



Use the hashtag  
**#MyFirstGive**

WORKSHEET – LESSON THREE

**Planning my  
social action**

# Looking back

Think about the examples you researched in the last lesson.  
What was your favourite one and why?



# What is social action?

Read the social action examples below.

A group of friends from one school chose **mental health** as their social issue. They felt like the stress and anxiety of the recent school closures were probably common. They wanted to show the world what it has been like, and let people know they weren't alone.

So, they set up a blog and wrote an entry each, letting people know about their experiences. Every blog entry ended with a positive thing that you can do at home to help your mental health. They shared the blog on their social media channels.

A student who chose the issue of **homelessness** was worried about how the current situation was affecting people without a home. Through researching a charity who work with homeless people, they found the charity had created a guide to help people who might be at risk of losing their home.

The student created a series of engaging posts for Instagram to raise awareness and direct people straight to the web page.

One student had chosen **the environment and plastic waste** as their social issue. This student wanted to raise awareness of plastic pollution.

They noticed how much recycling waste their own family would make every week and decided they could use their recycling to create an artefact in order to raise awareness of plastic pollution.

They filmed a video in fast motion of them using their family's recycling to create a fish to show how our waste impacts the natural world alongside some fascinating related statistics and facts they had researched.

Two students chose the issue of **food poverty** as they were aware that the local foodbank was struggling. They emailed the foodbank to ask what they needed. They replied after a few days to explain what items they were low on, and also mentioned that they were keen to provide Easter eggs as many families were unable to get this kind of treat.

The students designed online posters using Canva which explained what was needed, and one of them drew a picture of a garden with loads of tiny eggs hidden in it as a game - find as many eggs as you can! They also set up an online fundraising page for the foodbank. They shared their work with teachers, their parents and on their own social media channels.

Based on these examples, what do you think social action is?

Social action is...

Why not share your social action definition on social media using #MyFirstGive

#MyFirstGive

### Read through all of the case studies.

Which do you prefer and why?

What made this social action successful?

Can you think of anything they could have done to make it even better?



During the time when students are not in school, First Give will be running a competition to reward social action that young people do.

We want you to plan and carry out a piece of social action, and either share it on social media using **#MyFirstGive** or submit it to First Give by emailing [myfirstgive@firstgive.co.uk](mailto:myfirstgive@firstgive.co.uk). Every month, First Give will be choosing our favourite examples of social action and giving **£1,000 to the charities chosen by the winners!**

In the current circumstances, your social action might be a small act of kindness or a much bigger piece of campaigning or fundraising.

Thinking about what you want to achieve will help you to be more effective.

# Planning your social action

## What is your aim?

**e.g. "My aim is to let people know they aren't alone and to explain what it's like in isolation."**

*Could you help an existing charity with its aims? Think about your current situation and be realistic about what you can do.*

## What are you going to do to achieve that aim?

**e.g. "I will create a new blog, write an entry each and make sure every blog entry has a positive thing you can do to help your mental health."**

*How could you use your own talents and skills in your social action? Turn to page 8 if you need some inspiration!*

## How will you know if you've achieved your aim?

**e.g. 1. I will publish 4 blog entries over the next month.  
2. I will get at least 100 people reading my blog.**

*What are realistic targets? How will you find out if you've been successful? Can you create a diary recording what you've achieved?*

1

2

3

4

**Challenge**

What challenges might you face when carrying out your plan? How can you plan to overcome these challenges?

## What now?

**Now to carry out that plan! Make sure you check your plan with your teacher, parent or carer. It's also important to follow the guidelines on this page to make sure what you do is safe and appropriate.**

When you carry out your plan, make sure you share it online using **#MyFirstGive** or let your teacher, parent or carer know so that they can share it with First Give.

**We are really excited to hear about what you do!**

## First Give's top tips

**1 Learn as much as you can about your social issue**

**2 Research what charities are doing to help people affected by your social issue**

**3 Consider what you can do at home using your skills and talents**

**4 Think about whose help you'll need to complete your social action**

**5 Use social media to spread the word**

✓ **DO** be creative and original

✓ **DO** be realistic about your plans

✓ **DO** stay safe online

✓ **DO** share your social action using **#MyFirstGive**

✓ **DO** use online tools like Zoom or Skype to talk to your friends and share ideas

✗ **DON'T** go out to do social action in public (follow Government guidelines)

✗ **DON'T** be afraid to ask for help

✗ **DON'T** forget to let a parent/carer or teacher know what you're planning

✗ **DON'T** share personal details with anyone you don't know

# Stuck for ideas?

Film an instruction video of you making something to raise awareness of your social issue

Write a blog to raise awareness of your social issue

Set up a online fundraising page and raise money for a charity

Create a quiz for your teachers to send to your year group

Create a fun online 'challenge' (eg best fancy dress clothes) and tag your friends on social media to do the same and to raise awareness of your cause

Make a call to someone who will be lonely at this time

Create a poem, song or piece of art to share online

Encourage people to donate to foodbanks

Create an online competition like a wordsearch or spot the difference game to share with family and friends via email!

Join in with a charity campaign

Record a podcast about your social issue or about First Give

Send a card to someone who might be lonely at this time