British Values – Making a Difference

1 of 17 – Welcome

Welcome to this session on making a difference.

By the end of this session, you will:

* Know what making a difference means
* Understand some things you can do to support your community
* Know how to find volunteering opportunities near you

 2 of 17 – What is making a difference?

Making a difference in your school, college or community is simply acting in a way that benefits those around you.

This can be as basic as setting a good example, to more complex activities such as organising charitable events. It could also mean donating your time, money or goods to support a good cause.

Making a difference can be a one-off act, or something you do regularly. Every positive action, however small, helps to make a difference.

 3 of 17 – What can you do?

There are many things you can do to benefit your community. All of these involve thinking of others and working for a common good.

Below are some examples of things you could do to help others around you:

* **Fundraising**: You could organise or take part in an event to raise funds for a cause you care about.
* **Activism**: You could become active in a cause or political movement you care about. This is a great way to speak up before your legal right to vote at 18.
* **Volunteering**: You could work in a charity shop or organisation to help those in need. This also makes great work experience.
* **Cleaning up**: You could help keep your community clean and tidy by helping maintain parks and clearing up litter.

 4 of 17 – What is fundraising?

Fundraising is raising money or collecting donations on behalf of a cause you care about. This could be a charity, local school or community enterprise.

There are lots of ways to fundraise, either on your own or as part of a larger group. This could be a group you join that already exists, or an event that you organise and run.

For example, you could:

* Take part in a sporting event and collect sponsorship from your friends and family
* Hold a bake sale or coffee morning and give the money you make to your good cause
* Pack bags at a local supermarket in exchange for donations
* Hold a bring and buy sale and donate all or part of the money you make

There are many national fundraising initiatives that you can join in with to support large, well-known charities, such as Macmillan Coffee Mornings or Mind Crafternoons.

 5 of 17 – What is activism?

Activism is action taken to bring about or prevent change in society. There are many things that happen in your community or in the wider society of the UK which you may be in support of or against. There are things you can say or do to support your beliefs.

One of the most common forms of activism you will have heard of is protesting. Peaceful protests are an important way for people to have their voices heard, however it is important to ensure you do not do anything illegal, such as cause damage to property or trespass somewhere you are not supposed to be.

Other forms of activism you can undertake include:

* Writing a letter to your MP about an issue
* Attending community meetings and speaking about your cause
* Telling others about the problem you care about
* Asking businesses or organisations to make changes to support your cause

 6 of 17 – What is volunteering?

Volunteering is giving up some of your time to support a charity, public service or good cause. You could be using skills or knowledge you already have or developing new abilities and doing new things.

Examples of tasks you could be doing as a volunteer include:

* Showing people around a historic house
* Looking after an area of community garden
* Reading to children in a school
* Selling items in a charity shop
* Spending time talking to older or lonely people

Watch this video about volunteering to learn more: [Where Volunteering Begins](https://www.youtube.com/embed/wS6ObWC40b0?autoplay=1&rel=0&start=0&modestbranding=1&showinfo=0&theme=light&fs=0&probably_logged_in=0)

7 of 17 – Where can you volunteer?

Volunteering opportunities are everywhere. But how do you find one that is right for you?

There are two main ways to find a volunteer opportunity.

* Think of causes that matter to you. This could be a primary school you went to, a charity that supports animals or community interest company that maintains the local park. Contact them, saying that you would like to offer your time to help them in some way. Most will be eager to hear from you and will let you know what opportunities they have available currently and how to get involved with them.
* Use a volunteer opportunity database. There will probably be a database for your local area. The main national volunteering opportunity database is a website called Do-it.org. They list over one million volunteering opportunities, which can be searched easily using keywords and location to find an opportunity that is right for you. Visit their website here: [Do IT | Connecting people to do good things](https://doit.life/volunteering)

8 of 17 – Why should you volunteer?

Volunteering makes life better for people in your local community. When you give your time, you are helping a good cause to carry out their mission.

But the benefits of volunteering are not just for the organisation you are giving your time to; there are many benefits to you as a volunteer as well.

These include:

* Meeting new people
* Learning new skills
* Increasing your self-confidence
* Gaining experience you can use for future job applications
* Improving your mood and wellbeing

Some volunteering opportunities can lead to qualifications, or even offers of paid employment.

9 of 17 – Coming up with ideas

To make a difference, you first need to know what you want to make a difference to.

Consider life in your local area to think if there is an area you could help with. It could be a problem that needs fixing, a charity you would like to support or just a general idea of the type of work you want to do.

Ask yourself the following questions and make a note of your answers. These will help you decide where you could start making a difference near you.

* Is there something happening I would like to bring an end to?
* Is there an organisation local to me whose work I admire and would like to support?
* Is there a national issue I would like to campaign for or against?
* Is there something I feel strongly about that can be changed?
* Is there a charity that supports people like me or my friends in some way?
* Do you have friends or family who support a charity or good cause? What is it?
* When you read the local or national news, which stories inspire you to want to create change?

10 of 17 – Developing your ideas

Once you have an idea of how you would like to make a difference, you may need some help in getting your plans started. Here are some places you could go to help turn your ideas into practical plans.

* **Social media**: Speak to people in your networks to find others who care about the same causes as you, or people who would be willing to help you.
* **Teachers**:Your teachers may be able to give you advice or insight into what you want to do. If your idea is in school or college, they may be able to help organise it.
* **Local charities**: If you have an idea of a cause in mind, see if there is a local charity that supports that cause too. They will likely welcome your support.
* **Novelty**: Increase the effectiveness of your ideas by making them more noticeable; find ways to make your idea quirky or different, or go viral like a social media challenge.
* **Persistence**: Taking initiative is never easy. It will be easily if you have others supporting you and don’t be disheartened if your ideas take time to be effective.

 11 of 17 – Why making a difference matters

By standing up for others, giving your free time or simply setting a good example, you improve your own life and the lives of those around you. Every good thing you do also encourage others to do the same, which means our lives are further improved.

Being able to take a stand against injustice or provide support for good causes are important ways we uphold British values, particularly those of individual liberty, mutual tolerance and respect. By working together and playing our part, we can help make the UK more open, tolerant and accessible for everyone.

 12 of 17 – Question 1

Fundraising is…?

1. Offering your time to help a cause that you believe in
2. Raising money or collecting donations on behalf of a cause you care about
3. Bringing about change through positive and affirmative actions

The correct answer is:

Fundraising is raising money or collecting donations on behalf of a cause you care about.

 14 of 17 – Question 2

Which of the following are places you can volunteer?

Choose all that apply.

1. A school
2. A charity
3. A community organisation
4. A library
5. A museum

The correct answer is:

These are all places that you can volunteer.

15 of 17 – Question 3

Which of the following are benefits of volunteering your time for a good cause?

Choose all that apply.

1. Meeting new people
2. Learning new skills
3. Increasing your self-confidence
4. Gaining experience you can use for future job applications
5. Improving your mood and wellbeing

The correct answer is:

These are all benefits of volunteering your time for a good cause.

 16 of 17 – Question 4

Match the type of action you can take to the type of making a difference it is.

1. Volunteering
2. Fundraising
3. Activism
4. Organising a cake sale and giving the money you make to a charity.
5. Spending two hours every Saturday to help a group tend to a community garden.
6. Writing a letter to your MP about why you don’t think they should build a new housing estate.

The correct answers are;

* Fundraising – Organising a cake sale and giving the money you make to a charity.
* Volunteering – Spending two hours every Saturday to help a group tend to a community garden.
* Activism – Writing a letter to your MP about why you don’t think they should build a new housing estate.

17 of 17 - End

Well done. You have completed this session on making a difference.

You should now:

* Know what making a difference means
* Understand some things you can do to support your community
* Know how to find volunteering opportunities near you

If you have any questions about anything covered in this session, speak to your tutor for more help.