

**EZine 14        22nd June 2020**

*YouthPact have compiled some links to resources, training and tips for our new working from home life for your information.  If you have something to share with your Peace4Youth colleagues, send these to our administrator Seana Carmichael (**Scarmichael@cooperationireland.org**) and we can compile a further e-newsletter.*

**CovidWellbeingNI online hub** On this website you will find a comprehensive range of information, self-help guides and ways to access help to support your mental health and wellbeing. It was created by CovidWellBeingNI a partnership of mental health and wellbeing charities, the Healthy Living Centre Alliance, the Public Health Agency, Department of Health and the Department for Communities. The focus is on promoting positive mental health and wellbeing during and after the Covid19 pandemic.  [https://covidwellbeingni.info/](https://protect-eu.mimecast.com/s/QC_AC7XXwFAMNNTWx31s?domain=eur03.safelinks.protection.outlook.com)

**Talking to young people about race**Intense protests fueled by the killing of an African-American man by a white police officer in Minneapolis have taken place around the world. No matter how much we want to shield children from these upsetting images, they will likely be overhearing conversations about race, racial differences, and racism - and asking questions. In this article from National Geography, experts say that how we answer could shape children’s feelings about race for years to come.  The article contains lots of links to further reading including [Talking About Race](https://protect-eu.mimecast.com/s/79MSC8EExS63qqC2PY7r?domain=eur03.safelinks.protection.outlook.com) a recently launched web portal.

[https://www.nationalgeographic.com/family/in-the-news/talking-about-race/](https://protect-eu.mimecast.com/s/VJFiC0LLmuGvBBcOCq3T?domain=eur03.safelinks.protection.outlook.com)

**NYCI Equality & Intercultural Support** In response to recent events that have ignited conversations across the island and around the world about racism and inequality, the NYCI Equality and Intercultural team have collected, together in one location, a range of resources and insights to offer support youth workers and the young people you work with get to grips with these difficult topics.

[https://www.youth.ie/articles/how-can-the-youth-work-sector-respond-to-young-peoples-calls-to-tackle-racism/](https://protect-eu.mimecast.com/s/oRgeCg22GhA6yyT7pQ7M?domain=youth.ie/)

**10 tips for greater productivity working from home**  Many people report feeling less productive when working from home, compared to being in an office surrounded by colleagues. From having more distractions to missing the social buzz, merging your work life and home life can be a real challenge.  Here, experts share their tips for greater productivity… **which are actually more about finding a balance.**

[https://www.rte.ie/lifestyle/living/2020/0603/1145214-10-tips-for-greater-productivity-working-from-home/](https://protect-eu.mimecast.com/s/BnNuCk77luOlBBhNzPEX?domain=eur03.safelinks.protection.outlook.com)

**The characteristics of strong mental health** As we begin to emerge from lockdown, everybody can benefit from strategies to strengthen and improve mental health and well-being.  According to this article from The Conversation, [positive mental health](https://protect-eu.mimecast.com/s/ZGlYCl77mu2GEEijYGg-?domain=eur03.safelinks.protection.outlook.com) is a combination of feeling good and functioning well. It includes a summary of the components of positive mental health, which you will all recognise from your work with young people.

[https://theconversation.com/what-are-the-characteristics-of-strong-mental-health-139032](https://protect-eu.mimecast.com/s/LWPxCnOOoU7wDDcKWV3s?domain=eur03.safelinks.protection.outlook.com)

**Asking for Help** We all need a bit of help sometimes. But it can be difficult to know how, or who, to ask. This article looks at some of the ways we can support and encourage young people to ask for help. Bella Ramsey, actor and [YoungMinds](https://protect-eu.mimecast.com/s/5SB5Coyy0hr9YYhNtGUX?domain=eur03.safelinks.protection.outlook.com) ambassador, says, “Know that you’re not alone in this and people around you want to help you”.

[https://youngminds.org.uk/find-help/looking-after-yourself/asking-for-help/](https://protect-eu.mimecast.com/s/ix7GCqZZru8BNNI2BYSP?domain=eur03.safelinks.protection.outlook.com)

**People are assets not problems - The Restorative Task** The PDF is a Keynote Address given by Dr Derick Wilson (Derick was one of the first lecturers in Community Youth Work in Northern Ireland) for Dun Laoghaire/Rathdown - Norfolk Comenius Programme on 24th May 2012.  The Keynote Address is entitled "People are assets not problems, Human Beings not Feral animals - The Restorative Task".  While there is a focus on work in schools it is not limited to this and has relevance for work with young people in communities.  At the beginning of the paper Derick talks about why he uses the word Feral.  The article has many interesting points that you may wish to read in a couple of goes over a cup of tea some day.  You may not agree with everything he says or all the ideas but it certainly provides some food for thought [https://drive.google.com/file/d/1KQeiuuNPvsUwb7Tm5\_3bc0CWCOqWsS6b/view?usp=sharing](https://protect-eu.mimecast.com/s/tcNXCvZZzu7188cnsmLq?domain=eur03.safelinks.protection.outlook.com)

**Fake News** The online world can be a confusing place sometimes. There’s so much information out there that it’s difficult to know who to trust and how to [double-check](https://protect-eu.mimecast.com/s/CdhfCwrrAhG6xxcGNzFx?domain=snopes.com/) the things that you read and see. This piece from the BBC Bitesize young reporters page looks at knowing who to trust and [where](https://protect-eu.mimecast.com/s/Cwc6Cx11BU18vvuqQ7O4?domain=fullfact.org/)/[how to check](https://protect-eu.mimecast.com/s/1Vs_CyXXDFrDoohq_cNG?domain=bbc.co.uk) a story, which may be useful in your online developmental work with young people. [https://www.bbc.co.uk/bitesize/articles/zf6rrj6](https://protect-eu.mimecast.com/s/rbECCzXXEFMDqqhlxbPa?domain=bbc.co.uk)

**TEDxYouth - You're being manipulated and don't even know it** We're all aware of fake news, but is that all we need to be aware of? As younger generations increasingly get their news from non-news and higher entertainment value sources... it begs the question: when does information become manipulation? This talk was given at a [TEDxYouth](https://protect-eu.mimecast.com/s/by6bCA112UN0OOtmhfJT?domain=eur03.safelinks.protection.outlook.com) event using the TED conference format but independently organized by a local community.  [https://www.youtube.com/watch](https://protect-eu.mimecast.com/s/psGECD882u5pAAFoSzD1?domain=eur03.safelinks.protection.outlook.com)

**Journeys of Lockdown 2020**  The Journeys project has produced a video capturing what young people have learnt during lockdown; what they want to leave in lockdown and what they want to take from it moving forward.  [https://youtu.be/-S75vBdekpM](https://protect-eu.mimecast.com/s/1dhVCG882u1n44ujSSyC?domain=eur03.safelinks.protection.outlook.com)

**Fortnite is keeping teenagers from falling through the cracks**  The Irish Times has published an article about innovative thinking to help keep in contact with vulnerable young people [https://www.irishtimes.com/news/social-affairs/fortnite-is-keeping-teenagers-from-falling-through-the-cracks-1.4264017](https://protect-eu.mimecast.com/s/CvK6CKQQ2f2KWWiqmsiM?domain=eur03.safelinks.protection.outlook.com)

**Just** **for fun** Does Lincolns face look normal? (Answer revealed in next Ezine)



**Just for fun Answer from Ezine 13**  Are the orange circles the same size? This is the Ebbinghaus Illusion.  The two orange circles are exactly the same size, even though the one on the left seems smaller. This size distortion may be caused by the size of the surrounding circles or by their distance to the center circle.

YouthPact do not necessarily endorse any of the materials or links in this ezine.

If you would prefer not to receive our newsletter please email STOP and your name in the subject heading to *scarmichael@cooperationireland.org*

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