

WEST SUSSEX YOUTH CABINET

Youth Cabinet Manifesto 2024 - 2026

The Youth Cabinet is dedicated to addressing critical issues affecting young people in West Sussex through targeted campaigns. Currently, there are four main campaigns: Youth Safety, Youth Equity, Mental Health and Well-being, and Environment. Each member of the Youth Cabinet assigns themselves to one of these campaigns, focusing their efforts on the specific issues. Over their two-year term, members work collaboratively to develop initiatives, raise awareness, and implement solutions aimed at making a significant impact on the lives of young people. These campaigns serve as the core focus of the Youth Cabinet's work, driving positive change and addressing the needs and concerns of the youth community.

Youth safety

As growing youths in the community, safety is of paramount importance to us as we are constantly surrounded with new threats and dangers in our everyday lives. Our campaign includes a group of like-minded people who feel strongly about the right for all young people to be safe and away from violence. We want to improve the day to day lives of as many young people as possible and are dedicated to making change happen.

Aims:

- To increase awareness of youth crime and its impact.
- To improve the view of police-public relationships.
- To increase the support for those exposed to youth violence.
- To make sure West Sussex is a safe place for young people.
- To make sure young people know where to go when they feel unsafe.

Plans for the future and how we are going to achieve them:

- We are planning to have a regular podcast at least monthly to discuss a series of topics around youth safety. We will also use other social media platforms such as TikTok and Instagram.
- We are planning to work with our local police officers to develop relationships with the aim to create podcasts with Q&A time.
- We are planning to connect with groups such as PREVENT, victim support, police and local councils which run schemes related to youth safety and we aim for their information to be available in schools and youth provisions.
- We plan to go out into communities to interview young people to understand their knowledge about what to do if they feel unsafe.
- We are planning to work with other agencies to create a safety pack, we will also be creating short informational videos about "what to do if you feel unsafe."

Environment

The environmental campaign wants to protect the planet and the future of young people by taking action against climate change and promoting a sustainable future.

Aims:

- To inform people on how to reduce their carbon footprint and its risk to the environment.
- To carry out campaigns about the environment in schools and our local communities.
- To highlight climate change and its impact
- To inform young people on the benefits of helping the environment and how it will impact their futures.
- To reduce the waste caused by fast fashion.

Plans for the future and how we are going to achieve them:

- We are planning to promote sustainable products and how to recycle effectively through podcasts and other social media sites.
- We are planning to interview/ hold podcasts with guest speakers such as advocates and members of local businesses to encourage businesses to reduce waste.
- We are planning to develop climate change groups / eco groups within schools to present some talks to further create a community of other young people talking about the environment to students because it allows the "by young people for young people" notion to thrive.
- We are planning to create regular newsletters, social media posts, presentations, and videos on how to reduce negative impacts on the environment.
- We are planning to promote the use of clothing/recycling bins.
- We are planning for beach cleans on our local beaches.

Youth Equity

This campaign is a collective of creative people and ideas, striving to make a difference related to discrimination in regard to the protected characteristics (as per the Equality Act of 2010).

Aims:

- To increase awareness of the hardships of people who experience discrimination in our communities in West Sussex.
- To be a source of support and comfort for those that experience discrimination.
- To provide information on where to get support through TikTok, Instagram and other social media platforms for those who experience discrimination.
- To make sure that no minority group feels neglected or unrecognised.
- To educate individuals who do not experience discrimination to help them gain a better understanding on this topic and so that they will be able to help educate others.

Plans for the future and how we are going to achieve them:

- We are planning on having regular meetings with schools that are enrolled on the Racial Equality Ambassador programme to get an insight on what they believe needs to be done in the programme. We will share our ideas and have a joint impact on the evolution of the programme.
- We are planning to extend this programme to our local primary schools.
- We are planning on having regular meetings with secondary schools in West Sussex surrounding SEND awareness and equality by liaising with our voice and participation officer to schedule meetings and encourage schools to participate.
- We are planning on continuing with our podcast series to raise awareness with the aim to bring comfort to minority groups who feel neglected or unrecognised. We will use WSYC social media (Tiktok & Instagram) to inform young people of our podcast.
- We are planning on promoting and encouraging a culture day in secondary schools. This would entail a day and/or week where people from different cultures will come to school in their cultural attire and give presentations. We will be liaising with headteachers of various secondary schools to identify a suitable day across all schools

Mental Health and Well-being

The Mental Health and Wellbeing Campaign is about promoting positive wellbeing and raising awareness of what good mental health is, as well as the importance of looking after it, something we know is fundamental in our society.

Aims:

- To encourage open conversation surrounding wellbeing within schools.
- To give practical and achievable advice to young people in West Sussex on how to support their wellbeing.
- To signpost young people to existing support systems and charities, for example childline and MIND.
- To work with schools to create regular well-being days to help young people with their mental well-being.

Plans for the future and how we are going to achieve it:

- We are planning to draw upon advice from experts, other young people, and teachers to give practical advice through our podcast, TikTok and Instagram.
- We are planning on having presentations to send to schools to talk about mental health issues that aren't talked about enough to try and remove the stereotypical view surrounding it.
- We will make informative podcasts and videos on the topic of healthy well-being providing tips on how best to support your mental health.
- We will raise awareness through a series of social media skits, as well as informative podcasts and videos, which will be shared with young people around West Sussex. These videos will allow us to have conversations regarding mental health in a light hearted manner to reach young people.
- We will provide material such as posters on the topic of healthy well-being and support systems to be displayed in schools and other public areas to reach those who may not have access to social media or the Internet.
- We are planning mental health days within schools, potentially one every term. Hoping to give those that are stressed a more relaxed learning environment.