



Developing Positive Peer Pressure and Social Environments

Report on the Foróige Reference Panel Conference in the
Irish Management Institute on the 22nd -24th February 2013

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Foróige Reference Panel 2013

Chapter I

Conference Theme and Programme

1.1 Introduction

This year's Reference Panel held their first conference on the **22nd-24th February** in the **Irish Management Institute, Sandyford, Co Dublin**.

The Reference Panel are a national, representative body of young people in Foróige who make recommendations to the organisation on issues effecting young people today. They are democratically elected from Regional Conferences throughout country. They analyse and discuss the youth issues that are most frequently identified at these conferences in order to make their recommendation. 52 members were elected to the Reference Panel and 47 attended the Conference.

The Reference Panel Conference was run by Gerry Mc Donald, Head of Training and Programmes and Sarah Haslam, Youth Participation Officer. Paul Maher, The National Chairperson of Foróige also attended and facilitated. Other volunteers who facilitated were Dave O Reilly in Chillax Youth Café and member of the National Executive, Conor Hodgins, Chillax Youth Cafe and member of the National Council, Stephen O' Leary, Derrinturn Foróige Club and member of the National Council, Rebecca Doyle, EMC Foróige club and member of National Council, Michael Mc Kiernan, volunteer with Tallaght Youth Service, Davy Doyle, Whitechurch Youth Development Project. Staff who also facilitated were Susan Carey Advocacy Youth Officer and Stephen Power form the Midway project

1.2 Main Theme of the Conference

The Conference discussions began with the topic of **Bullying and Peer Pressure**. This was the issue most frequently identified at the 13 Regional Conferences that were held across the county in January. Although bullying was also the theme of last year's Reference Panel it was felt that this year's Reference panel should have the opportunity to discuss it and present their own ideas and perspectives. However, the Conference went a different direction to last year. It focused on the topic of creating **positive peer pressure** and **positive social environments**. The main theme of the Conference was therefore :

“Developing Positive Peer Pressure and Social Environments”

The Reference Panel worked on this theme in the following way:

- They explored and developed the concept of positive peer pressure
- They created a vision of how it would work best in clubs
- They made recommendations as to how the Foróige organisation could best achieve this vision

Chapter II

Analysis of the Issue of Bullying and Peer Pressure

The Reference Panel divided into six groups and discussed the following questions

- **What is your understanding of bullying/peer pressure?**
- **What is your experience and the experience of friends of bullying/peer pressure?**
- **What do young people need to deal with these issues?**

2.1 Bullying

Reference Panel's Understanding of Bullying

The Reference Panel described bullying as constant harassment. It can be verbal, physical, mental or emotional. It can mean persistent negative comments about someone. It is targeted action –usually at one person who is on their own. It singles out one person and involves “picking on them often because they are different”. It usually involves excluding someone and purposely leaving them out. This action is deliberate – the bullies know what they were doing.

The Reference Panel felt that bullying was defined by its repetitiveness. It was not a once off event. One group described it as “repetitive hatred”. It was on-going and continuing with recurring events. Very often it is a “mind set” of a group of people.

Cyber bullying was the most insidious. One group said that “you cannot get away from it”. The bully had constant access and it was “too easy for bullies”. The social media site **Ask fm** was considered a common outlet for bullying.

The Reference Panel felt that bullying “undermines your human dignity” and damages your self confidence and sense of individuality. It can have a destructive effect on your mental health. It can seriously change people’s lives and lead to great unhappiness.

Experience of Young People

Reference Panel discussed their experience and the experience of people they knew. They said that many who were bullied were afraid to talk to teachers or parents for fear that they would “cause more trouble for themselves”. One Reference Panel member said “you feel you let your parents down and that you are not good enough”. Some young people they

knew dreaded coming to school and sometimes had to leave school. There was not enough information in schools about who to talk to. Sometimes schools could “brush the issue under the carpet”. They felt that schools were not doing enough about the problem.

The Reference Panel described the effects of bullying in the following way:-you feel very alone, -you start to believe what others say, -you start to dislike yourself, -it can affect your social life , family life, school life and grades,- it can be a life changing experience,- -it can lead to health problems especially mental health and be a “catalyst for depression, suicide and lack of confidence”. Some felt that bullying “takes away your rights” and is often based on racism and not accepting of your sexuality.

The Reference Panel stated that the social media site **Ask fm** was a great opportunity for bullying and for bullies. One group said “people go on it because they want to know what other people think of them” They questioned why “people need to ask at all?” They believed strongly that everyone needed to know about the consequences of getting involved in this form of social media.

2.2 Peer Pressure

Reference Panel’s Understanding of Peer Pressure

Reference Panel members defined peer pressure as “a group or one person influencing - or sometimes forcing- change on someone’s actions and thoughts. One Reference Panel member described it more as “peer influence” than peer pressure. They believed that it could be positive as well as negative.

Negative peer pressure could come from trying to fit in and trying to impress. “You could be pressured into doing something you did not want to do”. It made it “hard to say no and it was hard not to do it”. You could be put down if you tried to do something good or different. You felt “a loser and not cool”.

One group discussed positive peer pressure. They said that it could be motivating in a positive way. It could set a high standard of behaviour for everyone

Experience of Young People

To the Reference Panel, peer pressure was about “being in the group” but it often meant “not being able to express your personality or individuality”. You were “afraid to be yourself” and more intent on “copying others” and “following the crowd”. The whole thing “made you more self conscious”. Very often it prevented young people from “expressing themselves and how they feel”. It made it harder to be true to yourself. One Reference Panel member described it the following way “If you liked a pop group that no one else did you would be afraid to speak out”

Peer Pressure, they said, also made you feel more conscious of your image and clothes. Having the right brand was important often when you may not be able to afford it. Many changed their appearance/personality because of bullying and peer pressure.

Negative peer pressure was often motivated by a fear of being left out. One Reference Panel member said “you felt excluded if not doing the apparent social norm such as drinking”. Another said “If you don’t do what others do you could be bullied”. You “felt isolated if you did not fit in”.

The Reference Panel believed that negative peer pressure could very easily lead to anti social behaviour. You could feel pressured to take drink or drugs. One said that “it is hard to say no to drink and it is so easy to get alcohol and drugs”. Negative peer pressure, they felt could be dangerous and could “effect your life in the long run”.

2.3 What Young People Need to Deal with These Issues

Confidence:

Young people needed courage and confidence to stand up for themselves and to report any bullying. One group believed that you “needed to be able to be yourself and not be afraid to say what you truly think”. You needed confidence to say no and “not let others intimidate you”. You needed to “develop positive thinking within yourself”. Young people also needed courage and confidence to stand up for others. This was just as important.

Another group said that it was important to remember that “you always have a choice”. It was also important to take charge of your life and to “avoid situations where you would be pressured”

Support from others

Confidence, however, was not just a matter for the individual. You needed the support of a positive peer group. One Reference Panel member put it well saying that “the main need was self confidence but for self confidence you needed positive groups and someone to support you”.

The Reference Panel felt that support from others was essential. You needed to be in a peer group or group of friends that supported you. You need peer groups that were based on trust and support. You needed “good solid friends”. It was important to have someone to talk to, someone you could trust or that you could go to for help. It was very important to know that “you were not alone” and that “there is support out there”.

You also needed family support and to be able to talk to parents. It was also important to be able to access that support. It was important to be part of a support system and a group

atmosphere that was based on trust and respect. Young people also needed the right kind of support from adults.

On-line Support

The Reference Panel also advocated having support lines on-line. One Reference Panel member came up with the idea of Talk FM (instead of Ask FM) where young people could talk about issues and get appropriate help and support. Some felt that a campaign was needed to delete Ask FM or at least an awareness video warning of its dangers.

Education

Education was a big need to deal with the bullying issue.

Young people and adults needed to be able to recognize bullying when it was happening and be able to do something about it. They needed knowledge and skills in dealing with the situation. Adults needed training in recognising bullying and responding to it. There needs to be education on cyber bullying and on-line safety. Education was also needed on diversity in society so as to eliminate stereotyping.

There was a need for well developed workshops on bullying. Anonymous surveys could be done with those who were bullied in order to get more of an insight into the topic.

Finally one Reference Panel member emphasised education for parents stated that “it was different growing up nowadays to 20 years ago and that many parents are clueless to new social media”.

Chapter III

Exploring Positive Peer Pressure with Art, Dance, Drama

3.1 Introduction

All the groups reported their ideas on peer pressure to the main group. During these discussions The Reference Panel was asked: “Is peer pressure always a bad thing?”. They responded to this question with a resounding NO! The Reference Panel then brainstormed their ideas on what positive peer pressure would be like . They came up with the following:

- Encouraged and “pressured” to be better.
- Encouraged and motivated by the group.
- More enthusiastic as a result of the group
- Encouraged to be the best you can be.
- Feeling and thinking positive as a result of the group
- Happy atmosphere
- Culture where you tell the truth
- Everyone more open minded
- Living the good life
- Developing your skills
- Feeling wanted
- Not afraid to try new things
- Can turn to others for help – can talk to them
- People can rely on you and you on them
- Feeling more open
- Feeling motivated

3.2 Exploring Positive Peer Pressure

The Reference Panel then divided into groups to explore and develop their ideas on positive peer pressure using art, dance, drama or other means of expression. The following is what they created, presented and performed.

Group 1 A Group Dance on Positive Peer Pressure

The group are dancing together to “cotton eyed Joe”. One member begins to express his own unique style of dancing (brush dance). Others put him out in front. They then dance a similar dance that supports what he is doing. As a result he becomes more confident and motivated and performs much better. His individual dance enriches overall the group dance and makes more exciting. They then invite others to join the dance. Others join in wanting to be part of it. The positive atmosphere spreads. In the end the whole Reference Panel are dancing together. You can

feel the positive peer pressure working in practice with the Reference Panel resulting in a great enjoyment all around!

Group's Explanation of the Dance

Positive peer pressure is when a group encourages and supports you to express your true individuality. It helps you do this better. Then your expression of individuality contributes to and enriches the group.

Positive peer pressure can start with a small group doing something positive and influencing others to join in. It is when they get a good thing going so that more and more want to get involved. Positive peer pressure can spread like wild fire!

Group 2 A Comic strip Showing Positive Peer Pressure in Foróige

This group drew a comic strip with six illustrations.

Illustration 1. Foróige Fred, with happy face is on his mobile phone during the week discussing what went on at the last Foróige club meeting and what is coming up at the next meeting.

Illustration 2. Foróige Fiona thinking about the meeting during the week Remembering the previous meeting with a smile and thinking of new ideas of what could be done- looking forward to events and to meeting others.

Illustration 3. Drawing of an open door into the club with a welcoming leader on each side. Everyone feels welcome by adults.

Illustration 4. Drawing of a democratic meeting where everyone participates and the committee is well organised. Everyone is happy with smiles all round. Lots of TAB time (see explanation in Chapter V) to sit around and chat

Illustration 5. Map of Ireland with lines of connection between the group and many other places in the country and to many other young people in Ireland

Illustration 6. There is a light bulb over the relationship between club and the organisation. Both can enlighten each other. There is a drawing of an open door in the organisations through which young people can influence it to take action.

Group's Explanation of Comic Strip

Positive peer pressure:

- **Has a positive effect on your life when you are away from the group**
- **is welcoming to you, treats you as an equal and has a positive effect on your happiness**
- **connects you to many other groups of young people in the country**
- **Is when the Foróige organisation is a light and positive influence on each group and also enables those groups to influence the direction of the organisation.**



Photo 1

Group 3 A Short Drama Portraying Negative Peer Pressure

The scene is a meeting where two members are negative about everything. This deflates the whole group. The two members are given repeated warnings. One rule is that if they are disruptive they step out of the group for ten minutes. This is applied. The group then freeze the drama. Each member of the group then calls out a letter each that spells out the word RESPECT. The drama is then unfrozen and the meeting goes on. This time it shows how the meeting operates if everyone is showing respect. Everyone is listening to each other, the business gets done properly, decisions are made and everybody is happy.

Group's Explanation of the Drama

Negative peer pressure will happen and needs to be confronted. Such a situation needs to be challenged on the basis of respect. Agreed sanctions may be needed. When everyone behaves on the basis of respect for each other the meeting is much more effective and everyone has a positive experience.

Group 4 Art Work Portraying Positive Peer Pressure

This group portrayed themselves as a positive peer group. Each person in this group drew a print of their hand on a flip chart sheet. Others wrote the positive strengths and traits of each person in their hand print. The group also represented themselves as a flower with the name of a group member on each petal.

Foróige is also portrayed as a butterfly with “I Love Foróige” in the centre. Words stuck on the art work includes: Encourage; kindness; motivate; Don't be afraid to talk; Happiness; love; unique; important; different; care,

Group's Explanation of Their Work of Art

Positive peer pressure is where your uniqueness and personal traits are recognised and celebrated. The flower expressed the fact that you are an individual, making an individual contribution but also connected to others and part of a greater whole. The butterfly drawing suggests that a positive peer group can also be like a chrysalis where a caterpillar turns into a butterfly symbolising the environment where a young person grows or transforms to be their best self and reaches their best potential.



Photo 2

Group 5 A Short Drama on Positive Peer pressure

Group are playing ball and one young person is on their own and not participating. The others start “slagging” him amongst themselves. Then they think about it. They decide to invite him to join in. He is reluctant at first. But they persist - like Miss Doyle ---- go on go on go on go on!

He eventually joins the game. The next part of the drama is set three years later. He is a successful footballer being interviewed on television and talking about how he would never had played football if he was not influenced and pushed into it by his friends

Group’s Explanation of their Drama

Positive peer pressure is making the effort to encourage and involve others. It can influence you to do something you never thought you could do but deep down would love to do. It is what can put you on the right path in life and help you discover a strength you did not know you had.

Group 6 Acronym on a Positive Group

This group developed an acronym to express positive peer pressure called **PERFECT GROUP**

PERFECT GROUP

P eople	P eople come first
E xpressing	Everyone e xpresses their true self and beliefs
R especting	Everyone shows r espect to others and receives respect in return
F riendship	Good f riendships are formed and good networks of friends are developed
E quality	Each person can participate e qually
C omfort	Each person feels c omfortable in the group
T AB time	There is time and space to chat about everyday things and issues of concern (T ea and B iscuits time)
G rowth	You g row as a person as a result of being part of the group
R ole Model	There are positive r ole models in the group
O pinions	Everyone expresses their o pinions and has them considered
U nity	There is a u nity and togetherness in the group “all for one and one for all”
P ersonality	Each individual’s p ersonality is valued and encouraged to develop

Chapter IV

Our Vision of a Positive Environment with Positive Peer Pressure

The Reference Panel also worked on the following question:

“If your youth group was doing the best job possible in creating a positive environment with positive peer pressure - what would it look like? – what would be happening?”

The Reference Panel came up with the following ideas which are categorised under different sections:

4.1 Good Relationships with Adults

- Adults who work with young people are trained to promote individuality and uniqueness in young people
- They are trained to enable young people to do things for themselves
- You can talk to them about everyday things
- There is good communication and “connection” between young people and adults
- Good friendships are developed between young people and adults

4.2 Positive Group Culture

- The environment is safe enough for everyone to be open and honest
- The group contract based on the Foróige Charter of Rights. It is revisited again and again
- A day or evening is devoted to the Charter of Rights –discussing them and deciding how to put them into practice
- There is an understanding between everyone on how to behave and participate
- Everyone in the group is respected
- There is a culture of standing up for each other
- It is a safe place where you can be free from the pressures of life
- Everyone is accepting of difference
- There is a really good atmosphere
- Everyone is smiling. There is lots of fun

4.3 Able to talk about issues

- Opportunities to talk and to listen to others –ideas feelings etc
- Spending more time getting to know each other well
- More time and space to talk with each other

- **Lots of TAB time. TAB time important!!!!** TAB (Tea and biscuits and take a break) time is where young people and adults sit around together to chat about everyday things and issues (see Chapter V)
- Trusting environment to be able to talk about yourself
- There is an adult in the club for members to talk about problems
- Small group discussion-buddy system-suggestion box

4.4 Great Participation

- There is a nice welcome in the club for everyone
- Everyone has equal power
- Everyone begins with a positive attitude – there is a chain reaction
- Everyone is encouraged to contribute
- Younger and older members mix together
- Use smaller groups so everyone can participate in comfort
- Everyone acts for the benefit of each other
- There is a sense of community and togetherness
- Young people talk to each other about the club during the week
- Young people are thinking ahead before the meeting with ideas for the club

4.5 Meeting are well organised

The club has:

- A planned agenda
- Everyone has an input
- Adults are helpful and supportive
- Everyone is active
- There is a shared workload
- Everyone making the most of the opportunities
- Everyone having fun

There are opportunities for everybody to express their different talents

Everyone is productive and the group is productive

Challenging goals are set by the club

4.6 Positive Feelings Experienced

- Everyone feels appreciated
- Everyone excited and looking forward to the club
- You feel enthusiastic before you get there

- Everyone feeling enthusiastic before you get there
- Nobody feels intimidated
- You have good memories to share
- You feel comfortable , accepted in the group and not judged – able to make the group your own

4.7 Positive Response to Difficulties

- Disruptive members feel pressure from the group to respect others. They also have opportunities to express their individuality in a positive way and contribute positively to the group in their unique way.
- If something bad happens there is support from the group and everyone is there for each other
- Young people able to discuss difficulties and agree action to respond
- When there is a problem everyone discusses it and take responsibility for changing things



Chapter V

Response of Head of Training/Programmes and Youth Participation Officer

Focusing on positive peer pressure (or positive peer influence) was a great move by the Reference Panel. It is a powerful way of responding to bullying and negative behaviour. It focuses on what is good in everyone and on the good that we are capable of. Dealing with an issue like bullying it is easy to get too caught up in the negative and forget the positive potential of every human being and of a peer group.

When the word peer pressure is mentioned, we tend to automatically think of negative connotations – loss of individuality, bullying, being led astray. Positive peer pressure is rarely discussed or highlighted. Yet it is the force that has the most profound effect on our human development. No man is an island and most of us have got to where we are today, largely as the result of the positive influence of (or pressure from) others such as family, friends, groups, organisations.

However, this profound force in our lives is rarely analysed and explored so that we can create more of it with young people. The Reference Panel has done a superb job at doing this. With great creativity, they have explored and illuminated the concept of positive peer pressure. They have created an inspiring vision of how it can work in Foróige clubs/groups and made excellent recommendations to the organisation on how this vision can be achieved. Their work is new territory for the Reference Panel and we firmly believe it is invaluable to Foróige, to young people in general and to those dealing with issues such as bullying. This report is a good companion to last year's Reference Panel report on Bullying.

The uniqueness of each person is central to our philosophy. However, we do not develop our uniqueness in isolation. We need others. We are interdependent. One Reference Panel member put it very well *“our main need is for self confidence but for self confidence you needed positive groups and someone to support you”*. In modern psychology there is a growing recognition that we develop our sense of self through our interaction with others. It is important, therefore, for young people to be in positive groups with positive interactions through which they can grow.

As human beings we share the powerful ability to continually shape and be shaped by the social environments in which we participate. Positive social environments, however, do not just happen. We must be “consciously and actively” involved in creating them. Foróige gives young people the opportunity to do in partnership with adults.

Foróige is already doing a great job in creating these positive environments with young people. This is a central part of our work. That is all the more reason why we need to continue to work at making this process better and better. This Reference Panel report provides excellent guidelines for doing this.

The following are a few key ideas that were most prominent during the Conference that have important implications for Foróige.

TAB Time

The concept of TAB time has been promoted by the Reference Panel for years. It was the most prominent idea at this conference. TAB stands for Tea and Biscuits or Take a Break. It is where special time and space is set aside where young people and adults sit around and just chat about everyday things. This builds relationships, social connection and helps everyone become comfortable at expressing themselves and eventually talk about issues of concern. TAB time should be part of every club, group or project. We need to promote the idea nationally and produce a set of guidelines on how to set up proper TAB time.

Foróige Charter of Rights

The Foróige Charter of Rights is mentioned frequently by the Reference Panel throughout the conference particularly in relation to group contracts. They advocate that clubs/groups should devote an evening or a day to discussing the Charter and deciding how they will best put it into practice. They feel that the Charter should be promoted nationally. The Charter is a powerful way of creating positive peer pressure and positive environments through which young people can flourish, express their individuality and grow to their best potential. It needs to be promoted throughout the organisation and be part of staff and leader training.

Strong Relationships and Connection Between Young People and Adults

The Reference Panel feel that adults who work with young people have a pivotal role in creating trusting relationships and a positive social environment. They believe that it is important to be able to talk with adults about everyday things. Positive connections between young people and adults are absolutely vital. This is an important training issue for any adults working with young people, be it teachers, leaders, parents etc. There needs to be a strong focus on interpersonal skills such as listening, building rapport, giving feedback. There also needs to be a strong focus on creating positive environments and relationships that enable young people to talk about issues and that promote their individuality and uniqueness.

The depth of analysis and creativity of the Reference Panel never ceases to amaze along with their capacity to have great fun at the same time! This report provides a great steer for the future. It contains a vast wealth of ideas on what is basically the central business of our organisation – creating positive peer pressure and positive social environments through which young people can grow to their full potential. It should be read by everybody in Foróige and everybody who works with young people!

REFERENCE PANEL MEMBERS ELECTED JANUARY 2013

Jane Doyle - Scarriff Foróige Club
Clare

Niall Dunleavy – Ballina Youth Click
Mayo

Michelle Flynn – Ardagh Foróige Club
Mayo

Adrienne Walsh – Fayz Foróige Club
Mayo

Ciara Hopkins – Carracastle Foróige Club
Mayo

Jack Ledwith – Carrigallen Foróige Club
Leitrim

Ciara Lavin – Drumreilly Foróige Club
Leitrim

Rachael Duffy – Rosemount Junior Foróige Club
Wesmeath

Shane Larkin- Rahan Foróige Club
Offaly

Jessica Reid - Kilconly Foróige Club
Galway

Dermot Ward – Killascobe Foróige Club
Galway

Lauren Lehane – Castle Foróige Club
Cork

Liam Horgan – Leap Foróige Club
Cork
Breda McCarthy – Ballinascarthy ‘B’ Foróige Club
Cork

Fiona Byrne – Mountrath Foróige Club
Laois

Ross Fennell – Tag Café
Dublin

Aidan O’Gorman – Maigueside Foróige Club
Limerick

Róisín Burke – Ballina Youth Click
Mayo

Rowena Malee – Kiltimagh 2 Foróige Club
Mayo

Oisín Bowyer – Carndonagh 2 Foróige Club
Donegal

Síobhan MacMillan – Carracastle Foróige Club
Mayo

Laura Flynn – Carrick-on-Shannon Foróige Club
Leitrim

Seán Dunlea – Drumraney Foróige Club
Westmeath

Thomas Pettit – St. Joseph’s Foróige Club
Westmeath

Philip Cocchia – Cloghan Foróige Club
Offaly

Elizabeth Regan – Mountbellew Foróige Club
Galway

Cathal Mannion – Monivea Foróige Club
Galway

Lauren Twomey – Whitechurch Foróige Club
Cork

Aisling O’Callaghan – Leap Foróige Club
Cork
Ronan Lehane – Churchtown Foróige Club
Cork

Stephen Cunningham – Inbetweeners Foróige Club
Laois

Katie Laffan – S.T.T.P. Walkinstown Foróige Club
Dublin

Marc Gallagher – Foróige Flames
Dublin

Aaron Grant – Tallaghtfornia Foróige Club
Dublin

Mia Hutchinson – Atomic Foróige Club
Waterford

Mairín McGrath – Newcastle Foróige Club
Tipperary

Adam Langan – Killeevan Foróige Club
Monaghan

Stephie Hannelly – Loughglynn Foróige Club
Roscommon

Tómas Skelly – Attic 2nd Years Foróige Club
Longford

Hannah Bashford – Syddan Foróige Club
Meath

Sorcha Hodgins – Chillax Youth Café
Wicklow

James Campion – Paulstown Foróige Club
Kilkenny

Katie Dunne – Tallaghfornia Foróige Club
Dublin

Zoe Koulianou – The Hot Sport Foróige Club
Dublin

Grant Power – Atomic Foróige Club
Waterford

Lisa Smith – Ballinagh Foróige Club
Cavan

John McGuirk – Killeevan Foróige Club
Monaghan

Ciarán Roddy – Lisacul Foróige Club
Roscommon

Eleanor Selby – Mell Foróige Club
Louth

Caoimhe Heeney – Club Chaz
Meath

Shauna Kearney – Bunclody Foróige Club
Wexford

Aaron Colfer – Rathvilly Foróige Club
Carlow



Foróige Reference Panel 2013

CHARTER OF RIGHTS

IN FORÓIGE, ALL YOUNG PEOPLE
WILL HAVE THE FOLLOWING RIGHTS

★
THE RIGHT TO
SELF EXPRESSION &
FREEDOM OF SPEECH



★
THE RIGHT TO
KINDNESS & RESPECT

★
THE RIGHT TO
BE LISTENED TO & HAVE
YOUR VIEWS CONSIDERED

★
THE RIGHT TO
DEVELOP YOUR PERSONALITY,
INTERESTS & ABILITIES



★
THE RIGHT TO
EQUAL PARTICIPATION



★
THE RIGHT TO
BE SAFE FROM ANY
TYPE OF BULLYING
& THREATS TO WELLBEING



★
THE RIGHT TO
CONTRIBUTE & TO
IMPROVE THE
WORLD IN SOME WAY



