



TAKE ACTION WITH FREEDOM

Freedom Youth Groups

For young people aged 11–17.

Learn what matters. Make something useful. Know what to do if somebody needs help.

KNOW

NOTICE

RESPOND

CHANGE

A practical guide for young people aged 11–17. Young people lead ideas. Adults hold the safeguarding responsibilities.

Online: freedomcharity.org.uk/contact-us/

Downloaded or printed: hello@freedomcharity.org.uk

START HERE

Your group. Your questions. Your action.

A Freedom Youth Group is a place to learn about forced marriage, FGM and Dishonour Abuse, ask the questions adults sometimes miss, and take safe action with other young people.

You do not need to know everything before you begin. You do need an adult lead and a recognised setting such as a school, sixth form or youth organisation.

One important boundary

Your group is not a helpline and you are not expected to solve someone else's situation. If somebody needs help, you pass the concern to the right adult or service.

11-14

EXPLORE & CREATE

Ask questions. Make posters, art, short films or presentations. Test whether Freedom's language makes sense. Help your school or youth group understand an issue better.

15-17

CAMPAIGN & LEAD

Research an issue. Help plan approved campaigns or events. Present. Test resources. Tell Freedom what young people think adults need to hear.

These are guides, not boxes. Nobody has to do a bigger or more public role because they are older.

The Freedom Method

Every Freedom route uses the same four moves. The detail changes by age and setting; the safety line does not.

KNOW	Build accurate knowledge. Separate evidence, law, guidance and opinion.
NOTICE	Recognise warning signs, coercion, unsafe assumptions and gaps in the way people or organisations respond.
RESPOND	Listen, stay within role, use the agreed safeguarding or support route and never investigate or contact family members yourself.
CHANGE	Turn learning into safer practice, better information, campaigning, partnerships or system change - then review what worked.

Your first four meetings

- 1 **KNOW** - Pick one issue. Write down what you already think you know, then check it against current Freedom material.
- 2 **NOTICE** - Look for one myth, gap or question that people your age often have.
- 3 **RESPOND** - Practise what you would do if somebody told you something worrying.
- 4 **CHANGE** - Do one useful thing for one audience, then ask whether it actually helped.

One issue. One audience. One useful result.

Make it useful, not just busy

Explore & Create ideas

- Create a myth/fact display using approved Freedom information.
- Make a short film or audio piece explaining one idea clearly.
- Read a section of a Freedom book and design questions for a safe discussion.
- Test a youth resource: what is clear, confusing, dated or missing?
- Design a “where to get help” poster for your setting with your adult lead.

Campaign & Lead ideas

- Plan an approved awareness week around one clear aim.
- Run a student survey about what people understand - without asking anyone to disclose abuse.
- Write or record an evidence-based message for a school or youth audience.
- Invite an approved speaker and help chair the questions.
- Send Freedom a short recommendation about something young people need adults to understand better.

Before you plan an activity, finish this sentence:

“After this, we want _____ to understand / know how to / change
_____.”

You do not have to fix it

- 1 Listen. Stay calm and let them speak.
- 2 Do not promise to keep abuse secret. Say you may need to tell the right adult so they can help.
- 3 Do not investigate, test the story or push for details.
- 4 Do not contact family members or anyone the person says may be involved.
- 5 Tell your adult lead or use the safeguarding route you have been given.
- 6 If somebody is in immediate danger, get adult help and call 999 if needed.

After you pass it on

It is the responsible adult's job to take the next safeguarding step. You are not expected to carry a serious disclosure by yourself.

Your choices matter

- You never have to tell a personal story.
- You never have to be photographed or filmed.
- You never have to speak in public or to the media.
- You never have to raise money to prove you care.
- You can ask for an accessible format or a different way to take part.
- You can stop an activity if it does not feel right.

Tell Freedom what adults miss

A youth group should not just repeat adult messages. Freedom wants to know what young people actually ask, what sounds confusing, what feels unrealistic and what would make information safer or easier to use.

When Freedom asks for your ideas, you should know

- Why you are being asked.
- What decision you can influence.
- What is already fixed and why.
- How your ideas will be used.
- What happened afterwards.

A quick check after any activity

- 1 What did people understand better?
- 2 What question kept coming up?
- 3 Did anything feel unsafe, awkward or unclear?
- 4 What would we change next time?
- 5 Is there something Freedom should know?

Start a Freedom Youth Group

Ask your school, sixth form or youth organisation to support a Freedom Youth Group. Your adult lead can contact Freedom to get started.

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Need help?

Taking action with Freedom does not make you a safeguarding professional. If somebody needs help, use the safeguarding or support route you have been given. Do not investigate, contact family members or try to manage a case yourself.

Immediate danger

If someone is in immediate danger, call 999.

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Downloaded or printed: hello@freedomcharity.org.uk

Help: freedomcharity.org.uk/helpline/

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