

Hi, my name is Thomas. I would like to run for Youth Parliament as I am passionate about listening to young people's views and helping make change for good. I feel my best quality is my communication skills. I can speak to both small and large groups of people. I also am non-judgemental and a good listener who can empathise with others.

If I was elected my aims would be:

1. Campaign for more places for teenagers to hang out.
2. Campaign for more outdoor activities for young people, such as football cages and swim areas in order to help reduce young people's screen time.
3. Create a campaign around reading for teenagers.

These would have a positive impact on young people. Having more teenagers outside doing things means that there will be less screen time, and physical activities improve mental health which is proven by science! It would also help to improve mental health, which is just as important as physical health. Reading also improves vocabulary and speech ability which is important for young people to be able to communicate their ideas!

Thank you for reading my manifesto.

Thomas Fryer