

Amal was referred to the Anti-Tribalism Movement through her school at the age of 16 when she was seeking work-experience training. She joined us for two weeks in the summer of 2018, participated in a number of events we hosted for young people after that and then joined the programme when she was ready in the summer of 2019. Amal joined the Lead and Be Led programme as a participant in the third cohort during the summer of 2019. Amal was studying for her first year of A-Levels and struggling to deal with the jump from GCSE to A-Level study coupled with extreme anxiety and wider mental health issues.

“I always felt like only certain kinds of people could become leaders and you couldn’t do this if you were a shy person or had anxiety. That’s why I couldn’t step up and take opportunities because I just wanted to stick to what I know. Lead and Be Led has taught me how to use my skills to be a leader and not focus on the negatives too much and focus on what I am good at more. I feel like I’m a more positive person now after doing the programme and I can speak more compared to before where I couldn’t even say hello to strangers.”

Amal completed the Lead and Be Led programme and helped to deliver a group social action project to tackle violent youth crime affecting young people. She came out of her shell through the acting required for the roleplay and got the chance to practice speaking to guests at the event using the social anxiety coping mechanisms developed through the 1-2-1 mentoring with the project officer.

Amal is now in her second year of A-Level studies as of September 2019 and is participating in continued volunteering with another local organisation. She has also taken her experience of mental health services to influence local services by becoming a paid researcher with Imperial College University of London.

[The name and image of the subject of this case study have been changed to protect the identity of the young person.]

Anwar was 17 years of age when he joined the Lead and Be Led programme in October 2017. When Anwar initially joined the programme, we asked him what his perception of a “good leader” was before the

programme and whether he considered himself to be a leader. Anwar replied with the following:

“Before this course...I actually thought a good leader was just someone that knows how to lead the people and bring people [round] to their ideas and wouldn't listen to others. Once the sessions started I realised a good leader is someone that's going to listen to the people around him idea's and also he would make the people who aren't comfortable and don't have selfconfidence – he would make them feel more comfortable with themselves.”

“At school, I never had real friends. I was just trying to please everyone to get their attention. Before I came to this school I never had people around me that loved me... I got bullied. I never knew how to protect myself so I became weaker. I was around 11/12. I was trying to be friends with the bullies because I was scared to be bullied. I didn't realise I was making the same mistakes until this Nov [2017].”

Anwar was also asked if he had witnessed any changes in attitudes or any other positive development on the programme. Anwar answered with the following:

“One change I've seen in myself is believing in my dreams... I realise it's better for me to start working hard and opening my mind to follow my dreams. I literally start to believe in my dreams because before I was scared as before I was following bad boys. I just realised that I have to be myself and be with the right people and follow my dreams.”

“When I was at the beginning of the course I used to come and listen to Tebs and Sham talk... Sham's model for vision and team-work has helped me. Right now, in physics I'm working on a theory by myself but if I actually want to realise this theory I can't do it by myself I need a team.”

Anwar is now 18 years of age and still engaged with us. He has been able to take control of his education by changing his sixth-form – a decision he felt was in his best interest and one he had to explain to parents who were quite strict in forcing him to stay in school. He has been actively seeking employment and landed a few paid opportunities in the process – these include board advisor at Imperial College and as a gallerist at The

Photographer's Gallery. Anwar has continued to share his skills with online friends as well as bringing in two other young people to ATM House to get support. Anwar had suffered from an undiagnosed mental health illness and through the programme, he learned the practical ways of coping and was then referred to external support. He has grown tremendously in confidence, he would never speak in front of new people and now he is able to deliver speeches, talk to strangers and make friends in ways that he could not before. He has another year of A-Level studies to complete before he hopes to attend University.