



TARYN EVERDEEN

AGE: 18 years old FROM: England - East of England

“The feeling that I’ve been able to help people through my social action, maybe even change lives, is just incredible.”

I’ve always felt a deep need to be part of significant, lasting change. When I was younger, I took part in local environmental projects with my school gardening club. I was also on the school council and acted as a mentor for younger students.

Now I’m involved in multiple social action projects, focusing on gender equality, the environment and periods.

My friend invited me to be part of a group of young women helping to run the Women of the World festival. At this event, I spoke about the period taboo, reusable menstrual products and female body hair on a panel about young people and feminism.

Following on from this, I’ve spoken several times on BBC Radio Norfolk, facilitating and participating in conversations about gender, the environment and other issues, and helping to present the show as well as coming in as an interviewee.

Our group used the momentum created by Women of the World to set up Girl Up Norwich, a branch of the UN Foundation’s Girl Up which empowers girls to empower other girls. I co-lead the group, facilitating meetings where we discuss issues relating to gender equality, and helping to organise events to raise funds and our profile.

On the environmental front, but still related to gender, I’ve been campaigning to raise awareness of reusable menstrual products. As part of a project for Bright Green Future, I created a video about alternatives to polluting menstrual products. This landed me a finalist’s place in ConnectHer’s ‘Girls Impact The World’ film festival.

I want to continue to raise the profile of reusable menstrual products and campaign more about the environment. If we are to do something to halt the effects of catastrophic climate change, we need to act now, and I want to be part of that action.

ORGANISATIONS I’VE WORKED WITH

YOUNG NORFOLK ARTS, BRIGHT GREEN FUTURE (CENTRE FOR SUSTAINABLE ENERGY), GIRL UP, UK YOUTH VOICE

CHARACTER STRENGTHS

LEADERSHIP, CONFIDENCE, COMMUNICATION, OPEN MINDEDNESS, COMMUNITY AWARENESS

