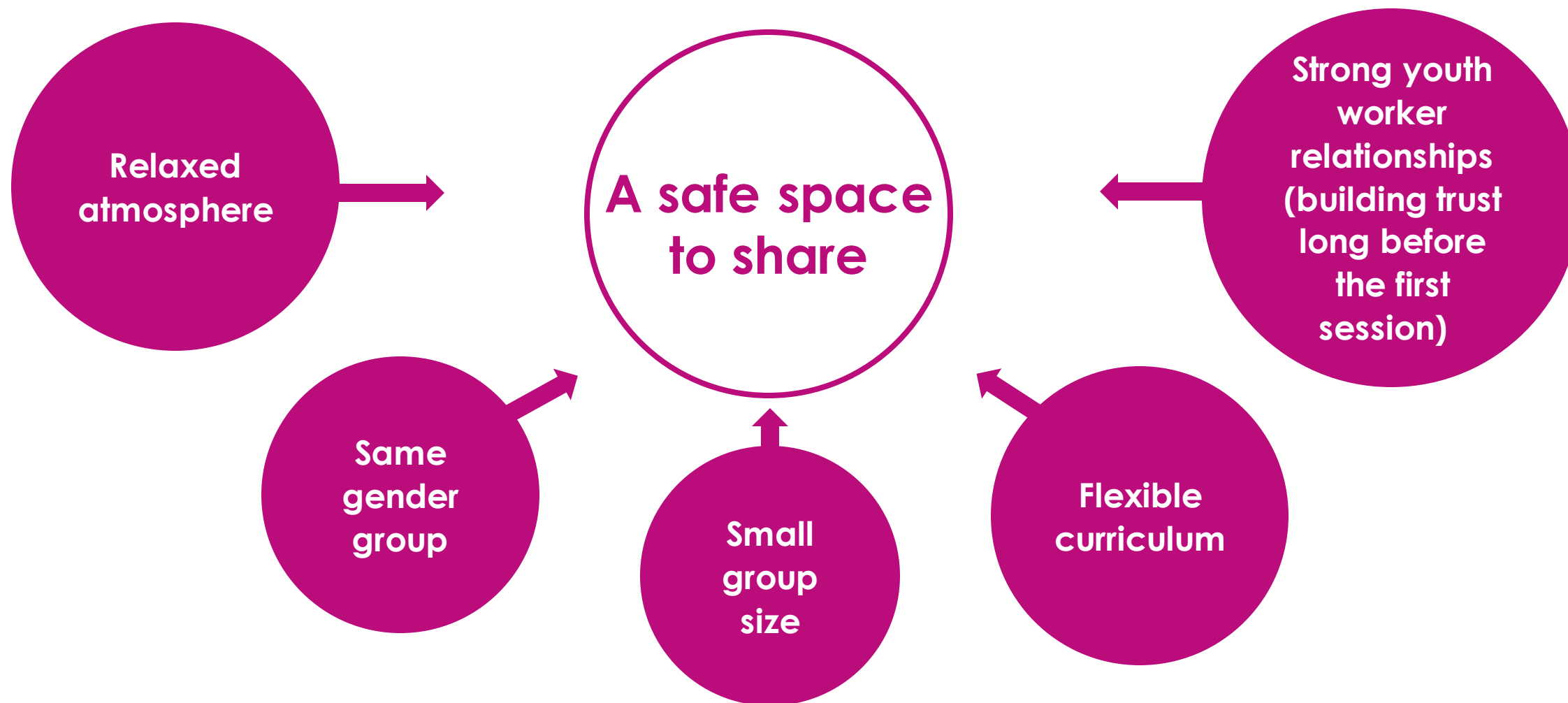


Enablers: what made EmpowHER work?



What enabled the increase in wellbeing?



Enablers: what made EmpowHER work?



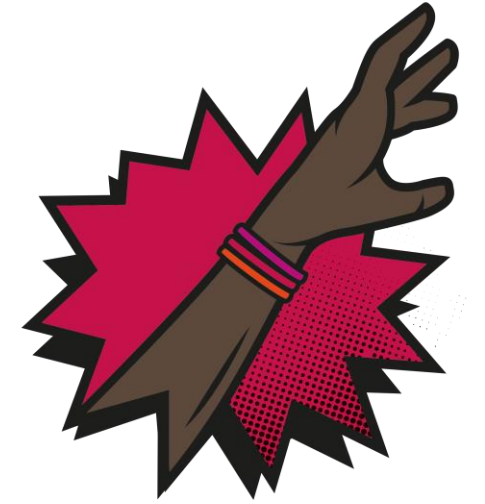
What enabled the YW&G to challenge and change limiting perceptions?

- ✓ Long term programme – it takes time!
- ✓ Social learning - Exploring topics of women's rights and stereotyping
- ✓ “I can do this” experiences – accessible social action opportunities
- ✓ A safe space to share and challenge limiting perceptions

What supported YW&G to identify and lead change?

- ✓ Being part of something bigger
- ✓ Exposure to relatable role models “people like me can lead”
- ✓ Opportunities – to lead, to speak, to achieve

Enablers: what made EmpowHER work?



What was driving improvements in social cohesion?

- ✓ **Learning** - deepening community understanding through social learning
- ✓ **Meeting new people** – spending time with peers, role models and members of the community
- ✓ **Social action** – opportunities to engage with community (works both ways!)

What are the enablers to creating long-term, youth-led social action habits?

- ✓ **Spark something** – deliver sessions that enable YW&G to identify causes they feel passionate about
- ✓ **Dare to be different** - encourage non-mainstream social action
- ✓ **Build belief** - increase confidence through challenging limiting perceptions
- ✓ **Get going** - instill positive feelings through quick, accessible social action early on
- ✓ **Time to develop** - build a social action skillset, get more ambitious!
- ✓ **So what's next? Harness the enthusiasm and connect to social action in your local area**