



# EMPOWHER

EmpowHER is designed to be adapted to the needs and interests of young women and girls. The pink 'Core' to EmpowHER achieving its intended outcomes, and the orange 'Flex' can be incorporated by Delivery Partners varying working context and young women and girls needs.



## Unusual Suspects

Young women and girls (YW&G) who have low wellbeing and do not regularly participate in meaningful social action.



## Group Size

7 to 12 young people meeting in a closed virtual space, female only.



## Age of Participants

YW&G aged 10-20, with particular focus on transition ages (10-12 & 16-18). Content should be adapted for age-appropriateness, using guidelines provided by UK Youth.



## Programme Length

Minimum engagement is 30 hours over 12 weeks, meeting regularly in that time. Where possible, Delivery Partners can extend to the full 6 months and ideally beyond!



## Social Learning

Minimum of 10 hours of social learning, covering key programme themes of Empowerment, Resilience, and Individual Rights through video calls and take home activities/challenges.



## Social Action

Minimum of 10 hours of social action - can include planning and evaluating their social action.



## Youth-led Social Action

Led, owned and shaped by YW&G's needs, ideas and decision making.

**Don't forget about the Social Action Project Fund available here!**



## Wellbeing as a Topic

Wellbeing and/or mental health should be included as a topic in social learning, giving YW&Gs the language and tools in this area.



## Use of Role Models

Are key enablers for challenging limiting perceptions and empowering YW&G to identify change.



## Engagement with the British Red Cross

Supporting Delivery Partners and YW&G to put together youth led social action activities - they are available via Video Calls!



## Access and Inclusion Fund

Funding available to overcoming barriers to digital participation in EmpowHER.



## Recruitment & Engagement Approach

Appropriate method for recruiting & engaging YW&Gs is based on Delivery Partners local knowledge and expertise.



## Social Learning Topics

Delivery Partners & YW&Gs choose what topics they cover. Content should cover the "Myself, My Community, My World" structure, but in no defined order.

**EmpowHER Journal & Dropbox Resources available online!**



## Social Action Themes

Social action activities focus is up to the YW&Gs, with guidance and support from Youth Workers and British Red Cross Workers.



## UK Youth Achievement Awards

All YW&Gs who complete EmpowHER are eligible for a Bronze UK Youth Achievement Awards.

**Challenge sheets can be found in EmpowHER Journals or here!**



## Social Action Pitch Days

Opportunity for YW&Gs to pitch in a "Dragon's Den" style for their social action project funding online.

If interested please get in contact with British Red Cross Workers.



## How Role Models are Utilised

Delivery Partners can best decide how to incorporate role models into EmpowHER for their groups.



**Stay tuned for upcoming Online Role Model Events available!**



## Regional Working

Each region is made up of a range of partners and can choose how best to work together to support regional events and create opportunities for YW&Gs.



## Young Women's Trust Be Your Best Self

Workshop for YW&G to think about ways they can continue to Be Your Best Self beyond the EmpowHER programme.