



**Wellhooody**  
Wellbeing in Diverse Youth Communities

OPEN EDUCATION RESOURCES

# MODULE 2

## EMPOWERING DIVERSITY FOR 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 the strength in diversity, it inspires everyone in the community to work together for everyone's well-being and to be more accepting and inclusive.

Ready to jump in?



# LEARNING OBJECTIVES

In module 2, learners will

- Gain an understanding of the importance of youth and multicultural environments, diversity and interfaith exchanges in promoting creativity, innovation, and wellbeing.
- Acquire skills and strategies for positive conflict resolution, fostering empathy, respect, and understanding in diverse communities.
- Be encouraged to actively participate in their communities, advocate for positive change, and understand the importance of networking and self-expression using digital tools.
- Engage in activities that promote creativity, collaboration, and critical thinking, recognising the potential of youth-led initiatives and the importance of cultural solidarity.
- Understand the importance of reaching out, connecting with others, and actively participating in society for enhancing individual and community wellbeing utilising digital tools to do so.



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## 2.1 Youth and Multicultural Environments

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# Why Do Diverse Settings Rock for Youth?

Diving into a multicultural setting has some great advantages for young individuals. Here's why:

- ✓ **Broaden Your Horizon:** get to truly understand and value the beauty of diversity.
- ✓ **Unleash Creativity:** different backgrounds bring fresh ideas and spark innovation.
- ✓ **Language Boost:** picking up new languages and accents becomes much easier.
- ✓ **Break the Bias:** it helps in breaking down prejudices and unfair judgments.
- ✓ **Global Ready:** prepare for a world that's more connected than ever.

# That Little Voice: WATCH THE [VIDEO](#)



By learning now how to navigate and thrive in diverse communities, you're setting yourself up for success in the future.

This video gives a glimpse of the diverse voices you'll encounter when you enter the workforce. Let's dive into this video to see what awaits and how you can prepare.



# Dive Deeper: Questions to Think about



## Question group 1

Can you recall a time when you felt like an outsider or when your opinion was overlooked? How did you handle the situation, and what would you do differently now?



## Question group 2

Can you recall a situation where someone either stood up for another person or should have done so?



# Improving Youth Wellbeing

## By Promoting Multicultural Environments



### Appreciate diversity

Learning about different cultures, traditions, and beliefs, can increase understanding and appreciation of diversity. Exposure to diverse perspectives can help you to develop empathy, respect, and tolerance towards others, and to challenge their prejudices.



### Creativity and innovation

When youth from different cultural backgrounds work together, they can bring a range of different skills, ideas, and perspectives to the table, which can lead to new and innovative solutions to problems.



### Improve language skills

When you are exposed to different languages on a daily basis, you are more likely to develop language skills and to become proficient in multiple languages. This can increase your employability and mobility in a globalised world.



# Improving Youth Wellbeing

## By Promoting Multicultural Environments



### Promote social cohesion

When young people from different cultural backgrounds come together in a supportive and inclusive environment, you are more likely to form positive relationships and to work towards common goals. This can lead to the development of a sense of community and belonging and reduce intercultural prejudice and discrimination.



### Prepare for a globalized world

In an increasingly interconnected and diverse world, the ability to communicate and work effectively with people from different cultural backgrounds is becoming increasingly important. By providing you with opportunities to interact with other people from different cultural backgrounds, multicultural environments can help to prepare you for future challenges and to become global citizens.

# Real World Example

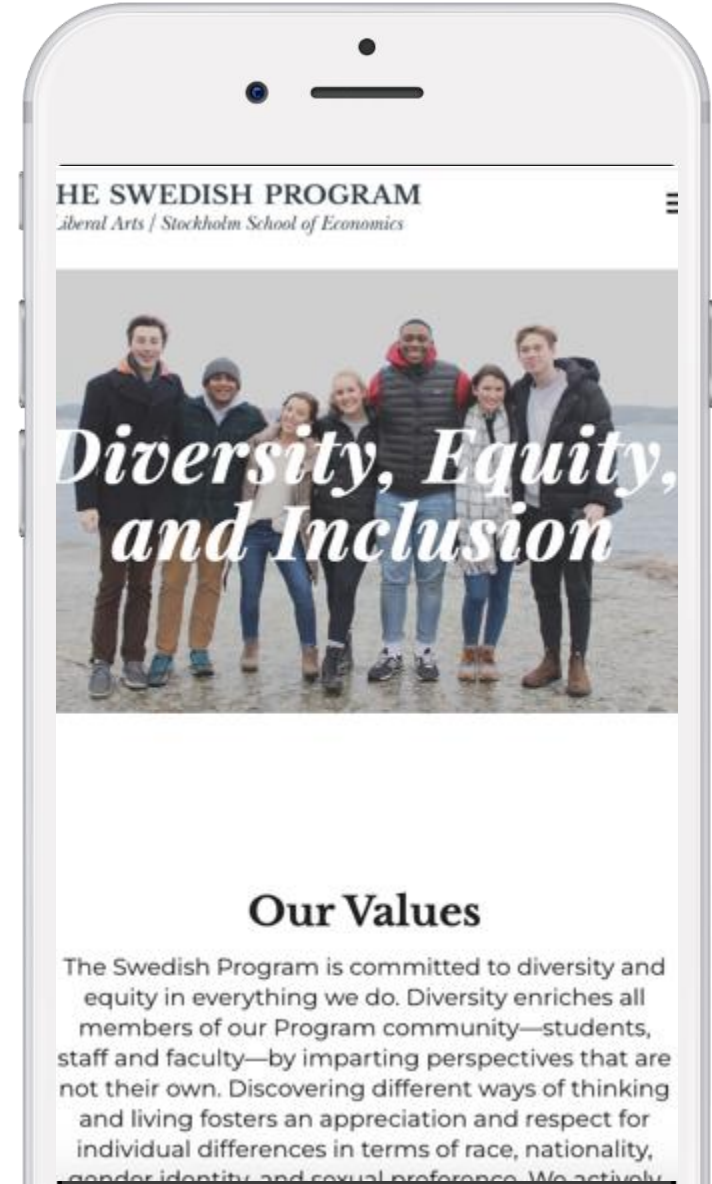
## Stockholm School of Economics & Diversity

The Stockholm School of Economics (SSE) nails the importance of a multicultural vibe for youth. They've put diversity, equity, and inclusion at the heart of what they do.






In SSE's inclusive space, young minds come together, especially in business studies. Here, understanding global markets and varied cultures is key. Mixing with diverse peers helps youth become more understanding, flexible, and ready for the world.

SSE's commitment to these values not only sets an example but also motivates future business leaders to champion inclusivity in their paths.

 [Learn More](#)



# Dive into the Multicultural Mix: Your Action Plan

-  1. **Connect Globally:** start with a simple step. Join an international online forum or group related to your interests. Whether it's gaming, music, or art, there's a global community waiting. See our examples in section 2.6 later.
-  2. **Buddy Up:** pair with someone from a different background at school or in your community. Swap stories, share a meal, or teach each other something new.
-  3. **Tune In:** listen to a podcast or watch a documentary about a culture you're unfamiliar with. Not only will you learn, but you'll also find common ground in unexpected places.
-  4. **Create Collaboratively:** start a project that requires diverse perspectives. Maybe it's a YouTube channel reviewing global music or a blog exploring worldwide fashion trends.
-  5. **Challenge Yourself:** read a book or article that offers a viewpoint different from yours. Discuss it with friends, and you'll be surprised at the insights you gain.

*Remember: Innovating your life isn't just about big ideas; it's about understanding the world piece by piece. By actively engaging with diverse cultures, you're not just talking the talk; you're walking the walk toward a more inclusive future.*

# Cultures Unite: Your Wellbeing Boost

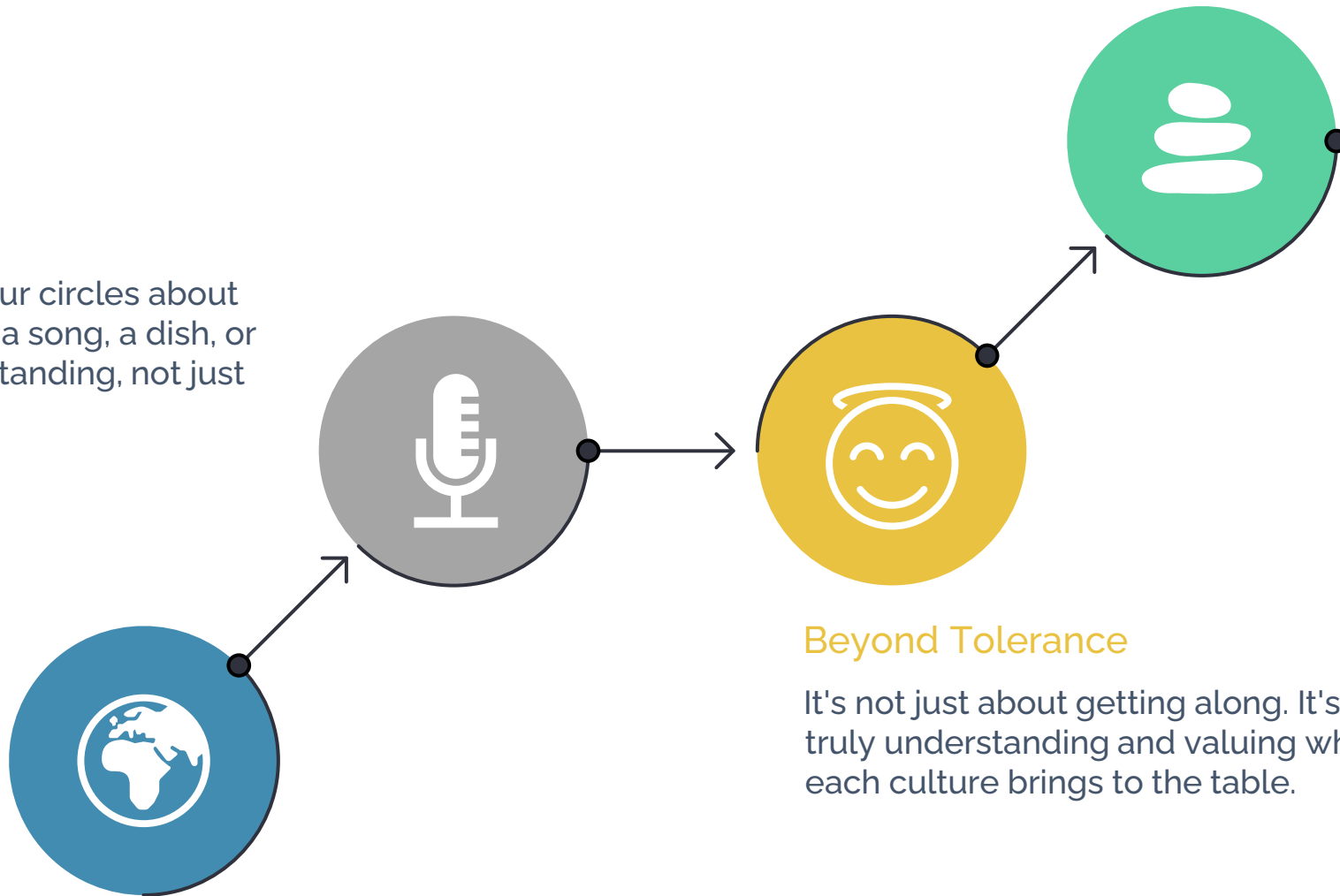
Think of the world as a massive puzzle, with each culture being a unique piece. When we connect these pieces, we see a bigger, more vibrant picture.

## Your Voice Matters

Start conversations in your circles about different cultures. Share a song, a dish, or a story. It's about understanding, not just knowing.

## Global Connections

The world's getting smaller, thanks to tech. Use it to learn about cultures beyond your backyard. It's prep for a world that's more connected than ever.



## Wellbeing Perk

When we feel connected and understood, it's a win for our mental health. Celebrate differences, and you'll find it's a boost for everyone's wellbeing

## Beyond Tolerance

It's not just about getting along. It's about truly understanding and valuing what each culture brings to the table.




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## 2.2. Understanding Interfaith for Better Wellbeing

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Envision a world where diverse beliefs unite us, a vibrant mosaic of heritage, cultures, and religions, including those without a religious affiliation, all eager to belong, engage, and have impactful conversations.

Guess what? That world is here!

# Interfaith – What is it?

Interfaith, in its most basic sense, is when people or groups from different religious/spiritual worldviews and traditions come together. “Inter-religious” is also used as a synonym, but interfaith cooperation can also include atheists and agnostics, and people of no faith. Interfaith cooperation is the conscious bringing together of people from diverse religious, spiritual, and ethical beliefs.

Interfaith cooperation can take many different forms:

- ✓ Interfaith dialogue – like when a group of people talk about their beliefs.
- ✓ Interfaith-based action – like when a group of people of different beliefs do something together, such as plant a garden for those in need of food.
- ✓ And interfaith-based outreach – like when people of diverse faiths educate about religious beliefs (religious literacy), such as teaching others about religion.



# Faith & Diversity: Finding Unity in Differences

How can sharing different beliefs pave the way for peaceful coexistence?

Check out "[Coexister](#)" - it's this cool French movement where young people, no matter their faith or beliefs, come together. Why? To strengthen bonds and promote understanding.

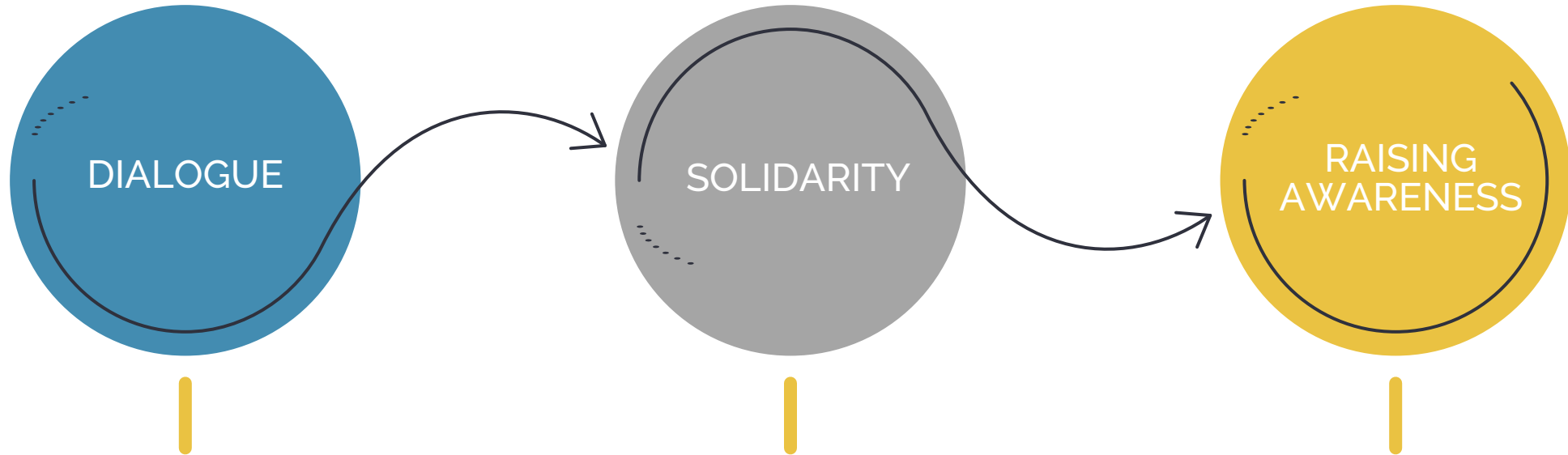
The whole ethos of Coexister is that our diverse beliefs aren't barriers; they are bridges. By sharing and learning from each other, we're not just getting along - we're building a society that's more in sync and peaceful. So, whether you're religious, spiritual, not spiritual or somewhere in between, there's power in coming together.

# Empowering Youth Through Interfaith Unity: A Path to Wellbeing and Purpose

## Benefits of interfaith exchanges for young people

- Through interfaith exchanges and workshops, young people are encouraged to share their experiences, learn from each other and build a common understanding of the challenges facing their communities. They are also invited to engage in collective actions and community services aimed at promoting social justice, environmental sustainability, and human rights.
- Coexister and interfaith actions are a powerful tool for promoting youth wellbeing. Many young people have reported regaining self-confidence, **feeling recognised and appreciated, finding a sense of purpose and belonging**, and developing new skills and competencies through their involvement in this movement.
- By enabling young people to connect across cultural and religious boundaries, Coexister fosters a sense of understanding, empathy, openness, and respect for diversity that are essential for building a more inclusive and cohesive society.

# Type of activities to promote interfaith and beliefs dialogue



**DIALOGUE** as a way of getting to know each other. Each local group can organise visits to places of worship, debates, conferences, shared meals on the evenings of religious festivals, exhibitions, café-debate or film

**SOLIDARITY** activities go beyond the simple framework of dialogue by acting together in the service of society e.g. clothing and toy collections, blood donations, work with the refugees, homeless, and orphans, etc.

**RAISE AWARENESS** involves spreading respectful messages about diverse cultures and beliefs, both online and in face-to-face interactions.

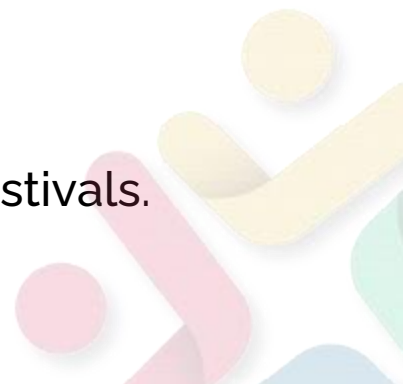
# Empowering Youth Through Interfaith Unity: A Path to Wellbeing and Purpose

Young people who don't have direct access to a project such as Coexister can still achieve similar results by engaging in activities that promote interfaith understanding, community involvement, and personal growth. Here are some actionable steps they can take:

- **Start Local Interfaith Groups:** gather friends and acquaintances from different religious backgrounds and start a discussion group. Meet regularly to share experiences, beliefs, and traditions.
- **Attend Workshops & Seminars:** look for local or online workshops that focus on interfaith dialogue, cultural understanding, or community building.
- **Community Service:** organise or participate in community service projects that bring together diverse groups. This could be cleaning a park, helping at a food bank, or organising a cultural fair.
- **Educate Yourself:** read books, watch documentaries, or take online courses about different religions and cultures. Understanding is the first step to appreciation.

# Empowering Youth Through Interfaith Unity: A Path to Wellbeing and Purpose

- **Host Cultural Exchange Events:** organise events where people can share their cultural and religious practices, like food tasting, music sessions, or storytelling nights.
- **Engage in Art and Expression:** encourage the creation of art, music, or writing that celebrates diversity and shared human experiences.
- **Promote Open Dialogue:** create safe spaces, whether online or offline, where young people can discuss their beliefs without judgment. This can be in the form of discussion forums, blogs, or social media groups.
- **Collaborate on Projects:** work on projects that require diverse perspectives. This could be a community mural, a joint musical performance, or a shared garden.
- **Mentorship Programmes:** pair up with someone from a different cultural or religious background. Share experiences, offer guidance, and learn from one another.
- **Celebrate Festivals:** participate in or organise events that celebrate various religious festivals. It's a fun way to learn and appreciate different traditions.



# Testimonies from young people engaged in Coexister interfaith exchanges

*"Being part of Coexister allowed me to share my beliefs and convictions with others, and to learn more about their own perspectives. It was a very enriching experience that helped me to grow personally and spiritually."*

*"Before joining Coexister, I felt isolated and misunderstood because of my faith. But through the exchanges and activities organised by the movement, I found a community of like-minded people who support me and with whom I can share my struggles and joys."*

*"Coexister gave me the opportunity to discover new cultures and traditions, and to learn from them. I now have friends from different parts of the world, and I feel more connected to the global community."*



# Game *Walk in My Shoes*

**Objective:** To promote empathy, respect, and understanding among young people from different religious backgrounds. Encourage open, respectful discussions about beliefs. Rotate the activity so everyone participates.

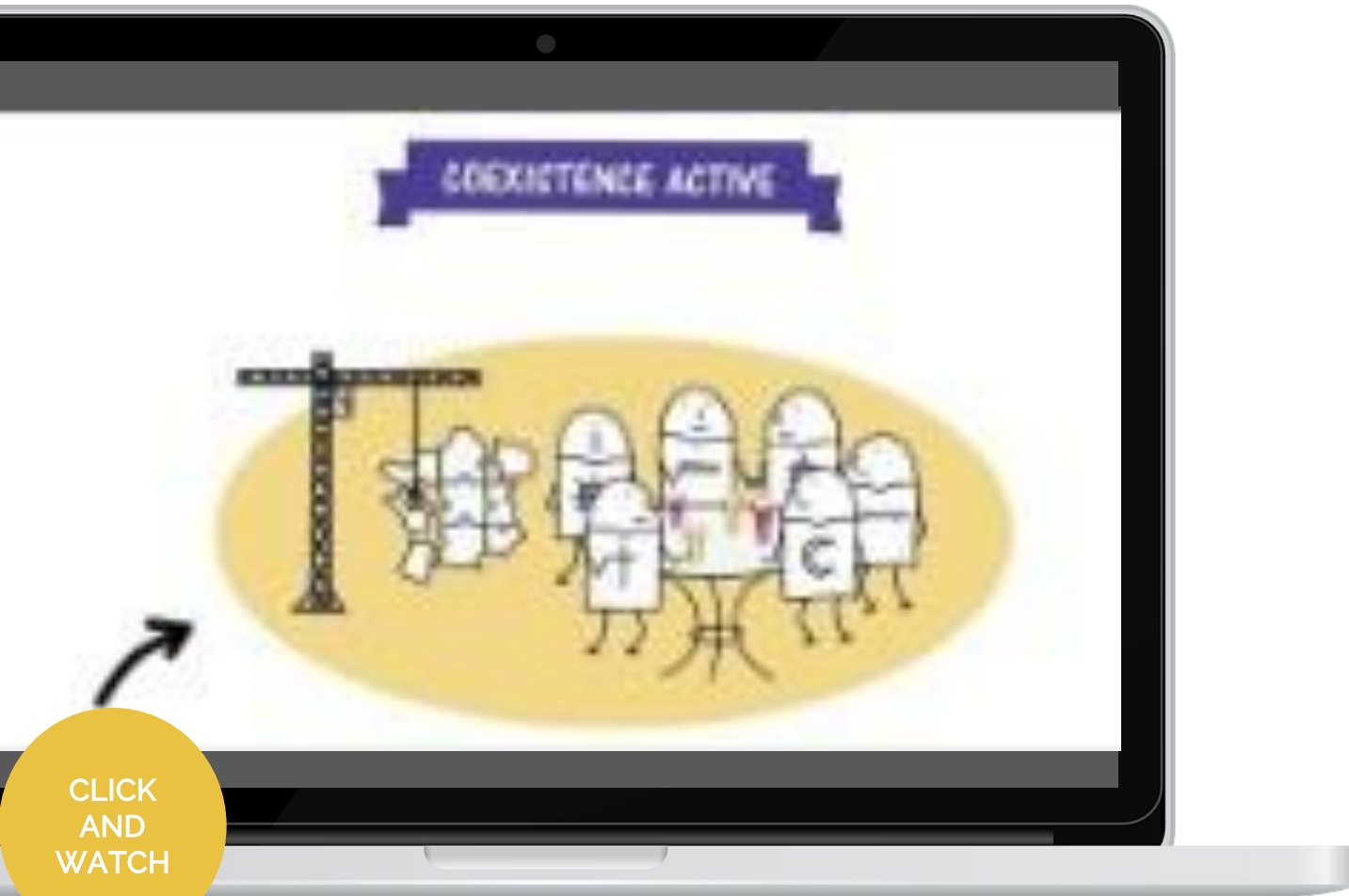
**Materials needed:** a shoebox or container for each participant, pieces of paper, pens, or pencils.

- 1** Ask each participant to bring a shoe or a pair of shoes that represent their faith or religious convictions.
- 2** Explain to the participants that they will engage in a role-playing activity to help them understand and appreciate different religious beliefs and practices.
- 3** Ask each participant to place their shoes in the shoebox or container and take a pair of shoes from the box that is not their own.
- 4** Ask the participants to examine the shoes they have chosen and then write down what they think the religious beliefs or convictions of the owner of the shoes might be.
- 5** After everyone has written down their thoughts, have the participants share what they have written with the group.
- 6** Ask the owners of the shoes to reveal their religious beliefs or convictions and share with the group some of their practices and rituals.



# What is active coexistence?

In this video, Coexister explains what is the “active coexistence”, why it is desirable, and compares it to other types of societies: confrontation, assimilation, and passive coexistence.



CLICK  
AND  
WATCH



# Additional resources



[Interfaith Relationships: The Path to Truth](#) | Ghazala Hayat | TEDxSaintLouisUniversity



## World Interfaith Network

(Formerly California Interfaith Association)  
*"Connecting Interfaith Groups and People  
Around the World"*



### An Interfaith Expression of Harmony

*Began in Southern San Diego County, then North through California, then throughout the United States and now, THE WORLD!"*

### Our Mission Statement

*We honor and respect all faiths, cultures, creeds, and races  
and seek to learn from those who believe equal spiritual  
opportunity and human rights belong to every person.*

[World Interfaith Network](#), *Connecting Interfaith Groups and People  
Around the World*

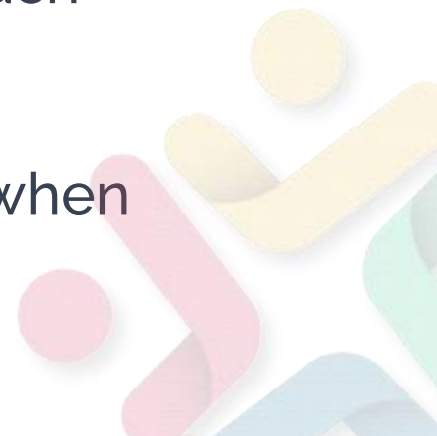
# Let's Look at What We've Learned and What's Ahead!

***Keep on learning  
for wellbeing!***

We have now learnt what there are fantastic reasons for any young person to be involved with multicultural settings as much as they can.

We also had a chance to understand that faith, and diversity of beliefs are not less than an opportunity to understand each other on a deeper level.

Now let's take a look what happens when conflict occurs.





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## 2.3. Diversity and Conflict

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# What about Conflict?

Studies has clearly shown that clashing is more likely to happen in diverse groups due to the differences in their backgrounds which can cause conflicts to arise. If not properly managed, they may make a diverse group dysfunctional causing all the benefits of diversity to be lost.



## So, what is the solution?

Conflicts are inevitable in life and sooner or later they cross our path regardless of the ethnicity or belief system of people. Really, have you never had a conflict with parents, peers or siblings?

However, good leadership is essential in the management of conflicts. In the case of young people, youth leaders, educators and facilitators have an important role to play, through direct conversations but can set an example of managing conflict in a positive way.

# Real Life Example

## PROGRAMA VITAMINA

Programa Vitamina is carried out in Catalan disadvantaged neighborhoods where young people of different nationalities are faced with negative leadership examples and role models.

Throughout activities, group sessions (some of them even involving their families) young people are guided into collaborating with each other and at the end of the project they are asked to create and lead a community intervention which will benefit a certain group of people from the neighborhood.

Before reaching this point the programme trains their group-cohesion, leadership, conflict-resolution, decision-making and all types of skills that will be useful for the intervention and their life.

Source: <https://cartadelapaz.org/>



# The Power of Positive Conflict Resolution

In our diverse and interconnected world, conflicts are inevitable. It's not really the conflicts themselves, but how we handle them, that truly matters.

For young individuals, especially in diverse communities, mastering the art of positive conflict resolution is more than just a skill—it's a pathway to personal growth, stronger relationships, and overall wellbeing.

Embracing differences, understanding varied perspectives, and finding common ground can transform challenges into opportunities for enrichment and unity. Let's delve into why this is so crucial for youth wellbeing.

# Positive Conflict Resolution & Youth Wellbeing

**Boosts Self-Esteem**  
Successfully navigating disagreements builds confidence.

**Strengthens Relationships**  
Mutual understanding fosters deeper connections.

**Promotes Mental Health**  
Reduces stress and anxiety from unresolved tensions.

Tackling conflicts in a positive way not only resolves the issue but also uplifts individual and community wellbeing.

**Enhances Adaptability**  
In diverse communities, it helps youth embrace differences and grow from varied perspectives.

**Fosters Community Cohesion**  
Harmony in diverse settings creates a supportive environment for all.

# Conflict Resolution: Finding Common Ground

- ✨ **1. Active Listening:** listen without interrupting. Understand the other person's perspective.
- 🗣️ **2. Open Communication:** express your feelings calmly. Use "I" statements, like "I feel" or "I think."
- 🚫 **3. Avoid Blame:** focus on the issue, not the person. Avoid using accusatory language.
- 🤝 **4. Find a Win-Win:** look for solutions that benefit everyone. Compromise when needed.
- 💡 **5. Take a Break:** if things get heated, step back. Return to the discussion when everyone's calm.
- 🌐 **6. Seek Mediation:** if needed, involve a neutral third party. They can help guide the conversation.

*Remember: Conflicts are natural, but how we handle them makes all the difference. Approach with empathy and understanding.*





# Learn Intercultural Mediation Skills

Anyone can learn the skills needed to perform intercultural mediation. All you need is dedication and motivation.

Mediation is a tool you can use to bridge communication between different communities, or even just two persons. Sometimes it means helping with differences, or language, or solving verbal conflicts.

Check out the INCLUDE ME project resources and find out more:

<https://www.includemeproject.eu/good-practice-guide/>





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## 2.4. Culture and Arts as Catalysts for Diversity and Wellbeing

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# Art Inspires

Arts and culture bring young people from all walks of life together. When you express yourself through art, something great happens – you start building bridges that go beyond social, cultural, and economic differences.

Imagine that art is a language everyone understands, no matter where you come from or your background. It helps you connect with others.

So, whether you're into painting, dancing, singing, or any other form of artistic expression, remember that it has the power to bring people together and create bonds. **Embrace your creativity!**

# Improve Wellbeing through Art

## The impact on creativity

Arts and culture can bring wellbeing in a diverse youth community in several ways. Firstly, arts and culture allow you to express your creativity and explore your own identity and that of others. This can help you gain self-esteem!

## The impact on self-development

Secondly, by participating in arts and cultural activities, you can learn new skills and develop a sense of achievement, which can lead to greater confidence in your capacities.

*What kind of arts would you like to practice (theatre, music, visual arts, manuals, etc.)? How would you use it to connect with others?*

# Art Brings People Together

## The impact on the community

When you engage with arts and culture, it opens doors to better understanding and empathy for different cultures and perspectives. This paves the way for a community that's more united and harmonious.

Also, arts and culture offer a safe and supportive space for you to connect with others who share your interests and passions. This is important because it helps fight against feeling lonely or left out, making you feel like you belong.

Through theatre and arts programmes, you learn essential skills like communication, collaboration, and creativity. You will feel proud of your work, boosting your mental well-being. These programmes give you a chance to express yourself freely and make friends with people who have different life experiences and viewpoints.

So, by embracing arts and culture, you're not just growing as an individual; you're also making a positive impact on your community.

# Game: Living Pictures

This activity promotes creative engagement with art, collaboration, and boosts confidence and self-expression.

- Start by picking an artwork featuring a diverse group of people.
- Split into small teams and assign each a section of the artwork to interpret and reenact.
- Teams should create a "frozen" snapshot of their section, using body and facial expressions to represent characters and settings.
- Then, they'll present their tableau to the group, adding movement and dialogue to animate the scene.





# Real Life Example



## *Ta vie se raconte au théâtre*

This is an example of a programme that uses theatre and the arts to empower young people and build self-confidence.

It provides a platform for young people, local and migrants, to tell their stories through theatre, allowing them to express their emotions, experiences, and perspectives.

The participants are guided through the creative process by professional theatre practitioners, who help them develop their scripts, stage their performances, and showcase their work to the wider public.

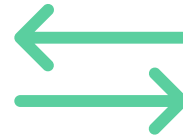


CLICK  
AND  
WATCH

# Diversity and Creativity

1

Diversity isn't just about differences; it's a powerhouse for creativity. Whether in art, youth projects, or business, blending various ethnic, cultural, and religious backgrounds leads to a burst of fresh ideas. It's like mixing colors on a palette - the more you mix, the richer the outcome.



2

Research even shows that diving into new cultures can reshape our thinking. Fun fact? People who connect with (or even date) individuals from diverse backgrounds tend to be more creative than those sticking to similar circles. So, embracing diversity? It's like giving your creativity a mega boost!

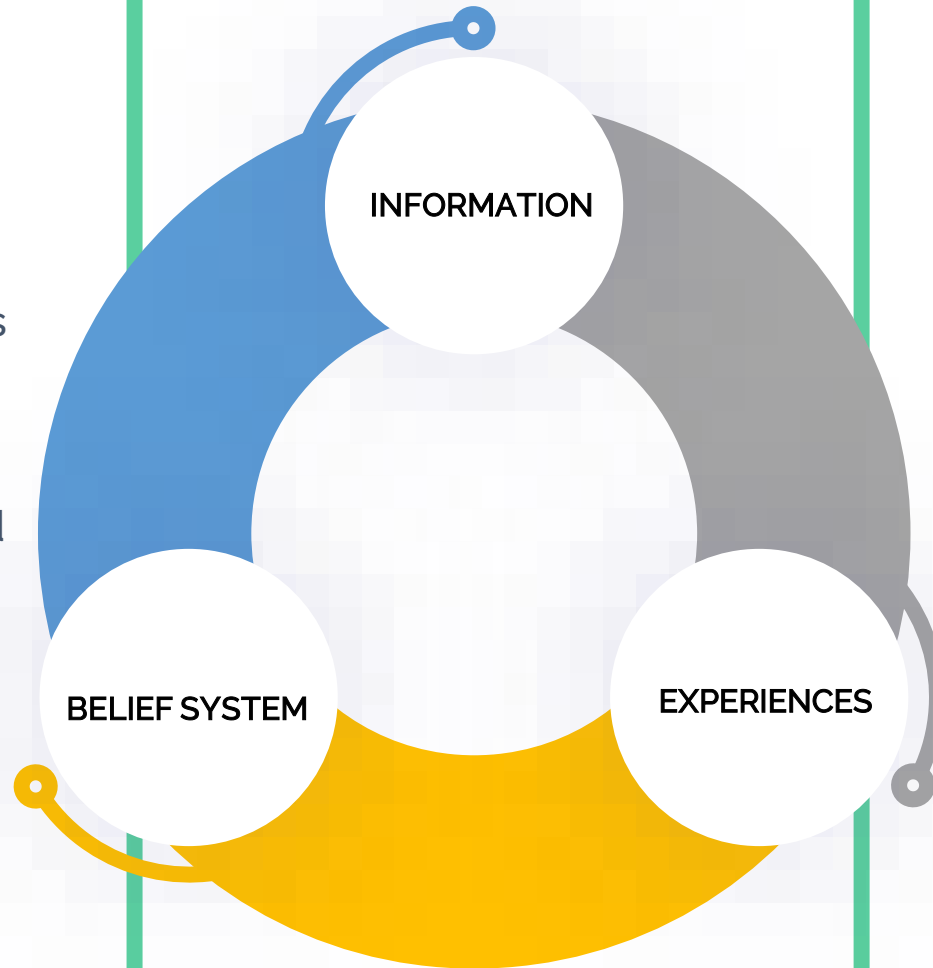


# Diversity and Creativity

## Why do we need Creativity?

Creativity is found in all areas in society.  
It encourages young people to think outside the box and provides creative solutions for problems they face.  
In communities, it fuels innovation and gives life to new products and services.  
It also nourishes new ways of social interaction (social media), new pathways of education and policy.

Source: Moran, S. (2010). The roles of creativity in society. In J. C. Kaufman & R. J. Sternberg (Eds.), *The Cambridge handbook of creativity* (pp. 74–90). Cambridge University Press.



## What good comes from Diversity?

According to Berkley University, diversity sparks creativity and pushes for fresh viewpoints, improving decision-making and problem-solving. Teams with diverse backgrounds offer a blend of innovation and unique thought processes. Moreover, groups with varied belief systems anticipate differing opinions, adjust their expectations, and consistently deliver higher outcomes.

Source: <https://greatergood.berkeley.edu/>



Souces:  
Ribeiro, Porto M., De Souza Fleith (2018), Cretivity and multiculturalism: literature review, Temas em Psicologia, 26 (2), 257-270  
Chamorro-Premuzic, T. (2017) Does diverstiy actually increase Creativity, Harvard Business Review.

## CONCLUSIONS FROM DIVERSE GROUPS IN BUSINESS



Diverse groups are more likely to experience conflicts in decision-making and social conflict, though they generate a bigger number of ideas.

Does this mean we should stay away from them?

Absolutely not! These effect may be mitigated by good leadership, knowledge-sharing and focusing on deep level diversity instead of demographic diversity (gender, ethnicity, age). Deep level diversity considers aspects such as personality, values, abilities which focus more on the individual and less on the stereotypes and prejudice.



## CONCLUSIONS FROM YOUTH GROUPS

In youth groups too there is a clear connection between multicultural diverstity and creativity, but the secret ingredient has to be present for it, and that is INTEGRATION. The Bicultural identity (when migrants perceive that their ethic culture and that of the host country are interconnected) is also positively related to creativity.

As they say, "The more, the merrier"!

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

*Mediation is  
the key!*

Conflict is nothing scary, nothing that cannot be managed and turned into a learning opportunity.

There are tools we can all learn to mediate conflict.

Some might look into creativity and art for these tools.

While all this happens, we need to remember that we can reach out for help and support. Let's see how.





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## 2.5. Reaching Out as a Diversity and Wellbeing Tool

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*Being able to reach out to people when you need to is so important in building resilience in young people.*

*The importance of connection for our well-being is described in these pages.*





# The Importance of Reaching Out

## Don't Sit Alone With a Problem

It's natural to face challenges, but you don't have to tackle them alone. Reaching out means seeking support, sharing your thoughts, and opening up to different perspectives.

### What Does Reaching Out Mean?

- ✓ **Seeking Support:** asking for help when needed.
- ✓ **Sharing Thoughts:** expressing your feelings and experiences.
- ✓ **Opening Up:** being receptive to different perspectives and ideas.

# Real World Example

## Youth for future

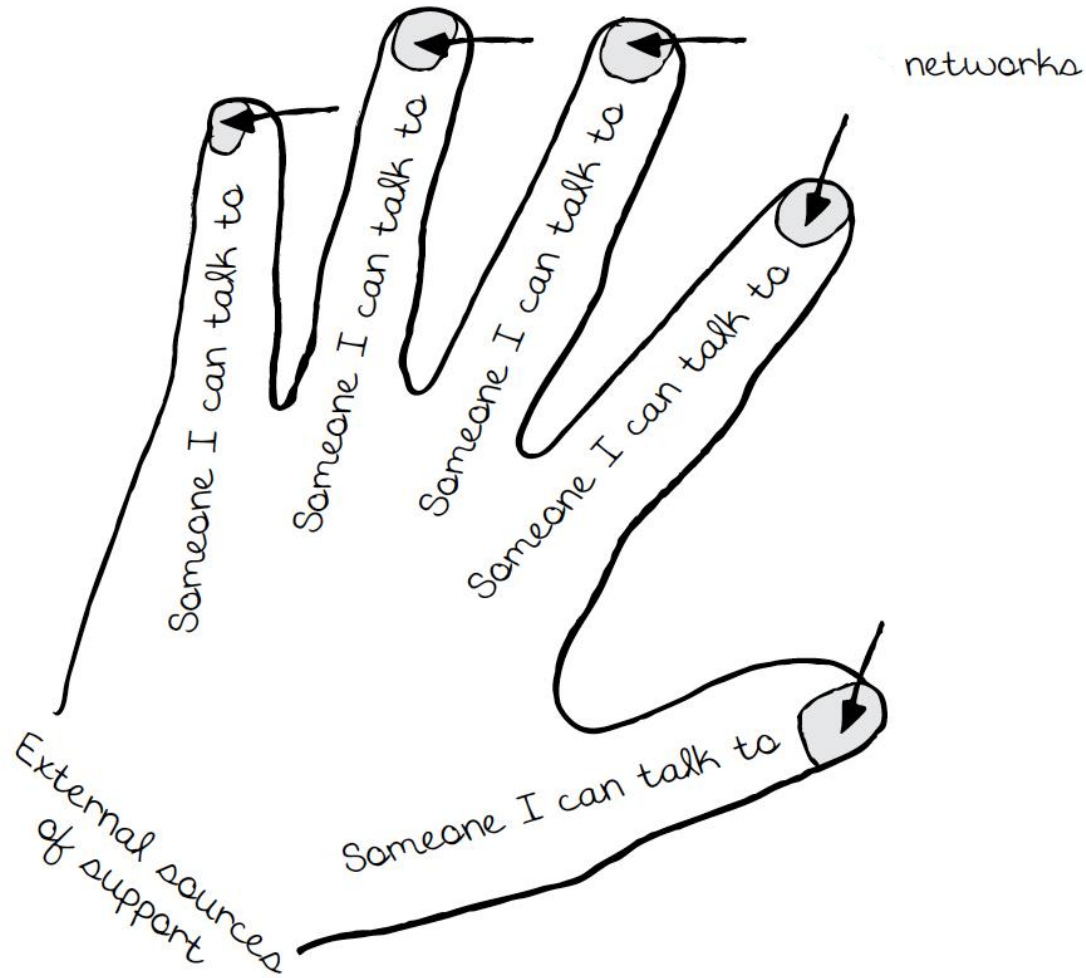
### A Volunteering project in Jönköping, Sweden

This project aims to increase awareness, integration, and inclusion of young people from different cultures by working with youth centres and the local civil society in Jönköping.

Through projects about democracy, the objective is to create inclusion of young people in the municipality and promote understanding and tolerance among them. By bringing together young people from diverse backgrounds and engaging them in common projects, it helps to build bridges and promote solidarity, which can lead to improved wellbeing for all involved.



# The Power of Reaching Out



1

## Connection:

Building bridges with diverse groups enriches our understanding and broadens horizons.

2

## Learning:

Every interaction teaches something new, from cultural nuances to unique life experiences.

3

## Wellbeing boost:

Feeling connected and understood promotes mental and emotional health.



# Wellness Talks: The importance of reaching out

✓ Reaching out is making a meaningful connection and letting people know that you need support.

✓ Everyone has mental health, and it is important to recognise where you are on the mental health spectrum and reach out for appropriate help.

✓ Reconnect and get active after the pandemic.





## Dive Deeper



### Food for thought

Keep an eye out for anyone who finds it difficult to think of people to put in their network. This exercise can sometimes highlight someone's lack of support.



### If this happens

...you may need to help someone with some suggestions about how to expand their networks.

# Reach out today, join the Euro Youth Mental Health NETWORK!

EYMH network is open to young individuals (under 45 in these circumstances) and youth professionals or organisations. Joining will mean involving you in a wide network of organisations, professionals and young people alike, who are passionate to make positive changes in mental health for young people across Europe and believe in our vision and mission.

## What is in it for you?

- Meet like-minded individuals and organisations
- Learn about best-practice that is happening across Europe
- Collaborate to make positive change in youth mental health across Europe
- Receive regular information and opportunities of collaborative projects, influence EU and WHO-Region and learn about funding opportunities
- Access to our Young Experts by Experience Opportunities Trello page for young people to influence change across Europe with support from our Youth Involvement team
- Guide us, as an organisation to grow and develop to support you
- MAKE NEW FRIENDS!





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## 2.6. Digital Tools for Diversity and Wellbeing

[www.wellhooody.eu](http://www.wellhooody.eu)

# Youth Wellbeing, Solidarity, and Digital Tools



## Social connectedness

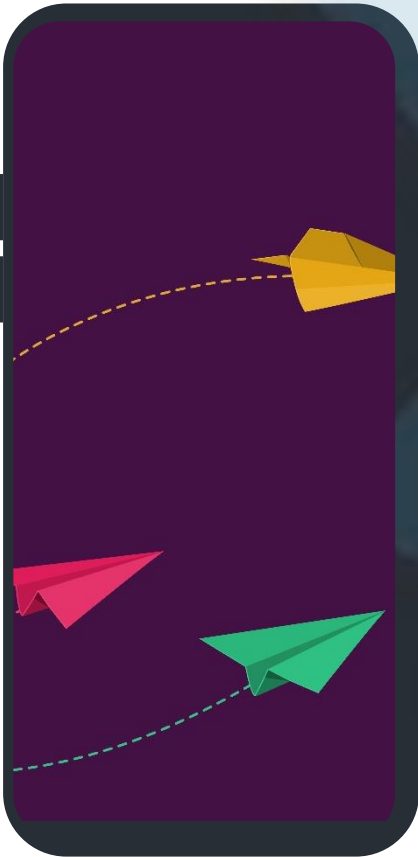
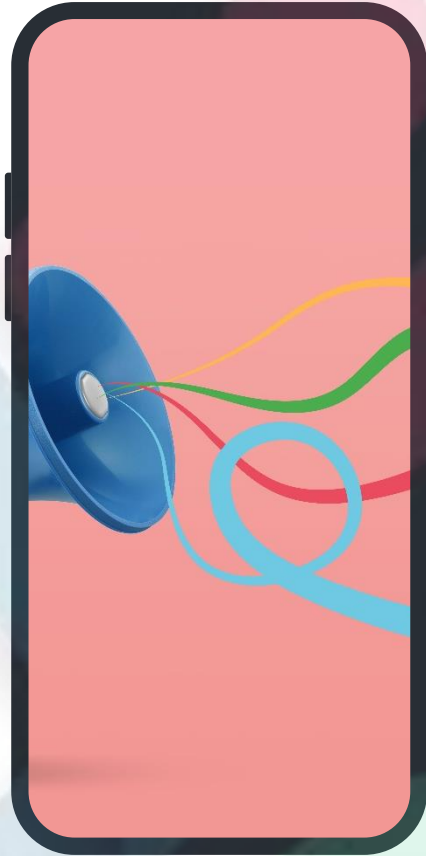
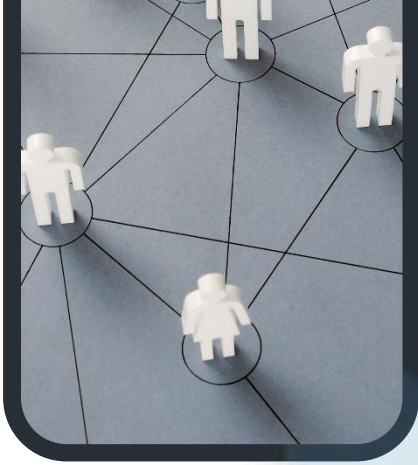
Digital tools such as virtual reality experiences, online forums, and social media platforms can help you connect with others from different cultural backgrounds and engage in meaningful cross-cultural exchanges. For example, social media platforms can be used to facilitate discussions on cultural topics, share cultural experiences, and promote cross-cultural learning.



## Intercultural competences

Youth-led initiatives can be facilitated through community centres, youth organisations, and social media platforms. Both digitally and in person, you can engage in activities promoting cross-cultural communication, such as cultural exchanges, language classes, and intercultural dialogues, which can help break down barriers and increase mutual understanding and respect.

! *Later in this topic, you will have a chance to learn more about some powerful digital tools we specifically selected for boosting wellbeing through diversity!*



Digital platforms are key for youth, enabling self-expression, skill development, and promoting inclusion.

They provide safe spaces for marginalised youth to connect, advocate, and influence societal attitudes and policies.

Ultimately, digital tools empower youth to shape narratives and actively participate in today's digital society.

# Digital Tools for Networking and Self-Expression

Digital tools provide a vital platform for networking and self-expression, enabling youth to connect, share experiences, and advocate for wellbeing and diversity in their communities.



Digital tools to promote cross-cultural exchanges and connect young people from different cultural backgrounds can increase your sense of social connectedness and reduce feelings of isolation and loneliness.



Using digital tools in youth-led projects not only brings cultures together but also highlights the awesome potential of young people's digital skills to make positive changes in their communities and have a say in shaping their future.

# Activity - Facebook groups

For youth, Facebook groups can be a resource for mental and physical well-being. By joining specific health-focused groups, young people can access encouragement, advice, and connections with peers.

The first step is to search on Facebook for the types of groups you are interested in! When searching use keywords such as 'diversity' or 'social awareness' and related groups will appear.

There will be a vast range of groups, so have a look and see which one fits best for you. Once you have decided which group aligns best with your interests, click 'Join'.

Introduce yourself and engage with the group! Take part in discussions, feel free to ask questions and use provided resources... This engagement will make you feel like part of the community!

Disclaimer: Remember that Facebook groups are not always monitored. Stay safe and be mindful of others in the groups.





# Facebook groups

[Facebook Groups](#) are virtual community spaces within Facebook, allowing users to connect over shared interests. These groups foster engagement in discussions, events, and resource sharing, providing a communal space for like-minded individuals.

[Facebook](#)

## Introducing New Features to Facebook Groups

October 20, 2022

By Tom Alison, Head of Facebook



# PLAYO: Do Sports and Connect

[www.playo.co](http://www.playo.co)

Playo is a community platform that allows users to discover, join, and organise local sports and physical activities. Through the app, users can find nearby venues, connect with other players, schedule games, and even track their fitness levels. It aims to foster a love for sports and physical exercise, creating a community space for those who wish to stay active and engaged.



Play with players  
around you



Skill-up your game



Book sports venues  
nearby



Manage your sports  
activities & groups

# Activity – PLAYO



For youth, Playo can be a resource for physical well-being and social connection. By providing easy access to sports events and like-minded individuals, young people can participate in activities they enjoy, enhancing their physical health.

Once you have downloaded the app, created an account and set up your profile it's time to:

Explore activities and venues: the app has a search feature, meaning you can find sports events and matches near you!

Join or create games: you can join existing games or create your own by selecting the sport, venue, date, and time.

Connect with other players: if you want to connect with other players who have similar interests to you- this app can help!

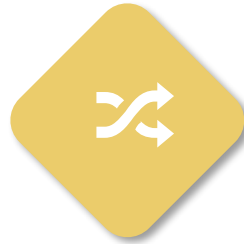
Attend tournaments hosted in your local area.

# Some Tips for PLAYO



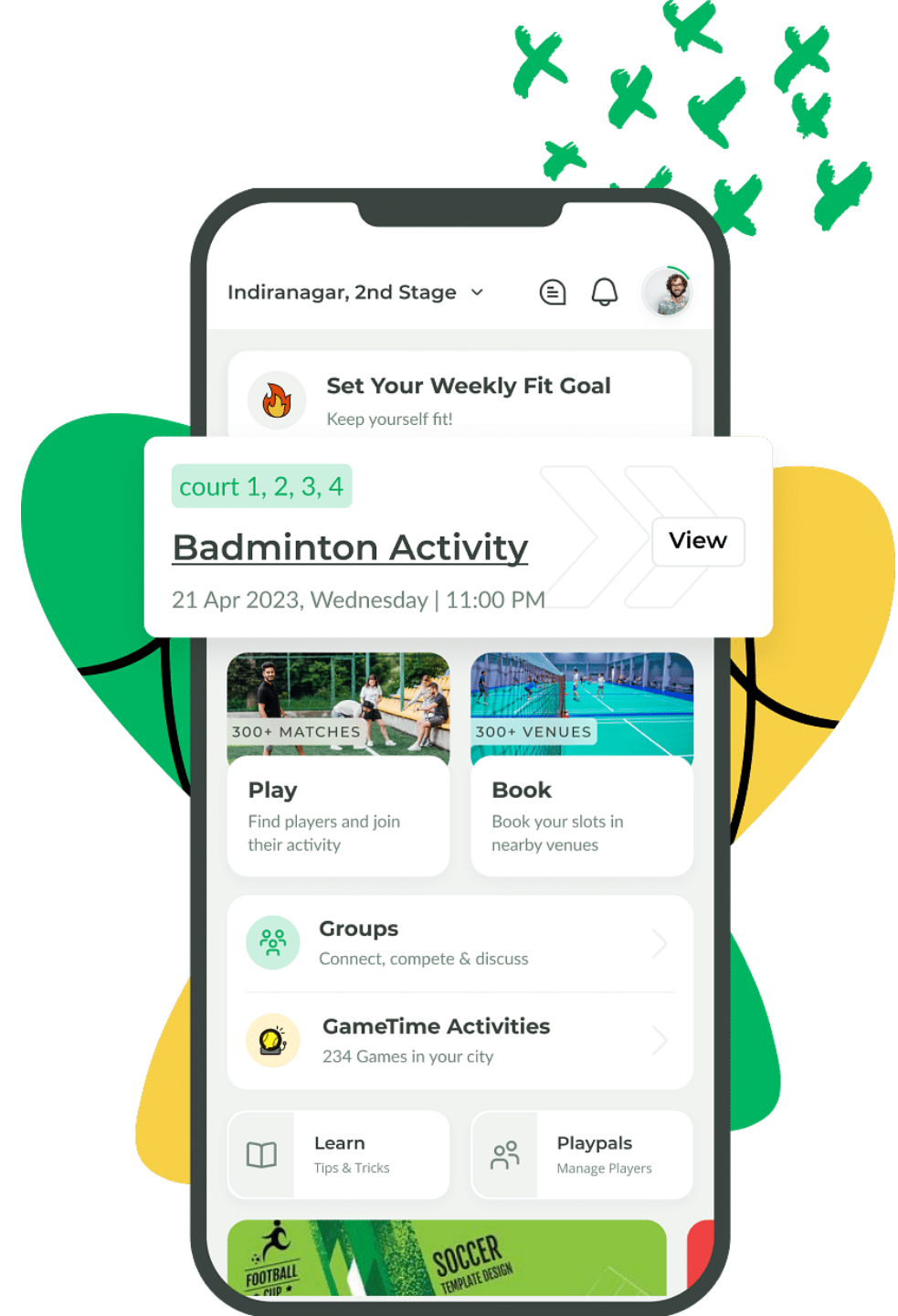
## Stay Safe

When meeting new people or going to new venues, ensure it's a safe environment. Consider taking a friend with you if it's your first time playing with a new group.



## Be Respectful

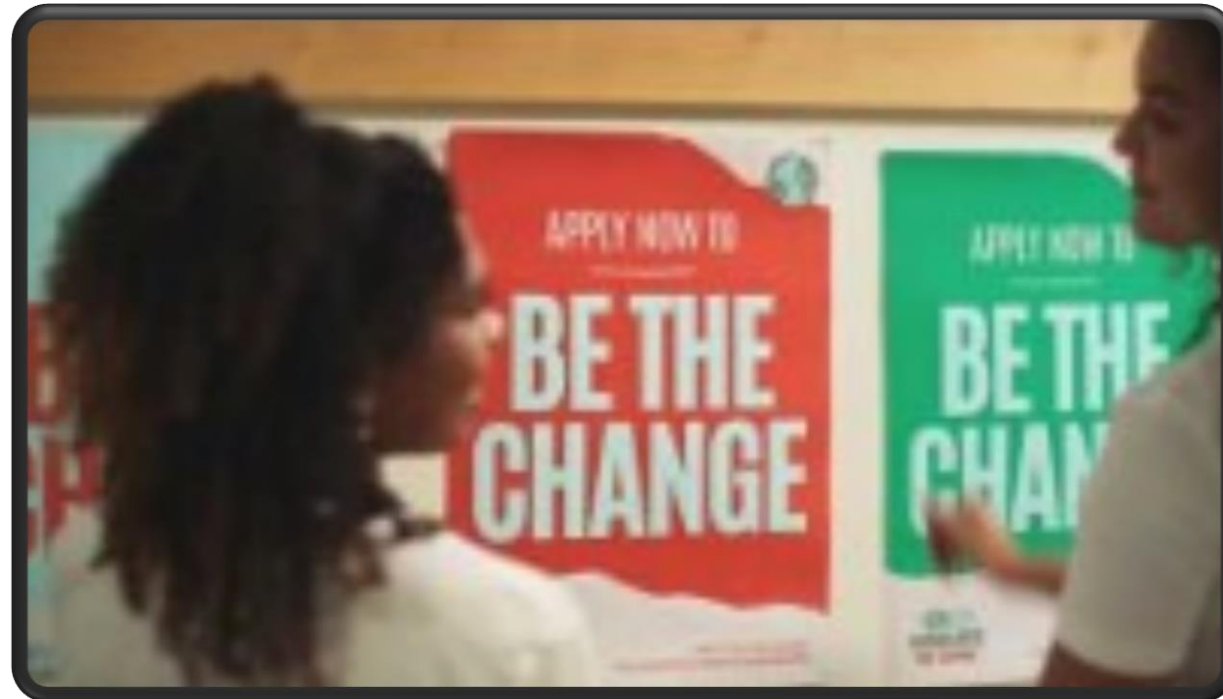
Show good sportsmanship both on and off the field. Respect others' skill levels and encourage a positive playing environment.



# Canva: Schedules, Posters, Videos and More

[www.canva.com](http://www.canva.com)

Canva is a graphic design platform that allows users to create social media graphics, presentations, posters, and other visual content. It's user-friendly and offers a wide range of templates, making it easy for young people to create and share images promoting inclusion.



# Activity – Canva



Create social media posts, flyers, or posters with Canva to showcase diversity by using images representing various races, ethnicities, and abilities. Why not try your hand at using Canva yourself and create a poster about you!?

## Explore templates and tools:

Canva has a library full of templates, firstly have a browse through and familiarise yourself with their basic functionality

**Identify KEY things about yourself that you want to include... your dreams, hobbies and goals.**

- Create a vision board
- Choose a template, add images and icons that represent the goals and dreams you identified earlier. Be creative, use colour and fonts that best suit you.

## Share and Reflect

Once you have created your Poster, why not share it with others and highlight the meaning behind the images, text and colours that you have chosen.

# Adobe Spark: Tell your Story

[FREE Adobe for Students](#)

Adobe Spark is a suite of design tools that lets users create their own graphics, web pages, and short videos. Its video tool, Spark Video, is especially useful for youth who want to create video stories on inclusion with the ability to add their voiceover, music, and text to video clips and photos.



# Activity – Adobe Spark

Another idea... Create a short video with Adobe Spark to share stories of inclusion and diversity!

Here's how to get started:

- Interview individuals with a variety of lived experiences, reflecting global communities and the importance of diversity.
- Incorporate music or text from different cultures to emphasise shared values.
- Use these elements to create engaging content that celebrates and fosters an understanding of diversity.

Get Creative and Enjoy!



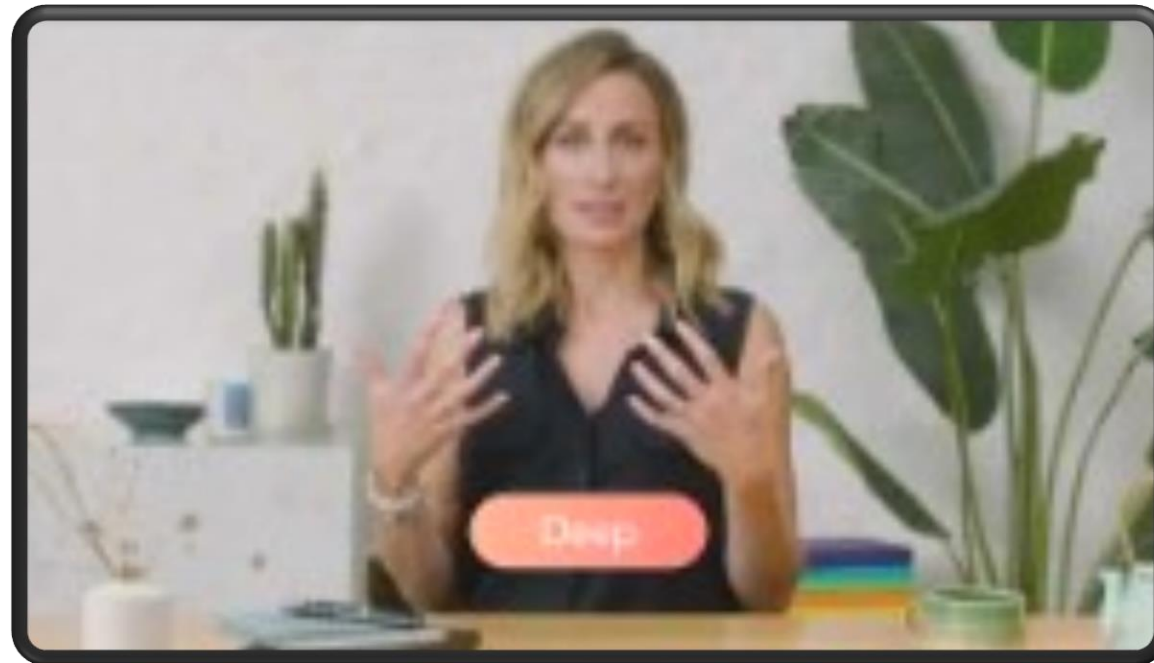
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# Calm App: Better Sleep, Less Anxiety

[www.calm.com](https://www.calm.com)

The Calm app is a mindfulness and relaxation tool that offers guided meditations, sleep aids, and breathing exercises. These features provide users with methods to reduce stress, improve focus, and enhance overall mental well-being, creating a personal space for self-care and growth.



# Activity – Calm



For youth, the Calm app can be a resource for both mental and physical well-being. By engaging with the tailored content suitable for their age and needs, you too can learn techniques to manage stress, improve sleep, and foster a mind-body connection!

Here's how:

First, download the app on your device.

Now create an account – open the app and follow the instructions to create an account or sign in if you already have one!

Explore the app – browse the content available and decide which activity interests you both.

Calm offers content tailored for various age groups. Select the ones that are suitable for your age.

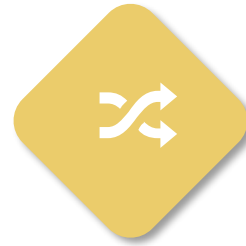
Follow the guided activities – many of the exercises are guided... So, this step is as simple as instructing you to follow along and enjoy!

# Some Tips for Using the Calm App



## Start Small

If you're new to meditation or mindfulness, start with shorter sessions and gradually increase as you become more comfortable.



## Use Responsibly

Like other screen-related activities, be mindful of how much time you spend on the app and balance it with other physical and social activities.



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

***Network any way  
you like!***

Reaching out is always a good idea. Do not be afraid of failure, even if it happens it is yet another opportunity to grow in experience.

Digital tools can help you reach out. Do not let digital be its own purpose, and please use technology wisely and moderately!





Thank you and  
congratulations.

You have finished  
the second module  
of WELLHOODY  
course.

NEXT UP: Module 3

ADDRESSING CHALLENGES

Special focus on post COVID era and subsequent  
effects on socialisation and reaching common wellbeing



[www.wellhody.eu](http://www.wellhody.eu)