



# SELFFA

YOUR LOCAL CHILDREN'S CHARITY

**Youth Passport**



**Name:**

# Introduction



**The SELFA passport is a log of YOUR journey through SELFA. It will help us see what you want to do whilst you're here, what goals you want to achieve and how we can help you do that.**

You'll find lots of different activities on offer but there's room for lots more suggestions. These activities are organised under 4 headings which link to SELFA'S values and objectives.

You will also be given the opportunity to gain qualifications. These are organised towards the back. There's a huge range with something for everyone and these would look great on your CV.

We will be going through these in your weekly groups and you will also have some time to fill them in on your own with a staff member.

At the end of the year we will be holding our SELFA Awards night where you can get all dressed up and come along for an evening of celebration with your friends and the SELFA staff.

**Let's Get Started**



# About Me

**What I'm Good At:**

**What I Need To Work on:**

**What Do I Like/What Are My Interests:**

**What Do I Believe In/Value/Wish For:**

**What My Goals/Aspirations Are:**

**1.** \_\_\_\_\_

**2.** \_\_\_\_\_

# Encourage Independence

**These activities will help you become more independent. Speak to your friends, your parents and the SELFA Staff about what you might want to do, then fill in the table! There are some ideas at the back if you need inspiration!**

Activities	Date Completed	Staff Sign Off

# Support Positive Relationships

**These activities will help you create positive relationships at SELFA and in school/at home. Speak to your friends, your parents and the SELFA Staff about what you might want to do, then fill in the table! There are some ideas at the back if you need inspiration!**

Activities	Date Completed	Staff Sign Off

# Build Self-Esteem

**These activities will help build your self-esteem, which is how you feel about yourself. Speak to your friends, your parents and the SELFA Staff about what you might want to do, then fill in the table! There are some ideas at the back if you need inspiration!**

Activities	Date Completed	Staff Sign Off

# Have A Sense Of Belonging

**These activities will give you a feeling that you belong at SELFA and in the community. Speak to your friends, your parents and the SELFA Staff about what you might want to do, then fill in the table! There are some ideas at the back if you need inspiration!**

Activities	Date Completed	Staff Sign Off

# Award Information



## John Muir Award

This award is nationally recognised so will look great when applying for jobs but is also an opportunity to spend more time outside in nature. There are 4 parts to the award and you have to complete them all to achieve the award:

**Discover:** Get out and about in nature, find somewhere new.

**Explore:** What can you see/hear/smell, what animals live there, is there anything unique?

**Conserve:** Take action and care for the environment e.g. build bird boxes, plant trees etc.

**Share:** Let others know what you've done: blog, pictures, presentation etc.

We will complete this as a SELFA group and you can tell people in your after school club what you have done.



## Vinspired

This is an online organisation who provide awards for time volunteering. If you complete 10 hours, you will receive the v10 award! You have to upload details of your volunteering online and count them as you go along. You may get the 'volunteering bug' and keep going for the v30, v50 and even v100 awards!!



## Arts Award

This is suitable for all ages and abilities. To achieve an arts award you need to get involved in any type of art, perform to an audience, talk to others about what you enjoyed about the arts award and depending on the level research other types of art and develop your creative skills.

**Discover & Explore:** ages 5-25



## First Aid

Gain a valuable qualification in First Aid with St. Johns Ambulance. The session can include a general overview of casualty care as well as chosen modules such as allergies, asthma, seizures, head injuries etc. This would normally be a day session or a few hours and you would gain a certificate. Not only is this a practical hands-on day but participating shows that you care for others!





### **British Sign Language**

The BSL course is all done online and could be completed in your weekly groups in just 7 sessions. Not only is it fun to learn but it opens up a new way of communication, whilst getting you a qualification! This can also be used towards DofE later on.



### **Young Leader Awards**

The Young Leader Award aims to give learners the skills and knowledge to be able to assist in leading their own games and activities as part of a uniformed organisation, community club or sports club sessions, or even at home.



### **UK Youth Achievement Awards**

These are nationally recognised qualifications to support your social development journey. There are 5 levels: Challenge, Bronze, Silver Gold and Platinum. We can decide what we want to do for each level and you will plan your activities, lead events in the community and take leadership.



### **Youth Voice Award**

This award is for anyone who is representing other young people e.g. on the SELFA youth council. To achieve the award you need to complete 10 activities from a special logbook. These can include: applying for funding, taking part in an interview etc. but have to demonstrate how you are representing other local people in your community.



### **Young Enterprise**

The young enterprise scheme is suitable for all ages and abilities and gives you experience in how it may be to run a business! You are given either £5 or £10 to start your business and then have one month to raise as much profit as you can! Not only would this be fun and creative to do with your friends but its also a great thing to write on your CV.

# Encourage Independence Ideas

- Plan and run a session for your group on something you are interested in
- Plan and run a session for a younger group, ideas could be: crafts, sports, baking
- Create a plan of your week with times of your responsibilities: homework, free time, house jobs.
- Plan & run a fundraiser for SELFA
- Do your own washing and drying at home
- Write a list of things you need to remember to take to school/college
- Learn how to check your pulse
- Learn how to cook your favourite meal
- Plan a route to somewhere you'd like to visit using a bus/train timetable
- Make your own appointment e.g. dentist/doctors/opticians
- Use public transport
- Research a career and what you need to do to achieve it
- Make a list of your aspirations
- Learn how to identify when social media may be dangerous: messages, bullying etc.
- Set up your own tent/shelter and camp outside
- Catch/grow your own food e.g. fish, fruit, vegetables
- Use a map & compass to reach a destination
- Cook your food on a campfire
- Run a team-building session for yours/younger group
- Go shopping and buy the essentials for good personal hygiene
- Take part in a SELFA Residential & pack your own bag
- Become a member of the SELFA Youth Council
- Book your own SELFA activities
- Complete a first-aid course
- Learn the basics of a language you don't already know
- Complete the John Muir Award (page 8)
- Learn how to play a musical instrument
- Complete the Arts Award (page 8)
- Complete the Youth Voice Award (page 9)

# Support Positive Relationships Ideas

- Become a SELFA Community Champion and volunteer 10 hours of your time for other charities or local organisations. You can record these and get an award via: [vinspired.com](http://vinspired.com) (14+ years, page 8)
- Take part in a team-building session in your groups
- Resolve a conflict with another SELFA member
- Arrange to see a SELFA friend outside of SELFA
- Attend a SELFA residential
- Regularly attend a SELFA group
- Improve your social skills e.g. turn-taking, cooperation, tolerance & friendliness
- Create a food parcel and donate it to a food bank
- Know what to do if someone is being bullied
- Speak to a SELFA staff member if I am feeling sad, unsafe or worried
- Learn the basics of British Sign Language (page 9)
- Spend more time with a family member and arrange a set day to do things with them in the holidays.
- Complete the John Muir Award (page 8)
- Play in part of a musical band
- Create your own sports team
- Set up a Young Enterprise team (page 9)
- Complete a Youth Achievement Award (page 9)
- Take part in a community project through your SELFA group
- Learn how to identify when social media may be dangerous: messages, bullying etc.
- Complete a session in your group around giving and receiving feedback
- Take part in a peer pressure workshop: sharing ideas and learning how to say no
- Decide as a group what activities you want to do in one term and suggest them to SELFA staff
- Demonstrate good sportsmanship
- Plan a trip out with your group and decide where you want to go as a team
- Write a letter to a pen friend in a different country
- Plan and run a session for a younger group, ideas could be: crafts, sports, baking
- Run a get-to-know-you session: interviews, hot seat, icebreaker activities

## Build Self-Esteem Ideas

- Create a self-care box in a session with things included to help you look after yourself
- Fundraise for SELFA
- Take part in a challenge e.g. tough mudder, sports race, games tournament
- Volunteer for a charity/local organisation
- Research a possible career/job path
- Create a scrapbook of your personal achievements
- Practice mindfulness
- Speak to a SELFA staff member if I am feeling sad, unsafe or worried
- Try something new
- Make a list of all the things I am good at
- Take part in an anxiety/stress management workshop
- Take part in a money management workshop
- Learn the basics of a language you don't already know
- Take part in a self-esteem workshop
- Take part in a SELFA summer project
- Complete the John Muir Award (page 8)
- Learn how to play a musical instrument
- Perform with your instrument to an audience
- Complete a Youth Achievement Award (page 9)
- Try a new sport
- Complete the Arts Award (page 8)
- Set up a Young Enterprise team (page 9)
- Learn how to make yourself something nice to eat
- Write a list of things you can do to feel better when you're down
- Keep a plant alive for at least a month
- Make yourself a healthy drink
- Write a reflective journal for at least a month
- Tidy your room at home: a clear area = a clear head!
- Plan to spend some time in the countryside - not on electronics!
- Buy a thoughtful gift for someone in your family
- Think of some positive affirmations and tell them to the group
- Make a list of things you're grateful for
- Find a good way to release your anger e.g. running, punch bag etc

## Sense Of Belonging Ideas

- Research why you live where you do
- Speak to a SELFA staff member if I am feeling sad, unsafe or worried
- Become a SELFA Community Champion and volunteer your time for other charities/local organisations. You can record these and get an award via: vinspired.com (14+ years, page 8)
- Attend a SELFA residential
- Arrange to meet a SELFA friend outside of SELFA
- Run a get-to-know-you session: interviews, hot seat, icebreaker activities
- Take part in a get-to-know-you session
- Join another club (school, extra-curricular)
- Tell others in the group when you are having a tough time
- Listen to others difficulties, empathise and support them with their feelings.
- Spend more time with a family member and arrange a set day to do things with them in the holidays.
- Take part in a SELFA summer project
- Complete the John Muir Award (page 8)
- Be part of a musical band
- Create your own SELFA sports team
- Complete a First Aid course (page 8)
- Complete the British Sign Language course (page 9)
- Gain the Youth Voice Award (page 9)
- Create a family tree with help from your family
- Write/draw all the different groups you are part of
- Take part in a SELFA Community Project
- Lead a session with a younger group: crafts, baking, volunteering
- Take part in a SELFA Summer Project
- Make your own sports team
- Arrange to walk to/from a SELFA activity with another SELFA group member
- Write a list of things that make you unique then compare them with others lists
- Create a collage of your friends, family, SELFA and all the people you belong to
- In your groups go to a care home and make friends with an elderly person
- Encourage others/ new SELFA members to join in with your activity
- Celebrate your birthday at a SELFA club
- Attend a SELFA group regularly
- Take part in a SELFA Fundraiser
- Take part in the young enterprise challenge

## Planning & Notes

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# Reflection Page

**Talk about something you have done this year that has made you feel proud, happy, more confident etc?**

**Talk about a new friendship/relationship you've made that is important to you:**

**Have you done/learnt anything that has made you feel more independent?**

**Do you feel like you belong at SELFA and if so what makes you feel that way?**