



ACTIVISM PACK

EVERYTHING YOU NEED TO TAKE ACTION - IN YOUR OWN WAY

This pack is a **practical toolkit** to help you support Young Women's Trust and take action for fairer workplaces.

You don't need loads of time or experience to get involved, just a simple idea (there's **plenty** below!) and a passion for making the world of work fairer for young women.

Pick one action. Do it your way.

When young women are supported, workplaces become fairer - for everyone. Thank you for being part of it.



WHAT THIS PACK GIVES YOU

- Quick fundraising ideas
- Simple ways to speak up
- Ready-made posts and messages
- Everyday actions that make a difference
- Clear ways to donate and see your impact



WHY THIS MATTERS

In our latest research, young women told us:

- 37% had been bullied, harassed or made to feel uncomfortable at work.
- 37% hadn't had breaks, holiday or sick leave they were entitled to.
- 25% of young women who couldn't successfully resolve their issue said that they were disciplined, demoted or dismissed.

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of young women hadn't had breaks, holiday or sick leave they were entitled to.

The system that's meant to protect young women's rights is failing them right now. But it doesn't need to be this way.

When you support us, you're joining a movement that's powered by people. People who can make a difference.



Being involved with Young Women's Trust has empowered me in more ways than I could have envisioned when I first discovered them"

| A Young Women's Trust Peer Researcher



There's nothing more important than supporting the advancement of young women in a society that's still so geared against them. Young Women's Trust are amazing in their work to help them."

| University of Leicester Feminist Society



FUNDRAISING IDEAS

QUICK FUNDRAISING IDEAS:

No event. No planning.
Just quick impact.

1. Set up a monthly donation

Stand in solidarity with young women all year round by [setting up a monthly gift](#).

2. Wear a 'Trust In Women' t-shirt with pride

Buy yours from our [online shop](#) and share a selfie online to help spread the word.



3. Set up a social media fundraiser

You can add a donate sticker to your Instagram stories or set up a [Facebook fundraiser](#). Make sure to tell your friends and followers why you're taking action! [Set up your Instagram fundraiser here](#).

4. Give what you save

Choose one habit (takeaways, sugary drinks, unnecessary impulse purchases) and donate what you'd normally spend.

5. Sign up for one of our Challenge Events

From 5ks and obstacle courses, to 10ks and marathons – there's something for everyone. [Sign up here](#).

WORKPLACE FUNDRAISING IDEAS:

Turn your workplace into a force for change.

1. Lunch & Learn

Organise a short lunchtime session where you share why young women's rights at work matter and ask people to donate.

2. Sign up for Payroll Giving

Make a big impact by donating a small amount each month directly from your salary. Run an internal awareness week or set a team target to boost sign-ups.

3. Silent Auction of Skills & Experience

Raise funds by auctioning your time and/or expertise (e.g. language practice, Excel tips, facilitation). Involve a couple of your talented colleagues and ask people to bid for the value of the 'item' as a donation.

4. Partner with Young Women's Trust

Talk to your employer or workplace networks about partnerships with us. Contact our partnerships team for more information at

fundraising@youngwomenstrust.org



Want to get started or have any questions? Email fundraising@youngwomenstrust.org or visit youngwomenstrust.org/fundraise for more information.



TAKE ACTION!

Pick one thing today. Share it. Keep it going.

You don't need loads of time or experience to make change happen — start where you are.



SPEAK

Bring this into your school, workplace, or community

HOST A QUICK TALK

- 2 minutes - share why you care and ask people to donate
- 10 minutes - mini lunch & learn
- 30 minutes - full event or panel

TALK OUTLINE

1. Why I'm supporting Young Women's Trust
2. What Young Women's Trust does
3. What you can do today (donate / share / fundraise)

SHARE

Campaign online in 60 seconds

POST ONLINE

- Share why you're taking action
- Share how others can take action as well
- Tag us on social media

COPY AND PASTE CAPTION

I'm supporting Young Women's Trust. If you can donate or share, it really helps: *(insert a link to your fundraising page)*. Help make the world of work work for young women.



ACT

Small actions that shift culture

AT WORK

- **Show the salary.** Pay transparency shouldn't be optional, so ask your employer to always make salaries clear on job ads.
- **Back young women's ideas.** If someone gets talked over or ignored, bring the discussion back to their point.
- **Challenge interruptions.** Help create space for young women to speak and be heard.
- **Share opportunities.** Recommend someone, pass on a role, make the introduction.

IN YOUR COMMUNITY

- **Back women-led organisations and businesses.** Follow, share, donate, buy, attend, recommend.
- **Share Young Women's Trust's services and resources.** [Our support is here for young women who need it.](#)
- **Speak up when something isn't right.** Challenge stereotypes, call out unfairness, and help make spaces safer and more respectful.

AT HOME

- **Share unpaid work.** Talk honestly about who does what and make sure the balance is fair.
- **Encourage someone to go for that role or promotion.** Ten minutes to review a CV or practise interview answers can make a real difference.
- **Take your parental leave if you can.** Sharing childcare has long-term impacts on women's careers.



Have you done one thing? Tell us, tag us, or share what you did.



THE CHANGE YOU'LL CREATE



By taking action, you're smashing sexist stereotypes, unlocking young women's potential and valuing the work of all young women.

Your campaigning, fundraising and donating will power the change we need to create a more equal world of work.

- You'll help fund campaigns to build equal workplaces.
- You'll help fund vital services that help young women recognise their own strengths and unlock their potential.

£10 could support a young woman to join one of our informative webinars — boosting her skills, confidence, and employability.

£25 could provide vital information to five young women, helping them understand their rights at work and how to challenge unfair treatment safely.

£100 could fund training for a young woman to lead and conduct our research — using her experience to create evidence for lasting change.

DONATE IN 10 SECONDS



Prefer bank transfer?

- Account name: **YWCA England & Wales**
- Sort Code: **56-00-14**
- Account number: **00100315**
- Reference: **[YOUR NAME / EVENT]**

Why does the bank name look different? Bank name shows YWCA England & Wales (our registered name)

Young Women's Trust, Unit 1.01 Wenlock Studios, 50-52 Wharf Road, London N1 7EU

youngwomenstrust.org email: fundraising@youngwomenstrust.org

[facebook.com/youngwomenstrust](https://www.facebook.com/youngwomenstrust) [@youngwomenstrust](https://www.instagram.com/youngwomenstrust)



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