



This is Our Story: A Compilation of Real Life Experiences Told by the People Themselves (The My Story Project Book 1)

The Youth Life Project

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'Our Story' is part of the YouthStories campaign, which is a campaign set up by The Youth Life Project to provide a channel through which people can communicate their thoughts, feelings and experiences. The aim of 'Our Story' is to bring together real life stories and experiences of people from all age groups through a range of mediums and help the public express experiences of their youth.

The Youth Life Project, and YouthStories founder Danielle Brown-

"Our Story' has been open to entries from people of all ages from across the country. Some examples of stories received so far relate to incidents of abuse, domestic violence, poverty, health issues, bullying, peer pressure and sexual abuse.

I understand the power of storytelling and the burden it can lift for those who have something to get off their chest. Storytelling has taken many forms throughout the ages and I want to embrace as many of these as possible and evoke a range of emotions in the reader.

It seems as though there is a disconnection between young people and adults, 'Our Story' will help bridge that gap and show we all experience problems and that someone out there has been through similar situations. The stories from older people will show the youth how they have dealt with things and provide young people with a platform to have their voice.

This book is all about having the freedom to express yourself and I hope this book makes a difference in at least one person's life.

Ideally the book will encourage others to speak out and tell their story, as well as having a positive effect in many ways and on many lives."

The purpose of The Youth Life project is to provide support and guidance to young people, empowering them to reach their full potential by building a better and brighter future, not only for themselves but for the next generation of youth, creating future community leaders and role models. We call this a 'spiral of inspiration'.

We equip young people with the skills required to make positive life choices and support them in their growth and development.

The Youth Life Project is centered around the voice of the youth, therefore being the charity they want and need us to be.

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Lindsey Gant:

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