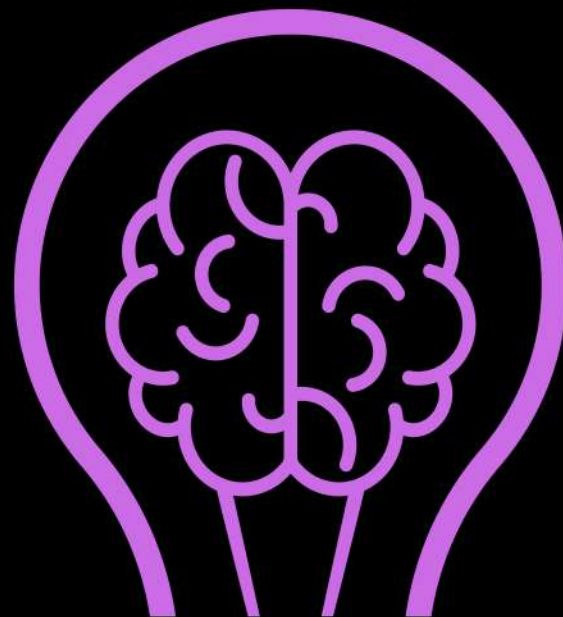




WORKSHOP PLAN

GOOD HEALTH & WELLBEING



SUPPORTED BY PEACEPLUS, A PROGRAMME MANAGED BY THE SPECIAL EU PROGRAMMES BODY (SEUPB)



PEACEPLUS
Northern Ireland - Ireland

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Government of Ireland



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Introduction

These workshop plans are designed to support youth workers (or anyone working with children and young people) across Northern Ireland, the Republic of Ireland, Scotland, and Wales in delivering engaging, meaningful sessions that connect young people with the Voices for Impact digital platform.

Each workshop uses participative and youth-centred methodologies to explore one of the Voices for Impact six thematic areas aligned with the United Nations Sustainable Development Goals (SDGs). Through these activities, young people are encouraged to reflect on their lived experiences, discuss the issues that matter to them, and contribute their views in a way that supports real change.

These workshops also uphold the principles of the UN Convention on the Rights of the Child by supporting Article 12 - every child's right to express their views freely and have those views taken seriously in matters that affect them.

The six thematic areas are:

1. *Good Health and Well-Being (SDG 3: Good Health and Well-Being)*
2. *Learning, Skills and Work (SDG 4: Quality Education)*
3. *Safer Society (SDG 16: Peace, Justice and Strong Institutions)*
4. *Fairer Society (SDG 10: Reduced Inequalities)*
5. *The Planet (SDG 12: Responsible Consumption and Production)*
6. *Digital Access (SDG 9: Industry, Innovation and Infrastructure)*

Each workshop is structured as a 60-minute session and concludes with participants completing the relevant survey on the Voices for Impact website (www.voicesforimpact.ai) ensuring that young people can share their views in an informed, confident, and engaged manner.

Two workshop plans are provided for each thematic area, giving you flexibility to choose the session best suited to your group's age, background, interests, and level of awareness. An additional resource pack is also included, offering a range of icebreakers, energisers, and games that can be used to tailor the session to your group's needs. Please note timings are only suggestions and adjust to suit your group and context.

Workshop: Good Health and Well-being - Plan A.

Learning Objectives

- Explore what health and well-being mean in your everyday life.
- Identify what helps or harms your mental and physical well-being.
- Share your experiences and understand how they connect to wider issues.

Materials Needed

- Markers / pens
- Paper / flip chart paper
- Tablets/laptops (if available)

Workshop plan

5 min Ice-breaker

Select one suitable for the group from the resources provided or select your own.

10 min Opening and Introductions

- Ask everyone to pull into a circle for the welcome.
- Each participant shares their name and one thing that makes them feel happy and/or healthy. Leaders should start this to help set the tone.
- Share that Voices for Impact is an online platform where young people like you can share your opinions on things like school, friends, and the environment, so leaders can make better decisions for young people.
- What makes it unique is that you do this digitally and quickly.
- Across NI, ROI, Scotland and Wales lots of young people are using this to help us gather collective data, to enable us to impact and influence decision making.
- Share the learning objectives for the session.
- If appropriate, discuss and establish ground rules for sharing and listening respectfully.

15 min My health & Well-being

- Participants work in pairs to create a 'health & well-being web' on paper
- Draw the outline of a person in the centre
- In their pairs get them to discuss things that affect or impact their health and well being, noting this around the outline of a person.
- Pull back into the full group and pairs share a few thing from their web with the full group

Workshop: Good Health and Well-being – Plan A.

15 min Healthy Futures Brainstorm

- Explain the purpose of this activity is to imagine and design a future community that supports young people's health and happiness.
- Divide participants into smaller groups, with a leader going with each group.
- Get them to use the prompt: ***"If you could design the perfect community for young people's health and well-being, what would it look like?"***
- Groups should draw or list ideas on paper.
- Encourage creativity: parks, mental health spaces, healthy food spots, tech for health, etc.
- Pull back into the full group and get each group to present their ideas to the whole group.
- Leaders highlight common themes and link back to how their voices matter in shaping real communities.

10 min Survey

- Guide participants through the Good Health and Well-being survey on Voices for Impact website
- Support those who need help reading or understanding questions
- Encourage honest responses based on their own experiences
- Hand out tablets / laptops to get young people to complete; or if young people have their own device share the website or a QR code to the survey.

5 min Reflection and Close

- Reflection: One word describing how they feel or what they are thinking at the end of the sessions.
- Explain how their contributions will contribute towards collecting data on a local and national level, to help make more informed decisions on issues that impact young people.
- Thank participants and share that they can see the collective results through the website.

Workshop: Good Health and Well-being – Plan B

Learning Objectives

- Explore what health and well-being mean in your everyday life.
- Identify what helps or harms your mental and physical well-being.
- Share your experiences and understand how they connect to wider issues.

Materials Needed

- Pens / markers
- Flip chart paper / paper
- Tablets / laptops (if available)

Workshop Plan

5 min Ice-breaker

Select one suitable for the group from the resources provided or select your own.

5 min Check-in and Context Setting (5 minutes)

- Ask everyone to pull into a circle for the welcome.
- Each participant shares their name and one thing that makes them feel happy and/or healthy. Leaders should start this to help set the tone.
- Share that Voices for Impact is an online platform where young people like you can share your opinions on things like school, friends, and the environment, so leaders can make better decisions for young people.
- What makes it unique is that you do this digitally and quickly.
- Across NI, ROI, Scotland and Wales lots of young people are using this to help us gather collective data, to enable us to impact and influence decision making.
- Share the learning objectives for the session.
- If appropriate, discuss and establish ground rules for sharing and listening respectfully.

10 min Health & Well-being Challenge

- One of the leaders write and the other facilitate
- Ask the group to share what comes into their head and what they associate with the terms 'good health and wellbeing'
- Note this down onto flip chart and where appropriate get young people to share more about their answer.
- As the discussion progresses ask them to think if anything further comes into their head when they think about young people's good health and wellbeing.

Workshop: Good Health and Well-being – Plan B

10 min Impact Mapping

- Share that the purpose is to explore how different factors influence youth health and well-being.
- Ask the young people to work in smaller groups
- Give each group a large sheet and get them to write “Young Person” in the centre.
- Ask them to map out factors that impact their health and well being in three rings:

1. **Inner ring:** *Personal choices (sleep, diet, exercise) & family*
2. **Middle ring:** *Community influences: school, friends, local facilities*
3. **Outer ring:** *Society: policies, healthcare access, social norms, availability of services, environment, social media*

- Name & explain each ring one at a time and give young people time in their group to discuss & notes down their answers
- After 10 minutes get feedback from each group (you can stay in small groups and feedback or pull back into the full group)
- Groups share examples from each ring and anything surprising that came up.

15 min Ideas

- Explain you're going to come up with ideas that could improve young people's health and well-being.
- On the wall or on the floor set out pages with a range of youth health and wellbeing challenges on them. Leaders can select their own or select from the areas below.
- Participants move around and either individually or in pairs - sketch or list the ideas / solutions they have to address the challenges in this area. Note these onto the pages.
- Encourage them to think about: Realistic vs. aspirational solutions; Barriers and how to overcome them.
- After 10 minutes ask young people to stop and move around and read what others came up with.
- Ask them to share any that they agree with or surprises them.
- Close this by thanking them for sharing their ideas - getting this type of input from young people on these challenges is helpful and insightful.

Workshop: Good Health and Well-being - Plan B

Mental Health: Long waiting lists for mental health support; Not knowing where to get help when struggling; Feeling stressed about school, exams, or family issues

Access to Healthcare: Difficulty getting GP appointments; Not being taken seriously by health professionals; Limited access to youthfriendly services

Healthy Food: Healthy food being too expensive; Lack of healthy options in school; Not knowing how to cook or eat well on a budget

Staying Fit: Few affordable sports or fitness activities; Feeling selfconscious exercising in public; Not enough safe outdoor spaces to be active

Body Image: Pressure to look a certain way (social media, peers); Low confidence about appearance; Comparing themselves to unrealistic online images

Substance Use Prevention: Peer pressure around alcohol, vaping, or drugs; Not understanding the risks; Boredom leading to experimentation

Social Media: Feeling overwhelmed by constant online pressure; Cyberbullying affecting mental health; social media affecting sleep

10 min Survey

- Guide participants through the Good Health and Well-being survey on Voices for Impact website
- Support those who need help reading or understanding questions
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5 min Reflection and Close

- Reflection: One word describing how they feel or what they are thinking at the end of the sessions.
- Explain how their contributions will contribute towards collecting data on a local and national level, to help make more informed decisions on issues that impact young people.
- Thank participants and share that they can see the collective results through the website.