

Staying Resilient While Trying to Save the World

A Well-being Workbook for Even Younger Minds Vol 3



AMNESTY
INTERNATIONAL





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Staying Resilient While Trying to Save the World

A Well-being Workbook For Even Younger Minds

Vol 3

This well-being workbook belongs to ...

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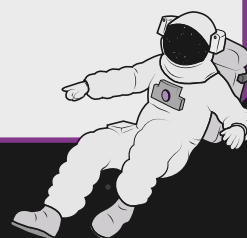
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About Amnesty International

Amnesty International is a global movement of people who take injustice personally. We campaign for a world where **human rights are enjoyed by everyone**.

We investigate and expose human rights abuses wherever they happen. We hold governments and powerful groups – including corporations – to account, pushing them to uphold international law and protect people's rights.

Through education, training, and storytelling, we help people **understand and claim their rights**. And by working alongside human rights defenders and activists, we mobilize millions of people across the world to fight for change.

Introduction

Let's be honest, the world could use some help. And if you're reading this book, chances are you care about making it better. Maybe you're protesting unfairness, speaking out for what's right, or dreaming of a world where everyone can live safely and happily. That's an amazing thing, but it's not always easy.

This workbook follows the successful **Volume 1** and **Volume 2** of the ***Staying Resilient While Trying to Save the World*** series. It's made especially for 11–16-year-olds who are trying to make a difference.

Trying to change the world can feel exciting and full of hope. But sometimes, it can also feel tiring, frustrating, or even upsetting. It can be hard to balance all of it – your activism, your schoolwork, family, friends, and everything else going on in your life. And some of the things you care about can feel really big and heavy.

That's where this book comes in. We hope it can be a helpful workbook, a space to reflect, and a reminder that you're not alone. You can read it from beginning to end, with friends, or family, and/or just flip to the parts that speak to you the most.

This book is for reading, writing, doodling, thinking, and sharing. It's yours – use it in whatever way works best for you.

Foreword from the Resilient Squad

Hi there.





We're **Abril, Paloma, Svenja, Charity, Fay, Luli and Sarah**. We're young people from Togo to Argentina to Germany and in between.

Some of us are loud and love to speak out.

Some of us are quiet but fierce inside.

All of us care deeply about what's happening to our world – and to ourselves.

We made this workbook for you because we know what it's like:

-  To scroll and see so many problems that it feels overwhelming
-  To want to speak up but not know where to start
-  To need a break but feel guilty for stepping back
-  To wonder if one person, one voice, can actually make a difference

Guess what? It can. **YOU can.**

This book is about taking care of yourself while taking care of the world.

It's full of ideas, stories, tools, and space – space for you to dream, rage, hope, and heal.

No matter where you come from, what you look like, who you love, or what language you speak – your voice matters.

Your story matters.

Your heart matters.

Changing the world isn't about being perfect or knowing all the answers.

It's about showing up, learning, growing, and taking care of your own well-being so you can shine even brighter.

So come on – dive in.

Laugh, cry, rest, rise.

We're right here with you, cheering you on.

This world needs your light – exactly as you are.

In solidarity,

Some points before you dive in!



This workbook is part of the *Staying Resilient While Trying to Save the World* series, which was started by young people in Latin America. They created **Volume 1** – a fanzine made for activists and volunteers – and their work inspired **Volume 2**, a global collaboration by young people from all over the world.



This is technically a workbook... but we hope it won't feel like work! From here on out, we'll skip the crossed-out jokes and let you just enjoy the read.



Some activities are for you to do alone, and some can be done with friends, family or groups of classmates.



Not every activity will work for everyone – and that's ok! Pick what feels right for you.



This book was created alongside youth activists you met in the foreword: Paloma, Svenja, Charity, Fay, Luli, Sarah and Abril.



Some of the characters and stories are **based on real experiences**, but the names and people are fictional.



We mainly talk about issues like **race, age, disability and gender identity**, but we know there's much more to people's identities.



Some of the theory parts come from materials created by others (we've listed them in the references if you want to check them out).



Some parts of this workbook **might bring up strong feelings** and **there are tips and tools throughout to help you**.



A quick note: This workbook **is not meant to replace therapy or professional mental health support**. If you ever feel like you need more help, there's a list of helplines at the end of the book.



If anything in this book ever makes you feel stressed, upset, or not ok, please talk to someone you trust, like a parent, teacher, school counsellor, or another adult who makes you feel safe.



We also want you to know that **Amnesty International** is not perfect. We're working to make our spaces more welcoming, fair, and inclusive for everyone. If you have any thoughts, feedback, or ideas for how this book could be better or more inclusive, feel free to reach out to **youth@amnesty.org**



Your safety is really important to us. Amnesty International follows safeguarding policies to help protect anyone we work with, especially children and young people. If you ever have any concerns about safety or well-being linked to this workbook or your involvement with Amnesty, please contact our safeguarding team at **safeguarding@amnesty.org**

Who is this book for?

This book was created together with children and youth activists, aged 11–16, from Amnesty International. While it is mainly designed for that age group, slightly younger or older activists – and those from other movements – might find it helpful too.

If you are an educator, parent or caregiver, you can also take a look through. At the end of this workbook, you will see some further resources for you to use, at your discretion.



How do I use this book?

That is up to you! In this book you will find:



Stories: That will help you think along with the characters and relate them to aspects of your own life.



Activities: That you can do to support your own well-being journey.



Ideas: Information about a particular topic to help you to understand it more.



Big Thoughts: These questions are designed to spark reflection and individual or group discussion, helping young people explore well-being and emotions with curiosity and care.



Around the world: Here you'll discover well-being ideas from different parts of the world, shared by young people like you, so you can learn from others and be inspired.

Meet the crew!

Throughout this book, you'll meet six main characters who will guide you through different topics and stories. These characters are fictional, but some are inspired by real young people and their experiences.

Each one brings their own voice, background, and perspective, just like activists in real life. We hope you see parts of yourself in some of them or maybe learn something new from their stories.

It's important to remember that everyone experiences emotions and feelings differently. Our daily experiences, backgrounds and histories shape how we react to things. Experiencing unfair treatment at school, being left out because of a disability, or seeing a parent struggle to pay bills doesn't just shape what we do, it can also affect how we feel. These experiences might bring feelings of anger, sadness, or exhaustion, and that's completely valid.

Get to know the activists more below.



Itzel (she/her)

Mexican, 12 years old

Itzel loves solving puzzles and spending time outdoors. She's an activist with Amnesty International and stands up for the right to protest.



Luca (they/them)

Dutch, 14 years old

Luca enjoys playing video games and hanging out with friends. They're passionate about climate justice and speak up for a healthier planet.

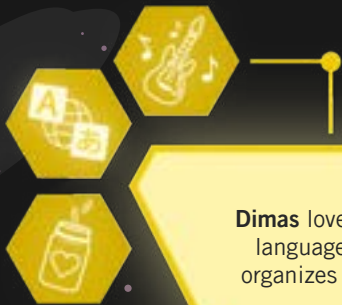




Su (she/her)

South Korean, 13 years old

Su enjoys swimming, collecting interesting rocks on nature walks, and journaling about her adventures. She also volunteers at her local animal shelter.



Dimas (he/him)

Greek, 16 years old

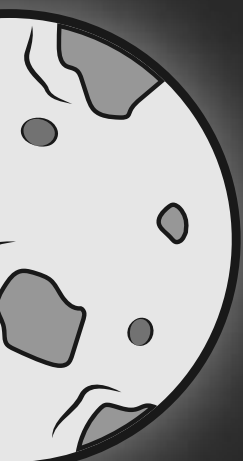
Dimas loves playing guitar and learning new languages. He's part of a youth group that organizes events and fundraisers to support people seeking asylum in Greece.



Diego (he/him)

Colombian, 16 years old

Diego enjoys travelling and meeting new people. He's passionate about education and works toward making learning more accessible for young people.



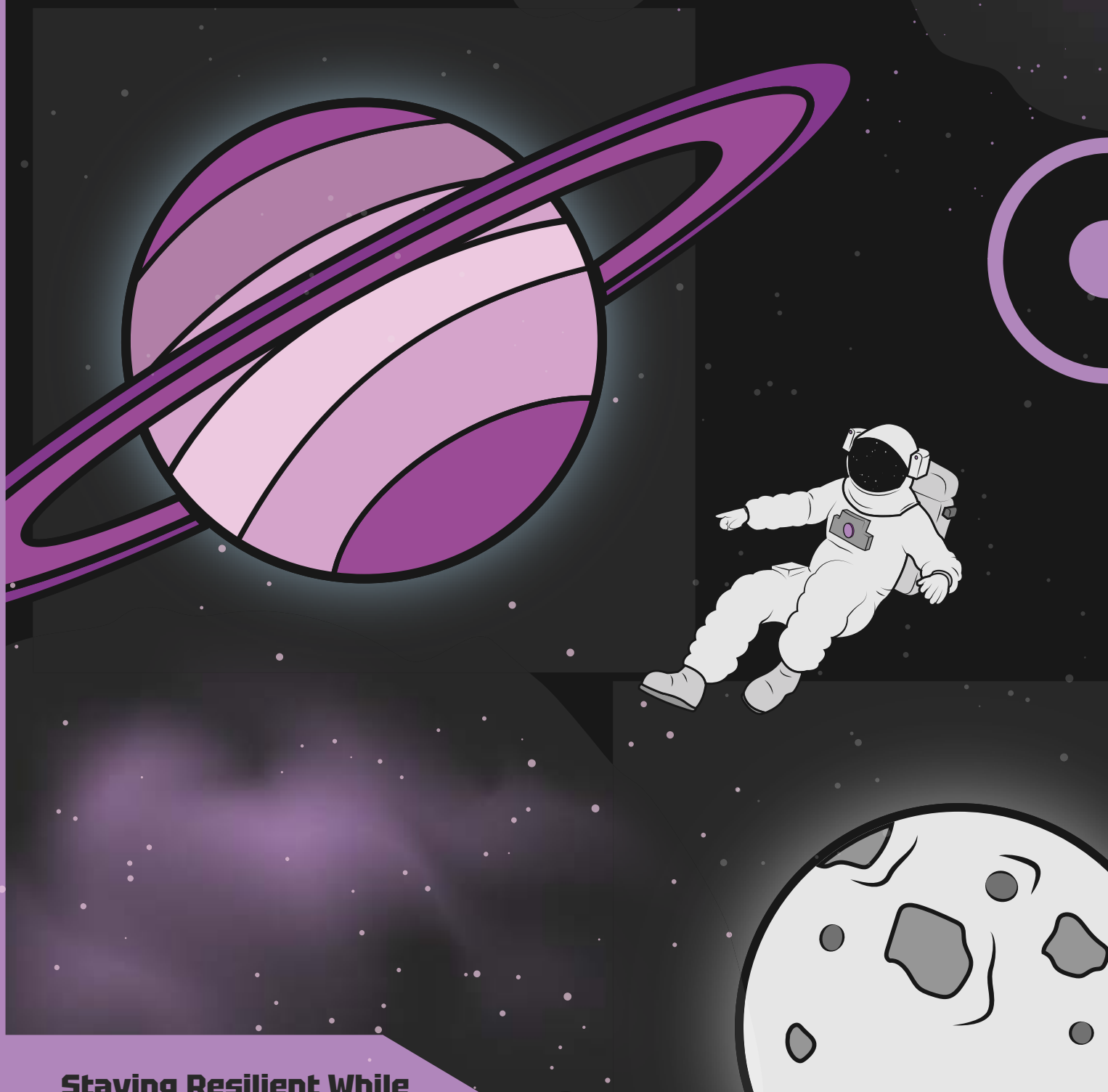
Mariama (she/her)

Sierra Leonean, 15 years old

Mariama loves photography and recently discovered a passion for cooking. She cares deeply about human rights and sustainable fashion and often hosts clothing swaps with her friends.



Part One: Well-being and You



Part One: Well-being and You

What makes you who you are?

The definition of identity is who you are, the way you think about yourself, the way you are viewed by the world and the characteristics that define you. Understanding who we are, and what matters to us, will help us in understanding our emotions and well-being.

In many ways we are all similar, and in some ways, we are all quite different – can you think of ways that we are all similar? And can you think of ways that we might be different?

How do you define yourself? What words might you use? Using the template below, write, scribble or draw what you think makes you, you:

Some questions to guide you:

How would you describe yourself, if you put aside language, country, studies, and focus on your characteristics, qualities, and strengths?

What are your favourite hobbies?

When do you feel happiest?

What colours do you like?

Do you prefer indoors or outdoors?

Do you like being alone or with others?



To what extent do we choose who we are or are we shaped by others?

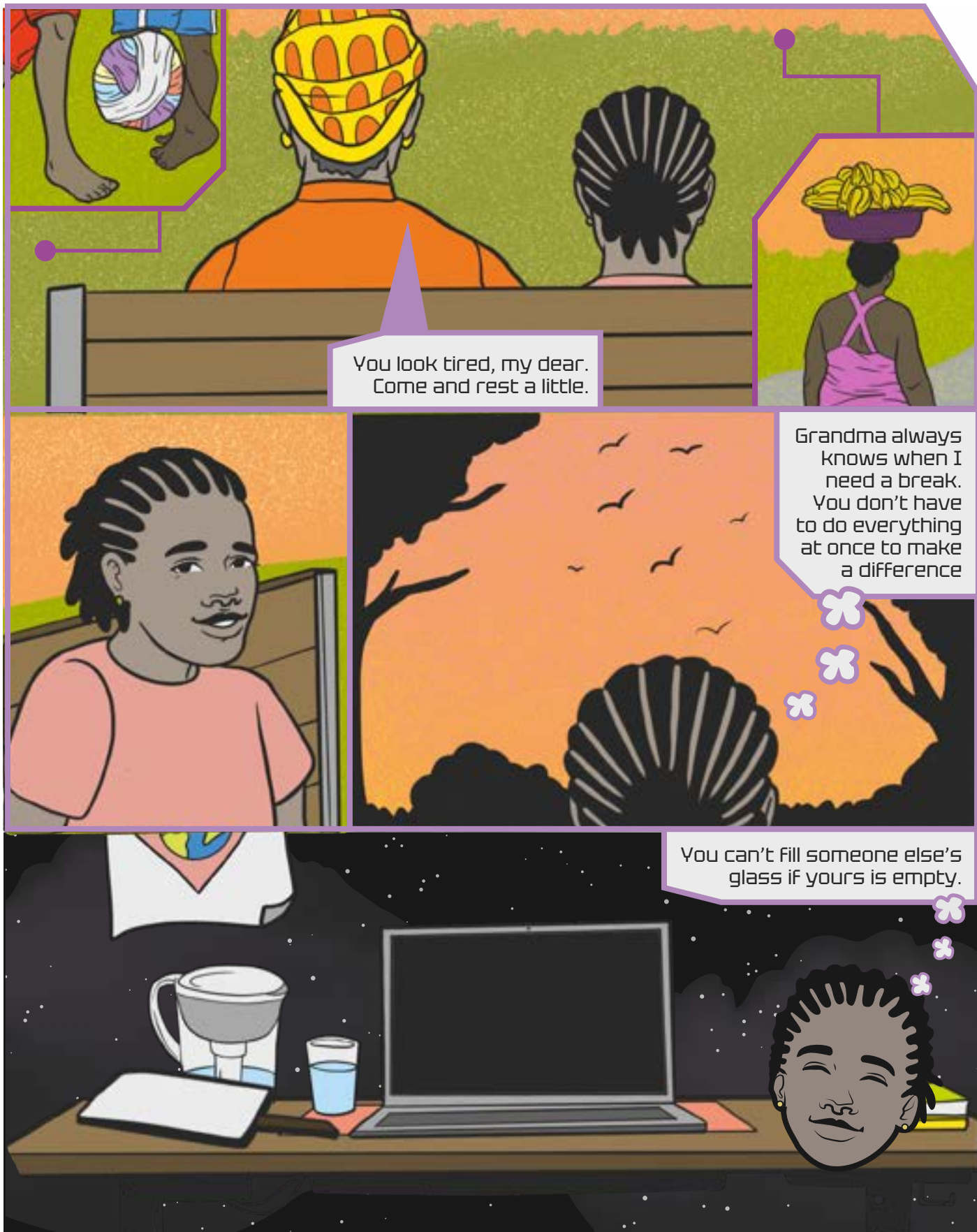
We are all shaped by our characteristics, surroundings and experiences. We share similarities, but we are all unique and important just as we are.



Being human is powerful too







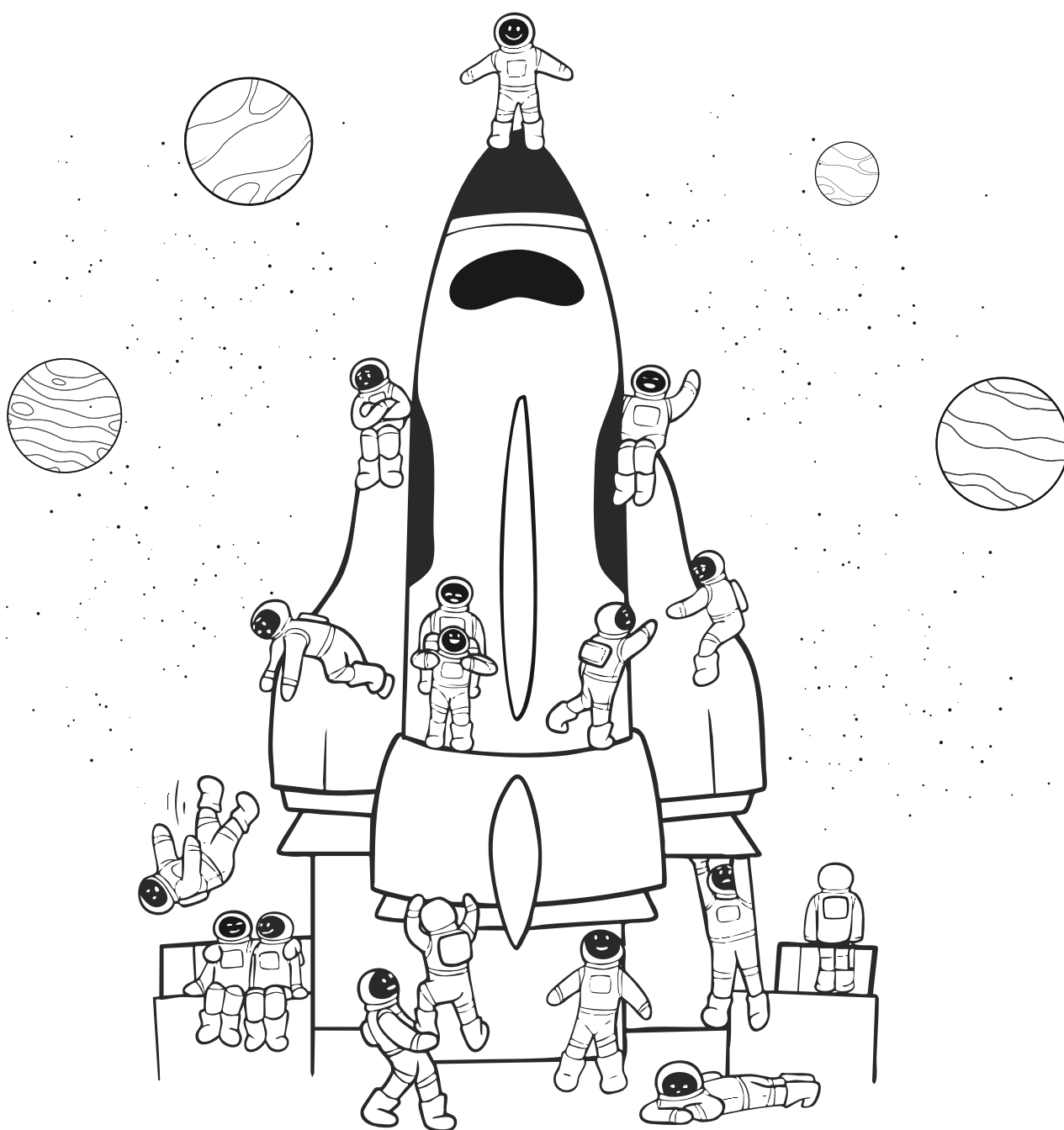
Is it ever ok to do less, even if others might expect more of you?

Step One: Understanding emotions

Let's start here

Emotions can sometimes feel like a rollercoaster. One moment you might feel happy and excited and the next you might feel sad, angry or confused. These feelings come and go just like clouds in the sky or changes in the weather. Some emotions feel great while others can be tough to deal with. All of them are a normal part of being human. It is also completely normal to feel several emotions at the same time because our feelings can be mixed: This is part of what makes us human. Even if you are feeling upset right now, that feeling will not last forever. Emotions are always changing, and it is ok to feel different things at different times.

Take a look at the image below. What emotions do you notice? Can you relate to any of them today?



Adapted from: Pip Wilson and Ian Long, *The Big Book of Blob Trees*, 2nd edition, 2018.

We are affected by everything we encounter during the day, and these things evoke different emotions. This is how we can feel sad, excited, surprised, angry, frustrated, nervous, and so on. This is a normal part of everyday life, and usually manageable

We all experience different emotions, often on the same day. Some feelings are nice, and some feelings can be more difficult. These feelings are normal responses to different situations, and they can be helpful for us, both the nice and more difficult feelings.

But when the difficult feelings become too '**big**' and when they last over a longer period of time, they can start to affect our daily functioning. They may overwhelm us. This is a sign we need to manage our emotions. Understanding our emotions and learning how to notice them is a first step in managing these emotions¹.

Being aware of your emotions can help you talk about how you feel, deal with arguments better, and handle tough feelings more calmly. Some people find this easier than others, but the great news is that anyone can get better at it – with practice!



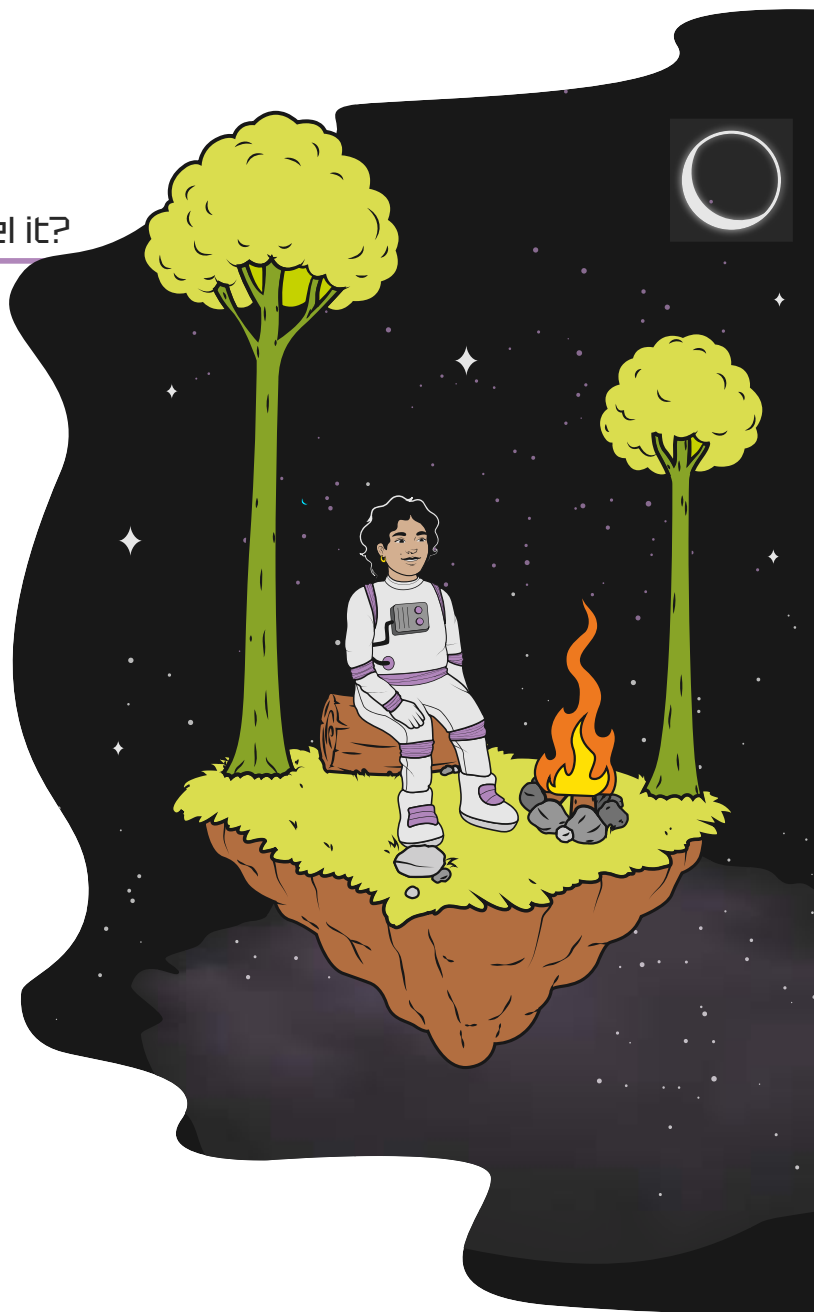
Happiness

What is happiness and why do we feel it?

We don't always feel happy, and that's completely normal. But when we do, it's great to enjoy it and really take it in. Happiness can come from the little things, like smelling a flower, hanging out with friends, or that buzzing feeling you get during or after doing something fun, like playing sports, listening to music, or doing a hobby you love.

Some signs of happiness

Happiness feels like a warm, light energy inside you. Sometimes bursting out as laughter, movement, singing, or humming without even realizing it. For some people, it can show up when spending time outdoors or with friends, enjoying hobbies and passions, feeling energized and motivated, sleeping and eating well, and showing kindness to others.



¹ World Health Organization & UNICEF. (2023). *Early Adolescent Skills for Emotions (EASE): group psychological intervention for adolescents and caregivers*. Geneva: World Health Organization. ISBN: 978-92-4-008275-5.



Should you wear the “Happiness Helmet”?

This activity helps you to think about the value of all your emotions and encourages you to think about the role that different emotions can play in your life.



Instructions:



Introduction:

Imagine you have a “**Happiness Helmet**” – whenever you put it on, it helps you to feel good (it prompts you to feel happiness, excitement, joy, and so on). When you wear it, everything seems brighter, and you feel great!²



Discussion Starter:

Do you think it would be a good idea to wear the “Happiness Helmet” all the time? Why or why not?



Group Discussion or Individual Reflection:

Would you rather be happy all the time and never experience any other emotions, or feel happy sometimes but also feel emotions like sadness, anger, and fear? Why would you want that?

What do you think might happen if someone only ever felt positive emotions, like happiness or excitement? When you feel emotions like happiness, sadness or anger, how do they show up in your body or mind?

Use the space below to draw what those emotions might look or feel like for you:



Reflection:

After thinking about it, would you choose to wear the Happiness Helmet? If yes, why or when would you wear it? If no, why not? When might it be helpful for you to imagine wearing the Happiness Helmet?

2 Grace Lockrobin, Philosophical Enquiry for KS2: The Happiness Helmet, Thinking Space, 2011, <https://p4c.com/wp-content/uploads/2020/07/The-Happiness-Helmet-KS2-Enquiry.pdf>

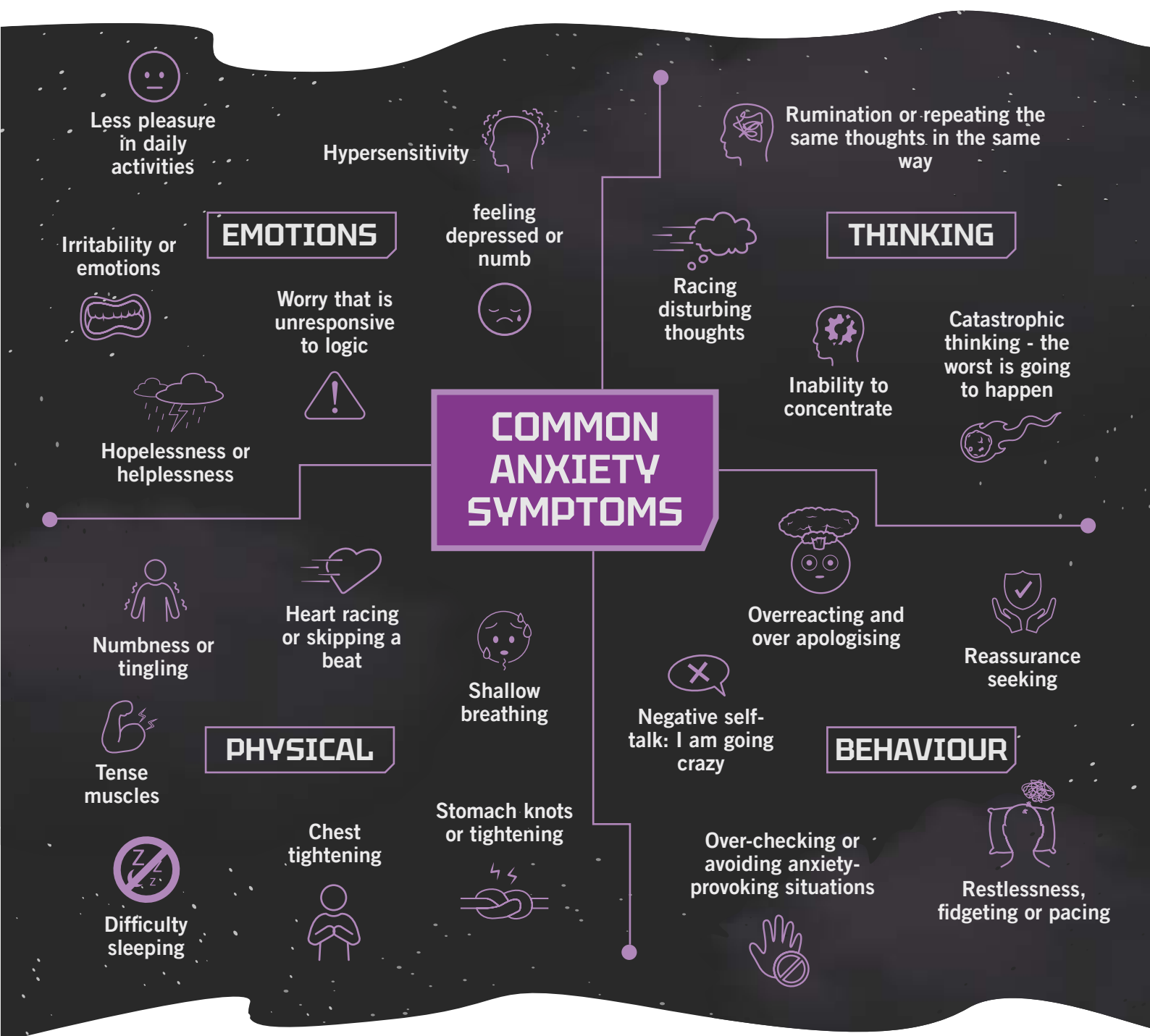


Worry and anxiety

What is worry and why do we feel it?

Everyone feels worried or anxious sometimes – and that's ok. Worry is a normal feeling that helps keep us safe. It shows up when we're facing something new, hard, or a bit scary. It might feel like butterflies in your tummy, a racing heart, or feeling nervous. Our brain uses worry to try to protect us and get us ready to deal with challenges.

What are some signs of worry?



Adapted from: Amnesty International, Staying Resilient While Trying to Save the World Volume 2 (Index: ACT 10/3231/2020), 2021, <https://www.amnesty.org/en/documents/act10/3231/2020/en/>, p. 76.



Grief and dealing with loss

What is grief and why do we feel it?

Grief and loss are part of life, but they can feel really heavy and lonely. Grief is not just about losing someone we care about – it can also come from big changes, like the end of a friendship, losing a pet, or even feeling distressed about things happening in the world, like climate change or unfairness and injustice. We might feel lots of emotions, like sadness, anger, confusion, or even nothing at all. All these feelings are normal. There's no "right" way to grieve, and it's different for everyone. What matters is giving ourselves time, being kind to ourselves, and talking with someone if we need help, so we can begin to feel a bit better, stay connected, and keep moving forward, one step at a time.

What are some signs of grief?

Grief feels like a heavy sadness in your heart. Sometimes it shows up as crying, tiredness, or feeling alone. For young people, grief often looks like withdrawing from friends, losing interest in hobbies, having trouble sleeping or eating, feeling angry or confused, or carrying quiet thoughts that are hard to share. Remember that grief can look and feel different for everyone.



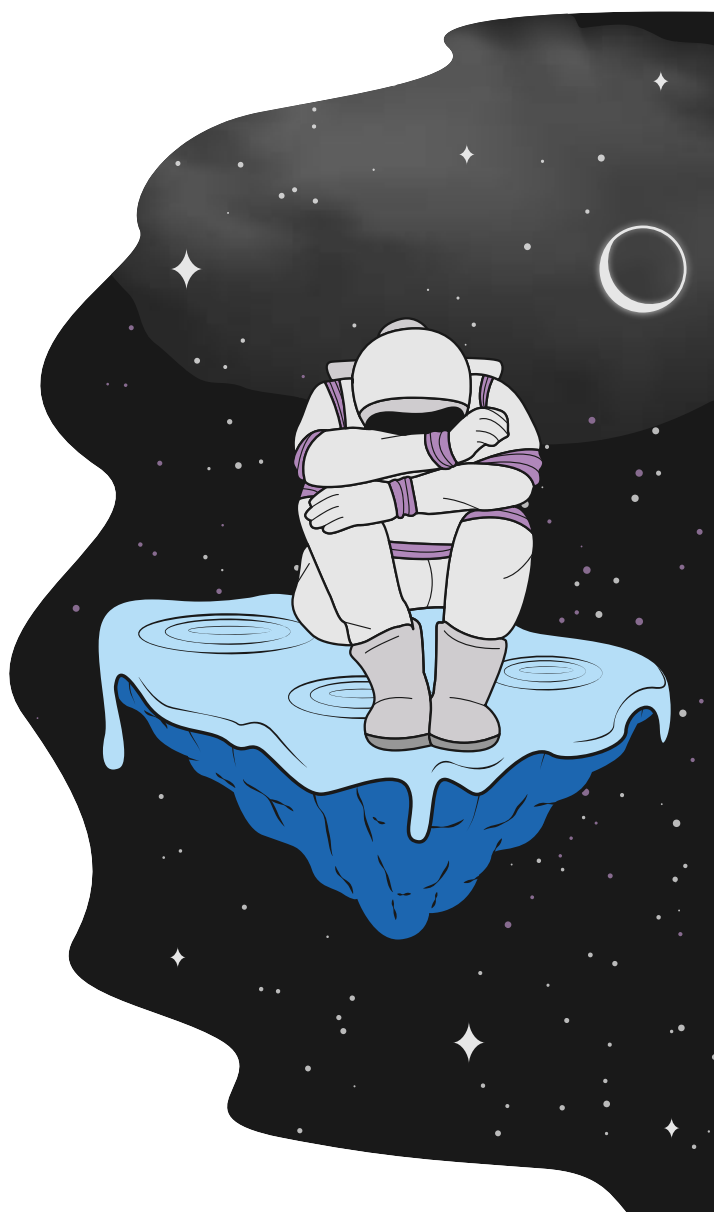
Sadness

What is sadness and why do we feel it?

Sadness is a tough emotion, but it's completely normal. It's our mind's way of telling us that something matters to us. Feeling sad can slow us down so we have time to think, ask for help, or heal from something hard. It can show that we care, and it can help us let go of things that are painful. Sometimes sadness comes with tears, and sometimes it doesn't – either way is ok. You might feel sad after a fight with a friend, when hearing bad news, or when something just doesn't feel right.

What are some signs of sadness?

Sadness feels like a low, heavy feeling inside. Sadness sometimes shows up as tears, quietness, or a tired body. It can look like wanting to be alone, losing interest in things you usually enjoy, feeling easily upset or frustrated, or having trouble sleeping or concentrating. Sadness can look and feel different for everyone.





Loneliness

What is loneliness and why do we feel it?

Loneliness is that empty or disconnected feeling you get when you're missing real connection, support, or when you're not understood. It can happen when you're alone, after a big change, or even when you're with friends but not feeling truly seen or heard.

Feeling lonely for a while can lead to sadness, and that's totally normal. The important thing to remember is that you're not the only one who feels this way, and there are things you can do to feel more connected again. Try talking to someone you trust, joining an activity you enjoy, or just taking a small step toward reaching out to someone.

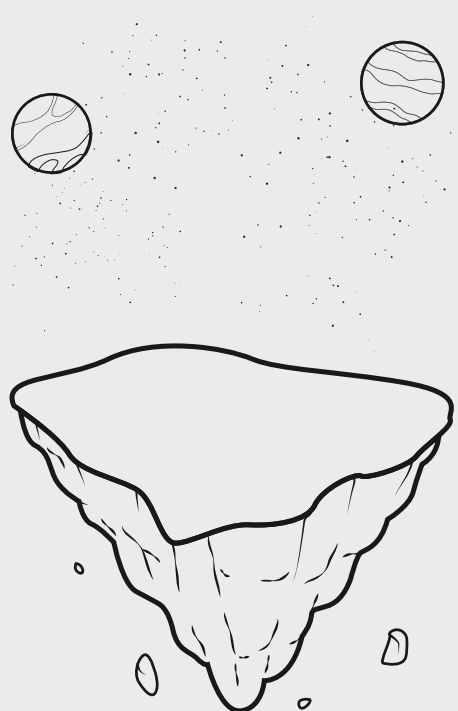
What are some signs of loneliness?

Loneliness feels like an empty, quiet space inside that sometimes shows up as sadness, boredom, or longing for connection. You can feel left out or invisible, lose interest in activities, overthink, or wish for someone to talk to but not know how to reach out.

Being alone is not the same as being lonely. Sometimes, when we spend time alone, we give our minds a chance to rest and wander. Time alone can help us to relax and be away from outside pressures.



**If you could transport yourself to a desert island, would you go?
For how long? In the box below, describe how it feels on your desert island.**





Friluftsliv (“free air life”)



In Norway many people value spending time outdoors because they believe it’s good for both the body and the mind. Even in the winter, some enjoy hiking or skiing to connect with nature. They have a word for this – friluftsliv – which means “free air life.” It’s all about finding moments to be outside and enjoy the natural world, in whatever way you can.

Of course, everyone’s situation is different. In some places, it might not always feel safe, comfortable, or possible to spend time outdoors. But connecting with nature doesn’t have to mean forests, mountains, or beaches — it could be a small park, a balcony, a courtyard, a patch of sky, or even a breeze through a window. If it feels right for you, finding even a brief moment to connect with the world around you — in whatever way is accessible — can help clear your mind and lift your mood.



Norway



Connect with nature, connect with your senses

If it’s safe to do so, either on your own or with a parent, guardian, or another safe person, take a short walk outside. Use your senses to notice one thing you can **see**, **hear**, **smell**, and **feel**. It could be something as simple as the wind on your skin, the sound of birds, or the smell of trees or grass.

Then, **write or draw** what nature helps you feel today.³



A large, empty rectangular box with a purple border, intended for writing or drawing.

3 Visit Norway, Friluftsliv: The Norwegian Way of Life, Innovation Norway, 2025, <https://www.visitnorway.com/things-to-do/outdoor-activities/friluftsliv/>



Anger

What is anger and why do we feel it?

Anger can be complicated. When was the last time you were angry? Maybe you had a fight with your sibling, maybe you were angry because you had to go to a class that you did not want to go to, or maybe the news made you angry.

Anger is a normal emotion that tells us something isn't right. You might feel angry when you're hurt, frustrated, or treated unfairly. Anger can help us speak up for ourselves and protect what matters to us. Sometimes it leads to conflict — and that's not always a bad thing. Conflict can help people understand each other better or make important changes. What matters most is how we handle our anger so we don't hurt ourselves or others.

What are some signs of anger?

Our bodies react to anger before we even realize it. Common physical signs include:



A racing heart



Feeling hot or sweating



Clenched fists or jaw



Shaking or feeling out of control



Tense muscles

Turning anger into positive action

Anger isn't a bad thing. Sometimes it shows up when we see something unfair – and it can motivate us to make a difference. Many powerful movements, like climate action or civil rights, began with people turning anger into determination.

Instead of letting anger build up or explode, we can use it in helpful ways:



Solve problems by asking
“What can I do to change this?”



Help others through causes
you care about.



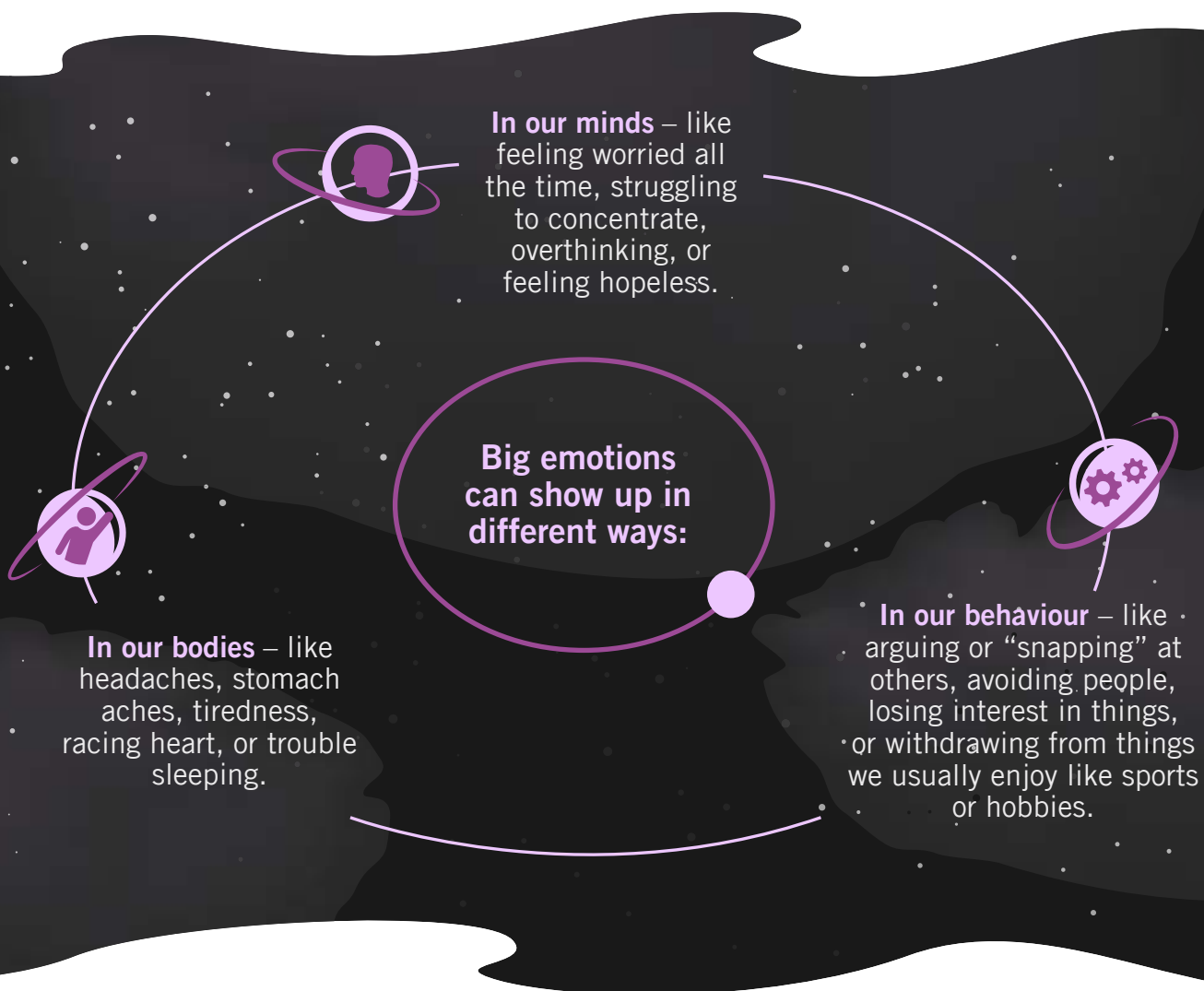
Speak up calmly and clearly about
what matters.



Set goals and use your energy to
make things better.

Step Two: When emotions feel too big

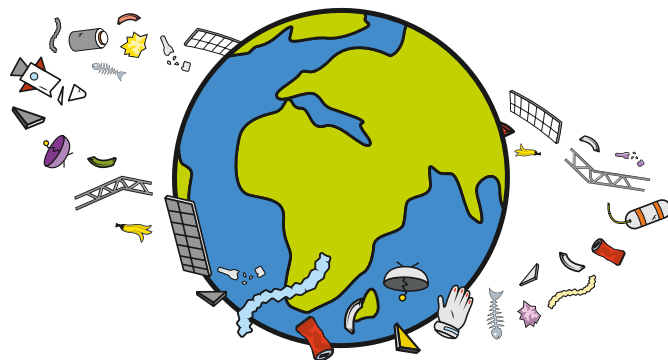
We all experience emotions, like happiness, sadness, anger, or worry, every day. Most of the time, these emotions come and go. But sometimes, emotions can feel too big, especially if they stick around for a long time or become hard to manage. When that happens, they can start to get in the way of our everyday lives, by affecting how we sleep, study, hang out with friends, or enjoy things we normally like.



What is stress and why do we feel it?

Stress is part of everyday life. Stress has a function and can even have good effects such as on our focus, concentration or motivation. Can you think of a time that stress had good effects on you? (An exam at school, for example?)

However, when stress becomes too much or you're experiencing stress over a long period of time, it can become unhelpful and even unhealthy.





Feeling too stressed and taking a step back



That sounds tough. Can we figure it out together? Let's break it down.



RAIN...

Recognize - "I feel completely overwhelmed."

Allow - "It's ok to admit that."

Investigate - "What's making it so hard? Are there any tasks that do not need my attention right away?"

Nurture - "I don't have to do everything at once."

Maybe I don't have to do everything! Let me think, which activities I can do less of, or take a break from, so I can take better care of myself by seeing my friends or taking a rest?



That sounds like a smart plan!



SA
OU
PLANE

MIA

Hope you're feeling better!



Step Three: This won't last forever - coping with emotions

What is "coping with emotions"?

Coping means the ways we deal with tough emotions like stress, sadness, anger, or worry. Some coping strategies help us feel better and stay balanced. There are also unhelpful or unhealthy coping tools, such as drinking alcohol or some risk-taking behaviours. Helpful coping are things like taking walks, talking to friends, eating healthy or exercising.

Why is coping important?

Because learning how to cope in healthy ways helps us:



Feel more in control



Protect our well-being




Handle challenges better








Keep doing the things we care about

What do you do when emotions get too big?

Now you have learned more about your emotions and what they look like, take a look at this thermometer and fill it in for yourself.



FEELINGS THERMOMETER

How do you feel?	List what can you do about it:
 ANGRY, FURIOUS, EXPLOSIVE Yelling, Stamping, Meltdown	EXAMPLE: Vigorous physical exercise
 FRUSTRATED, ANNOYED, IRRITABLE Arguing, Refusing, Shutting down	EXAMPLE: Listen to favourite music
 ANXIOUS, WORRIED, UNSETTLED Pacing, Avoiding, Clingy	EXAMPLE: Pay attention to your senses
 SAD, NEGATIVE, LONELY Cry, Withdrawn, Slowed / Disengaged	EXAMPLE: Set a positive goal for the day
 HAPPY, CALM, CONTENT Smiling, Laughing, Engaged	EXAMPLE: Help someone else

Adapted From: Wisconsin Office of Children's Mental Health, Feelings Thermometer, <https://children.wi.gov/Pages/FeelingsThermometer.aspx>

A simple list of things to try when emotions feel too big

1 Name it to tame it



Break down your stress by naming:



What's causing it (specific situations)?

Are you stressed about an exam, a fight with a friend, or something else entirely?



How do you react (thoughts, emotions, actions)?

Do you put off studying when you have an exam coming up? Do you avoid speaking to the family member when you are not getting along?



What you can or can't change?

You can't change everything, but some things you can change – you might not be able to change that you have an exam in school, but can you change how you prepare for that exam?⁴

2 Create your energy booster toolkit

Create a go-to list of 10-20 things that help you feel better.

Here are some ideas:

- Going for a walk
- Talking with a friend
- Watching a comforting movie
- Cooking or baking
- Playing with a pet
- Moving your body (dance, run, stretch)
- Writing or drawing how you feel
- Listening to music or podcasts

Use the template below to fill in your own ideas!

-
-
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-

3 Take action

If you are reading this resource, you are most likely interested in and passionate about human rights. Taking action helps you feel in control and shows you can make a difference. Whether it's signing a petition or having a conversation, focus on what's manageable for you. It's ok to let some issues go. Choosing a few that matter most helps reduce stress and keeps you calm while still making an impact.



4 Practice mindfulness and grounding

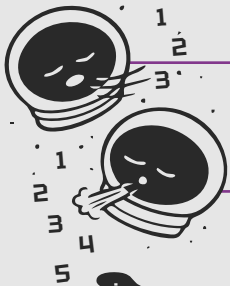
Mindfulness means paying attention to what's happening right now, your thoughts, feelings, and surroundings, without judging them. It helps you feel calmer, more focused, and in control of how you react to things.



Breathing Exercise:



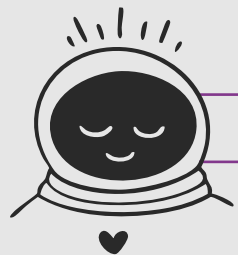
Find a comfortable place to sit, lie down or even stand. Close your eyes or keep them open, whatever you are more comfortable with.



Take a slow breath in through your nose while counting to three, hold your breath gently for three counts, then slowly breathe out through your mouth for five counts.



Repeat this for as many times as you like.



This helps relax your body and calm your mind.

5 Get journaling

Writing or drawing about your feelings can help clear your mind. You can write or draw what's worrying you, or what is making you feel happy. You can do this every day, once a week, or whenever it works for you. This helps you understand your emotions and feel calmer.

Try writing or drawing three good things each day to focus on what's going well. This can boost your mood and energy.

Tip! Get a small journal that you can carry with you.

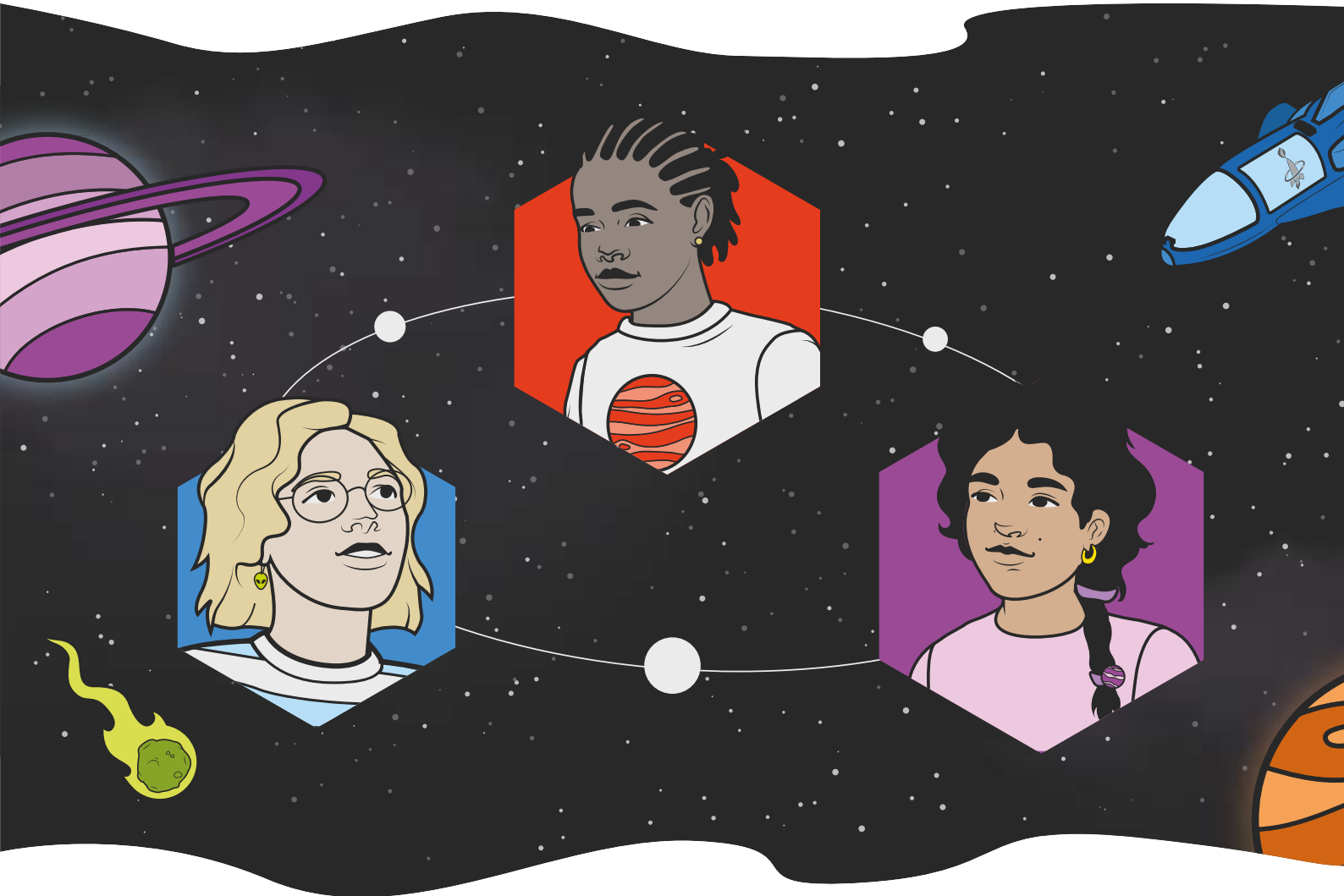


6 Connect and share

Remember: You're not alone. Talking with someone about how you feel can help you feel supported and less alone. When you open up, others often feel safe to do the same: It's a way of showing care for yourself and for others.

Talk to someone you trust.

Making new connections if you feel up to it, like a new volunteer group, class or sport.



7 Use inspiration from around the world



Worry Dolls (Muñecas quitapenas)



Worry Dolls come from Guatemala and are tiny, colorful dolls made by hand. A long time ago, the Maya people told a story: if you have a worry, you can tell it to a Worry Doll before you go to sleep. Then, you tuck the doll under your pillow, and while you sleep, it helps carry your worries away. In the morning, you wake up feeling calmer and less worried.

Even today, children in Guatemala and around the world use Worry Dolls to help feel peaceful and brave at bedtime.



Guatemala



Spirit Animals (Alebrijes from Oaxaca)

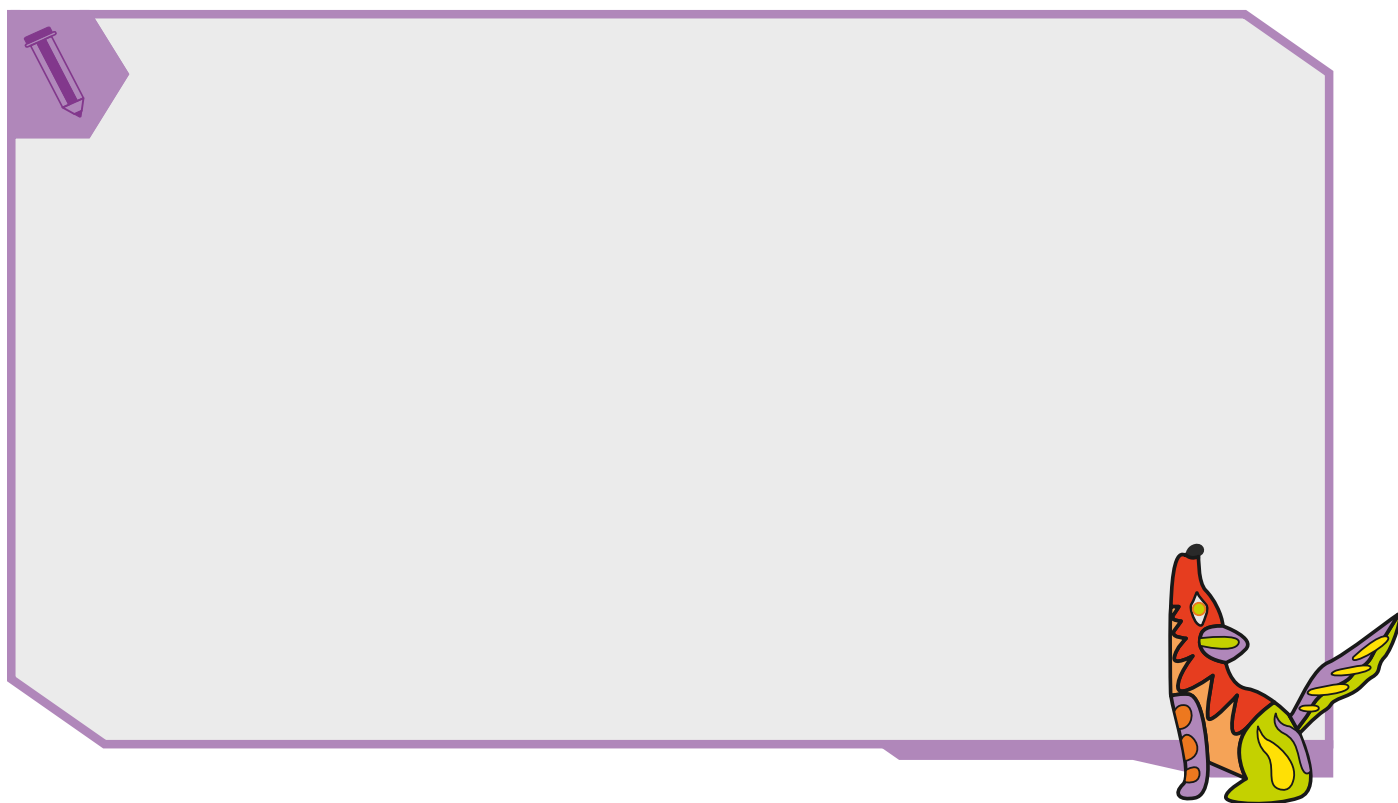


Draw Your Alebrije

Alebrijes are brightly coloured creatures that come from Mexican folk art. They were first imagined by artist Pedro Linares in the 1930s and are now made by artisans—especially in Oaxaca—who combine animals into unique spiritual beings.⁵

Now it's your turn to imagine and draw your own alebrije inspired by this tradition. Combine different animals that reflect your mood or personality, and use colors to express how you're feeling.

Note: This activity is inspired by alebrijes, but it's important to respect the traditions and communities that continue to make them today.



8 Recognise when to get extra help

This workbook does not equate to professional psychological support. If you feel very angry, tired, sad, anxious or the feelings feel too much and you cannot enjoy activities like you used to, it's time to speak with someone close to you or a trusted adult and check out which professional services are available in your country.

⁵ **Lam Museum of Anthropology** (2020) Mexico: Create a Colorful Alebrije. [online] Wake Forest University. Available at: [Accessed 23 July 2025]. The article notes that “the first alebrijes, along with the invention of the term, were created by renowned indigenous Mexican artist Pedro Linares

Mental health and well-being



Defining mental health

Mental health means your emotional and social well-being: It's about how you feel, think, and connect to others, especially when you're doing important work like fighting for justice. Good mental health helps you stay strong, feel balanced, and keep going without burning out.

When we talk about health, we don't just mean how strong or fit your body is, we also mean how your mind is doing. Your **mental health** is a big part of your overall health. Feeling stressed, anxious, down, or overwhelmed can affect your sleep, your energy, your focus, and how you treat yourself and others.

There is no health without mental health. That means your emotional and mental well-being matters just as much as your physical health.

Mental health is how we feel in our hearts and in our minds. Mental health challenges are common, and they are nothing to be ashamed of.⁶ If we break an arm, we go seek medical help. The same should happen if we are not feeling good mentally; we sometimes need support from an expert.



Self-care

Self-care is one of the most effective ways to feel better and to look after your mental health.

Self-care is about taking time to do things that you enjoy or that make you feel better. It is about looking after yourself and doing activities that help you deal with stress and challenges to make sure you stay happy and healthy. For example, self-care might look like hanging out with friends, journalling or writing down your thoughts, eating healthy foods, dancing or exercising.

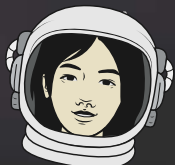
Self-care, for me, is giving myself a break when I fight for big things. It's ok to rest, recharge, and come back stronger for the next protest!



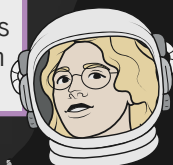
My self-care is doing small, kind things for myself, like going outside, breathing fresh air, or just noticing the trees!



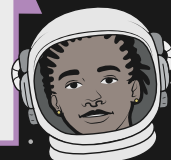
For me, self-care is standing up for my own needs too. Saying "no" when I'm overwhelmed is just as brave as speaking out for others.



Self-care is knowing when it's time to stop, sometimes I need to take a break from things and that's ok.



Self-care for me is taking a breather. It's lying down, reading, being in nature and taking a moment to chill



Self-care is when I make art for myself, not just for causes. Painting just because it makes me happy is powerful too!





Give self-care a hand

Trace your hand on a piece of paper, or use the template below. Write or draw the following in each finger:

Index finger:

What to look out for when I am stressed; for example, I isolate, I struggle to accept help, or don't sleep well, and so on)

Middle finger:

- Warning signs of stress (irritation, headache, sleeping problems, and so on)

Ring finger:

My self-care activities and strategies

Little finger:

- My resources (people, objects, animals, and so on)

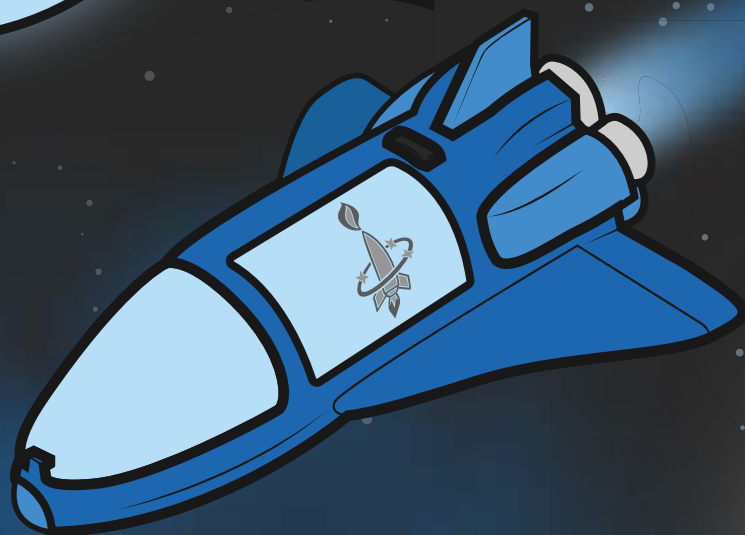
Thumb:

My qualities and strengths (helpful talents, skills, characteristics, and so on)

Palm of the hand:

My reminders (write some positive affirmations, quotes, or power words.)

Part Two: Well-being and Activism



Part Two: Well-being and Activism

What is activism?

Activism can mean different things to different people; the activists that you met earlier in this workbook all experience well-being and activism differently.

Here are six fun and simple definitions of activism, each explained by a different character with their unique perspective:

Activism is standing up for what you believe in! Whether it's marching, volunteering, chanting, or holding a sign, your voice is important



PETITION
+ 100 signed



Activism is using your phone for good! Sharing news, signing petitions, and raising awareness can help people learn and take action!

What does
activism mean
to you?



Activism is using your creativity to make change! Posters, murals, music, and even memes can inspire people to take action!

Activism can also be having a conversation. There is power in our words, and sometimes just raising a conversation at the dinner table or with a friend can make all the difference



Activism can be the small daily things, too! Recycling, choosing fair trade, or helping a neighbour – it all makes a difference! Activism can also be reading and educating yourself and then supporting others by speaking and educating them too.



Activism is about changing the rules! Writing to leaders, voting, and speaking up in your school or community can shape the future!



Protect the protest

What is protest?

Take a look at the image below and identify different forms of protest.



Your right to protest

Did you know that children and young people have the right to protest peacefully? This right is protected by human rights laws like the Universal Declaration of Human Rights (Articles 19 and 20) and the UN Convention on the Rights of the Child (Article 15). These rights help protect your freedom to speak up and join together with others to express your views.

In many places, peaceful protests are met with violence, arrests, and intimidation. Some governments use laws to restrict public gatherings, sometimes banning children from protesting altogether, violating their rights. These actions silence young people's voices and harm their well-being, leaving them feeling powerless, unheard, and disconnected from the decisions that affect their lives.

Why is this right important?

When children speak up for change, it can boost their confidence, build resilience, and give them a sense of purpose. These are all important for mental well-being. But when their voices are silenced, it can lead to frustration, anxiety, and feeling disconnected.

Your voice matters. You can speak up against unfairness, whether at school or in the world. When you speak out, you help yourself and others, and that feels good too.

Why do you think it's important for children to have the right to protest?

When children and young people are able to speak out and advocate for change, they often experience a sense of empowerment and purpose, which is important for their well-being.

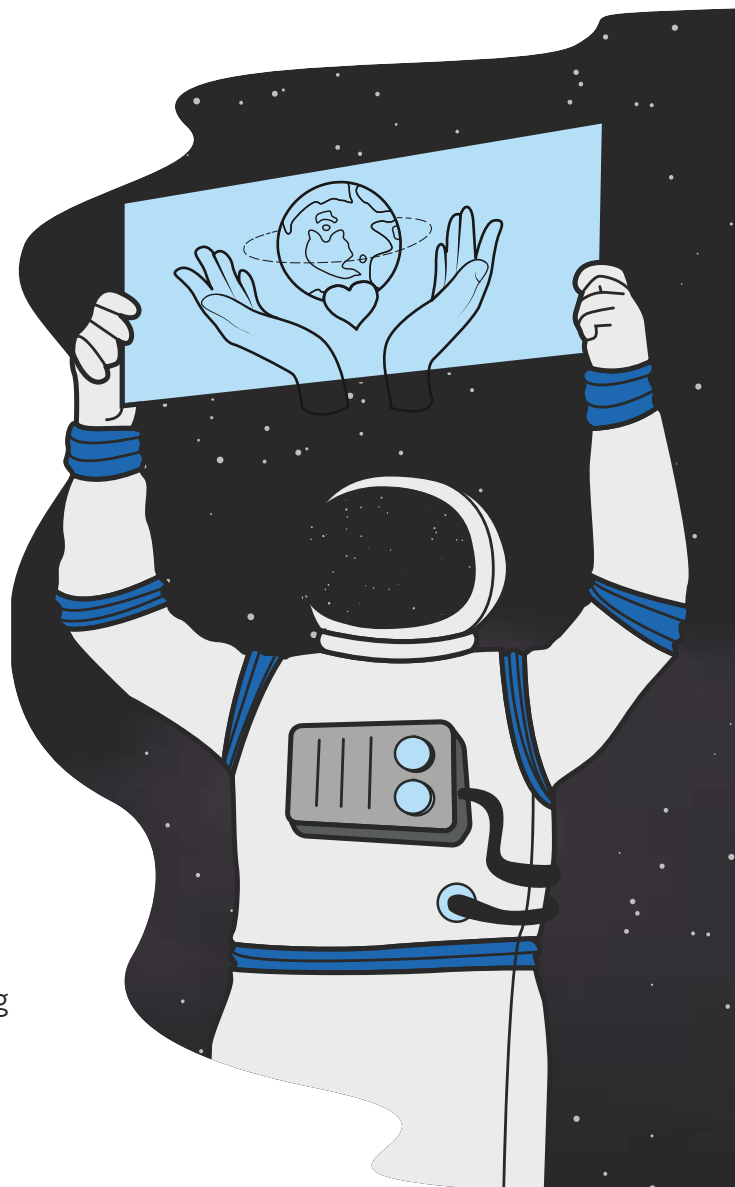
Being involved in activism can help young people develop resilience, confidence, and a sense of belonging. However, when their right to protest is restricted, it can lead to feelings of frustration, anxiety, and a diminished sense of self-worth.

To learn more about the right to protest, you can register for Amnesty's free online course!⁷

Your voice matters

You can use it to stand up against unfairness and share your ideas. You can speak out for change, whether it's something small in your school or something big in the world. You can use your voice for yourself and to support others too.

It's important to remember that not all places are safe for children to protest, so knowing how to stay safe and making careful choices is essential. Reach out to a trusted adult to help you know more about protesting where you are.



Setting healthy boundaries and saying no



What are healthy boundaries and why are they important?

Healthy boundaries are like invisible lines that protect your energy, your feelings, and your time. Setting healthy boundaries means knowing and learning what feels ok for you, and what doesn't, and being able to say so. Everyone has their own boundaries, and they can be different for each person and in different situations.

Boundaries help you to:



Stay safe – emotionally and physically. Staying safe isn't just about avoiding danger, it's also about protecting your feelings.

If a friend keeps making jokes that hurt your feelings or pressures you to do something you're not ok with, that's a sign to speak up, set boundaries, or talk to someone you trust (emotional safety).

And if you ever feel unsafe, like being around people who are fighting or breaking rules, it's ok to leave or ask for help (physical safety).



Protect your energy – so you don't get too stressed, tired, or overwhelmed.



Respect yourself – by showing that your needs and feelings matter.



Build stronger friendships – because clear boundaries help others understand and respect you.



Understand other people's boundaries – so that you can respect others and create a safer space.

Examples of healthy boundaries:



Saying "No" if you don't have time to help someone.



Letting someone know you don't want to talk about a certain topic.



Telling friends you need quiet time instead of playing or hanging out.



Stepping away when you don't feel well, or when you feel uncomfortable.

Remember

Setting boundaries isn't selfish, it's healthy. It helps you take care of yourself and have better relationships with others! Boundaries are there to keep you safe and feel good, not to control or stop others from being themselves.



It's ok to say no

Ok, we need to divide the tasks for the school's climate march!

I'll make posters!

I'll post it on Insta and TikTok!

I'll message all the local groups!

I'll call the park office to get permission!

Yes, actually. I think I need a break, or at least some time away for a little.

Hey Itzel, what's up?

I'm really overwhelmed. I have exams and family stuff... I don't think I can take on anything extra right now.

That's ok! Activism is important, but your well-being comes first. Is there anything that we can do to help support you, Itzel?

Thank you! I was so scared to say anything. It feels really good to know it's ok!

You don't have to do everything to still be part of the team!

Always! We've got your back!

Yeah! We all need breaks sometimes.



Make your own activism plan

If you are involved in activism, it is important that you make sure that you balance your activism with your well-being and other parts of your life, including your school work, family time, exercise and relationships.

Some good questions to ask yourself are:



How much time will this take?



Do I want to participate in this?



Do I have time for this?



Do I know what is expected?

And don't forget, it's also ok to change your mind, even after you have agreed on something – sometimes life changes and what you need can change.

MONTH:

YEAR:

BRAINSTORM

ACTIVITY

**ESTIMATED
DATE**

**START
DATE**

**FINISH
DATE**



IMPORTANT MATTERS

TO DO LIST



EVENTS

Speaking up for what you care about

Why do we talk about some things more than others?

Sometimes people talk a lot about certain problems, like the weather or even animal rights, but not as much about things like racism or climate change (see the Glossary on page 44 for accurate explanations of these terms).

Why?



Some topics feel safer to talk about; they don't make people feel uncomfortable.



Other topics might make people defensive, or they're afraid of "saying the wrong thing".



Sometimes people with privilege might not notice the unfair things that others face, because it doesn't happen to them.



What is privilege?

Some people might not even notice when unfair things happen – especially if it's not happening to them. That's where **privilege** comes in.

Privilege means having certain advantages or being treated better, not because you worked harder or did anything special, but simply because of who you are or how others see you.

Imagine two people are climbing the same hill. One starts at the bottom, and the other starts halfway up – the person who starts higher up has **privilege**.

Another example: If a boy and a girl both say something smart in class, but only the boy is taken seriously, that's **gender privilege**.

That's why **your voice matters** – whether you're sharing about your own experiences with unfairness or using any privilege you have to support others. We all have a part to play in making the world fairer.

At the same time, it's also important to know when to take a step back. **Protecting your energy and mental health matters too**. Speaking up can be powerful, but it's also exhausting – and no one can do it all the time.

If you want to explore this further, it might be useful to do the  activity in Part Three.



Buen Vivir (Sumaq Kawsay)



In Indigenous Andean culture, *buen vivir* or *sumaq kawsay* means “living well” – not by owning more, but by living in balance with community, the Earth, and ourselves.



Perú

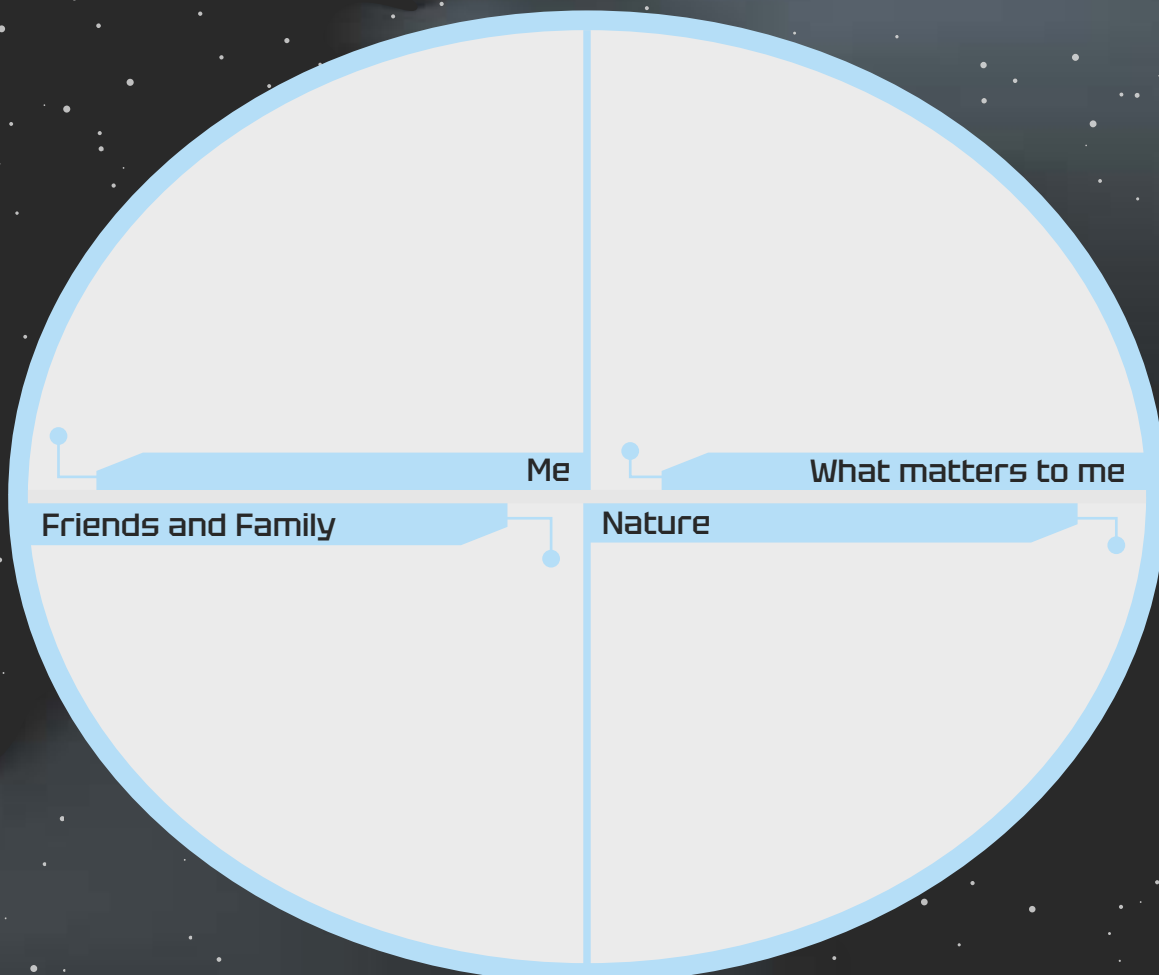


My Balance Circle

Draw a big circle and split it into four equal parts. Label each part: **Me**, **Friends and Family**, **Nature**, and **What Matters to Me**.

In each part, draw pictures or write words that show how much time or energy you spend on these areas.

Now look at your circle: Do you think your life feels balanced? Why or why not?





How to speak up in tough situations

Look at these three examples that Su faces when trying to speak to her father about the genocide in Palestine.⁸

A The frustration

People are literally being bombed and displaced! How can you not care about this?



I'm just saying, it's more complicated than you think. You shouldn't believe everything online.

What is the point? Maybe I should just forget about it altogether.



When emotions run high, the conversation can turn into an argument instead of a discussion.

B Knowing when to pause

I've tried. But right now, he's not ready to hear it. I'll come back to it another time.



Sometimes the best thing we can do is look after how we feel inside and save our energy for what matters by stepping away; that's ok too. Sometimes we need to choose the right moment to speak, for ourselves and also for other people.

C The calm conversation

I know we might not see it the same way. But can I tell you what I've learned from Palestinian voices themselves?



Alright, yes, I would like to learn more.

When we lead with care and curiosity, we open the door to being heard.

⁸ Amnesty International, *Staying Resilient While Trying to Save the World (Volume 2): A Well-being Workbook for Youth Activists* (Index: ACT 10/3231/2020), 2020, <https://www.amnesty.org/en/documents/act10/3231/2020/en/>, pp. 30–31.

Tips for knowing when and how to speak up on a topic that you care about

1 Lead with curiosity, not conflict.



Ask open questions like, “Why do you think that?” or “Would you be open to hearing my perspective?”. Genuine curiosity can turn disagreement into dialogue.”

2 Know when to pause or step away.



Not every moment is the right moment. If the other person isn't open or you're feeling overwhelmed, it's ok to step back. You can return to the conversation later when it feels safer or more productive.

3 Make it personal.



Share how the issue affects you. Use “I” statements like, “When you don't use my pronouns, it makes me feel unseen”. Personal stories help others understand the human side of the issue and the impact on real people.

4 Talk to like-minded people.



You don't have to do it alone. Chatting with friends, peers, or activist groups can give you strength, support, and fresh ideas on how to speak up more effectively.

5 Pick your moments.



Choose a time and place where the other person is more likely to be calm and willing to listen – not in the middle of an argument or when emotions are already high.

6 Use calm confidence.



You can be firm and passionate without raising your voice or yelling. Staying grounded in your values shows strength and maturity – and people often listen more when they don't feel attacked. You don't need to feel totally confident to say something that matters. It's okay to be nervous or emotional. Feelings are real — speaking up with emotion can still be powerful.

7 Accept



that you cannot change everyone's perspectives and you might not be able to connect with everyone on human rights! But sometimes just opening up the conversation, or planting the seed, can help!



Roleplay to practice speaking up

This is a fun roleplay activity that you can play with friends, or people in your activist group, to practice speaking up on an issue.

Remember, when you are doing a roleplay, it is important to set some ground rules at the beginning to make sure that everyone feels comfortable before, during and after: For example, have an “action” word to stop, and share a high-five when it is over.



What you need:



A group of 3+ people (can be done in class or youth group)



Printed scenario cards (or read from a list below)



How to play:

1 Pick a Scenario:

One person draws (or is given) a scenario card. Each card describes a situation where someone might need to speak up. Example: “Your friend says something unfair about another student’s background.”

2 Round 1 - Act it Out (the awkward way):

The person tries to speak up, but does it in a way that doesn’t work well – maybe they freeze, yell, or say something confusing. This helps take the pressure off “getting it perfect”.

3 Round 2 - Speak Up Switch-Up (the better way):

Someone else in the group (or the same person) replays the scenario, this time using one of the speaking-up tips (calm tone, curiosity, personal story, and so on).



Discuss as a group:



1. What worked better the second time?



2. How did it feel to say something?



3. What makes it easier or harder to speak up?



Example scenarios:

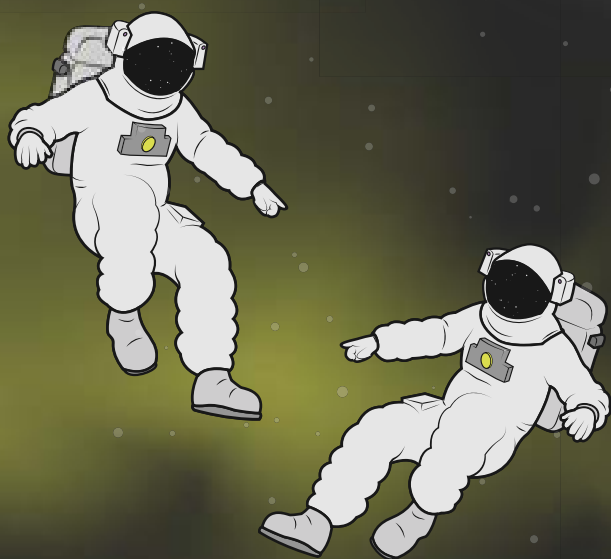
- Someone makes a joke that hurts someone else.
- A teacher or adult keeps calling you the wrong name or pronoun.
- A family member says something that feels unfair or untrue.
- Your friend says you’re “too sensitive” for caring about an issue.
- Your classmate rolls their eyes when someone talks about well-being.
- A friend makes fun of how another student looks, dresses, or speaks.
- Someone says, “Why do you always talk about Palestine / climate change / racism?”



Optional twist: “The Ally Step-In”

After the first role-play, someone from the group can jump in and say, “Can I try saying something instead?” and act as an ally. This can show how someone else can also speak up in support.

Part Three: Well-being and Others



Part Three: Well-being and Others

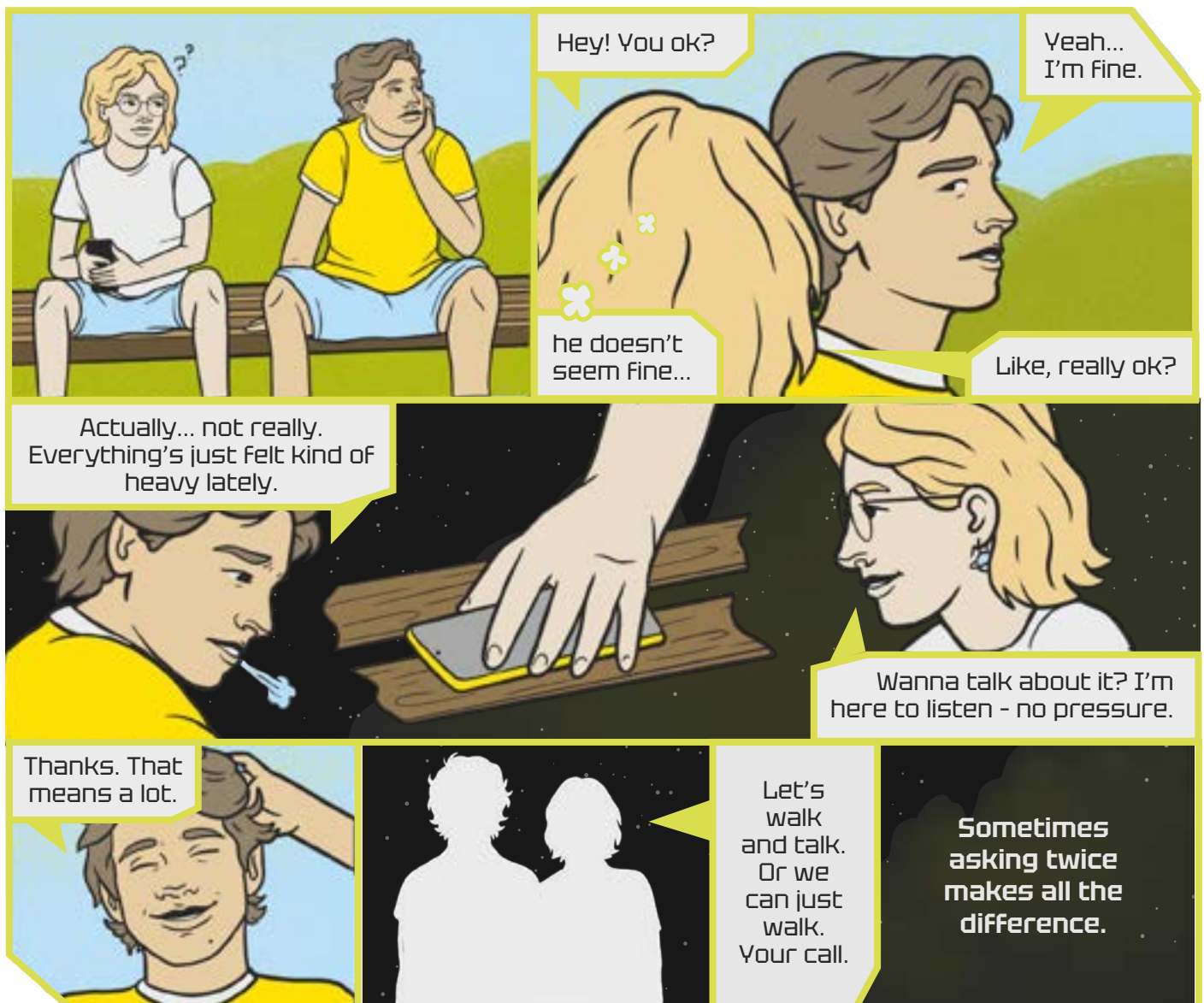
Supporting others

Helping others can make you feel good too. It gives you a sense of purpose and helps you connect with people. It's also great for your well-being because it shifts your focus outwards, creates positive feelings, and feels rewarding.

At the same time, it's important to stay aware of how helping others affects you. If it ever feels too heavy or emotions feel too big, make sure to take care of yourself first. Talk to a trusted adult and use the tools in this resource to check in with your emotions. For example, you could use the Emotions Thermometer (on page 51) to quickly check in on how you're feeling.



How are you, really?



Tips for supporting your friends

Here are some easy ways to start a well-being conversation with a friend or anyone who might need support.



Remember everyone is different

This means that some people will feel very open to share, but others will find it harder. Some are more comfortable sharing than others, and everyone has different triggers that may affect them.



Start the conversation gently

Find a good moment, maybe after school, a meeting, or via text, when you can talk one-on-one. Ask, “How are you?” and if they don’t open up right away, try “How are you really doing?”



Listen Without Pressure

You don’t need to fix everything. Just being there and listening can mean a lot. Ask open-ended questions like “Tell me more” or “How was your day?”.

Just listen to their story and experiences; you don’t need to have answers, advice or solutions. Just have interest and show them that you are there for them.



Share (a little) of yourself

Sometimes sharing your own experience (briefly) can help them feel safe to open up.



Respect their boundaries

If they’re not ready to talk, suggest someone else they might feel comfortable with, and remind them you’re there when they are ready.



Help them find support

Reassure them they’re not alone and that professional help is available. You can share helpful resources (see our [resources](#)).

Respecting others



Oppression

Have you ever seen someone being treated unfairly for a long time just because of who they are? That's what we call oppression, when people treat others badly because of things like their skin colour, age, gender, sexual identity or background. Some people might not even notice this happening, especially if it doesn't happen to them (that's where privilege comes in – see the explanation in Part Two).

For example, some students get to go to summer camps, do music lessons, or join sports clubs because their families can afford the fees, gear, and transport. Others might really want to join but can't, simply because it costs too much. That's economic privilege – having access to opportunities not because of talent or effort, but because of money.

Our emotions can react to daily experiences, especially when we're experiencing oppression or lack of privilege. A child travelling far to school or seeing a parent struggle financially may feel stressed or tired, while one facing unfair treatment because of the colour of their skin might feel sadness or anger. These feelings reflect real challenges and remind us that everyone's experiences and emotions are different.



Don't decide for me

Don't decide for me:

When my classmates planned a school trip, they skipped the nature trail because they assumed I couldn't join in my wheelchair. No one asked me. I later told them I actually love trails, and I know one that's accessible. The moral? Ask, don't assume.

Not all disabilities are visible. For example, neurodivergence (like ADHD, autism, dyslexia) can also affect how people are treated or included. What assumptions do people often make about people with disability and neurodivergence?

Why does this matter?

When people feel left out, judged, or hurt because of who they are, it affects how safe and happy they feel, even in spaces that are supposed to support them, like schools or activism groups.

For example, if someone keeps hearing rude or unfair comments (even small ones that seem like jokes), they might feel really tired, upset, or not welcome. These are called microaggressions – seemingly small things that feel big when they happen.





Is treating everyone the same fair or unfair? Why do you think so?



What is a microaggression?

Microaggressions are small things people say or do – like comments, looks, or gestures – that can hurt or disrespect someone because of their identity (such as their race, gender, or disability). Sometimes people don't even mean to hurt others, but it still feels bad.

Being treated this way can really affect how someone feels about themselves.⁹



“But where are you really from?”

This might seem like a normal question, but it can make someone feel like they don't truly belong, just because of how they look or sound.



Impact: It can feel like you're being treated as an outsider, even if this is your home.



“You're really smart for your age.”

It might sound like a compliment, but it can also mean that people don't expect much from others your age, or from people like you.



Impact: It can feel like your whole group is being judged as not smart, and you're seen as unusual for being different.



Always asking the youngest person or the woman to get the drinks or clean up.

This sends a message that some people are expected to serve others, just because of their age or gender.



Impact: It can make people feel disrespected or not treated equally.

⁹ Derald Wing Sue and others, “Racial microaggressions in everyday life: Implications for clinical practice” in *The American Psychologist*, Vol. 62(4), 2007, <https://doi.org/10.1037/0003-066x.62.4.271>, pp. 271-86.

What can we do?

We all have a part to play in making the world fairer:



Listen when people share their experiences.



Think before you act or speak – even a joke can hurt someone.



Speak up if you hear something unfair and support people when they speak up too.



Keep learning about other people's stories, histories, and struggles.

If you have privilege, that's not something to feel bad about, but it's important to notice – it's something to use to help others and make things better for everyone.



Power Flower

The **Power Flower** is a tool that helps you think about different parts of who you are, like race, gender (how you identify as female, male, nonbinary, other), religion, age and ability (how your body or mind works, including disabilities or neurodivergence).

It also includes your socio-economic status, which means things like how much money your family has, what kind of job your parent or carer has, and what kind of access you have to things like housing, food, and education.

The Power Flower helps you see how these parts of your identity can give you advantages (privilege) or make life harder because of **unfair treatment** (oppression). It's a way to understand yourself, others, and how we can work toward a fairer world.

The petals represent different identity categories (e.g., language, age, skin color, gender, abilities).

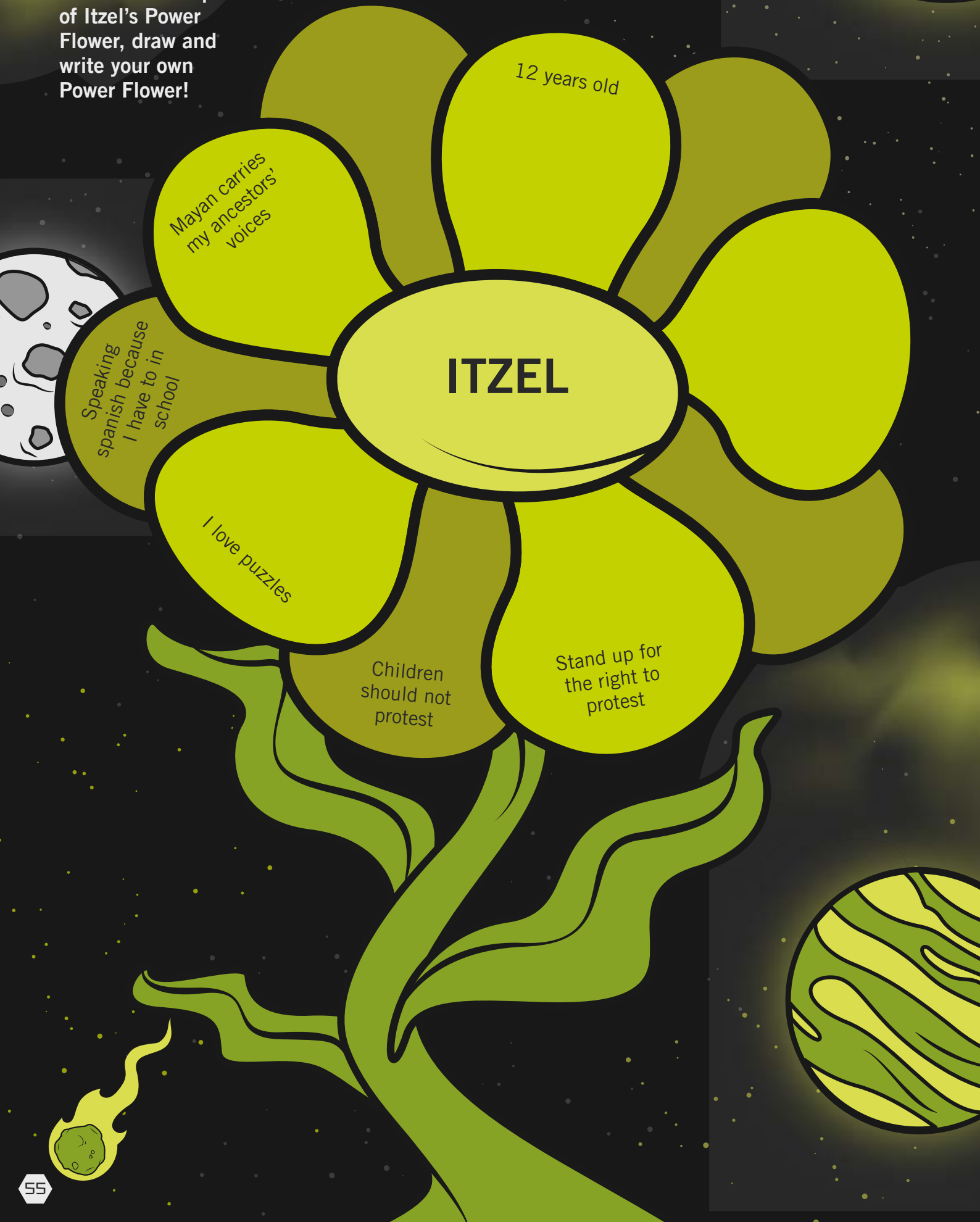
Inner petals
are personal, how
you identify.

Outer petals
show what society
considers “normal”
or most accepted.

Each inner petal
on the flower shows
what makes
you unique!

Power Flower

Here's an example of Itzel's Power Flower, draw and write your own Power Flower!





Building communities of collective care

Self-care is about taking care of your own mental and physical health, like resting when you're tired or talking to someone when you're upset. But **collective care** is just as important. It means looking after each other as a group, not just ourselves.

Collective care is about creating safe, kind spaces where everyone feels supported, listened to, and included. It could be as simple as:



Checking in on a friend who's had a rough day



Making sure no one is left out



Creating a group where people can talk openly about how they're feeling



Sharing helpful ways to deal with stress or big emotions



Standing up for someone who's being treated unfairly

When we care for each other, we help everyone feel stronger, safer, and more connected.



When was the last time someone supported you? How did it make you feel?



What's one thing you could do today to show someone you care?



What's something that you can talk about with others who support you?



What does caring for each other look like in your friendships or school?



Who is responsible for making sure everyone feels cared for?



Create a Support Circle

Start a “support circle” with your friends, activist group or family once a month (or however often works for you!), where everyone can share what’s on their mind and help each other out. To make sure everyone feels safe and respected, create a “**Care Agreement**” together by talking about what makes the group a good place to be. This helps everyone feel more connected and comfortable talking about their feelings.

Some ideas to add to the Care Agreement

Listen when
someone is
speaking.

Respect
different
opinions.

No one has to
share more than
they want to.
It's ok to pass
or stay silent.

Ask before
sharing someone
else's story. Keep
private things
private unless you
have permission.

Take breaks if
needed. It's ok to
step out, take a
breather, or ask for
support.

Wrap-Up: You, your voice and your community



You've made it through **the first three parts of this workbook** – and that's something to feel proud of!

So far, you've explored how to take care of your own well-being, how to speak up for what you believe in, and how to support others around you. **Let's take a moment to bring it all together.**

Reflect and write

1. Well-being and you (Emotions and self-care)

What's one way you've learned to take care of your mental health or emotions?

2. Activism (Using your voice)

What's something you care about and want to speak up or take action on?

One thing I believe in is...

3. Well-being and others (Community and collective care)

How can you support someone else's well-being – a friend, classmate, or family member?

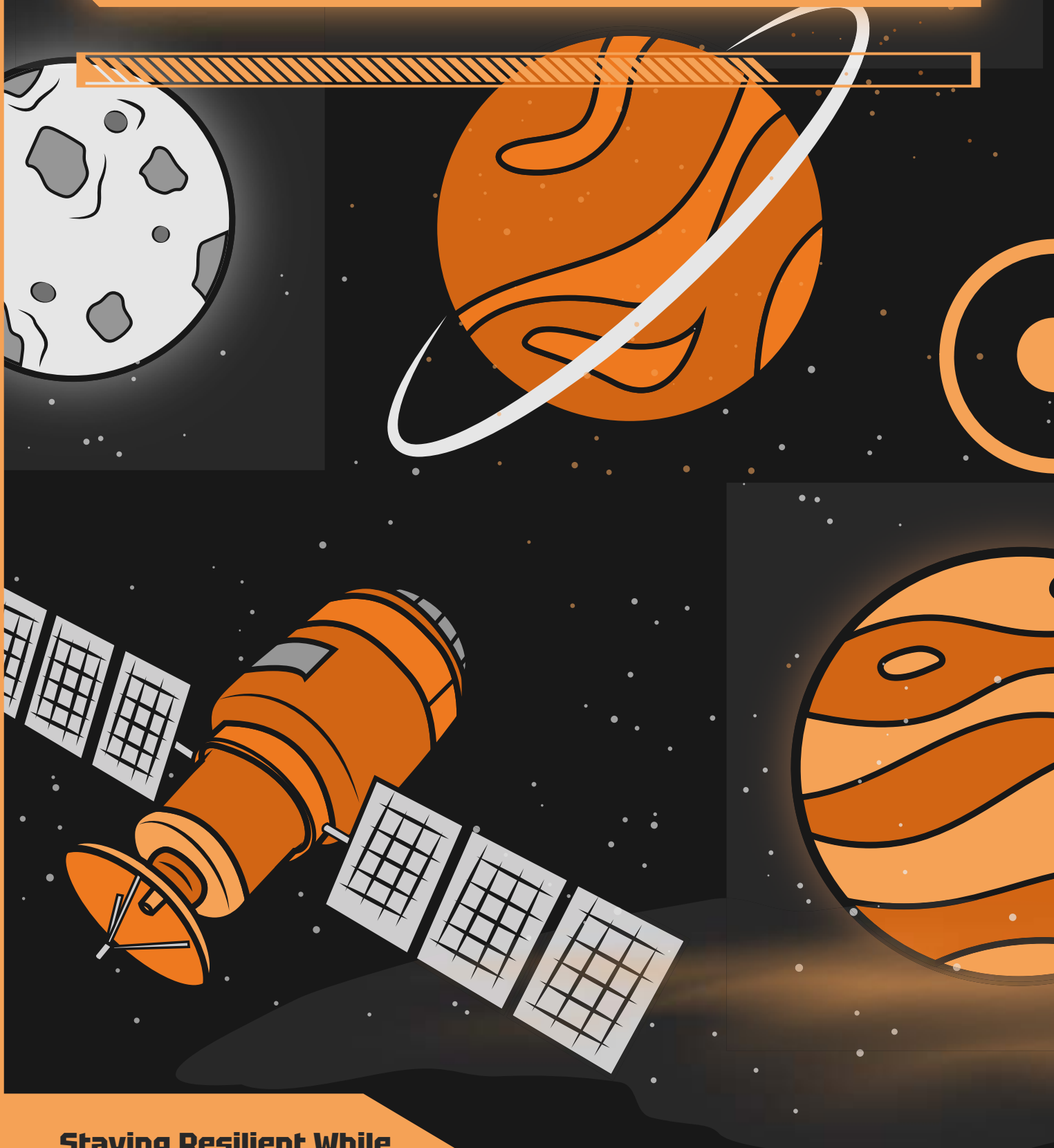
One way I can show care or support is...

Final thoughts from the Resilient Squad

You don't need to have all the answers. Just showing up, learning, and being kind to yourself and others is already a powerful step. Whether you're resting, speaking up, or helping a friend, you're part of something bigger.

Your voice matters. Your care matters. And you matter.

Part Four: Online Well-being and Safety



Part Four: Online Well-being and Safety

Online life: Staying safe, calm and confident

These days, our lives are a mix of online and offline time. But what happens when being online starts to feel **too much, too fake**, or just **not safe**?

In this chapter, we'll talk about how to **look after yourself**, **set healthy boundaries**, and feel more **in control** of your time online – and in real life too.

Using screens is a normal part of life – for games, chats, school, and even standing up for what you believe in. But too much time online can sometimes affect your mood, mental health, and how you feel about yourself or others.

Most apps and social media sites say you need to be **13 years old or older** to join. That's not just a random rule – it's meant to help protect your safety and privacy. But even with those rules, you might still see things that aren't meant for younger people, feel pressure to be perfect, or get tired of always checking messages and posts.

A lot of the safety rules on social media sites and apps are hard to read (and, let's be honest, pretty boring!). But they include important stuff about how your data is used and who can see what you post.

That's why in this chapter, we'll **keep it simple**. You'll learn how to:



Spot red flags online



Set boundaries with your time and energy

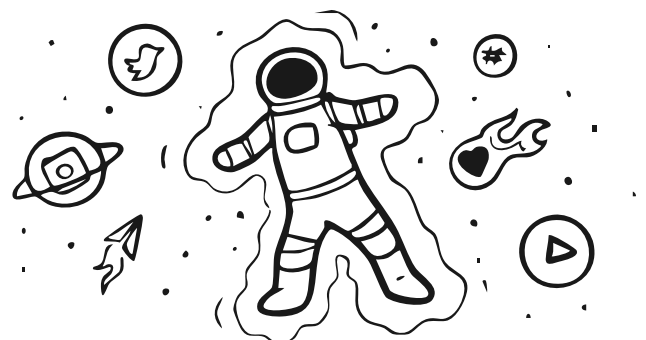


Deal with group chats, comments, and messages



Use the internet in ways that feel safe, smart, and true to you

The online world can be fun and exciting, but it doesn't define who you are. Real confidence comes from knowing your worth – with or without likes, filters, or followers.



What you see on social media isn't always real

When you open Instagram, TikTok, or YouTube, it can feel like you're seeing the whole world – everyone's perfect vacations, trendy outfits, amazing talents, and beautiful lives. Social media can also regularly show graphic and sometimes disturbing and harmful content.

But guess what? **You're only seeing what the algorithms want you to see.**



A recommendation algorithm is like a secret computer recipe that decides which posts, videos, and ads pop up on your screen. It's designed to keep you clicking, scrolling, and watching. It shows you what it thinks you'll like – not everything that could be interesting or helpful to you – by keeping track of what you watch, save, like, or comment on. It even looks at very personal things you do online to learn more about you and grab your attention.

Because of algorithms:



You mostly see happy, exciting moments – not the boring or tough parts of people's lives.



Sometimes algorithms may even lead you to harmful content that worsens how you feel or think about yourself.



You can feel pressured to “keep up” with people who are only showing their best moments.

Real life isn't filtered, edited, or perfectly posed in the same way the online world is. It's messy, complicated, and full of ups and downs, and that's what makes it real. This gets us to our next point on unliking likes!

Some platforms now let you choose a feed that isn't based on tracking or profiling everything you do. That means you can scroll without being watched every second. Unfortunately, these options aren't always available everywhere – for example, Snapchat only offers this in the European Union (EU). But it's still worth knowing that alternatives do exist and should be designed better and offered to everyone, so you can enjoy social media without giving up your privacy.

Unlike likes! Unpacking online validation and self-image

What do we mean when we say online validation?

In today's online world, it's easy to equate our worth with how many “likes”, followers, or views we get online. Whether it's a photo, a story, or a video, we often seek instant feedback – and when we don't get it, it can affect how we feel about ourselves.

This is called online validation – looking to social media for confirmation that we're funny, beautiful, interesting, or “enough”. The problem is that when we tie our self-worth to online attention, we risk damaging our self-image, confidence, and well-being.



The Filter Trap



Meet **Mariama**, a 15-year-old girl from Sierra Leone who loves drawing and has a small online art account.

One day, she posts a piece she's really proud of but it gets fewer likes than usual. She starts wondering:



She scrolls and sees someone else's post with hundreds of likes – an online portrait in a completely different style. Mariama thinks:




The next week, she changes her whole approach, chasing what she thinks others want. But something feels off. Drawing stops being fun. She's anxious before posting. She refreshes constantly, hoping for more engagement.



Finally, she talks to her older cousin, a graphic design student, who tells her:

That hits Mariama hard. Slowly, she goes back to what she loves, unfollows accounts that make her feel small, and starts reminding herself her value doesn't come from likes: **It comes from what brings her joy.**



Your style is what makes your art yours. Validation is nice - but it's not the reason you started drawing.





“Mirror Check Offline versus Online Me”



Instructions:

You can do this activity alone and/or with your friends or family.



Objective:

To reflect on how you show up online versus how you feel inside, and to explore what this says about your identity and well-being.

This activity helps you become more aware of any differences and think about how you might express yourself more honestly – if you want to.

- 1 Draw two mirrors side by side on a piece of paper.
- 2 Label one: “What I show online”
- 3 Label the other: “What I feel inside”
- 4 In each mirror, draw or write keywords, emojis, colours, or images that reflect each version of yourself.
 - In the first mirror: things you post, the filters you use, captions you choose.
 - In the second mirror: your true feelings, insecurities, passions, things you might hide.
- 5 Now reflect: What do you notice about the two circles? How does that make you feel? What would it take to bring them closer together?



Optional sharing:

With your friends or family: ask them to share something they included (only if they feel that they want to). Discuss how social media influences what we choose to share – and how we see ourselves.



Extra activity:

A great follow-up exercise is to look at your recent posts or likes and ask yourself, “why did I share this? Does it really reflect me?”. Then, try creating a post you’ve never dared to make – something more honest or meaningful. You don’t have to share it, but notice how it feels to express your true self, even just for you!

Online spaces can be awesome – but they don’t define you. Real confidence comes from knowing who you are offline, no filters, no likes, no pressure.



How much do you feel like your true self online compared to offline?

Online bullying and harassment



What is online bullying?

Online bullying (also called **cyberbullying**) is when someone uses the internet, texts, or social media to hurt, embarrass, or scare another person.

It can look like:



Sending mean messages or insults



Sharing private photos or screenshots to shame someone



Spreading rumours or lies online



Excluding someone from group chats on purpose



What is online harassment?

Online harassment is when someone **repeatedly** uses the internet or social media to **threaten**, **scare**, or **target** another person. It's ongoing and meant to make someone feel unsafe.



Luca's WhatsApp groups

Luca (14 years old, from the Netherlands) has a stutter. His friends made a group chat, but he didn't know they also made a secret one without him, where they joked about the way he talks. One day, someone accidentally sent a screenshot to the wrong chat. That's how Luca found out. He felt humiliated.



Think:



How would you feel if you were Luca?



What would you do if you saw someone being treated this way?







Extra exercise:

Design your own group chat agreements or add to an existing one!

- 1** Write down a few rules you all agree on. These could include things like:
- 2** No mean or hurtful language, Respect everyone's opinions
- 3** List out three things that would make you all feel more comfortable in the group chat, for example:
 - It's ok to leave the chat if you need a break
 - No sharing messages outside the group without permission.
- 4** It's also a good idea to check in on your rules after some time to see if they still make sense and if everyone is still following them.



Examples of online harassment:






-  Sending rude or threatening messages over and over
-  Posting embarrassing photos or lies about someone
-  Creating fake accounts to follow or stalk a person
-  Spamming someone with mean comments or DMs (direct messages)



Online harassment is serious and can be emotionally harmful. No one deserves to be treated that way – and it's ok to ask for help.



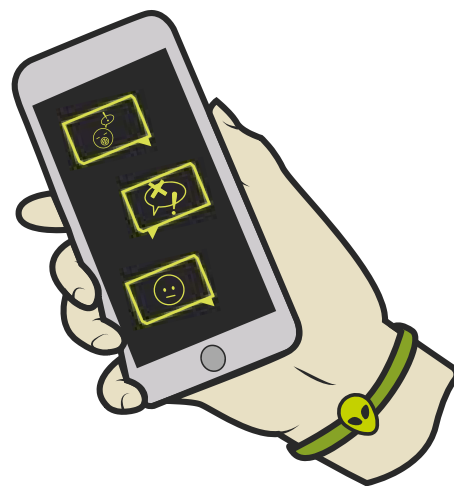
What to do if it happens to you or a friend

-  **Do not reply**
-  **Take screenshots**
-  **Block and report the person**
-  **Talk to a trusted adult**
-  **A trusted adult can help you take it further if needed. In certain cases, you can also report it directly on the app.**



Su's DMs

Su (15 years old, from South Korea) posted a selfie on her new account. A boy she did not know sent her messages calling her ugly and saying she did not belong. When she blocked him, he made a new account and did it again.



Think:



Is what the boy did ok?



What can Su do next?



Who could help her?

Story continued...

At first, Su felt really upset and didn't know what to do. But then she decided to talk to a trusted adult at school about what was happening. The adult helped her report the accounts and gave her support.

The school also ran a session about online bullying and respect. After that, Su felt safer and more confident online. The boy's accounts were removed, and he faced consequences for his actions.



What is AI and how can you engage with it?

AI stands for **Artificial Intelligence**, which means computer programs that can do some of the things that normally need human thinking. That includes answering questions, writing stories, recognizing faces, suggesting videos, or even playing music based on your mood.

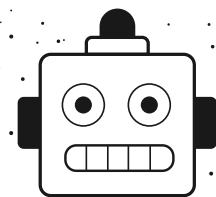
You've probably used AI without even realizing it, like when you get auto-suggestions while typing, use a chatbot, scrolling through TikTok, searching on Google, or using talk-to-voice assistants like Siri or Alexa.

Cool, but what's the big deal?

AI can be super helpful and fun, but it's important to **ask questions** about how it works and who it's made for.

- ? Who teaches AI what to do?
- ? Does it treat everyone fairly?
- ? Can it spread stereotypes or fake info?

The truth is, **AI isn't always neutral**: It learns from the internet (which has both good and bad stuff), and it's designed by humans (who aren't perfect either). That's why it's important to use **AI smartly** and to speak up if you think something feels wrong or unfair.



Did you know? ¹⁰

Some teens are using **AI companions** — apps or chatbots that act like digital friends. You can talk to them when you're bored, need advice, or just want someone to "listen."

But guess what? Even though lots of teens have tried AI companions, **most still like real-life hangouts better!** They say spending time with friends in person feels more fun, more real, and helps them feel more connected.

So, while chatting with an AI can be cool sometimes, **nothing beats laughing, talking, and being with your real-life friends.**



10 Common Sense Media (2025) Talk, trust, and trade-offs: How and why teens use AI companions. Available at: <https://www.commonsensemedia.org/research/talk-trust-and-trade-offs-how-and-why-teens-use-ai-companions> (Accessed: 16 July 2025)



How you can engage with AI



Be curious: Ask how AI works – not just what it can do.



Think critically: If an AI tool says something, that doesn't mean it's 100% true.



Be creative: You can use AI to help you brainstorm ideas, write poems, or explore new interests.



Stay safe: Don't share personal info with AI tools and always check if a trusted adult knows what you're using.



Speak up: If an AI tool feels weird, biased, or unsafe – talk to someone. You have the right to understand and question how technology affects you.



REMEMBER: AI can be a tool – **but you're the one in control.**

Use it wisely, ask questions, and don't be afraid to imagine how AI could be fairer, safer, and better for everyone.

Screens, speaking up, and staying sane: How it all connects



Hey you! Yes, you, scrolling right now!

Let's talk about something that's basically part of everyday life – **screen time** – and how it ties into **activism** (standing up for what you believe in) and **mental health** (taking care of your brain and emotions).



First up: Screen time

Screens are awesome. You can play games and channel your inner gamer, learn TikTok dances, find hilarious memes that you can then share with your friends, and chat with friends across the world. But here's the thing: If you spend too much time on screens – like hours and hours every day – it can start to mess with your sleep, mood, and even how confident you feel about yourself.

Studies show that spending more than 2–3 hours a day online just for fun (not counting homework) can sometimes make people feel more anxious, stressed, or lonely.¹¹ Why? Because constantly scrolling can make you compare yourself to others, feel left out, or even worry you're not doing enough with your life. Your brain also doesn't get much of a break when it's always reacting to notifications, messages, or endless content. It's not about banning screens (we're not in the Stone Age, right?), but about balancing them with stuff like sports, hobbies, chatting IRL (in real life), and just chilling without notifications buzzing every two seconds.



Next: Activism and speaking up

Now, here's where screens get super cool: **Activism!**

Young people all around the world are using phones and social media to create real change. Think of Greta Thunberg, who started the global climate movement Fridays for Future – and she was a teenager at the time! Or Emma González, who became a powerful voice for gun control in the U.S.A. after surviving a school shooting and helped launch the March for Our Lives movement, all while still in high school. Many local campaigns to clean beaches, fight bullying, or stand up for mental health rights are started online.



Social media activism lets you



Join groups that care about what you care about



Spread awareness about important issues



Plan events and get others involved

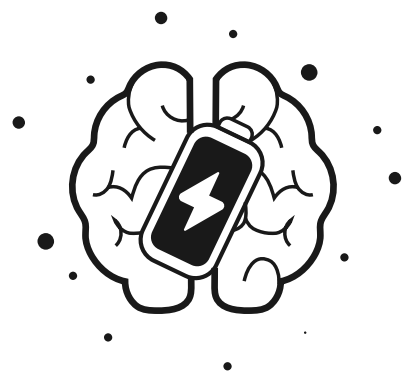


Share your voice and inspire others

¹¹ Studies like those by the American Academy of Pediatrics and Common Sense Media suggest that more than 2 hours of recreational screen time a day can impact mental health in teens, especially when it replaces sleep, exercise, or in-person social time. Common Sense Media (2023) Tweens, teens, tech, and mental health. Available at: <https://www.commonsensemedia.org/research/tweens-teens-tech-and-mental-health> (Accessed: 10 July 2025).

You have POWER at your fingertips. Literally.

BUT, a quick heads-up: Fighting for big causes can sometimes be emotionally exhausting. Constantly reading bad news can make your brain tired and your heart heavy. That's why it's super important to know when to **step back, recharge, and take care of yourself**.



If your protest is only seen online, is it still powerful? If so, why? If not, why not?

Finally: Your mental health matters

Being online is like eating candy: It can feel good ... but too much can make you feel sick! To protect your well-being while being a screen-time superhero and a world-changer, try this:



Set screen-free times (like after 9pm – your brain will thank you with better sleep!) or even leave your phone out of the sleeping room entirely. Did you know that some phone and app settings also have options to close apps at certain times.



Curate your feed: Unfollow anything that brings you down and keep the stuff that supports your mental health.



Take offline breaks: Read, walk, dance freely, or meet up with friends.



Talk it out: If you ever feel overwhelmed, confused, or not good, talk to someone you trust (a friend, a teacher, a counsellor or a trusted adult).



Speak up: If an AI tool feels weird, biased, or unsafe – talk to someone. You have the right to understand and question how technology affects you.

You matter.

Your voice matters. And finding a healthy balance with your screen time helps you stay strong enough to change the world.

So go ahead – scroll, share, stand up – but also rest, recharge, and log off sometimes.





Dimas' day without a phone

Dimas was glued to his phone. Every free moment – scrolling, gaming, messaging.



His best friend, Anissa, had noticed Dimas wasn't really there anymore. Even during lunch, he'd sit with his head down, thumb flicking across the screen.



TECH-FREE CHALLENGE!

One day, their school announced a "Tech-Free Challenge": No phones, tablets, or laptops for 24 hours. Dimas laughed. "No way!" he muttered. "I can't survive without it."

But Annisa decided to try it. She even spoke up in class, saying, "I think it might actually be good for us. Maybe we'll have real conversations again."



At first, Dimas rolled his eyes. But when he saw half the class nodding, he got curious. The next morning, he shoved his phone deep into his backpack and left it there.

Something strange happened. He noticed the colours of the trees on his walk to school. He talked - like really talked - with Annisa at lunch. He realized he hadn't laughed that hard in a while.



When the 24 hours ended, Dimas picked up his phone.

Buzz. Buzz. Notifications poured in.



But this time, he paused. Instead of diving back in, he turned to Anissa and said, "Wanna go shoot hoops?"

Screens weren't bad, but speaking up about how they made him feel, and learning to balance, made him feel more alive than any "like" ever did.



Healthy screen time



Key Objectives:

- Help understand the difference between helpful and harmful screen use.
- Encourage self-awareness around how screen time affects mood, focus, and relationships.
- Explore ways to set healthy boundaries with devices while still enjoying them.
- Empower you to make choices that support your wellbeing online and offline.



Materials needed:



Blank paper or poster board



Coloured pencils, markers, pens



Instructions:

1

Step 1: Draw yourself in the centre

Make a simple sketch of yourself (stick figures are fine!) in the middle of the page.

2

Step 2: Branch out your connections

From your drawing in the centre, draw four big branches coming out from you, like a mind map or tree. Label each branch with one of these four prompts:

- **How screens help me**
(for example staying in touch with friends, learning new things, finding support)
- **How screens stress me out**
(for example pressure to look perfect, too many messages, comparing myself to others)
- **Times I want to speak up**
(for example when I see someone being bullied, when something feels unfair or fake)
- **Things that help me feel ok**
(for example going outside, listening to music, putting my phone away for a bit)

Under each branch, **add short notes, drawings, emojis, or symbols** to show your real-life experiences. There's no right or wrong – it's about what's true for you.

How screens stress me out

(for example pressure to look perfect, too many messages, comparing myself to others)



Times I want to speak up

(for example when I see someone being bullied, when something feels unfair or fake)



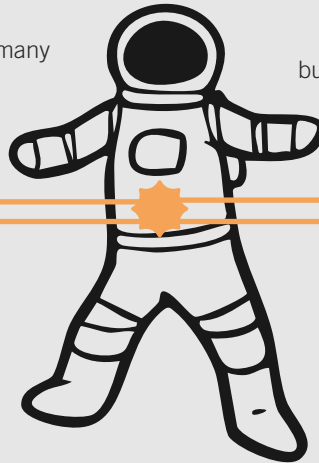
How screens help me

(for example staying in touch with friends, learning new things, finding support)



Things that help me feel ok

(for example going outside, listening to music, putting my phone away for a bit)



3 Step 3: Highlight three self-care moves

Look at everything you added to your drawing. Now, choose three self-care activities that really help you feel good, calm, or in control – things you want to keep doing.

These could be simple things like:



Taking screen breaks



Talking to someone you trust



Doing something offline that makes you happy

Circle them, draw a star next to them, or decorate them so they stand out. Paste them on a wall in your room or close to your bed! These are your personal self-care power moves – things that help you take care of your mental health, online and offline.

4 LAST: The Self-Care Compass

Draw a simple compass with four points (North, East, South, West) and a center circle.

In each direction, write or draw something that supports your self-care:



North: A habit that helps me feel calm



East: Someone I trust



South: A space where I feel safe



West: A boundary I want to set

In the **center**, write or draw one thing you enjoy doing offline. This is your “center of joy” — a reminder to unplug and recharge. You can add more ideas to the center anytime you think of new ones!

Consent: Let's talk about YES!



What is informed consent?

Consent means asking for permission – and truly respecting the answer.

But not just any permission. For it to really count, it needs to be informed consent. That means the other person understands exactly what they're saying yes (or no) to.

In real life, you wouldn't borrow someone's hoodie or ride their bike without asking – it's the same online! If you want to post a photo or video that includes someone else, you need to:



Ask first



Explain clearly how and where it will be shared

(Is your account private or public? Will lots of people see it?)

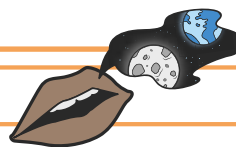


Accept a "no" without pressure

True consent isn't just about getting a "yes" – it's about making sure the person has all the info they need to feel safe and in control of what happens next.



Aotearoa - Whakatauki (proverbs)



In Māori tradition¹², **whakatauki** are proverbs that pass down wisdom, values, and emotional guidance. They connect people with ancestors, nature, and community — and are often used in times of challenge, activism, or healing.



New Zealand

Examples:



He waka eke noa – We are all in the same canoe.

A reminder that we're in this together — everyone's role matters.

12 Te Aka Māori Dictionary (n.d.) *Whakatauki*. Available at: <https://maoridictionary.co.nz> (Accessed: 01 July 2025).



He aha te mea nui o te ao? He tangata, he tangata, he tangata – What is the most important thing? It is people, it is people, it is people.

Highlights the importance of human connection and care.



Kia kaha, kia māia, kia manawanui – Be strong. Be brave. Be steadfast.

Often said to someone going through a tough time.



Whāia te iti kahurangi, ki te tuohu koe, me he maunga teitei – Pursue what is precious. If you bow, let it be to a lofty mountain.

Encourages persistence and aiming high, even when it's hard.



Try this: Create your own guiding phrase

Create your own *whakataukī*. Write or draw a proverb or phrase based on something you've learned about well-being throughout this book. Think of a place to keep it, in your pocket, in your bedroom or by your desk, so that you can be reminded of it.

Create your own saying or phrase based on something you've learned about well-being in this book.



1. Write or draw your phrase or saying

Something that helps you feel calm, strong, or confident.
Example: "One breath at a time" or "I speak up for myself"



2. Decorate it

Use colours, symbols, or small drawings to make it yours.



3. Choose how to use it

Write it on card or paper.
Keep it in your pocket, stick it on your wall, or place it on your desk – anywhere you'll see it and be reminded of your strength.

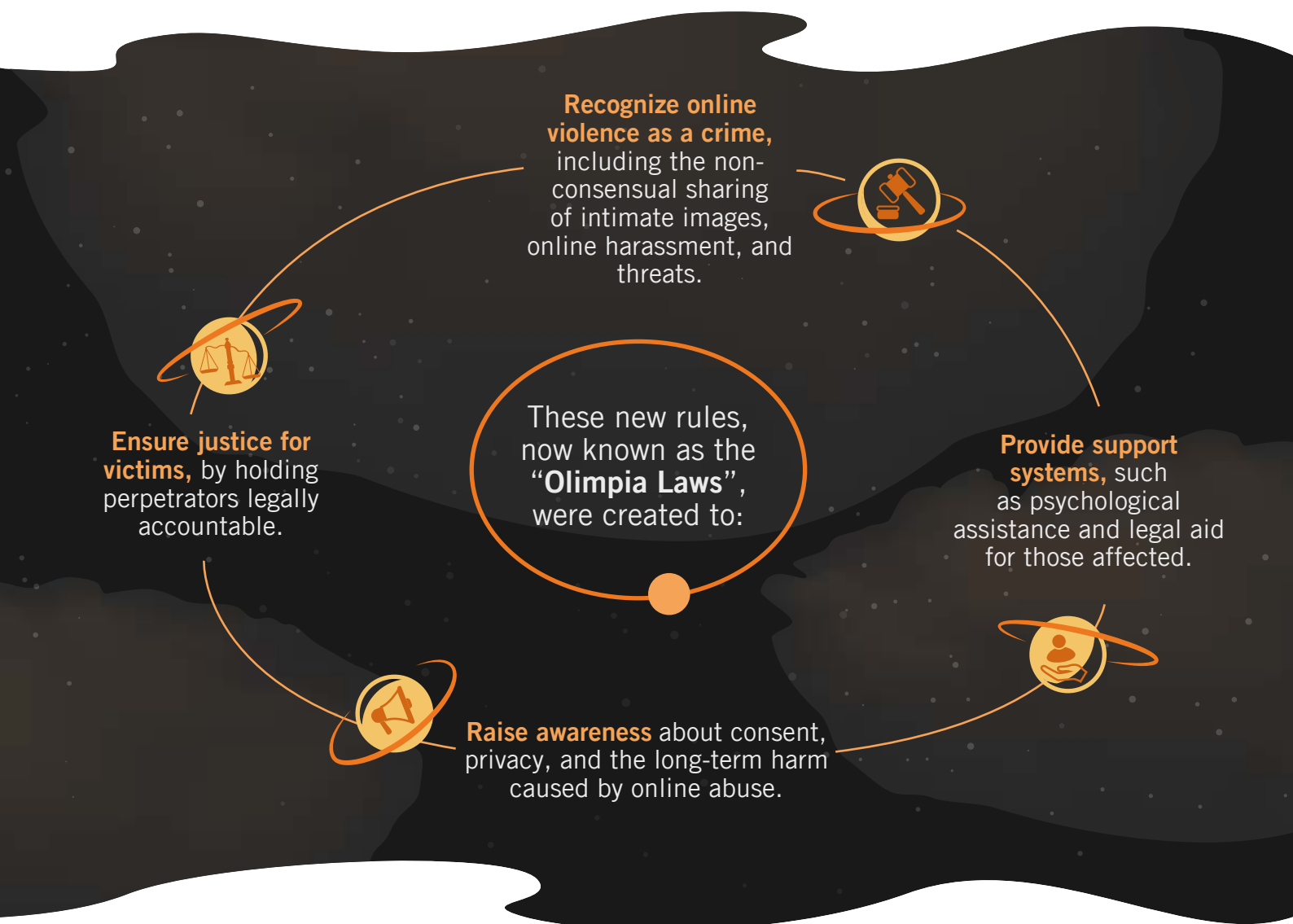


Olimpia's click to courage

By Paloma, Resilient Squad Member

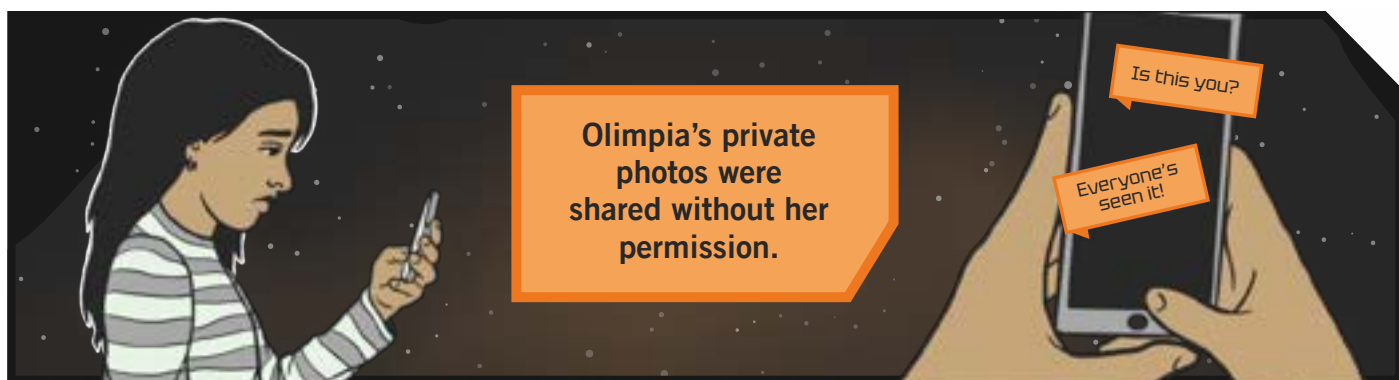
In 2019, a young woman named Olimpia in Mexico had her private video, containing intimate images, shared online without her consent. People mocked her, blamed her, and she was deeply hurt.

But instead of staying silent, Olimpia decided to speak out. Her courage sparked a movement and helped change the law.



The laws aim to **protect anyone – not just women and girls – from online violence**, though they were originally driven by a movement led by women and mostly highlight the violence disproportionately experienced by them. They are designed to offer legal protection and justice to all victims, regardless of gender.

These laws have now been passed in **all 32 states in Mexico**, making online violence a punishable offence. They have also inspired efforts in other countries to introduce similar protections – especially for young people, girls, and women who often face the brunt of online abuse.

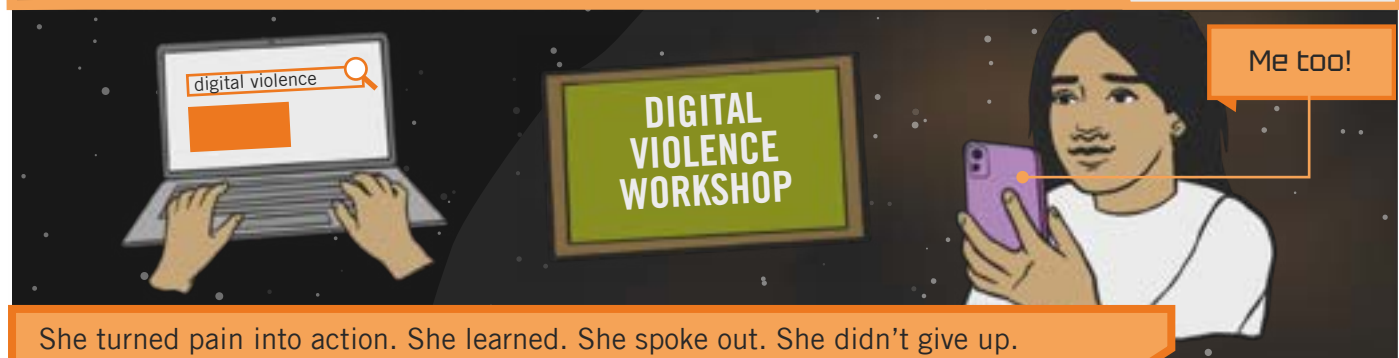


Olimpia's private photos were shared without her permission.

She felt alone and embarrassed.



What they did was wrong. You're not a bad person. It's not your fault. You have to speak up.



She turned pain into action. She learned. She spoke out. She didn't give up.

Olimpia helped create a law to protect people from digital violence so no one else would have to go through what she did.



Think about:

- ? Would I want someone to post a video of me without asking?
- ? How can I help make the internet a safer place for everyone?
- ? What should I do if I see someone being bullied or shamed online?

Online security: Thou shalt protect yourself

Some people spend a lot of their lives online, chatting with friends, gaming, posting, studying, and sharing. But just like you lock the door to your house at night, you also have to lock up your digital world.

Online security means protecting yourself from hackers, scammers, and even groups who might try to use your information against you. It's about keeping your accounts safe, your information private, and your devices secure.

Sometimes, it's not just random hackers. Governments can also target people, especially activists, journalists, or anyone speaking up about unfairness.



One dangerous tool used in these situations is **spyware**, which is software secretly installed on your phone or computer to track what you're doing. It can record your messages, calls, location, and even turn on your camera or microphone without you knowing. Spyware has been used against adults and kids alike. One high-profile case involved the teenage son of Mexican journalist **Carmen Aristegui**, who was targeted because of her work exposing corruption.¹³

In the Philippines, for example, some young activists have been victims of “**red-tagging**” – being falsely accused online of being linked to armed groups just because they speak up about human rights or criticize the government.

This shows why online security is for everyone; because your voice matters, and it deserves protection. Protecting yourself online is just as important as protecting yourself in real life. **Stay sharp, stay safe, and stay smart!**

Want to connect with other youths who care about digital rights?

You're not alone. Young people all over the world are standing up for their rights online. The YPAN Platform / **Global Community for Digital Rights** is a safe, independent and secure Amnesty-hosted space where youth activists like you can learn more, take action, and support each other.

Join the movement **here**



Take the Amnesty Academy Course on Digital Rights



Dive deeper into your rights in the digital world through Amnesty's free online course. Learn how surveillance, censorship, and online harassment affect young people – and how you can protect yourself and advocate for others.

Start the course **here**



Need more tips?



Try this interactive tool: the **Data Detox X Youth guide** – it's packed with smart, simple ways to protect your online self.

¹³ Citizen Lab (2017) *Reckless Exploit: Mexican journalists, lawyers, and a child targeted with NSO spyware*. Available at: <https://citizenlab.ca/2017/06/reckless-exploit-mexico-nso/> (Accessed: 01 July 2025).



Online self-care checklist

By Abril and Paloma, Resilient Squad Members

Because taking care of your online self is just as important as your real-life self. The internet can be awesome! But it can also get overwhelming, confusing, or even unsafe. This checklist helps you protect your mind, your privacy, and your peace while you're online.

Taking care of your online self is just as important as in real life. The internet can be fun, but also stressful or unsafe. Use this quick checklist to protect your **privacy, peace, and mental health** online:



- ☐ I use strong, private passwords by choosing phrases or word combinations that are hard to guess and adding numbers or symbols to make them even stronger.
- ☐ I keep my accounts private.
- ☐ I check my privacy settings regularly.
- ☐ I think before I post – would I be ok if strangers saw this?
- ☐ I don't accept messages or requests from people I don't know.
- ☐ I never share my real-time location.
- ☐ I ask for informed consent before posting photos of others including my friends.
- ☐ I take screen breaks when I feel overwhelmed.
- ☐ I talk to someone I trust if something feels off online.
- ☐ I'm careful with links and don't click random ones.
- ☐ I keep personal info (like my address or school) private.
- ☐ I unfollow or block accounts that make me feel bad.
- ☐ I remember that likes don't define my worth.
- ☐ I stand up for friends being bullied online.
- ☐ I check how websites use cookies and adjust settings if I don't want to be tracked.



Cookie-what?

Who is the cookie monster, you might wonder? Not the blue furry Muppet from Sesame Street! We are referring to websites or third-party trackers that gobble up your personal data using cookies.

Paloma and Abril's quick tips for apps



Instagram

- Set your account to Private
- Use the “Close Friends” setting for stories
- Limit who can comment or DM



TikTok

- Set to Private in Settings
- Choose “Friends Only” for comments and duets
- Turn off account suggestions if you want more privacy



Snapchat

- Use Ghost Mode on Snap Map
- Set stories to “Friends Only”
- Remember: Snaps can be screenshotted or saved



What is grooming?

Grooming is when an adult tries to trick a young person into trusting them – online or in real life – so they can **manipulate, pressure, or harm them**.

They often **pretend to be friends**, but their real goal is to break your boundaries and take advantage of you.



Where can grooming happen?

- In online games
- In chats or DMs
- On social media
- Even in group chats or forums



Warning signs to watch out for:

- They say nice things or give you gifts to win your trust
- They ask you to keep your chats a secret
- They want personal or private photos
- They bring up topics that make you feel uncomfortable
- They ask to meet you in real life

Big red flag!

If someone online tells you to **hide something from your parents, caregivers, or friends**, that's not safe.

If they make you feel **weird, pressured, or uncomfortable** – even just a little – listen to your gut.

DO THIS:

Tell a **trusted adult** right away. You haven't done anything wrong. You deserve to feel safe and respected, always.



The mystery friend

Mariama loved gaming. Every day after homework, she logged into her favourite online game, **Mystic Realms**. She had a small group of friends she played with regularly, mostly classmates and people she'd met through them.

One afternoon, she got a friend request from someone called "**ShadowKing77**". His profile picture was a fire-breathing dragon, and he said he was friends with two of Mariama's gaming buddies from school. It seemed fine, so she accepted.

At first, **ShadowKing77** was fun to play with. He gave her tips, helped her level up, and always cheered her on. But after a few days, things started to feel a little weird.

He began asking questions that didn't seem related to the game:

- ? "What city do you live in?"
- ? "Do your parents watch what you play?"
- ? "You're so cool! Can you send me a photo of you?"
- ? "Let's keep this between us, ok? Don't tell anyone I asked."

Mariama started to feel uncomfortable. Something about the way he was talking didn't feel right.

Then she remembered something from a school assembly:



"If someone online tries to make you keep secrets, sends weird messages, or asks for personal photos - that's not safe. Tell an adult you trust."

She trusted her gut.

Mariama blocked **ShadowKing77**, reported him to the game moderators, and told her older brother everything. Her brother helped her talk to their parents, who were really supportive.

It turns out **ShadowKing77** had been messaging lots of young players, pretending to be friendly, but really trying to **trick them into sharing private information and photos**.



Mariama learned that staying safe online isn't about being scared – it's about being smart, strong, and knowing what to do when something doesn't feel right.



Think about it: What would you do?



Reflection box:

- ? What red flags did Mariama notice?
- ? What do you think she did well?
- ? What would you have done in her place?
- ? Have you ever seen or heard something online that felt off or made you uncomfortable? Who could you talk to about it?



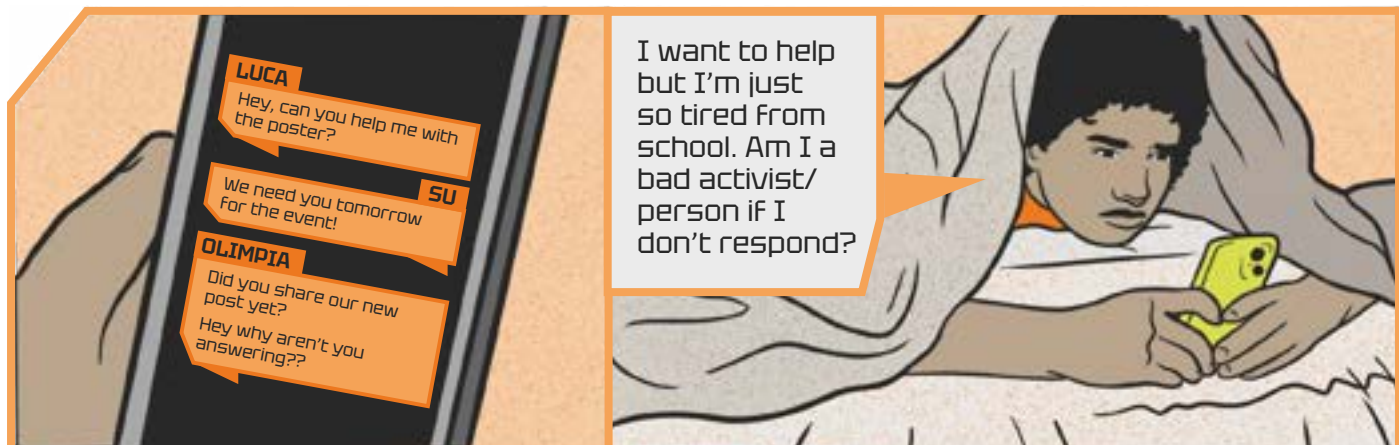
Reminder:

If someone online ever asks you to keep secrets, makes you feel uncomfortable, or tries to get private photos or information – block them, report it, and tell a trusted adult.



"Always online for the good?"

By Sarah, Resilient Squad Member



You did it!



My Online Well-being and Safety Plan

You've completed the workbook and explored some big ideas – from taking care of your emotions and speaking up for what you believe in, to supporting others and staying safe online.

This page is all about **you** – what you've learned, what matters to you, and how you want to move forward.



Something I learned about myself:



One way I'll protect my safety online:



One way I'll take care of my mental health:



One way I can support others online or offline:



One healthy habit for screen time that I want to keep:




A Message to Myself

Write a short note to your future self – something kind, strong, or motivating to remind yourself of what you've learned.

Dear Me,

Wrap-Up: Online safety and wellbeing


You've made it to the end of **Part 4** – and the final chapter of this workbook! 

We've talked about how to stay safe, calm, and confident online, and how your digital life connects to your real-life well-being.

Whether you're gaming, chatting, scrolling, or standing up for what you believe in, you deserve to feel safe, respected, and in control of your online experience.

Let's look back and think about what you've learned.


1. What's one red flag you'll watch out for online?

 I'll be careful if someone...

2. What's one thing you can do to protect your privacy or safety online?

 I can stay safe by...

3. What helps you feel good about how you use the internet or your phone?


 I feel my best online when...

Final thoughts from the Resilient Squad

The internet is a big part of life – but you get to decide how you use it.

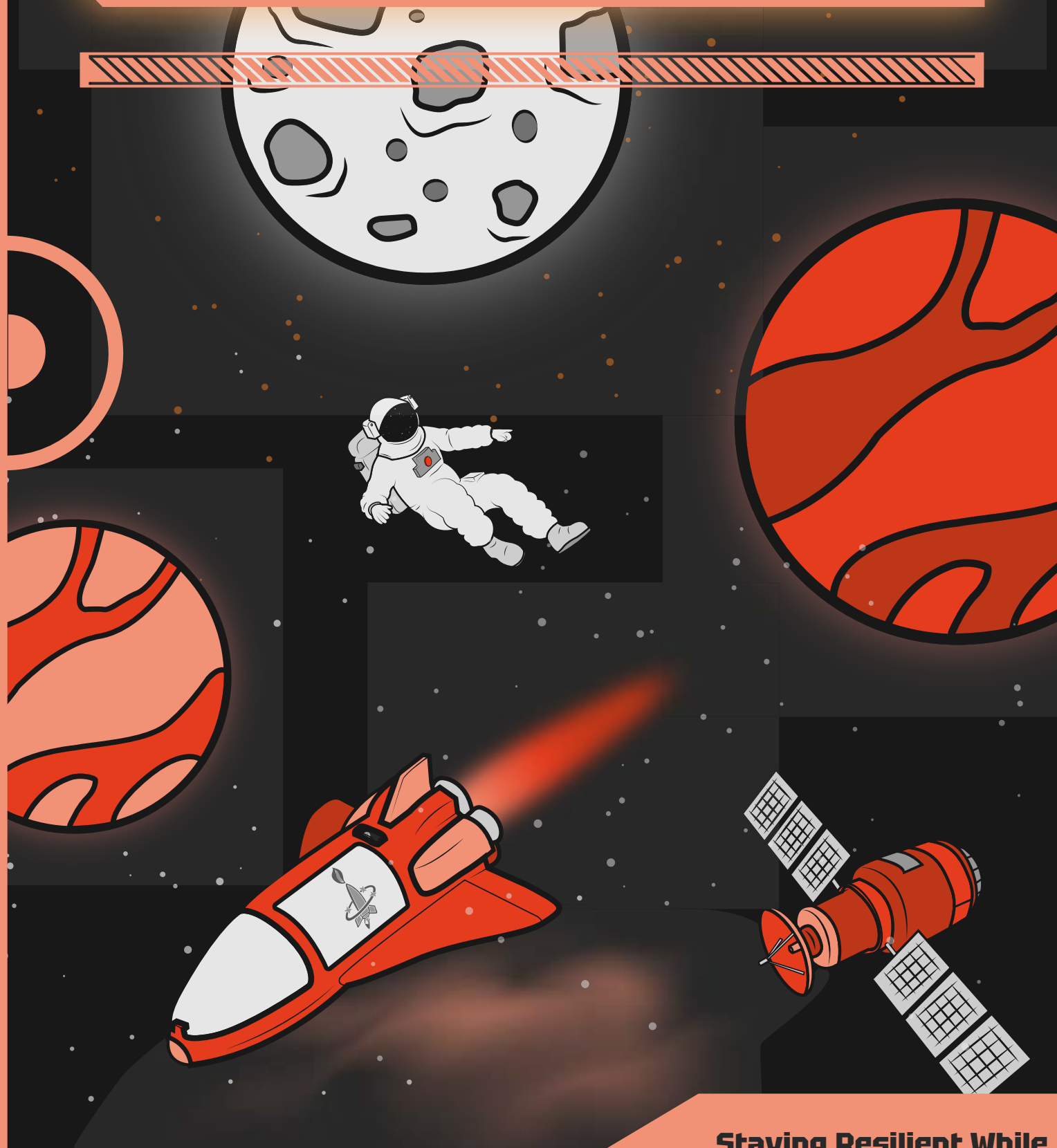
You've now learned how to care for your mental health, stand up for what you believe in, support others, and stay safe online.

That's powerful. That's brave. That's you.

 You deserve to feel safe, heard, and free – online and offline.

Keep learning, keep showing up, and don't forget: Your well-being matters.

Part Five: Resources for you



Part Five: Resources for You

Youth Glossary: Words that matter



Activism

Standing up for something you believe in, like climate change, equality, or mental health. It can mean joining protests, posting online, talking to leaders, or making art that spreads a message. Every small action counts!



Boundaries

Invisible lines that protect your time, energy, and emotions. A boundary is saying, “I can’t do this right now” or “I don’t want to talk about that”. Setting boundaries helps you care for yourself and respect others too.



Climate change

The Earth is getting hotter because of pollution, especially from burning things like coal, gas, and oil. This makes weather more extreme – more floods, heatwaves, and wildfires. It also affects animals, food, and people’s homes.



Collective care

Taking care of each other, not just ourselves. It means checking in on friends, making space for others to rest, and working together so no one feels alone. It’s about kindness, support, and community.



Coping

What you do to handle stress, sadness, anger, or hard situations. Everyone copes in different ways, like talking to someone, taking a break, or doing something creative.



Coping strategies

Tools or actions you use to help you feel better or stay calm during hard times – like deep breathing, journaling, moving your body, or asking for help.



Digital security

Keeping yourself safe online, like using strong passwords, not sharing personal info, and knowing who you’re talking to. It’s like locking your door, but on the internet.



Disability

When your body or brain works differently in a way that can make some things harder. It might be visible (like using a wheelchair) or invisible (like chronic pain or anxiety). Society needs to do better at including everyone.



Emotional regulation

Being able to understand and manage your emotions. It doesn't mean hiding feelings – it means learning how to respond in healthy ways when you're angry, sad, stressed, or excited.



Empathy

Understanding how someone else feels and caring about what they're going through. Empathy means trying to "put yourself in someone else's shoes".



Informed consent

Saying "yes" clearly and freely to something, like being in a photo, sharing a secret, or giving a hug. Consent means no pressure, and you can change your mind anytime. If there's no clear yes, it's a no.



Mental health

How your brain and emotions feel and work. Just like physical health is about your body, mental health is about your thoughts, feelings, and how you handle life's ups and downs.



Microaggression

A small comment or action that may seem minor but actually hurts or excludes someone. It can be intentional or unintentional. For example: "You're really smart for a girl". These can feel like little stings that add up over time.



Neurodivergence

When someone's brain works a little differently from what's typical, that's called being neurodivergent. This can include things like ADHD, autism, dyslexia, or anxiety. Being neurodivergent isn't a bad thing — it just means the person might need different kinds of support or ways of doing things to feel good and do their best.



Online bullying (Cyberbullying)

When someone uses the internet, phone, or social media to hurt, embarrass, or pick on another person again and again. This can be through messages, posts, or spreading rumours.



Online harassment

Repeated, unwanted, or aggressive behaviour toward someone online. It can include threats, name-calling, or messages meant to scare or upset the person.



Digital violence

Harmful actions that happen online or through tech, like sharing private images without consent, controlling someone through their phone, or using online tools to stalk or abuse someone. It's serious, and it's never ok.



Privilege

Getting extra help or advantages without asking, just because of who you are, like your skin colour, gender, or where you're from. It doesn't mean your life is easy, just that it might not be hard in that specific way.



Racism

When people are treated unfairly or badly because of their race or skin colour. Racism can show up in rude comments, unfair rules, or systems that give some people more power than others. It's not ok, and it's something we all need to challenge.



Socio-economic status

A fancy term that means how much money, education, or work opportunities someone (or their family) has. It can affect what school you go to, how easy it is to get help, or what kind of future you can imagine.



Stress

Stress is what you feel when something feels like too much. It might be pressure from school, family stuff, friendships, or even the news. It can show up in your body (like headaches or trouble sleeping) or your mood (feeling angry, worried, or sad).



Well-being

Feeling good in your body, mind, and relationships. It means feeling safe, healthy, and balanced most of the time – even when things are tough.

Helplines:

This workbook does not equate to professional psychological support. If you need help, please speak to someone in your community and check out which services are available in your country.

The list below includes mental health organisations and helplines for various countries around the world. While Amnesty International has not worked with most of these organisations, we hope this list can provide a starting point when you need help. If you don't see your country below, reach out to a trusted adult for support in getting this number.

GLOBAL	Befrienders	I'm Alive	Lifeline Crisis Chat
ALGERIA	Le Syndicat national algérien des psychologues Association SARP Psychological Support Cell (Family Planning Association) – 1005 / 021 782 967		KENYA Befrienders Kenya Kamili Organization
ARGENTINA	Centro de Asistencia al Suicida Helpline for girls and boys: 102 Helpline for gender based violence: 144 Helpline for substance use situations: 141 Crisis Hotline – 135 (Buenos Aires) / 5275-1135 (rest of country) Helplines for mental health support in quarantine		KOREA Youth Cyber Counseling Center 1388 LGBTQ Youth Crisis Support Center DDing Dong
		LUXEMBURG	Kanner a Jugendtelefon SOS Détresse
		MALAYSIA	Befrienders
		MEXICO	SAPTEL

AUSTRALIA	Kids Helpline Lifeline Headspace	MOLDOVA	Altruism Association Moldova
AUSTRIA	Rat auf Draht Telefonseelsorge Jugendberatungsstellen Soforthilfet Psychologische Studierendenberatung Wien ÖH Helpline	MOROCCO	Sourire de Reda (Befrienders Casablanca)
BELGIUM	Centre de Prévention du Suicide Zelfmoord Jongeren Advies Centrum	NETHERLANDS	Jongeren Hulp Online 113 Zelfmoordpreventie
BRAZIL	CVV - Centro de Valorização da Vida CAPS - Centros de Atenção Psicossocial (CAPS) UBS - Unidade Básica de Saúde CRAS - Centro de Referência da Assistência Social	NEW ZEALAND	Lifeline New Zealand Youthline 1737, need to talk? Rainbow Youth Intersex Youth Association
BURKINA FASO	Clinique Assinan Service de Psychiatrie CHU-YO	NIGERIA	Mentally Aware Nigeria Initiative
CANADA	Canadian Mental Health Association Bell Let's Talk Kids Help Phone Crisis Services Canada	NORWAY	Mental Helse
CZECH REPUBLIC	Centrum sociálních služeb Praha (CSSP) Linka Bezpečí	PERU	Linea 105 – National suicide & crisis line (24/7) Empatía LGTB
DENMARK	Livslinien UngtílUng Ungpålínje/Ungonline Headspace	PHILIPPINES	The Natasha Goulbourn Foundation In Touch
FINLAND	Mental Health Finland Crisis help line in Finnish: 0925250111 Crisis Help in Swedish: 0925250112 Crisis Help in Arabic and English: 0925250113	POLAND	Polish Suicide Prevention Foundation – 800 702 222 (24/7)
		PORTUGAL	Voz de Apoio
		SLOVAKIA	Liga za duševné zdravie – Linka dôvery Nezábudka IPčko – Krízová linka pomoci Národná linka pre ženy zažívajúce násilie Linka detskej istoty Linka detskej dôvery Centrum Slniečko

FRANCE	Suicide Ecoute SOS Help Sos Amitié	SLOVENIA	Zaupni telefon Samaritan in Sopotnik Ženska svetovalnica – krizni center
GERMANY	Telefonseelsorge	SOUTH AFRICA	LifeLine South Africa SA Federation for Mental Health
GHANA	Mental Health Authority Ghana	SPAIN	Teléfono de la Esperanza
GREECE	Suicide Help	SWEDEN	Nagon Att Tala Med Samaritans
HONG KONG	The Samaritans Hong Kong The Samaritan Befrienders Hong Kong Suicide Prevention Services (Lifeline)	SWITZERLAND	The Dargebotene Hand La Main Tendue La main tendue Telefono Amicoa
HUNGARY	LESZ The Kék Vonal Child Crisis Foundation	TAIWAN	Kaohsiung Life Line (Taiwan Lifeline International)
ICELAND	**Hjálparsími Rauða Krossins (Red Cross Helpline 1717)** Phone: 1717 (toll-free, 24/7)	THAILAND	Full Yin Women Well-being Center F Occa Peace Academy Thailand Backyard Politics [การเมืองหลังบ้าน] Mental Health Hotline 1323 – 24/7 operated by Department of Mental Health Samaritans Bangkok – (02) 713-6793 (Thai) / (02) 713-6791 (English callback service)
INDIA	AASRA Sneha India	TURKEY	SPOD
IRELAND	Samaritans	UK	Samaritans Mind HopeLine UK Childline Papyrus Stonewall NHS local mental health crisis teams
ITALY	Samaritans Italia	UKRAINE	Insight LGBTQ NGO Teenergizer
JAPAN	Befrienders Japan Life Link Tokyo Mental health Square Bond Project Childline TELL Lifeline – 0570-783-556 (10 AM–10 PM) Childline Japan – 0120-99-7777 (4 PM–9 PM for children/teens) Inochi no Denwa – 03-6634-2556 (24/7 support)	USA	HopeLine National Alliance on Mental Illness

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