

Sadia's EmpowHER Journey



Sadia lives in one of the most deprived areas in the UK.

Sadia has a difficult home life and faces a range of personal barriers to progression

Sadia has never taken part in social action

EMPOWHER

1

Social Engagement

Whilst in the centre one night the same youth worker talks to Sadia about EmpowHER

Over time Sadia is encouraged to come along to try the youth centre

A detached youth worker builds up a relationship with Sadia and her friends, spending time with them in their local area

One year on Sadia is a role model on EmpowHER – delivering talks and workshops to YW&G across the country, and is also volunteering in her local community.

Legacy

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With her youth worker's encouragement Sadia becomes an EmpowHER ambassador, supporting EmpowHER groups across the country.

2

Social Learning

Sadia is going to be staying with family members further away for a few weeks and gets anxious on public transport, the youth worker organises transport from the access fund.

Sadia begins to learn about a range of female-specific issues, including the suffrage movement

As her confidence builds Sadia volunteers to lead a discussion on women's rights.

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Social Leadership

Sadia takes part in a leadership workshop delivered by Young Women's Trust.

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Social Action

As well as learning about herself, Sadia increases her understanding and knowledge of issues faced by others in her community and wants to act

She's able to learn at a pace that suits her in a safe environment with the support of her youth worker and peers

Reflection
Reflecting with her youth worker Sadia feels a sense of success and accomplishment for the first time.

Sadia becomes an advocate for the programme, encouraging her friends and siblings to get involved.

Peer Engagement

Sadia's group starts small with creating affirmation cards and then plans a bigger project, gaining tips from the British Red Cross

A visit from a relatable role model gives Sadia a confidence boost.

Sadia and her group secure funding for their project by pitching their idea at a social action pitch day.

Sadia starts to see what she is capable of.

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