



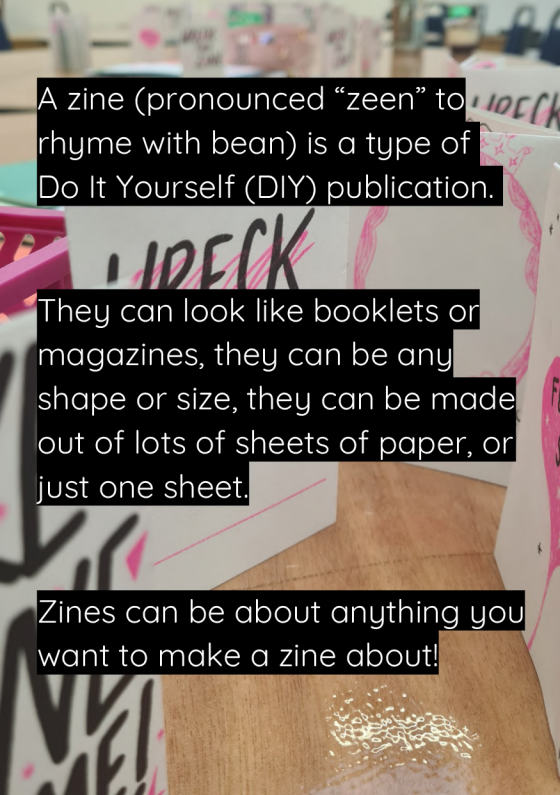
YOUNG

WOMEN

CARE

THE YOUNG
WOMEN'S
MOVEMENT

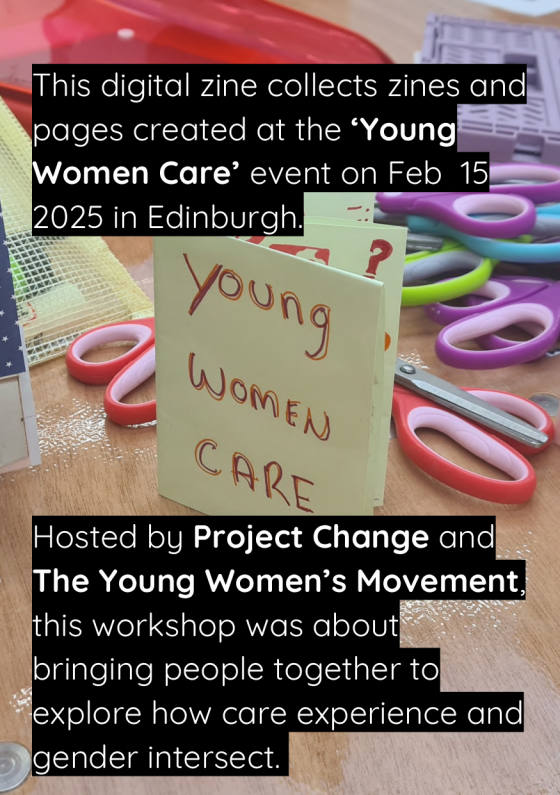
project
change



A zine (pronounced “zeen” to rhyme with bean) is a type of Do It Yourself (DIY) publication.

They can look like booklets or magazines, they can be any shape or size, they can be made out of lots of sheets of paper, or just one sheet.

Zines can be about anything you want to make a zine about!

A collage of craft supplies including scissors, paper, and a zine. In the center, a small yellow card with the words 'Young Women CARE' written in orange marker is prominent. Surrounding it are various items: a red plastic object at the top, a purple and blue zine cover at the top right, several pairs of scissors with colorful handles (purple, blue, green, red), a yellow mesh screen, and a blue and white patterned paper. The background is a light-colored wooden surface.

This digital zine collects zines and pages created at the ‘**Young Women Care**’ event on Feb 15 2025 in Edinburgh.

Hosted by **Project Change** and **The Young Women’s Movement**, this workshop was about bringing people together to explore how care experience and gender intersect.


Change will
come

Gemma Jane
Ferrie



CHANGE

Will



COME



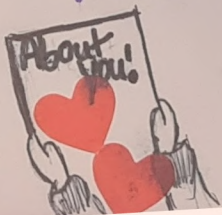
Changing language to be
more positive &
Child friendly



"Overcome a
tough week!
well done!"

"You were
over the moon
seeing your
fav band!"

Proud of
"You!"



" I'll fight for your rights "

I'm here
"to support
you ☆



" what do you!
want to happen? "

Interviewing possb.
new social workers &
children's panel
members 😊

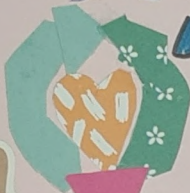
Training
new
Council
employees

on care
experience;

Pr

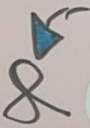
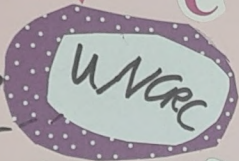
O

m



i s

e



& duty

UNCRC



16th

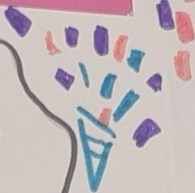
July 2024

became part of
Scots law!

We made Care exp
erience a protected
Characteristic in
Falkirk !!

By
Unanimous
Vote

Falkirk



I managed to make
Care experience
a protected characteristic
in West Lothian



ONWARDS!



design a
pin badge:
(or two)

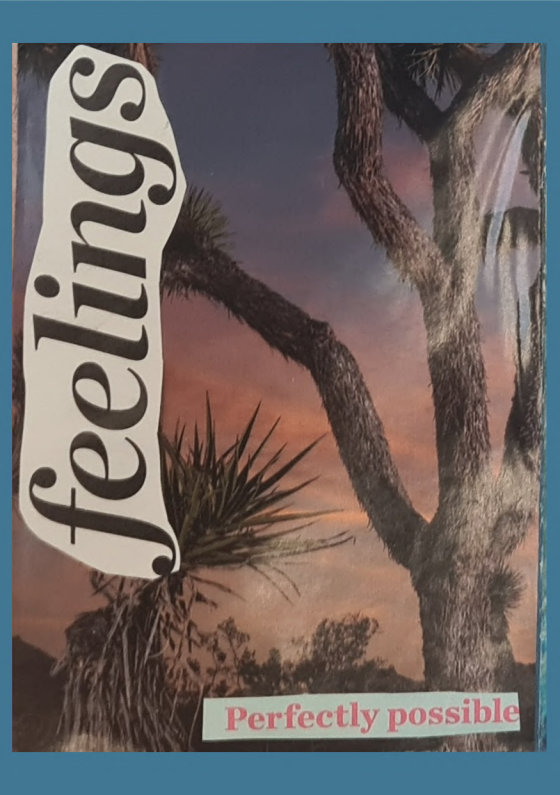


Gemma Jane Ferrie

Birds of Scotland

Rachael

Borthwick



feelings

Perfectly possible

THE AMAZING BITS



ILLUMINATED

Underwater

brace yourself

SEA GIANTS

*Befriend your
inner critic*



listen

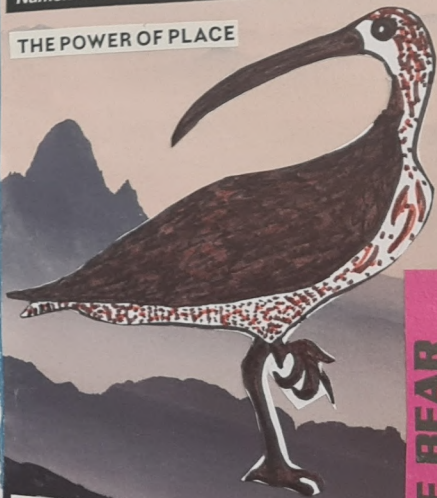
Bear it in mind

Embrace imperfections

Long-billed curlew

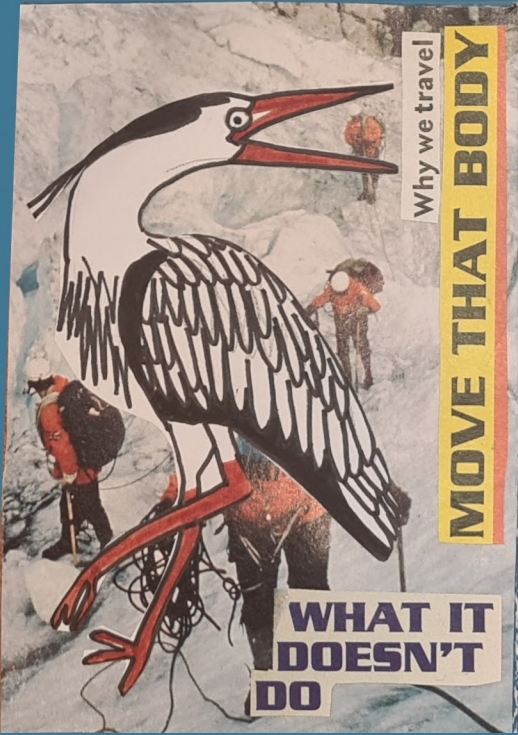
Numenius americanus

THE POWER OF PLACE



Staying grounded

THE BEAR
NECESSITIES



Why we travel

MOVE THAT BODY

**WHAT IT
DOESN'T
DO**

**A GAME OF TWO
HALVES**

THE ENTIRE SPACE



AMAZING

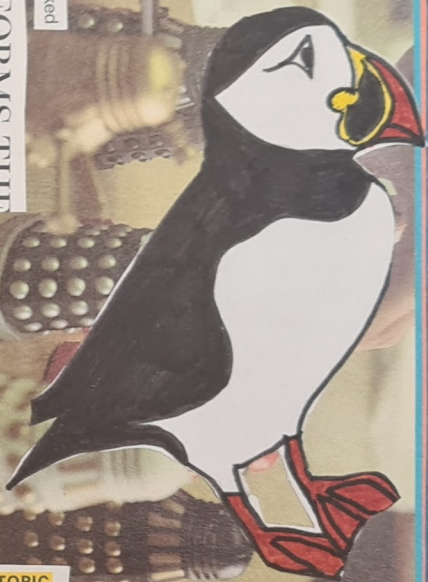
slowly unraveling its secrets

SUPER

We don't need evolution to explain religion's origins

birds flocked

ART FORMS THE
FOUNDATION



HOT TOPIC

Young
Women
Care,
You Should
Too

Charleigh

from leaders unlocked
and our promise

Young

WOMEN

CARE

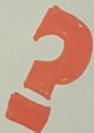
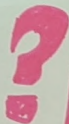
Girls and women
are often misdiagnosed
ADHD gets missed. NOT
enough support for CP TSD.

Period care usually
unknown to young girls.

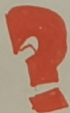
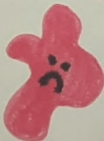
Havent been shown
good enough health
care for themselves.

This may affect their
hygiene and self esteem.

OUR HEALTH CARE MATTERS



HEALTH
CARE

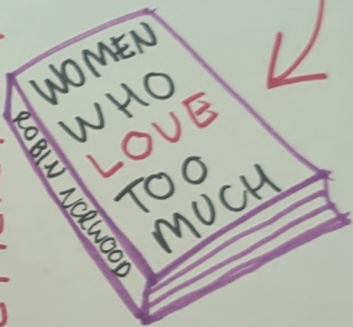


ARMED? BOTH?
PTSD? SOS!!

MORE
THERAPEUTIC
APPROACH
NEEDED
FOR
EATING
DISORDERS

WANT BETTER FOR YOURSELF!

READ
THIS !!



you deserve
happy, healthy

♥ LOVE ♥

BREAK THE CYCLE!!!

GENDER
BASED

violence

HAPPENS
IN CARE
TOO !!

RISK OF EARLY PREGNANCY
SELF ESTEEM ISSUES
TRAUMA DOMESTIC
ABUSE POVERTY BAD
HEALTH CARE LACK OF
GENDER AFFIRMING CARE
misogyny SEXISM PREJUDICE
PERIODS **WOMEN** TRANS PHOBIA
IN CARE... LACK OF
EXPLOITATION SUPPORT
EATING DISORDERS FOR US.
MISDIAGNOSIS BODY SHAMING
BULLYING HARASSMENT.
MOTIVATION IS **NEGLECT**.
NOW EXISTENT **NEED MORE!**
SOCIAL EXPECTATIONS OF
WOMEN. TOO MUCH PRESSURE
CYCLES OF POVERTY...

you

SHOULD

TOO!



USE



YOUR



VOICE

girls

Unconditional Love

Susanne



Un

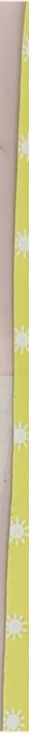
condi



tional



love



Kyrie Chiwara

- 4th Jan 2024

- 11:44pm



I am enough
I am worthy
I am smart

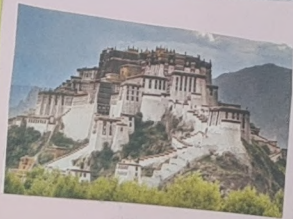
*I can
overcome
anything*

AFFIRMATIONS

I am
amazing

I can
do this

See
the
World



travel
more



Dumbo

the lion
king

legally
blonde

Moana



Tangled
Suits

the big
bang
theory

Shop 'till you Drop!



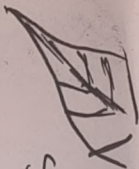
FENDI

FENDI





doodle



Scribble



Scribble



doodle



Scribble



doodle

some prompts for your own zine:

- the footprints I leave behind v.
the ones I imagine in front of
me - where have I been?
where am I going?
- what does fear look like?
- what advice would you give a
younger version of yourself?
- what does belonging look
like?

Inside


+

Out

Marissa

+

Kira



Inside



OUT



by Kirat Marissa

Community Engagement

- Good at building professional relationships
- Creative facilitation Ideas
- Experience of working with a diverse range of community members.

Community Engagement

- > Good at maintain connections throughout the community
- > Able to relate to and share knowledge among many different people

Personality

- Kind
- I'm a good Craic
- Patient
- Friendly
- Reliable
- Self-disciplined

Personality

- > Caring
- > Always thinking of others
- > Consistent
- > Always a calm and collected manner
- > Able to connect to others.

BUILT FOR THE CHALLENGE

TAILORED T

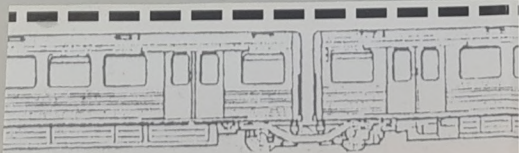
motivated

VISION

EXPLORE

forgiving of others'

*building
communities,*



TO THE TASK

ONS

NATIONAL

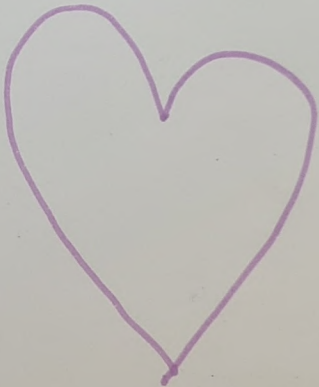
lived reality

inspirational

***Progress,
not perfection***



*Nothing is
impossible*



some prompts for your own zine:

- how I see myself v. how others see me
- the stories I tell about myself v. the stories others tell about me
- what does joy look like?
- what does sadness look like?
- what I value about myself vs. what I think others value about me



Contributors:

Susanne

Gemma Jane Ferrie

Kika Marissa

Rachael Borthwick

Charleigh

Compiled by Lea

Front cover: Elena