

# SHIFT

Shift your body,  
Shift your mind.



Hello!

- What's the problem?
- Who we are
- How we work
- What we do
- What we're learning
- Q + A

collectively we can make a shift  
for young women in Wellington

What's the problem?

ANXIETY

LOW BODY

CONFIDENCE

PHYSICAL

SUICIDE

INACTIVITY

DROP OUT  
OF SPORT

SCREEN  
TIME

BULLYING

OBESITY

UNHEALTHY  
RELATIONSHIPS

OTHER HEALTH  
PROBLEMS

DEPRESSION

POOR

DIABETES

STRESS

NUTRITION

## Barriers

- competitive nature of sport
- sporting ability / being embarrassed /body confidence
- co-ed PE classes
- influence of friends and family
- cultural impact
- lack of time
- cost
- mental health/self worth/confidence
- health issues

Teamies



## How we work



**INCREASING  
AWARENESS**



**REDUCING  
BARRIERS**



**EMPOWERING  
YOUNG WOMEN**

We do Shift differently around here

**“If you always do what you’ve always done,  
you’ll always get what you’ve always got.”**

Henry Ford

Shift Leaders





Shift Challenge



Refugee Jam

Just Shift it



Just Shift it – teen mums group



Give back, Shift forward grant





## Social media campaigns



**EM-  
POW  
HER.**





Fundraisers



'I was so happy to be back doing some amazing activities once again! Today was my favourite day of the holidays so far!! You always make me and every other human smile and Shift is my favourite thing ever!'

'I wasn't going to come to school today but then I realised it was a Shift day, so I came.'

"Shift gives you so many opportunities to try new things. I love it, it's such a positive place to be."

'I know the students had fun! Two of them have seemed much more confident lately. Also another student seems much more settled at school.'

## What we're learning

- Codesign - young people are the experts in their own lives
- Don't underestimate young people's abilities when provided the right environment and mentorship
- 'Participation' is turning up
- Everyone matters and everyone has different needs
- The 5 Ways to Wellbeing truly are legit - use them
- Be ready to pivot. The world young people exist in changes constantly
- Building whanaungatanga is the single most important way to start working alongside young people
- Everyone wants to belong to something
- Live your values - young people know when you're not authentic
- Make it accessible

Join the movement, join the Shifterhood!

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