



Are you aged 16-24?
Are you passionate about improving young people's mental health and wellbeing in and around Manchester?
Do you want to gain new skills, meet like-minded people, and create change in your community?
We want to hear from you!

Overview of Programme

- Plan International UK is a global children's charity. We strive to advance children's rights and equality for girls all over the world.
- Since 2010, we've been working with AstraZeneca to empower young people around the world to live healthier lives and create change in their communities.
- Now, the Young Health Programme has come to the UK to empower young people to realise their right to good mental health and wellbeing.
- We are bringing the programme to Manchester and we want you to become Young Health Programme advocates!
- We are creating a group of 30 Youth Advocates who are passionate about promoting good mental health and wellbeing.
- As advocates, you will advocate for positive change on mental health and wellbeing across Greater Manchester by representing the voices of other young people in the area.
- You will also have a chance to co-create a Manchester-wide campaign that supports young people to realise their right to good mental health and wellbeing.



We're looking for young people:

- Aged between 16-24,
- Based in Greater Manchester,
- Passionate about young people's right to good mental health and wellbeing,
- With an interest in campaigning and advocacy, no previous experience needed,
- With time to regularly participate between October 2021 – August 2022

What's involved?

From October 2021 – August 2022, you'll have a chance to:

- Attend regular group meetings and one weekend event – Covid-19 restrictions and government guidance will be taken into consideration.
- Use your voice to advocate for young people's right to good mental health and wellbeing in Manchester.
- Represent the programme at AstraZeneca and Plan International UK events.
- Speak in videos, interviews and at events around the launch of the programme and subsequent activities.
- Write blogs or comments for social media around programme activities.
- Advocate for improving youth participation in initiatives on adolescent mental health and wellbeing.
- Become programme advocates - help promote the Young Health Programme UK activities in school, universities, and youth groups, increasing the impact of the project and encouraging other young people to realise their right to good mental health.



What we can offer you:

- A chance to champion the voice and right of young people to good mental health and wellbeing in Greater Manchester.
- An opportunity to collaborate with other young people and take collective action.
- Experience in running your own campaigns and creating advocacy strategies.
- Training to develop skills in advocacy, speaking publicly or writing about key issues.
- Experience of working with a large international charity, which will look great on your CV.
- Expenses will be covered for any travel required for meetings or organised activities.

How to apply:

Interested? Email us at: yhp-uk@plan-uk.org by **Sunday 26th September 2021** with the completed **application form**. This form will collect some information about you and ask you 3 questions. You can answer these questions on the form itself or on a separate sheet. You can also apply by a 3-minute video or a voice recording if you prefer.

Show us your passion for young people's right to good mental health and wellbeing and get creative!

Examples of what you could include in the application



- You could send us a 500-word presentation addressed to your local council advocating for them to support young people to realise their right to good mental health and wellbeing, and how they could do it.
- A 500-word letter to a local leader explaining what you think can be changed and/or improved to support youth in Greater Manchester to have positive mental health.
- Record a 3-minute interview with someone in Manchester about what prevents young people from realising their right to good mental health and wellbeing.
- Put together a 3-minute podcast on what you would do to advocate for positive mental health and wellbeing among youth.

We actively seek and encourage applicants with diverse backgrounds and identities to apply. We strive to ensure individuals are supported in taking part in these activities including reimbursing any travel expenses. Please let us know of any support or adjustments that would help you to apply or become a Youth Advocate.

Get in touch if you have any other questions: yhp-uk@plan-uk.org. We will let you know whether you have been shortlisted by Wednesday 6th October. Afterwards, there will be an informal chat with the shortlisted candidates to confirm their participation in the programme.

Young Health Programme UK Youth Advocate Application Form

Please fill out this application and return it to YHP-UK@plan-uk.org by the end of **Sunday 26th September**

Full Name: _____

Date of Birth: _____

Gender: _____

Address: _____

Phone: _____ Email _____

Application Questions

Remember you can respond to these questions either on the form, in a separate document or in a 3-minute video or voice recording.

Why do you want to advocate for young people's right to good mental health and wellbeing in Greater Manchester?

What would you advocate for, which supports young people's right to good mental health and wellbeing?

Please give one example of how you would want to advocate for change

I _____ consent to having extracts from my application shared internally with both Plan and their funding partner AstraZeneca. We will not share your contact information or name.

YES/NO (highlight one – please note you have the right to withdraw your consent at any time.)

Signed _____

Date _____