



AIFA GOUGH

#iwill



*Aifa Gough, 14 years old
From: Belfast, Northern Ireland*

CHARACTER VIRTUES

I'VE DEVELOPED THROUGH PARTICIPATION IN SOCIAL ACTION

Leadership | Communication | Confidence | Creativity |
Resilience, Perseverance & Determination

#iwill ... encourage other young people to get involved with children with disabilities to better understand their needs and to bring them into their activities.

I was 13 when I first got involved in social action by giving my time to causes, and supporting other young people in my community, but now I'm hooked and I'm keen to continue getting involved in making a difference!

It was Kids Together in Belfast that first gave me the opportunity to get involved, when they asked me to volunteer to help with my youth club residential. It's challenging finding time to help out, or do other activities, but I find myself volunteering with them more and more as it's so rewarding!

Spending time with young people with disabilities has enabled me to relate to them as a peer, and be of benefit to

their mental health through having conversations about any issues they may face. I've learnt to speak macaton, which enables me to communicate more effectively with some of the young people I volunteer with and I know I make it a lot easier for the leaders to have me there to support when they need me.

I was first inspired by the adult leaders who gave me this opportunity, but now I enjoy inspiring other young people to get involved in social action.

"I enjoy demonstrating to young people the social benefits of getting involved in your community."

Organisation I've Participated With:

Kids Together

