



Wellhooody
Wellbeing in Diverse Youth Communities

OPEN EDUCATION RESOURCES

MODULE 5

DESIGNING THE FUTURE TOGETHER

in diverse communities

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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 module, learners will:

1. Understand the fundamentals of Positive Youth Development and why it's crucial for unlocking the potential of young people.
2. Follow a step-by-step process to plan and implement effective youth programmes aligned with broader goals.
3. Explore strategies for personal and professional growth in the field of youth work, emphasising continuous learning.
4. Actively participate in community initiatives to empower young people, addressing their unique needs and challenges.



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5.1 Mentorship

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Mentorship

- Having a mentor is like having a secret weapon for developing your skills. Imagine having someone experienced who is willing to share tricks with you! A mentor is more than just a guide; they're your backstage pass to success.
- Think of them as your personal knowledge boosters. They're there to help you improve your skills, give advice when you're unsure, and support you as you achieve your goals. It's like having your own superhero squad for personal and professional growth. Mentors are like skill superheroes—they help you learn new things, boost your motivation, and highlight strengths you may not realise you have. And the best part? They've got your back no matter what.
- But there's more! Having a mentor isn't just about skills; it's also about having a real-life role model. Someone who inspires and supports you, guiding you on the path to success like a personal life GPS.

Improving Youth Wellbeing Through Role Models

Positive role models act as guiding lights in real life. They not only show you the way but also hand you a valuable treasure map to success. How do they accomplish this? They possess some remarkable traits:

1. **A dedication to the community** - Your role model is akin to a community advocate, always prepared to enhance circumstances for everyone. They are committed to making the community a better place.
2. **Embracing others** - The finest role models are all about accepting people as they are. No judgement, just positive vibes and understanding.

Improving Youth Wellbeing Through Role Models



3. **Inspiring others** - Ever encountered someone who simply motivates you to give your best? That's your role model encouraging you to reach for the stars.
4. **Clear values** - Role models have a clear set of values that guide them. It's like having a moral compass that always points to doing the right thing.
5. **Navigating challenges** - Life presents obstacles to everyone, but your role model excels at overcoming them. They demonstrate that no situation is hopeless.

Being Mentored

Embrace the invaluable guidance of a mentor – a steadfast companion in your pursuit of growth. Here's why engaging with a mentor is like unlocking a powerful catalyst for personal, academic, and professional development:



Support Growth - Mentors are steadfast support pillars, nurturing your development in various aspects of life. Their role goes beyond guidance; they offer essential support to help you navigate the complexities of your developmental journey.



Setting Goals - Picture a mentor actively working with you to define and achieve significant objectives, going beyond the usual to enhance your path. Your mentor, a strategic partner, plays a key role in achieving these ambitions.



Knowledge Source - Mentors hold a wealth of hands-on knowledge, providing valuable insights in various situations. When dealing with tough decisions or challenges, your mentor acts as a wise guide, offering practical advice based on real-life experience.



Open to Listening - Your mentor actively listens, creating a supportive atmosphere for expressing thoughts and ideas. They also offer constructive feedback to aid your personal and professional growth.

Case Study

Mentor Sweden



- Mentor Sweden is committed to fostering healthy development in youth. They offer mentorship programs for 13-17-year-olds, where mentors act as role models providing necessary support.
- The organization focuses on preventive measures against health issues and social exclusion.
- Operating with a 25-member team in Stockholm, Gothenburg, and Malmö, Mentor Sweden collaborates with local entities and companies for wider impact.
- Team members, with varied expertise in social work, education, and more, share a common goal of advocating for young people's rights and societal participation.

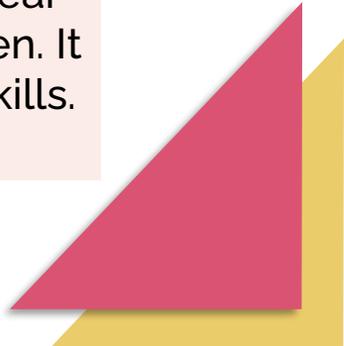
” We don't talk a lot about being a role model, but my mentor shows what a role model is just by being themselves.

Individual Mentoring Youth

Find your mentor

These initiatives provide various forms of support and development opportunities for young people across Europe, focusing on mentoring, professional development, and empowerment

Link	Initiative Name	Brief Description
European Mentoring Summit 2022	European Mentoring Summit 2022	A summit contributing to the European Year of Youth, focusing on mentoring young Europeans. It offers opportunities for knowledge gain, professional development, and civic engagement.
Mentoring Europe	Mentoring Europe	An initiative focused on developing quality assessment and standards for mentoring, connecting research and practice, and advocating the impact of mentoring on social and economic development in Europe.
House of Mentors	House of Mentors	A network of mentors across Europe supporting students and their ideas. It focuses on personal and sustainable support, organizing competitions, and presentations for mentors, mentees, and sponsors.
Mentor International Youth Academy	Youth Academy	A program by Mentor International and TUI Care Foundation, offering a year-long in-school group mentoring program in Germany, Jordan, and Sweden. It aims to empower young people from vulnerable communities with life skills.





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5.2 Positive Youth Development

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Together Is the Future

- ✓ What happens when we all work together, mix up our viewpoints, and create something awesome when different voices team up? **Picture a world where everyone's talents mix up, creating a crazy collage of ideas, cultures, and dreams.** That's the future we're making together. It's not just about being ok with our differences; it's about turning them into a dynamic puzzle where each piece makes something even cooler.
- ✓ Why together? Because that's where the great ideas come from. Think of your favourite band – each member has their own sound, and when they jam together, it's pure magic. It's kind of the same in our diverse groups – **each of us brings our own flavour to the mix.** So, how do we make this dream real? By getting to know each other, showing respect, and throwing a party for the diversity around us.



What can be done?



YOUTH WORK

- ✓ Reflects diversity in safe and inclusive spaces
- ✓ Promotes open attitude
- ✓ Raises awareness

COMMUNITY

- ✓ Service and activism
- ✓ Sense of belonging
- ✓ Oneness/togetherness
- ✓ Safeness to explore/achieve full potential

YOUTH

Context (a space created for youth participation and social recognition attached to it, personal/family values, external situation, social injustice)



Action (projects, voluntary work, campaigns, movements)

COMMUNITY



- ✓ Wellbeing
- ✓ Satisfaction
- ✓ Social contact and social support
- ✓ Sense of belonging

Source: Harre, 2007



Source: [Freepik](#)



Source: [Freepik](#)

Time 4 reflection



- ✓ Can you think of community interventions you have participated in?
- ✓ Why did you take the initiative to participate in them?
- ✓ Why did you enjoy most?
- ✓ What did you get out of it?
- ✓ How do you think the community (or target group) benefit from it?
- ✓ Were there any failures or frustrations?
- ✓ How did you navigate through them?
- ✓ Would you do it again?

What Is Positive Youth Development?

How Culture, Diversity, and Prior Experiences Can Influence Positive Youth Development

Positive Youth Development (PYD) is an approach that highlights the natural strengths and potential of young people. Instead of just focusing on fixing weaknesses or avoiding negative outcomes, PYD sees all young people as having the ability to grow positively. It's a shared responsibility for families, communities, and institutions to offer opportunities and support, helping young individuals reach their full potential.

Recognising and respecting the diverse backgrounds and challenges faced by young people is key. PYD provides a useful framework to nurture and tap into the potential of youth from various cultures, backgrounds, and facing different challenges. This approach aims to enhance their overall well-being and encourage positive development.

SOURCE: <https://youth.gov/youth-topics/how-culture-diversity-and-prior-experiences-can-influence-positive-youth-development>



PYD - 7 principles

Features and principles of PYD include:

1. **Strengths-Based Approach** - Instead of viewing individuals as issues requiring resolution, PYD recognises their inherent strengths, talents, and potential for growth and development.
2. **Holistic Development** - PYD acknowledges that young people progress in various aspects of their lives - physically, psychologically, intellectually, and socially. The objective is to foster their growth across all these dimensions.
3. **Active Participation** - PYD advocates for individuals to be actively engaged in their own development. This involves assuming leadership roles, making decisions, and contributing to their communities.
4. **Supportive Relationships** - Emphasising the significance of enduring connections with adults and peers, PYD promotes mentorship, guidance, and support.

SOURCE: <https://youth.gov/youth-topics/how-culture-diversity-and-prior-experiences-can-influence-positive-youth-development>



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PYD - 7 principles

5. **Empowerment** - PYD is focused on empowering young people. This entails equipping them with skills, offering opportunities for growth, and acknowledging their achievements. Ultimately, its goal is to build self-efficacy and confidence.
6. **Skill Building Opportunities** - PYD initiatives frequently offer opportunities for individuals to develop a range of skills - social, emotional, cognitive, or vocational.
7. **Safe and Inclusive Environments** - Establishing physically and emotionally secure environments is essential for positive youth development within the PYD framework. These environments should value each individual's background or identity while ensuring they feel respected and heard.

Good Examples

SOURCE: <https://youth.gov/youth-topics/how-culture-diversity-and-prior-experiences-can-influence-positive-youth-development>

Promoting Positive Youth Development (PYD) is all about creating a strong sense of belonging and building meaningful connections with peers, friends, and one's cultural identity within a community. By applying PYD principles and practices, we can enhance resilience and reduce risks, benefiting young people and communities with diverse backgrounds, including different ethnicities, races, cultures, specific needs related to behaviour and learning, and sexual orientation.

- ✓ For instance, young people in **Panama, Costa Rica, and Guatemala** who had positive PYD experiences, such as forming strong relationships with peers, teachers, and family, showed better decision-making skills regarding drugs and substance abuse compared to those with fewer positive connections.
- ✓ In **Hong Kong**, when agencies and youth development professionals provided life-skill training to high-risk youth, focusing on personal competency, a sense of belonging, and optimism, positive behavioural changes were observed. These changes included better anger management, conflict resolution, improved communication with adults, problem-solving abilities, and a deeper appreciation for teamwork. Encouraging youth to contribute to their communities through service-learning activities, along with empowering parents and teachers in supportive roles, played a key role in these transformations.
- ✓ In **Bangladesh**, children with cerebral palsy demonstrated improvement in their adaptive skills when their caregivers participated in a parent training programme. The programme measured progress in communication, socialisation, motor skills, and daily living.

Improving Youth Wellbeing by Promoting Internships and Career Development

CAREER DEVELOPMENT

In the field of career development, providing invaluable career guidance, enhancing education and training, expanding internship opportunities, fostering mentorship and networking, engaging with employers, promoting lifelong learning, and ensuring access to resources and technology are all critical components. The investment in your career development not only benefits you personally but also contributes significantly to the broader societal framework.

INTERNSHIPS

Internships, in particular, serve as invaluable experiences for gaining practical job exposure. They offer the opportunity to engage in meaningful research, explore diverse tasks and departments, and establish connections with mentors. Internships are a gateway to acquiring real-world skills, discerning personal preferences, and building relationships with seasoned professionals. Consider it a steppingstone, propelling you towards a career launchpad where informed choices can be made intelligently.

Resources

[BRYCS ORG: Growing up in a New Country: A Positive Youth Development Toolkit for Working with Refugees and Immigrants \(Toolkit\)](#)

This toolkit brings together articles, resources, and programs that can assist agencies in adopting a Positive Youth Development (PYD) approach to working with newcomer youth. Mainstream and newcomer service providers alike should benefit from these resources and examples of "promising practices" in youth programming. The Resource Charts are organised according to stages of the program development cycle.





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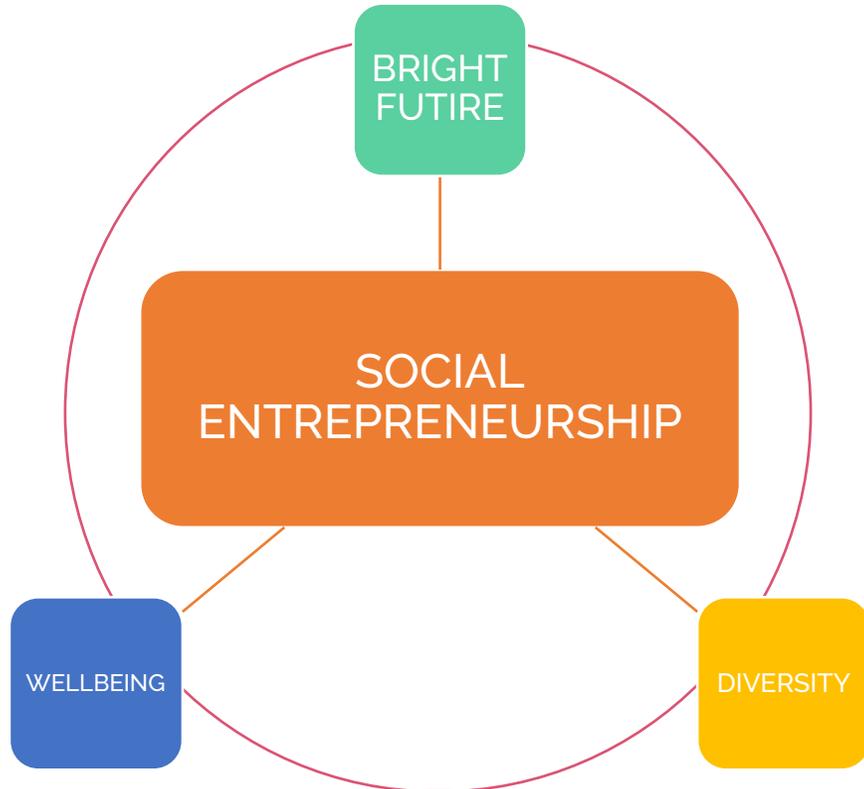
5.3 Social Entrepreneurship

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Social Entrepreneurship Potentials



- Social Entrepreneurship is about young people like you using business to make the world better. It's not just about making money; it's about creating solutions to problems like poverty or pollution.
- As young social entrepreneurs, you have the power to start businesses that do good for people and the planet.
- This means you can help your community while learning important skills like leadership and problem-solving.
- Social Entrepreneurship is a great way to make a positive impact and set up a bright future, both for yourself and for others

Social Entrepreneurship – Roadmap for Future

Defining Social Entrepreneurship

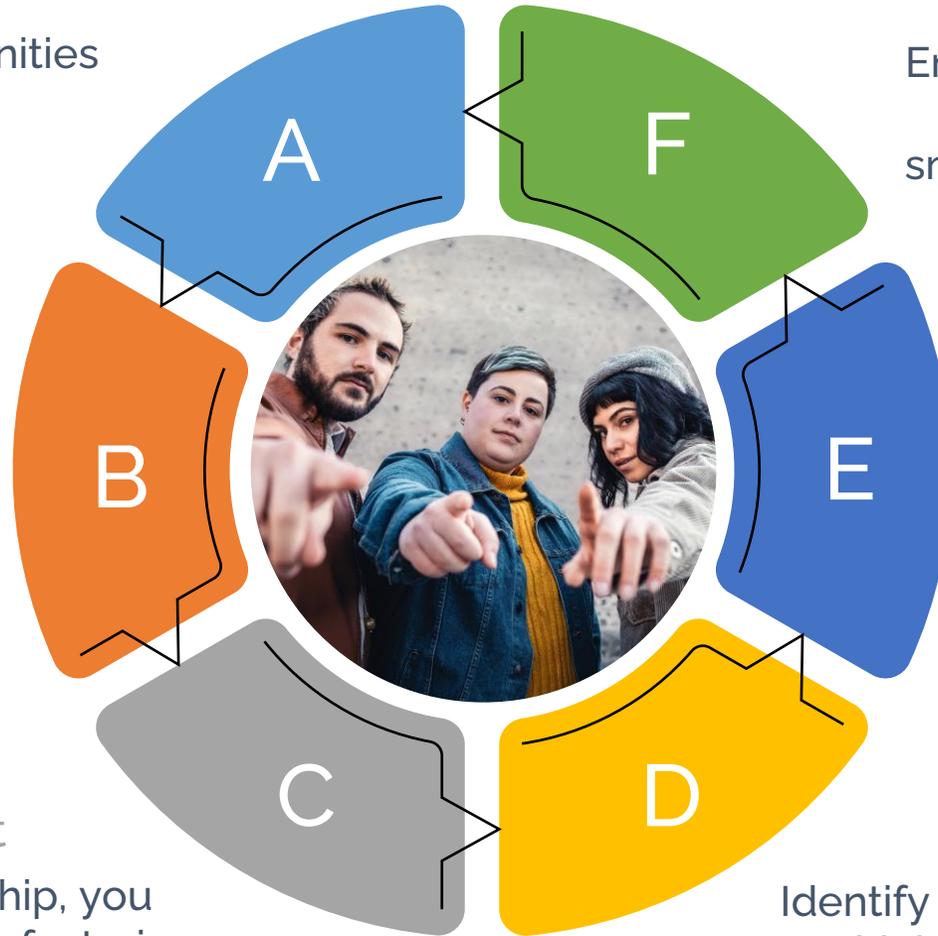
Turning challenges into opportunities
- Social Entrepreneurship uses innovative thinking to solve community problems

The Role of Youth

Your energy, creativity, and fresh ideas are key to driving social change. As young social entrepreneurs, you can transform your passion into impactful actions

Impact and Empowerment

Through social entrepreneurship, you become a catalyst for change, fostering sustainable solutions and empowering your community.



Your Journey Begins Now

Embrace your potential as a change-maker. Every innovative idea, big or small, contributes to a brighter, more sustainable future.

Success Stories

Be inspired by young leaders who've made a difference. Their projects in areas like environmental sustainability and education showcase the power of youth-driven change

Getting Started

Identify a cause close to your heart. Connect with local social enterprise networks. Seek learning opportunities in workshops and mentorship programs

Social Entrepreneurship Youth Work for a Sustainable Future With Less Conflict

The Erasmus+ KA2 program, "Social Entrepreneurship for a Sustainable Future with Less Conflict," funded by the Nederlands Jeugdinstituut, aims to equip youth organizations with tools to assist young women in entrepreneurship, focusing on social and cultural sensitivity.

It targets NEET youth, especially from rural and disadvantaged areas. The program offers an online course, a condensed version of an 8-day training, available in multiple languages, covering organizational culture, mentoring, and workshops for NEET youth and women, with a focus on sustainable development and peace building through social entrepreneurship start-ups.





Who Can Benefit:

- ✓ Youth Workers
- ✓ Young People/Volunteers
- ✓ Peer Educators

Requirements:

- ✓ Internet Access
- ✓ Basic Level of English

How to Engage:

The course is open to all registered users, free of charge. Upon registration, click "**Start Course.**" The duration is approximately 2 hours, and the content remains accessible for 14 days after enrollment. Check the FAQ for more information.

[CLICK HERE](#)



Course Content:

1. Peacebuilding and sustainable development – youth work as a conductor of change
2. Non-formal education and youth work raising competencies of youth
3. Entrepreneurial Learning – a way to enrich youth work
4. New era entrepreneurship and entrepreneurial intelligence
5. Social, ethical, and green enterprise
6. Social entrepreneurship



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5.4 Personal And Professional Development

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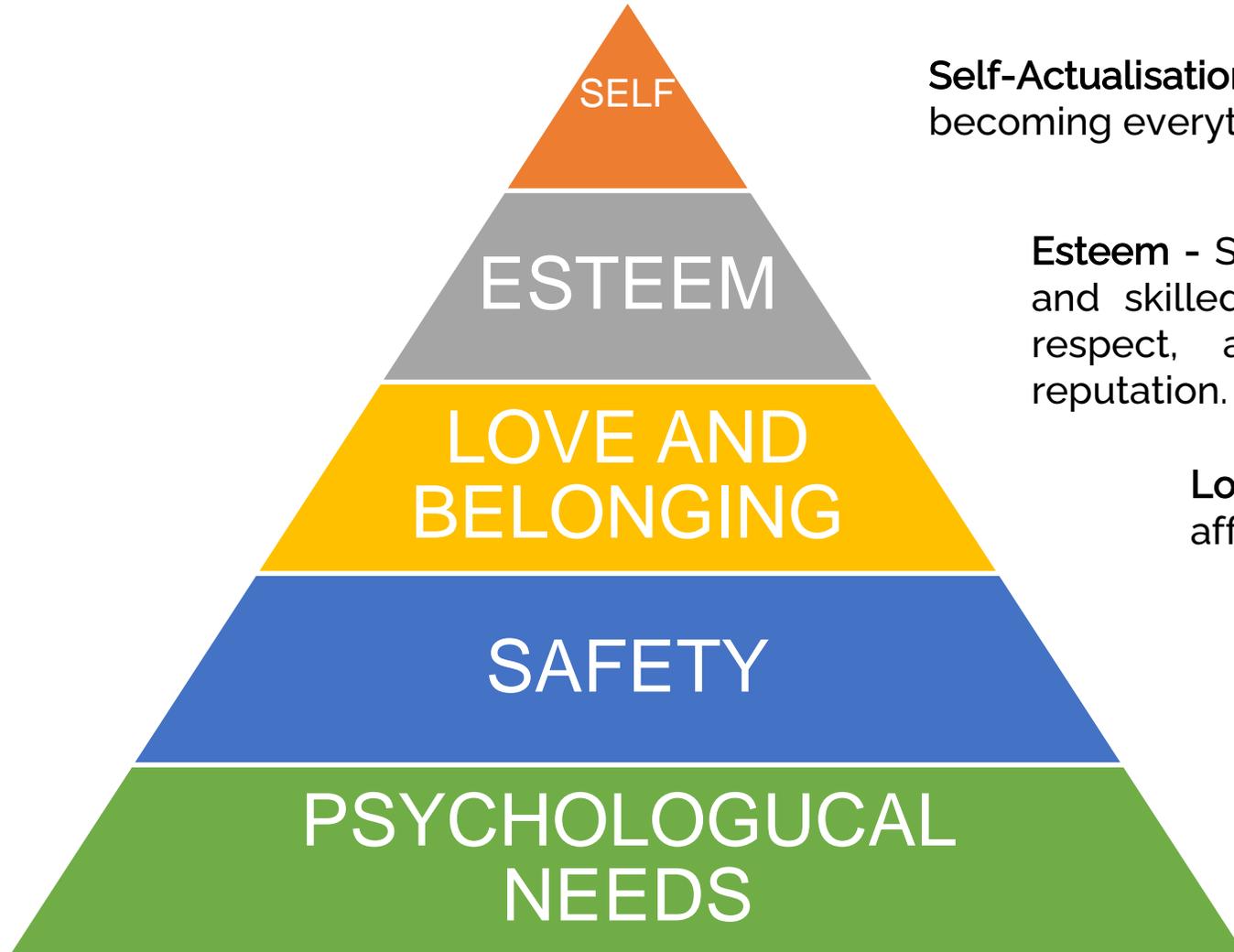
What Does It Mean to Develop as a Person?

Maturing as an individual is an ongoing journey of self-improvement and expansion. It involves investing effort to refine your skills, broaden your aspirations, and accumulate meaningful experiences, both in the workplace and in various aspects of life. To become the best version of yourself, it's about establishing goals that are both challenging and achievable, gaining insights and learning from both challenging situations and triumphs, and nurturing inner qualities such as emotional intelligence, a positive mindset, and a clear sense of purpose. In simpler terms, personal development is a commitment to continuous learning and adaptation throughout your life, ensuring that you evolve into a more refined and capable person as time progresses.

Key Elements:

- ✓ **Enhancing Skills** - Identify areas for improvement and actively engage in learning new things.
- ✓ **Setting Goals** - Strive for substantial yet attainable goals to guide your personal and professional journey.
- ✓ **Workplace Wisdom** - Utilise challenges, successes, and setbacks at work as lessons for resilience and adaptability.
- ✓ **Inner Growth** - Cultivate emotional intelligence, nurture a positive mindset, and discover a sense of purpose within yourself.

Personal Development With Maslow's Pyramid



Self-Actualisation - Reaching your full potential, becoming everything you are capable of becoming.

Esteem - Self-worth, competency (feeling knowledgeable and skilled), dignity (worthy of respect, independence), respect, acknowledgment for achievements, status, reputation.

Love and Belonging - Friends, giving and receiving affection, acceptance.

Safety - Living and working in a safe environment, stable and sufficient income, protection from abuse, good health.

Physiological needs - Food, water, shelter, rest, warmth.

Let's Practice: Dreaming Your Life

The Dream Vision:

- ✓ Take a moment to close your eyes and envision your ideal life in 5 years. Where are you? What are you doing? Who are you with?
- ✓ Jot down everything that comes to mind. Be as detailed as possible.
- ✓ Now, think about what steps you need to take to turn this vision into reality.

What skills do you need to develop?

What kind of education or experience will help you get there?



Your dreams are valid and achievable

**dreaming,
planning,
empathy
= Building your future**

WELLHOODY

Today's vision can become tomorrow's reality

- In our previous exercise, 'Dreaming Your Life,' we embarked on a personal journey to explore and articulate our dreams and aspirations. Now, let's expand this vision by integrating the concepts of diversity and empathy.
- This follow-up exercise invites you to connect your dreams with those of others, especially people from different backgrounds, like a newcomer in a new country.
- By understanding and empathizing with diverse experiences, we not only enrich our perspectives but also discover how our dreams can contribute to and be shaped by a broader, inclusive community narrative.
- Let's explore how embracing diversity and practicing empathy can enhance our journey towards realizing our dreams and support others in achieving theirs.

Bridging Dreams and Diversity

Recall your "Dreaming Your Life" exercise. Now, imagine how your dreams might intersect with those of someone from a different background, like the new student in our scenario.

Consider the similarities and differences in aspirations and challenges. How does this perspective enrich your understanding of your own dreams?



How can understanding diverse perspectives shape your goals and actions?

Offer support or collaborate with others who have different experiences, enhancing both your journeys

Explore how embracing different cultural backgrounds, stories, and dreams can lead to a more inclusive approach to achieving your goals

Commit to being open to diverse perspectives and experiences, enriching your own path and contributing positively to the dreams of others.

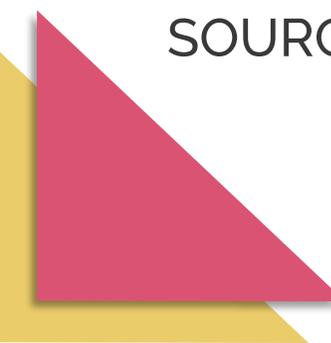
Inclusion and Youth Development

Social exclusion isn't only about lacking money or being an undocumented immigrant in a new country. It goes further to include limited chances for education and dealing with discrimination based on personal traits.

Discrimination, which often results in exclusion, can seriously affect well-being. It creates hurdles to accessing services that should be available to everyone and has a negative impact on health, overall happiness, and quality of life.

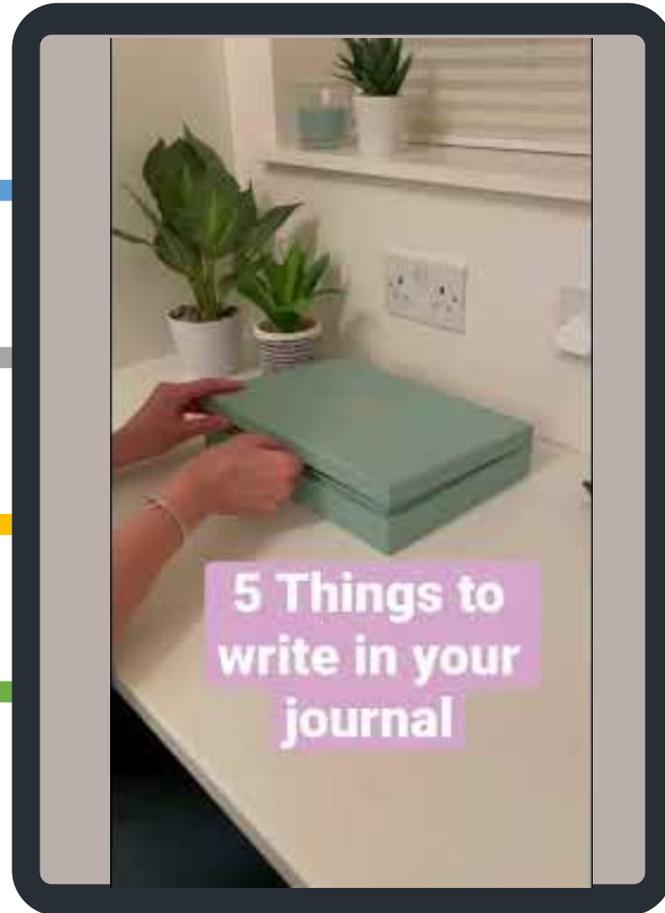
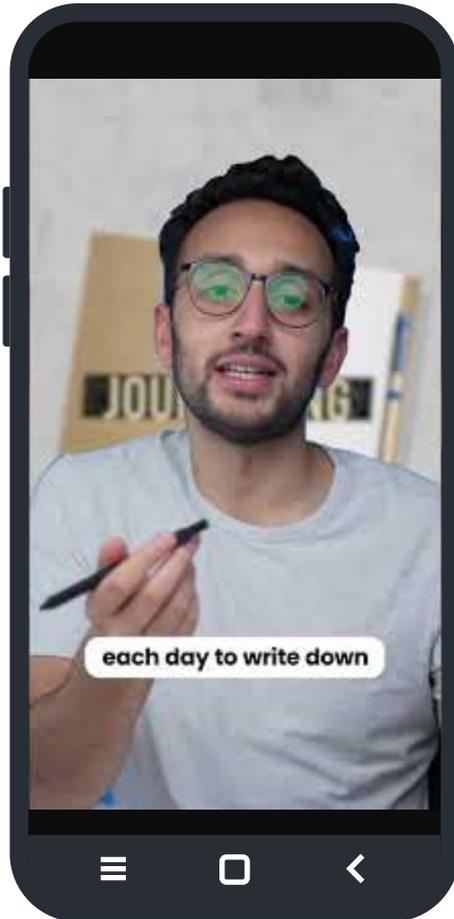
Consider a young person from a less privileged community, for example. They might encounter difficulties in pursuing higher education and landing a well-paying job. This situation can keep them caught in a cycle of poverty, where the lack of opportunities acts as a barrier to breaking free from that cycle.

SOURCE: <https://commission.europa.eu/select-language>



Start journaling to plan and track your personal development

WATCH VIDEOS



Self-Reflection

Goal Setting

Stress Relief

Personal Growth

Professional Development



A journey from 15 to 27 years old, is time to carve out a professional path that aligns with your passions and skills. This is a time to explore, learn, and set the foundation for a successful career.

Let's look at practical steps you can take to strategically build your professional narrative and harness opportunities that will shape your future.

Crafting Your Professional Path

Interests and skills

Discover your passions using online tools. Enroll in courses and workshops to build technical and soft skills.

Experience the Field

Try internships or part-time jobs. Volunteer to gain practical skills

Build Online Presence

Start a LinkedIn profile. Showcase your skills and engage with industry content

Interests and skills

Attend industry events and connect with professionals on LinkedIn for guidance.

Interests and skills

Be open to change and learn from challenges. Your path may evolve over time.

Conclusion

- In wrapping up this module, we want you, the wonderful young minds, to know that understanding Positive Youth Development is like holding the key to unlock your incredible potential. We've walked you through planning and running youth programmes step by step, showing you how to align them with big goals.
- Plus, we've shared secrets on personal and professional growth so you can keep levelling up in the world of youth work. So, get ready to dive into community initiatives - because by actively participating, you'll be part of something big, making a difference by addressing the unique needs and challenges of young people like you!



Thank you and
congratulations.

You have finished
the fifth module
of WELLHOODY
course.



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