

Vote for your next Member of Youth Parliament Candidate - **Mind Matters : Putting Young People First**

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

Hi, I'm Tabitha and I'm running for youth parliament in Somerset because I care a lot about mental health and I want to make a real difference in everyday life for young people. I try to show that kindness makes a huge difference whether it's with friends or strangers you see in public it can change someone's day.

I enjoy taking photos to capture memories that will last me a lifetime, I like listening to music to unwind and connect with others. If I'm elected, I will fight to make young people's mental health a real priority and make sure we have the support, education, and safe places we need. Together we can make a country which is kind, respectful and full of creativity and make our wellbeing come first.

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. Every young person has the right to access mental health support.
1. Mental health should be made more aware in schools.
2. Kindness in a community makes a real difference.
3. Schools and communities need safe spaces and more amenities to support us.
4. We need more free time to boost our wellbeing at school.

Why Vote for Me?

I will...

1. Stand up for young people's mental health and make young people heard, by acting as a representative and raising awareness using social media and networking with services and decision makers.
2. Put in more support for young people struggling in schools and communities by looking into gaps in school support systems and young people's awareness of where to access mental health support and providing resources and information .
3. Bring more kindness and respect into our schools and communities to bring us closer and to look out for one another by creating session plans / suggesting good practices for schools about care and respect.
4. Help to build safer areas around our schools and communities to support understanding and for young people to express themselves without worrying about judgement
5. Promote more free time for young people in between lessons to unwind and reflect to be ready and creative for their next task in the day.