



# Personal development bulletin number 33 14.6.21

**Refugee Week:**  
learning about  
isolation



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## Refugee Week: learning about isolation



- [Download our new resource](#) 'learning about isolation'. Help 11 to 18 year-olds understand how isolation feels from a refugee's perspective and think of ways we can all be more inclusive.
- [Book a workshop](#). Our workshop for 11 to 18 year-olds on empathy and migration which helps develop mutual respect and understanding.
- **Every Refugee Matters.** Encourage your class to create a poster, video or poem, explaining why every refugee matters. Share what your class creates with us on social media using #EveryRefugeeMatters @BritishRedCross to show your support to isolated refugees everywhere.
- <https://www.redcross.org.uk/get-involved/teaching-resources/refugee-week-learning-about-isolation>



We acquire the strength we have overcome.

*Ralph Waldo Emerson*

**Joyful June 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Decide to look for what's good every day this month	2 Say positive things in your conversations with others	3 Re-frame a worry and try to find a helpful way to think about it	4 Take a photo of something that brings you joy and share it	5 Think of 3 things you're grateful for and write them down	6 Get out into green space and feel the joy that nature brings	
7 Do something healthy which makes you feel good	8 Find joy in music: sing, play, dance, listen or share	9 Ask a friend what made them happy recently	10 Bring joy to others by doing something kind for them	11 Eat good food that makes you happy and really savour it	12 Write a gratitude letter to thank someone	13 Take a light-hearted approach. Choose to see the funny side
14 Share a happy memory with someone who means a lot to you	15 Look for something to be thankful for where you least expect it	16 Speak to others in a warm and friendly way	17 Take time to notice things that you find beautiful	18 Look for something good in a difficult situation	19 Get outside and find the joy in being active	20 Rediscover and enjoy a fun childhood activity
21 Send a positive note to a friend who needs encouragement	22 Watch something funny and enjoy how it feels to laugh	23 Create a playlist of uplifting songs to listen to	24 Bring to mind a favourite memory you feel grateful for	25 Show your appreciation to people who are helping others	26 Make time to do something playful, just for the fun of it	27 Be kind to you. Do something that brings you joy
28 Notice how positive emotions are contagious between people	29 Share a friendly smile with people you see today	30 Make a list of the joys in your life (and keep adding to it)				

**ACTION FOR HAPPINESS** **Happier · Kinder · Together**

## LGBT Pride month

June is pride month, and this guide gives students tips on how they can be an ally to LGBTQ+ friends.

Sometimes, you might not fully understand what your friends are going through but still want to help. This can be especially true when it comes to things like gender and sexuality, which is why we wrote this guide. It gives some tips on how you can help out your LGBTQ+ friends.

> Check out the guide [on the Unifrog blog](#)

### The Flags of LGBTQ+



The instantly recognisable **Pride Flag**, designed by Gilbert Baker.



The **original Pride Flag** designed by Baker, with the pink and turquoise stripes.



**1978-1999 Pride Flag**; after the assassination of Harvey Milk, many wanted the Pride flag he commissioned to commemorate his accomplishments.



**Philadelphia People Of Color Inclusive Flag**; queer people of colour are often not included in the LGBT community, the city of Philadelphia added two colours (black and brown) to the Pride flag in their honour.



The **Progress Pride Flag**, seeking to take Philadelphia's inclusive approach a step further. Daniel Quasar, who identifies as queer and nonbinary, designed this flag.



The **Bisexual Pride Flag**, designed by Michael Page, the flag brings visibility to the bisexual community, showing the overlap of the stereotypical colours for boys and girls.



The **Pansexual Pride Flag**, created on the web in 2010, this flag has colours that represent pansexuality's interest in all genders as partners.



The **Asexual Pride Flag**, inspired by the Asexual Visibility and Education Network logo, it represents many ace identities.



The **Intersex Pride Flag**, designed in 2013 by the organization Intersex International Australia, this flag intentionally features nongendered colours that celebrate living outside the binary.



## The Big Hair Assembly film competition

The Big Hair Assembly film competition is now open and closes on 23 July 2021. It is an exciting opportunity for young people to create films to change the world. Their voices and experiences are authentic and influential. The winning films will be showcased at the World Afro Day, 5th anniversary celebrations.

To apply, young people must fill in the application form and submit a two-minute video and answer our three key questions. Under 18's need parental permission. Please encourage young people in your school to take part. More information about the Big Hair Assembly can be found [here](#).

Award-winning, World Afro Day® is a global day of change, education and celebration of Afro hair, which is endorsed by the United Nations Office of the High Commissioner for Human Rights. It has a reach of over ten million people, please review the 2020 [global coverage](#).



☎ 0808 808 4994

About [www.themix.org.uk](http://www.themix.org.uk)

*The Mix* is here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts that people under 25 have in order to give them the best support through our digital and phone services.

**Our Mission** is to become the first point of contact for any young person seeking help or information on any subject wherever and whenever they need it.

## Page of the week: [How to recognise emotional abuse in relationships](#)

### Helplines

- [Women's aid](#) protects women from domestic violence. Call their 24-hour helpline on 0808 2000 247.
- The [Men's Advice Line](#) offers support for men experiencing domestic violence from a partner, ex-partner or other family members. Call the confidential free helpline on 0808 801 0327, Monday to Friday 9am-5pm.
- You can talk to [Childline](#) about anything. Call them for free on 0800 1111 or visit their website.

## How to recognise emotional abuse in relationships

It can be hard to recognise if you're being emotionally abused by a boyfriend or girlfriend. It's even harder to spot when it's coming from friends, family or co-workers. The Mix gives you a guide to recognising emotional abuse and the tools to break free.



Speaking to someone is the first step in breaking free from emotionally abusive relationships

## The Great Conversation...

A different topic each week, to help you

- Develop your debating skills
- Wow in an interview/seminar
- Write better essays
- Grow in confidence

How are laws passed in the UK?

<https://youtu.be/g5CJNLRqZXs>



















# Apprenticeships

## Apprenticeship opportunities at

<https://successatschool.org/jobscourses>

Search and apply for the latest work and study opportunities

 <b>BT - Support Technician</b> Advanced Apprenticeship   South West Application deadline: Ongoing	 <b>Valor - Conference &amp; Events Assistant</b> Other   East of England Application deadline: Ongoing		
 <b>IBM Business Futures...</b> Gap Years   Nationwide Application deadline: Ongoing	 <b>PwC Business Management...</b> Degree Apprenticeship   North...	 <b>BT - Digital Communications...</b> Advanced Apprenticeship   Gre... Application deadline: Ongoing	 <b>BT - Business Customer...</b> Advanced Apprenticeship   Sout... Application deadline: Ongoing
 <b>BT - Business Customer...</b> Advanced Apprenticeship   East... Application deadline: Ongoing	 <b>IBM Technology Futures...</b> Gap Years   Nationwide Application deadline: Ongoing	 <b>Valor - Food &amp; Beverage...</b> Other   East of England Application deadline: Ongoing	 <b>BT - Cyber Security Test...</b> Advanced Apprenticeship   Gre... Application deadline: Ongoing
 <b>BT Radio &amp; Rigging Technician</b> Advanced Apprenticeship   Nati... Application deadline: Ongoing	 <b>BT Field Engineer</b> Advanced Apprenticeship   Nort... Application deadline: Ongoing	 <b>BT - Network Technician</b> Advanced Apprenticeship   Sout... Application deadline: Ongoing	 <b>Valor - Food &amp; Beverage...</b> Other   South West Application deadline: Ongoing

Think of the week...

## Is a robot a person?

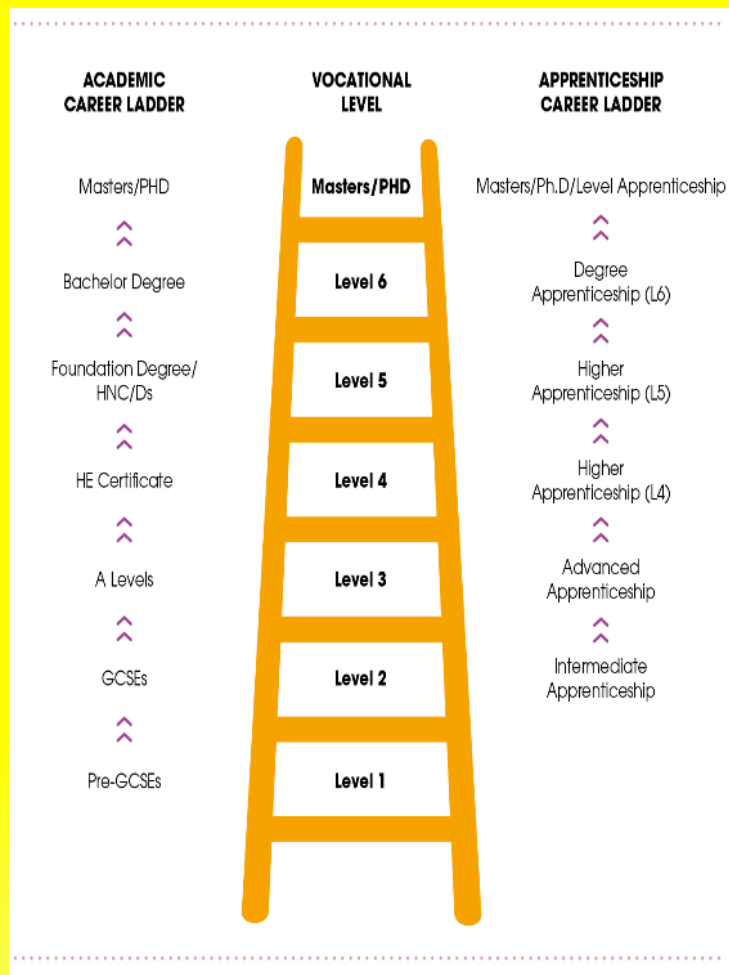
Is being a *human* and being a *person* the same thing? Or could you be one, but not the other?

*A question similar to those used in **Oxbridge** interviews.*

*Discuss your ideas.*

See more at <https://explore.org/>

# Apprenticeships



## What is an apprenticeship?

An apprenticeship is a skilled job with training. Every apprentice is guaranteed a minimum wage linked to their age. They're available at all academic levels - whether you're leaving school without GCSEs or completing your A-levels. There are apprenticeships in industries like engineering, health and accountancy - plus a host of careers you'd never think of. And 9 in 10 apprentices stay in work after completing their course.

## Higher apprenticeships

A higher apprenticeship is your ticket to a high-skilled job. You'll usually need at least 2 A-levels to start one, and you'll come out with qualifications equivalent to a foundation degree or higher - with any tuition fees paid by your employer! Higher apprentices can earn between £300-500 per week (although you may start lower). You could train to be a solicitor or a lab scientist, and even learn how to design sweets with a confectionery apprenticeship!

## Degree apprenticeship

Degree apprenticeships guarantee you a university degree, as well as on-the-job training for a high-skilled job. You'll spend 30 hours a week learning from experienced colleagues at work, and the equivalent of one day studying towards a bachelor's or master's degree at uni or college. It gives you the kudos and academic grounding of a degree along with sought-after employability skills employers say graduates don't have. And 8 out of 10 parents think it's better than an Oxbridge degree!

## Find an apprenticeship

Search the "find an apprenticeship" service for apprenticeships in England. You don't need an account to search, but if you do create an account you can apply for apprenticeships, get email and text alerts about new apprenticeships and track your applications.

Visit: [www.gov.uk/apply-apprenticeship](https://www.gov.uk/apply-apprenticeship)

## The Employability Guide

### **BRAND NEW: The Employability Guide**

Are you looking to land your first job but not sure how to get started?

Our brand-new Employability Guide is here to help by equipping you with the skills and knowledge you need to enter the job market with confidence.

Filled with tips, tricks and advice to kickstart your career.

[Download now](#)

## Sheffield Dental School: Online Widening Participation Access Scheme

The Network of Online Widening Participation Access Scheme (NOWPAS) is an online educational programme Adam Holder, an academic at Sheffield Dental School, set up to help under-represented applicants into health related courses. This year's programme is now live and they are accepting new students onto the programme.

**This is for any students you may have at your school/college who are interested in applying to a health related university course in the future.** The programme aims to give young people support and advice on Higher Education as well as help with the application process.

The programme's website, and all the details, can be found at:

[NOWPAS – The Network of Online Widening Participation Access Schemes](#)

Anyone is welcome to and access the programme, regardless of their age or background.

To sign up, students need to visit the website, click on 'Join NOWPAS', and then enter their email address. They will then be sent an email which provides information about how to create an account etc. Please note that registration is free.

Twitter and Instagram accounts have also been created and can be found by searching for @NOWPAS\_Uni

Any questions about NOWPAS please contact Adam Holder (NOWPAS Project Lead) on:

[a.j.holder@sheffield.ac.uk](mailto:a.j.holder@sheffield.ac.uk)



1. Lots of **on demand webinars** from the University of East London. The topics include a multitude of things such as studying Sports Journalism/Paramedic Science/International Relations/Digital and Social Media Marketing/Study outside the UK/Engineering/creative personal statements and many more. <https://www.unitasterdays.com/ondemand>
2. Lots of **online university events** here: University and college taster days, workshops, residentials, open days, outreach events and widening participation opportunities: <https://www.unitasterdays.com/search.aspx?LID=true>
3. **UCAT** – You may need to register to take a University Admissions Test alongside your other UCAS application if you are planning to study Law, Dentistry or Medicine. Check the entry requirements of specific degrees that you are interested in. <https://www.ucat.ac.uk/>