YOUNG CHANGE MAKERS

Coming together to reimagine
mental health services

UK YOUTH

THE DIANA AWARD

CENTRE FOR MENTAL HEALTH

What is Young Changemakers?

A programme which supports young people from Black and Black mixed-race communities to channel their lived experiences into tackling racial injustices in mental health support and services

Our theory of change:

Build understanding and awareness

Develop young people through social action

Influence change

Overview of the programme

National project partnership

UK Youth | The Diana Award | Centre for Mental Health

Young Co-producers

April 2021 – September 2024

Working with local youth organisations

8 delivery partners across 3 cohorts

Upskilling & tooling up youth practitioners

14 youth workers + 100

Social learning & youth-led social action projects

90 Changemakers
15 projects

Examples of work

UK YOUTH
YOUNG CHANGEMAKERS
Tackle mental health in their community
WITH INTEGRATE UK
WE DEMAND

Your reflections

Join at menti.com

Use code 8737 9367

Share your thoughts / feelings after watching the film – up to 3 words

INTEGRATE UK

A youth-led charity advocating for **gender and racial equality.**

We empower young activists to raise awareness on social issues including **racism, violence against women and girls, radicalisation, & honour culture.**

We do so by delivering **creative projects** and **peer education workshops** to schools, frontline professionals, and policymakers.

Our work has led to policy changes on FGM safeguarding.

Gove to write to all schools as he backs anti-FGM fight

The anti-FGM delegation, including Fatma Mohamed, centre, before their meeting with the education secretary, Michael Gove (Photograph: Christian Sinibaldi)

Praise for 'inspirational' campaign as petition nears 250,000 names

Alexandra Topping

Michael Gove agreed last night to write to all schools in England about female genital mutilation, after a Guardian-backed petition urging the education secretary to take action attracted nearly 240,000 signatures.

The education secretary's pledge was given as he met 17-year-old student Fatma Mohamed, the face of the campaign, and praised her for her "inspirational" work.

He agreed to write to primary and secondary headteachers drawing their attention to guidelines around the issue and reminding them of their duty to protect schoolgirls.

Speaking after the meeting, Mohamed said she was relieved and delighted at the outcome. "I think it is fantastic that he is finally listening. I feel like we had got over the biggest hurdle and I am so glad he is willing to meet us and see the work we do."

She thanked the thousands of people who had put their names to the petition. "I want to thank every single person who signed, without them we would never have got this meeting and Mr Gove would never have agreed to write to all schools. This is a real step to helping us eradicate this issue forever. It's a huge weight off my shoulders."

Gove also agreed to consider how FGM education could be delivered in an age-appropriate way in classrooms, and promised to visit Mohamed and members of the youth charity Integrate Bristol at the City Academy Bristol, one of two schools in the country to run an FGM awareness project.

The education secretary said: "I was very pleased to meet Fatma Mohamed today. She has been running an inspirational campaign. Fatma and her supporters have done fantastic work in raising awareness of female genital mutilation. It is a truly horrific crime. We must do everything we can to end it."

Gove said guidance on keeping children safe would be sent out by Easter – before the summer holidays – and would include statistics to enable teachers to tackle the subject of female genital mutilation.

The material will cover prevalence statistics, factors that heighten risk, warning signs and a reminder of the statutory safeguarding duties of teachers and other school staff in relation to female genital mutilation, as well as links to other information.

He asked for more evidence of good practice on teacher training and how education about female genital mutilation could be age-appropriate. "I think Fatma – and other courageous public campaigners against female genital mutilation – for their efforts. We all want to see this very serious form of child abuse consigned to history," he said.

It is estimated that there are 24,000 girls at risk of female genital mutilation. Hundreds are taken abroad each summer to be cut, often with little or no indication of what is about to happen to them. The thinking behind asking Gove to issue written guidance to schools is that awareness of the issue among girls is one of the best ways to ensure that the practice is stamped out.

Mohamed, a trustee of Integrate Bristol, met Gove alongside the charity's founder, Lisa Zimmerman, and fellow members Nur Ahmed, Hamda Mohamed and Fadumo Dualeh.

Renée Ali, co-founder of FGM charity Daughters of Eve who was also at the meeting, said that campaigners would keep up the pressure on Gove and other

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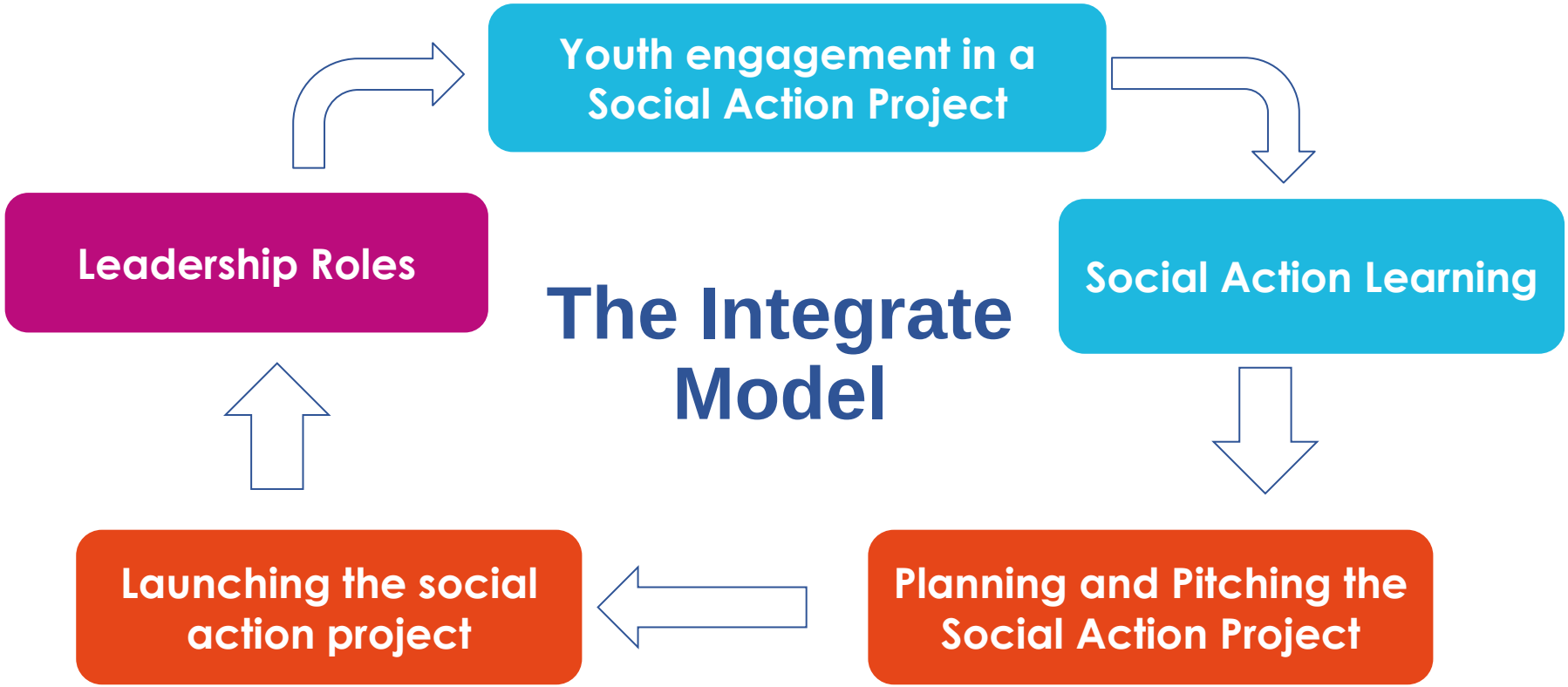
Our take on the programme… Integrate's Got Talent!

Celebrating **positive racial identity** & the talents of young people from black and mixed backgrounds.

Convening youth activists, healthcare professionals, non-profit leaders, and artists to promote **black mental health**, **allyship**, & **social cohesion.**

Creating a **safe space for young people** to talk about **mental health** and **express themselves positively.**

The Integrate Model



Why it works?

- Sustainable approach that promotes peer to peer learning
- Empowers young people to take on leadership roles
- Independence to create transformative and positive initiatives

Our campaign to diversify the UK's curriculum to represent the 36% of secondary students from ethnically minoritised backgrounds.

Addressing the lack of representation in our national curriculum & its impact on the mental health of minoritized students.

'Marginalised, undervalued, and questioning their position in British society'

How are young minoritised people feeling?

'It doesn't feel right'

'I don't see myself'

'It makes me feel like I don't belong here'

'It's the same message, again and again'

'You're more likely to be poor'

'You're not going to do well'

'You're not going anywhere'

Why should you, healthcare professionals, care?

'Students would feel more positive'

'People would see me as a human, as a British person, not a stereotype'

'We can build more positive racial identities to learn better'

Our recommendations for you

- Continuous engagement over one off interventions to build lasting community trust
- Use accessible language that is tailored to people's diverse cultures and racial identities
- Create a safe space for young people to comfortably share their lived experience with their peers
- Communicate and collaborate with other organisations to complement your work rather than duplicate efforts
- Highlight the value of youth social action in your service through signposting, posters, events – emphasise its value in your work

Thank you ☺

Practical tools

Is asking somewhere where they're really from racist?

Is it unacceptable to call someone BAME?

Does social media harm your mental health?

Do you feel confident supporting a friend?

Takeaways

- #YoungAndBlack toolkit
- A Voice for Change briefing
- Videos from our Co-producers and Changemakers
- Final report in October 2024

SCAN ME

INTEGRATE UK

www.integrateuk.org

https://chng.it/mDS5rbcQbP

UK YOUTH

www.ukyouth.org/what-we-do/programmes/young-changemakers

Your reflections

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From today – share your commitment how you will create safe, supportive spaces for racialised young people

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