



# Youth Courage



## About us

Youth Courage is an Erasmus+ Key Action 2 project designed to address the needs of marginalised young people who lost access to key support systems during the COVID-19 pandemic. The project focuses on reconnecting these young people with essential support networks and providing youth work professionals with the necessary tools to facilitate this process. By supporting and reintegrating marginalised young people, Youth Courage aims to mitigate the adverse effects of the pandemic on this vulnerable group.

## What do we want to achieve?

The primary goal of the Youth Courage project is to offer modern, future-proof methods for (re)connecting with marginalised young people who lost contact with their support systems during times of crisis, building on the experiences of the COVID-19 pandemic.

The project empowers adolescents and marginalised young people to become active citizens, take responsibility for their physical health and mental well-being, and promotes their personal development through solidarity and civic participation.

## Project Partners

Coordinator: Jugend am Werk Steiermark GmbH (Austria)

- Auxilium (Austria)
- Volonteupe (Belgium)
- Meath Partnership (Ireland)
- Volontariato Torino (Italy)
- Univerza na Primorskem (Slovenia)



# INSIGHTS

# YOUTH COURAGE POLICY PAPER



During the past two years, we engaged many young people, **listened to their stories**, **shared their emotions** on various issues, and **endeavoured to find ways** to address these issues or co-create solutions.

A youth-centred approach in designing our project activities enabled us to **co-create** activities with young people.

**Young people's concerns** varied, but certain topics were prevalent across partner countries. Initially, we focused on the well-being of young people affected by the pandemic, but we later encountered **different crises impacting** them.

Young people often perceive "support systems" as **ineffective** or **burdensome** because they are neither quick nor voluntary. There is a need for sustained, long-term support that acknowledges the **complexity of their issues**. Support systems must be designed to provide ongoing assistance and recognise that building **trust** and achieving positive outcomes takes time.

## POLICY RECOMMENDATIONS

- Strengthen a comprehensive **European mental health strategy**.
- Develop targeted support systems for young people in **precarious situations** to ensure they receive adequate and timely help.
- Advocate for increased staffing and **funding** in youth support services to enhance the quality and reach of these services.
- Incorporate **mental health education** in schools and create safe spaces for young people to discuss their issues.



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