This document shows what the Reading Youth Cabinet shall be campaigning for and striving towards throughout 2015.
Who are the Reading Youth Cabinet?
Reading Youth Cabinet are a group of elected representatives for the young people of Reading, who campaign on issues that have been highlighted both locally and nationally. We also make a difference by voicing the opinions of young people to the decision makers.

- Taking part in planning, delivering and evaluating services for young people
- Consulting, meeting and influencing decision makers
- Consulting with young people
- Promoting positive images of young people
- Campaigning for the important issues for young people in Reading

The cabinet work with and are supported by Reading Borough Council. Staff from the Participation Team support the meetings and the work behind the scenes.

The Overall aims of the Reading Youth Cabinet 2015

This year the cabinet not only has aims within their campaigns but also have aims as a whole cabinet. They are:

- To support the work of the Local Safeguarding Children Board (LSCB) and the Children’s Trust Board.
- To present and seek support for their campaigns at Full Council
- To develop closer links with UKYP and support their national campaigns
Who does the Reading Youth Cabinet work with?

UK Youth Parliament
On an annual basis, young people stand to become a Member of Youth Parliament, representing their local area. They set campaigns nationally for MYPs to follow up in their local area. Throughout the year they hold interesting events and residential to ensure potential is met locally. This year the two UKYP national campaigns are ‘a living wage for all’ and mental health.

Young Inspectors and Children-in-Care Council
We try to link with other groups of young people who have specialist knowledge in their areas, and who we can support and vice versa.

Reading Borough Councillors and Officers
We often invite staff and councillors to our meetings when appropriate, and they often request to come, so that we can exchange ideas and ensure young people’s voices are heard.

Voluntary groups and the community
We rely on the support of a range of community-based groups to help us reach all young people in Reading to ensure we are able to be truly representative.
The campaigns for Reading Youth Cabinet 2015

As a cabinet we decided that we would have two key campaigns this year. A shortlist of potential campaigns was drawn up and a vote was held to decide on the campaigns for year ahead. The two campaigns that gained the most support were:

- **Mental Health** – this campaign is a continuation of campaigns from 2012, 2013 and 2014 and one which mirrors one of the UKYP’s main campaigns.

- **‘Improving PSHE’** – this was the overarching theme for last year’s campaigns which included mental health, child abuse and Your future Your way. This year the Youth Cabinet has decided to have improving PSHE as a specific campaign based on what is seen as a growing need to re-evaluate the delivery of PSHE in schools.
Mental Health

*Developing and promoting a ‘best practice’ for mental health support and awareness in schools.*

**The 2014 Mental Health campaign**

Last year’s campaign focused on developing support for the “Treaty of Mental Health”. This treaty stated that schools must work towards 5 hours of education on mental health for every academic year for all students in a secondary school. The Youth Cabinet were successful in getting a number of new schools to sign this treaty in 2014.

In addition to this the Youth Cabinet were involved with the mental health focus group that was set up in early 2014. The group included a range of services from across Reading that are involved with mental health.

**The 2015 Mental Health campaign**

This year the Youth Cabinet hope to progress the work of last year and ensure that the mental health agenda is developed and expanded.

Furthering the push for more mental health education in schools, the Youth Cabinet is this year hoping to:

- Investigate how schools in Reading are already dealing with mental health and work towards improving this.
- Increase awareness of mental health and to promote the services that are already in place.
- Carry out a survey to gauge teacher’s and student’s views of mental health support in schools.
- Develop and implement a guide for ‘best practice’ for mental health support and education.
- Push for greater training for schools and teachers in dealing with mental health issues.
- Develop a network of student mentors who can talk to their peers about mental health.
- Meet with relevant councillors to discuss the proposals.
- Present the campaign to full council by the end of the year to gain support for the campaign ideas.
Improving PSHE

Making PSHE more prominent and including young people in its planning and delivery.

This campaign centres on the view that PSHE and its content, style and nature of delivery, isn’t meeting the evolving needs of young people. The Youth Cabinet is therefore proposing to:

- Produce and distribute a survey that seeks to investigate the current perceptions of PSHE in schools.
- Encourage schools to more consistently include young people in the planning and delivery of PSHE. This could involve:
  - Young people to be trained to deliver PSHE in their schools.
  - PSHE content to be decided on by young people and differentiated by year group.
  - The development of PSHE clubs within schools
- Promote the use of new and innovative methods for the delivery of PSHE.
- Create a poster campaign challenging stereotypes directly targeting young people
- Develop the range of topics that PSHE covers and to create and collect a set of resources that schools can use in their delivery. Topics may include for example:
  - Rights and equality
  - Alcohol awareness
  - Safety and wellbeing
- Utilise the Young Inspectors scheme to monitor the implementations of these reforms.
- Meet with PSHE leads within schools to develop this work.
Contact Us

This year we have 22 members on the cabinet, 11 have a specific role mentioned below:

<table>
<thead>
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<th>Name</th>
<th>Role</th>
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<td>Ethel Botchway</td>
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<td>Tyrie Kamara</td>
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