This month's youth update contains information on some exciting Give it Up For Human Rights event organised by youth groups and an update from the recent Youth Conference, where many of you came along to a fundraising workshop to work on fundraising plans for the whole Amnesty Youth Network.

GIVE IT UP FOR HUMAN RIGHTS

The **Henley College Amnesty Group** organised at Give it Up event at their school, Sue Bingham, the youth group leader told us about the day:

"On Thursday 16 March, the Amnesty students gave up their freedom of speech to raise money for Amnesty's work on human rights around the world.

"Some did it for one hour, which was really hard, but Katie Pitwell did it for a whole day, which is amazing!

"Thank you to all the staff & students who sponsored us – we raised £106.17."



Henley College Students Giving it Up!

Students from the Central Foundation Girls School in East London also held a Give it Up For Human Rights day. They remained silent for the day and held a bake sale. They raised over £400 for Amnesty!

Free Give it Up kits are available to groups who are interested in ordering their own Give it Up For Human Rights Event. For more information, go to: www.amnesty.org.uk/youth-group-fundraising-give-up-for-human-rights

YOUTH CONFERENCE

On 24th March over a hundred youth activists from up and down the country came to the Amnesty International UK head office in London. They heard from Amnesty campaigners, attended workshops and shared ideas with each other.

There were two fundraising workshops where youth activists and fundraisers came up with fundraising ideas that they could put on in their schools. We are going to feature one of these every month in youth fundraising updates.

I WELCOME SLEEP OUT

The first idea we are featuring is a great way to raise awareness of the I Welcome campaign and raise money for Amnesty. Spend the night camping out in solidarity with refugees and ask people to sponsor you.

To organise a sleep out, you'll need permission from your school and somewhere to set up tents It's probably easiest to do this on school grounds. If the weather isn't great you could move indoors. Tell people what you're doing and ask them to sponsor you and take action on the I Welcome campaign.

GET IN TOUCH!

To discuss a fundraising idea or request materials for your event, email **fundraise@amnesty.org.uk** or call **020 7033 1650** and speak to a member of our fundraising team.