



JAMES WATSON

AGE: 19 years old FROM: England

TOP FIVE CHARACTER VALUES: RESILIENCE, PERSEVERANCE & DETERMINATION | CONFIDENCE | GRATITUDE | COMPASSION | CITIZENSHIP

“I participated in the National Citizen Service and this is when I developed the skills and learnt what it would take to do a social action project, and it gave me the confidence to take my own initiative to go and do this.”

With a free day in sixth form, I wanted to do something productive - so I started taking part in social action! I had always enjoyed supporting young people and love art, so I asked my art teacher if I could help and she agreed. I mentored younger students either one-to-one or in groups. That summer I participated in the National Citizen Service (NCS) and this is when I developed the skills and learnt what it would take to do a social action project, and it gave me the confidence to take my own initiative to go and do this.

I set up a campaign on mental health and worked with a charity to hold a fun event for people with mental health problems who are in assisted living.

Joining the NCS local youth board (and the regional and national) we researched, designed and delivered a successful event that raised awareness among our local community of refugees and the issues they face.

I created a project with the 'Fixers', that became a card game

for children in Years 6 to 8, promoting creative subjects so they felt they could pursue these and achieve things, rather than feeling they had to take academic subjects.

Now at university I do lots of social action including: being on another local youth board, running a mental health campaign at Stoke City Football Club with other NCS graduates, volunteering with the Rainbow Unit, and mentoring local primary school children, many with special educational needs. I am looking to take part in social action around low-income families and poverty, as well as issues faced by LGBT and young people.

I am proud people say my social action has made a difference to their lives. It has given me the resilience and power to be who I want to be.



... promote how awesome young people are and how we can work together to build a community and society that we are proud to call ours.

