

# *Irish Youth Work* Scene

*Magazine for Youth Work Practitioners in Ireland*



## ***In this edition of Scene...***

*The Forgotten Generation*  
*Stand Up! LGBT Awareness Week*  
*The Children's Rights Referendum*  
*Starting Out - Volunteer Pack*  
*Youth Obesity and Healthy Eating Awareness Activity Supplement*  
*The Aurora Project - Profile*

## CONTENTS:

Editorial .....	2
The Forgotten Generation .....	3
The Aurora Project .....	5
Stand Up LGBT Awareness Week .....	6
The Children's Rights Referendum .....	8
Starting Out Volunteer Pack .....	10
Youth Obesity & Healthy Eating Awareness Activity Supplement .....	11
Round Up .....	15
IYWC Training .....	17
Sectoral Training .....	18
New Library Resources .....	19
IYWC Recommended Reads .....	21
Irish Youth Work Centre Profile .....	22

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## DISCLAIMER

It is open to all our readers to exchange information or to put forward points of view. Send in news, comments, letters or articles to the editors. Views expressed in this magazine are the contributor's own and do not reflect those of the Irish Youth Work Centre or Youth Work Ireland.

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**PRESS**

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## Editorial

### A CHANGE OF GOVERNMENT MUST MEAN A RADICAL CHANGE IN THE GOVERNANCE OF YOUTH AFFAIRS IN IRELAND

By

Patrick Burke, Chief Executive, Youth Work Ireland



Welcome to the latest edition of *Irish Youth Work Scene*. We in Youth Work Ireland have a vision of a more equal and sustainable world where all young people are valued and involved. So often we hear our public representatives and others say that 'young people are the Ireland of tomorrow'. This is not our view. For us, young people are the Ireland of today. We call on our new Government to share this vision with us and to prioritise policies which will make this vision a reality.

What would an Ireland committed to reaching this vision look like? What kind of policy priorities would it have? Readers of *Irish Youth Work Scene* will undoubtedly have their own list but I am sure that you will agree that the following are critical:

- To support Youth Work Programmes including the provision of quality local facilities and youth information services delivered by youth organisations.
- To impose no further funding cuts on the sector.
- The provision of more and better quality places on training and education programmes until there is a sustainable recovery in the economy.
- To deliver on previous commitments in the Strategic Task Force on Alcohol.
- The delivery of a strategy to radically reduce the numbers of children and adolescents on the waiting lists for mental health services, to end the practice of admitting children to adult inpatient mental health units and to increase supports to young people experiencing despair or distress which may lead to suicide.
- The prioritisation of a referendum on Children's Rights and improved child protection legislation including a vetting bill and provision for "soft information".
- Ensuring Dáil na nÓg remains as a permanent event in the political and youth calendar and continuing to support local Comhairle na nÓg. Maintaining Ireland's leading role internationally in this area and allowing Dáil na nÓg meet in the actual Dáil Chamber.

The establishment of a Ministry for Children is a welcome development and is a hopeful indicator that the new government is committed to progressing an ambitious agenda for our children and young people. 2011 is a critical year in which this will be tested as a new policy framework for youth work is being developed. Youth Work Ireland and the *Irish Youth Work Scene* will be closely monitoring progress in this regard. We will also be actively engaging with other organisations in the sector and directly with the Department and Government to assist in any way possible in the realisation of our vision for modern Ireland.

# The Forgotten Generation

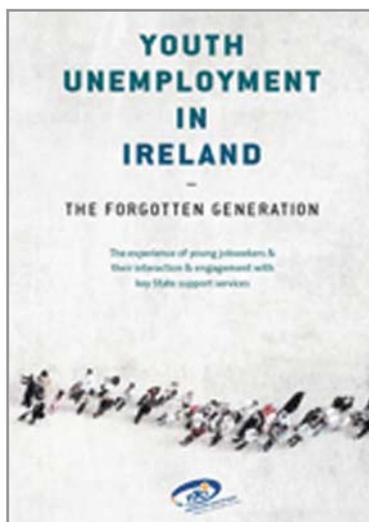
by  
James Doorley (NYCI)

Feature  
Article

## INTRODUCTION

Young people have been hit hard by the recession. A few years ago they looked forward to the prospect of meaningful and well paid employment when they left education and training. Now as a result of the economic crisis many of them are facing long term unemployment. Even where young people secure employment, it can often be poorly paid and precarious.

The statistics are chilling with 1 in 4 young people are unemployed, rising to 1 in 3 among young men under 25 years. There has been no shortage of commentary by official experts and a lot of discussion on the problem. What has been absent has been the voice of the real experts, i.e. young jobseekers themselves and measures to support them through the crisis.



NYCI sought to address that gap by commissioning research with young jobseekers and to explore their experience of engagement with the local offices of the Department of Social Protection and FÁS. We conducted nine focus groups at urban and rural locations around the country and 90 one to one intercept interviews with young jobseekers as they entered or left the offices of both agencies. Young jobseekers are not

a homogeneous group and we were anxious to reflect the diversity of young people's experience. Therefore we explored the perspective of young people with third level qualifications, those with second level and vocational qualifications and early school leavers.

## INTERPRETATIONS OF THE FINDING

The headline results of the research were as follows:

- 100% of respondents agreed that their prospects for securing employment in Ireland were not very good.
- 70% agreed that they were more likely rather than less likely to emigrate in the next 12 months if still unemployed.
- 90% agreed that unemployment has had a negative impact on their sense of well being.
- Only 32% recorded a satisfaction rating above the mid-point following a meeting with a jobs facilitator.

In addition to the headline data, the discussion in the focus groups provided an insight into every day challenges that young people face.

What is clear is that young people desperately want to work and hate being unemployed. What emerges is that life on the dole is tough financially and psychologically. This smashes the myth perpetrated by those who championed cuts in benefits that young jobseekers were living it up. Many started out with high hopes of finding a job but those hopes were dashed after a few months and they struggled to retain hope and confidence while job hunting.

The majority of young jobseekers worry about the prospect of long term unemployment and feel that even if the economy recovers in the short term they will lose out to the new generation of jobseekers

emerging from education. They are concerned about the fact that their lives are on hold and that they will have to postpone important life decisions, such as buying a home, settling down with a partner, having children if they remain in Ireland. That is why emigration emerges as the only outlet for many.

They don't want to wait around for the five years unemployed, they would prefer to take their chance elsewhere and attempt to secure decent employment and some standard of living. They know that without work experience their chances of employment will deteriorate. In an era of skype, email and cheaper flights emigration is not as it used to be in the 1950s or even 1980s. However, that does not make it any easier and young people are frustrated at being forced to leave to find work.

We were also interested in finding out about young jobseekers experience of the services provided by the local offices of the Department of Social Protection and FÁS. The public employment service has a crucial role to play in supporting jobseekers; young people in particular need significant support. The respondents accepted that the staff on the frontline were under huge pressure given the large increase in unemployment and some good practice was evident.

## CONCLUSIONS

Overall however, what emerged was an inadequate and disjointed service. Young jobseekers had to repeat the same information several times to different staff and without much privacy. Many expected a detailed interview to explore options, but were afforded a few minutes through a hatch. The delay in processing benefit applications and making decision imposed unnecessary hardship with claimants having to wait months for payments to come through. The options on offer were often very limited and of little value, but some were under pressure to accept for fear of having benefits cut.

The findings of our research indicate that the public employment service must be reformed. NYCI believes we could make better use of existing resources, but we also need additional human and financial resources if we are to provide the support required. On top of that a new approach is required which puts the service user first.

Each engagement with a jobseeker should meet certain quality standards; there should be a seamless process of referral between agencies and quicker decision making. In particular young people called for the provision of a long term plan of action and not just short term measures to move them on.

We accept that there is no easy or quick solution to youth unemployment, but an effective, coherent and progressive public employment service could make life more tolerable for jobseekers and support them through the recession.

We welcome the proposals in the new Programme for a National Government which point in that direction. However young people cannot wait for that to happen in five years time, we need change and reform now. Unless it does this generation will be gone and not just forgotten.

James Doorley, is Assistant Director with the National Youth Council of Ireland.

The full contents of the report  
Youth Unemployment in Ireland:  
The Forgotten Generation  
commissioned by NYCI can be  
downloaded from

<http://www.youth.ie/forgotten>

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# The Aurora Project



"Aurora" is a unique facility for youth groups, set in an ideal location in North Co. Wicklow.

The Aurora project began over forty years ago, when a group of youth workers came together to rent an old hill farm in Upper Glencree, as a place to bring groups of kids from their neighbourhood youth clubs for a weekend away from the congested conditions of their daily lives. It was very rough and ready - no electricity and no running water -- but the benefits exceeded their hopes by a mile.



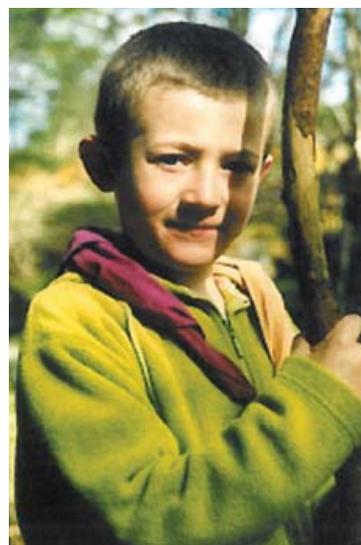
The location is perfect, set amid a ring of hills, in easy reach of forest, lake but the mountains, lakes, river and forests and a tumbling river; it is just 16 miles from the city centre, yet with a sense of isolation that lends itself to peace, understandings and problem solving.

The project has come a long way since the early sixties. The centre now consists of two fully equipped hostels which sleep 24 and 14 people apiece. Both are self catering units, with gas fired heating and cooking facilities, and big open fireplaces. But the tranquility is still there, and all around you. Farming has all but disappeared from the valley but the mountains, lakes river and forests are unchanged, accessible, inviting, and down by the Glencree River in the ancient oakwood, you could be a thousand miles from anywhere.

Aurora is owned and operated by the Glencree Society, a not-for-profit organization with charitable status. It has trustees and an executive committee and currently maintains three buildings on 42 acres in the townland of Aurora in Upper Glencree, and further development is planned. The townland of Aurora is also home to The Glencree Reconciliation Centre and the German War Cemetery.

The Aurora Hostels are available today to recognised youth clubs and services and the society is happy to received enquiries and take bookings.

Overnight rates are very reasonable and can work out as low as €7 per person per night. It's all self catering and a visiting group never has to share the facility with other visitors.



**For further details please contact:**

**The Glencree Society  
Recreation/Education Centre  
Glencree  
Co. Wicklow**

**Tel: 01-2809423**

**Email: [shayjay@unison.ie](mailto:shayjay@unison.ie)**

**Website: [www.glencreesociety.com](http://www.glencreesociety.com)**

# Stand Up! Show Your Support for your Lesbian Gay Bisexual & Transgender Friends BeLonG To Youth Service launches 2nd Annual Awareness Weeks, 4th-15th April 2011

By Carol Anne O'Brien

## Introduction

BeLonG To Youth Service is holding its 2nd Annual LGBT Awareness Week from 4-15 April. **Stand Up** will be rolled out in youth services, youth reach centres and second-level schools across Ireland. **Stand Up** addresses homophobia by encouraging friendship between LGBT young people and other young people.

Many LGBT young people develop their sexualities and their gender identities within supportive families and communities and lead happy lives. However, many other LGBT young people experience serious levels of prejudice and discrimination. Homophobia is prejudice or discrimination against lesbian, gay, bisexual and transgender (LGBT) people, or people believed to be LGBT. Homophobia can happen in different ways, for example through failing to address the risks to young people's safety caused by homophobic bullying or by excluding LGBT issues from services.

A type of homophobia that many people don't notice is the use of the word 'gay' in a negative way, for example when young people say something like a mobile phone is 'so gay'. We are all committed to ending the homophobic bullying experienced by young people. LGBT young people live in all communities and areas, and youth services are ideal places for LGBT young people to experience a safe, welcoming and non-judgemental atmosphere. Achieving these changes would allow all young people to participate as equal citizens and would change the ways LGBT young people are often denied safety and equality.

**Stand Up**, which will take place from **Monday 4th - Friday 15th April**, will be a great opportunity for the youth sector to play a major role in addressing homophobia. We would like to encourage youth project coordinators and youth workers to involve young people **Stand Up**. BeLonG To has already sent notices about **Stand Up** to youth workers around Ireland. In March, an Activities Pack was posted out to youth projects.

## Stand Up Pack

The Activities Pack will include a **Stand Up** poster, a DVD, and guidelines for fun and educational activities that youth workers can use with young people. LGBT Words is included in the pack, which is a list of respectful terms to use when discussing lesbian, gay, bisexual and transgender issues. We have also included background information about homophobia, coming out, and the location and contact details for LGBT youth groups in nine locations around the country.



The Pack includes guidelines for educational activities such as how to create a collage of LGBT positive images, and how to develop a peer agreement to make LGBT young people welcome in your youth group. The final activity proposed is a fundraiser that youth projects could host to support the work of BeLonG To, a registered Irish charity.



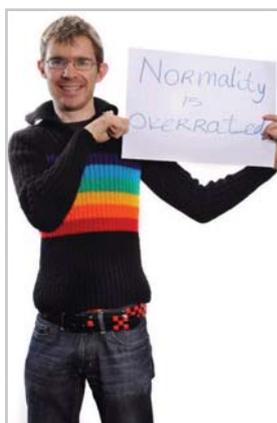
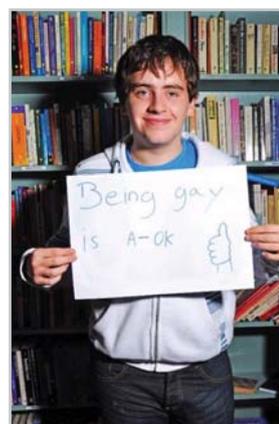
## Stand Up DVD

The **Stand Up** DVD includes two videos profiling Irish LGBT young people and their best friends. One video last 15 minutes and the other 7 minutes – making them very easy to use with groups of young people. A DVD Discussion Guide is included in the Pack. The videos feature warm and funny conversations between the friends about being gay.

Last year, many youth projects around Ireland really enjoyed participating in **Stand Up**. This year we would be delighted if even more organisations joined the event.

For further details, please contact:

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Web: [www.belongto.org](http://www.belongto.org)

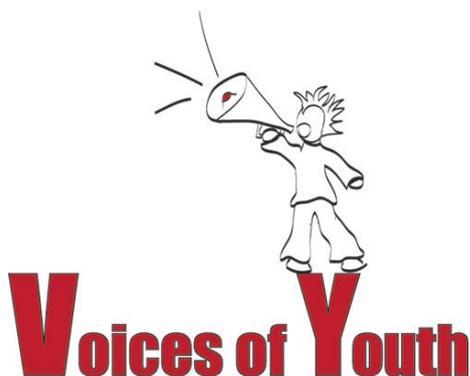


# The Children's Rights Referendum

Join us to help young people to know their rights

by

Alice Kinsella on behalf of Voices of Youth



## The Children's Rights Referendum

The referendum on the children's rights amendment may well take place this calendar year. This means that everyone in the country is going to get a say on the rights of children and of young people. Wait. Did I say everyone? I meant everyone EXCEPT the most relevant people in this situation. The young people themselves.

Young people from all around Ireland are realising that there are changes being made, changes that will affect them. Changes that they are not being informed about. As young people, shouldn't we know our rights? And more importantly, how they're changing.

As it says in Article 4 of the current UN Childrens Rights Convention, it is the government's responsibility to make these rights available to young people. We have found that the changes to the rights being proposed are complicated and not widely known. We have found that not even our parents know "What it's all about", so how are we supposed to know?

Everyone seems to be talking about these changes, - the media, politicians, but does the everyday person really know what's going on?

## The Right of Young People and Children to Know Their Rights

The government should be making this information available, in a form that young people and their parents understand. Although children and young people cannot vote, there is still Article 12 to consider:

**"States Parties shall assure to the child who is capable of forming his or her own views the right to express those views freely in all matters affecting the child"**

and the altering of our rights as children is definitely a matter affecting us, so we should be able to have our say.

It also says in Article 13, that children:

**"have the right to freedom of expression; this right shall include freedom to seek, receive and impart information and ideas of all kinds"**

So shouldn't we be able to receive information on the amendment? Shouldn't it be available to us?

Article 29 states that:

**States Parties agree that the education of the child shall be directed to:**

**(b) The development of respect for human rights and fundamental freedoms**

But how are young people expected to respect their rights if they don't know them? We feel that the government should be providing the information needed. Young people should be educated on their rights and how they could be changing.

The government need to realise who these rights are actually for and pay them a little more attention.

We want a simplified, informative form of education on the subject. We feel it is the government's responsibility to get that information out there, but we will try to make it available ourselves if we have no other option.

### Join our Campaign

So, over the coming months Voices of Youth will be working to raise awareness and provide easily understood information about the Children's Rights Referendum. We will be having an organising meeting during April term break. If you are a young person, or if you work with young people who would like to get involved, contact us at:

**Voices of Youth**  
20 Lower Dominick Street,  
Dublin 1.  
Email: [voicesyouth@gmail.com](mailto:voicesyouth@gmail.com)



## About Voices of Youth

**Voices of Youth** are an organisation of young people that are interested in getting young people's views across. It is a youth led group of young people aged 15 – 22 who work and campaign to have young people's voices heard in the media.

This includes the young people working together to develop their skills to engage the media through doing interviews on issues of interest to them as well as online campaigns, blogs and debates.

**Voices of Youth** want to promote the achievements of young people in our country as well as drawing attention to important issues surrounding young people. Voices of Youth are a group by the young people, about the young people, for the young people.

The group is supported by **Youth Work Ireland** and is comprised of young people from across Ireland.

To learn more see:

<http://voicesofyouth.wordpress.com>

# Starting Out

## Volunteer Pack now available

The National Youth Council of Ireland had produced 'Starting Out' The National Induction Training Programme for Volunteers Engaged in Youth Work Practice, which is now available online with the introduction available in print form.

The resource was created to support the development of a nationally agreed, standardised programme for training volunteers in the youth work sector in Ireland. This work is part of an overall commitment by the Youth Affairs section of the Office of Minister for Children and Youth Affairs to develop a quality, effective and value for money service for young people in Ireland and complements the Quality Standards Framework (QSF) for youth work.

Youth organisations continue to be volunteer-led and voluntary youth leaders provide a high percentage of direct work with young people.

Taking this into account 'Starting Out' recognises the value of volunteering and ensures all new volunteers working in the sector can gain support and training under a standardised framework with accompanying materials as part of the induction process.

For ease of use the resource is divided into five key components:

- Who are we?
- What do we do and where do we do it?
- Why do we do it?
- Who is it for and with?
- How do we do it?

In addition the resource includes rationale for the training material, a volunteer induction training outcome log and a checklist of practical matters for trainers. All volunteers who complete the elements of the resource can receive a certificate of completion by contacting the National Youth Council of Ireland on 01 4784122 or [info@nyci.ie](mailto:info@nyci.ie).

To download the resource visit [www.youth.ie/startingout](http://www.youth.ie/startingout) or call NYCI on 01 4784122 for a copy.

**For further information please contact:**

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**Email: [info@nyci.ie](mailto:info@nyci.ie)**  
**Web: [www.youth.ie](http://www.youth.ie)**



# Youth Obesity and Healthy Eating

## Activities Supplement

by Gina Halpin

Obesity among Irish teenagers is increasing. A recent survey – *The Voice of Young People*, carried out by researchers from UCD and UCC shows that 19% of teenage boys today are overweight, compared to just 6% in 1990, with the figure for girls rising from 15% to 17%. The survey also shows that a third of 13-17 year olds do not eat any fruit, four in five teenagers are not getting enough fibre, and over half exceed the recommended daily fat intake.

Although obesity can be a side effect of hormonal change taking place during adolescence, the primary cause of obesity in young people is due to excessive calorie intake and sedentary lifestyles. Young people in the 21<sup>st</sup> century are the most inactive generation, with more being driven to school, opting out of sports and spending hours in front of a computer or T.V. screen. This Activity Supplement looks at obesity among teens in Ireland today and provides activities and resources for youth workers that can be used with their youth groups to raise awareness of this issue.



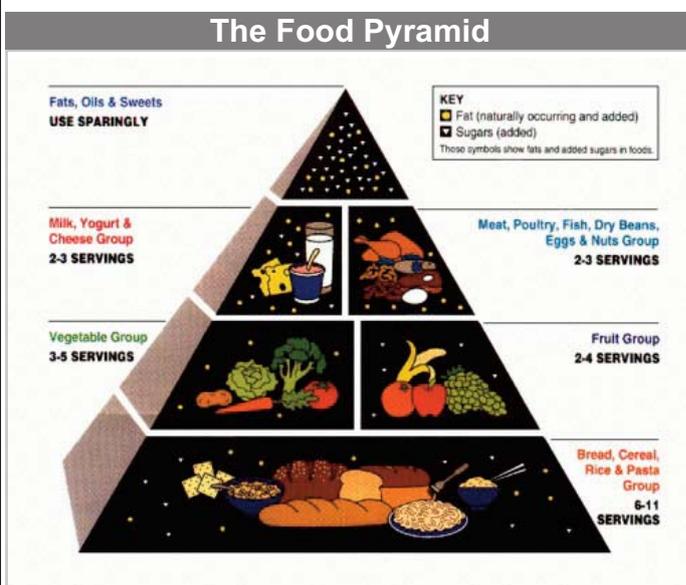
### Introduction – A Balanced Diet

Eating well is an important part of maintaining good health and avoiding obesity, however the most important aspect of eating well is to maintain a balanced diet and be aware of calorie intake. Since teenagers' bodies are going through intense physical changes they need larger amounts of calories than the 2,000 calories recommended each day for adults: they need 2,200 calories per day for girls and 2,500-3,000 calories per day for boys.

### Activity One: What is a balanced diet?

**Aim:** To review eating habits and inform young people about basic nutrition and food groups.

**Materials:** Flipchart, markers, Post-it notes and a copy of the food pyramid (a larger version can be downloaded from the Internet - see Google Images)



Start by asking young people what food they enjoy eating and make a list of the favourite things they say. Conclude that everyone likes different things; some have a sweet tooth while others prefer savoury foods.

Stress to the young people that a balanced diet can include all food types and that food is neither 'good' nor 'bad', the vital thing to achieving a healthy diet is to get the balance right.

Next set the young people the task of recording everything they ate and drank that day. Stress that there should be no cheating and they need to record **everything**.

Then divide the young people into smaller groups and hand each a small wad of post-its and pens.

Ask each group to discuss their food records and write the types of foods and drinks they consumed onto different Post-it notes. Food that has been eaten by more than one young person i.e. crisps, should be written only once.



Next, hand out the **Food Group Pyramids**, and set the young people the task of deciding which Post-it note go into which category of food. Once this is completed, review what each group has.

1. Which food group has the most Post-it notes in?
2. Which food groups have very few in?
3. How do they make choices about what they eat?
4. What factors do they consider when making food decisions?

Suggest a healthy balanced diet consists of:

- 33% - Fruit & Vegetables – provides fibre & vitamins
- 33% - Carbohydrates – provides energy
- 15% - Milk and Dairy – provides vitamins, minerals & calcium
- 12% - Meat and Fish – provides protein iron & zinc
- 7% - Fatty foods & sugary – provides very little nutritional value

Suggest to the group that they consider ways to introduce more foods from the first two groups into everyday eating. *For example* eating a banana instead of a bar of chocolate at break or having a baked potato instead of chips.

**Remember** reinforce the idea that a balanced diet is not about giving up foods they love but is about balancing food eating to stay safe and avoid storing up unnecessary calories.

**Source:** *Body: Physical Health and Wellbeing Activities for Young People.*

## Activity Two

### Selling Obesity Food Survey

**Aim:** To get young people to look at the health issues that are associated with our fast food culture, and the advertising of it and to compile their own survey of the food they eat.

**Materials:** Duplicate & distribute the **Food Survey questions**.

**Food Survey - On average, each week:**

1. How much soft drinks do you consume?
2. How many bags of crisps or chips do you eat?
3. How often do you eat sweets or chocolate bars?
4. How often do you eat cakes?
5. How often do you eat sweetened cereal?
6. How often to you eat at fast food restaurants?
7. Which is your favourite fast food restaurant?
8. How often do you “super-size” your order?

Once the young people have completed the survey, discuss their answers - some suggested questions:

**Do** they consider fast food to be a significant part of teen culture today? Why or why not?

**What** are some of the reasons why young people consume so much junk food and fast food?

**What** are the positive and negative elements of fast food?

**How** much difference does super-sizing make?

Using McDonalds’ hamburgers and chips as an example, give them the calorie and fat measurements of regular servings then have them guess the super-sized equivalents:

 McDonalds Hamburger: 270 calories, 9 grams of fat, 3.5 grams of saturated fat	 McDonalds Big Xtra: 710 calories, 46 grams of fat, 15 grams of saturated fat
 McDonalds Small French Fries: 210 calories, 10 grams of fat, 1.5 grams of saturated fat	 McDonalds Super Size French Fries: 610 calories, 29 grams of fat, 5 grams of saturated fat

**Source:** [www.media-awareness.ca](http://www.media-awareness.ca)

## Activity Three Working Out

**Aim:** To increase awareness of our levels of physical activity and to get the young people to make up a personal plan in relation to introducing regular exercise into their daily routines.

**Materials:** Flip chart paper and copies of **My Exercises Worksheet** – see below.

Put a sheet of paper with ‘**very fit**’ written on it at one end of the room and another with ‘**unfit**’ written on it at the other end of the room.

Ask the young people to place themselves in relation to the two ends of the continuum.

Remind them that many everyday activities help to build fitness, such as walking to school, cycling, walking the dog and housework - these all impact on our fitness levels.

In a large group ask the young people to list all the benefits of being fit.



### Useful Discussion Questions to Consider:

1. Lots of people believe that too much screen time can get in the way of a healthy lifestyle. Do you agree? Why or Why not? How can you incorporate t.v., computer, video games into an active life?
2. What are some of the creative ways you can incorporate exercise into your day that doesn't involve joining a team?
3. What's most important to you? Why?
4. How do food decisions affect your life?

Hand out copies of ‘My Exercise Worksheet’ and ask each person to complete it individually.

## My Exercise Worksheet

Everyday Activities: \_\_\_\_\_

Planned Exercise / Sport (what and how often): \_\_\_\_\_

\_\_\_\_\_

My Personal Programme: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Everyday Activities ( make choices which involve some exercise i.e. walk instead of car/bus): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Planned Activities/Sport (ideally 3 times a week for at least 20mins each time): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What might the barriers be (bad weather, school work etc.): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What will keep me motivate? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How will I reward myself?: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Source: Spiced Up: A resource book for working with young women*

## Activity 4 Food True and False

**Aim:** This activity is an opportunity to challenge some of the myths and stereotypes about food and assess young people's knowledge about food and provide them with information about nutrition.

Read the following statements and ask the young people to move to the left side of the room if they think the statement is true and to the right side of the room if they think the statement is false. Designate an area between the two extremes in the middle of the room as a ‘don't know’ area.

Spend time discussing each statement, encouraging the young people to explain their decisions and where they get their information from.

**Q. Vegetarian diets are healthier!**

**False** – Vegetarian diets can be very healthy, but not if all you eat is chips and crackers! To be healthy, if you are not eating meat or fish, you need to eat food that will give you protein and minerals.

**Q. If you take vitamin C tablets you don't need to eat fruit!**

**False** – The vitamin C tablets don't provide all the nutrients that fruit does

**Q. There is more vitamin C in a Kiwi fruit than an orange!**

**True** – All fruit and vegetables are high in vitamin C but Kiwi fruit is the best.

**Q. Eating breakfast is the best start to the day you can give your body!**

**True** – Breakfast keeps your blood sugar levels up and gives you energy and stops you from snacking mid-morning. Porridge is one of the best breakfasts you can eat, while breakfast bars are among the worst.

**Q. Dairy products make you fat!**

**False** – Eating dairy products as part of a balanced diet won't make you fat, however some dairy products are high in saturate fats.

**Q. Diet drinks are better for you than the normal ones!**

**False** – Even though they contain less sugar they contain more sugar substitutes which are often acidic and will damage tooth enamel. They also contain very few nutrients.

**Q. You should aim to drink six to eight glasses of water a day!**

**True** – Keeping hydrated can help concentration, stop you feeling tired and lethargic and improve skin

**Q. Boiling vegetables is the healthiest way to cook them!**

**False** – Steaming is the healthiest way to cook vegetables, as it retain the nutrients more than boiling

**Q. You should have no more than 6 grams of salt a day!**

**True** – Too much salt is not good for you. Look at the salt content in crisps to get an ideal of how much salt you could be consuming.

**Q. Fast food takeaways are fine to have once in a while!**

**True** – Being healthy is not about giving up everything you love to eat, but about getting the balance right.

**Source: Body:** *Physical Health and Wellbeing Activities for Young People*



## Useful Resources

**NHS Choices – Your Health Your Choices**  
[www.nhs.uk/LiveWell/Goodfood/Pages/Goodfoodhome.aspx](http://www.nhs.uk/LiveWell/Goodfood/Pages/Goodfoodhome.aspx)

**Kids Health**

[www.kidshealth.org/teen/food\\_fitness/](http://www.kidshealth.org/teen/food_fitness/)

**Youth Health Talk**

[www.youthhealthtalk.org](http://www.youthhealthtalk.org)

**Health Promotion** [www.healthpromotion.ie](http://www.healthpromotion.ie)

**Bodywhys** [www.bodywhys.ie](http://www.bodywhys.ie)

**Irish Health** [www.irishhealth.com](http://www.irishhealth.com)

**National Youth Health Programme**

[www.youthhealth.ie](http://www.youthhealth.ie)

**Spunout** [www.spunout.ie](http://www.spunout.ie)

Gina Halpin is the Information & Resources Officer with the Irish Youth Work Centre

# Round Up

## Guiding Principles for Fundraising Good Practice Factsheets

Irish Charities Tax Reform (ICTR) are currently implementing the Statement of Guiding Principles for Fundraising. The Implementation Group developed a set of resources including toolkits, templates, sample complaints procedure etc. designed to act as supports for putting the Statement of Guiding Principles for Fundraising into practice in your organisation. The Principles form part of the Charities Act 2009 requirements to be met in relation to fundraising.



The Implementation Group have now added to these resources by developing a series of Good Practice Factsheets. These factsheets were developed by the implementation group in response to requests for additional guidance material to assist charities in implementing the Guiding Principles for Fundraising:

- Cash and Non Cash Donation Handling
- Garda Permits
- Data Protection
- Raffles and Lotteries
- Insurance
- Pre-signed Mass Cards

These factsheets for fundraisers are now available on the ICTR website at [www.ictr.ie/content/fundraising-codes-practice](http://www.ictr.ie/content/fundraising-codes-practice).

## National Consultation on New National Children's Strategy

The Department of Children has commenced work on the development of a new National Children's Strategy for 2012-2017. As part of this process a national consultation will take place to give children and young people the opportunity to have their voices heard and influence this process in relation to matters that directly affect their lives.

Children and young people are being invited to complete questionnaires in all schools and Youthreach Centres throughout the country from **Monday, 4th April – Friday, 8th April 2011**. The questions have been designed in consultation with children and young people themselves and ask about what's good, what's not good and what they would change about being a child or young person in Ireland today.

All data collected will be analysed by a consultation team at Trinity College, Dublin and fed into the development of the new National Children's Strategy. A report of the children's consultation process will be published online later this year.

**For further information contact:**  
**Office of the Minister for Children  
and Youth Affairs**  
**Hawkins House**  
**Dublin 2**  
**Tel: 01 6354000**  
**Email: [omc@health.gov.ie](mailto:omc@health.gov.ie)**  
**Web: [www.omc.gov.ie](http://www.omc.gov.ie)**



## New Safe Internet Resources

To mark Safer Internet Day 2011 in Ireland, Webwise on Facebook, [www.facebook.com/webwise](http://www.facebook.com/webwise), was formally launched along with the publication of the **EU Kids Online: Ireland Report**. The National Centre for Technology in Education's Webwise initiative has set up a Facebook presence to help parents to get involved in what their children are doing online. It contains Internet safety parenting videos, interactive games, advice and tools. The Safer Internet Day celebrations included local, national and international events organised by a broad variety of organisations ranging from schools and youth clubs to industry, civil society and local and national government agencies

The Office for Internet Safety (OIS) has also produced an information leaflet, bookmark and poster on "Keeping Safe Online". These resources are available from all public libraries. The leaflet produced by the Office for Internet Safety offers measured and practical advice on safe and responsible internet use and will help ensure you and your child's online experience can be happy and productive. These publications and information on internet safety can be found on the Office for Internet Safety website [www.internetsafety.ie](http://www.internetsafety.ie).



**For further information on these resources please contact:**

**The Office for Internet Safety  
Block 2,  
Floor 3 Harcourt Centre  
Harcourt Street  
Dublin 2  
Tel: 01 4086122  
Email: [internetsafety@justice.ie](mailto:internetsafety@justice.ie)  
Web: [www.internetsafety.ie](http://www.internetsafety.ie)**

### **Development Education Programme Library**

Are you interested in global justice issues such as human rights, trade, migration, health and identity? Would you like to learn more about how they can relate to youth work? If so, take a look at the NYCI Development Education resource library!



Globalisation, climate change and an intercultural society mean that young people are increasingly affected by the world around them. Youth work can provide a much-needed space for young people to discuss issues which impact on their lives in Ireland, and explore how our lives are interconnected with societies and systems worldwide. Development education in youth work is a programme of activities which aims to support young people to increase this awareness and understanding of the interdependent

and unequal world in which we live. Whether looking at general issues related to human development, or specific themes such as conflict, drug use, or the rights of young people, development education in youth work leads us through a process of learning, debate, action and reflection. It challenges perceptions of the world and encourages young people to act for a more just and equal society at a national and an international level. But above all, learning about such complex topics needs to be interactive and fun! As a youth leader, how can you learn more about these issues yourself, and discover new ways to explore them with young people?

The NYCI development education resource library is a collection of books, activity packs, reports, publications and videos/dvds compiled by NYCI's Development Education Programme over the years, on issues related to global justice and youth work. The full catalogue is available online - see [www.youthdeved.ie](http://www.youthdeved.ie) and can be browsed using the criteria of Title, Author, Keywords or specific themes including Development and Globalisation, Poverty and Inequality, Youth Work, Migration and a host of other topics. All resources are available on loan to anywhere on the island of Ireland and for up to one month. There is no fee to take resources on loan, but the borrower is responsible for the cost of returning the resource to NYCI. In addition to the resource library, NYCI's Development Education programme provides specific support to youth organisations, runs training courses, organises regional events around Ireland and develops resources for youth workers including for One World Week each year.

The NYCI's Development Education Programme was established in 2004 as a strategic partnership between NYCI and Irish Aid at the Department of Foreign Affairs and works to integrate development education (global justice) into the core programmes of youth organisations.

**For more information or to borrow a resource contact us at:**

**Elaine Mahon  
Development Education Programme  
3 Montague Street, Dublin 2  
Tel: 01-478 4122  
Website: [www.deved@nyci.ie](http://www.deved@nyci.ie)**

# IYWC Training

## Staff Supervision in Youth Work Settings

**Date:** Thursday 14th April 2011

**Venue:** Youth Work Ireland Offices, Dublin 1

**Workshop Aim:** The purpose of this training is to equip workers who are responsible for providing supervision to youth workers.

**Topics covered include:**

- An introduction to supervision.
- The importance and benefits of supervision.
- How do our experiences of supervision influence how we supervise?
- Barriers to supervision.
- Qualities of a good supervisor.
- Drawing up a supervision contract.
- The format of a supervision session.
- Reviewing and evaluating supervision.

## Programme Planning in Youth Work

**Date:** Wednesday 11th May 2011

**Venue:** Youth Work Ireland Offices, Dublin 1

**Workshop Aim:** To examine the rationale and purpose for programme planning in Youth Work Settings and to provide participants with a range of practical models and approaches for effective programme planning in Youth Work Practice.

**Topics covered include:**

- Youth work planning; purpose and rationale.
- Planning as a core component of effective programme management.
- The links between needs assessment and programme planning.
- Planning Models and Approaches – introducing a sample of programme planning models and approaches that can be practically applied to effective Youth Work practice.
- How to develop a comprehensive programme project plan in Youth Work – a practical workshop applying learning to participant's practice.

## Effective Recording and Report Writing Skills in Youth Work

**Date:** Wednesday 1st June 2011

**Venue:** Youth Work Ireland Offices, Dublin 1

**Workshop Aim:** To examine good practice in relation to recording and report writing in Youth Work settings and to identify and progress the skills involved in effective recording and report writing.

The *morning session* will address **Recording** and consider the following issues:

- Recording - who, what, when, where and how in Youth Work?
- The purpose and function of recording and record keeping in Youth Work practice.
- Good practice in recording and record keeping in Youth Work.
- Management and monitoring of records.
- Access to records and reports – Freedom of Information and Data Protection.
- OMCYA reporting requirements template.

The *afternoon session* will focus on **Report Writing** and consider the following issues:

- Report writing and its purpose in Youth Work practice.
- Nature and type of reports required in Youth Work settings.
- Key ingredients of a good report.

For full details of these training courses please contact:

Gina Halpin

Irish Youth Work Centre  
20 Lower Dominick Street  
Dublin 1

Tel: 01-8584500

Email: [gahalpin@youthworkireland.ie](mailto:gahalpin@youthworkireland.ie)

To download individual brochures or the full 2011 Irish Youth Work Centre Training Calendar go to:

<http://www.iywc.ie/training-events/>

# Sectoral Training

## A Creative Approach to Drugs and Alcohol Work

**Date:** Wednesday 1st & Thursday 2nd June 2011  
**Venue:** Donegal

This training will provide participants with a re-engendered approach to working with young people around drugs and alcohol. Participants will receive a copy of **“Putting the Pieces Together”** resource for trainers developed by the Western Regional Drugs Task Force.

### Learning Content:

- Review current approaches - what works and what doesn't work.
- Explore current trends and corresponding initiatives.
- Explore a range of responses to drug and alcohol related incidents.
- Discuss issues of good practice in relation to this work.
- Engage with a range of new exercises for use with young people.

This training is designed for anyone working with young people in a youth work, out-of-school or non-formal education setting.

## Youth Arts Summer School

**Date:** Summer 2011 (Dates to be announced)  
**Venue & Cost:** TBC

A three day residential summer school tailored to offer those in the youth work and youth arts sector an opportunity to cultivate existing methods and to develop new skills for arts work with young people. Offering art from area development, practical approaches and ideas for project planning and delivery, and networking opportunities across the youth arts sector, the summer school aims to provide an intensive yet invaluable chance to bring fresh ideas to your youth arts practice.

### Learning Content:

- In-depth experience in one or more art forms from a youth centred perspective.
- Improve understanding of the ideas and principles underpinning youth arts practice.
- Explore the role of youth arts as a youth work methodology.
- Recognise models of good practice in youth arts.
- Recognise and develop the creative and imaginative skills required for best youth arts practice.
- Develop a range of practical group work skills.
- Exchange experience and knowledge within a network of youth arts practitioners nationally.
- The elements of facilitation: the work environment, you the facilitator, your group, the tasks and work, the problems you might encounter.
- In addition, a number of evening 'clinics' and workshops will be held to explore practical problems experienced on the ground – such as funding, relationship management, evaluation etc.

This training is designed for anyone working with young people, in the non-formal education sector, who wishes to explore ways of introducing, enhancing and extending youth arts provision for the young people with whom they work.

For more information on these and other courses please contact

Training Administrator  
National Youth Council of Ireland  
3 Montague Street  
Dublin 2

Tel: 01-4784122  
Email: [training@nyci.ie](mailto:training@nyci.ie)  
Website: [www.youth.ie](http://www.youth.ie)

Download the full NYCI Training Calendar for 2011 [www.youth.ie/training](http://www.youth.ie/training)

# NEW RESOURCES

## Let Someone Know

### Youth Worker Training Pack:

*A guide to introducing emotional/mental health to young travellers aged 14 plus*

by

Cross Care, 2011

The National Traveller Suicide Awareness Project aims to lessen the stigma of suicide and mental health issues within the Traveller community and to promote culturally appropriate service delivery for non-travellers specific services. This training programme is aimed at providing youth workers with a practical skills base to enable them to introduce mental health awareness and suicide awareness into their sessions with young people. The pilot training was held between Jan. 09 and March 09 over eight sessions which lasted for three hours each. The training covers areas such as self-esteem, communications, stress and the management of stress, mental health and suicide awareness.



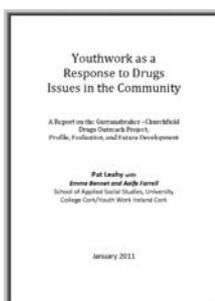
## Youthwork as a Response to Drugs Issues in the Community:

*A report on the Gurrabraher-Churchfield Drugs Outreach Project; Profile, Evaluation, and Future Development*

by

Pat Leahy with Emma Bennet and Aoife Farrell, 2011

The issues stemming from the use of drugs in contemporary Irish society are a continuing source of grave concern for policy makers, communities, law enforcement agencies and various professional practitioners. This report is an evaluation of the Gurrabraher/Churchfield Drugs Outreach Project in Cork. This project has been taken as a case study to exemplify the nature



and form that youth work sponsored drugs task force projects can take in contemporary Ireland. The research evaluates whether this project offers learning and examples of best practice in the area of drugs work in disadvantaged localities through the development of a locally orientated praxis that is congruent with policy and international best practice in this field.

## The Forgotten Generation:

*The Experience of Young Jobseekers & their Interaction & Engagement with Key State Support Services*

by

NYCI & Hugh O'Connor, OCS Consulting, 2010

Ireland has the second highest youth unemployment rate in Western Europe with up to 1 in 4 young people between 17-24 jobless and 1 in 3 young men unemployed. It is against this backdrop that this research was commissioned. The research engaged in consultation with young people aged 18-25 currently unemployed to ascertain their experiences, views and perspective on state interventions.



This is the first time that any research has been conducted on the lived experience of young unemployed people in Ireland. The results provide a worrying and shocking insight into the difficulties faced by young jobseekers across the country.

- The main findings from the research include:
  - All respondents agreed that the prospect for securing rewarding employment in Ireland is not very good.
  - 70% agreed that is likely they will emigrate in the next 12 months.
  - 90% agreed that being unemployed has a negative effect on their sense of wellbeing.
  - Only 32% awarded a mid-point satisfaction with their meeting with Social Welfare.

## Starting Out

A National Induction Training Programme  
for Volunteers Engaged in Youth Work Practice  
by  
NYCI, 2010

This training programme provides a framework for the content and learning outcomes for training volunteers. This resource recognises the value of the volunteer and ensures that all new volunteers understand and can implement good youth work practice.



The development of this common training programme and the process used to develop it again demonstrates the quality and benefit of the partnership between youth organisations, the Office of the Minister for Children and Youth Affairs and the IVEA. Components of the training programme have been mapped against a set of key questions contained in the Quality Standards Framework and the revised reporting form for youth organisations nationally as follows:

- 
- Who are we?
- What do we do and where do we do it?
- Why do we do it?
- Who is it for and with?  
How do we do it?

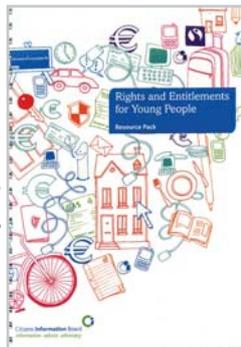
## Rights and Entitlements for Young People

*Resource Pack*

by

Citizen Information Board, 2010

This resource pack was developed in order to inform students about their rights and entitlements in six areas. In addition it makes them aware of the enormous amount of information on rights and entitlements available on the Internet. It also provides opportunities to practise accessing information online.



The six topics in the resource pack are:

**Shopping:** Consumer rights, refunds, gift vouchers and desposits, making a complaint, online shopping, mobile phones, buying illegal products, buying stolen goods and etical buying.

**Work:** Rights and entitlements of employees, minimum age for working, paying tax, payslips, problems in the workplace.

**School:** Laws relating to education, school rules, how breaches of rules are dealt with, State examination regulations, rights of access to school reports, early school leaver options.

**At home:** Rights associated with family life, the Constitution and the family, one-parent families, custody and access, changing your name and lists of organisations which support young people.

**Leaving home:** What does home mean, different types of housing options, renting accommodation and homelessness.

**Travel and transport:** Driving regulations, applying for a driving licence, student travel passess, applying for a passport, visas for working and studying abroad, European Health Insurance Card, travel insurance, dealing with a crisis when abroad.

**All these titles are available for  
loan to members of the Irish  
Youth Work Centre.**

**For further information  
please contact:**

Gina Halpin  
Irish Youth Work Centre  
20 Lower Dominick Street  
Dublin 1

Tel: 01-8584500

Email: [ghalpin@youthworkireland.ie](mailto:ghalpin@youthworkireland.ie)

Website: [www.iywc.ie](http://www.iywc.ie)

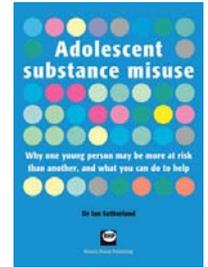
# IYWC - Recommended Reads



**Adolescent Substance Misuse - Why one young person may be more at risk than another, and what you can do to help, by Dr. Ian Sutherland**

Available to buy from the IYWC for €18.00 (€20.00 RRP)

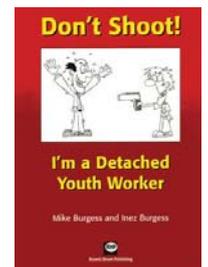
Practical book aimed at a broad spread of staff who work with young people, including those with little or no formal knowledge of the subject. It provides guidance and straight-forward advice on how to assess a young person's particular risk to drug misuse and how to engage effectively with young people who are at risk or who are already abusing drugs or alcohol.



**Don't Shoot! I'm a Detached Youth Worker, by Mike Burgess and Inez Burgess**

Available to buy from the IYWC for €16.00 (€18.00 RRP)

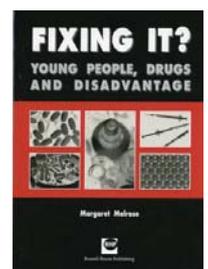
Unlike other valued books on detached youth work, this one has the important distinction of being written by a detached youth worker together with his partner. It is illustrated with case studies, photographs and posters involving young people with whom he has worked in the North East of England since 1989, this book brings to life the fun and enjoyment, challenges and difficulties that are involved in detached youth work everywhere.



**Fixing It? Young People, Drugs and Disadvantage, by Margaret Melrose**

Available to buy from the IYWC for €16.00 (€18.00 RRP)

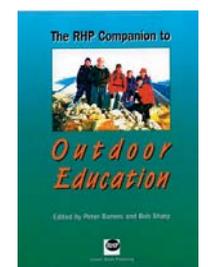
Book looking at drug taking from the perspective of young drug users. It is based on interviews with young people who have offended, been excluded from school or in public care. It makes connections between drug use and the experiences of social and emotional deprivation and shows how these life experiences can affect young people's consumption of drugs, alcohol, and other substances.



**The RHP Companion to Outdoor Education, by Peter Barnes & Bob Sharp**

Available to buy from the IYWC for €18.00 (€20.00 RRP)

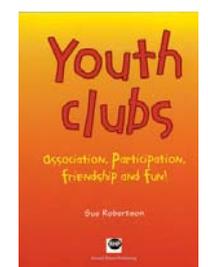
This comprehensive text about outdoor education aimed at students, lecturers and practitioners, succeeds in providing a broad introduction to the field of outdoor education as well as providing in depth discussion around some of the current issues and themes. It will help clarify aims and encourage the pursuit of good practice as well as provide a detailed overview for those trainers, commissioners and funders with whom outdoor educators work in partnership.



**Youth Clubs – Association, Participation, Friendship and Fun, by Sue Robertson**

Available to buy from the IYWC for €16.00 (€18.00 RRP)

Youth work can include buildings-based generic work in communities and short-term projects targeted on disaffected young people. Sometimes both operate together. Sometimes one is promoted at the expense of the other. This book documents the history of club work and explains why it is so valuable. It sets out a powerful case for preserving and developing it and offers guidance on managing and working in clubs to help achieve such objectives, especially those expressed by young people.



**To purchase any of these books please contact Gina Halpin at [ghalpin@youthworkireland.ie](mailto:ghalpin@youthworkireland.ie) or phone 01-8584500**

# Irish Youth Work Centre

*Specialised library & information centre in the heart of Dublin City*

The **Irish Youth Work Centre** was established in 1992 as an initiative of **Youth Work Ireland**. Our function is to cater to the information needs of youth and community workers and students. **Our services include:**

## Lending Library Service

The library is stocked with over **7,000** specialised books, training resources, research reports, academic journals & periodicals, newspaper cuttings & articles, DVDs/Videos & organisational profiles. The library now also houses the **NYCI Youth Arts Library**, this includes a wide range of publications dating back over 25 years relating to youth arts both in Ireland and abroad.

The Library also operates a dedicated **Research and Study Facility** which is the ideal location for students to access research reports, journals, periodicals and newspaper cuttings, within the peaceful confines of a modern study area. The **Internet Bay** service is FREE and open to all members.

**You do not need to be a member to use the library and information service, so drop in and see what the Centre has to offer.**

## IYWC Training

The IYWC training events programme has run more than 80 successful seminars and workshops over the last number of years. The focus of the workshops has been on youth related issues such as **Dealing with Challenging Behaviour in Young People; Health Education, Juvenile Justice, Working with Minority Groups of Young People** as well as regular seminars on **Best Practice** in youth work.

Recently the focus has been on skills development for youth and community workers with workshops on themes such as **Staff Supervision in Youth Work, Programme Planning, Recording and Report Writing Skills, Strategic Planning, Policy Development, Partnership Building** and **Effective Evaluation**.

## IYWC Publishing

We also have our own publishing house – **Irish Youth Work Press** which has produced over 200 publications to date, including a wide range of policies, guidelines, training and information resources. These publications are focused on the youth work sector, with topics chosen specifically due to lack of existing materials or demand by youth workers. These resources include this magazine the **Irish Youth Work Scene** and the acclaimed academic journal **Youth Studies Ireland**. The **IYWC** also acts as a sales agent for a number of UK publishing houses who produce youth work resources such as Russell House Publishing, Night Shift Publishing and Directory of Social Change.

**All resources are available through our webshop at:**

**[www.iywc.ie/products-page](http://www.iywc.ie/products-page)**

**or email: [ghalpin@youthworkireland.ie](mailto:ghalpin@youthworkireland.ie)**

**20 Lower Dominick Street, Dublin 1**

# www.iywc.ie

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Irish Youth Work Centre



Youth Work Ireland

