

SEPTEMBER'S DOWNLOAD

What works well in participation for young people?



Knowing what the benefits of the project are to me and to the community/or service

Being shown that my experience is relevant otherwise I will think the space should be given to someone more suitable than me

Getting paid

Mixing up discussion with activities



Time to get to know one another so I can feel comfortable to share my opinion

Knowing what my role is/will be

What kind of facilitation is needed?

Allowing people to write down thoughts individually first or to talk in pairs or smaller groups to gather thoughts before sharing to whole group (post it notes)

They need to be tech savvy

SKILLS NOT AGE MATTER

Online- being able to write in the chat as well as talk

WHAT STOPS MEETINGS BEING BORING & MAKES PAPERWORK INTERESTING?

Think about the colour of paper you are printing on for people with dyslexia e.g. green



Breaking the session up into sections with either breaks or activities

How many people can be in this group and it still feel comfortable and safe?

10



Make sure you can see everyone's face on a screen



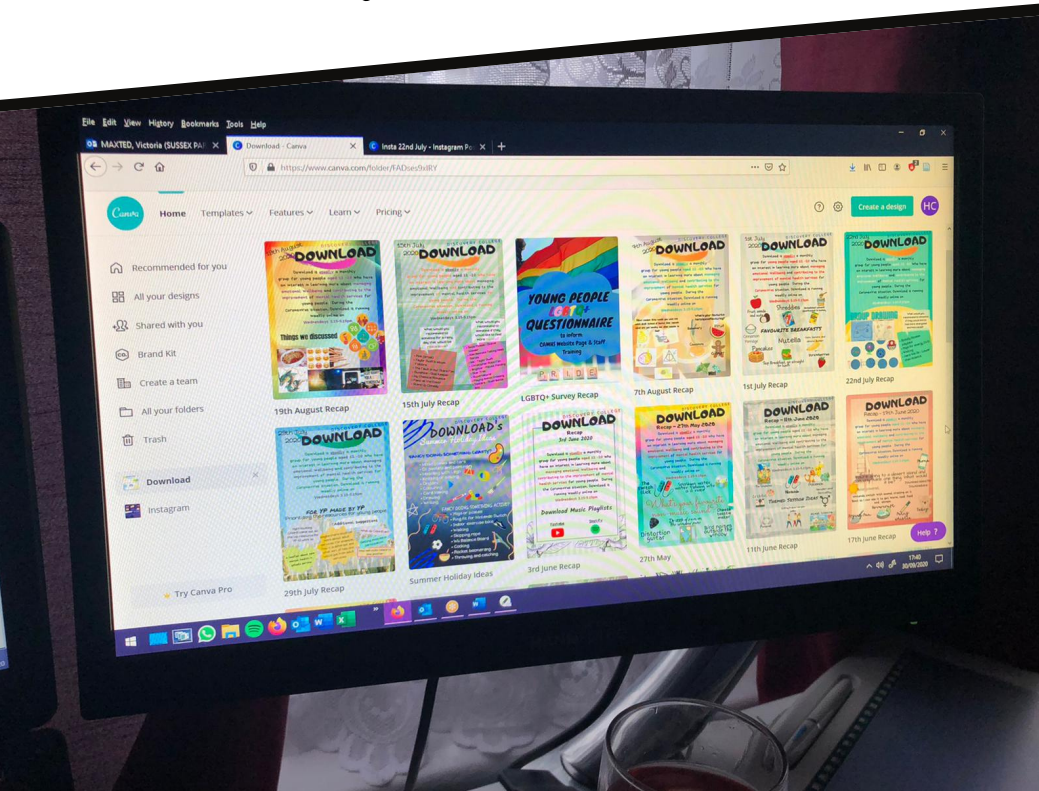


Lizzie

When you are not feeling well what cheers you up or makes you feel a little better?



THINGS THAT REPRESENT DOWNLOAD & OUR PASSIONS





Social connection

Freedom

Liberating

Fun

Cheese toasties

Confidence

Self-expression

Games

Cooking

Words that represent Download

Silliness

LGBTQ+

Friends

Evidence of Victory

Bag of woe

Wink murder

Inclusiveness

USSR & the communist flag: Jokes EBE's have in the car going to events and the "fun bus"

Discussion: Taking steps to grow friends

Do something together rather than just facing each other and talking. For example, playing a video game or cooking. You can talk about the activity rather than yourself.



Start by practising talking to acquaintances.

There is no pressure to already be friends, you are just practising talking to someone/ being in a conversation.

It also allows you to go at your speed not someone else's so you can relax.

When bullies call you names or say negative things about your personality, don't let their perception of you affect your perception of yourself.

It will more likely be a reflection of their insecurities.

Be who you want to be

Join clubs like download

Take something along to a group that you like or are interested in and see if other people can get into it with you.

You might find that an acquaintance becomes a friend through a shared interest.