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# Youth Work

**Why do we target youth workers?**



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## Learning Outcomes

- **Understand the challenges faced by young people:** Gain a comprehensive view of the social, economic, and political issues affecting youth globally.
- **Familiarize with international youth frameworks:** Learn about the EU Youth Strategy and the UN Youth Agenda and their impact on youth work.
- **Promote active participation and youth leadership:** Develop skills and strategies to encourage youth engagement and leadership in community and policy-making processes.

## About Session

The purpose of this session is to teach participants about the Erasmus+ programme and all the opportunities it offers to young people.

## Materials Needed

1. Flip charts and markers
2. Sticky notes
3. Laptop/projector for presentations (one per group work)
4. Timer



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## Session Steps

- **Introduction and Aim (10 min)**
- **Theoretical Information (50 mins)**
- **Group Work (45 min)**
- **Summarizing and Closure (10 min)**



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# Session Step 1

## Introduction and Aim (10 min)

The purpose of this session is to teach participants about the Erasmus+ programme and all the opportunities it offers to young people.

**Objectives:** At the end of the session, participants will learn everything they need to know about the Erasmus+ programme and how to get the most out of it.

# Session Step 1

## Introduction and Aim

### Gains:

- To strengthen participants' capacities to understand and address the unique challenges facing young people today, through the implementation of youth work strategies based on international frameworks (such as those of the UN and the EU), and the promotion of youth activism as a tool for social change. This programme seeks to empower youth workers to become effective facilitators, advocates for inclusive policies and promoters of youth leadership in their communities.
- To provide a comprehensive understanding of the challenges faced by young people.
- To familiarise participants with international youth frameworks.
- To promote active participation and youth leadership.

## Session Step 2

### Why Youth Work? (15 minutes)

#### Importance of Youth as Key Actors in Society:

- **Significant Proportion of the Population:** Young people represent a significant proportion of the world's population. According to United Nations data, there are approximately 1.8 billion young people between the ages of 10 and 24 in the world, the largest demographic group in history.
- **Agents of Change:** Young people are recognised as agents of change because of their energy, creativity and ability to adapt quickly to new situations. They are often at the forefront of social and political movements, such as youth climate movements (e.g. Fridays for Future) and social justice campaigns (e.g. March for Our Lives).
- **Crucial for Sustainable Development and Peace:** Youth engagement is critical to the achievement of the UN Sustainable Development Goals (SDGs). In particular, young people play a key role in promoting peace, justice and equality. For example, SDG 16 (Peace, Justice and Strong Institutions) emphasises the need to promote peaceful and inclusive societies with the active participation of young people in decision-making at all levels.

## Session Step 2

### B. Problems and Challenges Facing Young People (20 minutes)

#### Major Issues Affecting Youth Globally:

- **Youth Unemployment:** Youth unemployment is one of the biggest challenges. According to the International Labour Organization (ILO), there were more than 64 million unemployed youth worldwide in 2022.
- **Quality Education:** Despite progress, many young people do not have access to quality education. In 2020, UNESCO estimated that 258 million children and youth worldwide were out of school.
- **Mental health:** Mental health is an emerging problem among young people. According to WHO, approximately 10-20% of adolescents experience mental health problems, but many do not receive the necessary support due to lack of accessible mental health services and associated stigma.

## Session Step 2

### B. Problems and Challenges Facing Young People (20 minutes)

#### Major Issues Affecting Youth Globally:

- **Rights and Political Participation:** Young people face significant barriers to participating in political and decision-making processes. They are often not consulted in the formulation of policies that directly affect them. According to the World Bank, only 2% of the world's parliamentarians are under the age of 30.
- **Access to Opportunities:** Young people often face difficulties in accessing economic, social and cultural opportunities. This includes limited access to funding for projects, employment opportunities and platforms to express themselves and develop their potential.
- **Relevant Statistics and Data Highlighting the Magnitude of These Problems:** Presents key statistics (such as those mentioned above) to highlight the magnitude of these challenges and how they vary across regions and specific contexts

## Session Step 2

### B. UN and EU Youth Frameworks (15 minutes)

#### Explanation of UN and EU Frameworks, Policies and Programmes Addressing Youth:

##### EU Youth Strategy (2019-2027):

Focused on three key areas: 'Engaging', 'Connecting' and 'Empowering' young people.

It proposes 11 objectives for youth, including: equal opportunities, employment, education, political participation, social inclusion, well-being and human rights.

It encourages the creation of inclusive policies at national and local level, as well as mobility (Erasmus+) and volunteering programmes for young Europeans.



## Session Step 2

### B. UN and EU Youth Frameworks (15 minutes)

#### Explanation of UN and EU Frameworks, Policies and Programmes Addressing Youth:

##### UN 2030 Agenda for Sustainable Development:

Recognises the importance of youth empowerment as key to the success of the SDGs. It encourages the participation of young people in decision-making and their inclusion in the creation of sustainable policies.

It includes specific goals related to quality education (SDG 4), decent work (SDG 8), gender equality (SDG 5), and climate action (SDG 13), all of which are interconnected with youth.

##### UN Global Youth Strategy (Youth 2030):

Launches a global platform to promote the rights of young people, strengthen their engagement in the implementation of the 2030 Agenda, and ensure their voices are heard at the global level.

It encourages the creation of inclusive policies that prioritise the needs and aspirations of young people on issues such as education, employment, gender equality, health and climate justice.

## Session Step 3 Group Work (30 min)

### Group Dynamic: Exploring Problems and Solutions (30 minutes)

#### 1. Preparation (5 minutes) :

Divide Participants into Small Groups:

Organise participants into small groups of 3-5 people. Try to form groups that are diverse in terms of gender, experience and professional context to enrich the discussion.

Assign Specific Problems:

Assign each group a specific problem facing young people, such as:

- Youth unemployment
- Mental health
- Lack of educational opportunities
- Limited political participation
- Unequal access to resources and rights





## Session Step 3 Group Work (30 min)

### Initial Instructions:

Explain that each group should discuss the factors that contribute to the assigned problem, how it affects young people, and what solutions could be implemented by youth workers and organisations.

**\*\* Encourage the groups to be creative and think of both practical and innovative solutions.**

## Session Step 3 Group Work (30 min)

### Group Dynamic: Exploring Problems and Solutions (30 minutes)

#### 2. Group Discussion (10 minutes):

Facilitate Group Discussion:

Circulate among the groups to ensure that all participants are involved and understanding the task. Ask open-ended questions to stimulate critical thinking, such as:

- ‘What are the underlying causes of this problem?’
- ‘What specific effects does this problem have on young people's daily lives?’
- ‘What innovative solutions could you propose from your roles as youth workers?’

## Session Step 3 Group Work (30 min)

### 3. Presentation of Results (15 minutes):

#### Organise Presentations:

Each group has approximately 5 minutes to present their findings and solutions to the rest of the class.

#### Presentation Guidelines:

Encourage groups to be clear and concise in their presentation. Suggest that they briefly mention:

- The assigned problem and the factors contributing to it.
- The main effects of this problem on young people.
- The proposed solutions and how youth workers can implement them.

#### Encourage Questions and Comments:

After each presentation, allow 1-2 minutes for questions or comments from other groups. This encourages discussion and exchange of ideas.

## Session Step 3 Group Work (30 min)

### Case Study (15 minutes)

#### Case Study Presentation:

- Introduces a case study of a youth-led movement or initiative (e.g. Fridays for Future or Black Lives Matter).
- Provide a summary of the context of the movement: its goals, how it was organised, who the key leaders were, and what it has achieved.
- Show a short video or presentation that captures the essence of the movement and its impact.

## Session Step 3 Group Work (30 min)

### Group Reflection (15 minutes):

Facilitate Open Discussion:

Host an open discussion with the whole class about how young people can be empowered and supported to lead change in their communities.

Guiding Questions for Reflection:

- ‘What lessons can we learn from these youth movements?’
- ‘What strategies can youth workers use to support youth-led initiatives?’
- ‘What kind of institutional and community support is needed for young people to lead change?’

Annotate Key Points:

Note on the whiteboard or flipchart the key points and reflections shared by participants for visual reference during the discussion.