

About B:activ



Promoting physical activity, health
and well-being for young people,
youth workers and volunteers



A Scottish Charitable Incorporated Organisation (SCIO)
Registered Charity: SC006872

www.youth1st.co.uk

The B:activ project brings together all the Physical Activity, Health and Well-being training workshops and events that Youth 1st run and organise each year.

The project has a dedicated team whose job it is to promote and co-ordinate sessions and training for our member groups. Most of the sessions are FREE to our member groups. We charge a minimal fee for access to accredited programmes to pay for certificates and registration.

All our programmes can be accessed by non-member groups for a fee.

The following sessions, events and training are available under the B:activ project:

Sports Tasters and Games Sessions



Our member groups can access FREE Sports Tasters and Games Sessions for young people. These sessions are tailor-made to suit the group and different age ranges. Sessions can be delivered indoors or outdoors and involve a wide range of games and alternative sports to promote physical activity, team work and confidence.

All equipment and resources are provided and a Games Pack is available for youth workers and volunteers. Other groups can access these sessions for a minimal fee.

B: a Leader



B: a Leader Award can be delivered flexibly over as little as 8 hours, giving young people an introduction to leadership and the skills to lead basic activity sessions under direct supervision. This programme is delivered using sports and games to provide a fun way to gain experience of leading sessions.

Participants will receive a certificate of participation upon completion as well as an SCQF Level 3 accredited Dynamic Youth Award.

Benefits of the B: a Leader Award

- Encourages young people to take responsibility and develop leadership skills
- Develops skills such as organisation, communication, confidence and self-esteem alongside planning and self-review
- Supports the work of adults within the organisation
- Provides the opportunity for older children to work with younger children thus promoting integration and social inclusion
- Reduces problems associated with bullying and inappropriate behaviour
- Encourages co-operation and helps develop moral and social skills.



Young STEM Leaders

The Young STEM Leader (YSL) programme was designed by SSERC and funded by the Scottish Government and aims to inspire more young people to develop an interest in STEM and pursue the study of STEM subjects and relevant future pathways.

The B:activ team are trained to deliver both Non-formal and Formal levels of the programme, all of which allow participants to develop important leadership, communication and employability skills. Working towards a YSL Award will also motivate the young people to continue to progress their STEM studies and perhaps eventually embark on a career in STEM. Above all else, this programme aims to promote STEM curiosity in young people and to encourage them to learn about the world around them in a fun and engaging way.



Be Internet Citizens

The aim of Be Internet Citizens programme is to build a safe yet inspiring online space where young people can be empowered to learn, to share, to be creative, to express themselves and to experience a sense of belonging as digital citizens. The Be Internet Citizens programme was designed in a collaboration

between Google and the Institute for Strategic Dialogue (ISD) to teach young people important media skills outside of formal education and in a way which is relatable and engaging. The sessions have been designed for delivery to 13+ year olds living in the UK.

- By the end of these sessions, young people will be able to:
- Identify fake and biased news
- Build resilience and critical thinking skills in order to be alert when consuming online content
- Recognise the power of the internet in shaping our attitudes towards other people
- Understand the difference between online hate speech and free speech
- The whole programme can be delivered across 2-4 sessions, but individual elements can also be tailored to suit your group. Get in touch to discuss arranging a session or to chat about the content.

Youth Scotland Programmes:

Members can access a programme of activities, projects and events that Youth Scotland organise and run throughout the year. Working in partnership with Youth Scotland, Youth 1st will promote participation (in Fife) in projects such as I:Lead and other national programmes. For further information about these projects go to www.youthscotland.org.uk



Young Leader, Youth Worker and Volunteer Training:

We encourage all youth workers and volunteers to participate in all our sessions. The Games and Sports Taster sessions are ideal opportunities to gain skills and experience so workers can deliver future sessions to their groups. We also provide access to different training work-shops throughout the year including the very popular Games, Games Games workshop.



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