

PASS IT ON →

AT SOAR, WE BELIEVE THAT THERE IS GREATNESS WITHIN ALL YOUNG PEOPLE AND TODAY WE WITNESSED THAT IN YOU.

If you feel like continuing the conversation about anything that came up in the workshop don't forget that you can ask a guidance counsellor or teacher in your school about further support, chat to a friend or check out our website for a list of great organisations who give support to young people.

HELP US REACH MORE YOUNG PEOPLE

Soar is 100% independently funded and receives no government funding. It is a movement made up of incredibly passionate young people and adults. You have a major part to play in keeping this movement alive and creating something amazing for other young people around Ireland.

To pass it on and give another teenager the opportunity to take part in a Soar workshop Check out some fundraising ideas here:

SMALL IDEAS TO MAKE A BIG DIFFERENCE

- Hold a **SHOW YOUR COLOURS** day in your school. Get everyone to wear clothes that they feel represent them instead of their uniform. Collect a donation from everyone who takes part.
- Do the **1.2.5 PROJECT**. Place buckets and containers around your school and ask everyone to throw in their 1c, 2c and 5c coins for Soar.
- **GO WILD**. Come up with your own weird and wonderful fundraiser. The more creative the better!

We would be pumped to hear from you and help you at every step of the way with your fundraiser!

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Soar creates and delivers early intervention, preventative, wellness workshops for young people aged 12 to 18 years from all backgrounds throughout Ireland. Today your teenager took part in one of these workshops. Chief amongst Soar's aims is to create a safe environment where young people get the opportunity to express what is going on in their lives and to develop emotional resilience and self-efficacy (the strength of one's belief in their own ability to complete tasks and reach goals). Research suggests that building efficacy can support young people to realise their potential. It has also been found to positively influence self-regulation, depression, anxiety, addictions, eating disorders, and to improve social and physical outcomes (Maddux, 2002).

As is standard during Soar workshops, young people (for many of them this may be the first occasion) realise they are not alone in anything they have been or may currently be going through. This can be very comforting and freeing for young people as they feel understood by their peers.

Soar are skilled in managing this level of emotion and openness and our Head of Child Protection and Wellbeing offers support to the school both pre and post workshop. A teacher was present at the workshop and the Soar facilitators directed the young people to supports if indeed the workshop brought things up for them that they wanted to talk about in more depth. To learn more about Soar check out www.soar.ie or continue on the conversation with your teenager.

HELP US REACH MORE YOUNG PEOPLE

Contribute to Soar and help us reach more young people with a program that can positively impact their lives.

Soar is 100% independently funded and receives no government funding. We would not exist without the support of an incredible group of people who are passionate about empowering young people all over Ireland. Without this, the workshop your child experienced today could not have happened.

YOU CAN SUPPORT SOAR BY:

- **JOINING OUR MONTHLY GIVING INITIATIVE:** Support Soar's work with an ongoing contribution. Check out www.soar.ie or email info@soar.ie for more info.
- **SPREADING THE WORD:** Contact friends, family and other schools in your area who could benefit from a Soar program.
- **GOING WILD:** Come up with your own weird and wonderful fundraiser. Any support big or small is hugely appreciated.

We would love to hear from you and help you at every step of the way with your fundraiser.

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