Mindfulness in Schools Project

**Youth Ambassador - Nomination Form**

**MiSP curricula has been taught to thousands of children and young people from all backgrounds in all types of** **schools and youth-related organisations around the UK and beyond. We are keen to celebrate some of the young people who have discovered the benefits of mindfulness for themselves, who can inspire others to practice mindfulness in their school and in the wider community too.**

**Nominating a Youth Ambassador**

MiSP Youth Ambassadors are volunteers who are aged 14 to 23 who will represent MiSP for a minimum of 12 months. They have completed the .b course and have found the mindfulness skills and practices that they have learnt particularly helpful in their lives. They regularly practice mindfulness themselves, and model the qualities that regular mindfulness practice develops, such as open-minded curiosity, kindness, acceptance, and compassion. They build positive relationships with other people and with the world around them, providing support and encouragement to other young people in their school/setting, and to the adults too!

***We aim to show that mindfulness can benefit any young person, from any background or setting, so we welcome nominations of young people from all circumstances and experiences.***

To become a MiSP Youth Ambassador, young people (aged 14 to 23) can be nominated by their MiSP curricula teacher or an adult in their school / setting, or they can volunteer themselves. If they are under 18, they will also need permission from their parent / carer to participate in this scheme.

**Young Person Details**

|  |  |
| --- | --- |
| Forename |  |
| Surname |  |
| Current School Year |  |
| Name of School |  |
| Address of School |  |
| Post Code of School |  |
| Region of School |  |
| Address to send Certificate and T-Shirt |  |
| T-Shirt size | Adult: Small, Medium, Large or Extra Large |

**Young Person Biography**

The information provided below will be used to create the Youth Ambassador’s biography on the Mindfulness in Schools Project website. Please ask the nominated Young Person to provide responses to the following questions:

|  |
| --- |
| Which MiSP curricula have you been taught? |
| When? |
| How does mindfulness help you?  |
| Which practices do you find most useful, and when do you use them? |
| Why do you think it is important for mindfulness to be taught in schools? |
| Why do you want to be a MiSP Youth Ambassador?  |
| Please tell us anything else about you, or about the activities you are involved in, which is relevant to this role. |

**Nominating Adult Details**

|  |  |
| --- | --- |
| Forename |  |
| Surname |  |
| Relationship to Young Person |  |
| Email address |  |
| Mobile telephone number |  |

**Nominating Adult Recommendation**

The information provided below may be used as part of the Young Person’s biography on the Mindfulness in Schools Project website. Please provide responses to the following questions:

|  |
| --- |
| Why are you nominating this Young Person as a MiSP Youth Ambassador?  |
| Please tell us anything else about this Young Person or about the school which is relevant to this nomination. |

**Consent**

We require information about each Youth Ambassador, as well as a photo and ideally a short video too.

We are incredibly grateful for permission from parents / carers for Young People (if under 18) to participate as Youth Ambassadors for MiSP. We are also very grateful to be given permission either by the Young Person directly (if over 18), or by their parent or carer, to use information from this form, as well as photos and video footage to promote them as our Youth Ambassador and to help us with our work as required by general data protection regulations (GDPR). We use these materials on our website, on our social media accounts, on promotional materials such as information leaflets and brochures, at our conferences and for the press.

Please email us at enquiries@mindfulnessinschools.org if you have any questions at all.

Please circle the appropriate responses to the following questions:

|  |  |  |
| --- | --- | --- |
| I am happy for the Young Person to participate as a Youth Ambassador for MiSP. | Yes | No |
| I am happy for the information on this form, photos, video/audio footage and quotations to be used by MiSP on the MiSP website, on social media, in promotional materials, at conferences and for the press. | Yes | No |
| I am happy that the Young Person’s first name and the school/setting name may appear in the material. | Yes | No |
| I understand that personal contact details, other than the Young Person’s first name (only), school name and the information provided in the Young Person’s Biography section, will not be included on the website. | Yes | No |
| I consent to images/videos of the Young Person being taken by the school and provided to MiSP, or taken by MiSP at MiSP events. | Yes | No |

**Name of Parent/Carer:** …………………………………………….………..………………(please print name)

**Signature of Parent/Carer**……………………………….………………………………… **Date:** ……………

**Signature of Young Person if over 18**…………………………………………………… **Date:** ……………

**Contact details**

Please provide details of the appropriate individual to contact regarding this nomination:

|  |  |
| --- | --- |
| Name |  |
| Relationship to Young Person |  |
| Email address |  |
| Mobile telephone number |  |

**Thank you for making this MiSP Youth Ambassador nomination!**

We will be in touch as soon as possible on receipt of this form.