



IT'S A BRAVE YOUNG WORLD



ACTIVITY PACK



About the Author

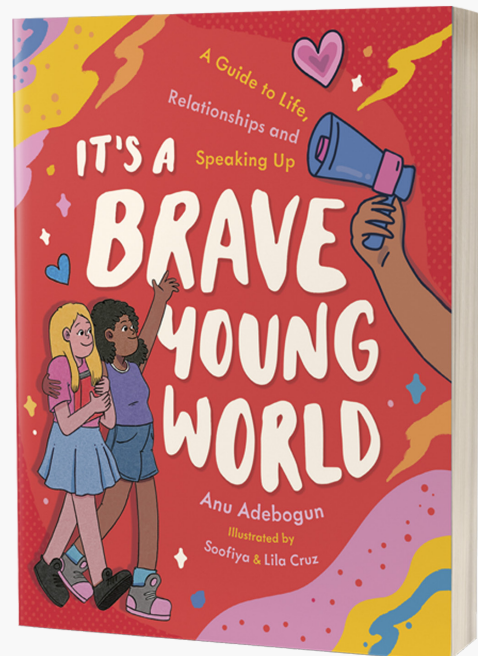
Anu Adebogun is an author, educator, workshop facilitator and PhD researcher at the University of Oxford exploring issues of gender, justice and crime. Anu has delivered sessions to thousands of young people to promote safety, wellbeing and access to education. She writes nonfiction books for young people on educational, personal and social issues, including the celebration of Black history and multicultural identity.

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About the Book

**We are brave around here.
Being bold and audacious is our way.**

No subject is off limits in this brilliant guide to life. From frenemies, crushes and consent to mental health, family dynamics and online addiction, this book will be the big sister you wish you had - answering all your most pressing questions, offering reassurances and helping you to understand your rights. Be empowered to put your safety first and gain the confidence to speak up and live your best life!



A **FRIENDLY, COLOURFUL** guide covering all the
NEED-TO-KNOWS about **GROWING UP.**



Activity time: Get creative!

It can sometimes feel like we only get to be creative when we have positive and affirming things to say about ourselves, but art is not always happy. Being creative can help release tension, frustration and pain.

Pick one of these methods to showcase how you think and feel about yourself:

Draw a picture

Mindmap ideas for a short film

Take a photo

Write a journal entry

Come up with a rap or song

Write a poem or spoken word piece



Write out five affirmations personal
to you in the spaces below.



I can do this.
I am confident.



I learn from my
mistakes.



Today, I am open to new
opportunities and experiences.



Write a letter to your future self.



"Dear future me, I hope your dreams come true. I hope you come out of your shell, overcome your fears and find happiness. Never let anyone bring you down."

Taria (12)

Write a letter to yourself which you can put in your journal or diary and revisit as time goes by or open in five years' time if you like. In this letter you can make predictions, envision the future and set goals for yourself. Some examples.

"Dear future me, how does it feel to have won the Nobel Prize in Literature? I hope your love for telling great stories continues to grow. You should be so proud of yourself."

Bukky (13)