

Key terms	
Social action	Doing something unpaid to help others or improve our community, the world, or the environment.
Direct action	Doing something practical to make a difference to an issue you care about.
Campaigning	Contacting those who can make a difference to an issue you care about.
Community Social Action	Volunteering within your local community to help others
Fundraising	Raising money to support people or groups, or to financially support your campaign or direct action.

### Direct action

Could include:

- Litter picking
- Planting trees
- Reducing use of single use plastic

For example, Kids Against Plastic encourage young people to reduce their use of single use plastic and to join in with litter picking to remove single use plastics from the environment.

### Campaigning

Could include:

- Using social media to spread awareness
- Writing letters or emails to people who can make a difference
- Joining a protest march to show your support

For example, Zurial Oduwole campaigns for the rights of girls in Africa to go to school by meeting with government leaders, making films about the issue, and talking to girls and their parents about the importance of education.

## Benefits of social action

Builds skills such as team work, communication, and resilience.

8 out of 10 teenagers who took part in social action felt more capable of things than they thought they were.

It lowered levels of anxiety in those who performed social action by 22%

### Community Social Action

Could include:

- Working with people who are elderly, lonely or need support.
- Planting trees
- Working with others to clean up and repair a local park.

For example, young people can volunteer with the Red Cross in their local communities by working in charity shops or helping people who are venerable or need support.

### Fundraising

Could include:

- Being sponsored to complete an event or task
- Collecting money from people
- Raising money on line through crowdfunding websites

For example, Max Woosey slept in a tent for 3 years to raise over £700,000 for his local hospice. People donated the money online through a crowdfunding website.

Proudly supporting youth social action

