none"> <li>➤ Learn new skills</li> <li>➤ Increase confidence</li> <li>➤ Improve emotional wellbeing</li> <li>➤ Use your skills for others</li> <li>➤ Make a difference and influence things that matter to you</li> <li>➤ Meet new people</li> <li>➤ Do good for others</li> <li>➤ Give you a sense of purpose</li> <li>➤ Give you a sense of satisfaction</li> <li>➤ Use your time better</li> <li>➤ Help your career/ future job opportunities</li> </ul> <p>Social action has benefits for community/ environment too:</p> <ul style="list-style-type: none"> <li>➤ Giving up your time is important – sometimes there is not enough money or enough compassion for someone else to do something!</li> <li>➤ You can bring different knowledge and different skills to the community</li> <li>➤ You can spread a positive message and really help make a difference to the lives of others or the environment in which you live.</li> </ul>	
<p><b>Four Key Steps to Social Action Success</b></p>	<p>Go through slides 98-102 at a pace suitable for the group. These slides will help participants to understand the four key steps to fulfilling their social action idea:</p> <ul style="list-style-type: none"> <li>• Explore</li> <li>• Organise</li> <li>• Act</li> <li>• Review</li> </ul> <p>Pause to check for understanding and any questions as you go through the four stages. It is important that participants have an overview of all four stages before they begin ideating!</p>	<p>30 minutes</p>
<p><b>Ideation Energiser</b></p>	<p><b>Resources:</b>  <b>Balls</b></p> <p>It might be useful at this stage to get the group moving/ energized, before moving on to the ideation stage. Ask participants to stand up and form a circle. Throw the ball into the circle saying an issue that young people face. Ask the catcher to throw the ball onto another person, saying a different issue they feel young people face. Continue this until issues are exhausted amongst the group. Throw multiple balls into the circle to keep it challenging and include forfeits for those who drop the ball to make it more fun and engaging.</p>	<p>10 minutes</p>

<p><b>Explore – Stage 1</b></p>	<p><b>Resources:</b>  <a href="#">Flipchart</a>  <a href="#">Markers</a></p> <p>Now you need to decide whether you will ask participants to complete a social action project/ campaign as a whole group, or whether you will split participants into smaller groups, focusing on different ideas.</p> <p>Ask participants in the specified group to come together and think of some issues that they feel passionate about. Ask them to explore issues amongst young people/ in their club/ in their community/ at school etc. Ask them to refine their issues – bring it back to the local community. Participants can record their findings on a flipchart. Provide some ideas/ examples if groups are really struggling!</p> <p>Now ask participants to pick one issue/ problem which they would like to focus on. To help them visualize the causes and effects of this problem, ask them to draw the outline of a tree, ensuring to include the roots and the branches. In the trunk of the tree ask participants to write the issue/ problem (e.g., bullying in the youth club), on the roots ask young people to write down the causes of the problem (e.g., no bullying policy, not enough leaders, people not obeying the rules etc.), and on the branches ask participants to write the effects of the problem (e.g., people scared to come into the club, people feeling sad and left out etc.).</p> <p>Ask each group to share their findings with the rest of the group.</p> <p><b>Debrief:</b> How do you feel after completing this activity? Why are you passionate about this issue/ problem? Is there something specific you could do to help alleviate/ solve this issue/ problem?</p> <p>Give participants some time to write a vision statement of what change they want to see. This will help participants ahead of next week’s session, organize and develop a clear action plan for their project/ campaign.</p>	<p>30-50 minutes</p>
<p><b>Check-Out/ Evaluation</b></p>	<p><b>Resources:</b>  <a href="#">Informal evaluation ideas</a></p> <p>Choose an activity from the list provided.</p>	