

YOUTH *Frontiers*



A tool kit for young
people taking part in
Youth Frontiers

**THE NSW GOVERNMENT'S
YOUTH MENTORING PROGRAM**



YOUTH ABOUT: *Frontiers*

THE AIM OF YOUTH FRONTIERS IS TO:

- increase your involvement in volunteering and community activities
- help you to overcome barriers to taking part in your community
- help you to develop life skills in teamwork, communication, leadership and decision-making, which will help you now and later in life
- celebrate the contribution that you and other young people make to your local communities.



ABOUT: *Projects...*

WHAT IS A "COMMUNITY PROJECT"?

Planning and running a Community Project is a key part of the Youth Frontiers program. If you are taking part in Youth Frontiers, your mentor will support you through this, working with you to plan and complete a project.

YOUR COMMUNITY PROJECT SHOULD BE BASED ON YOUR OWN INTERESTS OR HOBBIES, AS WELL AS ON THE NEEDS OF YOUR COMMUNITY. THIS MAY INCLUDE YOUR SCHOOL COMMUNITY, YOUR LOCAL COMMUNITY OR THE GLOBAL COMMUNITY.



SOME THINGS YOU SHOULD KNOW ABOUT PROJECTS:

Projects are unique - no two projects are exactly the same, because each person developing a project has different ideas.

Projects are an adventure - because they are unique, projects are an adventure. They involve uncertainty and risk ... which is why it feels great when your project is a success!!

Projects have a purpose - they have a clear aim, which is often about helping to solve a problem by coming up with new ideas and solutions.

Projects are realistic - they need to be achievable, which means thinking about all the things you will need to make your project a success.

Projects are limited in "time" and "space" - they have a beginning, a middle and an end, and they happen in a particular place of your choosing.

Projects are made up of stages - they are made up of a number of steps or separate stages, and each stage has a beginning and an end.

Projects can be measured - each of the stages can be checked and measured, so that you can tell what is working and what's not.



CHOOSING YOUR YOUTH FRONTIERS COMMUNITY PROJECT

You should choose a Community Project that relates to an issue you are passionate about, and which relates to a community or area that you know well. Thinking up ideas for your project can be hard, so we have created some categories to help you with ideas for projects.

These categories are:

- Community Harmony
- Youth Mental Health & Wellbeing
- Engaging in Sport
- Empowering Young Women
- The Centenary of Anzac
- Environment and Conservation
- Your Own Idea



Here are some examples of Community Projects that would fit under each of these categories.

These ideas are here to help you to start thinking of ideas for a project you could run in your local community, which matches up with an issue that you are passionate about. But don't let these ideas limit you - they are just meant to get you thinking...

Community Harmony

Projects under this category focus on recognising the importance of a multicultural NSW, challenging racism and celebrating our State's cultural diversity. Community projects under this category could include:

- Designing a campaign to promote tolerance and understanding of different cultures in your community.
- Holding a multicultural feast, where people try foods from all the different cultural backgrounds in your school or local community.
- Setting up a "buddy" system for new students at your school or young people who come to live in your community, to help them find their way around and settle in.
- Planning a tour of different places of worship, to help build understanding about the different faiths and religions in your local community.

Engaging in Sport

Projects under this category focus on encouraging young people to participate in sports and other physical activities, particularly team sports which build teamwork. These might include:

- Helping to coach a local sporting team for younger children in your area.
- Developing a Facebook page that highlights the stories of local sporting “legends” in the making.
- Arranging for a famous or elite sportsperson to come and speak at your school about the benefits of sports and exercise.

Youth Mental Health and Wellbeing

Projects under this category focus on building awareness about the mental health and wellbeing of young people, their friends and families. Community projects under this theme might include:

- Writing and performing a play that teaches young people about mental health and wellbeing.
- Designing and giving out a flyer that lists all the youth support services in your area, and the hotlines that young people can call for help.
- Making “New Kid Survival Kits” for new students at your school.

- Planning an event at your school where young people can meet workers from local youth services and mental health services and find out about what they offer.

Empowering Young Women

Projects under this category are about giving voice to issues of importance to young women, and engaging young women in decision making.

To help you develop ideas for projects under this category, you will have access to *Girl Rising* - a film that tells stories from around the world about the power of education in changing the future for girls. Community projects under this category might include:

- Holding a forum of inspiring women as guest speakers, and talking about how they got to be where they are today.
- Running a stall at a market day in your local area to raise money for an organisation that supports girls and young women in developing countries, such as Room to Read or International Women’s Development Agency.



The Centenary of Anzac

Projects under this category will explore the “Anzac legend” and the importance of commemorating the Centenary of the First World War. Community Projects under this category could include:

- Researching a First World War veteran from your local area and creating a display about them for your local library or community centre.
- Inviting serving members of the Australian Defence Force to talk to students at your school about the importance of the Anzac legend.
- Designing a website or Facebook page about young men and young women from your local area who served in the First World War.
- Making a map of plaques, parks and other sites in your local area that remember or mark previous wars and conflicts.

Environment and Conservation

Projects under this category focus on participating in an environmental or conservation issue, such as local bush regeneration or animal protection groups. Community projects under this category could include:

- Organising a “Trash Mob” - a flash mob where a group of local people get together to pick up all the rubbish in a particular area.

- Running a forum where people from different environmental organisations talk about the work they do, giving people in your community the chance to join a group.
- Starting a social media campaign about an environmental issue in your local area.
- Forming a “Going Green” committee at your school or youth centre, to look at practical ways of being more environmentally friendly.

Your Own Idea

If you don't want to undertake a project on one of these categories, that's okay. Come up with your own theme for a project that will make a positive difference in your local community.



PLANNING AND RUNNING YOUR COMMUNITY PROJECT

Setting up and running your Community Project will take planning. You can use the following steps as a guide to help you work out what you want to do, and how you are going to do it.

1

Deciding on your Community Project

When planning your Community Project, start by thinking about something that might be an issue for, or is important to, people in your community. This may be an issue for everyone, or just for a particular group. Take time to think about the issues that you are aware of, and talk these over with your mentor, to help you come up with an idea for your project.

Spend some time talking with people who know about the issue, to get a better idea about how it affects people in your local area. You can do this by just talking to friends and neighbours and other people you know, or you can consult in a more formal way by holding a meeting, designing a survey or questionnaire, or meeting with people who work in the area like youth workers and community workers.

2

Working out what you want to do to tackle this issue

Once you have chosen the issue you want to focus on, you need to decide what it is your project is going to do. There are a few things to keep in mind. You can use the SMART test for this. SMART stands for:

- Specific** Which means being really clear about what your project aims to do.
- Measurable** This means being clear about how you will measure what your project has achieved, such as how many people attend an event or sign up to your Facebook page.
- Achievable** This means being really honest with yourself about whether your goals can be achieved, and what it will take to achieve them.
- Realistic** Be realistic about whether you have enough of the things you need to reach your goals - things like people, time, money, support and so on.
- Timing** Be clear about how much time each task will take. You need to have clear deadlines for each step in your project, so that you can complete your project within the time you have available.

3***Planning all the different parts of your project***

Once you've decided what you want your project to focus on, you now need to start planning all the different parts of your project. It's a good idea to break your project into small steps or stages, so that you can be clear about all the things you need to do. You could do this as a week by week chart, so that you know exactly what you need to do each week to successfully carry out your project.

4***Thinking about the things you need so that you can carry out your project***

Once you have broken your project down into stages, you need to start thinking about all the things you will need in order to carry it out. This will be different for each project, but includes people who can help you, other sources of information, how much time will you need etc. Write a list of all the things you will need in order to make sure your project is a success, using your ideas from Step 3 as a basis.

5***Putting your project into place***

When you have chosen your project and are clear about all the things you need to carry your project out, it's time to get going! Take time to regularly talk with your mentor about how things are going, and to get support and ideas for anything unexpected that comes up. It's normal for things to come up that you weren't expecting, so try not to get stressed when this happens. It's all part of the excitement of working on a project!

6***Figuring out how your project went***

Once your project is over, it's important to take time to find out from people involved how it went, and what difference it has made. You can get this feedback in lots of ways, such as using a feedback form or questionnaire, holding a meeting with people who were involved, interviewing people and recording their answers on video, or setting up a Facebook group and asking people to provide comments about the project. Take time to think about the questions you ask, so that you get useful information about what worked and what didn't, the impact that your project has had, and what people would like to see happen next.

7

Reporting back what happened with your Community Project

At the end of your community project you will have the opportunity to report back on how it went. Your mentor can help you with this. You can do this in a number of different ways – you could write about it, make a video, do a PowerPoint or multi-media presentation, or create a display. Whatever method you choose, you need to include:

- Your project's name.
- An outline of what your project was aiming to do.
- The names of any people who played an important role in working with you to plan and carry out your project.
- A description of what your project actually did, such as the activities you ran and the things you achieved.
- Contact details for yourself or someone else who can provide any further details about the project.

BEST OF
Luck!

with your Youth Frontiers adventure.
When in doubt, ask your mentor!!!

