







Intrepid Landcare is not your usual on the ground 'Landcare group'. We are an adventurous organisation that empowers young people to lead on stuff that matters. We provide a common space to inspire, connect and empower young people to act and lead with Landcare.

#### "STUFF THAT MATTERS CAN BE A CAUSE, PROJECT OR INTEREST THAT IS IMPORTANT AND MAKES A DIFFERENCE"

How do we do this? We work with the Landcare community to meet the desires of young people involved and leading in the environmental movement. This could involve running a leadership development program in a local community, to providing entry level services to empower young people and Landcare groups on how to work together to create change.

Our programs and services are grounded in self discovery, leadership and appreciation of communities, culture, the environment and Landcare. The design of each program is adjusted to meet the needs of the target audience and the communities looking to support young people.

How does it work? In the design and delivery of our programs, we apply our understanding of how young people like to care for and connect with the environment. Using our experience with the Landcare movement, we call on the overwhelming experience of existing Landcare communities to support the development of young people entering the Landcare movement.

This means young people who come through our programs are well supported and mentored to lead on stuff they are passionate about.

What happens on the ground? Well that is something that is co-designed with young people and their community. Recognising what issues the local environment is facing and discovering opportunities to connect with nature and each other, Intrepid Landcare tribes typically combine outdoor adventure with conservation activities. That means the Intrepid way to Landcare is adventure with purpose led by young people for young people.

For more information about Intrepid Landcare visit intrepidlandcare.org

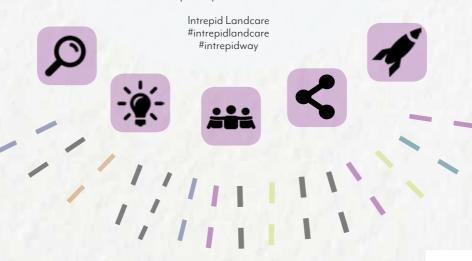
# ABOUT THIS WORKBOOK

We thought it was about time there was a practical workbook to help people and communities who are interested in engaging young people in Landcare and environmental conservation in their local community.

If you have picked up this workbook or downloaded it off the web you are probably someone who is interested in Landcare / environmental action with a focus on young people. You could be a volunteer, youth worker, government officer or basically anyone that is open to rethink the way you support young people to create change.

Before we get started we thought it would be a great idea to give you the heads up on how this workbook is meant to work. Firstly, we will present how and why it is important to do background research about young people in your community. Then we will get into the nitty-gritty of how to co-design and package projects that punch, and pitch for success. There is lots of space for you to reflect and imagine what you could co-design in your community.

To help you co-design an Intrepid way in your community we have honed our research and design skills and reflected on our own experiences being 'young' in Landcare. We look forward to being inspired by what you come up with, so remember to share your Intrepid way ideas with us too!



# Before we get started

#### LET'S SET SOME GOALS

What would you like to achieve out of completing this workbook? Perhaps new skills for project designing, better ways to inspire others and engage and connect young people, or even turn up the heat a little on 'project you', taking what you love to do to the next level.	
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What sort of future do you want to create? What do you want to see, feel experience in the long term?	
For the environment?	-
	_
For the community?	
For young people?	
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	_

<sup>66</sup> A dream written down with a date becomes a goal. A goal broken down into steps becomes a plan. A plan backed by action makes your dreams come true <sup>99</sup> - Greg & Reid

# In order to get projects up and running with young people you first

and running with young people you first
need to find young, passionate people in your
community. This step is important to do first because you
need buy-in from young people to co-design, contribute and
be at the table to create change.

Connecting with key people in your community who are already connected with young people is a great place to start. They might be able to assist you with mapping community networks and demographics, helping you to identify who you want to work with and the best ways to target your efforts. This can inform you where to have conversations, promote events and opportunities to inspire young people to get involved.

In the space below draw a map of your local area / region (e.g. your target area) and start to map where your youth networks and young people are located.

Our note to you: Think outside the box. Think beyond schools, universities, scouts and girl guides groups. Are there any youth leadership organisations, council programs, climate change groups, nature clubs, outdoor recreation and sporting networks etc.?

## Busting assumptions

You have discovered that in fact you do have youth networks and young people in your community.

The next step is to investigate your assumptions about young people in your community.

Identifying assumptions before you get started is a really important step to ensure you are designing programs based on facts. By analysing our assumptions, we can start to investigate where we want to find out the facts, and then shape the questions we want to ask young people in the community.

What do you assume about young people in your community? What do you believe is preventing them from getting involved (e.g. barriers)? What do you believe to be attracting young people to get involved (e.g. drivers)?

Our note to you: Identifying the facts around what the actual barriers and drivers are for young people getting involved should be what you use to inform the design of your projects. We do this before we design any youth engagement project or program.





You now know where youth networks and young people are in your community and you have thought about the assumptions we make about them. The next step is to embrace the facts.

In this step we encourage you to research your community, gather the facts and test ideas before you go for it. Why do we do this?

Investing time to do research may seem like an extra burden on already limited resources. But once you've put in the ground work, you will cut out the guesswork and be able to really target your efforts to engage young people. You will be able to discover the actual barriers that inhibit an individual from engaging in an activity, as well as what will motivate them to act<sup>1</sup>. This information will help you create an effective Intrepid way to engage young people.

Where do you begin? Get to know your peeps! Firstly, you need to know the demographics of your community and how to access your target demographic. This will help you to efficiently canvas and capture information on what motivates young people in your community: their needs, wants, fears and frustrations; what will get them and keep them involved.

Another entry-point to this step is becoming familiar with the latest research in youth engagement, volunteering and environmental action. At Intrepid Landcare, we keep up to date with the latest research to inform the design and delivery of our projects and programs; (a great tool for this step is using Google Scholar, an online portal of peer-reviewed literature). We also seek out practitioners and academics who specialise in youth engagement, communication for change and social impact. Don't be shy and never doubt the power of just asking or reaching out to an expert in youth engagement as you develop your project.

Step three is to narrow the research focus on your target audience. Using your understanding of community demographics and the knowledge and tools you have gathered, it is time to use the process of crafting powerful questions. These questions, tested on a sample of your target audience, are going to give you a more detailed understanding of what will get them involved so that you can start to create activities that you know your target audience will be interested in. Make sure that you use appropriate language that will not only reach, but enable a connection with young people.

Use free online survey tools like Survey Monkey and Google Forms to capture information, ideas and opinions. Even using Facebook polls can be effective in getting a snapshot of information from young people.

If still in doubt revisit your community map and assumptions to re-boot some ideas on what you might need to know. We are continually surprised at what we find when we do this step.

Our note to you: There is power in asking the right question, so don't rush this step. Once you know your demographic and gather information you can include young people when designing projects that punch!

<sup>&</sup>lt;sup>1</sup> McKenzie-Mohr, M. (2011) Fostering Sustainable Behavior: An Introduction to Community-Based Social Marketing, New Society Publishers, Gabriola Island, United States.

## Needs of Landcare coordinaators to engage

#### WE SURVEYED ...

43 Landcare coordinators from 11 Local Land Services regions in NSW



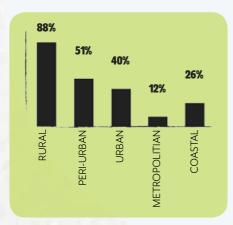
#### Their roles were:

42% Landcare coordinators

16% Landcare committee members and volunteers

14% Regional Landcare facilitators

28% Other: landholders, school and youth engagement officer



### What did they think were the barriers for young people to get involved?

74% NOT AWARE OF OPPORTUNITIES

58% ISSUES WITH TRAVEL AND TRANSPORT TO PROJECTS

47% YOUNG PEOPLE WERE NOT INVITED

#### Other ideas

>> DECLINING YOUTH POPULATIONS IN RURAL AREAS

>> THE BRAND AND ACTIVITIES WERE NOT

'ATTRACTIVE' TO YOUNG PEOPLE

>> A LACK OF PROJECTS TO ACCESS

41% THEY DON'T HAVE TIME AND ENERGY
29% NOT AWARE OF HOW TO ENGAGE YOUNG PEOPLE

**81%** said youth engagement was a priority 98%
INTERESTED
IN YOUTH
ENGAGEMENT

66% SAID
THEY DON'T HAVE
RESOURCES
TO ENGAGE YOUNG
PEOPLE

### Young people's needs & some ideas

#### WE SURVEYED YOUNG PEOPLE

#### Their education background

57% NSW 23% ACT

10% QLD

10% DIPLOMA QUALIFICATION 33% BACHELOR'S DEGREE

24% POSTGRADUATE STUDIES

33% COMPLETED SECONDARY SCHOOL

75% SURVERYED **WERE ACTIVE** IN LANDCARE

67% NOT SURE HOW TO PROMOTE **LANDCARE** 

**LEADERSHIP** TRAINING CHANGED THEIR LANDCARE **EXPERIENCE** 

#### Hour? -

**47%** BOARD POSITIONS 24% COORDINATORS

12% EMPLOYED

6% GREEN ARMY / SIMILAR

12% COMMUNICATIONS

**6%** PHOTOGRAPHY

#### SKILLS YOUNG PEOPLE NEED

73% EVENT MANAGEMENT AND PLANNING

**67%** COMMUNITY ENGAGEMENT

**40%** MEDIA SKILLS

**47%** LEADERSHIP DEVELOPMENT

#### YOUNG PEOPLE ALSO NEED TO KNOW:

- >> How to run a project
- >> What projects they could connect with
- >> Who they could CONTACT for help
- >> What opportunities are available

#### Young people's advice to Landcare coordinators / facilitators

- The general Landcare website could be improved to help people easily find a group that is best for
- Mentor young people (if possible) and let them know that there is support out there.
- Develop a database of Landcare/Bushcare groups keen to support young people.
- Make finding projects easy: the key is to making it super easy to get involved.
- Young people need to know there are tools to create change and that they can create change.
- Being perceived as relatable and approachable straight away is essential.

## Did you know...

#### TOP 3 REASONS YOUNG PEOPLE STAY INVOLVED

- 1. They felt like they were making a difference to the local environment.
- 2. They liked being in the great outdoors.
- 3. It's fun!

#### THEIR TOP 3 BENEFITS FROM VOLUNTEERING

- 1. They felt better in their mental health and well-being.
- 2. They felt like they were making a valuable contribution to their community.
- 3. They liked working with the people they worked with.



# What would you like to know about young people in your community?

Start crafting your questions below:



# YOUNG PEOPLE TO Create Change

#### Sophie Robertson, East Gippsland, VOC & currently in the Hunter region, NSW

Sophie is a brilliant, young leader from Hunter Intrepid Landcare. Here she shares ideas on how to inspire young people to create change.

"It's all about the stories and people you meet. Hearing the diversity of backgrounds, skills and knowledge is incredible and we should collectively share more stories. Through inspiring stories we can really create something magical, from forming a friendship to taking steps to transform our environment and communities. The power of one story can cause a brilliant and beautiful ripple effect, the power of many stories can cause a wave of positive change. So let's share more inspiring stories!"





#### The art of engaging young people

Now that you know where young people are in the landscape and you have done research capturing their needs, wants, fears and frustrations, it is time to engage with them in meaningful ways.

Our most recent national survey on youth engagement revealed that one of the top reasons young people were not involved in Landcare was because they had not been invited! How did we miss that one? This begs the question, what are the types of conversations we are having with our communities and young people to encourage their involvement in Landcare / environmental action?

The invitation is important, it's a powerful engagement tool.

It's all in the 'how' of the invitation that will help someone decide whether they will attend your event or not. From our research and experience this starts by crafting your invitation with an inspiring story.

#### Crafting your story

Storytelling is a powerful tool that inspires people into action around a cause or behaviour. In fact storytelling is being used effectively through marketing campaigns to engage consumers and is often used by leaders and change agents.

We know now that storytelling activates certain parts of the brain, allowing the listener to feel as though they are part of the story. The listener is able to relate parts of the story into their own circumstance, and enables connections and trust to be built with the storyteller. This results in better retention of information and understanding of what is being presented.

It is important to consider content when crafting your story. There is a place for outlining the sometimes doom and gloom facts of a situation, but it is not necessarily in your invitation story. We know that the fear and hopelessness triggered by the doom and gloom facts of story can switch off the creative parts of our brain, exacerbating your fears and turning you away from hope and solutions. What really inspires people is a positive story that they can see themselves in and that helps them tap into their own motivations for action.

# Let's look at this in action... ...crafting your story...

NEUTRAL COUPLING: the listener turns the story into their own ideas.

MIRRORING: Listeners experience the same brain activity as the speaker and therefore place

themselves in the experience.

DOPAMINE: is released when the story is emotional, making the story easier to listen to and remember.

CORTEX ACTIVITY: A good story can engage multiple cortex areas of the brain - the sensory, motor and frontal cortex.

## Reflection



Google

A Culture of Respect for the Land - Glenn Morris Story (Landcare Australia)

What emotions came up for you while watching this film?

What makes this call to action powerful? Do you think this was a powerful call to action, why?

Did it compel you to act or want to know more? What action would you take? What would you like to know more about?

13 Photo credit: Beardson.org



#### Finding your why

Why are you passionate about what you do and the environment?
What keeps you coming back - to Landcare / environmental action?
What do you see for the future and how are others a part of this?

What initially attracted you to get involved in Landcare / environmental action?

## Let's craft your story

Reflecting on 'your why', choose a moment in time that captures a positive experience you have had in your journey with Landcare / environmental action.
It may be the day you discovered that a species had returned to an area you helped restore or a conversation you had with someone that shifted your way of seeing the world or perhaps change your life.
Where were you?
What happened?
What did it look, feel and sound like?
How did it make you feel?
Our note to you: Your story shouldn't be more than one or two minutes long. If your audience is curious and want to know more, they will ask. This will be your opportunity to share your story in more depth.

## Time to invite

Now that you know:

. Where your networks are

You know your why

Have crafted an inspiring story

The next step is to have 'that' conversation and invite young people. By using your story you can powerfully share what it is about Landcare / environmental action that you are passionate about, why it's important and what needs to be done.

RESEARCH NETWORKS

FIND OUT WHAT IS
NEEDED / HAPPENING

APPROACH NETWORKS

DON'T FORGET
YOUR VISION

INVITE

FIND OUT WHAT IS
NEEDED / HAPPENING

APPROACH NETWORKS

CO-DESIGN
WITH
YOUNG PEOPLE





#### Designing for success

There's no right or wrong way to designing a successful project for young people. But there are some key elements which you need to keep in mind when you package a project that will punch - a project that will inspire young people to get involved and do stuff that matters.

#### Reality check

It's easy when planning exciting new projects and events to get all sorts of wild ideas about what it could look like, who will show up and how epic it could be. Developing a set of un-checked expectations can be wildly dangerous and easily lead to disappointment and a perceived sense of failure, or even a potential disaster! Imagine promoting an event where 100 people turn up and the site only has the capacity to support 15 people. Or planning a crazy festival-like event and having only 10 people show up when you wanted 100. As much as we love a can-do attitude and wild ideas it is important to check in with what is actually realistic.



Are these project ideas safe?

Are we assuming or basing this idea on fact?

do we have or need to get things happening?

Have we got the right permissions?

emographic we want to work with in our community?

Is the timeframe we set realistic



Waht's your Plan B?

# It's all about co-design... young people at the table

For effective long-term youth engagement to take place there must be young people at the table designing how to achieve this with you.

Once you have shared your story, inspired young people and invited them to a call to action, creating a space for co-design is the next step.

To create a space for co-designing go where the action is - where young people hang out. This could be at a local park, waterhole, youth-centre, university or community space, or even at a local bar or cafe! Whatever appeals to the needs and vibe of the people you want to reach out to, always go where the action is.

#### Your support is vital

Our Intrepid Landcare projects are designed by young people for young people and that has and will always be the key to their success. What also contributes to their success and momentum is the support they receive from existing networks, volunteers, mentors and staff. That is you!

- Support is a key element in the way we engage with communities and we highly encourage existing networks and community groups to connect with and support young people who are stepping up to lead or volunteer with Landcare / environmental action. What does this look like? Well word on the street and our research suggests...
- MINDFULNESS AND COMPASSION: Actively listening to the wants and needs of young people. Often many young people are stepping outside their comfort zone and need a little help every now and again. Extending compassion during this development phase is a great way to ensure they feel accepted and valued.
- CONNECTION AND SENSE OF BELONGING: This is something young leaders pursue and is a major driving force for involvement reaching out and creating inclusive environments is essential for nurturing young people.
- HAVE A CAN-DO ATTITUDE: Our young leaders recently shared that, "sometimes it gets overwhelming and a check in every now and again is nice. I often don't know who to talk to about certain things like grants and proposals" Emily Jones, ANU Intrepid Landcare.
- COACHING AND MENTORING: Sometimes young people need a little guidance. Checking in with them will give you a sense of what they may be struggling with. Often these struggles are small barriers but they are having major impacts on moving forward. Being a guiding light can make the world of difference!

# How could you support a young person?

Take some time to reflect below on the types of roles you can take on in helping young people. This could involve providing networks, being a mentor, perhaps a coach, assist with project design, media and public relations...

List all the ways in which you could offer your skills and passion to help young people in your community.





#### And action.

It's time to put theory into practice. It's time to start co-designing projects with young people in your community. Projects that punch.

At the back of this workbook you will find a series of templates you can use to guide you through the design and development phases, and turn ideas into projects. We have provided a series of project design tools that we use in our practice at Intrepid Landcare.

Don't forget the important stuff...

As part of the design phase it's important to consider all the formal processes you will also need to consider when working with young people. This includes safety and risk management, working with children checks, volunteer management and more!

We don't want to replicate existing tools, so please see the below list of resources that can also help you co-design your project and ensure you tick all the boxes.

For creative inspiration, safety and volunteer management tips - Youth Engagement in Landcare How-To Kit, Landcare Australia.

For further tips on working with young people - Action matters for young people Boosting environmental participation and leadership in 12-24 year olds, NSW Office of Environment and Heritage.

For tips on mentoring young people: Spectrum Approach to Mentoring – A guide for mentors and mentees, Learning and Teaching Centre Macquarie University

For project design resources, check-lists and other templates: visit intrepidlandcare.org



We are continually inspired by our Intrepid tribe's ideas and creativity, here are some snapshots ...

- Weeds & Waves: help remove weeds before a morning surf, river paddle, kayak or even an ocean swim. Contact a local surf school or outdoor adventure club to see if they can donate some free lessons or board hire.
- Weeds & Wine: who doesn't love weedfree views and wine? Trade a morning of conservation action for a tour of a vinegard to learn about the art of making wine and sustainable agriculture.
- Tracks & Trails: help out with creating a bushwalking track, perhaps high in the mountain ranges, to provide safe access to bushwalkers and minimize environmental harm.
- Meteor Shower Campout: yes to stars and sustainability! Get away from the city, away from the lights and campout while doing some conservation along the way.
- Cultural Conservation: contact your local Aboriginal Land Council to find out what cultural restoration projects are open and discover the significance of cultural conservation.



Now you have started to map out your ideas for projects with young people at the table, the next step is getting your projects out there and with the right look and vibe. How you pitch your project online or in print is just as important as how you pitch it in person. The bottom line is, the branding and marketing of your project is important.

#### Look & vibe

What you imagine your project experience to be like is how you should portray it to the world! This is both the fun and tricky part of getting the look right. Image selection, colours and layout are all going to have an impact. But more than anything keep your design clean, simple and interesting so people get it.

If it's going to be fun and exciting then go for bright colours, excitable language, and fun images. If it's about chilling out in nature, choose smooth, calm imagery with simple tones and colours.

Here's some inspo...





#### The talk

The language you use can have an impact on what people feel and get out of what you are promoting. Think about what might sound engaging and exciting to young people. If you are unsure, look at the way other youth organisations are promoting their events to the generation they know best.



Our note to you: You need graphic design software. Luckily there are some great free sites to help you design a fresh look! We suggest Canva.

# OTHER COOL IDEAS

Follow these trailblazers to inspire some cool ideas

For food & fibre action >> Youth Food Movement is a trailblazer



In a nutshell the Youth Food Movement run food education projects for young people. They are a national volunteerled organisation that aims to build the skills, knowledge and experience that young people have around food. More than that, they empower young people to take those skills, knowledge and experiences out into the world and create the food system that they believe in.



#### ... They past like a total bass, which speaks to young people.

For more information visit: youthfoodmovement.org.au

#brisbanefood #brisbaneeats

For land clearing, climate change & wildlife action >> BeardsOn is a trailblazer



BeardsOn for Conservation is an Australian-based, not-for-profit environmental organisation. Their goal is to encourage men to grow beards and start a conversation about conservation... and women to wear braids! They run a 90-day annual BeardsOn Challenge during Winter to raise \$\$ for tree planting projects. Commit to growing something great with BeardsOn!



beardsoning Co-founder James with the one and only the beard of all beards and the beard for the forests (costasworld "You don't just hack the forests from the planet"

They are taking 'movember' to another level .....

For more information visit: beardson.org

For plastic-free, waterways & clean ocean action >> Boomerang Bags is a trailblazer



Boomerang Bags is legendary when it comes to raising awareness about plastic in our streets, creeks, rivers, beaches and oceans. They do it differently, which is why they have gone global. They are about sewing for sustainability and their impact is measured in tonnes of plastic diverted from landfill. They are a powerhouse when it comes to intergenerational engagement too!



boomerangbags Pretty excited that there are more than 150 Boomerang Bags communities up and running around the country and overseas!! #boomerangbags

For more information visit: boomerangbags.org

String an Issue (or an idea) for Impact | An Appreciative Inquiry Approach to Co-Designing for Impact

Canvas your project on a page | An Approach to Community Project Canvas Modelling

The landscape: your community, who is who, what do they do, where	Activities we will do:		Partners & stakeholders, who is involved in the project? And what are	Output:	Assumptions:
iii op	Where will the project happen?	pen?	Treat responsionines:		
	Budget I might need:	Financial resources:		Outcomes:	
	Non-financial needs:	Non-financial resources:		Level of change (measureable result):	Impact:
Project pitch					
(40words max):					
Project name:					

Measure your impact (Theory of Change) | What impact to do want to create? Can you measure your impact?

4.			1
Example: Projects and programs that inspire	Example: Perhaps the number of new young people	Example: Number of new young volunteers contributing (leading new ideas) in their	Example: What activities will create immediate impact?
young people to get involved.	leading with Landcare in your community and are creating change.	communities, % or participants improve their communication skills and confidence, and participation in decision-making.	Long-term change of an individual or group acting and leading, e.g. turning volunteers into influential leaders.

To get an output	To get an outcome	To make impact
Example: Projects and programs that aim to inspire young people to get involved.	Example: Perhaps the number of new young people leading with Landcare.	Example: Number of new young people improve their communication skills and confidence, even contribute to decision-making.
List your potential assumptions: - Young people want to get involved - Young people are available to attend - Young people can travel to the event	List your potential assumptions: - Young people involved will be able to inspire and invite more young people to get involved	List your potential assumptions: - Young people are aware of the impact they can create - Young people are supported by mentors - Young people want to lead

How to make an impact with your community | An approach with Asset Based Community Development Planning

Questions to ask yourself	What initiatives already exist that align with what I want to achieve?	What initiatives already exist but are not present in my community?	Investigate opportunities, collaboration, funding, resource pools, needed equipment, potential team	What do I need?	What do I have? (this usually starts with non financial resources)
Where to look?	E.g. similar organisations, government programs	Perhaps programs you have seen elsewhere	Who has funding or resources	Team, resources, funding to kick start the idea for impact	Time Knowledge Skills Passion Networks
What to follow up?		List of websites		Map resources, organisations, schools, places of significance, other opportunities	
When will this be done?					
Who will be responsible for this?					



#### Success in succession

For young people, volunteering is just the beginning of what can be a wonderful stepping stone into an exciting career or long-term community involvement with Landcare / environmental action. This has certainly been the case with us at Intrepid Landcare!

Volunteer opportunities allow young people to develop a whole bunch of life skills, such as, facilitation, organising, engaging others, leading, designing and even making decisions.

So how do we keep the momentum flowing and young people engaged?

Recognising the diversity of drivers influencing young people's engagement and involvement, it's a great idea to explore opportunities within your own networks and communities that could be offered to young people that tap into different drivers at various stages in life.

Consider this 'engagement lifepath'. At each step on the path there are opportunities to engage young people in an activity that supports them in their efforts to do stuff that matters.

- Awareness // Based on what young people want (research and surveys)
- Conversation // Inspiring story  $\,$
- Invitation // Art of the invitation
- Action // Call to action
- Participation // Invitation to co-design, create what young people want
- Involvement // Taste test experience (nurture a young person at an event)
- Engagement // Learning by doing
- Facilitation // Facilitating the doing
- Coordination // Stepping up to lead and organise
- Leadership // Leading teams and organisations
- Educate // Personal and professional development opportunities
- Celebrate // Reward and celebrate action
- Reflection // Reflection on the needs of young people, what does the future hold for them?

