FYP Research

In an effort to gain perspective on other groups doing similar things and improve ourselves, we perform case studies on various organizations and Instagram accounts. If you'd like to see a case study on a particular organization/Instagram account let us know. If you'd like to participate in the process, we have templates available for each, and as long as you have an account, anyone can edit the pages for greater clarification. If you have comments on the process, reach out! We are always working on ourselves and our organization.

- Changemaker Xchange
- Lookup.live
- Force Of Nature
- GenZ Talks
- The Empathy Alliance
- The Climate Initiative
- The Steve Fund
- Non-Violent Communication
- United We Dream
- We R Native
- Youth Climate Lab
- The Cybersmile Foundation
- Championing Youth Minds
- Youth Mental Health Project
- AmeriCorps
- Instagram Page of @bymariandrew
- Instagram Page of @gemmacorrell
- Color of Change
- Instagram Page of @brenebrown
- Instagram Page of @cocktailsandcapitalism
- Instagram page of @allira.potter
- Managing a Nonprofit Organization by Thomas Wolf
- Instagram Page of @dearmyanxiety

- Instagram Page of @makedaisychains
- July 18 week Instagram Case Studies
- THIS IS AN UPRISING By Mark and Paul Engler
- Ten Essential Skills for Youth Well-being and Self-Actualization
- FYP Core Values & Skills Framework
- Set Boundaries, Find Peace
- The Body Is Not an Apology
- Youth Advocate Collective Interview

Changemaker Xchange

- what do they do
  - Community building, change
  - We're on a mission to provide safe, supportive, fun, and empowering spaces for changemakers. We foster profound and lasting connections, nurture wellbeing, and enable peer-learning and meaningful collaborations so that changemakers may create, sustain and scale positive change.
  - With a focus on climate change
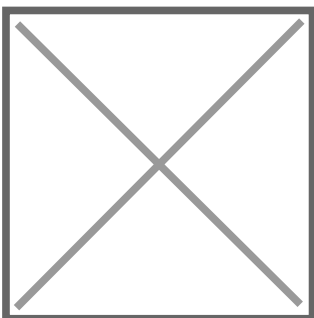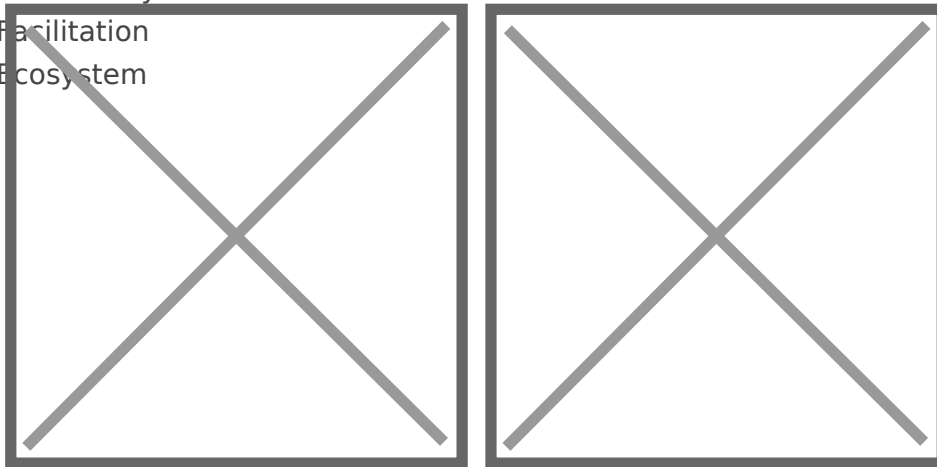
- who's their audience
  - Changemakers, anyone

- what are their approaches
  -

- what's their current program/project
  - Community
  - Facilitation
  - Ecosystem
  -

- whats their organizational structure

- - Like apex center

- who fund them
  - Note: The large majority of our Funding in 2020 comes from Foundations (±60%), Corporate Partners (20%), Individuals (15%) and Business Activities / Wirtschaftlicher Geschäftsbetrieb (5%)

- what else stands out
  - Legal:

    - https://changemakerxchange.org/transparency/
      - Name, registered office, address and year of foundation
      - bylaws
      - tax privileges

    - https://changemakerxchange.org/data-privacy/ - data privacy
    - https://changemakerxchange.org/imprint/ - Imprint
    - https://changemakerxchange.org/duediligence/ - Due Diligence

Lookup.live

- what do they do

Provide funds for youth change-makers who is providing solution to youth mental health crisis

- who's their audience

youth change-makers

- what are their approaches

Provide funds and support, through these programs

1. Grants for Innovators,
2. Podcast to Amplify,
    1. Spotify Podcast

3. Events,
4. Give Youth a Platform

- what's their current program/project

1. Timely
    1. Timely is a skill-sharing platform that connects users with others locally based on mutual skills, hobbies, or activities and helps coordinate a time/place to do them together.
    2. https://lookup.live/timely

2. Write it Down
    1. Communicating the power of journaling to be an agent of self comprehension and healing.
    2. https://lookup.live/writeitdown

3. Ctrl + Z: The Climate Mental Health Podcast
    1. Winners of the exposure labs storytelling grant
    2. Youth are carrying the burden of the world's future and being asked to fix it. Ctrl+Z: The Mental Health podcast takes a deep dive into the intersecting issues that youth are grappling with and centers stories about youth resilience in the face of the climate crisis.
    3. https://lookup.live/ctrlzpodcast

4. GoYogi
    1. We aim to increase access to proactive, mindfulness-based mental health education. Utilizing technology, GoYogi works to integrate custom stress management techniques, breathing exercises, and mindfulness practices directly into the school's culture and curriculum.
    2. https://lookup.live/goyogi

5. Growing Digital with Jules Terpak
    1. Winners of the exposure labs storytelling grant
    2. Growing Digital with Jules Terpak is a media platform that helps people understand how human-computer interaction is evolving.

6. Highlight Reel
    1. Who's behind the highlight reel? Highlight Reel is an exhibit exploring how the perfected versions of ourselves that we post on social media are only a fraction of the picture.
   2. https://lookup.live/highlightreel

7. Impact Playground
    1. Winners of the exposure labs storytelling grant
    2. Impact Playground aims to develop personalized and comprehensive social-justice education that empowers and equips youth to pursue diverse pathways to social impact.
    3. https://lookup.live/impactplayground

8. Know The System
    1. We are a collective of activists that utilize the power of storytelling to shift the narrative on mental health and advance real solutions through policy, culture, and communication.
    2. https://lookup.live/knowthesystem

9. Others
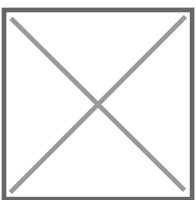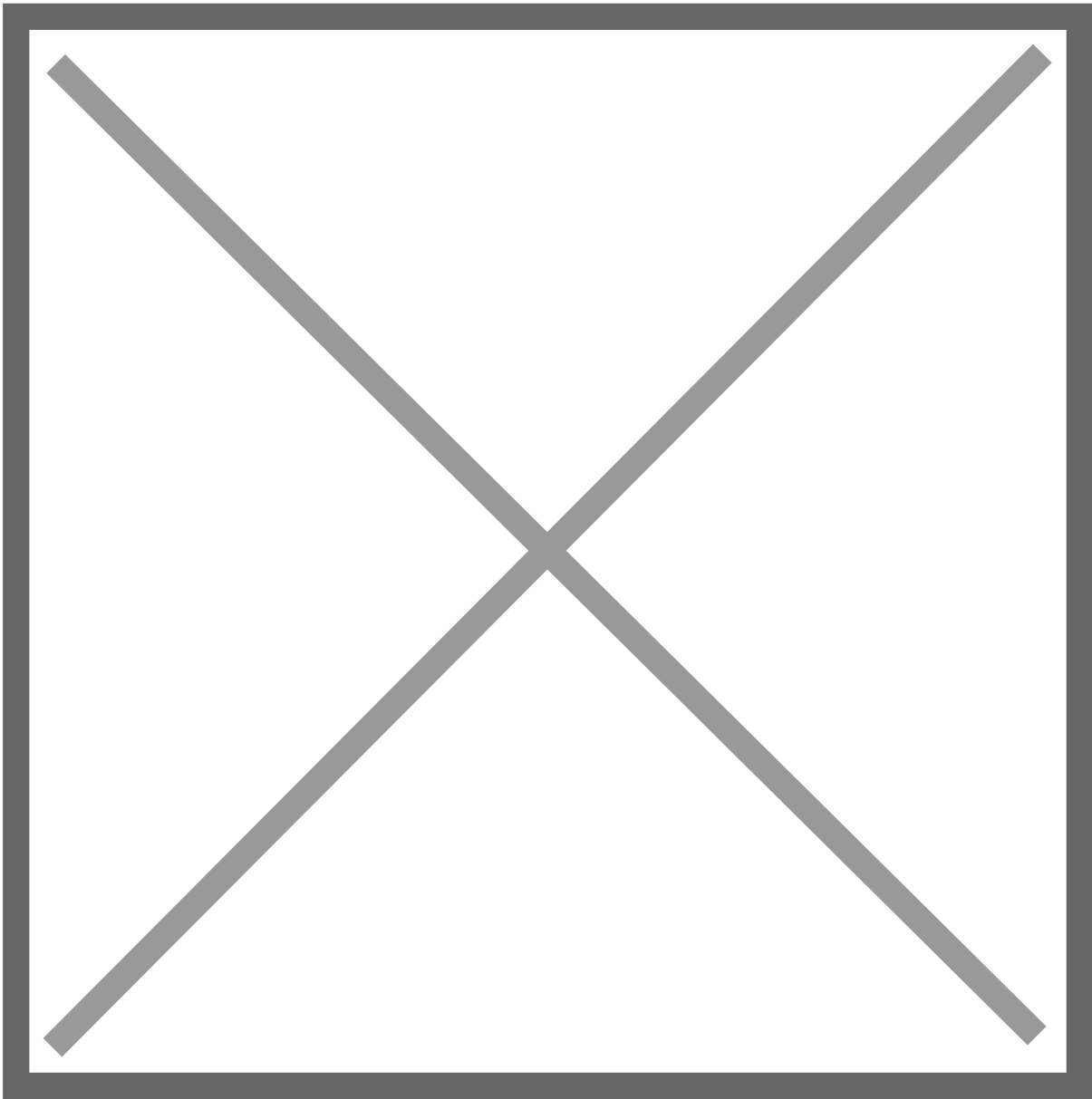
- whats their organizational structure
    - Like Apex center at VT

- who fund them
- what else stands out
    - Contact past grant winner leaders? https://lookup.live/innovators22

https://www.instagram.com/lookup_live/

https://www.linkedin.com/company/lookup-live/

Force Of Nature

Organization Name: Force Of Nature

Organization Country: UK, with a student network spanning 50+ countries

Link to their website: https://www.forceofnature.xyz/team

- What do they do?

They "help their community channel climate anxiety into agency; develop the skills to make a difference; and inspire change at the systemic level."

- Who's their audience?

Their audience is youth, but they also work on "intergenerational exchange," connecting youth with (old people) policymakers. "This means bringing together the energy of youth, with the knowledge of experience."

- What's their approaches?

3 pronged approach:

- Working with businesses
- Working with educators
- Platforming youth voices

- What's their current program/project?

Climate Cafes, youth can host cafes to discuss climate change related issues. They have a micro grant program for people who want to host but can't afford to.

#ClimateConfessions: basically like halfthestory but the videos and posts are focused around climate change anxiety

- What's their organizational structure?

Business-like, very structured within the organization. Everyone has specific roles and works underneath someone(s) else. Not sure if they're a nonprofit, but they are always looking to work with nonprofits. They were founded in 2019 and seem to have come a long way since then.

- Who funds them? (can be hard to track down, make an educated guess)

Multiple Fortune 500 companies, including P&G, Pepsico, and Unilever, as well as government funding and donations.

- What else stands out?

They, like many other organizations that have been analyzed, have a "2022 impact report" detailing what they did in 2022 to further their mission. Website is weird and sometimes hard to navigate.

GenZ Talks

Organization Country: U.S.

Link to their website: https://genztalks.com

- What do they do?

Giving the youth voice a seat at the table, through Live Events, Reverse Mentoring and Content Production.

- Who's their audience?

Youth entrepreneur and corporation

- What's their approaches?

To collaborate with organisations to deliver the most fun, engaging and impactful events that bring together Gen Z talent and companies in a 50/50. split audience.

Connect 10,000 entrepreneurially minded Gen Zs to forward thinking companies, to increase innovation, skills and intrapreneurship in the workplace.

Help SME and corporate companies better engage and retain the younger generation and become a youth friendly employer.

- What's their current program/project?

Conference, talks,

There is no information on the youth start ups

- What's their organizational structure?

Real founders not on website

- Who funds them? (can be hard to track down, make an educated guess)

Company sponsorship

- What else stands out?

We can learn from their website structure

The Empathy Alliance

Organization Country: United States

Link to their website: https://www.theempathyalliance.org/

What do they do?

Make education safer and more inclusive for LGBTQ+ youth

Who's their audience?

Educators, students, LGBTQ+ youth

What's their approaches?

The founder partners with various organizations (like the white house) to spread awareness, and the founder often does speeches/talk shows/interviews to further spread awareness, and ensure that nobody else has to go through what he did. Their three approaches are: spreading awareness, educating educators, and transforming communities.

What's their current program/project?

Speaking at events geared towards educators and youth-serving professionals.

What's their organizational structure?

Seems like one leader (Sameer Jha) and a host of unnamed donors and supporters. The group partners with many other organizations to spread the message of LBGTQ+ acceptance and identity.

Who funds them? (can be hard to track down, make an educated guess)

Likely CA based donations, and certainly federal grants.

What else stands out?

Seems like the website hasn't been updated since 2022. Much of this work seems awareness focused, and they mention that they have "reached over 1 million people" through their work. It's hard to measure the success of this organization, but they're doing something right if Biden invited Sameer to the White House to "advise on the needs of trans youth."

The Climate Initiative

Organization Country: United States

Link to their website: https://www.theclimateinitiative.org/

What do they do?

Provide education and tools for engagement towards the end of transitioning regular communities to climate resilient communities. Education and empowerment initiatives are community based.

Who's their audience?

"Young climate champions" – People who care about the planet and its people, and are young.

What's their approaches?

They educate and engage communities with their programs/resources

What's their current program/project?

There are nine programs:

- Learning Lab (educating high schoolers about climate change and cc solutions)
- Ambassadors (training people to connect with and educate people of all ages)
- Stories of Change (same thing as half the story but with a story about what inspired people to act on climate change)
- Climate Career Fellowships (helps youth become politicians, i guess)
- Educator Retreats (professional development days for teachers that are centered around climate change and teaching it well)
- Community Conversations (starting conversations in your own community and "discovering the places your community values")
- Our Beautiful Planet (films from climate scientists)
- Climate Courage (a workshop where youth can talk about their feelings on climate change)

What's their organizational structure?

Staff made up mostly of youth, with a few adults (leaders, maybe)

Advisory Board made up of middle aged to old people

Board of directors that mostly dinosaurs with a smattering of younger people

Who funds them? (can be hard to track down, make an educated guess)

Likely the dinosaurs on the board of directors, with some donations

What else stands out?

They partner with a lot of corporations, have a "join the movement" link in the footer of every page, and have about 45 people within the organization, between the three different levels of the organizational structure.

Their main deliverable: "TCI aims to educate, empower and activate 1 million youth to reach this goal by 2025."

All of these questions were easily answered in about 10 minutes of going through their page. We need to be similar.

The Steve Fund

What do they do

Support the mental health and emotional well-being of young people of color by promoting programs and strategies

Our Goals

Our goals are: A robust national dialogue; adoption of effective programs by colleges and universities; greater knowledge and utilization of campus mental health services; and the increased competency of families and mental health organizations serving our demographic.

Who's their audience

Young people of color

Approaches

The Fund holds an annual conference series, Young, Gifted & @Risk, and offers a Knowledge Center with curated expert information. With multicultural mental health experts it delivers on-campus and on-site programs and services for colleges and non-profits, and through tech partnerships it provides direct services to young people of color.

1. Building knowledge and thought leadership

2. Creating programs and strategic partnerships

3. Promoting awareness and dialogue

4. Producing immediate impact for students through tech innovations

- what's their current program/project
  - Seminars & Workshops
    - For Staff, Administrators, Instructors and Providers
    - For High School Students and College Students

  - Equity in Mental Health on Campus Initiative
  - Consultation Services
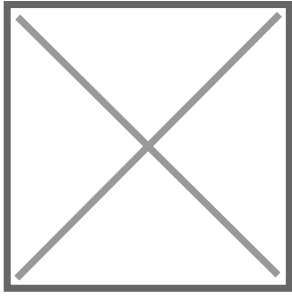
Non-Violent Communication

From Youth Advocacy to Everyday Life

Core Philosophy

At FYP, we believe all people are fundamentally kind and that compassion is the bridge that helps us overcome any differences in interests, beliefs, identities, and groups. Non-violent communication is not just a technique but a fundamental pathway to transform how we relate to ourselves, to each other, and to our world.

The Path of Communication

Level 1: Self to Self

Level 2: Within Youth Movements

Level 3: In Advocacy Work

Level 4: In Everyday Life

Core Framework

1. Observation Without Judgment

The art of seeing clearly

In Youth Advocacy:

> " "I notice our last three events had lower youth turnout than expected."
> Instead of: "Our events are failing because no one cares."

In Social Movements:

> " "The policy draft doesn't include specific youth mental health provisions."
> Instead of: "They're ignoring youth voices again."

In Daily Life:

> " "You've missed our last two planned meetups without message."
> Instead of: "You're such an unreliable friend."

2. Feelings Without Attribution

The practice of honest expression

In Youth Advocacy:

> " "I feel worried about our community engagement goals."
> Instead of: "You're not doing enough outreach."

In Social Movements:

> " "I feel frustrated when youth voices are missing from these discussions."
> Instead of: "Adults never listen to young people."

In Daily Life:

> "I feel lonely when we don't connect regularly."
> Instead of: "You never make time for me."

3. Needs Without Demands

The foundation of connection

In Youth Advocacy:

> " "I need clarity about our project timeline to coordinate effectively."
> Instead of: "You need to be more organized."

In Social Movements:

> " "We need transparent processes to ensure youth participation."
> Instead of: "Your system is broken and exclusionary."

In Daily Life:

> " "I need occasional quiet time to recharge."
> Instead of: "You're too demanding of my time."

4. Requests Without Commands

The bridge to action

In Youth Advocacy:

> " "Would you be willing to co-create an outreach strategy with me?"
> Instead of: "Start doing more outreach."

In Social Movements:

> "Could we establish regular youth feedback sessions?"
> Instead of: "You must include youth in your process."

In Daily Life:

> " "Would you be open to setting up a weekly check-in?"
> Instead of: "Text me more often."

Practical Applications Across Contexts

In Youth Organizations

1. Internal Communication
   - Clear role expectations
   - Regular feedback loops
   - Supportive accountability

2. Community Building
   - Inclusive language
   - Cultural sensitivity
   - Space for all voices

3. Conflict Resolution
   - Focus on shared goals
   - Acknowledge all perspectives
   - Seek collaborative solutions

In Advocacy Work

1. Stakeholder Engagement
   - Respect for experience

- Clear articulation of needs
- Collaborative approach

2. Policy Discussions
   - Data-driven observations
   - Impact-focused language
   - Actionable proposals

3. Coalition Building
   - Shared values emphasis
   - Bridge-building language
   - Unity in diversity

In Personal Life

1. Family Relationships
   - Emotional honesty
   - Boundary respect
   - Growth mindset

2. Friendships
   - Active listening
   - Authentic expression
   - Mutual support

3. Professional Settings
   - Clear communication
   - Constructive feedback
   - Solution focus

Common Challenges and Responses

1. Power Dynamics

Challenge: Communicating with authority figures or institutions
Response: Focus on shared goals and mutual benefits while maintaining authenticity

2. Emotional Intensity

Challenge: Managing strong feelings during important discussions
Response: Practice pause and reflection, use feeling words precisely

3. Cultural Differences

Challenge: Navigating diverse communication styles
Response: Lead with curiosity and cultural humility

Remember

- Start with self-compassion
- Practice makes progress
- Every interaction is an opportunity
- Connection before correction

Implementation Steps

For Beginners

1. Start with self-observation
2. Practice one component at a time
3. Begin in low-stakes situations
4. Seek feedback from trusted friends

For Advocates

1. Model in movement spaces
2. Create supportive practice environments
3. Integrate into organizational culture
4. Build training capacity

For Daily Life

1. Choose one relationship to practice
2. Share your learning journey
3. Celebrate small successes
4. Build supportive habits

Transformation Process

Individual Practice

↓

Movement Integration

↓

Social Change

↓

Cultural Transformation

Core Commitments

1. **To Ourselves:**
    *   Regular self-reflection
    *   Ongoing learning
    *   Compassionate self-talk
2. **To Our Movements:**
    *   Authentic leadership
    *   Inclusive practices
    *   Sustainable activism
3. **To Our World:**
    *   Bridge-building
    *   Peace-making
    *   Community-strengthening

"Through compassionate communication, we don't just change conversations—we transform relationships, movements, and ultimately, our world."

United We Dream

Organization Country: United States

Link to their website: unitedwedream.org

What do they do?

They are the largest immigrant youth-led network in the country, and they fight for the dignity and respect of all immigrants

Who's their audience?

Immigrant youth, people who are passionate about their cause, and policymakers.

What's their approaches?

They organize rallies, demonstrations, legal campaigns, and social media campaigns to stop people from getting deported and give them a future in the United States.

What's their current program/project?

Undeniable! campaign, pushing for policymakers to write legislation that would:

- Citizenship for all 11 million undocumented immigrants in the US
- Defund ICE, CBP, and police (so based)
- Reinstatement and expansion of DACA and TPS
- COVID-19 relief that doesn't discriminate on grounds of immigration status
- A moratorium on enforcement, and the release of people in ICE and CBP camps

What's their organizational structure?

Grassroots movement with millions of roots and a central leadership who holds the legal powerhouse

Who funds them? (can be hard to track down, make an educated guess)

Regular people, donations

What else stands out?

These guys are very effective and quite large. We should include immigration resources on the wiki.

We R Native

Organization Country: United States

Link to their website: https://www.wernative.org/

What do they do?

We R Native is a resource page for native youth, by native youth. It's literally us but specifically for native youth.

Who's their audience?

Native youth

What's their approaches?

They offer lots of online resources available to anyone, and do outreach via community projects, sending ambassadors to conferences, and inviting any native youth to contribute as much or as little as they like on the website. There are mental health resources, career resources, and more.

What's their current program/project?

"Ask your relative," and a few different programs/articles for LGBTQ native youth, a group which is doubly more likely to commit suicide than being part of either single group.

What's their organizational structure?

A central group that runs the website and provides "incentives" (money) to anybody who wants to be an ambassador for We R Native. Again, very similar to us.

Who funds them? (can be hard to track down, make an educated guess)

"funds from the Indian Health Service and the Minority AIDS Initiative Fund, and by a GLS suicide prevention grant from the Substance Abuse and Mental Health Administration."

What else stands out?

Website is kinda chunky, but overall the organization is REMARKABLY similar to what we want to do.

Youth Climate Lab

What do they do

Provide youth with skills, financial support, and policy knowledge in order to aid in the fight against climate change.

Who's their audience

Young stem people looking to help with climate change and create a climate-resilient future

What's their approaches

Radical collaboration, providing youth with the 3 things they believe are necessary to creating just, climate-resilient futures: policy knowledge, financial support, and necessary skills.

What's their current program/project

https://www.youthclimatelab.org/impact

Two programs: Cohorts and Collectives

Cohorts: Four to eight-month fellowship-style programs for participants to build the skills, knowledge and relationships they need to become lifelong climate leaders.

Collectives: Large-scale, multi-partner initiatives focused on creating the enabling conditions, such as finance, connections, and knowledge, to scale youth-led climate action.

Whats their organizational structure

One executive, 6 managers. A board of directors who likely has significant influence on their actions, as well as a group of "associates" that are likely companies/scientists that they partner with. There seem to be no people older than 40 anywhere in their organizational structure.

Who funds them

Hard to say, likely some crowdfunding and the majority is a mix of government grants and private donations

What else stands out

They have an excellent "Impact" page, which shows everything that they've done in a way that inflates their sense of success to the viewer. It's very flattering and well done/persuasive. They also have a blog page that is similar to our wiki page but not as cool.
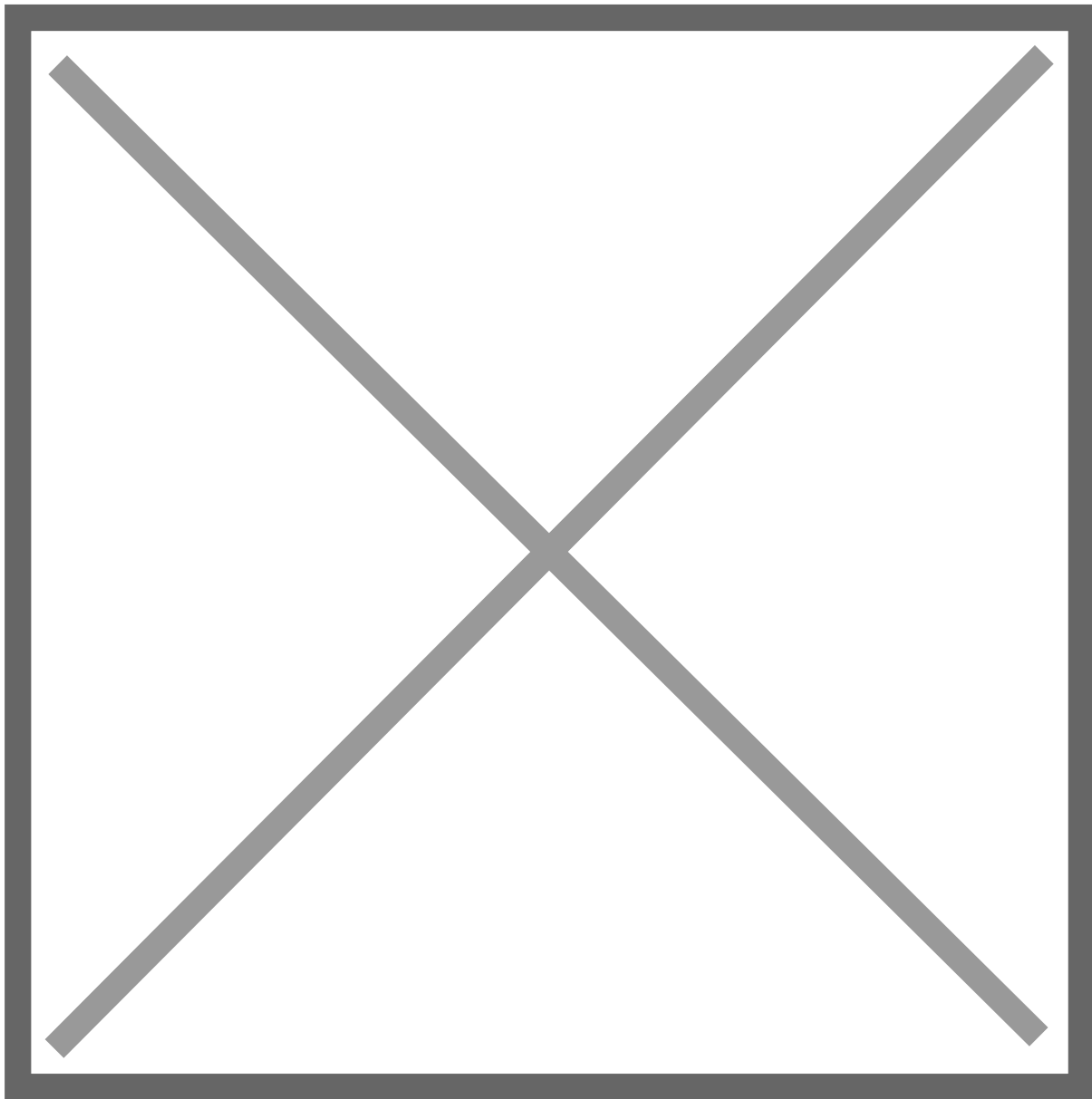
This is present at the bottom of every page.

Overall, YCI is a great example of what we should try to emulate. They have three core approaches to their mission of teaching policy knowledge, skills, and providing financial support/knowledge. They involve the community as much as they can, and essentially do the same as us, break down barriers to human flourishing, but their flourishing is a future where the planet doesn't hate us.

The Cybersmile Foundation

Organization Name:
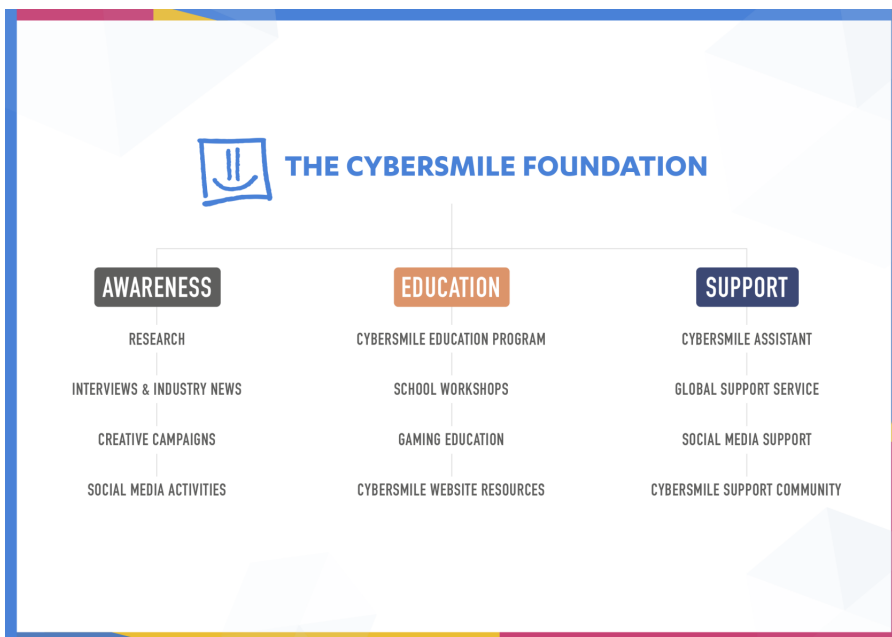
The Cybersmile Foundation

Organization Country:

U.S. and U.K.

Link to their website:

https://www.cybersmile.org

What do they do?

digital wellbeing and tackling all forms of bullying and abuse online

CAMPAIGNS · ADVICE · GAMING ACTIVITIES · RESEARCH · SUPPORT · PARTNERSHIPS · STOP CYBERBULLYING DAY · EDUCATION · EXCLUSIVE INTERVIEWS · INDUSTRY NEWS · COMMUNITY · CYBERSMILER AWARD

Who's their audience?

youth

What are their approaches?

advocacy through influencers

use testimonies to drive their donations

What's their current program/project?

companies can find them to make a one-off awareness campaign https://www.cybersmile.org/what-we-do/corporate

STOP CYBERBULLYING DAY 2023

What's their organizational structure?

ADVISORY PANEL
Our panel of world renowned experts ensure that we are always leading the way through

innovation and expertise.

AMBASSADORS (famous people)
Our growing team of Cybersmile Ambassadors work together to promote our campaigns and initiatives to millions of people around the world.

PARTNERS
We work alongside some of the worlds leading brands to make the internet truly inclusive for users of all ages.

PATRONS
Our network of Patrons and Vice-Patrons play an integral part in the year-round activities of Cybersmile.

TESTIMONIALS
We love hearing from people that we have helped! See what people from all over the world are saying about the impact Cybersmile has had on their lives.

Who funds them? (can be hard to track down, make an educated guess)

Unknown

What else stands out?

Celebrity and influencer driven

Championing Youth Minds

Organization Name:

Championing Youth Minds

Organization Country:

U.K.

Link to their website:

https://www.championingyouthminds.com

What do they do?

We aim to provide a platform through which young people can help other young people care for their mental wellbeing.

Through free online resources accessible to all schools, parents and youth, workshops and social media, we help our youth understand mental health and effective strategies that work best for them.

Who's their audience?

PRIMARY, SECONDARY, Higher education, All other ages, experiences and backgrounds

What are their approaches?

 education

What's their current program/project?

podcast, workshop

What's their organizational structure?

Who funds them? (can be hard to track down, make an educated guess)

no idea

What else stands out?

last Instagram post 23 weeks ago

not 501 c 3

Youth Mental Health Project

Organization Name: Youth Mental Health Project

Organization Country: United States

Link to their website: https://ymhproject.org

What do they do?

1. EVENTS AND SUPPORT https://ymhproject.org/screenings-and-events/

2. EDUCATIONAL MATERIALS

- https://ymhproject.org/learn-more/#free-materials
- Understanding Youth Mental Health – Questions Parents Frequently Ask
- Feelings & Emotions: Mental Health 101 - Talking with Kids
- Understanding and Supporting Youth Mental Health Booklet
- fact sheets on Addiction, ADHD, Anxiety, Depression, Mental Health Learning Disabilities, OCD and more
- Infographic: Mental Health For Children

3. FILM

NO LETTING GO
A compelling film about one family's journey to understand and seek help for their son's emotional instability and erratic behavior.

https://www.imdb.com/title/tt3438208/

4. THE PARENT SUPPORT NETWORK

https://ymhproject.org/parent-support-network/

Who's their audience?

parents

What are their approaches?

advocacy

What's their current program/project?

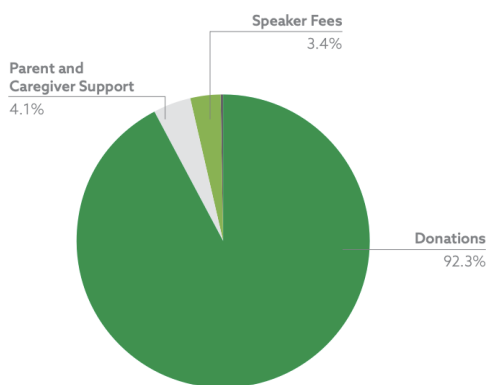**What's their organizational structure?**

Program Director, Interim Executive Director, Administrative Manager, Founder --> Board of Directors

Who funds them? (can be hard to track down, make an educated guess)

https://ymhproject.org/wp-content/uploads/2022/03/YMHP-AnnualReport-FINAL_3.21.22.pdf

Parent and Caregiver Support
4.1%

Speaker Fees
3.4%

Donations
92.3%

DONORS

Champion of YMHP
($5,000+)
Chuck and Vanessa Ames
Valerie Barton and Sean Schofield
Jesse Cody
Christine Moghadam
Randi Silverman and Irv Stern
Stance, Inc.
Ultimate Medical Adademy

Partners of YMHP
($1,000 - $4,999)
Jenny Collins
Christine & Gabe Dassa
Evie Goldman
Linda Hall
Penny Johnston-Foote
Mika Minots
Pace Foundation
Stephanie Spiegel
Reginald Williams II

Advocates for YMHP
($500 - $999)
Eileen Ahumada
Donna & Jim Bozzuto
Polly Carpenter
Art Chang
Philip Chassler
Hailey Gilmore
Linda Gross
Worth Herrell
Kindhumans PBC
Steve and Laura Koller
Mimi Leibner
Linda Levine
Mauvais Garcon
Jordan Seff
Doug Spinella

What else stands out?

not active in 2023? last post in Instagram is 8 weeks ago

https://www.instagram.com/ymhproject/?hl=en

AmeriCorps

Organization Country: United States

Link to their website: https://americorps.gov/

- What do they do?

Americorps connects both youth and older folks with opportunities around the US where they can contribute to local community growth and development. They spawned out of the Civilian Conservation Corps (CCC), created during the Great Depression by FDR, in order to provide jobs for the jobless and build necessary infrastructure at the same time. Their listed goal is to "make service to others an indispensable part of the American experience."

- Who's their audience?

Their audience is all Americans, but especially youth.

- What's their approaches?

They have 6 focuses: Disaster services, education, economic opportunity, environmental stewardship, healthy futures, and veterans and military families.

- What's their current program/project?

There are 10s of programs within each of their 6 approaches. Each program is locally focused, and Americorps connects them.

- What's their organizational structure?

They are a government program that both directly connects with youth and with other, more local organizations. An example of this is Kupu, a program in Hawaii focused on environmental stewardship. Kupu has 6 month and one-year programs that are essentially paid internships, and Americorps provides the funding that pays the interns, and Kupu provides the direction.

- Who funds them? (can be hard to track down, make an educated guess)

Government funding + private sector donations.

- What else stands out?

Americorps does much of what we aim to do, but for more than youth, and they largely only work with other organizations to provide them with people. The biggest difference is that Americorps is a government program, whereas we are not.

https://thewowfoundation.com/young-leaders-directory-2022

Instagram Page of @bymariandrew

Organization/Individual: Mari Andrew, Author of "AM I THERE YET" and "MY INNER SKY"

IG Handle: @bymariandrew

Followers: ~925k

Engagement (% of followers liking average post): Unknown, like counts hidden

How often they post slides/photos:

1-2 per month

How often they post reels:

N/A, no reels posted

What kind of content?

Personal photos and writings, each with a form of personal meditation attached

What ratio of content?

Roughly 1:1 ratio of Personal : Writing posts

Other notable features:

She has a newsletter, and seems to have such a large following by virtue of her writing, rather than her social media presence.

Instagram Page of @gemmacorrell

Organization/Individual: Gemma Correll, an artist who does comics on mental health (and pugs)

IG Handle: @gemmacorrell

Followers: 950k

Engagement (% of followers liking average post): 1-10%

How often they post slides/photos: Once per week

How often they post reels:

No reels posted since 2022.

What kind of content?

Almost all mental health comics, with very rare personal posts

What ratio of content?

No ratio needed, generally only one kind of content

Other notable features:

Lots of story highlights, as well as an Instagram guide. An Instagram guide for each region that we operate in would be a good addition to our page, with each guide containing local resources. One guide with resources that are available in most US locales would be a good place to start.

Color of Change

What do they do?/What are their primary activities?

What are opportunities for young people to participate in the organization/in the field?
   - if there are specific opportunities who is the point of contact?

Who's their audience?
What are their approaches?
What's their current program/project/work?
What's their organizational structure?
Who funds them? (can be hard to track down, make an educated guess)
What else stands out?

Instagram Page of @brenebrown

Organization: "Unlocking Us" podcast and a few books, the page is the author's personal page and showcases their various projects, as well as awareness for a few different social causes.

IG Handle: @brenebrown

Followers: 4.9 million

Engagement (% of followers liking average post): 1-5% (50k likes average per post)

How often they post slides/photos:

Once every few months, but no posts since February 2023 as of July 2023

How often they post reels:

Very rarely, no reels posted since April 2022

What kind of content?

Most of the content on this page promotes the author and their projects, with some story highlights. THe story highlights are announcements about upcoming projects, her daily life, her dog, and some touring that she did.

What ratio of content?

No memes, all serious content with relatively low engagement. Every post is about one of her books or a new episode of her podcast dropping.

Other notable features:

Despite the lack of recent stories and posts, this page is very populated and welcoming. Story highlights add a level of humanity to the account that her posts do not.

Instagram Page of @cocktailsandcapitalism

Organization: Cocktails and Capitalism (Podcast)

IG Handle: @cocktailsandcapitalism

Followers: 39k

Engagement: (% of followers liking average post): 2-20%

How often they post slides/photos:

Daily

How often they post reels:

Daily

What kind of content?

Posts are almost all memes with a slide or two at the end with a clip from their podcast, and a promotion slide, maxed out images per post

Some posts promote rallies or events going on (strikes/protests/legislation)

What ratio of content?

The memes blend information and funny stuff

Ratio of memes : self-promotion : strictly informational is roughly 7:1:1

Other notable features:

AN array of story highlights promoting podcast episodes, the STOP COP CITY movement, Palestine, and a bunch of other movements, as well as one that is strictly for the page owner's "private" life.

Instagram page of @allira.potter

Organization: This page is for an individual. They're an author and model.

IG Handle: @allira.potter

Followers: 49k

Engagement (% of followers liking average post): Unknown, like counts on posts have been removed.

How often they post slides/photos:

2-3 times per week

How often they post reels:

3-4 times per month

What kind of content?

The content is mostly Allira's daily life, with a few plugs for sponsored products, as well as some mental health focused content, daily affirmations and such.

What ratio of content?

Ratio of personal : sponsored : mental health is roughly 3:1:3

Other notable features:

Not many highlights, but lots of daily stories are posted.

Managing a Nonprofit Organization by Thomas Wolf

Chapter 1 : https://docs.google.com/presentation/d/1ICQGocT8pXgZVpL-wDjkgdBAs0qsLPyJn0xdegSXndI/edit?usp=sharing

Chapter 3: https://docs.google.com/presentation/d/1JE6cKCvhcXhhQWVez2xoL9jsHLjzHUc99FAi-PsL8I4/edit?usp=sharing

Instagram Page of @dearmyanxiety

Organization/Individual: dearmyanxiety is a podcast run by Stefania Rossi, this page is largely focused on the podcast.

IG Handle: @dearmyanxiety

Followers: ~400k

Engagement (% of followers liking average post): 1-5%

How often they post slides/photos:

1-2 times per week

How often they post reels:

Roughly once per month

What kind of content?

Podcast plugs, personal posts, and mental health tips/strategies

What ratio of content?

The ratio of podcast : personal : MH strategies is around 1:1:6

Other notable features:

Many story highlights that started and ended at varying times, with a few that get new things added more regularly. There are a few scattered memes throughout the page, but most of the content is material that Stefania has created to help others with the mental health issues that they have had throughout their life.

Instagram Page of @makedaisychains

Organization/Individual: Hannah Daisy, a queer illustrator and occupational therapist from the UK

IG Handle: @makedaisychains

Followers: ~155k

Engagement (% of followers liking average post): 1-10%

How often they post slides/photos:

3-4 times per week

How often they post reels:

1-2 times per week

What kind of content?

Mental health, disability, and LBGTQ awareness. Lots of cute cartoons about different social issues, especially surrounding LBGTQ youth. Some twitter screenshots, photos from their life.

What ratio of content?

Almost all comics with a different thing about every 8 posts.

Other notable features:

Lots of story highlights and seemingly daily posts to their story.

July 18 week Instagram Case Studies

Adele

https://docs.google.com/document/d/1lLRJQd0zf0jejQybhGB54BYlwKD3U98seVO9cQEYQVY/edit?usp=sharing

Connor

https://docs.google.com/document/d/14aKlclW2xFCzMf5QMh56atyqcqAU5XH3omCwJ0H4dmM/edit?usp=sharing

Joanna

THIS IS AN UPRISING By Mark and Paul Engler

This Is an Uprising

By Mark and Paul Engler

Core Thesis

The book argues that nonviolent movements can be systematically studied, strategically planned, and effectively executed - they're not just spontaneous eruptions but can follow predictable patterns of success.

Key Frameworks to Focus On

1. Structure vs. Momentum-Driven Organizing

- **Structure**: Traditional organizing focusing on building institutions
- **Momentum**: Dramatic protests creating peak moments of public attention
- **Key Insight**: Most successful movements combine both approaches

2. The Civil Rights Movement's Hybrid Model

- Mixed dramatic protests with institutional building
- Created crisis moments to force change

- Built sustainable organizations for long-term impact
- **Application**: Study chapters 2 and 7 for this framework

3. Four Roles of Social Movements

1. **The Reformer**: Works within system
2. **The Rebel**: Creates direct confrontation
3. **The Citizen**: Supports change through mainstream channels
4. **The Change Agent**: Organizes alternatives

- **Key Point**: Successful movements need all four roles

Essential Concepts (Focus on These)

1. Strategic Nonviolence

- Not just moral choice but strategic advantage
- Creates wider participation
- Harder for opponents to discredit
- More likely to cause defections from power structure

2. Momentum-Driven Organizing

- Creates rebellious moments
- Escalates strategically
- Builds mass participation
- Uses symbolic protests effectively

3. The Pillars of Support

- Power depends on institutional support
- Identify key institutions maintaining status quo
- Work to shift these institutions
- Create pressure points for change

4. Cycles of Movement

1. **Movement Emergence**
   - Grievance identification
   - Early organizing
   - Building networks
2. **Movement Growth**
   - Trigger events
   - Rapid mobilization
   - Peak moments
3. **Movement Maintenance**
   - Institutionalization
   - Long-term organizing
   - Policy change

Chapters to Prioritize

Must Read Thoroughly

1. Chapter 1: Introduction to strategic nonviolence
2. Chapter 4: Movement cycles and momentum
3. Chapter 7: Hybrid approaches
4. Chapter 9: Future of movements

Skim These

- Chapters 2-3: Historical examples
- Chapters 5-6: Case studies
- Chapter 8: Technical details

Key Case Studies (Read Quickly)

1. **Serbian Student Movement**
   - Youth-led
   - Strategic planning
   - Creative tactics
2. **Civil Rights Movement**

- Strategic escalation
- Media strategy
- Leadership development
3. **Marriage Equality**
   - Long-term strategy
   - Cultural change
   - Institution building

Strategic Applications for FYP

1. Movement Building

- Combine dramatic moments with institution building
- Create strategic escalation plans
- Develop both short and long-term strategies

2. Organization Development

- Build hybrid structure
- Create leadership pipeline
- Develop sustainable resources

3. Tactical Planning

- Design symbolic actions
- Create media strategy
- Build coalition support

Ten Essential Skills for Youth Well-being and Self-Actualization

A Research-Based Framework

1. Self-Compassion

Core Components:

- Self-kindness vs. self-judgment
- Common humanity vs. isolation
- Mindfulness vs. over-identification

Research Base:

- Neff's research shows self-compassion strongly predicts psychological well-being (Neff, 2003)
- Reduces anxiety and depression in youth (Bluth & Blanton, 2014)
- Buffers against academic stress (Neff et al., 2005)

Key Studies:

> "Self-compassion is strongly related to psychological well-being and provides resilience during challenging times" (Neff & McGehee, 2010)

2. Emotional Intelligence

Core Components:

- Emotion recognition

- Emotion regulation
- Empathetic response
- Social awareness

Research Base:

- Predicts life satisfaction and relationship quality (Mayer, Salovey & Caruso, 2008)
- Crucial for workplace success (Goleman, 2006)
- Supports mental health resilience (Brackett et al., 2011)

Key Finding:

> ❝ "EI explains 58% of success in all types of jobs" (Goleman, 1998)

3. Boundary Setting & Non-Violent Communication

Core Components:

- Clear limit expression
- Needs identification
- Compassionate assertion
- Conflict transformation

Research Base:

- Rosenberg's NVC model improves relationship satisfaction (Rosenberg & Chopra, 2015)
- Healthy boundaries predict better mental health outcomes (Cloud & Townsend, 2008)

Key Studies:

> ❝ "Boundary setting skills significantly predict reduced anxiety and depression" (Swenson et al., 2019)

4. Growth Mindset & Resilience

Core Components:

- Belief in ability to grow

- Adaptive response to failure
- Learning orientation
- Stress tolerance

Research Base:

- Dweck's research shows impact on academic achievement (Dweck, 2006)
- Predicts recovery from setbacks (Yeager & Dweck, 2012)
- Supports long-term goal achievement (Duckworth, 2016)

Key Finding:

> ❝ "Growth mindset interventions show significant positive effects on academic achievement and mental health" (Yeager et al., 2019)

5. Mindful Self-Awareness

Core Components:

- Present moment awareness
- Non-judgmental observation
- Body-mind connection
- Metacognition

Research Base:

- Reduces stress and anxiety (Kabat-Zinn, 2013)
- Improves attention and learning (Tang et al., 2007)
- Enhances emotional regulation (Davidson et al., 2012)

Key Studies:

> ❝ "Mindfulness practice significantly improves attention, emotional regulation, and stress response in youth" (Zenner et al., 2014)

6. Critical Thinking & Media Literacy

Core Components:

- Information evaluation

- Digital discernment
- Analytical reasoning
- Bias recognition

Research Base:

- Essential for navigating digital age (boyd, 2014)
- Protects against misinformation (Livingstone, 2018)
- Supports better decision-making (Paul & Elder, 2020)

Key Finding:

> "Critical thinking skills significantly predict better mental health outcomes in digital natives" (Chen & Lee, 2013)

7. Authentic Self-Expression

Core Components:

- Value alignment
- Identity integration
- Creative expression
- Cultural pride

Research Base:

- Predicts life satisfaction (Goldman & Kernis, 2002)
- Supports psychological well-being (Ryan & Deci, 2000)
- Enhances relationship quality (Brown, 2010)

Key Studies:

> "Authentic self-expression is strongly associated with psychological well-being and life satisfaction" (Wood et al., 2008)

8. Social Connection Skills

Core Components:

- Relationship building

- Community engagement
- Cultural competence
- Network cultivation

Research Base:

- Strong predictor of happiness (Waldinger & Schulz, 2010)
- Buffers against mental health issues (Holt-Lunstad et al., 2010)
- Supports career success (Christakis & Fowler, 2009)

Key Finding:

> " "Quality social connections are the strongest predictor of long-term happiness and well-being" (Harvard Grant Study, 2018)

9. Purpose Development

Core Components:

- Value clarification
- Goal setting
- Meaning making
- Community contribution

Research Base:

- Predicts life satisfaction (Steger et al., 2008)
- Supports resilience (Bronk, 2014)
- Enhances academic achievement (Yeager et al., 2014)

Key Studies:

> " "Sense of purpose significantly predicts psychological well-being in youth" (Damon, 2008)

10. Digital Well-being

Core Components:

- Tech-life balance

- Online boundary setting
- Digital mindfulness
- Cyber safety

Research Base:

- Critical for modern mental health (Twenge, 2017)
- Impacts sleep and well-being (Przybylski & Weinstein, 2017)
- Influences social development (Boyd, 2014)

Key Finding:

> ❝ "Digital well-being skills significantly predict better mental health outcomes in adolescents" (Twenge, 2020)

Integration Framework

These skills work synergistically:

1. **Foundation Layer**

- Self-Compassion
- Mindful Self-Awareness
- Emotional Intelligence

2. **Expression Layer**

- Authentic Self-Expression
- Boundary Setting
- Digital Well-being

3. **Growth Layer**

- Critical Thinking
- Growth Mindset
- Purpose Development

4. **Connection Layer**

- Social Connection
- Community Contribution
- Cultural Integration

Key Research Insights

1. **Developmental Timing**

   - Skills build on each other
   - Early adolescence crucial for foundation
   - Continuous development through young adulthood

2. **Cultural Considerations**

   - Skills express differently across cultures
   - Need culturally responsive teaching
   - Value traditional wisdom

3. **Implementation Principles**

   - Start with self-compassion
   - Build gradually
   - Practice consistently
   - Adapt culturally
   - Support collectively

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Note: This framework synthesizes research but should be adapted based on cultural context and individual needs.

FYP Core Values & Skills Framework

Mapping Research-Based Skills to FYP's Mission

1. AGENCY

"People first. The power to create change lies within us."

Core Skills:

1. **Agency & Self-Efficacy**

- Decision-making
- Initiative taking
- Resource mobilization
- Change-making confidence

2. **Boundary-Setting & Self-Advocacy**

- Clear limit identification
- Assertive communication
- Need recognition
- Digital boundaries

3. **Resilience & Adaptive Coping**

- Stress management
- Problem-solving
- Flexibility
- Growth mindset

2. AUTHENTICITY

"Being our true selves is revolutionary."

Core Skills:

1. **Self-Awareness & Emotional Intelligence**

- Emotional recognition
- Personal triggers understanding
- Strengths awareness
- Body-mind connection

2. **Authentic Self-Expression**

- Value identification
- Cultural pride
- Identity integration
- Creative expression

3. **Purpose & Meaning-Making**

- Value clarification
- Goal setting
- Life narrative development
- Contribution orientation

3. COMPASSION

"All people are fundamentally kind."

Core Skills:

1. **Self-Compassion & Inner Kindness**

- Self-acceptance
- Failure tolerance
- Inner dialogue
- Shame resilience

2. **Relationship Building & Social Connection**

- Active listening

- Empathy
- Conflict transformation
- Community building

4. OPENNESS

"Knowledge is free. Transparency builds trust."

Core Skills:

1. **Critical Thinking & Media Literacy**

- Information evaluation
- Digital discernment
- Analytical reasoning
- Knowledge sharing

2. **Cultural Navigation & Code-Switching**

- Cross-cultural communication
- Knowledge translation
- Resource accessibility
- Open collaboration

3. **Digital Well-being**

- Tech-life balance
- Critical consumption
- Digital citizenship
- Online safety

5. FUN/JOY

"Joy is resistance. Humor connects us."

Core Skills:

1. **Creative Expression**

- Playful exploration

- Artistic engagement
- Humor cultivation
- Celebration practices

2. **Community Joy-Building**

- Group celebration
- Shared play
- Collective creativity
- Fun leadership

3. **Sustainable Happiness**

- Joy practices
- Pleasure literacy
- Balance cultivation
- Party planning

Implementation Framework

Development Stages

1. **Foundation** (Basic Skills)

- Self-awareness
- Basic boundaries
- Simple joy practices

2. **Growth** (Intermediate Skills)

- Cultural navigation
- Digital well-being
- Community building

3. **Leadership** (Advanced Skills)

- Systems thinking
- Movement building
- Joy cultivation

Progression by FYP Involvement Level

General Members:

- Basic self-awareness
- Simple boundaries
- Personal joy practices

Active Contributors:

- Cultural competence
- Digital well-being
- Community building

Core Team/Associates:

- Movement leadership
- Systems thinking
- Joy cultivation

Measurement & Support

Individual Level:

- Self-assessment tools
- Growth tracking
- Personal development plans

Community Level:

- Peer support systems
- Cultural resources
- Celebration practices

Movement Level:

- Impact metrics
- Community feedback
- Joy indicators

Set Boundaries, Find Peace

From Youth Advocacy to Personal Peace

Core Philosophy

At FYP, we believe that strong boundaries are not walls but powerful filters that allow us to be fiercely ourselves while engaging meaningfully with others. Boundary setting is both a form of self-love and a radical act of advocacy—protecting our energy allows us to show up authentically for ourselves and our causes.

Understanding Boundaries

What Boundaries Are

- Filters that protect our energy and authenticity
- Guidelines for how we engage with the world
- Tools for sustainable advocacy and relationships
- Expression of self-respect and self-advocacy

What Boundaries Are Not

- Walls that isolate us
- Weapons against others
- Signs of selfishness
- Permanent or inflexible rules

Types of Boundaries

1. Physical Boundaries

Protecting our space and body

In Youth Advocacy:

> ❝ "I need a day between events to recharge."
> "I prefer video off during late evening meetings."

In Movements:

> ❝ "Our protests will respect everyone's physical space."
> "We'll include regular breaks in long sessions."

In Daily Life:

> ❝ "I need alone time after school/work."
> "Please text before dropping by."

2. Emotional Boundaries

Protecting our emotional energy

In Youth Advocacy:

> ❝ "I can support the project but can't take on others' emotional labor."
> "I need to step back from intense discussions sometimes."

In Movements:

> "We'll create space for feelings without becoming overwhelmed."
> "Each person owns their emotional journey."

In Daily Life:

> " "I care about you but can't be your only support."
> "I need time to process before discussing intense topics."

3. Mental Boundaries

Protecting our mental space

In Youth Advocacy:

> " "I'll be offline after 8 PM to maintain work-life balance."
> "I can focus on two projects max at a time."

In Movements:

> " "Let's set realistic expectations for volunteer time."
> "We need clear project scopes to prevent overwhelm."

In Daily Life:

> " "I'll respond to non-urgent messages within 24 hours."
> "Weekends are for recharging."

4. Digital Boundaries

Protecting our online space

In Youth Advocacy:

> "I keep advocacy work to specific platforms."
> "My personal social media is separate from movement work."

In Movements:

> ❝ "We respect members' digital privacy."
> "Campaign communication happens in designated channels."

In Daily Life:

> ❝ "I take regular social media breaks."
> "I don't check emails after hours."

Setting and Maintaining Boundaries

The FIERCE Framework

F - Feel

- Notice your energy levels
- Identify what drains you
- Recognize your limits

I - Identify

- Name specific boundaries needed
- Be clear about your needs
- Understand your non-negotiables

E - Express

- Communicate clearly
- Use "I" statements

- Stay firm but kind

R - Respect

- Honor your own boundaries
- Respect others' boundaries
- Maintain consistency

C - Care

- Practice self-compassion
- Support others' boundary-setting
- Build caring communities

E - Evolve

- Adjust boundaries as needed
- Learn from experience
- Grow stronger together

Practical Implementation

In Youth Advocacy

```
1. Time Boundaries
   - Clear working hours
   - Response time expectations
   - Meeting length limits

2. Role Boundaries
   - Clear responsibilities
   - Capacity limits
   - Support structures

3. Communication Boundaries
   - Preferred channels
   - Response protocols
   - Urgency definitions
```

In Movement Spaces

1. Organizational Boundaries
   - Decision-making processes
   - Resource allocation
   - Member expectations

2. Coalition Boundaries
   - Partnership terms
   - Shared values
   - Collaboration limits

3. Impact Boundaries
   - Realistic goals
   - Sustainable practices
   - Growth pacing

In Personal Life

1. Relationship Boundaries
   - Quality time definition
   - Energy management
   - Support capacity

2. Work-Life Boundaries
   - Offline hours
   - Space needs
   - Recovery time

3. Growth Boundaries
   - Learning pace
   - Challenge levels
   - Change capacity

Common Challenges

1. Guilt Management

Challenge: Feeling guilty about setting boundaries
Response: "Boundaries allow me to show up fully and serve sustainably."

2. Resistance

Challenge: Others pushing back against boundaries
Response: "My boundaries are not negotiable, but I'm happy to discuss how we can work together within them."

3. Consistency

Challenge: Maintaining boundaries over time
Response: Start small, build gradually, celebrate progress

Boundary Setting Language

Clear Communication Examples

"I will..."

"I need..."

"I can..."

"I don't..."

"This works for me..."

"This doesn't work for me..."

Response Scripts

When pressured:

"I understand you need this, AND I need to maintain my boundary."

When guilt-tripped:

"I care about our work/relationship AND I must honor my needs."

When boundaries are crossed:

"This crosses a boundary for me. Here's what I need..."

Growth Process

Stage 1: Awareness

- Recognize boundary needs
- Notice violations
- Understand impacts

Stage 2: Development

- Create clear boundaries
- Practice expression
- Build support systems

Stage 3: Maintenance

- Consistent enforcement
- Regular review
- Adaptive adjustment

Remember

- Boundaries are acts of self-love
- Strong boundaries enable sustainable advocacy
- Your peace matters as much as your cause
- Boundaries protect your fierce authenticity

"Through fierce boundaries, we don't just protect ourselves—we create space for authentic connection, sustainable activism, and collective flourishing."

The Body Is Not an Apology Radical Self-Love Guide

Core Philosophy

At FYP, we believe radical self-love is not just personal—it's political. When we resist the urge to apologize for our existence and embrace our whole selves fiercely, we create ripples of transformation that extend from personal healing to systemic change.

Understanding Radical Self-Love

What It Is

- A political act of liberation
- A journey of unapologetic self-acceptance
- A tool for collective transformation
- A practice of fierce authenticity

What It Isn't

- Mere self-improvement
- Conditional self-acceptance
- Individual solution to systemic problems
- Performative positivity

The Four Pillars of Radical Self-Love

1. Taking Up Space

Existing unapologetically

In Youth Advocacy:

> ❝ "My voice matters, even when it shakes."
> "My lived experience is valid evidence for change."

In Movements:

> ❝ "We create space for all bodies and beings."
> "Our differences strengthen our collective voice."

In Daily Life:

> ❝ "I deserve to be here, exactly as I am."
> "My needs are worthy of attention and care."

2. Interrupting Body Terrorism

Challenging systemic oppression

In Youth Advocacy:

> ❝ "We challenge narrow definitions of 'professional' appearance."
> "Our advocacy includes all bodies and abilities."

In Movements:

> ❝ "We actively counter internalized shame."
> "Our spaces celebrate human diversity."

In Daily Life:

> "I question beauty standards that diminish me."
> "I challenge negative self-talk with fierce compassion."

3. Building Radical Self-Love Tools

Practicing everyday liberation

In Youth Advocacy:

> " "We start meetings with embodiment practices."
> "Our work honors everyone's physical and emotional needs."

In Movements:

> " "We integrate rest as resistance."
> "Our activism includes joy and celebration."

In Daily Life:

> " "I practice daily acts of self-acceptance."
> "I create rituals that honor my body and being."

4. Living in Community

Transforming together

In Youth Advocacy:

> " "We build networks of mutual support."
> "Our strength comes from collective care."

In Movements:

> "We practice inclusive leadership."
> "Our work embodies collective liberation."

In Daily Life:

> " "I seek spaces that celebrate authenticity."
> "I contribute to communities of radical acceptance."

Practical Applications

In Youth Mental Health Advocacy

1. Language Practices
   - Body-positive communication
   - Inclusive terminology
   - Empowering narratives

2. Space Creation
   - Accessible environments
   - Rest integration
   - Joy celebration

3. Program Design
   - Universal design principles
   - Diverse representation
   - Embodied learning

In Movement Building

1. Leadership Approach
   - Authentic expression
   - Diverse body wisdom
   - Collective care

2. Meeting Culture
   - Body-aware scheduling

   - Movement integration

   - Comfort prioritization

3. Resource Allocation
   - Accessibility funding

   - Well-being support

   - Rest infrastructure

In Personal Practice

1. Daily Rituals
   - Body gratitude

   - Self-acceptance practices

   - Joy cultivation

2. Environment Design
   - Comfort creation

   - Beauty redefinition

   - Space claiming

3. Relationship Building
   - Boundary setting

   - Need expression

   - Community connection

Common Challenges and Responses

1. Systemic Pressure

Challenge: Facing institutional body shame
Response: "My body is a site of resistance and revolution."

2. Internal Criticism

Challenge: Battling internalized judgment
Response: "I choose radical self-love as an act of political warfare."

3. Movement Burnout

Challenge: Neglecting self-care in advocacy
Response: "My well-being is essential to sustainable liberation."

Daily Practices

Morning

1. Body Gratitude
   - Thank your body
   - Notice strength
   - Celebrate function

2. Intention Setting
   - Choose self-love
   - Plan rest
   - Honor needs

Throughout Day

1. Body Check-ins
   - Notice feelings
   - Honor needs
   - Take breaks

2. Shame Interruption
   - Question judgment
   - Choose acceptance
   - Practice compassion

Evening

1. Reflection
   - Celebrate wins
   - Honor challenges
   - Note growth

2. Rest Practice
   - Give permission
   - Take space
   - Restore energy

Remember

- Your body is not an apology
- Self-love is revolutionary
- Rest is resistance
- Community is crucial
- Joy is justice

Creating Ripples of Change

Individual Level

- Practice daily acceptance
- Build self-love tools
- Share your journey

Community Level

- Create inclusive spaces
- Support others' growth
- Build caring networks

Systemic Level

- Challenge oppressive norms
- Create new standards
- Transform institutions

"Through radical self-love, we don't just heal ourselves—we create waves of transformation that ripple out to heal our world."

Youth Advocate Collective Interview

1. Introduction & Rationale

Engaging youth advocates through one-on-one interviews offers a high-impact way to strengthen relationships, surface unmet needs, and co-create strategies for collective action. Research on youth participation (Checkoway, 2011; UNICEF, 2018) shows that personalized outreach and meaningful involvement boost long-term engagement and leadership development.

Key Goals

1. **Understand Current Needs:** Identify each advocate's top challenges, interests, and barriers to deeper engagement.
2. **Introduce FYP's Policy Branch Concept:** Gauge interest in contributing to emerging initiatives that influence policy and drive collective impact.
3. **Deepen Connections:** Build trust, gather feedback, and provide a direct pathway to FYP's mailing list, Slack, and future collaborative opportunities.

2. Interview Objectives

1. **Assess Engagement Barriers:** Why might advocates be less active now (time, resources, clarity on next steps)?
2. **Uncover Areas for FYP Support:** Where can FYP help—whether through policy briefings, resource-sharing, or capacity-building?
3. **Explore Policy Interests:** How can advocates collaborate on a youth-led policy campaigns?
4. **Strengthen Advocacy Network:** Rekindle Slack activity, expand the mailing list, and identify future youth leaders in policy-oriented work.

3. Methodology

1. **Participant Selection:**
   - Start with a prioritized list of ~20 advocates who have shown interest or have unique expertise.

- Gradually expand to all 70+ in the Slack community if capacity allows.
2. **Scheduling & Format:**
   - Conduct **30-45 minute virtual calls** (via Zoom or phone).
   - Associates will send personalized invitations via Slack DM or email.
   - Offer flexible time slots to accommodate diverse schedules.
3. **Data Collection & Consistency:**
   - Use a **standardized interview guide** (see Section 5) to ensure comparable data.
   - Record key insights in a shared spreadsheet (or Airtable/Google Sheet) after each interview.
   - Track who consents to mailing list inclusion and policy/think-tank follow-up.
4. **Ethical Considerations:**
   - Emphasize voluntary participation.
   - Ensure confidentiality of personal details; share only aggregated findings unless permission is given.

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4. Sample Interview Questions

Use open-ended questions, then tailor follow-ups based on each advocate's responses.

1. **Current Involvement & Interests**
   - "What youth advocacy work are you currently focused on or passionate about?"
   - "Have you been active in FYP events/Slack recently? If not, what's been the main barrier?"
2. **Identifying Needs & Challenges**
   - "What challenges are you facing in your advocacy work (e.g., funding, networking, policy knowledge)?"
   - "How could FYP better support your projects or initiatives?"
3. **FYP's Potential Role**
   - "What types of resources, trainings, or collaborations would be most helpful to you?"
   - "If FYP were to launch a youth-led policy branch or think-tank, what topics or issues would you want it to address?"
4. **Policy & Think-Tank Interests**
   - "Are you interested in shaping policy or working with FYP on advocacy campaigns that influence decision-makers?"
   - "What would motivate you to contribute to a youth think-tank within FYP?"
5. **Communication & Next Steps**
   - "How do you prefer to stay informed (Slack, email, text)?"
   - "Would you like to join our focused mailing list for policy updates, new opportunities, and event invitations?"
6. **Closing**
   - "Is there anything else you'd like to share or any questions for us?"
   - "Thank you! We really value your insights—looking forward to collaborating more."

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5. Expected Outcomes

- **Insights on Engagement Gaps:** Understand the "why" behind current participation patterns, informing strategies to revitalize Slack and event attendance.
- **Policy & Think-Tank Roadmap:** Gauge interest and gather fresh ideas for a potential youth-led research and policy-advocacy branch under FYP.
- **Targeted Support Initiatives:** Discover what trainings, mentorship, or resource-sharing can bolster advocates' impact.
- **Strengthened Relationships:** Increase advocates' sense of belonging and ownership within FYP.
- **Mailing List & Slack Reengagement:** Grow a targeted mailing list of members eager for updates and re-ignite Slack conversations through personal follow-ups.

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6. Brief Supporting Literature

- **Checkoway, B. (2011).** "What is youth participation?" *Children and Youth Services Review*, 33(2), 340–345.
  - Explores frameworks for meaningful youth engagement and the importance of direct dialogue.
- **UNICEF (2018).** *Adolescent and Youth Engagement Strategic Framework.*
  - Emphasizes inclusive methods for involving young people in decision-making and policy influence.