

Irish Youth Work Scene

Magazine for Youth Work Practitioners in Ireland



In this edition of Scene.....

Mind Your Head Programme - Mental Health Resource Profile

shOUT Project: Working with LGBT Young People

Starting Out - New National Induction Training

Programme for Volunteers Engaged in Youth Work

15 Youth Participation Techniques - Resource Profile

Suicide Prevention Activity Supplement

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Irish Youth Work Centre

CONTENTS:

Editorial	2
Mind Your Head Resource Profile	3
shOUT Project Profile	5
Starting Out National Induction Training Programme Profile	7
Round Up	9
Suicide Prevention Activities Supplement	11
15 Youth Participation Techniques	15
IYWC Training	17
Sectoral Training	19
IYWC New Resources	20

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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



A Final Editorial

by

Diarmuid Kearney,
C.E.O. Youth Work Ireland



There is nothing more powerful than an idea! Nations have been built on the back of them. Wars have been waged as a result of them. Movements, religions and politics are shaped by them, liaisons formed and shattered because of them. They have not depended on the availability of grants, compliance with public policy or adherence to professional discipline. Youth work is one of these powerful ideas!

At a time of great uncertainty when funding is vulnerable and the systems and structures that have provided our touchstones for decades are on shaky ground then, in the words of the 'Godfather!' we need to get 'to the mattresses!' or more simply put, we need to get 'back to basics!'

The 'idea' is that youth work has some very clear basics. We have a shared set of principles at the core of the idea and all else is peripheral. Historically youth work has responded to uncertain times by being creative, imaginative and entrepreneurial. We read the landscape and exploited the opportunities and minimised the threats in the interest of, and alongside, young people. In that process we have gathered a lot of baggage. We have built alliances and empires, establish our own 'rules of engagement' and in some instances, lost sight of the basics. Perhaps (and at this stage it's only a tiny little 'perhaps') it's time to be creative, imaginative and entrepreneurial again. To think radically about how we sustainably and independently resource our work, to think honestly about the possibility of mergers and partnerships that will breath life once again into the idea of youth work. Whatever happens, things will change. They will be changed for us or by us. And I know which I'd prefer.

In some respects it's easy for me to write provocatively today. This will be the last editorial I pen after almost nine years of scribbling my thoughts to you. As I move to pastures new I am acutely aware of some advice a friend once gave. '*Never slam a door behind you. You never know when you might want back in the room.*' So please don't take this as a door slamming ... I'd prefer if it was seen as me popping my head back in as I exit with some words of encouragement. The idea of youth work is too powerful and the work too important for us not to reinvent ourselves in order to see young people realise their full potential. I wish you all the energy and passion you can muster!

Diarmuid.

'Mind Your Head'

Resource
Profile

A resource for exploring mental health issues with young people

by

Eleanor O'Sullivan, Youth Work Ireland Cork

Background

The 'Mind Your Head' programme originated from a need recognised by youth workers in Youth Work Ireland Cork's Youth services in Gurrabraher, (on the north side of Cork City). A rise in incidents of young people committing suicide in the area and around the country that was highlighted in the media, gave rise to concern for the well being of the young people in the service. Through discussions around mental health other issues such as; self-harm, drug abuse, bullying and depression were brought to the attention of the youth workers, young people expressed their concern about their own coping levels and the lack of knowledge and information on the issues and services available to them. As a result of this process the Mind Your Head programme was written and compiled by Youth Worker Diane Mackin (Youth Work Ireland Cork) and Community Health Worker, Stephen Murphy (HSE).



Students from the North Mon. Secondary School (who participated in the programme) with the Lord Mayor and Lady Mayoress of Cork, Daragh and Tanya Murphy, at the launch of the programme/resource in May, 2010.

What is the Mind Your Head Programme?

The Mind Your Head programme is a resource for exploring mental health issues with young people, which is designed specifically for youth workers, youth leaders, peer educators, and others working with young people. It is made in an accessible format that we hope makes it easy to use and photocopy.

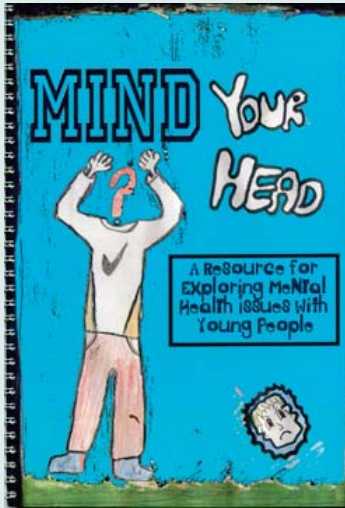
The programme is very much about giving the young people space and time to explore and talk about their concerns and opinions on mental health. It also highlights tools and supports and services to help them cope and deal with issues that can have a negative affect on their mental health.

The programme was created with a moderate to low budget as this allows others to follow our programme session by session without needing major funding to do so. The information, activities and exercises used come from a variety of sources and various training days. We hope the layout of the session plans and the style used makes it accessible and easy for Youth Workers and others to use.

What Does the Resource Contain?

The contents of this resource have been largely informed and influenced by the young people we have worked with. We have included their feedback and responses from the evaluations to give insight into how they found the programme.

The poster designs and messages about mental health that you see throughout the resource are from many of the young people who have taken part in the 'Mind your Head' programme.



The Aim of the resource is to:

- To facilitate an interactive programme on the subject of mental health that would engage young people in a meaningful way.
- To provide a safe and supportive space for young people to explore their concerns and ideas about their own mental health.
- To highlight coping tools and supports that young people can use in their everyday lives to maintain good mental health.
- To communicate accurate information and knowledge on the subject of mental health.
- To facilitate the young people to use their creative skills to raise awareness of mental health issues amongst their peers.
- To work in partnership with the young people in order for them to have as much input as possible into the programme.
- To raise awareness and understanding of the importance of good mental health.

Partnership and Delivery

'Mind Your Head' is the product of an excellent partnership between Youth Work Ireland Cork in Gurrabraher and HSE South's Health Action Zone in Gurrabraher, who worked together for the last three years shaping this document and making it relevant, practical and user friendly. The

'Mind Your Head' programme was delivered for the last three years to two transition year classes in local Secondary schools.

It is important for young people to be equipped with the knowledge to be able to make informed decisions on issues that may affect their lives and those of their friends. Those young people who have participated and engaged with the Mind Your Head programme have given very positive feedback on the sessions (about what worked for them and what didn't) and the information that they gleaned through the discussions and exercises. The programme is also an effective tool for raising awareness about the availability and the function of the services for young people.

How to Get It

The document has been produced in an accessible format that is easy to use and photocopy. The 'Mind Your Head' programme is now officially available free of charge to anyone who wishes to run the programme in their youth service.

Contact: admin.youthworkirelandcork@gmail.com and a copy will be forwarded to you either a hard copy or a PDF copy.

Eleanor O'Sullivan is Director of Services with Youth Work Ireland Cork.

For further information contact:

Youth Work Ireland Cork
Gurrabraher Youth &
Community Resource Centre
11 Gurrabraher Road
Cork City



The shOUT Project

Project
Profile

by
Sara McDermott

What is shOUT!

shOUT! is a Lesbian, Gay, Bisexual and Transgender (LGBT) Youth Project, based in Galway city. The project has been running for over 3 years and has received accreditation from BeLonG To, the National LGBT Youth Service. The group is run by Youth Work Ireland Galway in partnership with The Gaf Youth Café and BeLonG To.



The shOUT! group practicing before Galway pride.

Through weekly social & activity based meetings, the group provides support to young people regarding their sexual orientation in an open and accepting environment, thus empowering the youth of Galway and encouraging a similar attitude in society at large. The group meets every Saturday at Youth Work Ireland Galway in Galway City.



shOUT! marching in the parade

Galway Pride

On August 21st the shOUT! group participated in Galway pride for the 3rd time. The group have actively been Samba Drumming for a number of years in numerous pride parades across the country, in a March for Marriage Equality Rally, in a local launch for a LGBT community group and in Youth Work Ireland Galway Fundraising events.



The shOUT! group performing during Galway Pride

This year was Galway's 21st Pride Parade. The shOUT! group took part by leading the parade with their Samba Drums. Afterwards, the group hung out in the Gaf Youth Café, where members from the group created and ran a Table Quiz, for young LGBT people and friends. Pizza was provided, prizes were won and we all had a bit of craic.



shOUT! group standing outside the Gaf Youth Café before the pride parade

shOUT Website

The project also has its own website which is well worth a visit with plenty of information on a wide range of its ongoing activities, events and achievements, fundraising, blogs, articles and video content, its own ezine and useful links.

Go to: www.lgbtyouthgalway.com

For further information on shOUT contact:

Sara McDermott
Youth Work Ireland Galway
41-43 Prospect Hill
Galway
Tel: 091 561637 & 087 7738529
Fax: 091 533643
Email: shout@youthworkgalway.ie

Project Partner - The Gaf Youth Café

The Gaf Youth Health Advice Café opened for the first time in January 2002. The Department of Health and Children through the Health Service Executive fund the project. The Gaf is a partnership between the HSE, Youth Work Ireland Galway and Foroige.

The aim of the youth café is to improve young people's awareness of health and health related issues and provide an adolescent-friendly place for young people to meet both formally and informally. The most important principle is that the day to day running of the Gaf is informed by young people. It also offers direct access to health information with links to all existing provider agencies. The main focus of the Gaf is to provide a health advice café in the town centre, which offers young people direct access to existing health services.

Contact Details:
The Gaf Youth Café
14 Francis St
Galway
Tel: 091 535370 / Fax: 091 534475
Mob: 087 6657574
Email: the.gaf@hse.ie
Web: www.thegaf.ie

Project Partner - BeLong To

BeLong To is an organisation for Lesbian, Gay, Bisexual and Transgendered (LGBT) young people, aged between 14 and 23. It is a national youth service for Lesbian Gay Bisexual & Transgender (LGBT) young people in Ireland. BeLong To believes that LGBT young people need to be respected and cared for on the same basis as all other young people, and that when they are safe and supported in their families, schools & society they will thrive as healthy and equal citizens.

BeLong To provide direct youth work services to LGBT young people in Dublin and support LGBT youth groups all around the country. These are spaces where LGBT young people can meet each other, get involved in activities and see that their identities and selves are valuable and important.

Contact Details:
Parliament House
13 Parliament Street
Dublin 2
Tel: 01 6706223
Fax: 01 6706219
Email: info@belongto.org
Web: www.belongto.org

Starting Out

The New National Induction Training Programme for Youth Work Volunteers

Training Profile

by
Fran Bissett

Background and Rationale

In 2009, the Practice Sub-Committee of the National Youth Work Advisory Committee (NYWAC) contracted a Project Consultant Team (Louise Monaghan & Siobhán McGrory) to support the development of a nationally agreed, standardised programme for training volunteers in the youth work sector in Ireland.

This has led to the development of *'Starting Out' The National Induction Training Programme for Volunteers engaged in Youth Work Practice*, a resource that provides a framework for the content and learning outcomes for training volunteers

This work is part of an overall commitment by the Youth Affairs Section of the Office of the Minister for Children and Youth Affairs to develop quality in youth service provision for young people in Ireland and should be viewed as complementing the National Quality Standards Framework (NQS) for youth work.

While the NQS is aimed at staff-led youth work provision it also emphasises the importance of volunteer support and development and, therefore, aims to enhance all aspects of youth provision. However, it is also recognised that there are specific needs regarding the training of volunteers and therefore significant work has been invested in developing this standardised programme to support volunteer training in the youth work sector.

This resource aims to provide youth organisations with a standardised framework and accompanying materials to support the induction of volunteers engaged in youth work practice. It will be of use to staff/volunteers in youth

organisations who have responsibility for training and supporting volunteers. Additionally, this resource offers an opportunity for youth organisations to collaborate and share their resources in the delivery of training to volunteers.



Structure and Content

The structure and content of this resource has been designed to support the adult learning process to achieve what has been described as *learning outcomes for volunteers* rather than a prescribed number of training hours or standardised content or direct training provision.

Within the resource, these learning outcomes are statements that specify what learners will know, understand or be able to do as a result of a particular activity. Learning outcomes are usually expressed as knowledge, skills or attitudes.

The resource contains a variety of worksheets, factsheets and accompanying PowerPoint slides, which can be downloaded from www.youth.ie/startingout and used as required.

The factsheets provide factual information in relation to each of the components in the programme. The worksheets contain exercises which can be used either in a one-to-one or group situations in order to facilitate experiential learning, discussion and application of theory to youth work practice.

The focus of this induction programme is on supporting volunteers to achieve this set of learning outcomes included in each component, whilst also bearing in mind that organisations may wish to add their own additional learning outcomes as per their existing induction training programmes.

Content includes:

- Rationale for Framework & Training Materials
- Volunteer Induction Training Outcome Log
- A Checklist of Practical Matters for Trainers

Components of the training programme have also specifically been mapped against a set of key questions contained in the National 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?

There is no national training course/programme that people can apply for. The design of the resource allows it to be delivered locally. Once completed the organisations can apply to NYCI for certificates for those who complete the course.

To download a full copy of Starting Out go to:
<http://www.youth.ie/startingout>

For further information contact:

NYCI
3 Montague Street
Dublin 2
Tel: 01 4784122
Email: info@nyci.ie
Website: www.nyci.ie



Round Up

Minister launches INOU Annual “Working for Work” booklet

The 17th annual ‘Working for Work’ booklet published by the Irish National Organisation for the Unemployed (INOUE) was launched on 14th September 2010 by Minister for Social Protection, Éamon Ó Cuív, TD.

This publication draws together a wide range of information and supports aimed at unemployed people who are trying to return to work, education or training. The publication draws together information from a wide variety of service providers and serves as a valuable one-stop-shop for unemployed people who want to know what their entitlements are and what supports are available to them. It should prove to be a valuable resource to people, particularly in the current economic climate.

The booklet is available to order or to download on the INOU’s website at www.inou.ie. Copies are free to unemployed people and those in receipt of Welfare payments.

Further Implementation of Charities Act Commences

On 2nd July, Pat Carey T.D., Minister of Community, Equality and Gaeltacht Affairs, who has responsibility for the regulation of charities, announced the commencement of Section 4 and Section 90 of the Charities Act 2009.

The purpose of Section 90 is to grant powers in any proceedings to the courts to grant relief to charity trustees from personal liability for breach of trust, where the opinion of the court is that, while the trustee may be liable for the breach, he or she acted in good faith and ought to be excused. In such circumstances, the court may then grant relief in whole or in part under the provisions of section 90 of the Act. Commencement of Section 90 will certainly

reassure existing charity trustees and will encourage more people to take on this valuable and important work.

Section 4 of the Act is a technical piece, which will allow the Minister to make regulations under the Act in advance of moving towards the introduction of the new regulatory framework for charities in Ireland.

For further information on the Act contact:



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Affairs**

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Fax: 01 6473215 LoCall: 1890 474 847

Email: eolas@pobail.ie

Web www.pobail.ie

Specialist Certificate in Youth Health Promotion

The National Youth Council of Ireland is inviting applications for the Specialist Certificate in Youth Health Promotion 2010/2011. The Certificate is delivered by the National Youth Council of Ireland National Youth Health Programme and is accredited by NUI Galway. The Specialist Certificate in Youth Health Promotion aims to encourage, support and facilitate youth organisations to become effective settings for health promotion.

Full details and application information are available at:
www.youthhealth.ie



NYCI Annual Conference 2010 *Dealers in Happiness*



The National Youth Council's annual conference for the youth sector for 2010 is "Dealers in Happiness", on the role of Youth Workers in promoting positive mental health in young people. It will take place on Friday 26th November 2010 in the Emmaus Centre, Swords, County Dublin.

The conference will examine the role of the youth worker in promoting positive mental health and will focus on practical models of intervention to up-skill youth workers in their work. The conference will consist of a mixture of key inputs; round-table discussions; a Panel Q&A Session; and thematic group discussions. Registration fee: €45.00

For further information, registration details or to book a place contact:

Lisa Hyland / Elaine Lowry
Tel: 01 4784122
Email: lisa@nyci.ie
or elaine@nyci.ie.

New Report Calls for Radical Shift in Responding to Crime

On Thursday 23rd September a new policy document was jointly launched by the Irish Penal Reform Trust, Barnardos and IAYPIC (Irish Association of Young People in Care) at the Shifting Focus: From Criminal Justice to Social Justice conference. Informed by a shared commitment to combating social injustice and to building safer communities, IPRT, Barnardos and IAYPIC have come together to call for a shift in focus and resources to addressing the marginalisation associated with offending behaviour.

The report calls for a radical shift in how we respond to crime, moving away from an approach centred on punishment to one which is centred on evidence-led strategies to preventing offending in the first place. At the launch of the **Shifting Focus: From Criminal Justice to Social Justice** policy document and supporting research report, IPRT, Barnardos and IAYPIC called on the Government to:

Commit to an integrated criminal justice policy, which recognises that crime prevention must be seen within the wider context of addressing the underlying causes of crime and social exclusion.

Commit to diverting a proportion of the justice budget to interventions that address the causes of social exclusion, including, but not limited to, the areas of education, health, mental health and substance misuse.

Commit to evidence-based policies which focus on building safer and stronger communities, with particular emphasis on prevention and early intervention with regard to social exclusion and its consequences.

Invest in rigorous, independent and long term analyses of the effectiveness of prevention, early intervention and diversionary programmes and to rolling out proven best-practice models on a national basis.

Commit to expediting implementation of the recommendations in related areas, including "A Vision for Change" Report of the Expert Group on Mental Health Policy, the National Drugs Strategy (interim) 2009-2016, and the Ryan Implementation Plan, according to Government's own set timetables.

For further information please contact:

Fíona Ní Chinnéide
Campaigns & Communications Officer
Irish Penal Reform Trust
Tel: 01 8741400
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Email: communications@iprt.ie
Web: www.iprt.ie



Suicide Awareness & Prevention Activity Supplement

by Gina Halpin

Following on from the WHO International Suicide Prevention Day 2010, which took place in September, this activity supplement focuses on suicide prevention and awareness and contains activities and information youth workers can use with their youth group to raise awareness of suicide among young people, including what signs to look out for, a listing of support agencies and facts about suicide.

Background

In Ireland around 457 people die by suicide each year, of this nearly 20% are aged between 15 and 24. If someone is seriously depressed and thinking of attempting suicide there are often warning signs that friends can pick up on. Noticing and acting upon these warning signs could save a life. Most people who are considering suicide are willing to talk about their problems if someone shows they care. It is important not to be afraid of discussing the subject with someone you think may be suicidal. Talking about suicide won't 'plant the idea' in someone's head. This is a myth. If you are wrong, you're at least showing a friend you care. If you are right, you could save their life.

Some warnings signs include:

- Withdrawing from family and friends.
- Having difficulty concentrating and thinking clearly.
- Sleeping too much or too little.
- Feeling tired most of the time.
- Gaining or losing a significant amount of weight.
- Talking about feeling hopeless or guilty.
- Talking about suicide or death.
- Self-destructive behaviour like drinking too much or abusing drugs.
- Losing interest in favourite things or activities.
- Giving away prized possessions.
- Mood swings.



Myths about Suicide

Myth: Suicide happens with no warning.

Fact: Eight out of ten people who kill themselves give some sort of warning or clue to others, even if it is something subtle.

Myth: There's always a note left behind when someone commits suicide.

Fact: In most cases, there is no suicide note.

Myth: Someone who talks a lot about suicide is just trying to get attention.

Fact: It's just the opposite. More than 70% of people who kill themselves have previously threatened to do so when someone says they feel this way, take it seriously.

Myth: People who are suicidal are intent on dying and feel there is no turning back.

Fact: Most people who are suicidal are actually of two minds about it. Part of them wants to die and part of them doesn't. The main thing they want is to stop their pain.

Myth: People who attempt suicide once are unlikely to try it again.

Fact: 80% of people who die from suicide have made at least one other attempt already.

Myth: If you mention suicide to someone who seems depressed, you're just planting the idea in his or her mind

Fact: Discussing it openly can help, not hurt.

Source: <http://familyeducation.com/depression/teen/>

Activity One Isolation Island

Isolation whether real or perceived is something we all have to face at some point in our lives. The sense of being alone and uncared for is a reason often given by young people to explain a suicide attempt. This activity gets young people to tease out why they might feel isolated and how they can cope better with it, when it occurs.

Materials: Small pieces of paper, flip chart paper, pens and markers.

Give each person a small piece of paper and ask them to complete the sentence **“I might feel isolated if.....”**

Once they have completed the sentence place the papers into a container.

Go around the group and ask each person to take out one piece of paper and read out the sentence. Then pin it on the flip chart paper (already pinned up on a wall in the room).

At the end of the exercise ask if anyone has any other reasons for isolation and add them in.

Possible reasons for isolation can include:

Parental separation

Being bullied

Peer pressure to do something you do not want to do

Not having a friend to talk to

Being unable to say how you feel

Being different i.e. race, culture, sexuality, appearance, intelligence etc..

Source: Youth Pack, The Samaritans

Suicide is a permanent solution to a temporary problem

Activity Two Depression and Young People

Everyone feels low at certain times in their lives and this is usually related to a loss such as bereavement, the breakup of a relationship or a stressful event. Normally young people will work through their feelings and come to terms with events over time, but for some young people the cause of their depression may not be obvious or their level of depression may seem out of proportion to the event that appears to have triggered it.

Materials: Flip chart paper with the following statement written on it.

“ many adults do not understand or believe that young people can suffer from depression. Friends sometimes avoid a young person who is depressed because they are sad and miserable and no longer fun to be with. Even the most concerned and loving family may not understand that the young person has got an illness.”

Read the extract to the group and ask for their reactions:

Possible discussion questions:

How much do you agree or disagree with this statement?

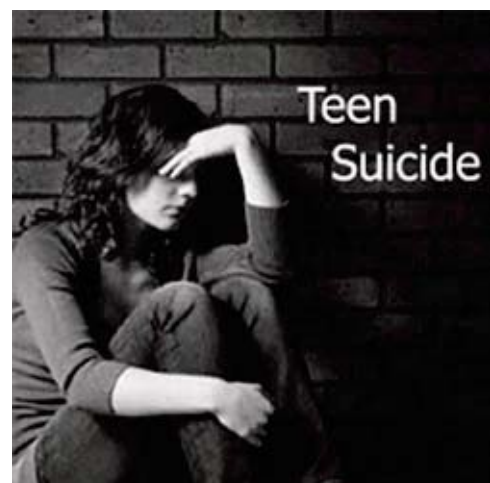
Have you ever met someone who might have been depressed?

How did you feel talking to them?

What do you think the factors are that contribute to young people feeling depressed?

What would you suggest a young person should do if they are feeling depressed?

Source: Youth Pack, The Samaritans



Activity Three Worry Map

Young Men are more likely to commit suicide while girls are more likely to self-harm. This activity encourages discussion around issues of potential worry and anxiety to young men and will give them the opportunity to voice these worries in a safe environment.

Materials: Sheets of flip chart paper – sellotaped together.

- Lay the sheet on the floor and ask one of the young people to lie flat on the paper and be drawn around by another.
- Once they have finished ask the “template” to stand up. You should now have a life size human silhouette to work with.
- Ask the group to take a pen and in turn think of a concern or pressure that young men experience, then write it down with an arrow to where it corresponds on the mapped silhouetted body.
- Stress that it does not have to be an issue personal to them, but could be a general worry that all young men share e.g. problems with parents, girl trouble, exam stress, bullying etc..
- Encourage the group to consider all aspects of life including home, school and their social life.
- After they have completed this, agree three or four main topics that are seen as a major worry and facilitate a discussion.

Discussion suggestions

Is it a problem for all young men?
Is it different for young women?
Do they think the problems will resolve themselves, as they grow older?
Are there choices or solutions that other members of the group can suggest?
Who else could they talk to if this became a serious problem?
Close the session by identifying support networks / agencies they could contact (see resource listing at the end of this supplement).

Source: *Working with Young Men*, by Vanessa Rogers

Activity Four Self-Harm Continuum

Self-harm in young people is often seen as a cry for help or a suicide attempt. Self-harm from the individual's point of view can be a coping strategy and their way of staying alive, the young person may not want to die. Self-harm is also more prevalent in young women.

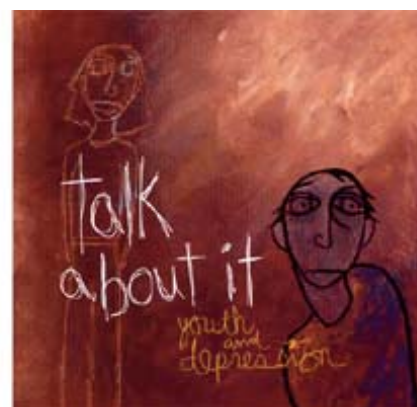
In your group go through the following list of behaviours and ask each person to say how serious they consider each behaviour to be; from **Extremely Serious** to **Not Serious At All** in terms of self-harm.

Cutting your arms
Pulling out your hair
Over eating
Binge drinking
Smoking
Taking drugs
Burning yourself
Driving too fast

Once they have expressed their opinions about the seriousness discuss the following points:

What makes the behaviour harmful?
Are some behaviours more harmful than others?
Have you ever taken part in any of these activities?
What kind of young people self-harm?
What factors might lead a young person to self-harm?
How can you be sure a friend is self-harming?
How easy is it to keep self-harm a secret?
Would you talk to a friend you thought was self-harming?

Source: *Youth Pack*, The Samaritans



Activity Five

Quiz – True or False

This activity can be done with your youth group and aims at facilitating a conversation about suicide in a safe environment.

Q.1 It's very difficult to predict who will kill themselves since most young people who commit suicide do not communicate their intentions.

False. The notion that young people who talk about their suicide do not kill themselves is a myth. An overwhelming 80% of young people who commit suicide communicate their intentions before taking their lives. Most suicidal warnings are verbal or behavioural, while only 15% involve leaving notes.

Q.2 It may be helpful to ask a young person who appears overly depressed, withdrawn, or grief-stricken whether they have ever considered suicide as a solution to their problems.

True. For a young person in these exaggerated, emotionally distressed states, bringing up suicide does not encourage them to kill themselves. On the contrary, raising the question of suicide encourages a young person to talk about suicide and shows that you recognize the depth of their pain.

Q.3 If your friend's deep depression and suicidal talk stops and they suddenly appears very happy and relieved, you'll know the crisis has passed.

False. You should be suspicious of this sudden cheerful demeanour. It does not mean they are out of danger, in fact, their dramatic mood swing and sense of calm may be a result of them having decided to commit suicide.

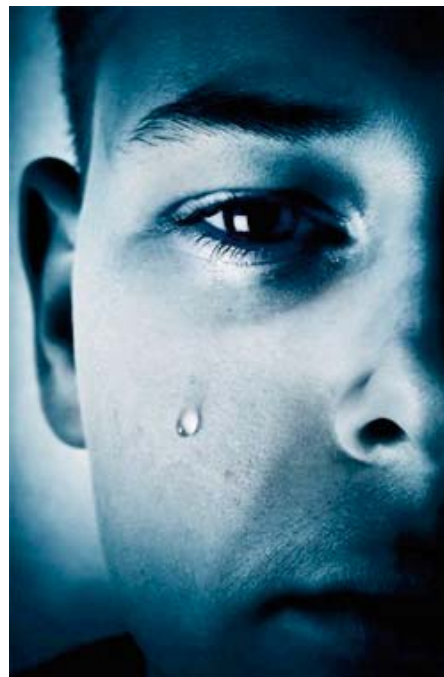
Q.4 Most young people who commit suicide have made a decision that death is their best option.

False. Most young people who kill themselves are in a state of pronounced conflict and confusion over whether to commit suicide. They are all sure, however, that they desperately want an end to their emotional suffering. There are many more suicidal attempts than there are successful suicides.

Q.5 Extraordinary aggressiveness and hostility, hyperactivity, sexual promiscuity, and extreme risk-taking are often signs of impending suicidal attempts.

True. Even though these behaviours are very dissimilar to stereotypical pre-suicide behaviours like isolation, despair, depression, and apathy, they are serious red flags that are also associated with a young person's suicidal thinking and behaviour.

Source: www.console.ie



Useful Websites

www.console.ie

www.3ts.ie

www.aware.ie

www.samaritans.org

www.nsbsn.org National suicide bereavement support network

www.ias.ie Irish Association of Suicidology

www.spunout.ie

www.irishhealth.com

www.reachout.com

www.nosp.ie National Office for Suicide Prevention

15 Youth Participation Techniques

A Resource

by Cormac Russell
Edited by Matthew Seebach

New
Resource
Profile

WHAT IS THIS RESOURCE FOR?

Youth Workers know that young people have a right to be involved in decisions about the planning; evaluation and delivery of youth work activities.

From practical experience, youth workers also know that involving young people actively in these decisions will ensure that youth work programmes are more effective, better attended and better suited to the interests and abilities of young people. We also know from research that young people will get more out of participatory activities in terms of their personal development, confidence and resilience.

Youth workers will tell you that actively involving young people in programmes that allow their voice heard in their communities also helps improve the connections that young people have to their communities, which makes for more supported, resilient and accepted young people as well as stronger communities.

So yes, ok, youth workers know that youth participation is important. But, what do we actually do on Monday morning, when you have sessions to plan, programmes to develop and groups to organise? Participation is important, but how do we actually go about involving young people in every-day decisions about plans and programmes in a meaningful way?

What kind of activities or projects can be built into a youth work programme to ensure that young people are actively involved in their communities?

Youth Work Ireland commissioned this publication to provide practical participatory methods that youth workers can easily use when trying to decide how to plan a programme, start a new group, find out about the interests and motivations of young people, involve young people in their communities, or evaluate what is working well.

The publication contains **15 Youth Participation Techniques**, many of which will be familiar to youth workers and includes:

- Priority Auctions
- Focus Groups
- Round Table Method
- World Café
- Appreciative Inquiry
- Participatory Concept Mapping
- Learning Conversations
- Open Space Technology
- Participatory Theatre
- Google Mapping
- Photo Talk
- Young Citizens' Juries
- Community Asset Mapping
- Matching Grants
- Timebanking

The first Seven of the techniques are simple enough that they can easily be used within the context of a group session, without requiring extensive planning or too much preparation.

The next eight techniques require more time and preparation and may necessitate working with the young people in the community over several sessions or even taking the time to do a bit more research.

Some youth workers will be regularly using these and similar techniques and will find this resource useful only for reference. Some workers may be familiar with these techniques, but have not recently had the opportunity to review or swot up; for them this resource can be a useful guide or refresher. Some users may find that they would like more assistance or practical help in becoming proficient with these participatory techniques.

With that in mind, the **Irish Youth Work Centre** is providing two workshops this autumn that feature participatory techniques from this resource. These workshops, facilitated by the author of the publication, **Cormac Russell**, provide opportunities to learn about and become proficient with a number of participatory techniques.

The first workshop is offered on October 13th and the second on December 15th (details of both are contained in the IYWC Training Section See pages 17 & 18).

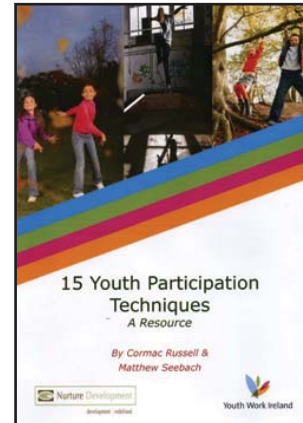
Brochures and Booking forms and can be downloaded from the IYWC Website at

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



Irish Youth Work Centre

HOW CAN I GET THIS RESOURCE?



15 Youth Participation Techniques will be available from October 13th 2010 and can be downloaded as a free Pdf file from:

www.youthworkireland.ie/site/participation

or

www.iywc.ie/publications/



How To Use Matching Grants Programme in your Youth Work

Date: Wednesday 10th November 2010

Facilitator: Cormac Russell (*Nurture Development*)

This workshop is aimed at all Youth Work staff interested in using matching grants programmes with young people in their youth work service. Matching Grants programmes have been used in Ireland and around the world as a simple, effective and fun way to support young people to:

- Have their voice heard.
- Become Active Citizens in their community.
- Participate in decision-making.
- Develop resiliency & personal development skills.
- Contribute to their communities.

These programmes have been shown to be particularly effective in engaging seldom heard and marginalised young people in civic and participatory action.

This one day workshop provides workers with the skills, knowledge and support resources required to use matching grants in the communities where they work.

The morning session will focus on the following:

- Introduction to matching grants.
- Purpose and rationale for matching grants in youth work.
- Getting started.

The afternoon session will focus on:

- Youth friendly training programme and work book on matching grants.
- Planning a matching grants programme: youth led design of application.
- The importance of celebration and innovation forums.

Effective Evaluation in Youth Work

Date: Thursday 11th November 2010

Facilitator: Siobhán McGrory (*B.Ed. M.A. H.P. Consultancy, Training Support Services*)

This workshop aims to examine the rationale and purpose for evaluation in Youth Work and to provide participants with a range of practical models and approaches for ensuring effective evaluation in Youth Work Practice.

Workshop Content:

The morning session will focus on the following:

- Evaluation in Youth Work – rationale and purpose.
- What are we evaluating in Youth Work – outputs or outcomes?
- Benefits of effective evaluation – for whom?
- Stakeholder Analysis.
- Types of evaluation in Youth Work.
- Who evaluates?
- Evaluation methodologies.
- Creating an effective evaluation framework – steps in the process.
- Applying a Logic Model Approach to evaluation.

The afternoon session will focus on the following:

- Practical application of learning to participant's own work practice.
- Evaluation – a Force Field Analysis (supports, barriers and ways to overcome barriers to evaluation of Youth Work).
- Skills for evaluation.
- Guiding principles in conducting evaluations.

Practical Participatory Methodologies for Youth Work 2

Intermediate & Advanced Skills

Date: Wednesday 15th December 2010

Facilitator: Cormac Russell (*Nurture Development*)

This workshop is aimed at Youth Work and community development staff who have some experience in using participatory methodologies and wish to develop and use more advanced participatory methodologies in their work. The methodologies are relevant to all workers who seek to involve young people in planning projects and work, identifying issues or common interests, evaluation, developing consensus, consultation and gathering opinions. It will briefly examine the rationale and purpose for participatory processes within youth and community work and explore four specific methodologies for involving young people and communities in planning, identifying issues, giving opinions. Participants will have the opportunity in this workshop to learn new techniques, or simply improve and polish the participatory techniques that they currently use.

The morning session will focus on the following:

- Engaging marginalised and seldom heard young people in participatory processes.
- Citizen juries.
- Time banking.

The afternoon session will focus on the following:

- Learning Conversations.
- Community mapping.

Introduction to Assets Based Community Development in Youth Work

Date: Wednesday 19th January 2010

Facilitator: Cormac Russell (*Nurture Development*)

This workshop is aimed at Youth Work and community development staff who are interested in learning about and introducing new and effective approaches into their work with young people which move away from seeing young people as problems and begin to appreciate young people for their strengths. Strength based approaches in youth work such as, Asset Based Community Development have been growing in Irish and International Youth Work due to their proven ability to bring about positive outcomes for young people and their communities.

The workshop provides a practical grounding and basic skills in introducing strength based approaches in youth work.

Workshop Format

The delivery of this workshop will involve a combination of presentations, group work and practical application of learning to Youth Work practice. The workshop will facilitate active participation and provide lots of opportunities for group discussion, interaction and sharing of experiences and learning.

The morning session will focus on the following:

- Understand the 'needs' based approach and the 'strengths' asset based approach.
- How to use assets to motivate labelled young people.
- Building genuine partnership between professionals, parents and neighbours.

The afternoon session will focus on the following:

- Understanding the roles of service orientated youth work and community building youth.
- Understanding the role of neighbourhood organising in Youth and Community Work.
- Intentionally building bridges between young people and their communities.
- Building strong democratic youth voice with constituencies and mandates: the importance of localism.

Cost for IYWC workshops is €75.00 - this includes lunch, teas / coffee and course materials.

Booking forms for these workshops can be downloaded from the Irish Youth Work Centre's website at www.iywc.ie

or contact

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

Tel: 01-8584500

Email: ghalpin@youthworkireland.ie

Sectoral Training

Peer Education & Sustainability Training

Date: Tuesday 26th October 2010

Venue: The Greenhouse, Dublin 2

One-day training examining recent developments in Education for Sustainable Development (ESD). Participants will learn how to develop a peer education approach centred on the principles of sustainability and leadership.

By the end of the training participants should:

- Be confident in developing a Peer Education approach through participative Education for Sustainable Development methodologies.
- Be able to engage young people in issues of Sustainable Development and examine how the principles of Sustainable Development tie into their lives.
- Know how to facilitate personal development in young people as Peer Educators.

Introduction to Environmental Education: Trends & Developments

Date: Tuesday 16th November 2010

Venue: The Greenhouse, Dublin 2

One-day training introducing environmental education by utilising activities developed by ECO-UNESCO to encourage young people to get involved in environmental issues.

By the end of the training participants should:

- Understand what environmental education is.
- Know how environmental education compliments teaching.
- Understand how environmental education compliments youth work.

This training is suitable for environmental officers, teachers, youth and community leaders, academics and anyone else interested in learning more about environmental education.

For further information and booking forms please contact:

Brian Costelloe
ECO-UNESCO
Education and Training Officer
at: education@ecounesco.ie
Tel: 01 662 5491



Why Use Games in Youth Work

Date: Friday 5th November 2010

Venue: The RECO, Ballymun, Dublin 11

This workshop is an opportunity for anyone working with young people in an informal setting to share and learn new games that can be used in groups. There will also be discussion as to why certain games are particularly effective to get to know each other, to build team spirit and improve communication etc.

For further information and booking forms please contact:



Ballymun Regional Youth Resource
The RECO
Sillogue Road
Ballymun
Dublin 11
Tel: 01-8667600
Website: www.bryr.ie

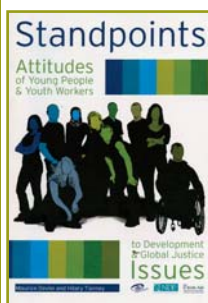
IYWC New Resources

Development Education

Standpoints
Attitudes of young people and youth workers to development and global justice issues

by

Maurice Devlin & Hilary Tierney, 2010



This report presents the findings of a qualitative research project investigating the attitudes of adults and young people involved in youth work towards development and global justice issues, and explores the implications of these findings for youth work practice. Twelve focus

groups were conducted in different parts of the country, concentrated in three different sites – Dublin, Mayo and Waterford City.

The research found that youth workers were generally very conscious of global inequalities and injustices and of links between their own daily lives and the lives and experiences of others elsewhere, as well as key issues of aid and trade. They also recognised the challenges of dealing with these issues successfully in youth work contexts.

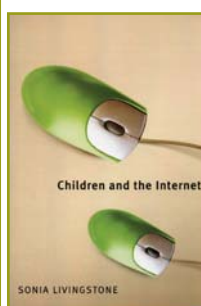
The young people took a more positive view of development and global justice issues than the results of survey findings among the general youth population would have led the researchers to expect. There were some exceptions to this positive and tolerant attitude – some views were prejudiced and intolerant – but they were usually countered with forceful countervailing arguments from within the focus groups themselves. The report concludes that – in line with some of the youth workers' own suggestions – there is a need for a strategic and multifaceted response to the range of issues which confront young people and youth work, including issues of development and global justice.

Internet Safety

Children and the Internet

by

Sonia Livingstone, 2009



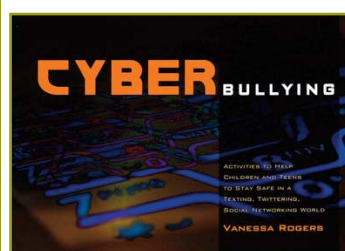
Is the Internet really transforming children and young people's lives? Is the so-called 'digital generation' genuinely benefiting from exciting new opportunities and facing new risks? This book addresses these questions. It avoids a techno-celebratory approach and instead interprets children's everyday practices of Internet use in relation to the complex and changing historical and cultural conditions of childhood in late modernity. Drawing on current theories of identity, development, education and participation, this book includes a critical account of the challenging realities undermining the great expectations held out for the Internet, from governments, teachers, youth workers, parents and children themselves. It concludes with a forward looking framework for policy and regulation designed to advance children's rights to expression, connection and play online as well as offline.

Cyber Bullying:

Activities to help children and teens to stay safe in a texting, twittering, social networking world

by

Vanessa Rogers, 2010



Children and teenagers text, network and twitter online as second nature, but when emails or texts are used to threaten, harass, intimidate or embarrass someone, they can turn from being a source of enjoyment to a source of crippling anxiety and fear.

This book is packed with advice, games and activities for groups and individuals to help young people understand what cyberbullying is, how they should behave online and how they can stay safe. The activities range from quizzes and competitions to storyboard games and art activities, and cover issues such as how easily personal information can be forwarded, the risks posed by unknown friends on social networking sites, and how to discuss and deal with bullying issues. They are designed to encourage young people to think about their own behaviour and attitudes and give them the skills and knowledge to stay safe in a digital world.

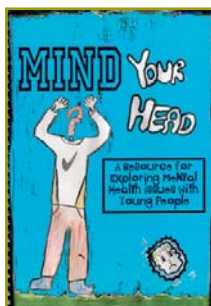
Mental Health

Mind Your Head:

A resource for exploring mental health issues with young people

by

Diane Mackin & Stephen Murphy



This programme originated from a need recognised by the youth services in Gurrabraher, Cork where issues around mental health and self-harm had been brought up by young people attending the youth centre. The programme was written and compiled by a youth worker and a community health worker. This is a resource for exploring mental health issues with young people, it is designed specifically for youth workers, youth leaders, peer educators and others working with young people. It is made in an accessible format that is hoped will make it easy to use and photocopy.

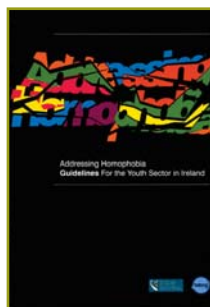
The programme is very much about giving the young people space and time to explore and talk about their concerns and opinions on mental health. It also highlights tools and supports to help them cope and deal with issues that can have a negative affect on their mental health. The contents of this resource has been largely informed and influenced by the young people and their feedback and responses from evaluations provide insight into how they found the programme.

OMYCA Publications

Addressing Homophobia
Guidelines for the Youth Sector in Ireland

by

Office of the Minister for Children and Youth Affairs & Belong To, 2010



These guidelines are an important resource to help raise awareness of homophobia and to support the youth sector in preventing and addressing homophobic bullying. The guidelines offer strategies for addressing homophobia and homophobic bullying in the youth work sector in Ireland and build on the whole organisational approach to bullying presented in NYC1's Let's Beat Bullying. The guidelines have also benefited from consultations and workshops with young people, youth workers and other experts on the youth work sector in Ireland. Each section of these guidelines addresses different aspects of ensuring that youth services are safe and welcoming places. The guidelines conclude with a list of 'Best Practices for Addressing Homophobia'. Appendices provide information about Training for Youth Workers, LGBT Youth Services across Ireland.

Children Acts

Statutory Responsibilities and Services

by

Office of the Minister for Children and Youth Affairs, 2009



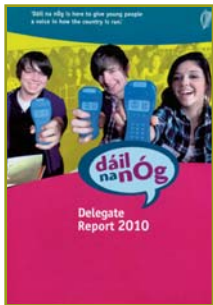
This booklet has been developed under the Chairmanship of CAAB and through active cooperation of the Probation Service, the IYJS, an Garda Síochána, the Courts Service, the HSE and the office of the DPP. The principle objective of this booklet is to develop a clear understanding for all interested parties of the legal functions and services of all Agencies and Departments as provided for in the Child Care Act, 1991 and the Children Act, 2001. Given the many changes in the sector in very recent times with the enactment of legislation and

significant restructuring of key agencies, it is hoped that this booklet which clearly sets out the functions and services of all agencies impacted by children's legislation would be beneficial to all.

Dáil na nÓg Delegate Report 2010

by

Office of the Minister for Children and Youth Affairs, 2010



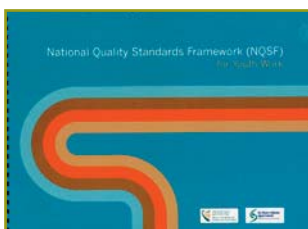
This year's Dáil na nÓg was held at Croke Park in March. A total of 225 young delegates attended the event, travelling from all over Ireland. This report provides information on what happened during the various parts of Dáil na nÓg 2010, including the delegate groups discussion; the electronic voting on recommendations for change; inputs and the Q&A session with policy makers and the work of the Dáil na nÓg Council.

National Quality Standards

Framework (NQSF) for Youth Work

by

Office of the Minister for Children and Youth Affairs, 2010



The NQSF is a support and development tool for the youth work sector. It provides organisations with an opportunity to articulate, through a common language, their youth work practice. It also provides a structured framework for organisations to assess, indicate and enhance their work. The standards outlined in the framework are intended to be reflective of the work being carried out in youth work organisations. Therefore, there should be both a commonality and compatibility between the current youth work provision of an organisation and its services, and the core principles and standards outlined in the NQSF. The net effect of the NQSF will be to identify and improve the effectiveness of youth work service provision in Ireland. This should result in an advancement of good practice and in allowing organisations address the needs of young people.

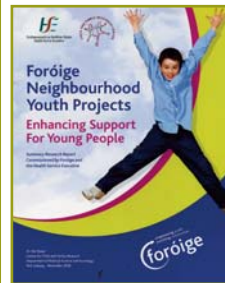
Youth Projects

Foróige Neighbourhood Youth Projects

Enhancing Support for Young People

by

Foróige and the HSE, 2010



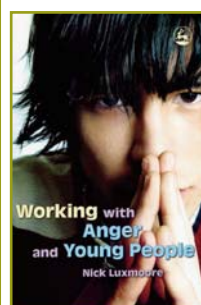
This report summarises a study which explores over time the profile support needs and mental health of young people attending Foróige / H.S.E. Neighbourhood Youth Project (NYP) in counties Mayo and Roscommon. The report describes the functions of the NYPs including the H.S.E. / Foróige joint management service model. In addition some considerations are provided in respect of the literature on community based interventions in working with at-risk youth generally, and the existing body of research on NYPs in the west of Ireland. Specifically the research is interested in profiling the young people attending the programme, establishing why they attend, the amount and type of supports on offer as well as their mental health status and life events. The report also tries to look at the relationship, if any, between these factors and a young person's attendance at the NYP. Another intention of the research was to gain a fuller picture of these matters through a tracking and longitudinal study.

Youth Work Practice

Working with Anger and Young People

by

Nick Luxmoore, 2006



For many youth workers young people's anger is a daily reality – getting in the way, disrupting progress and destroying relationships – leaving the youth worker feeling helpless, frustrated and angry themselves. This book explores the many meanings and roots of anger among young people including the other feelings and dilemmas that anger sometimes disguises and protects young people from facing. The book warns against quick fix solutions in dealing with anger, and

draws on extensive experience of youth counselling and training workshops to propose helpful interventions for addressing anger effectively. There are numerous examples of case studies and tried and tested techniques for working with anger rather than against it.

Voluntary Sector

European Voluntary Service Guide by Léargas, 2009



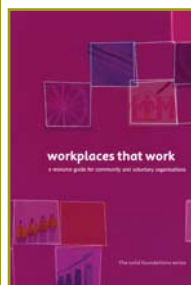
The European Voluntary Service (EVS) is just one of the opportunities available to young people under the Youth in Action programme. An EVS project builds on a transnational partnership between youth organisations and the volunteer, and it supports local community projects, through the work of volunteers. The participation of young people as active European citizens, fully aware of their rights and responsibilities, will contribute greatly to the process of forging an ever closer European Union. It is important that young people are given the scope to experiment with new ideas, to create and participate.

The EVS also gives young people the chance to live and work in another country and experience the benefits to be derived from that opportunity. This guide is divided into three separate sections that provide information relevant to the volunteer, the sending organisation and the hosting organisation respectively. The guide also lists the countries eligible for involvement in the programme. Finally there is a section with frequently asked questions.

Workplaces that Work *A resource guide for community and voluntary organisations* by They Wheel, 2010

This publication is part of The Wheel's Solid Foundations Series which is a range of good practice guides for Irish community and voluntary organisations. It has been designed to assist organisations by identifying clear procedures for recruiting and inducting paid staff and volunteers; identifying procedures for

ensuring that the work is done (and what to do if not); ensuring compliance with all aspects of employment law and realising the need for, and implementation of relevant training and supports to help them do the work better.



The guide distinguishes between what you must do by law and what you ought to do or could aspire to do, in terms of good practice. The main focus is on paid staff, but where appropriate it can be adapted to suit the needs of other workers, especially volunteers.

All these titles are available for loan -
not for sale to Irish Youth Work Centre
members.

For further information or to request any
of these titles please contact:

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