

**M**

Make

**Y**

Your

**M**

Mark

**C**

Champions

# RESOURCE PACK

**Crime & safety  
and**

**Health & well-being**

Written for young people by young people



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# Intro to the Project

## What is the Make Your Mark (MYM) Project?

In February 2024 a national ballot, called 'Make your Mark' was hosted at the same time as the youth parliament elections, asking which topics were most important to young people.

In BCP, 7,459 young people responded and voted [crime and safety](#) and [health and wellbeing](#) as their top two issues.

BCP Council secured external government funding to increase young people's engagement and the Make Your Mark Champion project idea was born.

An application process took place, where all young people across BCP were given the opportunity to apply for the role of Make Your Mark Champion (MYMC).

Around 20 young people applied and places were then offered based on skill sets. From March 2024 - March 2025, 11 young people worked as Make your Mark Champions. We were from a range of different schools around BCP. Each and every one of us passionate about our role and wanted to make an impact on you.

As MYM champions, we would sum up our roles as standing for change for young people around BCP. As a collective, we decided to focus on the top two topics and make a resource to help you make a difference.

### **Crime & Safety**

As young people, we know that you are worried about your safety being compromised by lack of action and rising crime rates, especially as young people are more likely to be targeted for a range of crimes.

### **Health & Wellbeing**

With an increasing number of young people feeling the pressure of high expectations in academic and social situations, the mental health and well-being of young people are consequently decreasing.

We hope this resource pack will inspire you to run youth-led projects to make life better for the young people in your school and community.

Watch our intro here!



# Meet the Make your Mark Champions



## Yazz Hansford - age 17

I am really passionate about advocating for young people and ensuring that **all young people have equal opportunities** to participate in projects. I am dedicated to driving meaningful change, focusing on projects that positively impact the lives of young people.



## Scarlett Bolster - age 15

I would like to see people feel **more secure and comfortable** in their own body and mind. I would like to reduce the stigma around mental and physical health and make health and well-being a conversation point.



## Krishang Sinha - age 14

The change I would like to see is that I want **more support for people with mental health problems**. I would also like to make sharing your problems a norm as a lot of people with mental health issues are afraid to share it with other people.



## Amelia Webster - age 15

I am passionate about young people being recognised and at the forefront of decision making on a local and national scale. I want to help empower young people so that they can **advocate for what they believe in** and take all the opportunities they can to **be the change that they want to see**.



## Scarlett-Lily Williams - age 16

From this project I want to help young people to think about and as a result build projects around important issues affecting them and their peers. I want to **inspire young people to work towards making change** by giving them a starting point.



## Ollie McDermott - age 14

For too long youth voice has gone underrepresented and my goal as a MYMC is to **help project the voices of those who stay silenced** due to their age. I strive to see a future where the wellbeing of young people is further prioritised, and the growing mental health epidemic is taken more seriously.



## Radiat Ogungbenro -age 12

My goal is to make my parents, my school and my religion (ISLAM) proud. I want to **make BCP a comfortable place to live in**, by the reduction of crime and the addition of Health and wellbeing - most especially SAFETY.



## Tyler Adams - age 16

I became a MYMC because I want to **hear young people's views** on issues they are struggling with and make an impact within their school and local community.



## Chelzin George - age 14

I would like to see students **feel more comfortable and confident in their schools** by improving the environment through preventing issues like bullying and aiding them with the support they need.



## Noah Partridge-Bebb - age 13

I became a MYMC to **hear young people's voices and opinions** as I feel we should get more recognition, as opposed to being pushed aside by those oppressing our voices.



## Zara Šošić - age 17

I have always been drawn to youth work, **representing young people that can't advocate for themselves**, won't be listened to or simply don't know how to get involved. It's helped me learn so much and provides endless opportunities!

# What is the resource pack?

The pack was created to help you focus on the top two voted topics from the Make Your Mark ballot in February 2024 - these are the areas that need the most immediate attention.

This resource pack aims to empower young people across BCP to be more independent in making change, empowering you to have a voice and build student led projects.

The resource pack is designed for adults and students to understand and use.

Within it we have tried to provide tips and suggestions to allow schools to make progress towards becoming a more welcoming and comfortable environment for students.

## **The benefits of using the resource pack:**

- Educating students on the top two topics
- Provides students working on the project with skills of leadership and teamwork
- Improves students' overall performance as they will have the confidence to come to school and will be motivated to participate and engage
- Helps students feel valued, heard and comfortable
- Gives school councils the building blocks to deliver a successful school project.



# How to use the pack

1. Share the pack at a school council meeting or focus group of interested young people
2. Allow time to discuss it and use it as a guide to generate ideas
3. Explore the sections to help shape your own project - the pack includes tips on,
  - Statistics and information can aid the direction and focus of the projects
  - Support for the students
  - Guiding teachers on how to set up and conduct a project group
4. Agree on a project plan
5. Complete the 'Project Pledge' if you would like.
6. Run the project!
7. Celebrate the project



# Statistics

## What are they?

Right from the start of the project we knew that we needed to understand more about the huge topics of Crime & Safety and Health & Wellbeing so decided to run a survey on each across our schools and peer networks.

The statistics on the next two pages were collected from **March to June 2024** via the surveys that got sent out to young people across BCP.

- **246** young people completed the Crime & Safety survey
- **544** young people completed the Health & Wellbeing survey

## How to use them:

You can use these results as a starting point for research on your project. However, you might want to conduct your own research to get the best possible outcome for your school or youth group.

You could do this via tutor time discussions or run your own survey!

# Crime & Safety

Collected as of March to June 2024

1. What is the biggest crime & safety issue in your area?

66 respondents (28%) answered, "Knife crime" for this question.

**"stabbing" "knife crime"**

2. Tell us where you feel unsafe in Bournemouth, Christchurch or Poole?  
(just say 'I don't' if there isn't anywhere you feel unsafe)?

24 respondents (10%) answered, "town centre" for this question.

**"Bournemouth town especially during aeroplane festivals in summer"**

**"Bournemouth town centre"**

**"Everywhere when I am alone"**

3. What needs to be done to improve Crime and Safety locally?

53 respondents (25%) answered, "police" for this question.

**"More people on patrol maybe?"**

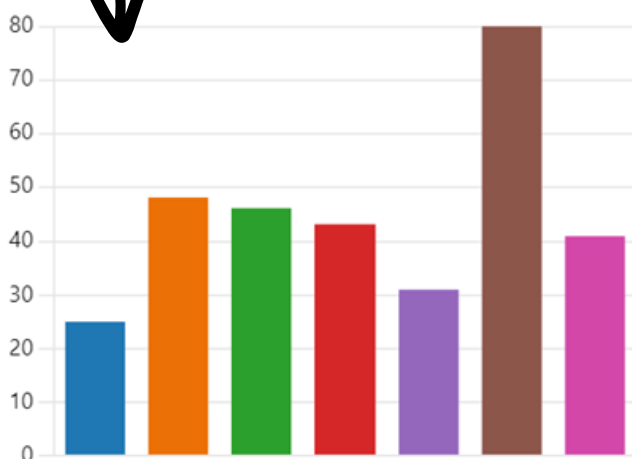
**"stricter police"**

**"educate, spread awareness, more police patrol"**

**"designate more smoking areas"**

4. Have you personally experienced any of the following topics and felt unsafe? (tick all that apply)?

See the graphs at the bottom of the page



Drugs	25
Vapes / Cigarettes	48
Racism	46
Sexual Harassment / sexism	43
Homophobia	31
Bullying	80
Other	41

# Health & Wellbeing

Collected as of March to June 2024

1. What are your thoughts and feelings on Health and Wellbeing?

**"Lots of poor mental wellbeing and health, our services should be able to accommodate for more of this! Wait times are awful and the transition from child services to adult services are not smooth at all."**

188 respondents (37%) answered, "important" for this question.

2. What do you think has been done to help young people's Health and Wellbeing?

**"Not a lot, especially in schools."**

92 respondents (18%) answered, "schools" for this question.

3. Does it work?

**"not overly, but it may work for some"**

89 respondents (18%) answered, "No" to this question.

4. What more could be done?

**"mental health days every once in a while, more time in lessons to reflect, more advice"**

87 respondents (18%) answered, "people" for this question.

5. What is the most important health and well-being issue for young people in your area?

**"stress, anxiety, depression, social isolation"**

62 respondents (13%) answered mental health for this question.

**"Vaping/cigarettes"** and **bullying** were also common answers on the Microsoft form

# Getting started

Getting started can be challenging so if you find yourself struggling why don't you try one of these...

- Lunch Workshops to find out what young people in your school would like
- Run a focus group on your topic (crime & safety or health & well-being)
- Explore how the topic might link to curriculum
- Work with the school therapist /counsellor
- Request some help via the email address on the back page



# Project ideas

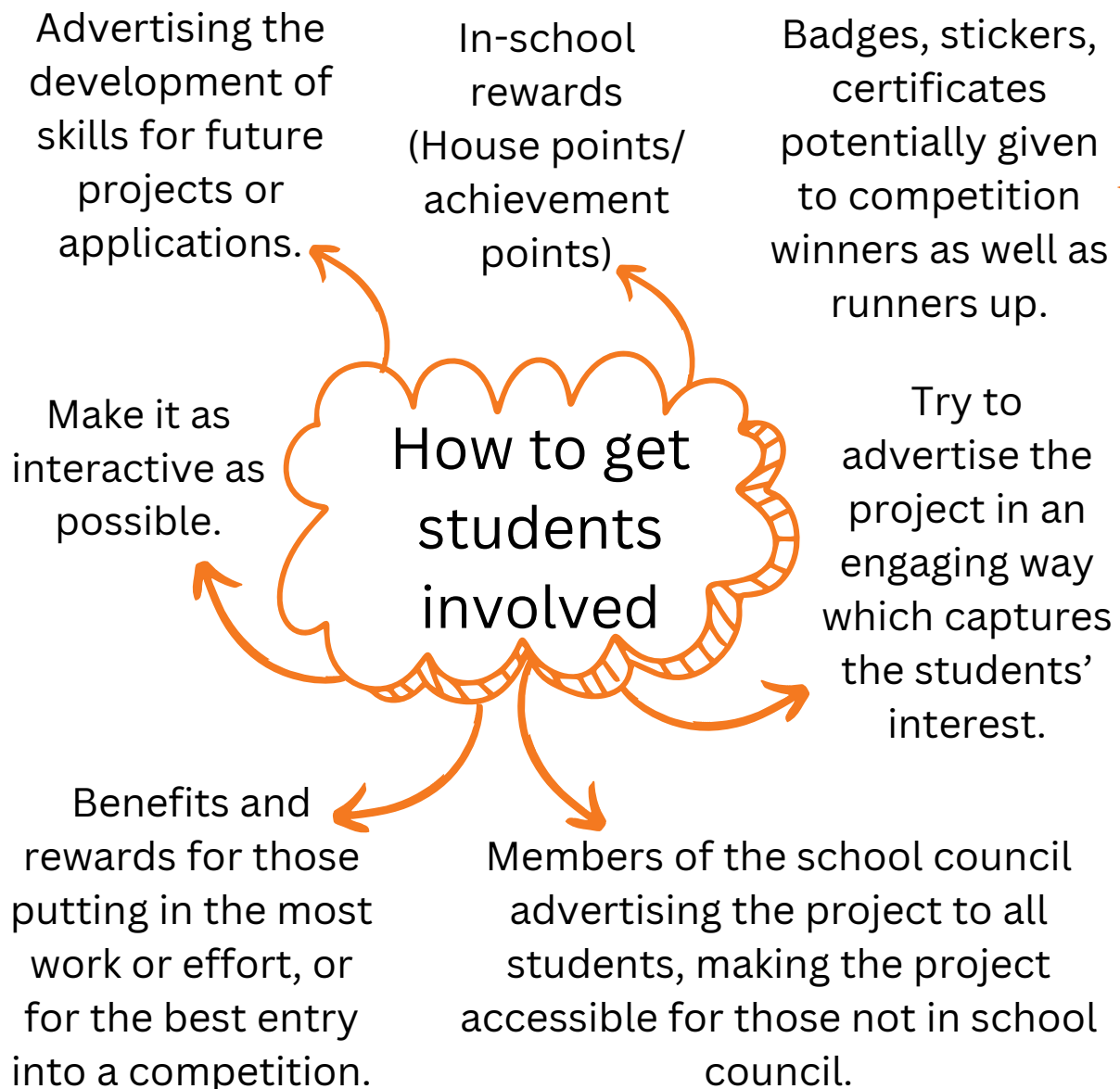
Once started, here are some project ideas,

- Run personal safety workshops or wellbeing hour during lunch breaks
- Find out about the biggest health and well-being or crime and safety concerns in your school and then raise awareness with a poster campaign
- Raise money for a topic related cause
- Host awareness events
- Involve local businesses / charities to share with them young peoples perspectives and what they can do to help
- Create a PowerPoint for tutors to share in tutor time
- Wellbeing garden
- Creating quiet zones
- Host a session where you discuss what can be done in your school to make you feel safe and then propose the top answer with ideas around what you could change to your headteacher or governors
- Research and promote about mental health conditions and how to help
- Raise awareness about the side effects of vaping and dangerous behaviour and substance abuse
- Create a club/working party for a project
- Anonymous Concerns Box

# Student involvement

How to get students involved:

The project is youth led and therefore it is important to us that as many young people are involved. Along with the making a change some other incentives and ways to get students involved are listed below:



# Teacher involvement



We would like to acknowledge the time and effort taken to engage in projects like this.

Thank you for engaging with young people to ensure they have access to be involved in amazing opportunities like this one.

**Young people know what young people need,** and this project is about students helping others within the school. Young people bring a variety of experiences and ideas, so their voices need to be heard. By doing this they will obtain new skills and increase their independence.



# What does good teacher involvement look like?

	
Do allow students to have allocated time for project planning.	Don't expect students to organise tasks beyond their ability or role
Do supply students with the necessary resources needed for completing the project	Don't abandon projects - help students to evolve their ideas
Do give students the support needed to execute the project	Don't disengage or not support students
Do listen to the students and take on board their ideas	Don't take over the project
Do help students to form project/working groups and have regular sessions to oversee the project	Don't restrict ideas that the students come up with
Do help students to get senior management and governors enthused with the project	Don't redirect students away from the goal

A decorative border of pink stars of various sizes surrounds the text on the page.

# Project Pledge

Please use this page to help you plan your project

Name of Project:

**Does your project aim to address either, Health and Wellbeing or Crime and Safety?**

**How did you choose this project and why?**

**What are the top three aims of your project? (e.g. raising awareness)**

**How will you know the project has been successful?**

# Keep in touch!

Email us @  
[participation@bcpcouncil.gov.uk](mailto:participation@bcpcouncil.gov.uk)

to...

- Request support from the Children's Rights and Engagement Team
- Share your Project Pledge or photos
- Find out more about other ways young people can get involved in making a difference locally!

**M**ake

**Y**our

**M**ark

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Written for young people by young people