YPI self-care and those around me

During the course of this programme, you may feel strongly about sharing information relating to issues, events, and local charities that are personally relevant to you. Everyone has the right to share their voice, experiences, and perspective. However, you should not feel pressured to reveal personal issues and should consider the impact on and privacy of others.

The following guidance aims to support you to make informed decisions.

Personal Stories

You don't have to share your personal story

You do not need to share personal stories relating to a social issue, event, or charity in order to be valued or heard. A personal story is not necessary to help people understand that the charity is doing valuable work. How you speak about the charity, the information presented, and the creativity in the presentation are all valuable ways to share the charity's story. If it is felt that a personal story brings to life the work of the charity, you could consider anonymising it in such a way that protects the privacy of those involved.

You may however still decide that you would like to share a personal experience or information in class or in your presentation. Although you may feel empowered to do so in the moment, there is the possibility that you may feel differently afterward. The section below details resources that are available to support you if you wish to talk to someone.

Self-care and Caring for Others

Take care of yourself and be mindful of those around you

Teams may explore a social issue that affects students personally. You are encouraged to be aware of those around you and to raise any concerns that you may have. You are encouraged to seek support if you need someone to talk to. You may wish to reach out to your parents/guardians, a teacher, a trusted adult, or a friend.
The following resources are also available:

- NHS - mental health advice and support and help for children and young people
- YoungMinds has a wealth of resources on its website, as well as providing dedicated crisis services.
- Samaritans are an organisation people can phone at any time, they are there to listen.
- ChildLine provides a confidential telephone counselling service for any child with a problem.

Permission and Consent

Unless there is full permission, it may not be your story to tell

Sometimes, when we feel inspired or moved by something, we might share personal stories we have heard from our friends, family, and community members. While our intention might be good, the impact is that we are sharing a story that is not ours and it might have consequences that we are not aware of.

Therefore, if another person's story or case study is being used, you must gain permission to do so. To ensure what is shared is accurate and representative, you may work with the chosen charity to agree on what information can be used and practice how it will be presented.

Digital Imprint

Anything shared on the internet can stay there forever

Photos, videos, digital products/presentations, and any other digital media captured may be shared online. Anything that is shared online could resurface in the future. If you have any concerns related to this, you should speak to a teacher or a trusted adult.

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