



Me as a Change Maker

Printable appendix materials



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Youth Research and
Development Unit
Juvenia

Values

Equality

All people are equally important.

Honesty

We speak the truth and act rightly.

Fairness

Everyone is treated justly.

Compassion

We understand others' feelings and help.

Safety

People feel good and secure.

Sustainable Future

We take care of nature and the climate.

Kindness

We treat each other well.

Creativity

We come up with new ideas and solutions.

Community

We do things together and support one another.

Freedom

We can be ourselves.

Responsibility

We take care of our actions and of others.

Equity

Everyone has the same opportunities.

Courage

We dare to try and speak our minds.

Wellbeing

We care for our own and others' wellbeing.

Participation

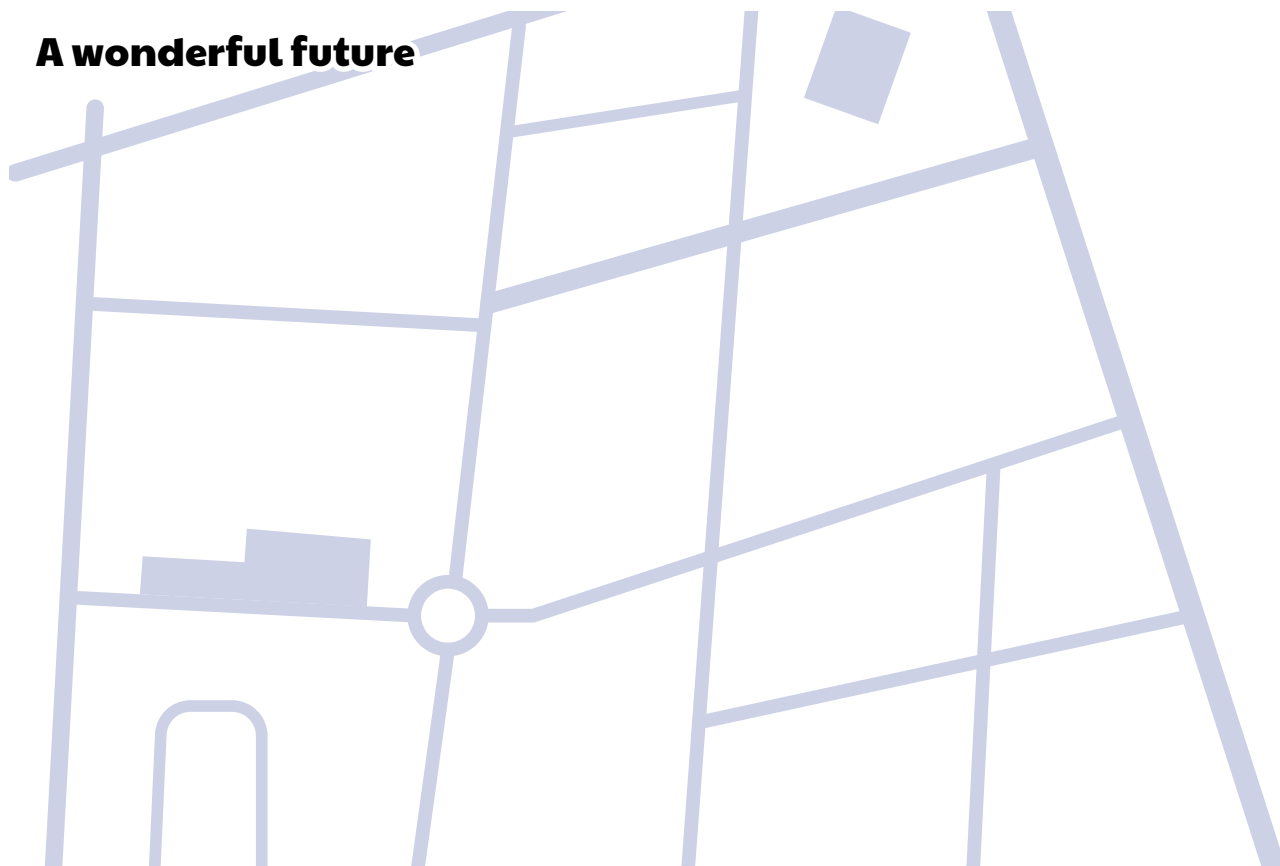
Everyone can join and have a say.

Peace

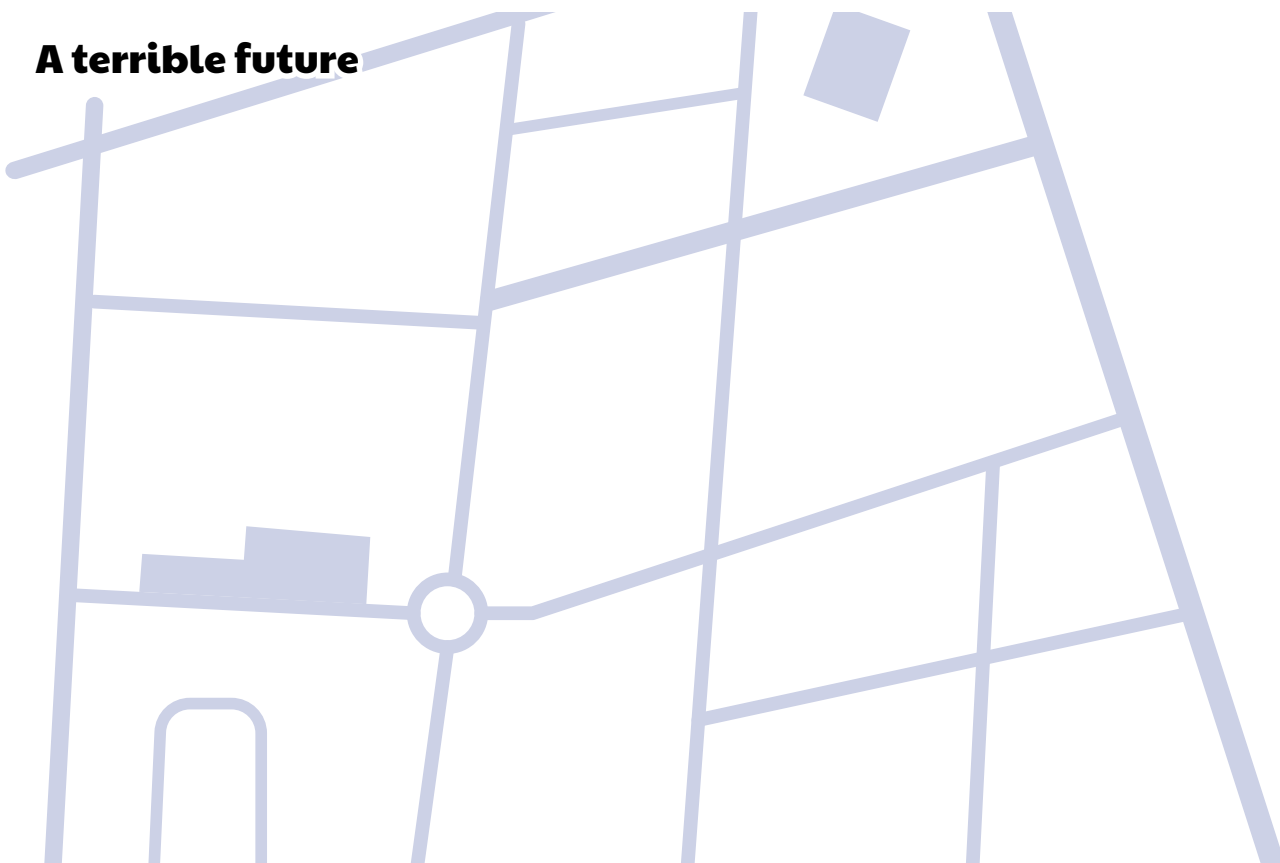
We aim to reduce conflicts and wars.

Imagine two different futures and living environments – a wonderful one and a terrible one. Draw or write what they might look like on the map. Think about what it would be like: nature and the environment, housing, meeting people, public spaces, studying and working, services and transportation, hobbies and free time.

A wonderful future



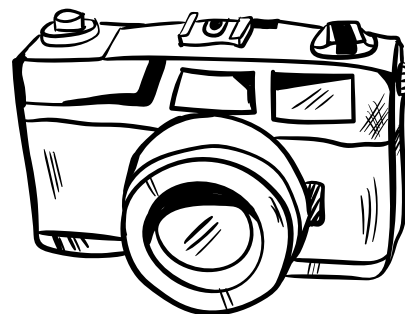
A terrible future



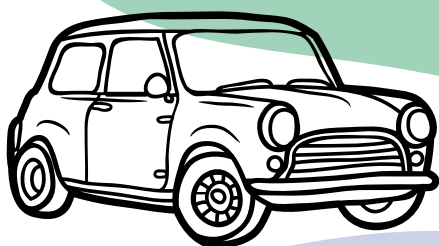
Story Path

City of the Past

What was the city like before, and what kind of life was lived there?



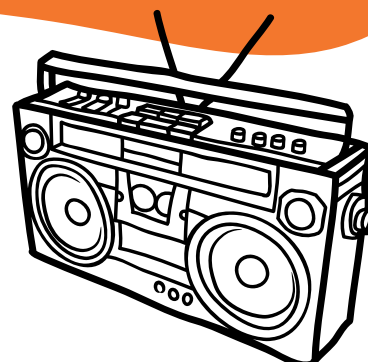
What caught your attention, or what differences did you notice compared to today?



What was unusual or surprising?

What kind of feelings did it raise?

What would you bring into today or the future?



Remembering Your Impact

What issue did you try to change, or in what situation did you try to make a difference?

What helped you move the issue forward, or what actions did you take?

What motivated you to take action?

Change Maker Bingo

How many points can you get? Circle the things you have done.

You get 10 points for each circle.

You get 10 extra points for each full line.

I have recycled something old or bought something second-hand

I have tried again after feeling disappointed

I have talked about a problem I wanted to change

I have voted

I have made a small choice that is good for the climate

I have felt motivated to make a change

I have shared a post about an important topic on social media

I have been in a meeting to help improve something

I have signed a petition or initiative

I have helped organize an event

I have written my opinion (for example, to a newspaper)

I have joined a protest or demonstration

I have contacted a decision-maker about something important to me

I have been interested in a council or representative group

I have worked as a volunteer

I have been part of a club or association board

Total:  **points!**

Change-Making Methods Grid

Sharing Information:

You can share information in many ways, such as handing out brochures, talking with others, or otherwise bringing attention to a topic.

Social Media:

Use social media to highlight important issues and encourage others to participate or discuss. Humor can also be a tool.

Personal Life Choices:

Everyone can make important choices in their own life, for example in purchasing decisions.

Art:

Art can spark discussion, raise awareness, or provide information.

Media:

Use media in various ways, e.g., writing opinion pieces, giving interviews, or providing story tips.

Volunteering:

Join a nonprofit or other organization working on an issue you care about and contribute as a volunteer.

Organizing Events:

You can create impact by organizing events like panel discussions, demonstrations, or other actions.

Lobbying:

Informal advocacy directed at decision-makers or companies. For example, emailing or speaking directly to someone in a position of power.

Representative Democracy:

Voting or running as a candidate in elections, participating in student councils, or being involved in local councils.

Other Ways to Influence:

- Signing or creating a local or citizen initiative
- Fundraising around an important issue

What other ways to create change can you think of?

What Kind of Change-Maker You Are?

Most natural for me is expressing my opinion:

- A. Writing
- B. Speaking or expressing myself in other ways
- C. Through a group

I like being visible:

- A. Behind a nickname
- B. As myself
- C. As part of a bigger group

I want to see my impact:

- A. As a concrete product
- B. As part of a change
- C. I don't need concreteness, as long as I know things are moving forward

Preferably:

- A. I do it myself, consider options, and take responsibility alone but anonymously
- B. I do it myself, act sometimes before thinking, and take responsibility as myself
- C. I act in a group, and we share responsibility

You got the most answers...

A. You are a Communicator!

Social media posts, advocacy art, or opinion pieces could be your thing.

B. You are an Everyday Changemaker!

You step in and show that everyone can make a difference. Demonstrations, voting, or running as a candidate could suit you.

C. You are a Group Actor!

Many volunteer roles let you act with like-minded people. Association or organizational work could be your fit.

Most natural for me is:

- A. Doing one project at a time, step by step
- B. Acting immediately and achieving results quickly
- C. Doing long-term, thoughtful work without one specific tangible outcome

MOMENTUM – Youth Participation Handbook (Regional Council of South Savo)



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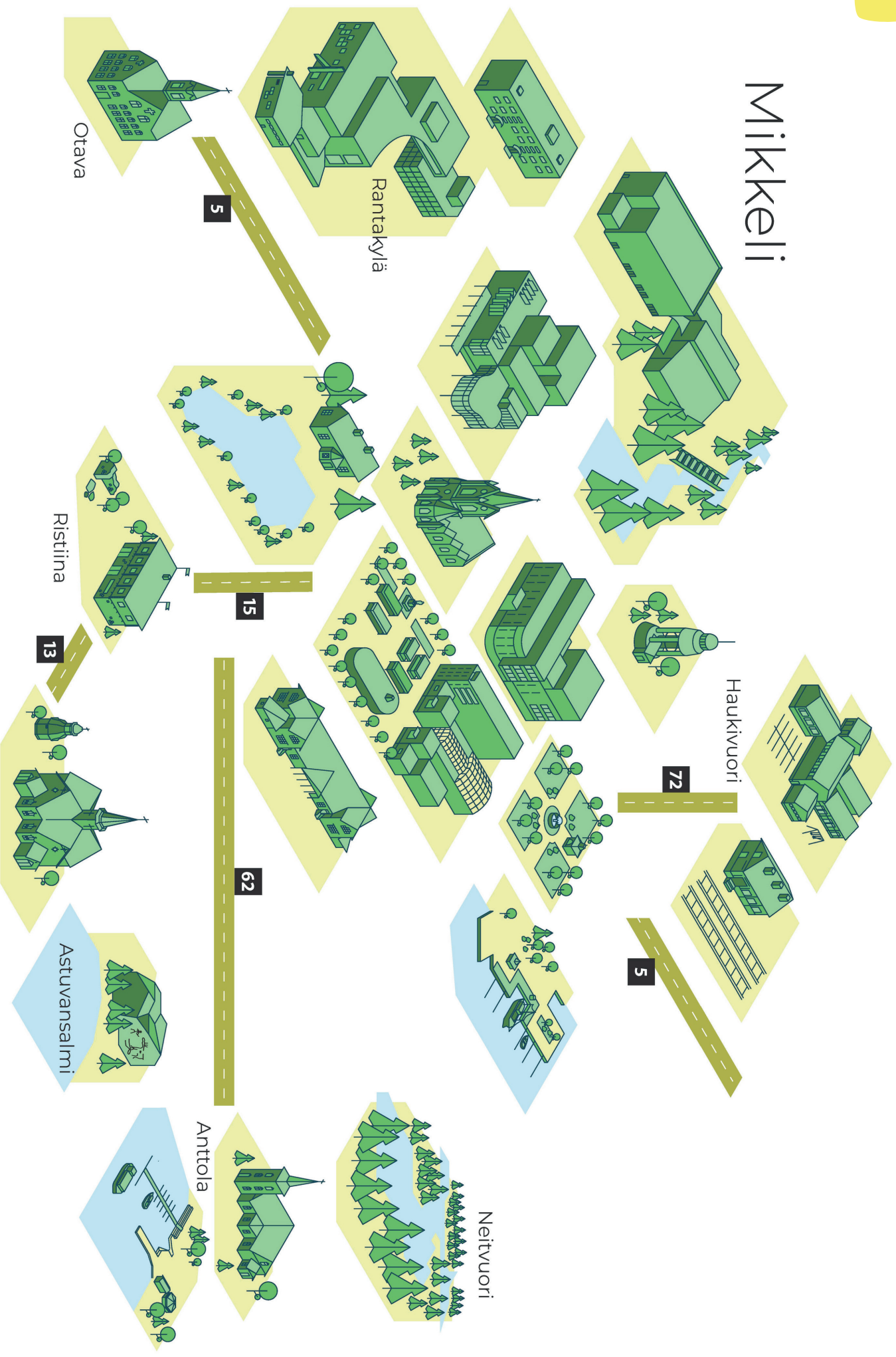


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Suomenniemi

What do I want to influence?

Choose what matters to you. One or many.

- ☐ Equality and fairness
- ☐ Prevent bullying
- ☐ Wellbeing and mental health
- ☐ Community and meeting others
- ☐ Stop climate change
- ☐ Protect nature and animals
- ☐ Safety and comfort in my community
- ☐ Hobbies and free time options
- ☐ Everyone's voice is heard
- ☐ Reduce loneliness
- ☐ Kindness and good atmosphere
- ☐ Gender equality
- ☐ Reduce racism and discrimination
- ☐ Online safety and privacy
- ☐ Sustainable living (less waste, recycling)
- ☐ Support culture and art
- ☐ Peace and cooperation in the world
- ☐ Family and close people's wellbeing
- ☐ Future of work and study

My own topics:



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Recipe for a Safer Space

What makes a place or a community feel good and comfortable? Add to the “pot” things or ways of acting that bring safety. Safety can be physical or social.



Development ideas – four square

Topic: _____

Less...

Should stop...

More...

Should start...

Ways to influence 1

Media

Writing an opinion piece

Organising an event

Running a programme or workshop as part of another event

Media

Making a podcast episode

Organising an event

Organising a discussion event

Media

Writing a press release or giving a media tip

Organising an event

Organising or joining a demonstration

Media

Posting an opinion on a newspaper SMS page

Organising an event

Organising a theme evening or one-time event

Media

Writing a blog post

Organising an event

Organising activities in a partner's space or together

Social media

Making or sharing an opinionated social media post or slogan

Social media

Creating or joining a social media challenge

Social media

Interviewing decision-makers or interested people and sharing answers

Social media

Creating a social media campaign

Ways to influence 2

Art

Creating a community art piece
(e.g. in a public space)

Art

Making an opinionated video
and sharing it online or showing
it at an event

Art

Creating an opinionated artwork,
exhibition, or performance

Art

Making an opinionated poster and
placing it in a visible place

Influencer communication

Making a survey and sharing the
results with decision-makers

Other ways to influence

Making or signing a citizen initiative

Influencer communication

Contacting the youth council or
another council

Other ways to influence

Making or signing a petition

Influencer communication

Sending an email directly to
decision-makers

Other ways to influence

Another idea – what?

Influencer communication

Contacting people active in politics
or other influencing work

Advocacy Project Planning

What do we want to influence?
What do we want to change, and how?

How do we influence?
What do we do in the project?

Who do we want to influence?
Do we want to share information, start
discussion, or get action?

Costs, materials, space?
Where do we get money or materials?

Who needs to be involved?
What skills are needed?

How do we communicate or get visibility?
How do we show results?

Other notes:

FEELINGS as colours

-  Blue: peace, trust, kindness.
-  Red: hurry, danger, strong feelings.
-  Light yellow: joy and optimism.
-  Bright yellow: jealousy and fear.
-  Green: problem solving, calm, hope.
-  Black: mystery, strength, sadness or fear.
-  White: new beginnings, honesty, peace.
-  Purple: creativity, imagination, wisdom.
-  Light orange: warmth and friendliness.
-  Bright orange: aggression.
-  Pink: kindness and childlike joy.



Self-assessment of impact

How did it feel?

How do you think the activity went?

What did I learn? Or gain for myself?

Who might we have influenced or reached?

How can I use this learning in the future?

How could this be developed further?

Other notes:



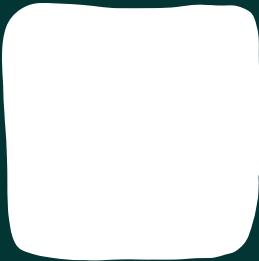
Statements about influencing



You can make an impact even without being visible.



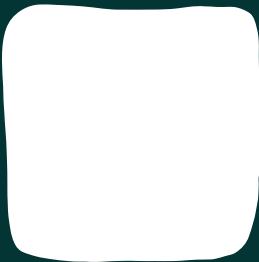
I want to speak up about things that matter to me.



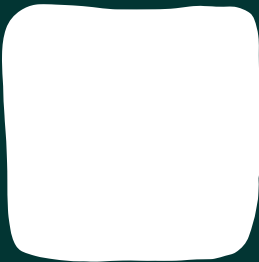
I know many ways to influence.



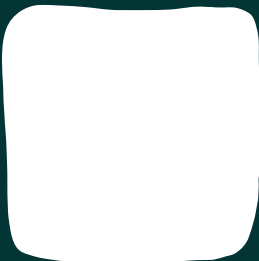
You don't always need money or power to make a change.



Failing is part of influencing.



Influencing is a skill you can learn.



One action can start a bigger change.

