

Vote for your next Member of Youth Parliament Campaign

Mental Health & Student Awareness

I'm Masooma and I'm standing for Somerset Youth Parliament Elections.

I'm an Afghan girl who moved here for a brighter future and to finally have the freedom to express my opinions. Moving was a huge relief, but starting over wasn't easy. Leaving behind everything I had built and suddenly facing a new culture, new people, and a whole new lifestyle was really hard. When I started school here, I often wished there was someone I could talk to, someone who understood - but I stayed quiet because I was scared people would see me as weak or different. That experience motivates me now. I want to make sure other young people, don't have to go through the same silence. I'm passionate about mental health, about creating a safe space where every voice is heard and about showing others they don't have to go through their struggles alone.

I'd make a good representative because I actually listen to people and care about their struggles. I know what it's like to feel unheard, so I want to make sure no one else feels that way. I'm not scared to speak up when something's unfair, and I'm always willing to learn. I'm creative, good with social media, and love finding new ways to get people involved. Most of all, I'm committed to making a real difference for young people in Somerset.

IF YOU WOULD LIKE TO VOTE FOR ME

You can register to vote by contacting youthparliament@somerset.gov.uk or vote in school or college between **Monday 17 November and Monday 15 December**. Schools/ colleges will be sent resources and ideas on how they can run student voting!



My Campaign Manifesto

I want to stand because I believe that...

1. All young people should never feel silenced or be left unheard or looked down on
2. There should be better Mental Health support in Somerset set schools
3. That safe spaces need to be created for students to be heard
4. No one should have to change their personalities or hide themselves just so that they can fit in
5. Everyone should be who they want
6. Everyone should have an understanding of mental health and know that it isn't a weakness

My Campaign Manifesto

Why Vote for me? I will...

1. Engage students to find out how effective mental health support is in schools – what works and what doesn't and why
2. Work alongside other young people and decision makers locally and nationally to try to bring more effective mental health support to schools and colleges and make access to counselling easier
3. Use social media to challenge the lack of effective mental health support for young people, raise awareness of young peoples issues, promote their voice and the strength in equality, diversity and respect
4. Create and launch workshops for helping to improve young people's mental health and raise self esteem. Share these with schools as a resource to engage students
5. Work with schools and urge them to create safe spaces for students to talk