You are part of the solution!

Empowering young, marginalized youth to reconnect with their social support system and facilitating personal growth to enable more active citizenship and solidarity.

User Manual and Guideline for Professionals

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Introduction

YOUTH COURAGE - You are part of the solution! Empowering marginalised youth to reconnect with their social support system and facilitating personal growth to enable more active citizenship and solidarity. To fully answer to this aim and the needs described above, the YOUTH COURAGE project partnership works on three objectives:

- Provide modern, future-proof ways to (re-)connect with marginalised youth who have lost contact with their support system in times of crisis.
- Empower youth and marginalised young people to become active citizens, to take responsibility for their own physical and mental health, and to enrich their personal growth through acts of solidarity and civic participation.
- Provide innovative survey instruments to capture the current situation of marginalised youth and their support workers in transnational reports to further strengthen the link to policy makers and research centres across Europe.

The ultimate goal is to make young people aware that by becoming active citizens who participate in social and civic life, they can shape the future and make it more inclusive and solidaric, while empowering them to pursue these goals. At the same time, it is important to raise visibility and awareness for the situation of the young people, especially the marginalised groups, by supplying current data from the frontline youth work to policy and decision makers through suitable research operations. To achieve the objectives of the YOUTH COURAGE project, the partnership will implement four project results, with strong involvement of the target groups in the developments:

- **R1: EUROPEAN YOUTH SURVEY:** Investigating the post-covid situation of marginalised youth and the connection status to their support system.
  - ✓ Engagement of 300 youth & youth workers in the transnational survey
- **R2: YOUTH COURAGE OUTREACH FOR ACTIVE CITIZENSHIP** - Social pedagogical interactive toolkit to (re-)activate marginalised youth during and after crisis.
  - ✓ Participative, bottom-up development of new resources and updating established methodologies to long-lasting, futureproof form
  - ✓ Testing the resources with 150 youth & youth workers in all partner countries
  - ✓ Providing an open platform to exchange best practices among youth workers
- **R3: ESCAPE THE GLOOM:** A low-threshold escape game that empowers marginalised youth to reignite their courage.
  - ✓ Open innovation social media campaigns for young people to shape the educational game
  - ✓ Testing the escape game in all partner countries & filming video teasers/walkthrough
- **R4: YOUTH COURAGE POLICY PAPER:** Strengthening the collaboration between frontline youth workers, research institutes and policy makers to further investigate the situation of marginalised youth in Europe.
  - ✓ extended re-implementation of the EUROPEAN YOUTH SURVEY (2024) with 400 youth and youth workers in more countries.
  - ✓ development of policy recommendations based on the deductions from comparing survey results

All project results and more info can be found on www.youth-courage.eu

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This document is the user manual and guideline for professionals on how to use the YOUTH COURAGE OUTREACH FOR ACTIVE CITIZENSHIP online toolkit. On the following pages, the contents of the online toolkit are introduced and instructions for navigating through the wide variety of activities are given. A key feature is that anybody can add new activities to the toolkit, which is further explained in this user manual, too. At the very end of the document, final points for consideration when adding new activities are provided.

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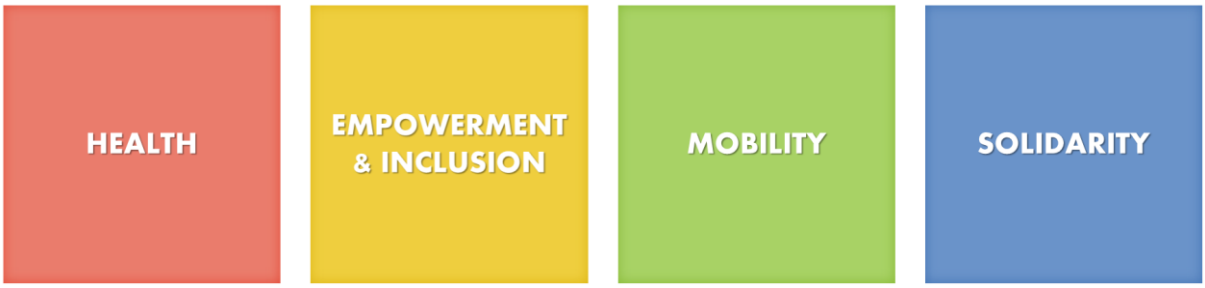
The Youth Courage Outreach for Active Citizenship – Online Toolkit

The online toolkit offers more than 100 different activities in English, German, French, Italian and Slovenian that can be implemented on the spot or with little preparation in any youth work setting.

It is structured in four main topics:



Each topic provides meaningful sub-topics that support users in finding suitable activities for their purposes. Each activity is presented in a standardised format that shows the main and sub-topics, the duration, the implementation mode, learning goals and expected results as well as an overview of the activity, a detailed description, sources and materials, and additional notes. Users can then give a star rating on how useful they think the activity is (from 1 to 5 stars) and add comments if wished.

The following sub-topics are available:

Health – General

Empowerment and Inclusion – Cultural Identity

Mobility – Sports

Solidarity - Civic Activities

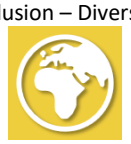
Health – Mental

Empowerment and Inclusion – Diversity

Mobility - Visibility of Youth

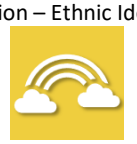
Solidarity - Social Activities

Health – Physical


Empowerment and Inclusion – Ethnic Identity

Mobility - Ownership of Public Space

Solidarity – Participation


Empowerment and Inclusion – Pride

Mobility - Erasmus+

Solidarity – Volunteering

Empowerment and Inclusion – Gender

Empowerment and Inclusion – Special Needs

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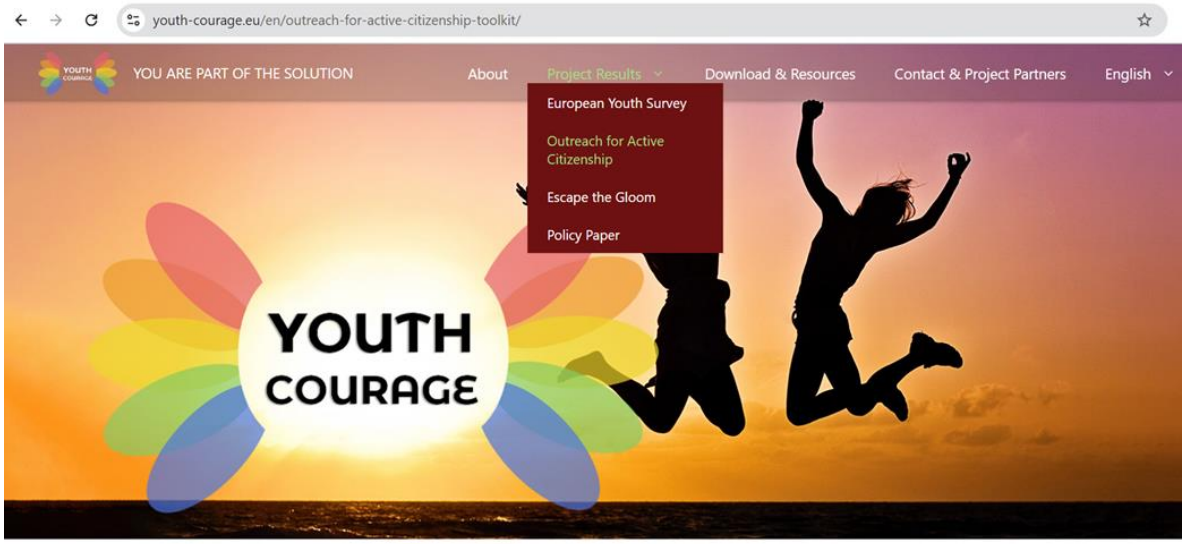
How to use the online toolkit

1. NAVIGATING TO THE ONLINE TOOLKIT

The online toolkit is available on the project website via the menu bar at the top.

The direct link is: https://www.youth-courage.eu/en/outreach-for-active-citizenship-toolkit

The QR code on the right also leads to the toolkit.



Outreach for Active Citizenship - Online Toolkit

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2. OVERVIEW OF THE ONLINE TOOLKIT

On the landing page, a brief instruction is given. There are four choices to continue:

1. Select one of the four main topics to find only activities that are allocated to them.
2. Browse the complete toolkit, including all four topics.
3. Use the smart search to find activities that mention the inserted key word.
4. Add your own activity.

In the menu at the top right, the language can be changed.

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3. SELECTING ONE OF THE FOUR MAIN TOPICS

For each main topic, a colourful square button leads to a specific section of the toolkit, in which only activities are displayed that relate to the respective main topic.

For example, by selecting the first topic “Health”, the following overview opens. The majority of icons will be red (as it is the main colour of the main topic), but there will be also other activities and icons of different colours.

For example, the activity Basketball is allocated to “Mobility – Sports” as its main topic, but “Health – physical” is also an allocated topic, which is why it shows up in the “Health” section of the toolkit.

The overview also features the star rating of each activity and it is visible how often the activity has been rated by users.

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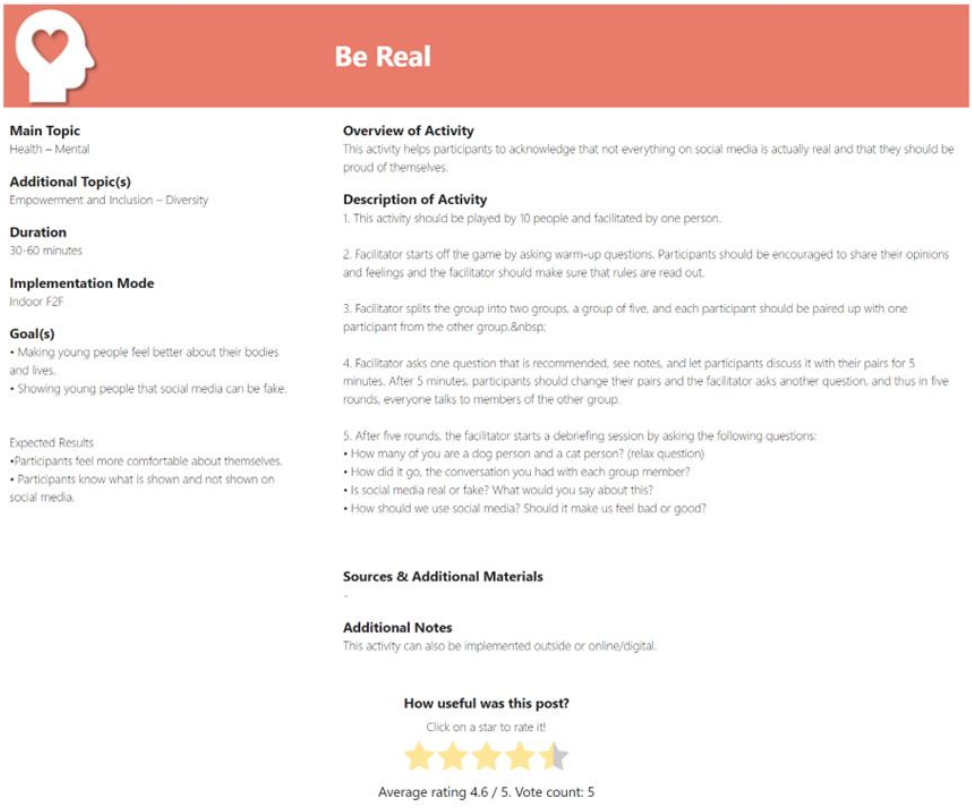
4. VIEW AN ACTIVITY

If an activity is selected in the overview, it will be displayed as shown below. In the top bar, the icon of the activity's topic, its title and the signature colour of the topic are visible. In the left column, key information on the related topics, the estimated duration of the activity, its implementation mode and the envisaged learning goals are mentioned.

The right column contains the details such as the overview, description (step-by-step), sources and additional materials and additional notes.

In this example, no sources and additional materials are given, but in others are links to external sources such as articles, videos and even templates.

The activities are available in all partner languages; however, it is not possible to change the language in this view mode due to the fact that they are all added via an online form (explained further below in this document). To change the language of an activity, go back to the toolkit overview and find the activity in the desired language.



Be Real

Main Topic
Health – Mental

Additional Topic(s)
Empowerment and Inclusion – Diversity

Duration
30-60 minutes

Implementation Mode
Indoor F2F

Goal(s)
• Making young people feel better about their bodies and lives.
• Showing young people that social media can be fake.

Expected Results
•Participants feel more comfortable about themselves.
• Participants know what is shown and not shown on social media.

Overview of Activity
This activity helps participants to acknowledge that not everything on social media is actually real and that they should be proud of themselves.

Description of Activity
1. This activity should be played by 10 people and facilitated by one person.

2. Facilitator starts off the game by asking warm-up questions. Participants should be encouraged to share their opinions and feelings and the facilitator should make sure that rules are read out.

3. Facilitator splits the group into two groups, a group of five, and each participant should be paired up with one participant from the other group.

4. Facilitator asks one question that is recommended, see notes, and let participants discuss it with their pairs for 5 minutes. After 5 minutes, participants should change their pairs and the facilitator asks another question, and thus in five rounds, everyone talks to members of the other group.

5. After five rounds, the facilitator starts a debriefing session by asking the following questions:
• How many of you are a dog person and a cat person? (relax question)
• How did it go, the conversation you had with each group member?
• Is social media real or fake? What would you say about this?
• How should we use social media? Should it make us feel bad or good?

Sources & Additional Materials
-

Additional Notes
This activity can also be implemented outside or online/digital.

How useful was this post?
Click on a star to rate it!

Average rating 4.6 / 5. Vote count: 5

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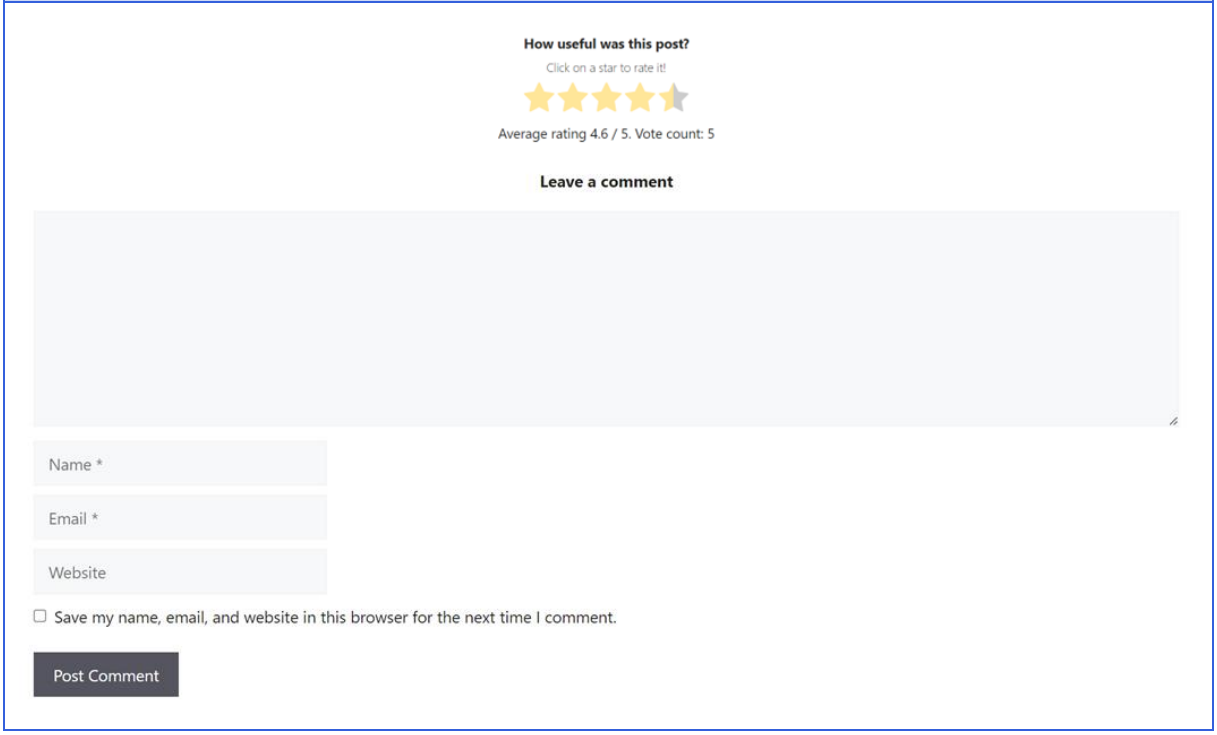
5. USER ENGAGEMENT IN EACH ACTIVITY

Users can engage with the activities by leaving a star rating. This is possible by clicking on one of the five stars. One star indicates dissatisfaction with the activity and five stars show high satisfaction.

It is also possible to leave a comment. This can be done by anybody without registration to the website and they can choose to be anonymous. The email address will not be displayed publicly. All comments have to be manually checked and published by the Youth Courage team for safety and privacy reasons, hence they do not show up immediately after posting.



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6. BROWSING THE WHOLE TOOLKIT

In the overview, it is also possible to click the button “Browse Toolkit” to see all activities of all four main topics in alphabetical order. It is recommended to do this to get inspired.

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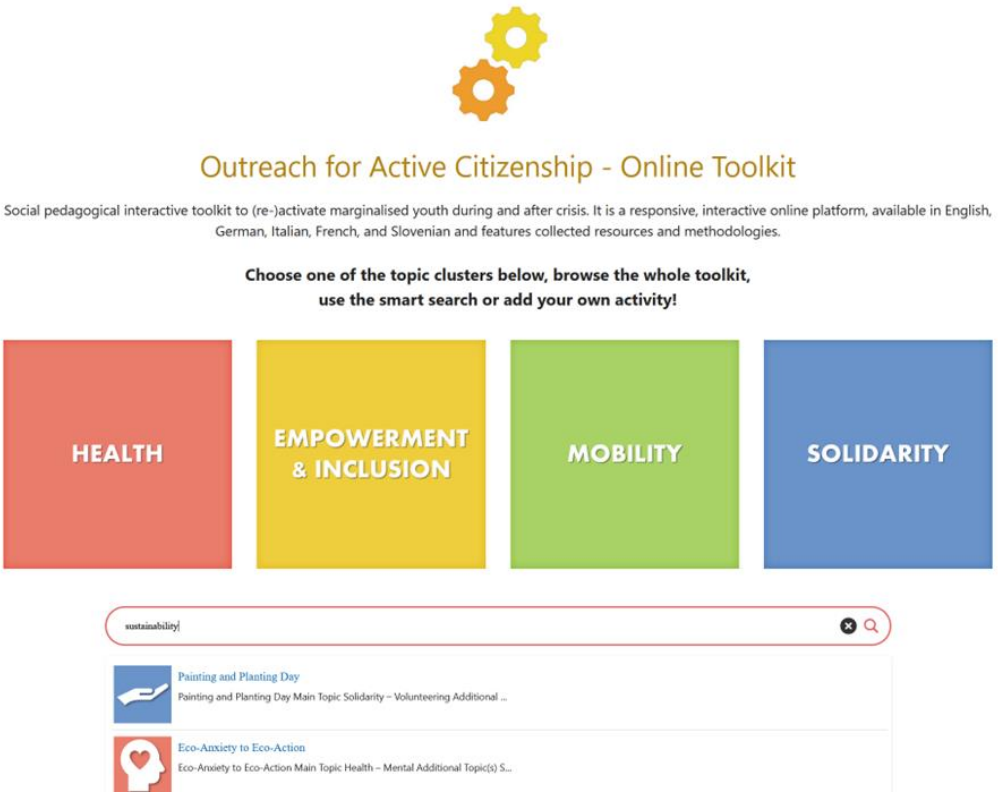
7. USING THE SMART SEARCH

In the overview of the toolkit, there is also a smart search option in which text can be inserted. Any keywords work, in the example below, we inserted the search phrase “sustainability”. Then, a drop-down list appears with a selection of activities in which the keyword is mentioned.

This works also well for finding sub-topics, activities with a certain duration (e.g. 30 minutes) or implementation mode (e.g. outdoor).

The following duration options are recommended as search phrases:

- 5-30 minutes
- 30-60 minutes
- 1-2 hours
- 2-4 hours
- 1 day
- 1+ day



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8. ADDING YOUR OWN ACTIVITY

A key feature of the online toolkit is that anybody can add their own activity using an online form. The activities are then checked and published by the project team. Once published, the activities will appear in the topical section that has been selected as main topic.

The option “add new activity” is available in all partner languages: English, German, Italian, French and Slovenian. An activity added through the English form will only appear in the English version of the toolkit, and the same is true for all languages.

Users can add their own activity or translate an existing one into their language. Most activities in the toolkit are available in all language. However, a small number is only available in certain languages, because they have already been added by users and not by the Youth Courage partnership.

If you choose to add an activity, be sure to respect existing copyrights, to credit original authors and to provide sources. Activities selected for publication must be safe for participants (young people aged 13-25) and feature respectful terminology.

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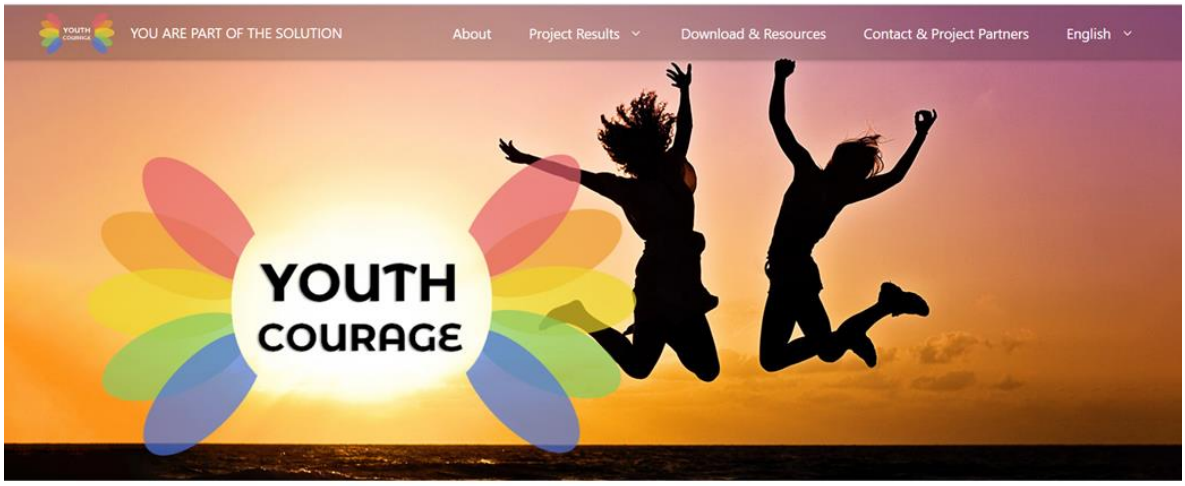
9. THE "ADD YOUR OWN ACTIVITY" ONLINE FORM

The online form to add your own activity is available in all partner languages and it is possible to change the language on this page via the menu.

The form asks to insert the title of the activity, and choose one main topic from a drop-down list and select 0-2 additional topics if desired. The estimated duration has to be selected from a list where one option can be selected



Add Your Own Activity!

With this online form, you can add one or more of your own, proven activities to the Youth Courage Toolkit. Please note that our contribution will be reviewed manually, so it will not appear immediately after submission. If you have any questions, please contact info@youth-courage.eu!

Fields marked with an * are required

Title of Activity *

Main Topic *

Choose 1

Additional Topic(s)

Choose 0-2 additional topics. Hold CTRL key to select multiple.

Empowerment and Inclusion – Cultural Identity
Empowerment and Inclusion – Diversity
Empowerment and Inclusion – Ethnic Identity
Empowerment and Inclusion – Gender
Empowerment and Inclusion – Pride

Duration *

Please select one option only

- 5-30 minutes
- 30-60 minutes
- 1-2 hours
- 2-4 hours
- 1 day
- 1+ day

Next, the implementation mode has to be selected. An activity can be indoor, outdoor or online.

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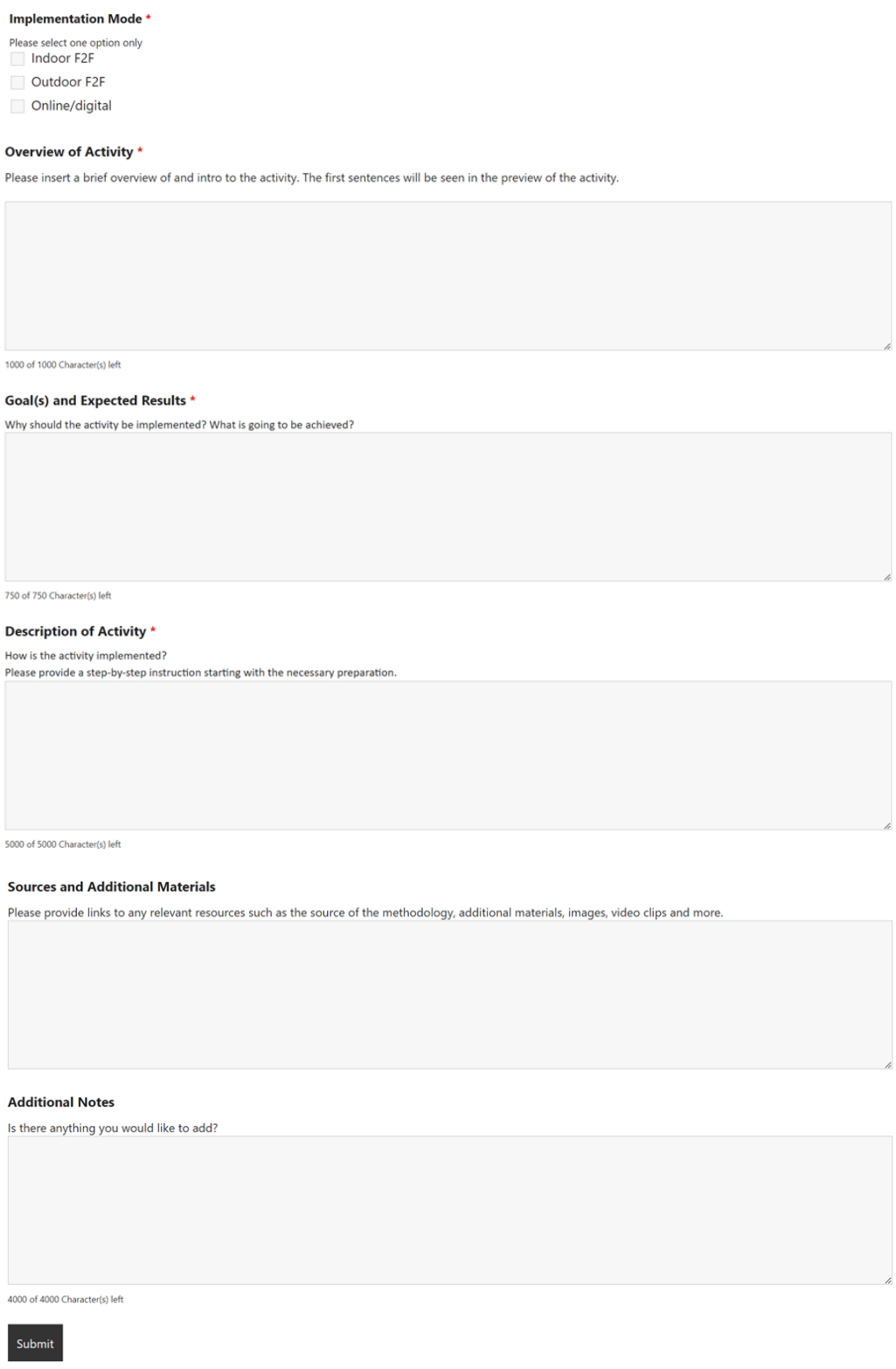
Then, five fields prompt the users to insert text about the activity and there are character limits to assure that the activities are easy to use later on. Three fields are mandatory (Overview, Goals and Expected Results, Description) and two are optional (Sources and Additional Notes).

By clicking the "Submit" button at the bottom, the activity is sent to the Youth Courage team for approval and publication. If the inserted activity is safe and suitable, it will be published.



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