

Key concepts		Statistics of the impact/benefits of social action	Issues you may feel strongly about
Social Action	Having a positive impact”, “doing good”, and “making a difference”. This means we do something that is important: to do something that helps people or makes the world a better place.	<ol style="list-style-type: none"> 1. Lowers anxiety by 22% 2. 27% more likely to find a job 3. 9/10 agreed that youth social action allows them to develop useful skills for the future. 4. 3/4 felt more confident in securing a job. 5. 8/10 felt more capable than they realised. 6. People are 50% more likely to volunteer in the future if they have already done some form of social action. 7. 3 million young people took part in social action across the UK in 2016 8. 24 million hours of social action took place in 2016 	<ol style="list-style-type: none"> 1. The environment and climate change 2. The amount of plastic we use 3. Certain charities such as Macmillan, Dementia Friends etc. 4. Having certain resources for young people in your community, e.g. parks, community centres, youth groups. 5. Litter picking in your community 6. Ending poverty 7. Education for everyone 8. Taking care of the elderly 9. Being equal 10. Being fair 11. Protecting animals 12. Stopping bullying 13. Ending wars and creating peace 14. Building a strong community 15. Curing diseases 16. Ending racism 17. Ending knife crime 18. Getting rid of drugs 19. Fighting crime 20. Building tolerance 21. Recycling 22. Renewable energy 23. Politics
Inspiration	Something or someone that is inspiring is exciting and makes you feel strongly interested and enthusiastic about something, they make you want to achieve something.		
Fundraising	Generating financial support for a charity or cause.		
Raising awareness	To make people conscious of something, doing something that tries to highlight a problem in order to get others to help make a difference to that issue.		
Protest	Statements or actions which show disapproval of something, and what you want changing about that particular thing or person.		
Donation	Something that you give up, most of the time this is money given to charity, but you could donate your time.		
Volunteering	Freely offering to do something		
Petition	A request that is signed by numerous people appealing to the government, or people in authority to change something on an issue.		



How you can make a difference	Why should we make a difference? What qualities can you gain from making a difference?
<ul style="list-style-type: none"> • Fundraising e.g. bake sale • Setting up a food hub, or local foodbank • Do a running event e.g. 5K • Campaigning • Protest • Donating your time or money • Volunteering • Petitions • Help with your local environment by growing trees, cleaning up areas. • Mentoring others 	<ol style="list-style-type: none"> 1. Leadership skills in leading a group of people or organisation in completing social action 2. Connection to your community, building relationships with people in your community 3. Making a positive change to your community and people’s lives makes you feel good about yourself. 4. Resilience – To be able to have the emotional, physical and mental strength to deal with hardship and the challenges in the community and world. 5. Breaking down stereotypes, preventing discrimination, creating equality within a community and the world. 6. Empowerment - A sense of authority and becoming more confident. 7. Making a difference to the causes you care about 8. Supporting others and working as a team to create a better community and world 9. A sense of duty and a feeling of responsibility as a citizen of a community and the world to make it better and having an active role in what is happening in your community and the world 10. Lowers levels of anxiety 11. Raises empathy and improves cooperation