#Be The Change Activity Programme

Young people from Mouth That Roars have designed and 'tried & tested' all the activities and resources in this programme. It can be adapted depending on the number of sessions and participants you have. Activities are designed to be interactive, and youth led. Mouth That Roars recommends that facilitators and educators explore ways of using creative media and arts as a means to engage young people in the learning process and achieving the learning outcomes indicated.

Theme	Webpack Activity – AI films/quizzes are in relevant themed folders	Learning Outcome
Democracy: what is democracy and how does it work in practice	As a whole group, play 'Democracy Statement Game' Watch "What is Democracy?" film Play Democracy quiz Watch YouTube video – UK Parliament https://www.britannica.com/video/187546/branches-UKParliament-bill-House-of-Lords In two groups, play 'Your Local Council Decides' game Watch "Local Councillor film – exploring Local government" In two groups: Group 1- find out who is your local Councillor, how do you contact them? Can you find out what issues seem to be important to them? Write them all down. Group 2: discuss what issues are important in your local area? Write them all down. As a whole group, compare your lists – what do you notice? Is your Councillor representing local issues, are they representing you?	I understand what democracy means and how it works in practice I understand the role of my local Councillor, I know who they are and how to contact them I understand what issues are important locally and to young people

Human Rights: what are human rights and what is important to me?	In pairs, play 'What 3 things?' game	I understand human rights and can name at least two human rights
	Watch YouTube video on human rights "The story of human rights" UDHR Abridged Version	I understand what stops young people getting involved and how to get my voice heard
	Watch Human Rights quiz	I believe I make a difference and have influence
	Using the 'UDHR Abridged' PDF, ask young people to select two rights that are most important to them, feedback and discuss. Are Human Rights the same all over the world?	I believe it's important to speak up and advocate for myself and others
	Play NGO quiz	
	Watch 'Local Councillor - Use Your Voice' film	
	In small groups, discuss ways you can have your voices heard. How would you do it? Why do you think (young people) don't get heard? Write your ideas down so that you can feedback to the group and discuss.	
	Self Portraits (see examples) - using a digital camera or your own phone take a picture of yourself. Find words/images that describe what you care about/what is important to you and lay them over your 'selfie. (Think about the "What 3 things?" game). Print off your digital collage and share them with your group	
	Watch 'Imogen's' short film	
Activism:	Play Activism quiz	I understand what activism is and I can name

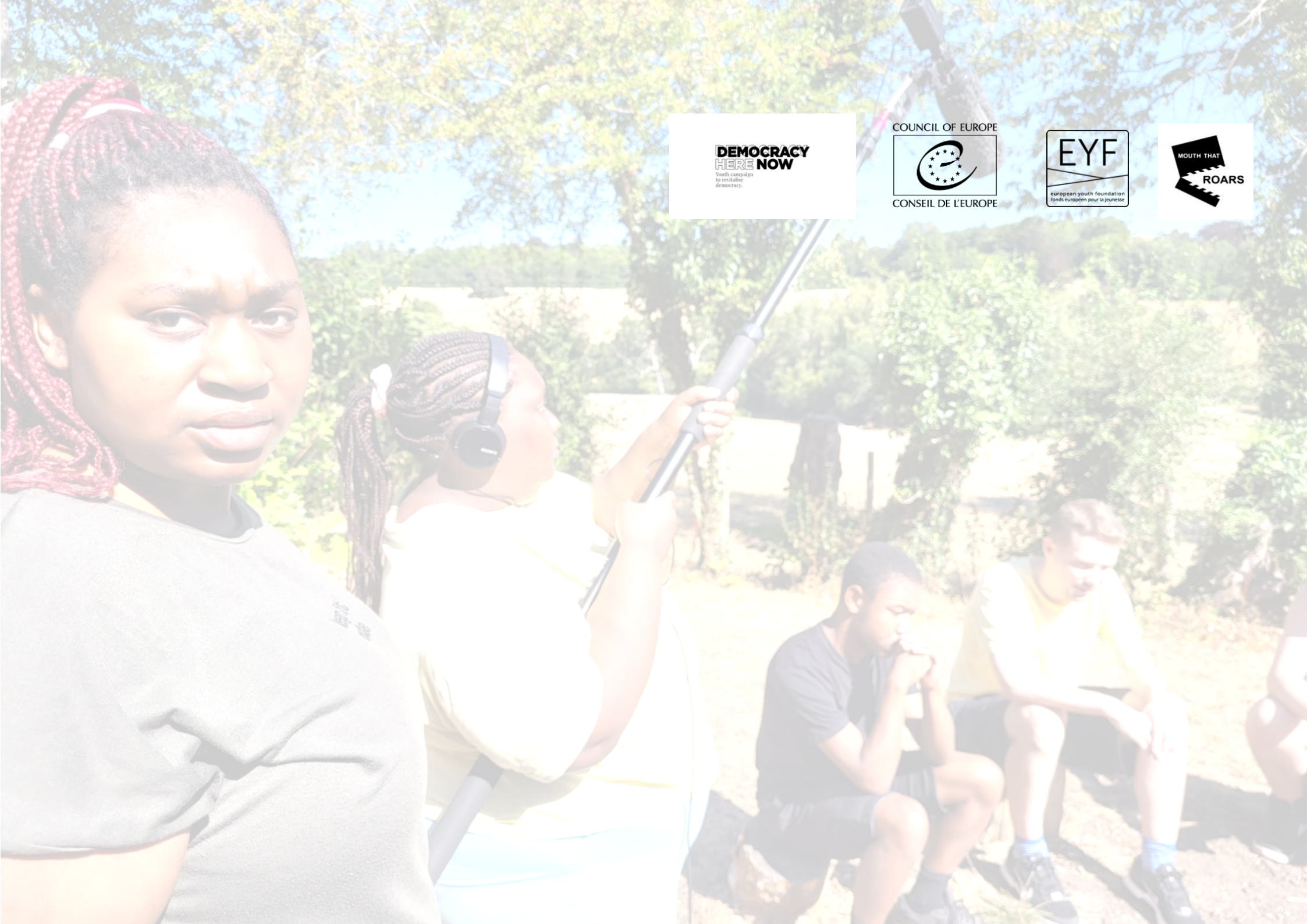| Mobilising young voices & how I can make a difference	Watch films on "Young people & Activism talking" Imogen and short film saying what activism is	two activist and what issue(s) they stand for
	In small groups play, "Match the Activist" game	I know what local and global issues are important to me
	Play Global Issues Quiz	I know how to make a difference and have influence
	Workshop key themes that the group care about and create a group "Manifesto". These are a list of issues or promises that the group will use to campaign and raise awareness about; using a social media platform of their choice.	
	Watch "Hidden Disabilities" film	
	In small groups, and using the group's 'Manifesto', create a 30/60 second video on a phone entitled "This is What I Believe In" Or,	
	In small groups, design a set of badges/keyrings/postcards on some of the themes in your group "Manifesto".	
	Share these on a social media platform of your choice. 'Be The change examples in folder'	

There are lots of useful online resources and activities that young people can use to help them explore the themes of Democracy, Human Rights & Activism
Here's some you might consider: https://www.younghackney.org/local-democracy/
https://www.amnesty.org.uk/resources/activity-great-escape