



# LISA

AGE: 20 years old FROM: Scotland

**TOP FIVE CHARACTER VALUES:** RESILIENCE, PERSEVERANCE & DETERMINATION | HUMILITY / MODESTY | GRATITUDE | COOPERATION | COMMUNITY AWARENESS

*“Social action has given me the chance to meet like-minded people from all over the UK and Germany to work on worthwhile causes. It has built up my confidence to speak out on issues and this is key to my ambassador work with charities tackling issues affecting young people such as mental health and abuse. After a difficult childhood, I am so pleased to be using my skills to help other young people have better childhoods.”*

My social action started with my role as a UK-German Youth Ambassador for UK-German Connection, which is a bilateral government initiative. This saw me attend seminars in London and Berlin to discuss how to overcome linguistic and cultural barriers, exchanging information and educating each other on local customs and traditions, as well as discussing how we can encourage German language learning in British schools. In this role, I founded a German Club for the junior pupils at my school, organised events such as 'The Great German Bake Off' and talked about my role as an ambassador in assembly. I also twinned with a German ambassador to exchange cultural packages and ran a blog with the other Scottish ambassadors about our projects and meet ups.

I am involved in social action around mental health as a youth panellist for mental health charity, YoungMinds and want to facilitate change in mental health and improve facilities for young people being a topic close to my heart.

I am an NSPCC Ambassador for their Participation Unit and input on issues affecting young people including mental health, self-harm, child abuse and online safety issues. I contribute to surveys, online chat, case studies and media work. I have spoken at events such as the 'How Safe Are Our Children?' conference and the Morgan Stanley Employability Day. Having had a very difficult childhood myself I am strongly motivated to change the outlook other young people.

I have also been a fixer for Fixers UK and created a short film for teachers and other professionals about spotting even subtle signs of physical and verbal abuse in young people.

Taking part in social action has built my confidence to speak out on issues that matter to me.

