

## YP Coordinators Working Group Meeting

25 June 2026

11.00 - 12.00 CET, Teams



# Youth wellbeing and youth participation

## Agenda

- Context (5 minutes)
- Scenario – based discussions (40 minutes)
- Best practices exchange (10 minutes)

# Youth wellbeing and youth participation

Context – 5 minutes

- Participating in national events, speaking in front of large audiences, engaging with policymakers or representing peers can be exciting and empowering experiences for young people.
- These opportunities can also create anxiety, stress and self-doubt affecting their wellbeing.

# Youth wellbeing and youth participation

Scenarios – based discussions – 40 mins

Scenario 1 (20 minutes)

- Sofia is part of your youth panel and has been invited to speak at your national Safer Internet Day event. She has known about the opportunity for several weeks, but due to school commitments, she couldn't prepare her speech as much as she wanted to.
- The evening before the event she informs you that she doesn't feel prepared enough and is considering to drop her participation to the event.
- How would you handle the situation as youth coordinator?

# Youth wellbeing and youth participation

## Scenario 2 (20 minutes)

- Michel is an active member of your youth panel. Although you believe he has a strong potential to speak at a high-level event, he is initially reluctant to participate because he worries that people may judge his accent and communication style.
- Thanks to your encouragements, Michel applies and is selected as a speaker for the event. During the preparation meetings he contributes actively, but as the event approaches he becomes quieter and tells you he wishes to drop out.
- What wellbeing considerations are important in this situation?



# Youth wellbeing and youth participation

Best practices exchange – 10 mins

Guiding questions

- How do you help young people to prepare to speak in an event?
- What wellbeing practices have worked particularly well in your SIC?

# Youth wellbeing and youth participation

- The next YPWG meeting will be on Thursday 17 July from 11:00 to 12:00 CEST.
- The topic of the next meeting will be "Child and Youth Safeguarding policies and practices".

Thank you!