BRAVE

Celebrating Collective Individuality

Log Book

Family Group:

Name:

Welcome to our Manchester PeaceJam Slam 2025

This year's theme, chosen by the youth at Manchester Communication Academy is 'BRAVE: Celebrating Collective Individuality'.

You belong to a range of communities in your everyday life. These embody where you live, what you believe in and who you are. Today aims to explore how you can celebrate and harness your voice and skills, your individuality, to make a difference in your community. The first step? Be BRAVE! Put yourself out there, share your opinions and engage in action.

This is YOUR log book. It's a guide to the event today but also a place to write, reflect and plan action.

Emcees

Fay Pretty
Fay started as a PeaceJammer, attending the 2017 Winchester Conference as a sixth form student, before becoming a mentor and then mentor coordinator whilst studying at the University of Winchester. Now a graduate, Fay is the chair of the UK Youth Team as well as a member of staff. Fay is passionate about community and the positive difference young people can make, big or small.

Luke Addison
Luke is an English, Drama and Peace Education Teacher. Luke studied English and Drama at the University of Winchester and began using Drama as a tool for teaching within vulnerable groups such as prisoners, elderly, youth groups and refugees. Luke is currently leading PeaceJam Europe and works with PeaceJam UK.

"Peace does not mean just to stop wars, but also to stop oppression and injustice."
Tawakkol Karman

Follow us @PeaceJamUK and please tag us and use the #PeaceJamUK in any of your photos and posts from today.

PEACEJAM
UNITED KINGDOM

Programme

Time	Activity
8:45 am	Registration
9:15 am	Opening Ceremony
9:45 am	Family Group 1
10:25 am	Social Action Presentation
10:40 am	Q & A Panel
11:40 am	Family Group 2
12:20 pm	Lunch
1:20 pm	Workshops
2:25 pm	Family Group 3
3:05 pm	Closing Ceremony
3:30 pm	Close

Family Groups are small group mentoring sessions with our trained young professionals and university student mentors. You will stay in the same Family Group all day.

What are you most looking forward to today?

I've signed up for this workshop:

Q&A Panel

Panel Guests

Adelaide Saywell

Adelaide is an autistic adhd person who creates content online to help encourage people to be themselves. They spend their time advocating for accessibility, creating resources that are easy to follow and understand. She has a passion for helping and encouraging people. Adelaide's aim is to be the person online that young Adelaide wishes they had.

Matt Haworth

Matt is a self-described "social impact geek" and was voted Digital Entrepreneur of the Year at the Digital Entrepreneur Awards. Matt is also a strong advocate for the LGBTQ community, having started Pride in Leadership and sitting on numerous boards, including akt - the national LGBTQ+ youth homelessness charity.

You!

Our Q & A panel has a very important speaker: YOU! We want you to join our young panel of changemakers to discuss your opinion on community issues and social action. Encouraging you, our youth attendees, to ask a question to our panel before taking a turn in our 'youth hot seat' as a member of the panel.

Special Guest

Feelgood Communities CIC

Robin Graham

Robin Graham is a Laughter consultant, a director of Feelgood Communities CIC and Laughter Ambassador for Laughter Yoga International, and has been leading laughter-based activities since 1998. Inspired by laughter and spirituality, he is driven by the potential to change the world, build stronger more compassionate communities, and to help individuals to find happiness.

Use this space to prepare a question or two of your own for the panel. You can add the answers below or use the notes page at the back of the log book

Q

_____

_____

Q

_____

_____

CLICK HERE

Do you want more support for your social action project? We want to hear from YOU: unitedkingdom@peacejam.org

"I can assure you I'm quite sane and have proof that dialog 'works.'"
Betty Williams

Read all about the workshops taking place today!

Drawing Change
This workshop will be a practical introduction to visual note-taking –
we will tell stories and listen to each other using simple pictures. You
will learn some of the techniques that help people to 'read' your notes
such as using frames or containers, organising the page and popular
icons. You will be given practical tips and ideas to take away and use
straight away.

Hidden Disability Awareness
Accessibility remains a barrier for many members of society, including
those with hidden disabilities, which are often misunderstood largely
due to a lack of awareness. Chloe Coxshall is a neurodivergent and
chronically ill person, who has experienced these barriers first-hand
and is passionate about accessibility education. She will be running a
workshop for students to create draft campaigns to advocate for
hidden disabilities, whether this focuses on a specific aspect of
hidden disabilities, a specific access need or accessibility in a specific
venue. Initiating conversations about disabilities is often the first step
in improving accessibility and inclusivity.

Neighbourhood Ninjas
I am a Neighbourhood Officer with Manchester City Council. It's my
job to make sure your neighbourhood is clean, green, and safe for
everyone who lives and works there. This can sometimes be a
challenge, and I am regularly faced with issues to overcome using my
skills and experience. In this workshop I'll be introducing you to some
of the challenges I face every day to see if you can use your
imagination and creativity to come up with solutions to improve your
local area.

Workshop Notes

Reflection on my workshop:

I want to research this topic further:

New vocabulary and jargon:

What communities are you a part of?
List three communities you belong to below.

1

2

3

Can you give an example of an issue you have explored in a workshop today that is present in one of your communities?

PEACEJAM
UNITED KINGDOM

What is Billion Acts of Peace?

billion acts
Nominated 8 Times for the Nobel Peace Prize

On PeaceJam's 10-year anniversary, **10 Nobel Peace Laureates and 3000 PeaceJam youth from over 40 countries joined together** at an unprecedented and immensely powerful event to plan and implement a global call to action.

10 Issue Areas were identified as the most important of our time to ensure more peace in the world, and a goal was set - engage everyday citizens worldwide to **join together to create and inspire 1 Billion Acts of Peace,** and in the process truly change the world collectively.

The 10 Issue Areas

Education and Community Development

Protecting the Environment

Alleviating Extreme Poverty

Global Health and Wellness

Non-proliferation & Disarmament

Human Rights For All

Ending Racism & Hate

Advancing Women and Children

Clean Water For Everyone

Conflict Resolution

"In order to carry a positive action we must develop here a positive vision."
Dalai Lama

CLICK HERE

https://www.billionacts.org
For more information and videos from our Laureates discussing these issue areas!

Use the 10 issue areas as a place to start and brainstorm what issues you can see in your community that *you* want to address. Branch out with examples and consider who is impacted by each issue.

What issue areas do you want to address?

Social Action Projects

On the Billion Acts of Peace website, you can log an act of peace or create a campaign, otherwise referred to as a social action project (SAP).

What is an Act of Peace?
A thoughtful action that spreads more peace in your community and impacts one or more of the Billion Acts Issue Areas. It can contribute to a larger social action project e.g. writing a letter for a letter writing campaign or taking part in litter picking .

What is a Campaign/SAP?
A campaign allows you to mobilise your community, around an event, address a need in your area, or set a goal to create an impact in one or more of the Billion Acts Issue Areas and work to achieve it together.

Each year, the One Billion Acts of Peace campaign highlights the best youth acts and projects, worldwide. 12 Finalists are selected and honored worldwide.

The MCA Youth Group's Social Action Project
Hello, I am Ayesha, from the PeaceJam Youth Group based at Manchester Communication Academy (MCA). We have decided to base our social action campaign on social media because we are surrounded by it but remain woefully uneducated on it.

This is why we want to explore and educate with our community the negatives of media consumption and how to use it for good. We can see examples where social media and the impact of connecting globally with others on shared ideas can have a positive impact, from the Fridays for Future movement to fanfiction. However, due to a lack of education and accountability around these online spaces, we can see a growth in toxic and hateful speech. This is not only affecting people individually, but as a collective. We're here to discuss ways to prevent these harmful attitudes and help promote collective individuality.

We want to get you to use BRAVE, our acronym for thoughtful online interaction. A good way for you to promote BRAVE is by posting with our hashtag **#BeMCABrave** in order to encourage others to consider how they interact online.

Read on to find out all about BRAVE and the facts that inspired us!

PEACEJAM
UNITED KINGDOM

Be BRAVE!

Our version of how to be BRAVE in online communities!
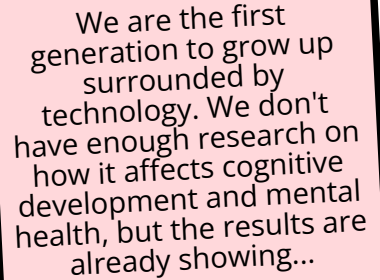
B **Be careful** of what you believe on the internet.

R Take **responsibility** for your actions on social media and how they affect your life and others off screen.

A Be mindful of how your **attitude** is affected by what you consume.

V Use your **voice** to express what you believe is right; challenge negative content and unrealistic expectations.

E **Express your beliefs** in a respectful way.

We are the first generation to grow up surrounded by technology. We don't have enough research on how it affects cognitive development and mental health, but the results are already showing...

A teenager's daily average screen time is up to **seven hours**.

Did you know our brains have become more used to processing information from the middle of a page due to how we read stuff on our phones?

The average screen time per day:
2-3 year olds: **2 - 2.5 hours**
5 - 8 year olds: Over **3 hours**
8 - 12 year olds: Almost **5 hours**

This is JUST the average. Imagine just how much small children are consuming in this time and what sort of things they may come across.

We need to hold our parents accountable.
We all play a role in allowing the high amount of content we consume and the negative behaviour we witness online to go unchallenged. This includes our parents. When a parent puts a young child in front of an electronic device rather than exploring an alternative, the long-term consequences of young children accessing potentially inappropriate content or expecting a dopamine rush in connection with engaging with an electronic device can have a long-term damaging effect on behaviour.

PEACEJAM UNITED KINGDOM

Young children's behaviour is changing to fit with what they see on social media. This creates stereotypes where a certain type of person must act, talk and behave a certain way. Children adopt these toxic and negative behaviours and project these ideals into their communities.

Examples of micro-aggressive behaviour influenced by the rise of 'Alpha Male' ideology online:

Using sexist language e.g. 'Sigma'

Male authority being respected over female and non-binary leadership

Men's mental health needs being undermined

Encouraging violence as a result

Aggressive behaviour encouraged

Trends shape our behaviour, creating pressure to conform to a specific standard. This expectation limits individuality, we all feel forced to fit in. The need to follow trends leads to overconsumption, while insecurity grows, making teens feel inadequate if they don't match the latest popular styles or behaviours.

What's the last thing you bought because of something you saw online?

What are your most used apps? And how much time do you spend on them?

○ _____

○ _____

BRAVE

○ _____

And remember, before you go online #BeMCABrave!

○ _____

PEACEJAM
UNITED KINGDOM

Social Action Project

Use these questions and prompts to develop your social action project.

Social Action Plan Table
Draw and fill this table, you can use your notes page or any available paper.

The Issue	The Project	The Context
(Research)	(Describe Project)	(Background)

Your primary issue area:

Your secondary issue area (your project may impact more than one):

Your project/focus:

Reflections
List three things you have learnt from the workshops today that will help you plan your own social action project:

1

2

3

How will you conduct research? E.g. Finding information on line, conducting surveys etc.

Questions to consider when planning your project:
1. What is the issue area you want to address?
2. Have you spoken to the community and people effected by that issue area? What do they need?
3. Can your project address the root cause of the problem?
4. What is the target outcome of your project?
5. Where will the project take place?
6. Does the project need a risk assessment/ permission?
7. Who will be involved?
8. How will your project be advertised/shared?
9. How will you measure the impact of your project?

Today has taught me:

Today has inspired me:

I'm going to leave today and take action by...

Acts of peace I can do in my community

Brainstorm acts of peace you can do in your community.

Search

hippos ted tomatoes
desmond children light
billy chip empowerment
rigoberta menchu google
kids against plastic
betty contagious courage
burns price foundation
esquivel rivers hope
mount school lifebags
dalai lama scientist
how many elephants
ebadi until free

Type any set of three words above to find more inspiration, educational resources or support to take action!

PEACEJAM
UNITED KINGDOM

Use these two pages to make notes and doodle!

"I believe that worrying about the problems plaguing our planet without taking steps to confront them is absolutely irrelevant. The only thing that changes this world is taking action."
Jody Williams

PEACEJAM
UNITED KINGDOM

Name

School/ Organisation
....
....
Phone
....
Email
....
Social Media @
....

Name

School/ Organisation
....
....
Phone
....
Email
....
Social Media @
....

Name

School/ Organisation
....
....
Phone
....
Email
....
Social Media @
....

Name

School/ Organisation
....
....
Phone
....
Email
....
Social Media @
....

Name

School/ Organisation
....
....
Phone
....
Email
....
Social Media @
....

Name

School/ Organisation
....
....
Phone
....
Email
....
Social Media @
....

Name

School/ Organisation
....
....
Phone
....
Email
....
Social Media @
....

Name

School/ Organisation
....
....
Phone
....
Email
....
Social Media @
....

Name
School/ Organisation
....
....
Phone
....
Email
....
Social Media @
....

Name
School/ Organisation
....
....
Phone
....
Email
....
Social Media @
....

Name
School/ Organisation
....
....
Phone
....
Email
....
Social Media @
....

Name
School/ Organisation
....
....
Phone
....
Email
....
Social Media @
....

Name
School/ Organisation
....
....
Phone
....
Email
....
Social Media @
....

Name
School/ Organisation
....
....
Phone
....
Email
....
Social Media @
....

Name
School/ Organisation
....
....
Phone
....
Email
....
Social Media @
....

Name
School/ Organisation
....
....
Phone
....
Email
....
Social Media @
....

First Aid
First aid facilities are available at the PeaceJam Information Desk.

Prayer Rooms
Prayer room facilities are available. Please see any member of the PeaceJam team for assistance and directions.

Recycle
Please refill your water bottle and take action by recycling and reusing it whenever possible.

Child Protection Issues
If any issues arise please speak with our
Child Protection Officers – Fiona Macaulay, Ben Tanner.

Conference Organisation Team
Ben Tanner, Caroline Millman, Erinma Bell , Fay Pretty, Fiona Macaulay, Jonny Wineberg, Luke Addison, Robin Graham, Sally Milne, Swati Mukherjee, the PeaceJam Youth Group at Manchester Communication Academy and the members of our excellent Youth Leadership Team.

We should also like to thank all our dedicated friends and colleagues who have made this weekend possible including:
Our marvellous MENTORS
The wonderful WORKSHOP PRESENTERS
Our valiant VOLUNTEERS
Our incredible PEACEJAM TEACHERS and YOUTH WORKERS
The hardworking staff at MANCHESTER COMMUNICATION ACADEMY

A huge thank you to our wonderful sponsors without whom we could not put on this Slam.