



Empowerment Groups in Schools

Paving the way to change

Why are these groups important?

- A space for young people to address and take action on the issues that matter to them
- Empowering young people to speak out and have their voices heard
- A sense of belonging and community
- Support in helping others with their mental health and wellbeing, as well as their own

What your school's group could get involved with...

- Planning and developing campaigns to influence positive change in school, the local community, right up to changing national policy
- Rolling out mental health ambassadors in school
- Planning inclusive PE sessions for all genders and abilities
- Planning how to celebrate International Women's Day
- Promoting safety within school and the local community

How can these groups benefit young people?

- Transferable life skills
- A boost in confidence and self-esteem
- Building social skills and forming friendships
- An opportunity to train and qualify as a mental health ambassador
- A chance to complete The Inspire Award - coming soon!
- An appreciation and lived experience of British Values - especially democracy
- A great addition to their CV

Here's just
one
example...



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