

**EZine 22      9th October 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*](mailto:Scarmichael@cooperationireland.org)*) and we can compile a further e-newsletter.*

**How's Your Head | Young Voices During COVID-19**

Launched this week, How's Your Head | Young Voices During COVID-19 is a report from the Department of Children and Youth Affairs working with [Spunout.ie](https://spunout.ie/), which details the results of a national consultation with young people in Ireland on mental health and wellbeing. You can [watch a video summary of the report here](https://www.youtube.com/watch?v=oAswwjno1a0).  The consultation set out to hear from young people directly about how the pandemic has impacted their everyday lives; what have been the challenges, but also what positives do young people want to keep from this time. It also captured young people's voice on how they feel about the future, and importantly, what should be considered as we plan to live our lives alongside COVID-19 into the coming months.

<https://www.gov.ie/en/publication/91f4b-hows-your-head-young-voices-during-covid-19-september-2020/>

**Younger voices feel side-lined during the pandemic**

This article from Scope Magazine (Sept 202) reviews the findings of a recent NI Youth Forum (NIYF) survey, which asked young people about their experiences of, and thoughts about, lockdown. It highlights concerns about mental health and education - and about not being listened to.

<https://scopeni.nicva.org/article/younger-voices-feel-sidelined-during-the-pandemic>

**Let’s Talk About Consent**

"How to ask? When to ask? Shyness in talking about the issue and their experiences… not having the language to ask for consent during sex." These are some of the issues identified by youth workers who took part in research conducted by [NYCI's](https://www.youth.ie/) National [Youth Health Programme](https://www.youth.ie/programmes/youth-health/) on ‘Consent and the Youth Sector: What do we know?’ Using the link below you can access [the research](https://www.youth.ie/documents/consent-and-the-youth-sector-what-do-we-know-executive-summary/) and the guidance produced for [young people](https://www.youth.ie/documents/lets-talk-about-consent-a-guide-for-young-people-exploring-the-topic-of-consent/) and [youth workers](https://www.youth.ie/documents/lets-talk-about-consent-a-guide-for-youth-workers-exploring-the-topic-of-consent-with-young-people/).

[youth.ie/articles/lets-talk-about-consent-new-research-and-guidance-launched](https://www.youth.ie/articles/lets-talk-about-consent-new-research-and-guidance-launched/?utm_source=Stay+in+touch+with+NYCI&utm_campaign=0a1f5e3366-Consent-Toolkit-launch+22.09.20&utm_medium=email&utm_term=0_c5e3fd8386-0a1f5e3366-390954632&mc_cid=0a1f5e3366&mc_eid=8cad34f96d)

**The Virtual Water Cooler**

Lots of research documents the importance of the informal conversations that take place around the office photocopier, coffee machine or water cooler. These [in-between spaces](https://inaliminalspace.org/about-us/what-is-a-liminal-space/) that can result in awkward conversation with someone you don’t know very well play an important role in building community between colleagues, which fosters commitment to a company. This recent article from The Conversation looks at the challenge that this represents organisations to try and recreate the spontaneity and hold connection with each other whilst working remotely.

<https://theconversation.com/companies-are-trying-to-connect-remote-workers-with-virtual-water-coolers-but-its-harder-than-it-sounds-146505>

**Festival of Learning**

Organised as part of the DCYA [What Works initiative](https://whatworks.gov.ie/) in Ireland, the Festival of Learning will run from November 3 to 11 2020.  A series of virtual events about prevention and early intervention in government and public services are planned.  Further information on topics, keynote speakers and dates/times is available from the link below.

<https://whatworks.gov.ie/festival-of-learning/>

**Podcasts guaranteed to make you sound smarter**

Pre-pandemic and the advice to avoid all but essential use of public transport, Podcasts were considered the 'ultimate busy commute saviour, the perfect remedy for a difficult workday'. This webpage from the [Insights section](https://debut.careers/insight/) of the website [Debut](https://debut.careers/insight/) highlights 14 educational podcasts guaranteed to make you sound smarter.

<https://debut.careers/insight/educational-podcasts/>

**The Benefits of Talking to Strangers**

This article from the personal health section of the New York Time, reflects on how "Casual connections with people we encounter in the course of daily life can give us the sense of belonging to a community".  Equally important, says the author of this piece "they nearly always leave [you] with a smile on my face (although now hidden under a mask!)".

<https://www.nytimes.com/2020/08/03/well/family/the-benefits-of-talking-to-strangers.html>

**‘Hope’ isn’t mere wishful thinking**

This article from [The Conversation](https://theconversation.com/uk) tell us that "at times like this it’s important not to lose hope, but we can do more than just 'hope for the best'" and it briefly outlines how we might harness it. [Hope theory](http://positivepsychology.org.uk/hope-theory-snyder-adult-scale/), a branch of positive psychology, offers insights and practical strategies that may be helpful. This item harks back to piece we shared in [Ezine 13](https://www.cooperationireland.org/youthpact-resource-page) on the topic of how can we offer [hope](https://infed.org/mobi/what-is-hope-how-can-we-offer-it-to-children-and-young-people-in-schools-and-local-organizations/) to children and young people in schools, local groups and organisations.

<https://theconversation.com/hope-isnt-mere-wishful-thinking-its-a-valuable-tool-we-can-put-to-work-in-a-crisis-146271>

**LIFEMAPS**

LIFEMAPS is an acronym for 8 interlinked concepts that describe a full approach to developing positive mental health, from **L**earning through to **S**ocial connections… LIFEMAPS is a positive mental health model, that harnesses valuable techniques in how to cope with the ups and downs of life and seeks to support youth workers to embed these in their everyday engagement and practice with young people. LIFEMAPS was developed by [Simon Ward](http://eim-ub.blogspot.com/2018/11/exams-catalunya-6th-elt-conference-17th.html), education psychologist and [Eliz McArdle](https://www.ulster.ac.uk/staff/e-mcardle) during her time with [YouthAction NI](https://www.youthaction.org/),

<https://www.youthaction.org/lifemaps>

**Building Resilience in Young People**

This recent publication from NCB is based on insights from the LINKS Programme, which it delivers as part of The National Lottery Community Fund’s Empowering Young People’s Programme in Northern Ireland.

<https://www.ncb.org.uk/news-opinion/news-highlights/building-resilience-young-people-insight-report>

**Happiness and where to find it**

In this edition of [Scope Magazine](https://scopeni.nicva.org/) (Sept 2020) we are reminded that it was Aristotle who said, "happiness is the meaning and the purpose of life, the whole aim and end of human existence". The article explores why more and more governments are looking to improve the happiness (usually expressed as wellbeing) of their countries as much as they are its GDP. It takes a look at the World Happiness Report and highlights some of the key factors that tend to increase a nation's happiness levels.

<https://scopeni.nicva.org/article/happiness-and-where-to-find-it>

**Why our screens leave us hungry…**

This short-read article argues that "as we continue to adapt to the various restrictions, we should remember that social media is the refined sugar of social interaction [and it] dispenses with the nuance of dealing with a person in the flesh."Ultimately it argues that our screens leave us hungry for more nutritious forms of social interaction…

<https://theconversation.com/why-our-screens-leave-us-hungry-for-more-nutritious-forms-of-social-interaction-142019>

**Screen Fatigue**

A two-minute video (from July 2020) from the Belfast Health and Social Care Trust, which tells us that staring at a screen all day is tougher on our eyes and mind than we may have thought and why [you might feel tired](https://www.bbc.com/worklife/article/20200421-why-zoom-video-chats-are-so-exhausting?fbclid=IwAR1TgQpfFf31TpvyiNO4UQs1-VULYx6hMKNjD5koZGifkNkjWx9KLHbSnJo)…  It includes some simple tips and ideas for mitigating the impact of increased screen time.

<https://www.youtube.com/watch?v=JthqGBkwfc4>

**Impact of COVID-19 on children and young people with SEND in NI**

NCB, in partnership with Mencap, Disability Action, the Council for Disabled Children (CDC), the Special Needs Advice Centre (SENAC) and Specialisterne, is conducting research to more fully understand the impact of Covid-19 on children and young people with SEND in Northern Ireland.  The research will then be used to lobby and campaign the government and statutory bodies to better meet the needs of children with Special Educational Needs and Disabilities.

<https://www.ncb.org.uk/research-impact-covid-19-children-and-young-people-send-ni>

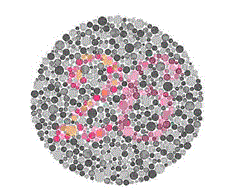
**Public Health Measures in Ireland - update**

The Irish government has decided that the whole country would move to [Level 3 restrictions](https://www.gov.ie/en/publication/ad569-level-3/?referrer=http://www.gov.ie/level3/) from midnight on Tuesday (7 Oct 2020) for three weeks. You can [download a graphic of all of the levels here](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fassets.gov.ie%2F87604%2F405b1065-055a-4ca8-9513-390ce5298b10.pdf&data=01%7C01%7Cinfo%40nyci.ie%7Cb67187e8c8db4241d93a08d86a12259f%7C866d05286cf14cb4bd91e89aca1b0bf0%7C0&sdata=SgHVfmlmtyku%2BVi08qsGhKbZFQ2%2BW05apVsZw3%2F%2FC%2F4%3D&reserved=0).  As colleagues in Ireland have been advised previously, the [Guidance for Youth  Work Organisations](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyouth.us1.list-manage.com%2Ftrack%2Fclick%3Fu%3D34a7524d115d856708ac53cbd%26id%3Db523978d37%26e%3D8cad34f96d&data=01%7C01%7Cjoe%40nyci.ie%7Cee007f704d49495c887508d86b6e0263%7C866d05286cf14cb4bd91e89aca1b0bf0%7C0&sdata=x8QAYhopiIaLovgA8PRqsJeqEgk7ihb1qRda5KM%2Fk10%3D&reserved=0) is based on the Government’s new framework, *Resilience and Recovery 2020-2021: Plan for Living with Covid-19*.  Also included is a link to the [official DCEDIY/NYCI Covid Induction for Youth Services](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyouth.us1.list-manage.com%2Ftrack%2Fclick%3Fu%3D34a7524d115d856708ac53cbd%26id%3D3b332c6898%26e%3D8cad34f96d&data=01%7C01%7Cjoe%40nyci.ie%7Cee007f704d49495c887508d86b6e0263%7C866d05286cf14cb4bd91e89aca1b0bf0%7C0&sdata=Yc9wi8k17W0xP64ZEsNCQ878tbMYV0xQADQcKO7yEDs%3D&reserved=0).

[gov.ie/en/publication/58393-guidance-for-youth-organisations-on-resuming-full-services-after-covid-19/](https://www.gov.ie/en/publication/58393-guidance-for-youth-organisations-on-resuming-full-services-after-covid-19/?utm_source=Stay+in+touch+with+NYCI&utm_campaign=fd7d18541b-Covid-19+Roadmap+18.09.20_COPY_01&utm_medium=email&utm_term=0_c5e3fd8386-fd7d18541b-&mc_cid=fd7d18541b&mc_eid=8cad34f96d&utm_source=Stay+in+touch+with+NYCI&utm_campaign=fd7d18541b-Covid-19+Level+3+update+8.10.20&utm_medium=email&utm_term=0_c5e3fd8386-fd7d18541b-390954632&mc_cid=fd7d18541b&mc_eid=8cad34f96d)

**Just for fun**

Visual illusions : What number do you see in the circle? (Answer in the next Ezine)



*Answer from Ezine 21* (How many colours are present in the image? )Answer: One shade of green and one shade of red!  It may look as if the two arms of the "X" use different shades of red, but in face the whole "X" only uses a single shade of red. Likewise, only one shade of green is present throughout the image.

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*](mailto:scarmichael@cooperationireland.org)

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