





We Know Our Journey

National Safeguarding Week 2026

Pembrokeshire Youth
Ieuenctid Sir Benfro



Who We are and Aims of Today

1. Understand the aims and impact of the youth project over the past 5 years
2. Learn about key findings, successes and lessons learned
3. Become familiar with the Positive Masculinity toolkit
4. Experience toolkit activities through breakout sessions
5. Identify opportunities to use the toolkit in your own practice

What is masculinity?

Answers on the chat please.....

We Know Our Journey

Need

- The start point

Aims

- What we did

How

- How we started



"Real change happens when young people are not just consulted but trusted, not just heard but acted upon, and not just involved but empowered to lead."



Girls Project Launch

Group launched in 2022 as a girls' group (You Should Know) responding to shared concerns about safety, vulnerability, and everyday experiences as young women



Building a Partnership March 2023

We connected with Plan International – took part in events, met other groups and created a space for ourselves



Boys Project Launch December 2023

Boys launched their own group – His Path His Journey. A group to address VAWDASV, Mens Mental health and positive masculinity.



First Campaign

Launched our first social media campaign for White Ribbon 2023....led to development of workshops, PSE sessions and group fully establishing



Welcomed She Is Not Your Rehab – Nov 2023

Global movement from New Zealand – a turning point in our Journey



We Know Our Journey

WKOJ launched January 2024. The focus shifted to:

- Joint campaigns
- Community impact
- Peer-led education
- Cross-gender collaboration





International recognition: New Zealand (Taith programme) Oct 2023

Due to their impact, members were selected for a Plan International Taith trip to New Zealand.



Countywide influence – Men Make It Safe Event April 2024

Boys launched their own group – His Path His Journey. A group to address VAWDASV, Mens Mental health and positive masculinity.



Community Impact and Fundraising: The group committed to supporting:

Local Men's Mental Health charities

Local VAWDASV (Violence Against Women, Domestic Abuse & Sexual Violence) charities



Sexual Harassment Toolkit Launched March 2024

Collaborative project with Her Voice – Vale of Glammorgan. Created by young people for young people. A bilingual toolkit for use in all education settings







Further engagement and partnership building 2024

Presented at **Islington Violence Against Women conference** (London)

Met the **Police and Crime Commissioner**

Contributed to **Cardiff University research on stalking**

Hosted the **Children's Commissioner's Office**



Leading on with collabs

Yo Bro Campaign bespoke workshop – Cardiff

Cardiff event with SINYR

Boys Residential and podcast training





Primary Book Drive Campaign Nov 2025 - 2026

The group launched a countywide literacy and wellbeing initiative using:
She is Not your Rehab's children's book "This Is Not Yours to Carry"



Break the Silence

PEMBROS

Be part of the change

Torrwch y distawrwydd

BECHGYNPEM

Byddwch yn rhan o'r newid

Countywide Boys Group Launch - PemBros

Launched our countywide boy's group in September 2025

A key turning point for our boys – they wanted more voices heard and they wanted to start their own movement.

White Ribbon and 16 days of action 2025

Countywide event on White Ribbon day

Boys launched a mental health awareness video

Surprise awards and nominations









Countywide Girls Group Launch Nov 2026 – during 16 days of action

Girls plan to launch a countywide girl's group during the 16 days of action. With the aim of more voices to be heard and creating a girls collective across our county.





SINYR welcomed back to Pembrokeshire Sept 2026

Visits to our PRU's for emotional literacy workshops

Session with our post 16 – future works

Community event to spark the launch of our Intergeneration collaborative project





Mental Health Campaigns and sponsored walk

Planning a sponsored walk for mental

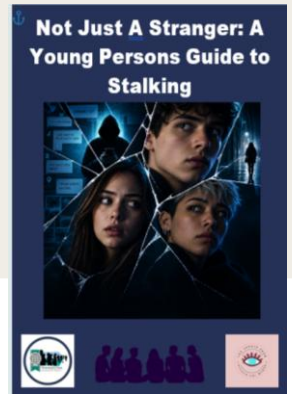
Social media campaigns scheduled for White ribbon and 16 days of action

Drop-in sessions at our youth clubs

Positive Masculinity Toolkit Launch and Stalking Toolkit Launch

Pembros officially launch the positive masculinity toolkit TODAY

You Should Know seniors launch stalking awareness toolkit TODAY





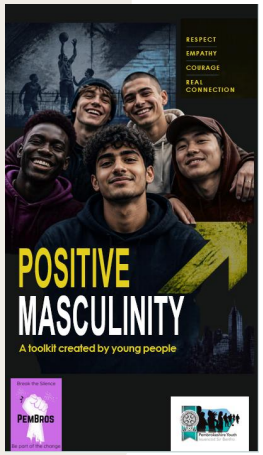
White Ribbon and 16 days of action 2026

Young People and professional's event being held today – listening & acting on lived experiences

Assemblies in every school/education setting across the county on 25th Nov

Pembrokeshire – Reclaim the Night Friday 27th Nov

Workshops at our local youth clubs



Still to come...

Support

- Expansion of boys' and girls' groups and help develop these
- Changing the narrative and creating safe spaces
- Resources for all/supporting our community white ribbon events

Fundraising

- 5k reclaim the night run
- Long Course 2027
- Cadar Idris climb

Education

- Creating more workshops/resources (maybe a podcast)
- Social media campaigns and awareness raising
- Training the youth project – level 1 Youth Work/ Junior Safeguarding

The Impact of our Project





30 + Members

6 Schools

3 toolkits

Youth Clubs/ Voluntary Sector

£3000 +

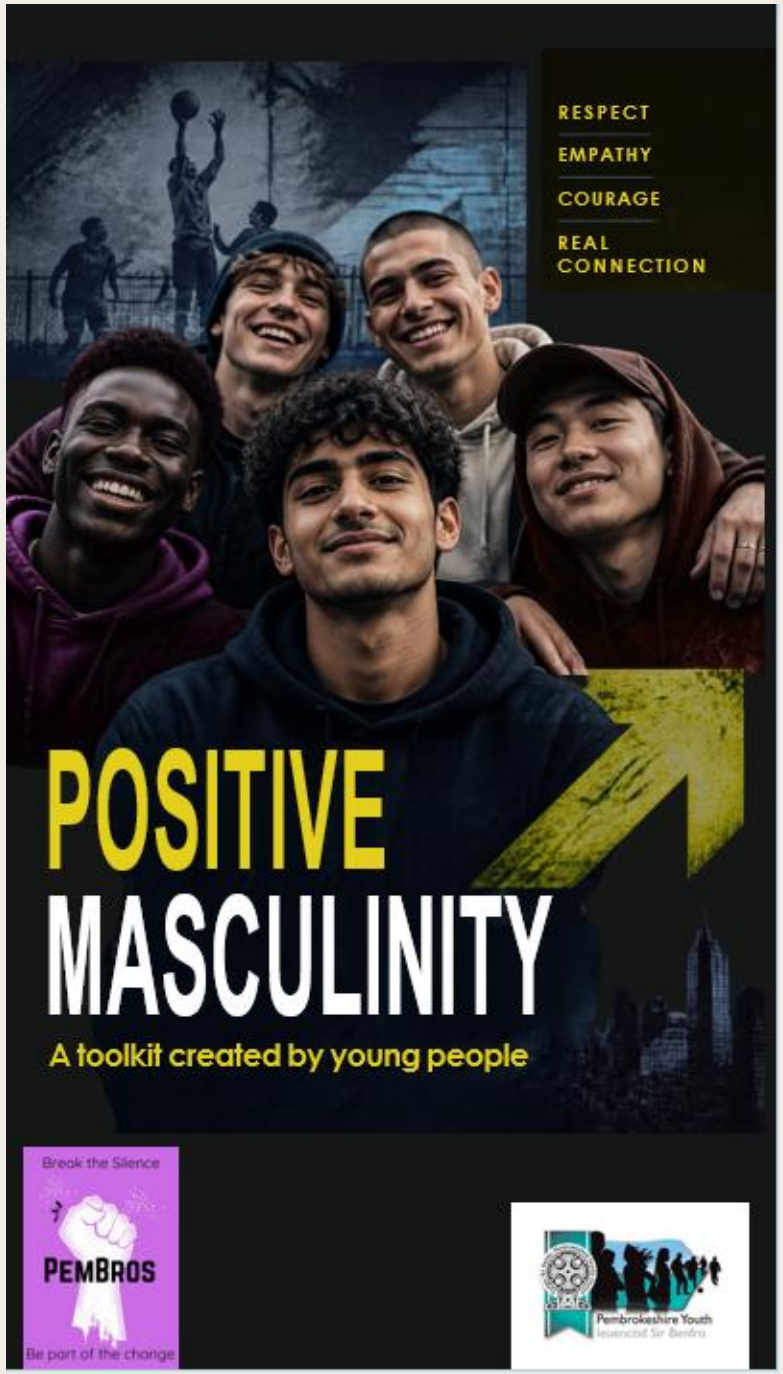
Any Questions?





Our Learning From the boys.

Common conversations around: Identity, Relationships, Mental health, Peer pressure, Emotions, Gender expectations



Positive Masculinity Toolkit

This programme explores what positive masculinity looks like – challenging harmful stereotypes, building emotional resilience, and creating space for young men to talk openly.

Through group discussions, activities, and real-life scenarios, we'll explore healthy relationships, respect, and what it means to be part of the change.

Content Covers:

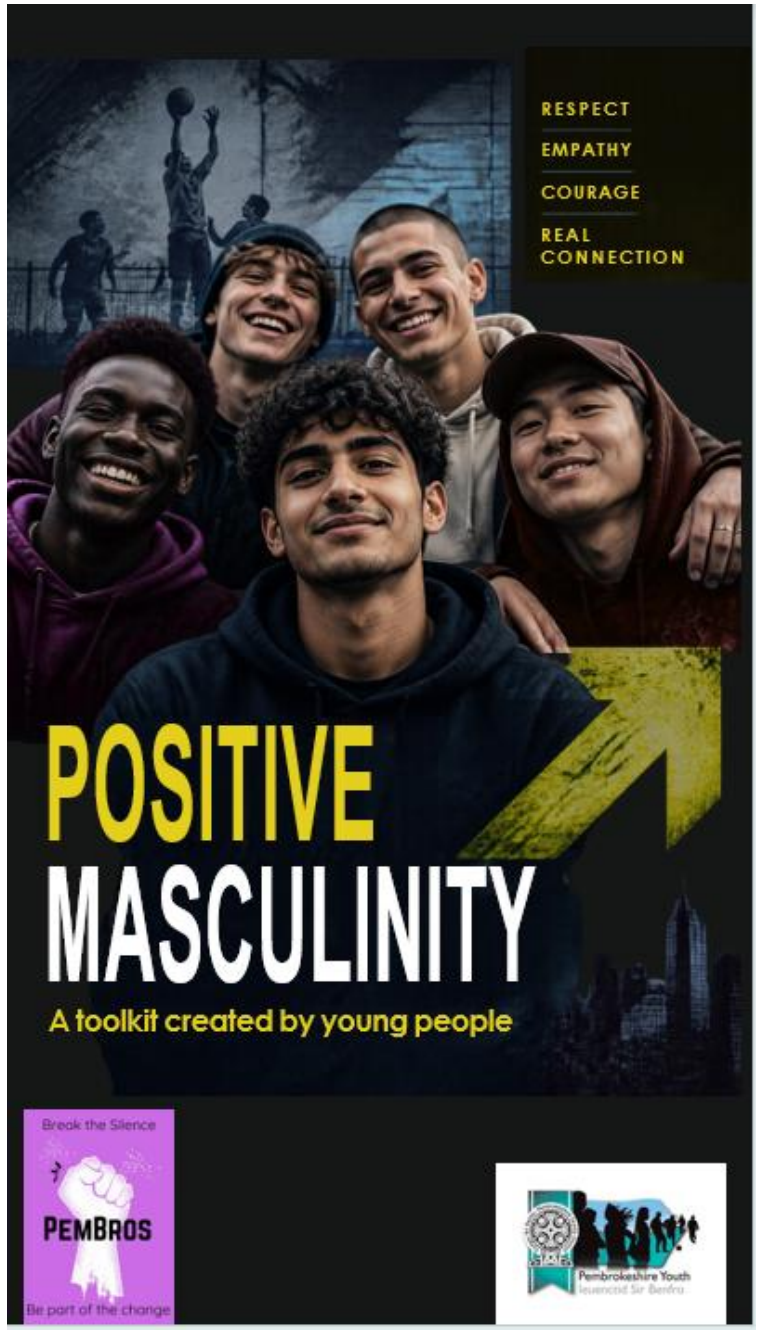
- What makes a man
- Challenging better
- Online stereotypes
- Know the language
- The real risk
- Impact mapping
- Being the support
- Boundaries
- Active Listening
- Trusted adults
- Sound it out

Breakout Rooms – 20 mins

Each room will have an activity/section of the toolkit to complete with their group; each group will feedback after the breakout rooms.

Welcome back

1. What activity/section did your group have?
2. What did your group think?
3. What excites you about the toolkit?
4. What challenges might arise when delivering it?
5. What support might practitioners need?



If you would like further information or resources sent to your organisation, please contact:

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Thank You for Listening and Taking Part