



# #YouMatter

GOOD



GOOD

ME

YOU

The Healthy Ireland Fund supported by the Department of Children, Equality, Disability, Integration and Youth



Healthy Monaghan



poba

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Coiste um Fhorbairt Pobail Aitiúil  
Mhuineacháin  
Monaghan Local Community Development



Rialtas na hÉireann  
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Tionscadal Éireann  
Project Ireland  
2040

What  
matters?



#YourHealthMatters

#YourMentalHealthMatters

#YouMatter



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**#YouMatter**





# Truagh Foróige & #YouMatter

YOUTH

As part of the Foróige Monaghan WellOige Programme, aimed at promoting youth health and wellbeing, Truagh Foróige Club elected to focus on developing something that could benefit young people throughout the county.

After a lot of research, they decided to use the medium of videography to promote and enable young people across Monaghan, and further afield, to take charge of their own health and wellbeing.

The aspiration of the #YouMatter Video and resource, and the hashtag, is to make a difference to young people's lives.

We would like to acknowledge the incredible work of the Truagh Foróige Club Members and the tireless support they received from the Club Leaders.



# #YouMatter





# Introduction to the Workshop

## GET INVOLVED!

This Programme was designed to accompany the Video #YouMatter. It was created for Youth Groups to use as a tool to (1) promote discussion, (2) self-reflect, (3) learn from their peers, (4) learn some new facts and figures and (5) to set personal health goals that contribute to making them fitter, healthier & happier. A group may choose to do 1 activity or all!

*YOUNG PEOPLE LEADING  
HAPPIER, HEALTHIER  
& MORE FULFILLED LIVES*

For ease of use, the #Youmatter Programme is divided into 11 sessions which amount to approx 2.5 hours. It is aimed to be facilitated with young people aged 12-18.

Each session follows the same format

- Objectives
- Materials Needed
- Timings
- Methodology
- Processing Questions

# #YouMatter



# Ice Breaker Human Bingo

What  
matters?

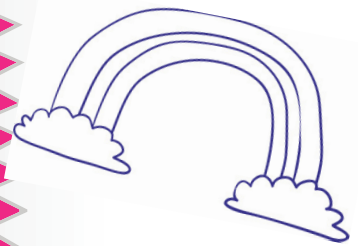
10 mins

You will need....

- Human Bingo Worksheets P21
- Pens
- Prize/Sweets

## Objectives

Young People explore their own experiences and health choices while seeing what they have in common with their peers.



## Methodology

- Give each person a "Human Bingo" Worksheet (Appendices P21).
- Instruct them to mingle and fill as many boxes as possible by matching a name to each box.
- They can not use the same name more than twice.
- You can have a prize for the 1st person to complete the exercise.

## Processing Questions

- Did you learn anything interesting?
- Were you surprised by the health activities everyone participates in?
- How important is it to do activities that make us feel good?
- What did you find out about yourself in relation to health & wellbeing?
- Is there an activity listed on the sheet that you would like to do more of?

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# Group Agreement

What matters?

10 mins

You will need....

- Flip Chart
- Markers

## Objectives

Young People identify and agree ground rules to support everyone's enjoyment of the programme.

## Methodology

- Explain that this group will decide a group agreement to put accords in place that will maximise everybody's experience.
- Divide the members into smaller groups. Give each group 5 minutes to come up with what they think should be included.
- Ask each group to feedback in the larger group.
- When the feedback has been given and discussed, ask the group to choose the rules that best suit the group.

## Processing Questions

- What are the benefits of a group agreement?
- How do you think the agreement will benefit this group?
- Why is important to think of others in a group?

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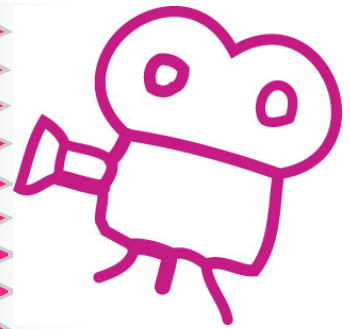
# Movie Time



- You will need....
- #YouMatter Video
  - Speakers
  - paper
  - pen

## Objectives

Young people engage in a process of reflecting on their own health and wellbeing.



## Methodology

- Explain you are going to watch the "#YouMatter" Video on Youth Health
- You may want to give young people the background to the video explaining that it was made by young people for young people.
- Explain that you will play the video twice. The 1st viewing you are just asking the young people to watch it and give their feedback
- The 2nd time you are asking the young people to make notes of anything that resonates with them/ that they find interesting or something they have learned.
- Ask young people to participate in a large group discussion.

## Processing Questions

- Did you enjoy the video?
  - Did it help that it was made by young people?
  - What struck you?
  - What did you learn?
- 
- Is there any advice that you would take on board to improve your wellbeing?

# #YouMatter





# Continuum



15 mins

You will need....

- Sheets numbered 1 - 5
- Statements P22

## Objectives

**Young People are able to state their beliefs and explore their attitudes in relation to their health.**

## Methodology

- Place the Sheets numbered 1 - 5 out across the room.
- Explain that 1 is strongly agree and that it is a sliding scale to 5 which is strongly disagree.
- Explain that you will be calling out health related statements based on the YouMatter video and ask the participants to stand at the number they feel corresponds to how they feel about the statement.
- Explain that there is no right or wrong and that the continuum is a activity to promote discussion.
- Discuss each statement asking for differing views.

## Processing Questions

# #YouMatter

- Did any of your choices surprise you?
- Was it difficult to choose where to stand?
- Did the discussion influence you to change your mind about anything?
- Who or what influence our health choices?
- What changes if any can you apply to improve your well being?



# My Peeps!



You will need....

- My Peeps Worksheet P23
- Pens
- Markers

## Objectives

Young People identify the important connections in their lives, their importance and how those connections influence them.



## Methodology

- Give each person a "My Peeps" worksheet.
- Explain that you will be asking the young people to complete each section - (1) my people (2) things I enjoy with others (i.e music/books/movies). Ask them to draw lines/connections between the activities and the people to signify who they enjoy doing the activities with.
- Ask why those connections are important.
- Explain that this exercise is just for themselves but there will be opportunities to share after they have completed it if they choose to.
- You can ask the participant to complete it as an entire document or section by section. You may need to give examples.
- Feedback in the larger group.

## Processing Questions

- Is it important to look at the relationships in our lives?
- How important is it to make time for the people we care about?
- Is it important that the people in our lives make us happy?
- Should we do activities we don't enjoy with the people we care about?
- Will you do anything differently? more often?
- What learning can you apply to improve my wellbeing?

# #YouMatter

# How active am I?



You will need....

- "How active am I" Worksheet P24
- Pens
- Markers

## Objectives

Young People self assess their own activity levels and explore ways of including more activity in their lives to improve their wellbeing.



## Methodology

- Give each person a "How active am I?" worksheet.
- Explain that you will be asking the young people to complete each section - (1) the fitness activities I enjoy. (2) What I enjoy about those activities? (3) Can I make time to do more of these? (4) What new activities would I like to try?
- Explain that this exercise is just for themselves but there will be opportunities to share after they have completed it.
- You can ask the participant to complete it as an entire document or section by section. You may need to give examples.
- Feedback in the larger group.

## Processing Questions

- What are the benefits of physical activity?
- How do we feel when we do little or no exercise?
- What are the benefits of team sports or activities with others?
- Is it important to take time for ourselves?
- Is there an activity you would like to do more often?
- Is there an activity/ sport you would like to try?
- What can you do to improve your wellbeing?

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# Wheel of knowledge

What matters?

15 mins

You will need....

- Worksheet P25 or
- Draw out on a flipchart
- Pens
- Markers

## Objectives

Young people identify the things that interest them and sparks their curiosity. They explore what information they are exposed to and how they absorb it.



## Methodology

- Divide the group into pairs or small groups.
- Explain that you will be asking the young people to complete the "Wheel of Fortune" sharing only what they are comfortable with.
- Feedback in the larger group.

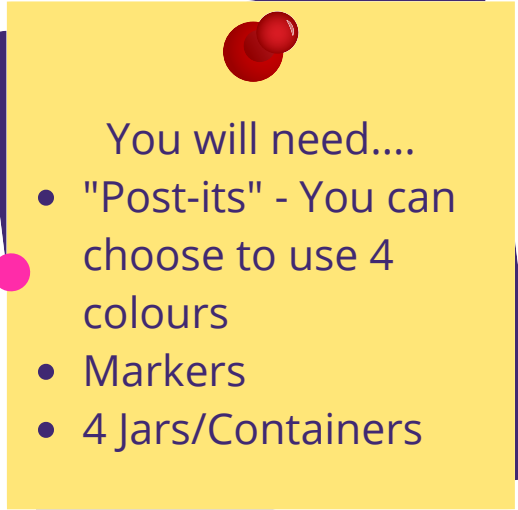
## Processing Questions

- Do you enjoy learning? Is it important to you?
- Where do we learn?
- Do you seek out information?
- Where are we exposed to information?
- Do we all learn in the same way?
- What would you like to learn more about?
- What can you do to learn new things?
- What can you build in to your day to improve your wellbeing?

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# Jar of Appreciation



- You will need....
- "Post-its" - You can choose to use 4 colours
  - Markers
  - 4 Jars/Containers

## Objectives

Young people look at the positives in their lives and the importance of acknowledging those positives.



## Methodology

- Give each young person 4 post-its.
- Ask them to write (1) something that they are grateful for (2) something they appreciate (3) somewhere that makes them happy (4) something that makes them happy.
- Explain that you will be asking the young people to answer each question on a post-it and put it anonymously into the "jar of appreciation".
- When everyone has submitted their answers, ask each participant to choose 4 post-its at random to read out in the larger group.

## Processing Questions

- Is it important to give thanks?
- Was it challenging to answer each one?
- Did you enjoy hearing from others?
- What are the benefits of acknowledging the things we appreciate?
- How often should we do this?
- How do you think you can build this into your daily lives to benefit your well being?

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# My Community

What matters?

15 mins

You will need....

- Worksheet P26
- Markers

## Objectives

Young people explore where they belong and how they contribute. Young people will also identify the benefits and importance of altruism.



young people

## Methodology

- Give each person a "I Belong" Worksheet.
- Ask them to complete it for (1) home (2) community (3) world
- Ask them to think of groups they feel a sense of belonging to i.e. family/friends/sports groups/youth groups/political groups/charities/culture etc. They can do this through writing or drawing.
- Having identified these groups, ask the young people to complete ways they give back or contribute to those groups.
- Feedback in the larger group.

## Processing Questions

- Is it important to have a sense of belonging?
- Are we an important part of the groups we belong to?
- How do you contribute to your home? Your community? Your world?
- How does giving/contributing make you feel?
- Is altruism easy?
- How can you use what you have learned to improve your well being?

#YouMatter

13



# Goal Setting



- You will need...
- Goal Setting Worksheet P27
  - Markers

## Objectives

Young People set personal goals for themselves (1) Connecting, (2) Getting Active, (3) Keeping Learning, (4) Taking notice, (5) Giving



## Methodology

- Give each participant a Goal Setting Worksheet.
- The Goals are based on the 5 key messages from the YouMatter video (1) Connecting (2) Getting Active (3) Keeping Learning (4) Taking Notice (5) Giving.
- Taking all the learning from each of the activities, challenge the young people to set a personal goal for themselves under each of the headings that they feel (1) they can accomplish within the next 6 months (2) that will improve their wellbeing.
- Young People can share goals if they wish.
- Explain that you are going to take a photo of each person's worksheet and schedule an email to be sent to the young people in 6 months time so they can see what has worked for them and what they have achieved.

## Processing Questions

- Was this challenging?
- Are you proud of the goals you set?
- How will they benefit your wellbeing?
- Are you looking forward to receiving the email?

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# Evaluation

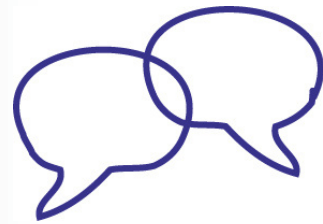


You will need...

- Balloons
- Round Statements P28
- Pens

## Objectives

Young People reflect on their learning and experience of the programme.



## Methodology

- Give each participant 2 balloons and 2 rounds.
- Ask each participant to complete the rounds, insert them into the balloons and inflate the balloons.
- When everyone has finished, ask all participants to keep all balloons in the air by tipping them or passing them to one another for 30 seconds.
- When the 30 seconds is up, allow all the balloons to fall to the floor and ask each member to choose two at random.
- Taking turns, ask each participant to sit on a balloon to burst it and read out the statement inside.



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# Notes

#youMatter

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[www.foroige.ie](http://www.foroige.ie)

## Useful Websites

[www.beactiveasap.ie](http://www.beactiveasap.ie)

[www.gwtirelandactive.ie](http://www.gwtirelandactive.ie)

[www.nutritionandhealth.ie](http://www.nutritionandhealth.ie)

[www.spunout.ie](http://www.spunout.ie)

[www.bodywhys.ie](http://www.bodywhys.ie)

[www.croi.ie](http://www.croi.ie)

[www.samaritans.org](http://www.samaritans.org)

[www.headstrong.ie](http://www.headstrong.ie)

[www.pieta.ie](http://www.pieta.ie)

[www.belongto.org](http://www.belongto.org)

[www.ReachOut.org](http://www.ReachOut.org)

[www.metalheathireland.ie](http://www.metalheathireland.ie)

[www.letsomeoneknow.ie](http://www.letsomeoneknow.ie)

**#YouMatter**

What  
matters?

empowering youth  
enriching communities



# Appendices



**#YourHealthMatters**

**#YourMentalHealthMatters**

**#YouMatter**





# #YouMatter

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ME

YOU

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Whiúneacháin  
Monaghan Local Community Development Committee



Rialtas na hÉireann  
Government of Ireland

Tionscadal Éireann  
Project Ireland  
2040



# THE FACTS + FIGURES



**13% of Young People reported being angry a lot.**

**13% of Young People reported having at least 1 parent that has experienced a mental health problem.**



**Exams/ Schools & homework are among the top stressors.**



**Almost 40% of young people report to have been bullied.**

# Human Bingo

Laughs  
a lot

Loves  
Life

Reads

Excercises  
regularly

Enjoys  
family time

Has  
Me-Time

Plays  
sports

Helps out  
in the  
community

Gets 8  
hours  
sleep

Likes going  
for walks

Has a  
pet

Is on social  
media

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enriching communities

foróige

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21

# Continuum Statements

Choose the statements that suit your group

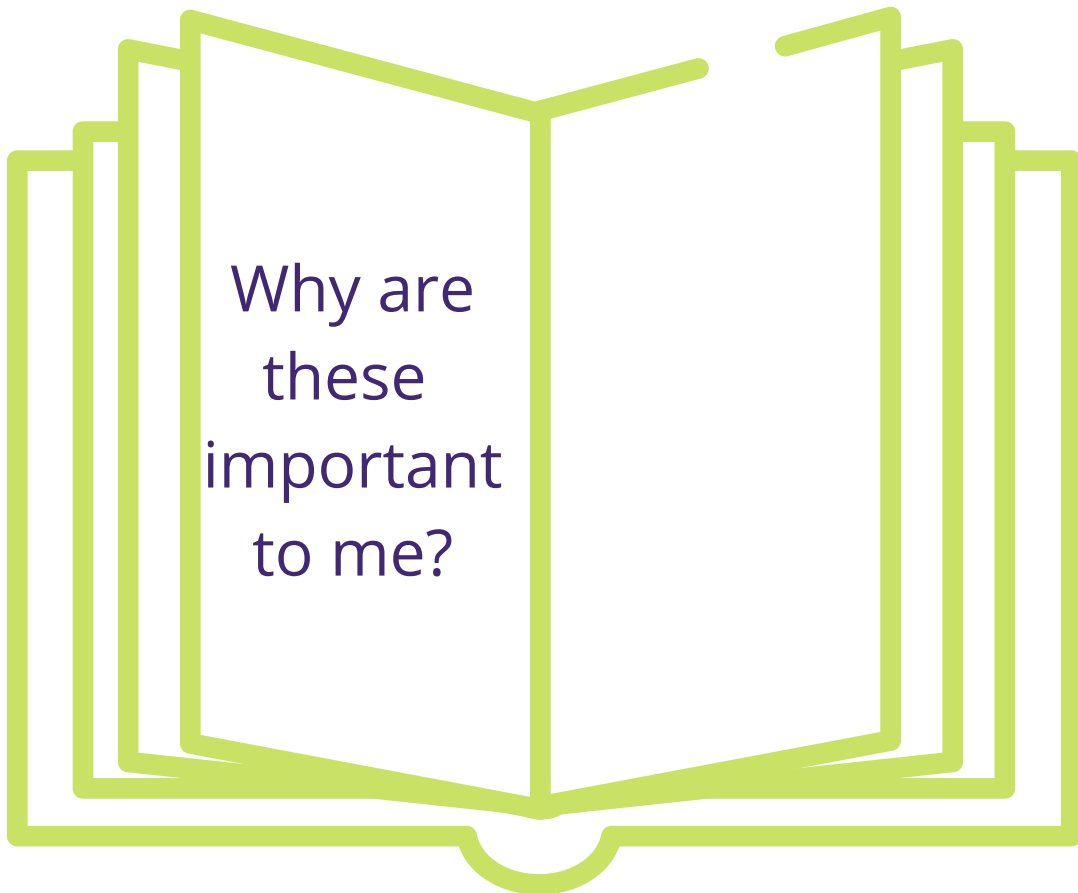
- Taking time out for yourself is selfish.
- The more friends you have the happier you are.
- Spending time with family is important.
  
- I exercise because I enjoy it.
- I think fitness is important for wellbeing.
- I am brave about trying out new sports/activities.
  
- I am open to learning new things.
- I get involved in different groups outside school.
- I actively seek out new information.
  
- I can accept myself as I am.
- I am grateful for all I have.
- I enjoy nature and being outside.
  
- It is important to be kind.
- Everyone should be active in their community.
- I like being part of a group.



# My Peeps!

People in my world

What is important to me



# How active am I?

The activities  
I enjoy



What I enjoy about  
these activities



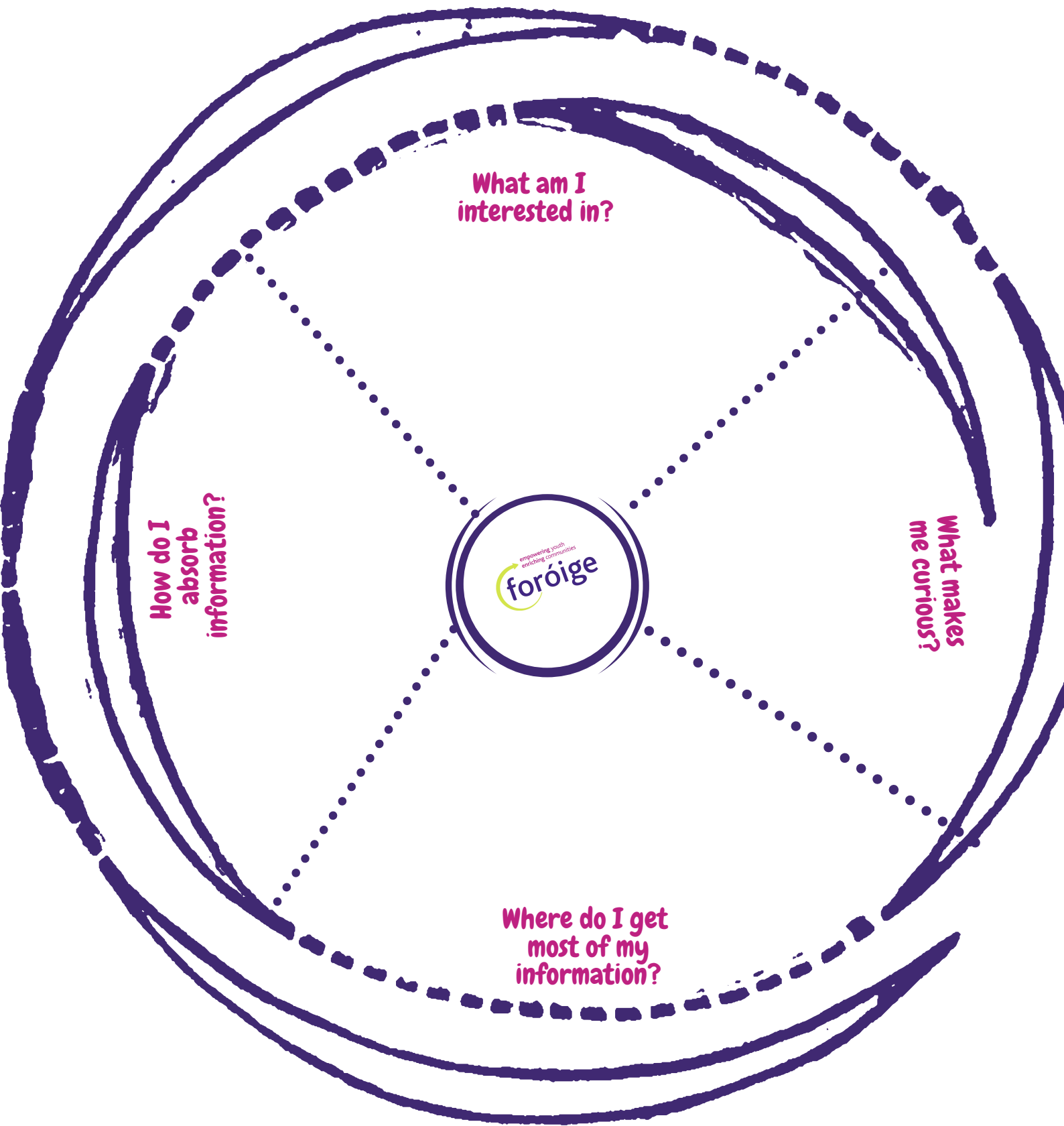
How can I make more  
time to do these  
activities



What new  
activities  
would I like to try



# Wheel of Knowledge?





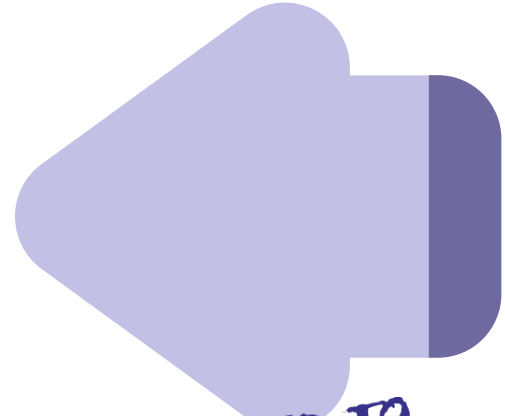
# I belong .....

## Home

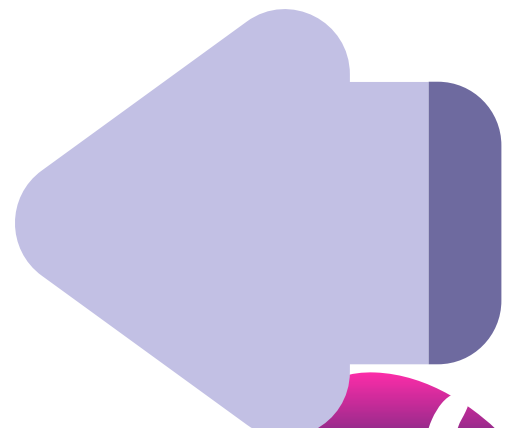
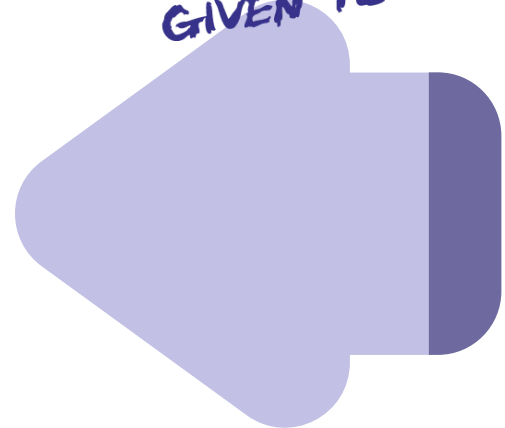


Lined writing area for 'Home'.

## How I contribute



I WANTED TO GIVE BACK TO OTHERS WHAT FORÓIGE HAS GIVEN TO ME!



## Community



Lined writing area for 'Community'.

## World



Lined writing area for 'World'.

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# #YouMatter

# My Personal Goals...



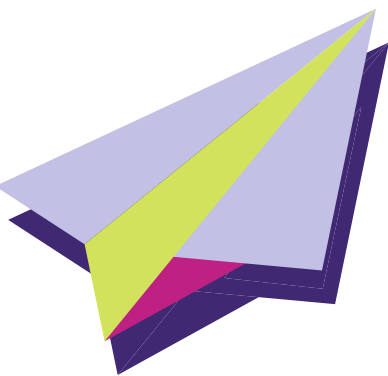
Connect...



Get Active....



Keep Learning...



Take Notice..



Give...



- I learned.....
- I enjoyed .....the most.
- I was surprised.....
- I really liked when.....
- My favourite activity was.....
- I would/would not recommend this programme to a friend.
- My least favourite activity was.....
- Something I will now do differently is.....
- I am thankful that.....
- Something I would change about the programme is.....
- The activity I feel worked the best was.....
- The activity I feel was the least successful.....
- Something I would add to the programme is...
- The best thing was.....
- The worst thing was.....

BE PART OF  
SOMETHING  
SPECIAL

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#YouMatter

[www.foroige.ie](http://www.foroige.ie)