Young Social Innovators is one of the Transition Modules we run in St. Angela’s College. It is a programme that is designed to empower young people to identify a social issue and then make a change through actions and innovative ideas. This year in St. Angela’s College we had two amazing teams.

Uniquely You was one of those teams. They were a group of 14 girls aged between 15 and 17, who chose to look at the topic of body image because they felt it was something that affects everybody, especially teenagers. The aim of the project was to ensure that everyone feels comfortable in their own skin and to show the importance of how one feels over how one looks. The team promoted body positivity among all types of people regardless of race, gender or size.

Over the course of the year the team engaged in several initiatives including ‘Positive Post It Notes’, an ‘I Am’ wall, Positive Mirrors, Dance Days and presentations to classes in St. Angela’s as well as Christian Brothers College. The message they spread was one of positivity and reinforced the message that we all need to feel comfortable in our own skin and we need to take care of our bodies through healthy eating, positive mental health initiatives and physical exercise.

The team took part in a ‘Speak Out’ in City Hall which is the regional competition for YSI. They performed a two-minute piece which portrayed their message of self-love and body positivity. They advocated for a change in the negative image teens can have of themselves when they are constantly being bombarded by images of so called ‘perfect’ celebrities, and they highlighted the issue that we all have imperfections and that is what makes us special. They chose to speak out against society and encouraged people to become more confidant in themselves.

The project culminated in the girls producing a magazine where they interviewed celebs with a positive outlook such as the Happy Pear boys, Roz Purcell and Make Up by Hazel. They included recipes for healthy meals and snacks and have made it available to download on the school website.

They also were interviewed on the Today Show with Maura and Daithí on RTE on Friday 11th May 2018 where they did an amazing job promoting their project and their message to and even wider audience. Their interview was so powerful it was broadcast again the next day on the highlights of the show for the week!

The girls have made a huge impact on our school community with their positivity and uplifting message. Congratulations girls!