



# HOW YOUTH CAN INITIATE CHANGE IN THEIR COMMUNITY



## Initiate Change Idea

Organize a  
community  
clean up

# How Youth Can Initiate Change in Their Community



Parks and Recreation recognizes that volunteering and supporting your community is more important than ever. Youth can do their part to contribute to their community in many ways. Here are some ways youth can contribute to their community:

- Organize a community clean up
- Collect food, clothes, toys or care items and deliver to shelters
- Hold an event to raise money for a cause
- Educate and share information on a topic you are passionate about
- Get involved in your local election by encouraging young people to vote
- Compile messages of support for youth experiencing mental illness
- Host a community dinner
- Start a community garden



This booklet is intended to help you come up with a way to support your community. It is our hope that these four activities will generate ideas to help guide you as you create a plan.

*This is a planning document and the actions suggested in the document are intended for future use when public health directives have changed. During your planning process, please follow public health guidelines.*

# We've broken this booklet down into four parts:

- **Activity 1:** Brainstorm a project idea
- **Activity 2:** Identify your personal strengths
- **Activity 3:** Identify your community strengths
- **Activity 4:** Take the first steps to initiate a project

If your community initiative needs financial support check out the #Risingyouth community service grants!

*This manual was developed by the Youth Section Community Developer, Becca Bishop. If you have questions about engaging in your community, you can contact her at [youth@halifax.ca](mailto:youth@halifax.ca) or 902.233.8129*



# Activity 1



# Brainstorm a project idea

Bring together a diverse group of people and start brainstorming!

Who else would want to help with this project? Are there other youth who would be interested?

Can you ask your neighbors, friends, or organizations in your community?

## Part 1: Brainstorming

Once you get your group together, answer the following questions:

**What do you like about your community? What's working well?**

**What do you wish was different?**

**What issues do you care most about?**

**What specific issue can you address in your community?**

## Part 2: Summarize your ideas

Once you've done the brainstorming, summarize your project idea below:

**We will support our community by...**

**It is important to us because...**

**The vision: What would you like to see change? What do you hope to achieve?**



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Collect food, clothes, toys or care items and deliver to shelters

# Activity 2





# Personal strengths

It is helpful to base your project idea on the skills and knowledge you and your group already have. What skills, strengths and unique gifts do you individually have that you can offer your community?

Each member of the group should map out their individual strengths using the table below:

| <b>PERSONAL ASSETS, SKILLS AND STRENGTHS</b>  |  |  |
|---|--|--|
| <b>HAND- physical skills you have that you would be willing to teach others.<br/>I.E Painting, photography, cooking</b> | <b>HEAD- Knowledge that you have in a specific area like the health system, history of the neighborhood, sports, mental health</b> | <b>HEART- What are your passions, what motivates you to create action?</b> |
|   |  |  |

You'll be surprised how many skills and strengths you already have access to!

|   |
|---|
| <b>How will you use your or your groups personal strengths to support your community?</b> |
|---|

# Activity 3



# Community Strengths

Just like your personal strengths, your community is full of strengths and resources that can support your project.

What already exists in your community that can help make your project a success?

**Use the following table to map out community strengths:**

| COMMUNITY STRENGTHS   |  |
|---|--|
| <b>People and groups</b> – They may have knowledge about the history of the area, who to connect with, etc. | <b>Places</b> (e.g., where people already like to gather or are special to the community) and spaces you can use (e.g., a hall, school or recreation centre) |
| <b>Events and traditions</b> – Can you tap into an existing event?  | <b>Businesses, organizations and institutions</b> – Can they provide information, financial support, volunteers?   |

**Partners: what other groups or organizations might already be working on this?  
Who can you involve that would not normally be asked to participate?**

**What community strengths will you draw upon to support your work?**

# Activity 4



# Your Road Map

Now you are ready to plan!

This activity will take some time to complete. By the end of it you should have a details understanding of what you are doing and how you'll do it.

**PROJECT DESCRIPTION- What are you trying to achieve and how will you achieve it?**

**What:**

**How:**

**TIMELINE- When will it take place? Talk about how long your group thinks it would take to plan and implement this project.**

**LOCATION- Where will this take place?**

**INVOLVING- Who are you involving? Are you involving the people directly impacted by your project? Are you including everyone?**

**RESOURCES – What do you need to make this project happen?**

# Next Steps

What are the next steps you need to take to begin your project?

| ACTION STEP | Who is responsible? | How long will it take? | How will progress be measured? |
|-------------|---------------------|------------------------|--------------------------------|
| 1.          |                     |                        |                                |
| 2.          |                     |                        |                                |
| 3.          |                     |                        |                                |
| 4.          |                     |                        |                                |



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Educate and share  
information on  
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# Celebrate the success!

When your project is finished find ways to celebrate all involved. Some ways to celebrate your project could be:

- Recognize the volunteers who participated
- Send thank-you letters to everyone involved
- Feature your story in a newsletter or media
- Have a closing ceremony for the project and invite volunteers and other involved with the project public health guidelines.





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