

**EZine 27     26th Feb 2021**

*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.*

**Responding in Critical Times**

Dr. Breda Friel has shared a link to short course video from the Community Youth Work Department at Ulster University on ‘Using Psychological First Aid’.  The course was developed earlier in the pandemic, but we thought it was useful to share it again during these times of extended public health restrictions. The 30minute video is designed to help managers and youth workers in supporting individuals and groups of young people.  It looks at what is meant by crisis and covers some of the principles of Psychological First Aid (PFA), including what PFA is and what it is not.  PFA is a universally evidenced based model of practice, endorsed by the [UN](https://protect-eu.mimecast.com/s/unisCX550t4GJAH6GYJu?domain=un.org) and [WHO](https://protect-eu.mimecast.com/s/RrxnCY55ntDg8YfGwouw?domain=apps.who.int) and is used widely across the globe by many NGOs in times of crisis.

[https://eu-lti.bbcollab.com/collab/ui/session/playback/load/b153d33d816a4b2187a85a5cac4707d9](https://protect-eu.mimecast.com/s/xWhRCZ00oF7xGvHKyXPv?domain=eu-lti.bbcollab.com)

**Loneliness emerging as a key public health challenge for the population during the pandemic**

"Loneliness is emerging as a key health challenge for the population and a public health approach can help tackle the issue", experts told an all-island webinar hosted by the Institute of Public Health on 25 February 2021.  In Ireland, the latest Central Statistics Office research has shown that "Younger people, those aged 18-34, were most likely to feel lonely all or most of the time, with one in four feeling this way ([CSO](https://protect-eu.mimecast.com/s/TGYnCB662hDAWPTzaqD8?domain=cso.ie/))" - compared to less than a third of those aged 70 or older.

[https://publichealth.ie/press-release-loneliness-emerging-as-a-key-public-health-challenge-for-the-population-during-the-pandemic/](https://protect-eu.mimecast.com/s/hZ0FCD882uoMYjh5zhpW?domain=publichealth.ie/)

**Smart and digital youth work resources: where to find more**

Originally published in 2018, this webpage was updated in May 2020 following the onset of the Covid-19 crisis, when stakeholders throughout the youth field searched for reliable ideas, concepts and recommendations for developing digital competences. This site includes links to an impressive set of resources for supporting digital youth work including: publications, training materials, good practices, policy frameworks, digital resources, relevant organisations, handbooks, videos, webinars and podcasts.

[https://pjp-eu.coe.int/en/web/coyote-magazine/smart-and-digital-youth-work-resources-where-to-find-more#{%2242262672%22:[0]}](https://protect-eu.mimecast.com/s/mDSiCoyy0hD8xxcrKPkT?domain=pjp-eu.coe.int)

**Youth Work in the Digital World**

The Digital Youth Work module from [YouthWorkAndYou.org](https://protect-eu.mimecast.com/s/IHdIC5LLruMRqqhyfeAa?domain=youthworkandyou.org/) is designed to enhance workers understanding of the dimensions of digital youth work.  Digital Youth Work is not a method, it is youth work that uses the possibilities of new technology.  Developed pre-Covid-19, this module encourages workers to consider Digital Youth Work as a way to deliver every day youth work in the contemporary society. This module consists of three units:

1. What is Digital Youth Work?

2. Focus on Youth Workers

3. Digital Youth Work in Practice

[https://www.youthworkandyou.org/ywelp-module-five/](https://protect-eu.mimecast.com/s/q1gdC699vfPMQQF5Yzr7?domain=youthworkandyou.org/)

**Digital youth work sessions**

In this podcast, [Verke](https://protect-eu.mimecast.com/s/G6TUC7XXwFzy33CqcCEN?domain=verke.org/" \t "_blank), the national [Centre of Expertise for Digital Youth](https://protect-eu.mimecast.com/s/IOLnC8EExSXQnnCw1xlG?domain=verke.org) Work in Finland, host 1-on-1 discussions on digital media and technology, and how they relate to youth work practice. The guests are digital youth work practitioners and experts from the European youth work field.

[https://digital-youth-work-sessions.zencast.website/episodes](https://protect-eu.mimecast.com/s/137aC9ggyFzxooC0xpqw?domain=digital-youth-work-sessions.zencast.website)

**Relaunch of the *Supporting Children* campaign**

*Supporting Children* is a campaign developed by [DCEDIY](https://protect-eu.mimecast.com/s/7AlkC0LLmuk466IrfE21?domain=gov.ie/) to support vulnerable children, young people, and their families in challenging times. It was first launched in June last year to highlight the range of services and supports in place as well as the innovative responses this sector was making to meet the needs of vulnerable groups across a range of service areas.

[https://www.gov.ie/en/campaigns/42dcb-supporting-children/?utm\_source=Stay+in+touch+with+NYCI&utm\_campaign=594317b665-Clar\_February\_21&utm\_medium=email&utm\_term=0\_c5e3fd8386-594317b665-390954632&mc\_cid=594317b665&mc\_eid=8cad34f96d](https://protect-eu.mimecast.com/s/svYyCg22GhqNVVTyzaKZ?domain=gov.ie)

**Impact of Covid-19 on adolescents (NUIG/TCD research)**

In order to understand how the Covid-19 pandemic and the various restrictions that are in place are impacting on the lives of teenagers, a team of researchers from the School of Psychology at NUI Galway and from Trinity College Dublin are carrying out a new study on *How adolescents deal with and adjust to pandemic restrictions*. This survey is for teenagers (12-18 years). Please note all teenagers require the consent of a parent or guardian to take part.

[https://www.adaptresearchstudy.com/?utm\_source=Stay+in+touch+with+NYCI&utm\_campaign=594317b665-Clar\_February\_21&utm\_medium=email&utm\_term=0\_c5e3fd8386-594317b665-390954632&mc\_cid=594317b665&mc\_eid=8cad34f96d#h.3f4tphhd9pn8](https://protect-eu.mimecast.com/s/OkQfCj88kuYAppuYovGv?domain=adaptresearchstudy.com)

**Primary Behaviour Support & Provisions Newsletter – High Five**

The Education Authority High Five Newsletter is designed as a resource for working with primary school aged children, but practically all of the activities and exercises are relevant for all age groups and are based on the [Take 5 model](https://protect-eu.mimecast.com/s/0D88Ck77luk4mmIy3VpI?domain=mindingyourhead.info) developed by the Public Health Agency (NI). What's particularly helpful is that the newsletter is also produced in a plain text Word format so that workers can copy, paste and tailor the information and resources to suit the needs, interests and abilities of the young people they are working with.

[https://www.eani.org.uk/publications/issue-18-primary-behaviour-support-provisions-newsletter-high-five](https://protect-eu.mimecast.com/s/3OaOCl77mu1kggsDGdrk?domain=eani.org.uk)

**Support for grieving: free resource pack**

The Irish Hospice Foundation has launched a free bereavement resource pack: Support for Grieving in Exceptional Times. It includes bereavement resources for adults as well as for young people and children and is free to download.

[https://hospicefoundation.ie/wp-content/uploads/2021/02/Support-for-Grieving-in-Exceptional-Times.pdf](https://protect-eu.mimecast.com/s/nw9GCmyynhp6EEIEx_oM?domain=hospicefoundation.ie)

**OECD Youthwise**

To bring youth voices into policy debates, the OECD is creating Youthwise - an advisory group of people between 18 and 30 years old - as part of its “I am the future of work” campaign and the OECD Youth Action Plan its developing to help countries design better policies for young people. A call for applications is open until 5 March 2021. The OECD is looking for individuals who are passionate about how the world of work is changing, respectful of different viewpoints, open to learning from others, and able to commit to participating fully throughout the year.

[http://www.oecd.org/about/civil-society/youth/youthwise/?fbclid=IwAR2Q808T7XfPauuCLH\_6uwMmWKSY9vO2XcjnUoQeKF6FeqScFSdagb9Y3LA](https://protect-eu.mimecast.com/s/JoOKCnOOoUXxMMC1RmeF?domain=oecd.org)

**Coronavirus Resources for Kids, Parents and Educators**Since [stress weakens the immune system](https://www.apa.org/research/action/immune), I want to share some resources for stress relief.  <https://www.wholechildcounseling.com/post/coronavirus-resources-for-kids-parents-counselors-and-educators>

**The Covid Wellbeing Hub**is an incredibly useful resource to access for tips on how to look after your own mental health during lockdown  [https://www.covidwellbeingni.info/](https://protect-eu.mimecast.com/s/xJk_Cp22qh991ocn0Dg1?domain=eur03.safelinks.protection.outlook.com)

**Just for fun**

A wonderful moving bicycle illusion by the master of moving illusions Akiyoshi Kitaoka.



**Just for fun Answer from Ezine 26**  What animals can you see? (Answer Squirrel and Rabbit) 

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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