

Are you aged 16-24?

Are you passionate about improving young people's mental health and wellbeing?

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 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 in your area and across the UK by representing the voices of other young people in the area.
- You will also have a chance to co-create a 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 or Cambridgeshire,
- 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 for up to 2 years from recruitment.



## What's involved?

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.
- 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.
- 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](mailto:yhp-uk@plan-uk.org) 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. We are accepting applications on a rolling basis, spaces are limited so please apply as soon as you can!

**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 your community to have positive mental health.
- Record a 3-minute interview with someone in your community 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](mailto:yhp-uk@plan-uk.org).

## Young Health Programme UK Youth Advocate Application Form

Please fill out this application and return it to [YHP-UK@plan-uk.org](mailto:YHP-UK@plan-uk.org)

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 your area?

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

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

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Plan UK will review and store all the data provided in this application for the purposes of the Young Health Programme only. This may involve sharing your application with our partner AstraZeneca.

I \_\_\_\_\_ consent to sharing all my data from the application with Plan UK and their partner AstraZeneca for the purposes of the Young Health Programme UK and I understand that I can request access to my personal data, request that my personal data be rectified or erased and withdraw my consent at any time. [Children and young people privacy notice | Plan International UK \(plan-uk.org\)](#)

YES/NO (select one)

Signed \_\_\_\_\_ Date \_\_\_\_\_

Please fill out this application and return it to [YHP-UK@plan-uk.org](mailto:YHP-UK@plan-uk.org)