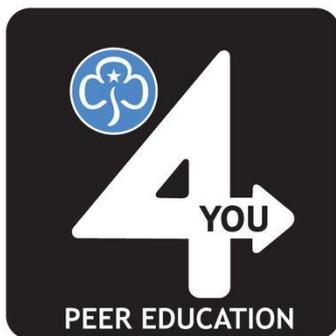


I am Charlie and I am a Guide leader at 1<sup>st</sup> (RAF) Waddington Guides as well as Division Helper in Scarborough East Division! I am currently working towards my Queens Guide Award which includes a community action project. For my project, I have chosen to look at how Girlguiding, as the leading charity for girls and young women in the UK, is combating mental health within the organisation. As I am sure everyone is aware, mental health is a growing epidemic in younger generations, with NHS data showing a 68% rise in hospital admissions because of self-harm among girls under 17 in just the past decade. Now more than ever, it is vital that we ensure we are safe guarding these young girls and begin to combat the stigmatisation of mental health conditions and promote mental wellbeing within our units.



Peer Education is a scheme that has been running in Guiding since 2010. These sessions are run by young members (aged 14-to-25) and aim to discuss important topics. The idea behind this is that the girls are eager to listen to their peers who share similar life experiences. Peer educators run a range of fun and challenging sessions, which are developed with expert partners (some examples being the Dove Self-Esteem Project and Young Minds). Some examples of the sessions include Free Being Me, Healthy Relationships and Young Health. If you would like a peer educator to come to your unit, speak to your local commissioner!

As I am looking into improving the way we combat mental health, I will be using the peer education session Thinking Resilient to better understand how the girls feel towards these issues and if this pack is effectively helping them gain knowledge on how to create a positive mental wellbeing. This will include a short questionnaire at the end of the session as well as seeing how the girls react throughout the session. Later this year I am travelling to Poland on behalf of North East England to the Juliette Lowe Seminar, a WAGGGs international event. While I am here, I will have the opportunity to speak to another member of WAGGGs from across the world. I will be asking them similar questions to the girls in our units to compare how other countries are working towards improving the mental wellbeing of their girls!

I have attached some information on the two sessions that I mainly run in units as a peer educator, however if you see another topic you are interested in, or you too would like to become a peer educator, there is more information on the Guiding website (there are also badges available for your girls who have taken part in the session!) If you would be interested in me coming along to your unit, please let me know when you would like me to come along to your unit, with some information: your unit size, the session you would like and your unit name and meeting place.

## Peer Education Topics

### Think Resilient:

Think Resilient is designed to build mental wellbeing and grow resilience in Brownies, Guides and members of the Senior Section or Rangers.

Resilience helps girls cope when they're faced with the stresses of everyday life - whether that's in their schools, families or friendship groups - so that they can have fun, take new opportunities and have good mental wellbeing.



### Free Being Me:

Free Being Me is a body confidence programme for Brownies and Guides. Sessions help girls recognise myths about how girls and women 'should' look and be happy in their own skin.

## Dove The Dove Global Beauty and Confidence Report: The United Kingdom

When women and girls don't feel good about the way they look...



**9 in 10 women and girls**

opt out of **important life activities** such as engaging with friends and loved ones



**9 in 10 women and girls**

stop themselves from eating or otherwise **put their health at risk**. (e.g. avoid going to the doctor)



**6 in 10 women  
8 in 10 girls**

have **not been assertive** in their opinion or stuck to their decision