



Wellhooody
Wellbeing in Diverse Youth Communities

OPEN EDUCATION RESOURCES

MODULE 1

UNDERSTANDING YOUTH WELLBEING

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Welcome to WELLHOODY!

WELLHOODY is all about boosting community through youth learning. It's about embracing our differences and making everyone feel included and well.

THIS COURSE

WELLHOODY's goal?

Enabling youth WELLBEING, rooted in diversity.

When young people learn about strength in diversity, it inspires everyone in the community to work together for everyone's wellbeing and to be more accepting and inclusive.

Ready to jump in?



Learning Objectives

- In this introductory module, learners will explore the rich tapestry of multicultural diversity and its significance in today's world.
- We'll delve into understanding the core concepts of wellbeing and how embracing diversity plays a pivotal role in enhancing it.
- Through topics such as learning, sports, and empathy, we'll uncover the deep connections between diversity and overall wellbeing, setting the stage for a comprehensive journey into the subject.



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1.1 Multicultural Diversity

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Multicultural Diversity

Before we start exploring the way we communicate across cultures and within diverse groups, we should understand what the terms **multicultural**, **cross-cultural**, and **intercultural** mean.

Multiculturalism, diversity, and belonging are all different terms. Youth that know these terms will better understand their community and have enhanced chances of togetherness and wellbeing.



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Diverse Cultures Everywhere!

Ever noticed how some places have lots of different cultures? That's called being **multicultural**, it is several cultural or ethnic groups within a society. But just because a place has many cultures doesn't mean everyone's hanging out together or understanding each other.

Chatting Across Cultures

People from different cultural backgrounds communicate in different ways and follow various societal norms that may be unfamiliar to someone who is not of that culture. It's like translating your vibe into theirs. Sometimes, one culture might seem louder or more popular than the others. Beyond chat, we need to find deeper ways to truly understand each other, and not just translate!



Intercultural Communication



Intercultural communication is all about wanting to truly understand and connect with one another over time.

Our goal should be to master this way of communicating.

It's a continuous journey of learning and sharing that keeps evolving with everyone involved.

A Media Example of Intercultural Communication

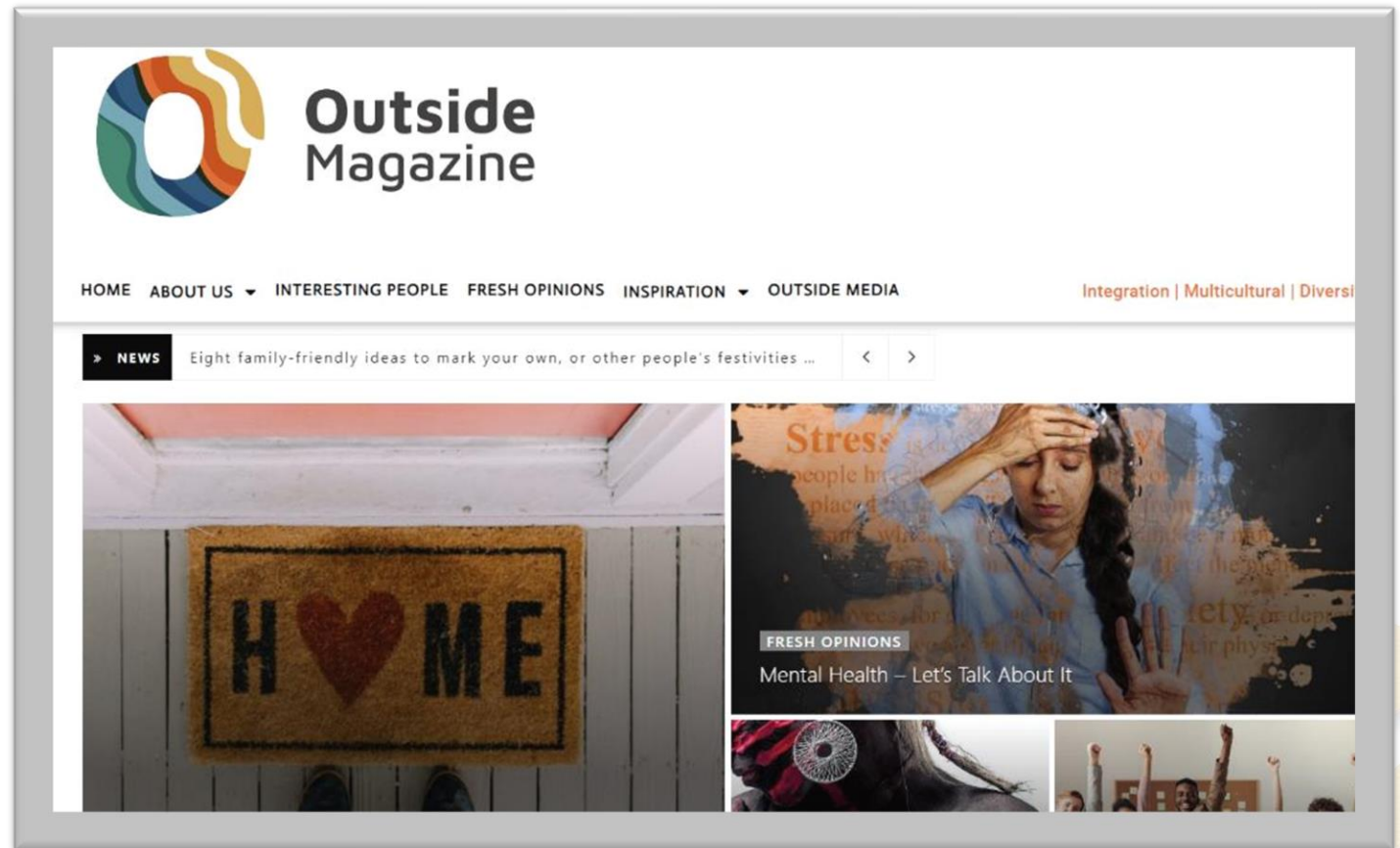
Be inspired by
Outside Multicultural
Magazine

www.outsidemagazine.ie

Immerse yourself in several
articles from the Outside
Multicultural Magazine. Click
[HERE](#) to access

This magazine hosts content by
diverse authors.

Would all these insights be
possible if the authors of this
magazine were not so diverse?





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1.2 Understanding Wellbeing

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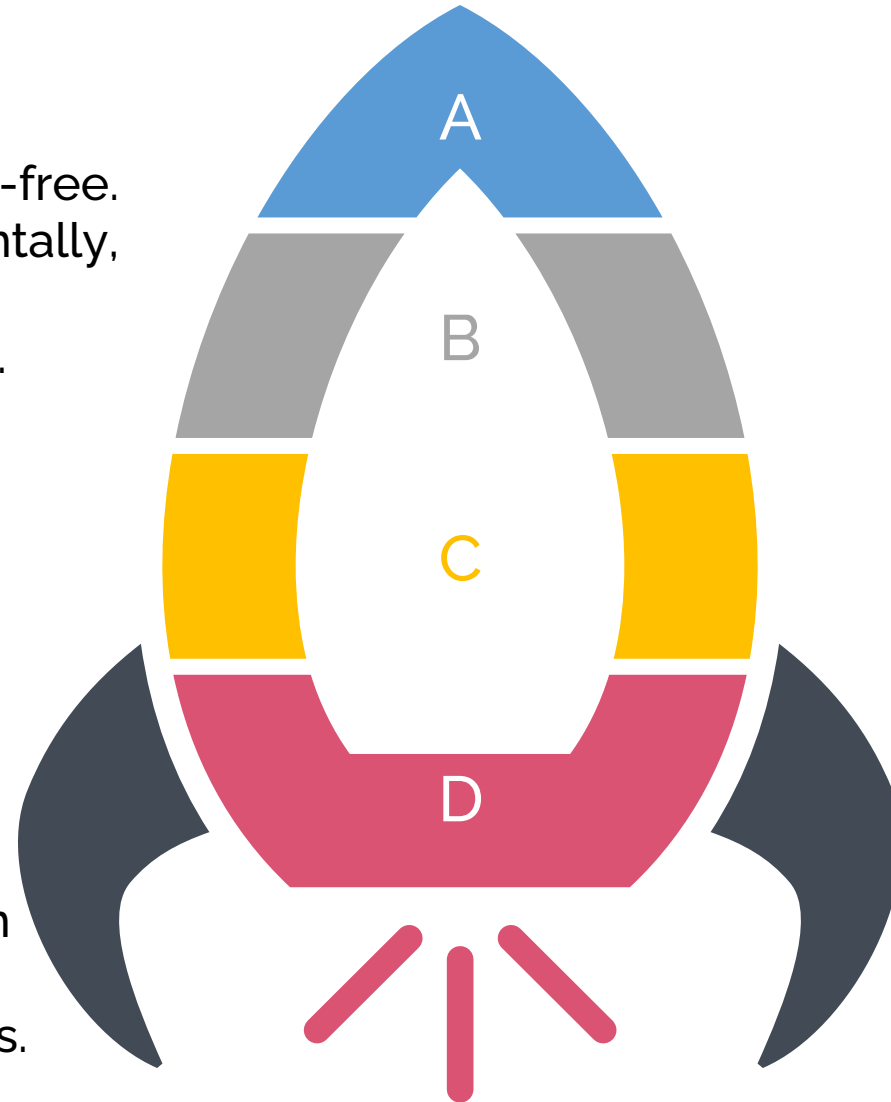
Wellbeing: It's a Team Game

A. What is Wellbeing?

It's not just about being disease-free. It's feeling good physically, mentally, and socially. It's about having a purpose and feeling connected.

B. EU's Take on Youth

The EU is pushing for better mental health, easier access to health services, and less substance abuse. EU also highlights the power of sports in teaching teamwork and understanding different cultures.



C. Diving Deeper into Wellbeing

We often hear about the wellbeing challenges young people face. But wellbeing is more than that. It's a mix of how we feel, how society sees us, and the opportunities we get.

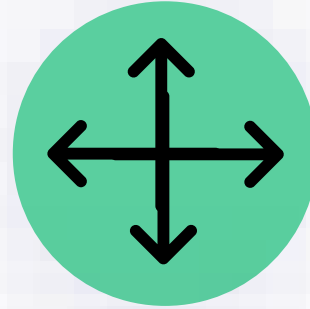
D. Together We Thrive

True wellbeing? It's not a solo journey. Schools, health professionals, sports teams – we all play a part.

Relationships as Pillars of Youth Wellbeing

Understanding

Communication is key to understanding each other, and this is especially true when it comes to intercultural dialogue.

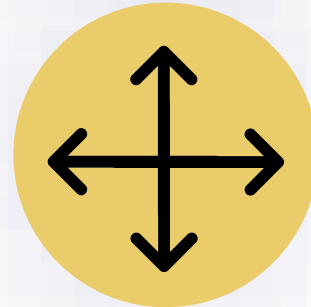


Compassion

Intercultural dialogue can also help young people understand different perspectives, which can lead to more empathy and compassion in their relationships with others.

Identities

When young people learn effective communication skills, they are able to bridge the gap between different cultures and express their own cultural identity.

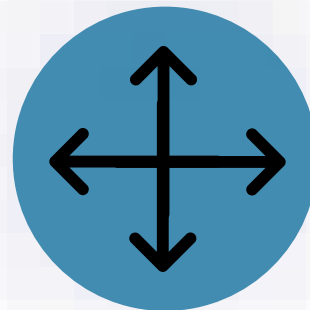


Connection

This can lead to improved wellbeing for young people, as they are able to connect with others in a meaningful way.

Meaningful Communication

Developing strong communication skills allows them to engage in meaningful conversations with people from all walks of life and build bridges of understanding between cultures.



Relationships

Communication is an essential life skill that helps us build relationships, express ourselves and understand the perspectives of others.

A Game-Changer for Today's Youth!

Introducing intercultural communication to young people isn't just another lesson – it's a groundbreaking way to boost youth's overall happiness and set them up for success in chatting effectively.

Enabling intercultural conversations and chats lets young people journey into their own cultural vibes and then really get what other cultures are all about.



Let's face it, in our super-connected world, young people are meeting all sorts of cultures, languages, and beliefs more than ever.



So, by learning about these deep cultural convos, young people are getting a passport to feeling connected and content.

Understanding the Concept of Wellbeing

Before delving into the specific problems facing certain youth populations, it is essential to understand the concept of wellbeing.

Wellbeing refers to a state of health, happiness, and prosperity, and includes physical, mental, and social health.

What is Shaping Your World?

Ever noticed how where you're from, your background, or even your neighborhood can change how you experience life? That's because things like your ethnicity, culture, how much money your family has, or where you live can play a big role in the opportunities and support you get. Such are the facts and inequalities of life that we must strive to challenge.

These are called contextual factors, and they can make a huge difference in how young people feel and thrive. By tackling these factors, we can start to make things fairer for our young people.





Unique Challenges Faced by Marginalised Youth

Youth from marginalised communities often encounter specific challenges that impact their wellbeing.

This can range from facing discrimination, living in poverty, not having access to good education and healthcare, to other deep-rooted barriers that hold them back.

To truly make a difference, we need to dive deep into these challenges and figure out the best ways to help ourselves and those around us.



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Unique Challenges Faced by Marginalised Youth

Making wellbeing fair and accessible for everyone

Spotting the Differences

Firstly, we need to see where the gaps are. Some people don't get the same chances because of things that are out of their control, like where they're from or their background. Once we see these gaps, we need to do more than just talk about them. We need to act.



Boosting Confidence and Opportunities

It's not just about giving resources, although they are very much part of the solution. It's about making sure everyone feels they can make a change in their life and stand up for what they believe in. Everyone should feel they have the tools and the voice to face life's challenges

Community's Role

The community plays a big part. By providing resources and support, we can help everyone feel they belong and can make a difference. It's about making sure everyone feels they're heard and can overcome challenges.

Digging Deeper into the Why and How

The challenges some face are complex, from money issues to education and health. We need to dive deep, maybe even team up with those affected, to really get why these gaps exist and how they impact lives.



Spreading the Word and Understanding

By sharing stories, hosting events, or even using social media, we can get more people to understand and care. Plus, by learning about different cultures and backgrounds, we can all be more understanding and welcoming.



Just some challenges from across our community

Young people with disabilities can face unique challenges in physical accessibility, social inclusion, education, healthcare services, and emotional and mental health.

Young LGBTQ+ individuals might face discrimination, bullying, or rejection due to their sexual orientation or gender identity, facing increased rates of anxiety, and other mental health issues due to stigmatization.

Young people from low-income backgrounds may attend under-resourced schools with fewer opportunities. They may lack of access to nutritious meals, leading to health issues and have limited exposure to further education and career options.

Young people from ethnic minorities face discrimination and stereotyping, including racial profiling, bias, and microaggressions. They balance between their ethnic culture and the dominant culture.

EXAMPLE of How We Can Make Life Fairer for Youth with Disabilities

The Big Picture

It's not just about services or facilities. It's about changing how we think and making sure everyone feels they belong.

Emotional Support Matters

Everyone has tough days. For those with disabilities, having the right emotional and psychological support can make all the difference. It's about understanding, offering help, and building strength together.

Being Part of the Group

We can make everyone feel included by creating more awareness of disabilities, getting everyone involved in community events, and designing programmes where everyone's welcome.

Challenges

People with disabilities often deal with more than just physical barriers. They might feel left out socially, face hurdles in education, struggle to get the right healthcare, or deal with emotional challenges.

Education That Works for All

It's about more than just getting into a classroom. We need teaching methods that work for everyone, trained teachers, and extra support when needed.

Healthcare That Gets It

This means better-trained doctors and nurses, health systems that understand, and policies that make sure everyone gets the care they need.

Breaking Down Physical Barriers

Think about making public places more accessible and using cool tech to help out. This isn't just about ramps; it's about creating spaces where everyone can move freely.



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Understanding and Acting on Youth Wellbeing

To make a real difference in youth wellbeing, especially for those who may be overlooked, we first need to really 'get' what they're going through. This means understanding the unique challenges faced by different groups, like those from marginalised communities or those with disabilities. With this knowledge, we can create plans that fit everyone's needs.

But it's not just about understanding. We need to act. This might mean setting up special programmes, workshops, or even pushing for changes in the rules. And it's not a one-person job. Everyone in the community has a part to play. Voting and being an active citizen is a part of the solution!

Making Sure It Works and Spreading the Word

Once we've got our plans in place, we can't just hope for the best. We need to keep an eye on things, see what's working and what's not, and be ready to change things up if we need to.

And when we find something that really works? We shouldn't keep it to ourselves. We can share it, use it in different places, or even on bigger scales. The goal? Making sure every young person, no matter where they're from or what challenges they face, gets the support they need.



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1.3 Embracing Diversity

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Hassan Jarfi, Fondation Ihsane Jarfi

"Cultural diversity is simply being aware of your situation as a human being living on a planet where there are nothing but different people. There are 8 billion differences on the planet!"

"La diversité culturelle, c'est simplement prendre conscience de sa situation en tant qu'être humain qui vit sur une planète où il n'y a que des gens différents. Il y a 8 milliards de différences sur la planète !"





Embracing Diversity: A Path to Collective Wellbeing

- ✓ Diversity enriches our perspectives, fostering creativity and innovation.
- ✓ Inclusion promotes a sense of belonging, enhancing mental and emotional health.
- ✓ Celebrating differences bridges gaps, leading to a more harmonious society.

Our differences are our strength. Embrace diversity for a happier, healthier you.



Are Diversity and Inclusion Good for Your Wellbeing?

Watch the video on the left or click on this link to watch it on You Tube:

<https://www.youtube.com/watch?v=HtlUuR1XkBg>



Embracing Diversity: a Path to Collective Wellbeing

WHAT HAVE WE LEARNT?

- 1:** The importance of including diverse perspectives in society to avoid divisions and silos.
- 2:** The concept of reciprocal living: "My well-being is your well-being."
- 3:** The distinction between fitting in and belonging. Being authentic leads to true belonging.
- 4:** The role of leaders in fostering this environment.

Just because someone fits in, does not mean they belong! Let's help people belong, starting with our authentic selves!





Dive Deeper: Questions & Tasks



Question 1

Reflect on a time when you felt you had to "fit in" rather than "belong". How did it impact your wellbeing?



Question 2

How can you promote psychological safety in your daily interactions with young people from diverse backgrounds?



Dive Deeper: Questions & Tasks



Task 1

Share a personal story of diversity and inclusion with a friend or on social media. For example, use the hashtag [#DiversityIsStrength](#).



Task 2

Engage in a conversation with someone from a different background. Seek to understand their perspective and share yours.



The Beauty Of Diversity

- Embrace diversity in every interaction. Your wellbeing and the wellbeing of others depend on it.
- Diversity is not just about recognising our differences but celebrating them.
- For young people, it's essential to understand that every individual brings a unique perspective, story, and strength to the table.
- Embracing diversity enriches our learning, broadens our horizons, and fosters a more inclusive and harmonious world. In essence, the beauty of diversity lies in its power to unite us, teach us, and inspire us to grow together. Let's cherish it.



Challenges of Diverse Youth, Let's look deeper at Migrants

Migrants are powerful engines for local economies, especially in the EU, a continent where population age is higher than ever. However, the migrant community still struggle to be citizens of full rights.

This math doesn't make sense!

Some Challenges for Migrant Young Women

Labour market

Their education is not always recognised in the labor market of the host country

Education

In Europe, native-born children of migrants find it hard to keep up with their European peers

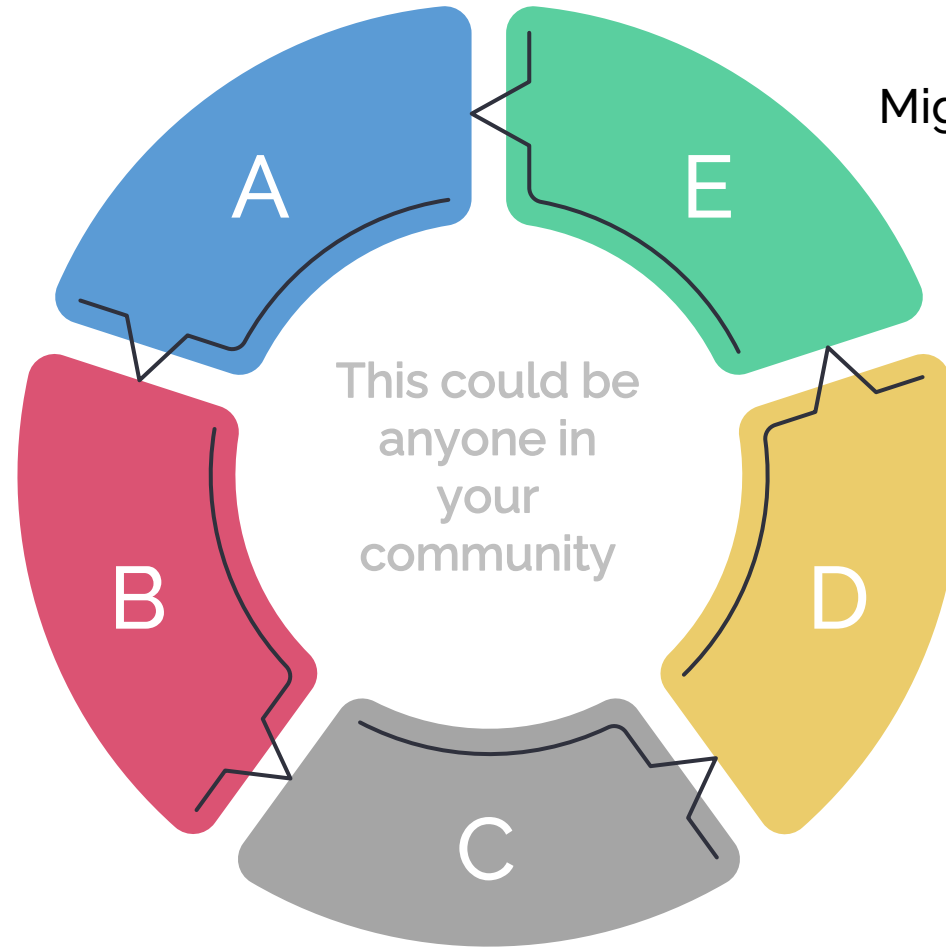
Low rates of taking up of post-compulsory education

Gender

Migrant women have less access to the labour market compared to their European born peers

Participation

Lower participation in active citizenship and lack of participation in political life



Discrimination

Discrimination based on ethnicity, nationality and race

OECD (2018) Immigration integration policies have improved but changes still remain

Espiova, N., Ray, R., Pugliese, A., Tsabutashvili, D (2017) How the world views migration, International Organization for Migration

Gonzalez Enriques, C. (2016) Highs and lows of Spanish Immigration, Real Instituto Elcano

Migrant Youth

According to the OECD (2021) youth with migrant parents are at particular risk due to lower educational level and lower labor market participation (the COVID-19 crisis only exacerbated this situation)

This two factors are a key challenge to the integration and progression of native-born migrant youth.

Is anything being done about it?



Some ideas for the integration of immigrant youth/native born immigrant youth

(from a European perspective)

SECOND CHANCE PROGRAMMES

Language should favor integration instead of emphasizing the immigrant status. Example: Using “second-generation nationals” instead of “migrant generations”



FLEXIBLE EDUCATION PATHWAYS FOR YOUTH BORN ABROAD

Adjusting or language support, or helpful information of how the schooling system is needed before integration in mainstream education

TACKLE DISCRIMINATION AND PROMOTE DIVERSITY

Raising awareness about inclusiveness in the workplaces as well as staff rights and protection

SOCIAL INTEGRATION THROUGH SPORTS AND ASSOCIATIONS

Activities that give youth a chance to interact, show leadership skills, demonstrate talent, develop competences

FACILITATION OF SCHOOL-TO-WORK TRANSITION

Due to reasons such as low education, discrimination or lack of social networks. Programmes offering guidance, apprenticeship, traineeships are needed.

Success Story: JOBLINGE (Germany)



The JOBLING initiative in Germany aims to upskill young people (15-24), with low employment prospects, for and in the labor market. The programme, which lasts 6 months, first places young people in projects where they show their dedicated participation.

They go through an orientation phase to discover their job vocation and then they are prepared for apprenticeship in the occupations they desire. Subsequently, they start getting on-the-job experience in a supervised internship position, before they actually work for their apprenticeship position at a partner company.




Let's Look at What We've Learned and What's Ahead!

*Keep on learning
for wellbeing!*



We have now learnt what wellbeing is all about and how it combines well with diversity. We looked what diversity is and the challenges diverse youth might face, and we continued by looking at the educational institution's role in wellbeing and diversity.

Next let's dive into the relationship between learning and wellbeing.





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1.4 Learning for Wellbeing

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Keep on Learning for Wellbeing!

Different types of learning, including formal and informal, can impact positively on youth wellbeing!

Discover 3 key topics to help you with this:

- 1.** Understand the relationship between learning and wellbeing.
- 2.** Create supportive learning environments.
- 3.** Develop strategies for promoting wellbeing through learning and implementing them.

Understanding the Relationship between Learning and Wellbeing

Youth clubs and other informal learning spaces can boost your wellbeing by giving you chances to express yourselves and discover new things.

These places encourage personal growth, socialising, and having a great time, all while learning. It's all about having fun and feeling good while gaining valuable experiences.



Improving Your Wellbeing

by Understanding the Relationship between Learning and Wellbeing



Self expression in the community

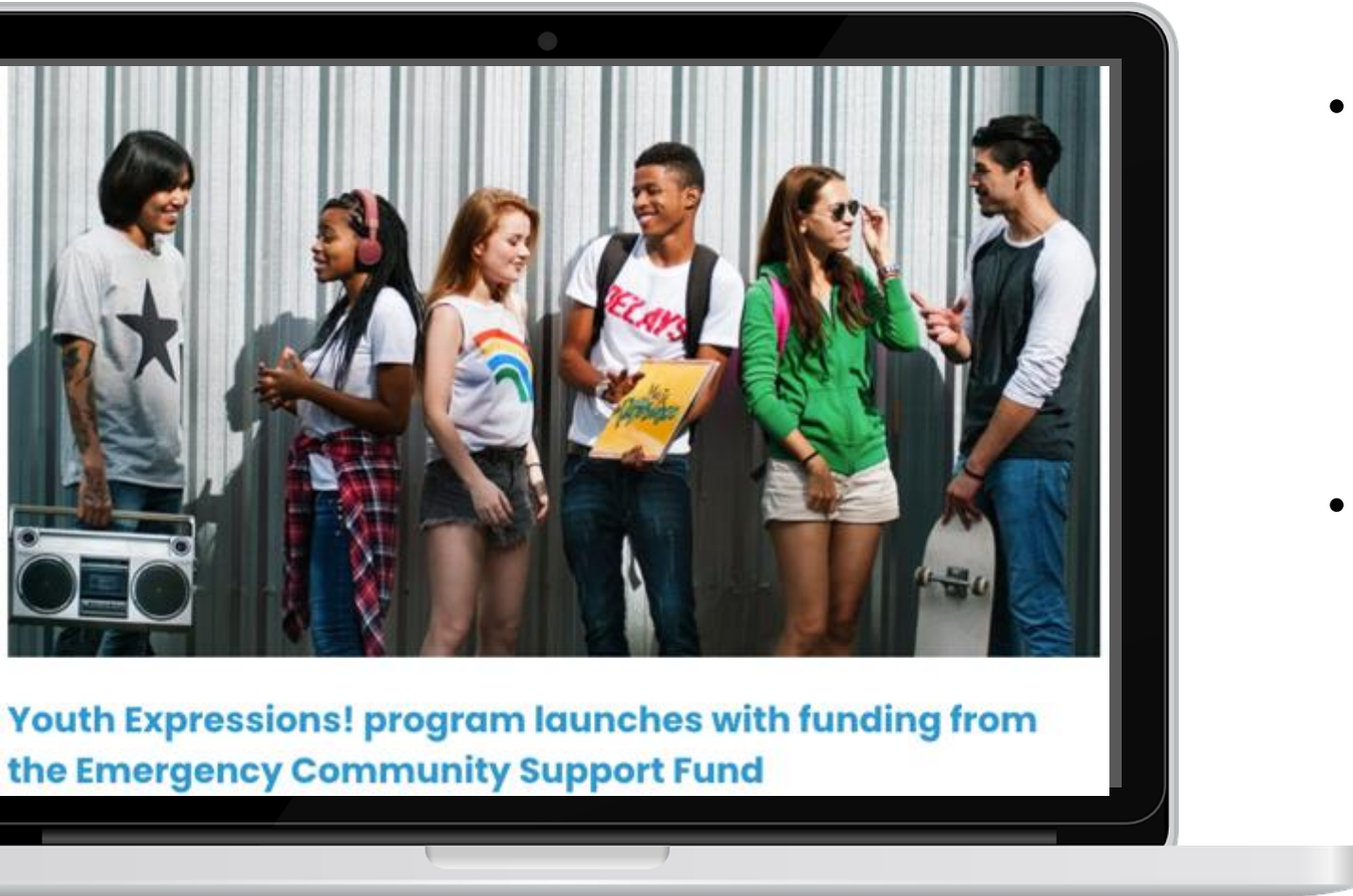
Engaging in **creative activities** such as art, music, and drama can provide you with a sense of **self-expression and mastery**, which can contribute to strengthening your identity. These activities can also promote **positive social connections** and a **sense of belonging**, which are important factors for wellbeing.



Health and skills for life

Outdoor activities such as camping, hiking, and rock climbing can offer learning opportunities. They not only promote **physical and mental health** but also provide spaces for you to develop **leadership skills, teamwork**, and a sense of **self-sufficiency**.

Real-World Examples



- The "[Youth Expressions](#)" programme provides young people with opportunities to explore creativity through various artistic mediums.
- The programme is designed to help you build self-esteem, develop communication skills, and engage in positive social interactions with your peers.

Real-World Examples

CEIPES

About CEIPES ▾ Portfolio News CEIPES Network Employment Agency Learning Mobilities ▾

On the move – The experience of Outdoor Education for social inclusion in ten European countries



The EU funded project "[On the move – The experience of Outdoor Education for social inclusion in ten European countries](#)" promoted social inclusion and mental health among young people through outdoor activities. They developed new skills, connected with nature, and built positive relationships with their peers from different countries. The project provided a unique opportunity for young people to explore their potential, overcome challenges, and experience personal growth and development.

Understand the Relationship Between Learning and Youth Wellbeing

As we see in our On the Move example, formal learning, such as classroom-based education, is not the only path to personal growth and development. Informal learning opportunities, such as outdoor activities or community programmes, can also have a significant impact on wellbeing, and can be much more suited to engaging youth from diverse communities.

By exploring the impact of different types of learning on wellbeing, we can identify innovative approaches to promoting resilience, leadership, and self-awareness, all of which are important for fostering wellbeing throughout our lives. Recognising the importance of learning opportunities for promoting personal growth and development can help to promote inclusive learning environments that cater to the diverse needs and backgrounds of all young people

Seeking Spaces Where You Thrive

Some places just are a better environment for learning and progression. It's not just about the room, the books or computers. It's about the people around you, the goals you're chasing, and the tools you have.

Look for spaces where you're not just a number, but where you're truly connected and involved in the learning journey.



How to Recognise Supportive Learning Environments?



Safe spaces

Where you can feel heard and valued, where you can share concerns and joys



Empowerment

Involving all of you in the process and decision making stimulates personal growth



Informal learning

Learning is not limited to the classroom, but also occurs in many settings such as youth clubs, community centres



Connection

Environments where you can create meaningful relationships with youth peers as well as adults

Real-World Examples

Voluntary-Led Youth Clubs

Youth Work Ireland has established voluntary-led youth clubs in over 200 communities throughout Ireland. They provide young people from all backgrounds with a safe space, where positive relationships are formed with adults, and support is available if needed.

These youth clubs are seen as the heart of the community, they encourage participation, foster a sense of belonging for young people, and provide training and support for volunteers, which helps to ensure that they create a supportive learning environment.

Click link above to access.



Finding Supportive Learning Environments for Youth Wellbeing

For those who work with youth, it is crucial to understand how different factors contribute to positive learning experiences for young people. You need to recognise that the learning environment plays a key role, including your relationships with young people, expectations set, and the resources available. By prioritising these factors, we can create learning environments that foster wellbeing, active participation, and a sense of belonging. This, in turn, positively influences the personal growth and development of our young people.



Find Your Learning Groove

Ever wanted to really own what you learn? Look for chances where you can dive into stuff that sparks your interest, based on your own experiences. Think about teaming up with friends to learn together or using cool tech tools that make learning more fun and engaging.



Seek Spaces Where You Truly Belong

Ever dreamt of a place where you're not just another face in the crowd? Find spots where you're not only safe but where you feel truly valued. It's about connecting with those who teach and guide you and feeling that wonderful sense of being part of a community where everyone's got each other's back.

Planning Wellbeing Through Learning can be Lifechanging

Overall, we benefit from a fully holistic view of health and emphasise developing essential life skills. By promoting physical, emotional, and social wellbeing, and teaching skills such as problem-solving and resilience, young people are better equipped to handle life's challenges and achieve and maintain optimal health and wellbeing.



Ever noticed that we are rarely taught about looking after our own wellbeing? It's a big deal! By figuring out how to plan for our own mental and physical health, we can stay ahead, feel good, and dodge future health issues. It's like setting up a game plan for feeling better.



Tackling our insecurities can be a game-changer. We all have moments of doubt, especially when experiencing something new. But by learning to push past these feelings, we can grow, chase our dreams, and boost our overall happiness and mental health.

Using Learning and Upskilling to Craft Your Wellbeing Game Plan

- 1. Mix It Up:** Think about ways to boost your body, mind, and social life. Maybe it's a bit of meditation, joining a sports team, or just hanging with friends who've got your back. And hey, while you're at it, work on skills such as tackling tough situations and bouncing back from setbacks.
- 2. Put It into Action:** Got your plan? Brilliant! Now, it's time to make it happen. Start by setting things up, then dive in. Don't forget to check in on how things are going. If something's not working, tweak it. Remember, it's all about finding what's best for you.



Improving Youth Wellbeing

Learning is wellbeing and wellbeing is a skill to learn!



Planning as a skill for life

To learn to strategically plan for personal wellbeing, is an important skill worth acquiring early in life. This includes planning how to learn healthy habits that offer benefits throughout our lives, these may include mindfulness, sports, languages, or any fun learning path really.



Overcome insecurities

It is sometimes easier to plan a new activity, dream about it, than executing it. Facing something new can be scary, and learning how to overcome initial anxieties is an important lesson we all face throughout our life. Monitoring our own little successes (for example with a [bullet journal](#)) can be a great way to boost self-esteem.

Try Bullet Journaling

How to Start a Bullet Journal (Step-By-Step Tutorial)

By Shelby Abrahamsen: <https://littlecoffeefox.com/how-to-start-your-very-own-bullet-journal/>



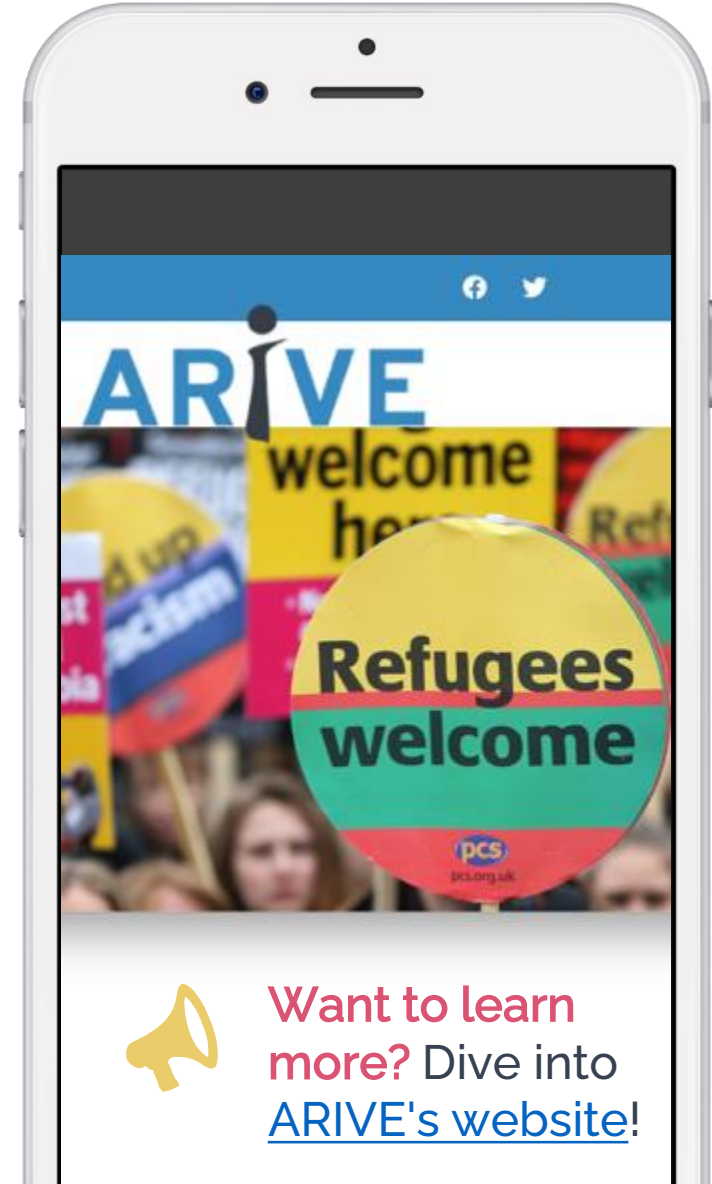
Real-World Example of WELLHOODY- like approach

Check Out **ARIVE: Boosting Wellbeing for Young Refugees**

ARIVE is all about helping young refugees, especially those who might not have a lot of formal skills or qualifications, find their footing when they arrive in a new place.

ARIVE's goal? Break down the big challenges these young people face when they first get here and help them connect with their new communities.

Here's the cool part: ARIVE recognises the skills and knowledge these young folks already have, even if it's not from a classroom. They offer special training based on what each person needs and even set up real-world work experiences. This way, young refugees can start working and being part of the community faster. It's all about making sure they feel good, belong, and can thrive in their new home.





Schools have a key role to play

Diversity in schools is a chance for all.

When your school embraces diversity, it means that all students, including you, have an opportunity to learn, grow, and flourish.

By promoting inclusion and appreciating different cultures, languages, and backgrounds, your school creates an environment where you feel safe, happy, and like you truly belong. Not only that, but it also helps make our society more fair.

When we embrace diversity, we're all winners!

How can this Knowledge Improve Things?

The impact on the youth wellbeing

Discrimination and exclusion are common experiences for many students from diverse backgrounds, and it can have a negative impact on their wellbeing and performances at school.

However, when diversity is properly nurtured, it can lead to a range of positive results, including increasing your creativity, empathy, academic success and wellbeing in general, regardless of the learner's diversity background.

Being exposed to various perspectives, experiences, and cultures can really expand horizons and do wonders for personal growth. When we have the chance to interact closely with different people, it helps us develop empathy and critical thinking skills. Plus, it prepares us for a world that's becoming more interconnected and globalised.

Being able to understand and appreciate different cultures and communicate across cultures is highly valued. It's a win-win situation!

What's Your Take on Your School? Give it a Score!

School as a promoter of diversity

Let's break down the importance of diversity in schools and make it easier to understand. Diversity is a complex issue that includes lots of different things like culture, language, money, and religion.

When schools promote diversity, it means they're working to create an inclusive and accepting environment where students from all backgrounds feel like they truly belong and are respected.

Schools/universities could be places to innovate as they bring together a huge number of diverse people. They can do this by having fair policies, teaching about different cultures, and providing support for students who come from backgrounds that are often overlooked or mistreated.



Dive Deeper: Questions to Think about



Question group 1

Is your school/university diverse? To what extent?



Question group 2

Are you regrouping according to cultural similarities with others? Are you in a social bubble? How could YOU do better and help your school do better?

Game *Diversity Scavenger Hunt*

Objective: To highlight the benefits of diversity and promote inclusivity

Materials needed: A list of different characteristics, a pen or pencil for each player, a timer, and a prize for the winner.

- 1** Divide the players into pairs or small groups
- 2** Give each group a list of different characteristics, such as cultural origins, ethnicity, religion, language, gender, sexuality, age, etc.
- 3** Set a timer for 15-20 minutes and ask the groups to find examples of each characteristic within the group or around the room.
- 4** Once the time is up, gather the groups together and have each group share their examples.
- 5** Encourage the players to reflect on the diversity of the group and how each characteristic adds value and enriches the group's experience.
- 6** Award a prize to the group that found the most examples.

Remember, we are celebrating diversity and we let people define themselves!
Well done on finishing the game, award yourself by picking your favourite diversity quote:

1. *"Society is unity in diversity." – George Herbert Mead*
2. *"Our concern is to heal. Our concern is to bring together." – Harold Washington*
3. *"Diversity: the art of thinking independently together." – Malcolm Forbes*
4. *"Share our similarities, celebrate our differences." – M. Scott Peck*
5. *"Strength lies in differences, not in similarities." – Stephen Covey*
6. *"Diversity is a mix and inclusion is making the mix work." – Andrés Tapia*
7. *"No culture can live, if it attempts to be exclusive." – Mahatma Gandhi*
8. *"A democracy thrives on diversity. Tyranny oppresses it." – Sam Brownback*
9. *"Too many of us still believe our differences define us." – John Lewis*

Diversity Day at School

CLICK
AND
WATCH



A member of the UNESCO schools network, the Institut Sainte-Thérèse d'Avila de Chênée presents one of its global citizenship projects: the organisation of a Diversity Day on 27 April 2023.

Through the eyes of [Amina and Tom](#), let's set off to discover [this day, the school, and the question of "what is cultural diversity?"](#)

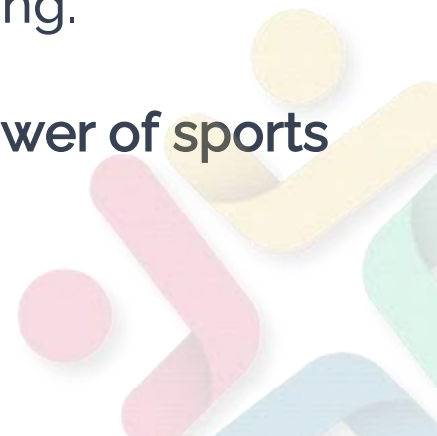
Let's Sum up the Learning and Wellbeing Topic!



Up to here, we have explored the relationship between learning and wellbeing among young people. We have identified a range of strategies for promoting youth wellbeing through learning and offered examples of how to implement them.

We hope that the topics have inspired you, and that the real-life examples have provided you with ideas and tools of how to promote wellbeing among young people through learning.

Now let's take a look of the superpower of sports in all this!





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1.5 Sport, Diversity & Wellbeing

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Nelson Mandela

“We can reach far more people through sport than we can through political or educational programmes. In that way, sport is more powerful than politics. We have only just started to use its potential to build up this country. We must continue to do so.”



Inclusive Sports: Bridging Gaps, Building Bonds

Sports are amazing for your physical and mental well-being, but they also reveal something important—the diversity of abilities. Not everyone has the same access to sports facilities, equipment, and resources. This creates inequalities in sports participation.

From a diversity point of view, it's crucial to recognise that sports can either bring communities together or create divisions. That's why it's important to provide inclusive, culturally sensitive, and welcoming sports opportunities for young people. By doing this, we can bridge the gaps between different cultures, ethnicities, and socioeconomic backgrounds.

When we offer sports practices that embrace diversity, it helps you feel like you truly belong and are valued. It fosters connections and empowers individuals from diverse backgrounds.

And you, do you practice any sport? Are you surrounded by young people coming from diverse backgrounds? Does everyone feel included? If not, how could you help do better?

Sport Practices in the Light of Diversity and Wellbeing

When you get the chance to experience diversity in sports, you start to appreciate and understand the differences in other people, which leads to having more positive thoughts about diversity and being more accepting of others.

It helps create a sense of community and belonging. You feel like you're a part of something bigger, and you get to have positive interactions with different people.

So, whether you're playing sports or cheering from the sidelines, embracing diversity can make your life happier and more fulfilling. It's about recognising and celebrating the amazing things that make each person unique.

The Benefits of Diversity in Sports on Youth Wellbeing

When sports teams embrace diversity, it creates an environment where everyone is **treated equally** and where **fair play is valued**. It gives you the chance to develop your skills and grow. That has a direct impact on **your self-esteem** and how confident you feel about yourself.

But that's not all. Diverse sports teams also provide an incredible opportunity for you to learn about different cultures, traditions, and perspectives. This helps you become more aware and understanding of the world around you. And when we have that understanding, it brings people closer together and helps create inclusive communities.

So, diversity in sports is about much more than just playing a game. It's about promoting equality, building your skills, and learning about different cultures.

Real World Examples - Project 51

Women in Sport and Sported in the UK came together for Project 51, a joint programme funded by Comic Relief and aimed at helping girls in some of the most deprived areas of the UK to fulfil their potential and use sport to overcome the impact of negative gender stereotypes.

Gender stereotypes are one of the key barriers preventing more women and girls getting active. Less than half of girls say they have the same choice as boys at school in sport and exercise; and among secondary school-age children, being 'sporty' is still widely seen as a masculine trait.

The two organisations worked with girls and their clubs to tackle the impact of negative gender stereotypes. As part of Project 51, Women in Sport are working with seven 'Young Influencers' from across the country to amplify the voice of young women in sport.

WATCH AND LEARN <https://youtu.be/GFUne3Dt25s>

READ MORE:

- [Project 51 | Sported](#)
- [Challenging gender stereotypes through sport | Connect Sport](#)

Real-World Examples



["Sport dans la Ville"](#) (Sport in the City) offers sports programmes to youth from underprivileged areas, aiming for social inclusion, personal growth, and job readiness.

This association boosts wellbeing by creating an inclusive space where young people from varied backgrounds feel connected and valued, reducing bias.

Through sports, they promote mental health, social-emotional growth, physical health, and active lifestyles. Plus, with leadership and skill-building chances, they empower youth, enhancing their overall well-being.

Real World Examples - Street Soccer

Football – the beautiful game. Looking back in history, we find that street soccer has been a training platform for some of the world's best footballers. With every passing day, street football is being used for coaching young footballers from very diverse backgrounds.

Street football is consistently used as a tool to engage young people in the community, foster integration, global learning and international understanding among players. For example, KICKFAIR [KICKFAIR | Wir verändern Perspektiven](#) develops and tailors street football projects to fit local cultures and contributes to the healthy social development of communities in Germany, as well as provides consultation to German schools for the inclusion of football in the school curriculum.

The young people discover their strengths, learn to develop these potentials and take responsibility for themselves and for others in the social space. They use the skills they have gained here in the municipality, in their schools and in their leisure facilities. They actively contribute to democratic coexistence and non-violent conflict resolution in their environment.

Christoph Bolay, Lord Mayor of the City of Ostfildern



Why is it Important to Practice Sport?



As part of Olympic and Paralympic Week on the theme of inclusion through sport, the journalist Jamy here met Paralympic athletes Sofyane Mehiaoui and Nantenin Keïta and Michel Cymes to talk about the benefits of sport. Jamy also took the opportunity to meet children from a primary school in Clamart to remind them of the importance of practising sport on a daily basis:

<https://www.youtube.com/watch?v=YAaxfJrz0is&t=2s>

Game *Equal play*

Objective: to raise awareness about the inequalities in sports and how to create a fair and inclusive playing field for everyone

Materials needed: a playing field, variety of sports equipment, different colored wristbands or ribbons

- 1** Play this game with friends or peers. Divide the participants into two teams
- 2** Explain that each team will wear a different colored wristband or ribbon to represent their team.
- 3** Scatter the sports equipment around the playing field.
- 4** Explain that players will have random advantages or disadvantages, like being blindfolded, using one hand, or hopping on one foot.
- 5** Begin the game (**of your choice**). Players with disadvantages will need to work together with their team to overcome these challenges and play to their strengths.
- 6** After the game, discuss how disadvantages impacted play and its real-life sports parallels. Brainstorm ways to ensure fairness and inclusion.

Other Exercises

At a community level, you could also organise a sports tournament that includes a variety of sports and teams composed of individuals from different backgrounds, cultures, and abilities.

Before the tournament, facilitators could lead discussions on the benefits of diversity in sports and how it can promote social cohesion, acceptance, and personal growth. Participants could also share their own experiences with sports and discuss any barriers they may have faced due to their background or identity.

During the tournament, facilitators could encourage positive behavior and sportsmanship, emphasising the importance of respecting and celebrating diversity.

After the tournament, participants could reflect on their experiences and discuss how they can apply what they learned to their daily lives and future sports activities.




Take a
Break

Take a
Breath

After getting some fun and active ideas about implementing diversity and wellbeing, let's look at one more crucial ingredient: EMPATHY!

Before jumping onto this new topic, please don't forget to take a break after sections in this course, to rest, and reward yourself for all the hard work!





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1.6 Empathy & Wellbeing

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Empathy and Wellbeing

Empathy is a game-changer for young people and our communities! It's not just about understanding others; it's about growing ourselves.

When we tap into empathy, we not only connect better with friends and family, but we also boost our own mental well-being.

Think about it: every time we understand someone's feelings or see things from their perspective, we're building stronger relationships and creating a positive environment around us.



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Promoting Empathy

- **Cultural Understanding and Connection:** Empathy encourages individuals to step into others' shoes, fostering a deeper understanding of different cultures, traditions, and experiences.
- In a diverse society, this understanding promotes a sense of connection and belonging among all members, leading to improved emotional and social wellbeing.
- **Reducing Stereotypes and Prejudice:** Empathy challenges stereotypes by promoting direct interaction and understanding between people of different backgrounds.
- This reduces prejudice and bias, creating an environment where individuals can fully express themselves and experience better mental and emotional health.

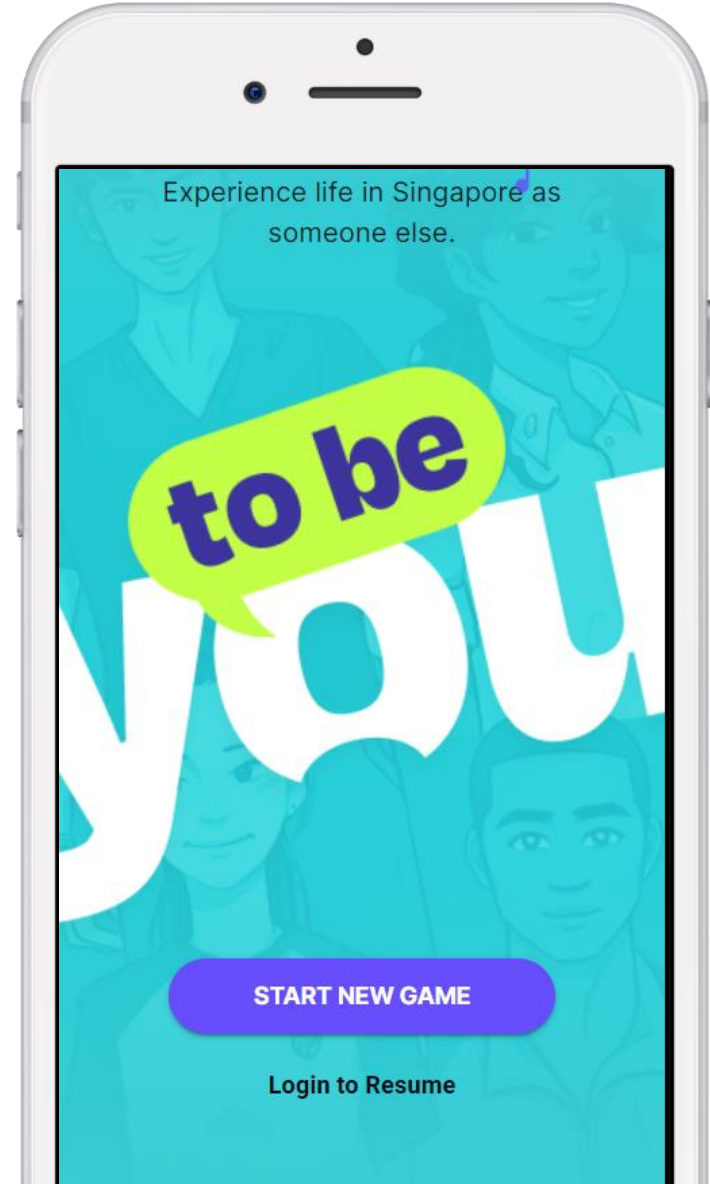


Real-World Examples

Gamification for Social Change: [TO BE YOU.](#)

"To Be You" is an immersive mobile game designed to nurture empathy. Players step into the lives of others, making choices, facing challenges, and connecting with diverse backgrounds.

Conceived by Better.sg for the Mission: Unite hackathon (2020), the game aims to break stereotypes, reduce prejudice, and foster empathy among Singaporeans. Developed with input from community organizations, focus groups, and researchers, it offers authentic, fictional stories rooted in real experiences to promote inclusivity and understanding.





Let's Play!

To Be You is a first-of-its kind interactive fiction game, that replicates the user experience that youth are used to (Instagram, Whatsapp, Twitch, Email, etc) to create a fully immersive story-telling experience on the phone.

Goals of the Game

"To Be You" lets players experience diverse characters, boosting emotional intelligence. This awareness enhances self-understanding, empathy, and overall wellbeing.

The game's emphasis on understanding and connection promotes emotional balance and mental wellbeing.

The game boosts empathy and understanding, leading to deeper relationships. Stronger bonds with others improve emotional wellbeing.



Engaging with characters' journeys prompts players to reflect on their own biases, experiences, and personal growth. This self-awareness contributes to improved self-esteem and overall wellbeing.

Experiencing characters' ups and downs inspires players to be resilient, boosting emotional wellbeing and a brighter life perspective.

The game promotes empathy, challenges biases, and boosts inclusivity, leading to a more united society. A community valuing empathy and diversity experiences better societal wellbeing.



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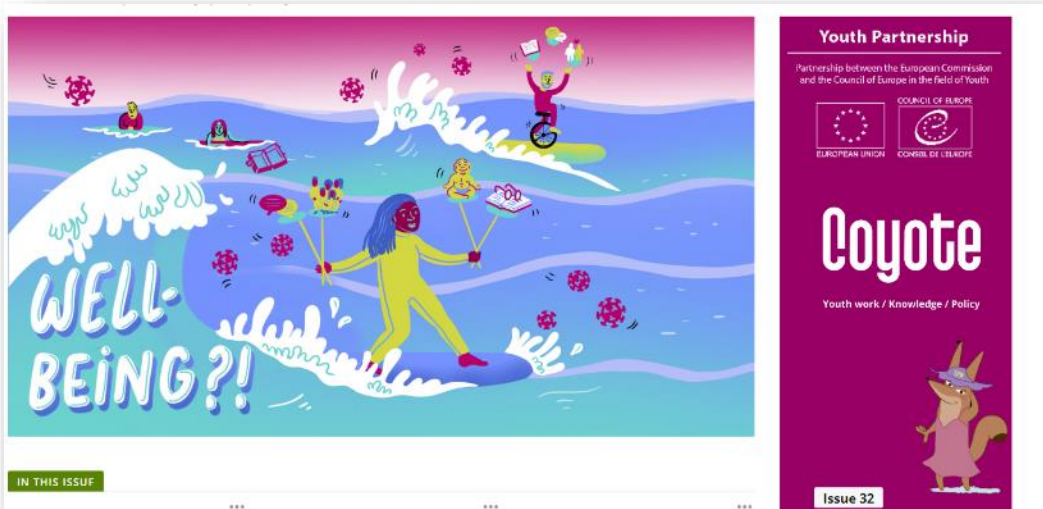
1.7 Additional Resources

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Additional Resources for Diversity, Wellbeing and European Context



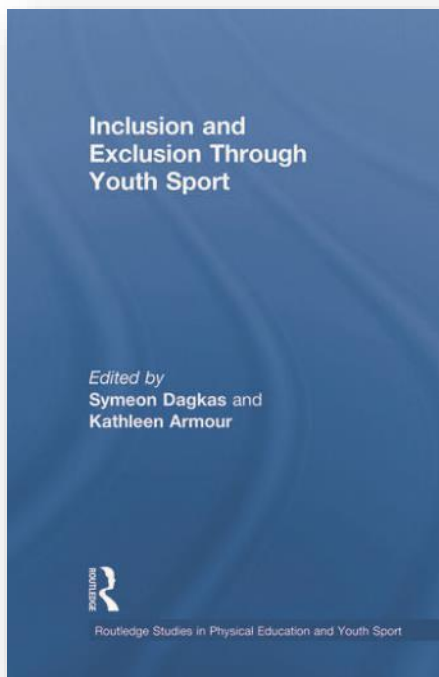
Coyote Magazine published by the partnership between the European Commission and Council of Europe in the field of youth since 1999!



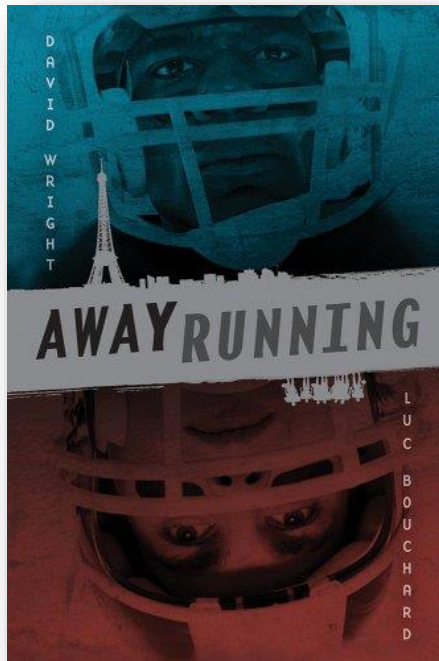
[2016 report by the French government mission on Youth wellbeing and health](#), Chapter in "Diversity at school in France, source of discrimination but a chance for all"



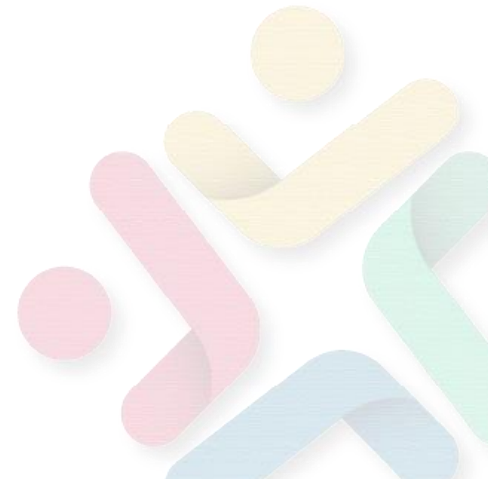
[The European Youth Portal](#) offers young people information on opportunities in Europe and beyond. Explore initiatives to learn, work and volunteer. Find ways to make your voice heard as a European citizen.



"Inclusion and exclusion through youth sport" by Symeon Dagkas and Kathleen Armour



"Away running" by David Wright and Luc Bouchard





Thank you and
congratulations.

You have finished
the first module
of WELLHOODY
course.

NEXT UP: Module 2

THE POWER OF DIVERSE YOUTH COMMUNITIES

Utilising diversity effects to reach common wellbeing



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