

AMNESTY
INTERNATIONAL



USE YOUR VOICE

STARTER PACK

YOUR GUIDE TO BUILDING A VISION &
ACTION PLAN TO SHAPE CHANGE IN YOUR
COMMUNITY

MAKE YOUR VOICE COUNT



USE YOUR VOICE

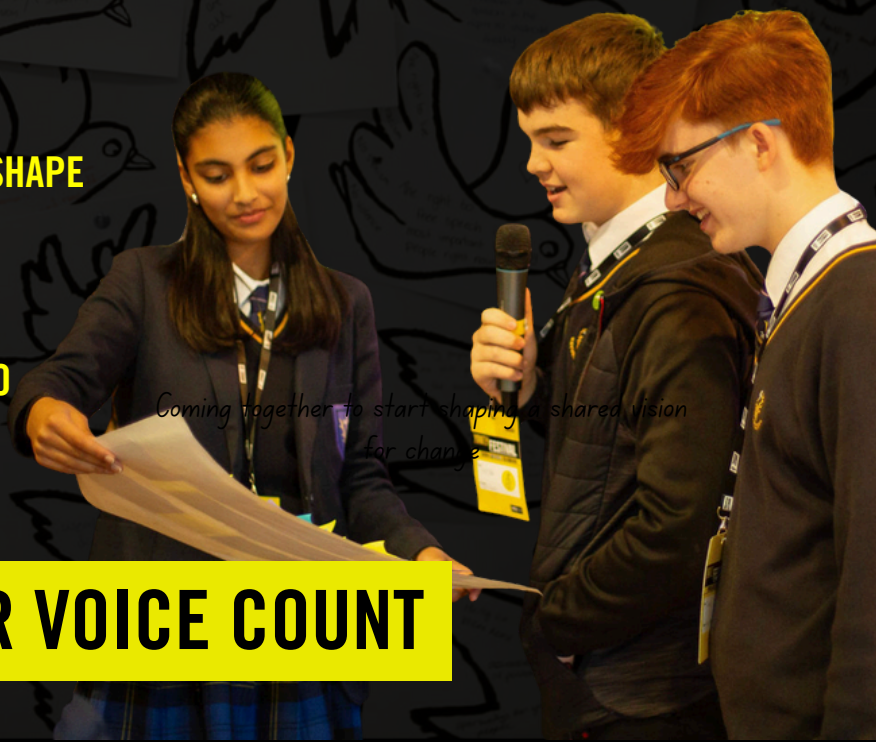
STARTER PACK

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A space filled with youth energy, ideas, and commitment to making change



Coming together to start shaping a shared vision for change

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START HERE

Welcome to **Amnesty's Use Your Voice Starter Pack** which has been designed to help you on your first step of the Use Your Voice campaign journey at your school, sixth form or youth space!

THIS PACK INCLUDES:

- Information on the Use Your Voice campaign and steps to get involved
- A starter activity to help you listen & hear what matters most to young people in your space
- Printable digital postcards to support your listening campaign

WHAT IS USE YOUR VOICE?

Use Your Voice is a movement uniting young people to stand up for human rights.

AMNESTY UK IS INVITING YOU TO USE YOUR VOICE

Young people have always been agents of change. Now more than ever, we need your ideas, your energy and your vision in order to drive real change on the issues which matter most to young people.

- What needs to change?
- What would make our world fairer?

From a listening campaign in school, to speaking directly with decision-makers and organising for local change, your ideas will then help shape a national Youth Manifesto led by young people across the UK.

MAKE YOUR VOICE COUNT



RESIST
RACISM

STEP 1: LISTEN

To get Use Your Voice started, we want you to find out what young people in your school care about. **Listening** is how real change begins.

You can't fix a problem if you don't know what it is and the best way to find out is to hear directly from people about their lives, priorities and perspectives.



Getting stuck into Use Your Voice: Amnesty youth at the 2025 Youth Festival practising listening conversations

HOW TO START LISTENING (WITH POSTCARDS)

To help you get started on engaging with your community, we've created a **listening activity**.

Using postcards, you'll have listening conversations to reach as many students as possible and **identify the key issues that matter to young people**.

Your role will be to distribute these postcards widely - across different year groups, different spaces, and amongst different voices, to get a genuine picture of what students care about across your own local community.

1 Set a goal for the number of conversations you want to have in your school (we recommend at least 10% of students)

2 Order a stack of postcards - these include the two questions you'll ask in your listening conversations

3 Read the listening guide on the next page & practice before you go out to have these conversations

CLICK HERE TO GET YOUR POSTCARDS ORDER OR PRINT THEM AT SCHOOL!



STEP 1: LISTEN

We've also put together a listening guide to help you feel confident and get the most out of your conversations.

LISTENING GUIDE

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1. BREAK THE ICE

- **Say:** "Hey, we're doing a new project to hear what students really care about, and we're getting everyone's thoughts. Can I ask for your help?"
- **Do:** Smile, make eye contact, and keep your tone friendly and relaxed.

2. ASK & LISTEN

- **Say:** "Do you think there are problems that young people face which aren't being taken seriously enough by older generations?"
- **Do:** Give them time to answer, listen, and acknowledge their point: "Thanks for sharing that - I hadn't thought about it that way."

3. EXPLAIN THE PROJECT

- **Say:** "A bunch of us have started a project with Amnesty to listen to as many young people as possible about the biggest issues they want to see fixed. We'll use it to make a vision and plan for positive change."
- **Do:** Keep it short and enthusiastic - show that their input matters.

4. CAPTURE THEIR ANSWERS

- **Say:** "We're asking everyone two questions and writing their answers on these postcards - it's anonymous."
 - **Q1:** What is the number one issue making life tough for young people right now? Think about your school, community or the world.
 - **Q2:** If you had the power to make one big change to improve the lives of young people - what would it be?
- **Do:** After each question check what you heard and then neatly write down their answer on the postcard.

5. CLOSE & NEXT STEP

- **Say:** "Thanks so much, your ideas will help us shape a plan for real change. If you'd like to help collect more postcards or join the next Amnesty meeting, let me know!"
- **Do:** Thank them warmly and, if they show interest, invite them to your next meeting

STEP 2: CREATE A VISION

This step is about deepening the listening you've already started.

This stage gives your group space to look closely at everything they've heard from young people, explore the themes that emerge, and shape those insights into a clear human rights **Vision for Change**.

You'll take all the postcards you've collected through your conversations and with the support of an Amnesty facilitator you'll identify the key concerns and solutions that have come up in your school.

You'll shape a powerful vision for the human rights change you want to create.

VISION WORKSHOP

As part of this stage, an Amnesty Youth representative can deliver a Visioning Workshop to support your group.

The workshop offers a structured, creative process to help you confidently articulate your collective vision.

If you or someone in your school would prefer to run the workshop yourselves, you can also request a step-by-step process guide to facilitate it independently.

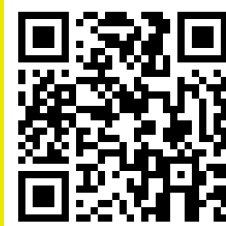


After listening closely, we identify the themes that emerge, becoming the guiding priorities for our vision for change



Coming together to start shaping a shared vision for change

SCAN TO BOOK



Choose the format that works best for your group

STEP 3: TAKE ACTION & INFLUENCE LOCALLY

Once your Vision for Change is clear, it's time to take it out into your school or youth space, build energy around it and get more people involved.

Share your vision across your school or youth space through events, displays or creative actions. Build momentum and get people talking!

With support from Amnesty, you'll reach out to your local MP, host a **youth-led hustings**, ask questions and raise the issues that matter most to young people.



Harborne Academy students enjoying the moment, placards in hand



Oxford High School students taking the mic and sharing their voices

THIS IS YOUR CHANCE TO:

- Ask questions
- Challenge them on key human rights issues
- Find out where they stand
- Invite them to support your vision

HOST A HUSTINGS TRAINING

Amnesty will support students to learn key community organising and advocacy skills, preparing you to host your own Use Your Voice Hustings with local reps & decision-makers.



STEP 4: SUMBIT YOUR VISION & SHAPE NATIONAL CHANGE

Last, but not least, **send your Vision for Change to us at Amnesty International UK** so it can become part of a wider movement.

Your ideas will feed into the **National Youth Manifesto** - uniting your voices with the broader movement and turning local organising into a national campaign for change, highlighting the priorities of young people from across the UK.

THE MANIFESTO WILL:

- Unite young people's priorities from across the country
- Shape future Amnesty youth campaigns
- Turn your ideas into plans for national action



Ready for action: young people engaged, listening, and planning how to make a difference in their communities

You'll also be invited to **help us launch** the Youth Manifesto - an opportunity to celebrate, connect and take the next step in youth-led organising and to **become an Amnesty Youth Leader** - gaining recognition and ongoing support to lead human rights action within your schools and communities.



Together, we will listen to thousands of young people, identify the biggest problems facing us and take action



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WHAT NEXT?

FROM MANIFESTO TO A MOVEMENT

Amnesty celebrates the young people across our movement who are raising their voices and taking action.

This manifesto will be a testament to youth leadership and vision with the power to shape the agenda for change, and its launch will be a bold milestone in turning your demands into action - **but it's only the start.**

Your manifesto will guide us to **build targeted campaign strands** around the issues that matter most to you.

Together, **we'll drive forward a youth-led movement that champions these priorities all the way to the next general election** - amplifying your voices, shaping national debate and empowering a new generation of informed, confident young voters to make lasting change.



Lauryn and Jemima using their voices on behalf of Amnesty's Children's Human Rights Network



Putting ideas on the table and taking part in the conversation



Khalsa Academy engaged in the activity and taking it all in - exploring how youth voices can shape change



Sonya and Ice encouraging others to share their voices and stand up for children's rights.

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USE YOUR VOICE

Are you excited about getting involved? Need further support? We'd love to hear from you.

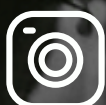


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GET IN TOUCH!



amnesty.org.uk/youth



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