

Norfolk Youth Award

What is the Norfolk Youth Award?

The Norfolk Youth Award was originally set up by Norfolk County Council's Youth Service to celebrate young people's achievements. The aim is to recognise young people's participation, development and the impact they have on their community.

Three core areas make up the Norfolk Youth Award:

- Personal Development
- Working with Others
- Making a Difference To Your Community

How does it work?

The young person works toward a personal goal in one or more of the areas. The goal(s) should be a challenge for that young person. They agree how they are going to achieve the goal, when the activity will take place and for how long (a minimum of 5 hours for each goal).



The young person completes a "log of volunteering activity", which is validated by the youth worker and others. The completed log is sent to Momentum and a certificate awarded. Once all three areas have been completed the young person achieves the Norfolk Youth Award.

Who can get involved in the Norfolk Youth Award?

The Norfolk Youth Award is open to all clubs, groups and organisations that work with young people. You do not need to be a member of Momentum to run the award.

Any young person aged 11- 19 years (up to 25 years for those with a disability) who attends a youth clubs or groups in Norfolk can take part.

Role of the youth worker / volunteer

The role of the youth worker / volunteer is to support the young person in the process of achieving their personal goals. The youth worker / volunteer will support the young person to:

- Set goal(s) that challenge the young person
- Agree how they can achieve their goal(s)
- Support them in achieving their goal(s)
- Monitor their progress and complete the "Log of Volunteering Activity"
- Get others to give feedback on the log





NORFOLK YOUTH AWARD

Ask young people in your group / organisation if they would like to take part in the Norfolk Youth Award.

Identify a project with the young people that they can get involved with that will help them achieve their goals.

Download the application form and "Log of Volunteering Activity" templates from www.momentumnorfolk.org.uk

The youth worker / volunteer completes the application form to register the group / organisation and the young people who want to complete the Norfolk Youth Award.

Momentum (Norfolk) will send an email confirming who has been registered and will ask the youth worker / volunteer to check the spellings of the young people's names (required for the certificates)
The young people's details will then be added to the Norfolk Youth Award database

The youth worker / volunteer supports the young person to complete the following sections on the relevant "Log of Volunteering Activity":
1. Their personal goal 2. What they are going to do to achieve their goal 3. Start date

Young person spends a minimum of 5 hours working towards their personal goal.

After completing the hours required the young person completes the remaining sections on the "Log of Volunteering Activity". The youth worker / volunteer completes an evaluation of the goal – commenting on how well the young person did and the progress they made. The youth worker / volunteer asks other members of the group / community to make comments on how well the young person has done.

When the "Log of Volunteering Activity" is complete the youth worker / volunteer will send a photocopy / scan to Momentum for moderation (no originals should be sent in). The details of the achievement are added to our database.

- If Momentum is not satisfied by the quality of the "Log of Volunteering Activity", we will contact the youth worker / volunteer.
- The core areas achieved by each young person will be recorded and a certificate sent to the group for the young person

When all three core areas have been successfully completed the young person will be awarded the Norfolk Youth Award. If we have the young person's permission, their name will be listed on our website to show they have successfully completed the Norfolk Youth Award.



Completing the Log of Volunteering Activity

The award is made up of three Core Areas:

- **Personal Development:** Developing a personal quality, learning a skill or discovering a new interest.
- **Working with Others:** Showing how well they work as part of a team and the qualities they bring to the group.
- **Making a Difference to Your Community:** What impact has the young person had on the community? This could be any help has been given to others or a piece of work that has had a positive effect on the environment / community.

There is a “Log of Volunteering Activity” for each. The first side of the “Log of Volunteering Activity” should be completed by the young person with the support of the youth worker / volunteer before the activity takes place. The goals should relate to outcomes for that young person, for example: become more self-confident, develop better relationships with others, learn a new skill, etc.

If the young person is not able to complete the log of volunteering activity themselves the youth worker / volunteer needs to attach a note of explanation.

The second side is completed once the activity has taken place. The young person writes what they have enjoyed, found difficult, learnt about themselves and gained from the activity. The youth worker / volunteer then completes an evaluation of their achievement of their goal and records positive feedback for the young person from others, or better still, gets others to complete this section.

Important points to remember

- The youth worker / volunteer completing the “Log of Volunteering Activity” must have witnessed the young person working towards their goal.
- You are recording what they have achieved and the outcome(s) for them.
- Signatures to be completed for both youth worker / volunteer and young person.

Examples of young people working toward the Core Areas

Personal Development:

Cassie has been attending youth club for some time and is interested in taking on more responsibility and so volunteered to help run the coffee bar for 1 hour each week. Cassie and her club leader agreed that her goals were to improve her self-confidence and become more responsible. For Cassie this was challenging, as she had not taken on this level of responsibility before.

Elijah has signed up to start on a dance project at his youth club. This is the first time he has done anything like this. The project is 1 hour a week for over five weeks. He will learn dance techniques, skills and possibly a routine by the end of the project. His goals were to learn new skills and attend each week. This is challenging for Elijah as he lacks confidence in learning new things and often stops attending if he feels uncomfortable.



Working with others:

Marcus took part in a media project at his youth centre. The project ran for 2 hours a week over 5 weeks. He had to work together with a group of other young people to make and edit a short film. He has not worked with others very much before and knew it would be challenging as he struggles to make relationships with other young people. He worked really well with others and helped those who were less confident with IT than him. His goal was to make new friends.

Anya is involved in a healthy living project at her youth group. The project ran for 1 hour a week over 10 weeks. This is the first time she has been involved in a project like this; she often struggles to commit to anything and finds it difficult to control her temper. Her goals were to become a regular attender (personal challenge) and to manage her temper (working with others). By the end of the project she is participating fully, helping set and clear up and has attended every session and not lost her temper.

Making a Difference to Your Community

Miguel's youth club is fundraising for a local charity. They have decided to run a Bingo and Chips night at the youth club. Miguel spends at least 5 hours helping plan the evening, organising the food, motivating other young people to help and then he volunteers on the night. His personal goal was to raise money for a local charity.

Ruby is involved in an on-going community youth project. There have been problems in the local area with anti-social behaviour. Ruby's youth group agreed that it would make a difference if the local park could be tidied of litter. Ruby's goal was to help organise a litter-pick – getting other young people involved and finding out what they needed in place to do it safely. This was a challenge for Ruby as she has never helped to organise an event before.

Questions and Answers

How do I know if the young person has done enough?

The rule of thumb is whether the youth worker / volunteer believes that the young person has made the appropriate effort to reaching their goal.

How long do young people have to do the Norfolk Youth Award?

There is no strict time limit to complete each core areas, but we would suggest that a core area should be achieved within 4 months so that the personal goal(s) remains relevant by the end of the challenge. Once a young person has started the process it would be good to encourage them to complete all the core areas so that they can achieve the Norfolk Youth Award, but there is no time frame for this.

What other awards / opportunities are there?

For further and more challenging awards/opportunities that recognise young people's progression you could consider:-

- Duke of Edinburgh Award
- I Will (Step up to Serve)
- National Citizen Service

