

How to support a YOUNG woman in a women's organisation

Smile.

Think outside the square. Try to
remember when you were 15, 20, 25 or 30. Listen.

Share food at a meeting. Take some time. Be defenceless,
not defensive. **Consult** – do it now. **Be honest**. Look around
you. Ask a young woman what's important to her – then ask 3
more. Change, grow, **learn**. Recapture **your** sense of fun. Listen.
Be open. Laugh. Eat chocolate. Give her support. Be happy. Watch
your language. Ask! Do it because you want to – not because it's
policy! **Offer her** a ride home. Assume she knows best. **Do fun things**
at work. **Ring her**. Have a check in at the start of **meetings**. Give
positive **feedback**. Do it now. Let her make mistakes. **Be there**.
Giggle. **Share power**. Have chocolate fish awards. **Be prepared** –
for anything. **Allow yourself** to be convinced. **Hold** a meeting in
a café – Y not? **Make changes**. Spend **5 minutes** observing
young women. **Be inclusive – diversify!** **Embrace change**,
embrace each **other, do it now**. **Listen**. Say thanks.

Be a positive role model. Share information.

Sing, dance, play. Work together.

Smile.

