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.

Social Engagement

1. 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.

Peer Engagement

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

Social Learning

3. Over time Sadia is encouraged to come along to the youth centre. Sadia begins to learn about a range of female-specific issues, including the suffrage movement.

Social Action

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

Social Leadership

5. As her confidence builds Sadia volunteers to lead a discussion on women’s rights. As her confidence builds Sadia volunteers to lead a discussion on women’s rights. She’s able to learn at a pace that suits her in a safe environment with the support of her youth worker and peers.

Legacy

6. One year on Sadia is a role model on EmpowHER – delivering talks and workshops to YW&G across the country. Sadia becomes an EmpowHER ambassador, supporting EmpowHER groups across the country.

With her youth worker’s encouragement Sadia becomes an EmpowHER ambassador, supporting EmpowHER groups across the country. Sadia takes part in a leadership workshop delivered by Young Women’s Trust.

Reflection

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

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

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.

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

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