



## Care Day 2022: “It takes a village to raise a child”

**#CareDay22** takes place on Friday 18 February this year and it will be the 7<sup>th</sup> annual Care Day. Care Day is a global celebration (and the world’s largest celebration) of the rights of children and young people with experience of care.

This year’s theme will explore the African proverb, “It takes a village to raise a child”.

We will focus on how different people in communities can have a positive influence on children and young people and how important these relationships are in shaping the lives of our care experienced community.

We can all recall people in our lives who had or continue to have a significant impact on our outlook and sense of self-worth. They can be relatives, teachers, coaches, neighbours - all of whom hail from our community or “village”.

Most of the time we ourselves don’t even realise the significant and direct impact we have on others.

Even the simple acts of listening, encouraging, or understanding can have profound, direct, and lifelong effects.

This year we are asking people to be, or realise their potential to be, a **#CareAware** champion and ally.

**Every journey, no matter how long, starts with the first step!**

Download our Care Day posters and social graphics - [Care Day 2022 Posters](#)



# "It takes a village"



## How to get involved

### Under 18s photo and voice recording messages

**Note:** Only content that's in compliance with the in-camera rule will be shared on our Social Media accounts.

**Send us a voice-note:** This year we really want to focus on hearing the voices of children and young people in care and with care experience.

We are asking them to make a WhatsApp's voice recording explaining "Their village". This can be about one person or several people in their village.

**In these voice-notes we are asking if children and young people can do the following:**

1. Start the voice-note by saying: "It takes a village to raise a child".
2. Then answer these two questions:
  - a. Who is in my village?
  - b. Why are they important?
3. End the voice note by saying: "Who is in your village?"

Each voice-note should be a minimum of 30 seconds and a maximum of five minutes. We are hoping to share some of the voice-notes or snippets of the voice-notes on our podcast and social media accounts. If the child or young person does not want their entry to be used in this way, please write "Not for public use" in the message or email.

Voice-notes can be recorded on WhatsApp and text to 086 069 7022 or emailed to [participation@epiconline.ie](mailto:participation@epiconline.ie).

**Send us a photo:** Send us a photograph of the child or young person's hand with their village member(s) first name – and #CareDay22 or #CareAware (or both) written on the palms.

Email your photos to us at [participation@epiconline.ie](mailto:participation@epiconline.ie) or share them on social media using the hashtags #CareDay22 and #Careaware.





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## Over 18s photo and voice or video message recording

**Send us a video or voice-note:** We are asking over 18s to record a selfie video or voice-note explaining "Their village". This can be about one person or several people in their village.

**In these recordings we are asking the young person to:**

1. Start the recording by saying: "It takes a village to raise a child".
2. Then answer these three questions:
  - a. Who is in my village?'
  - b. Why are they important?
  - c. How did they impact my life?
3. End the recording by saying: "Who is in your village?"

Each recording should be a minimum of 30 seconds and a maximum of three minutes. We are hoping to share some of the recordings or snippets of them on our podcast and social media accounts. If the young person does not want their entry to be used in this way, please write "Not for public use" in the message or email.

Recordings can be text to 086 069 7022 or emailed to [participation@epiconline.ie](mailto:participation@epiconline.ie).

**Send us a photo:** Send us a selfie with their village member(s) first name – and #CareDay22 or #CareAware (or both) written on the palms.

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## Competitions

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We will be running our annual online **Art, Writing, Baking, and Scavenger Hunt competitions** for children and young people to get involved and help us celebrate the Day. Each competition, except for the Scavenger Hunt, has three categories: Under 12's | 12 - 18yrs | 18+. This year we've also added a new online competition!

Please see the posters for more information on these competitions.





**"It takes a village"**



## **"The most creatively decorated Care Day space"**

We are asking that children and young people get involved in decorating a space to celebrate Care Day.

The top three most creative spaces will each win a 50 euro Just Eat voucher. Please see the poster for more details.

Closing date for this competition will be on Care Day, Friday 18 February at 5pm.

Please send photo's to [participation@epiconline.ie](mailto:participation@epiconline.ie) using "Care Day Creative Space" in the subject line of the email.

## **Be that person in a Child or Young Person's village - Be(come) an Ally**

For those that work with Children and Young People in care we are asking you to stand with them by using the hashtag **#CareAware**.

**Send us a photo of yourself with #CareDay22 and #CareAware written on your palms or a sheet of paper.**

We also invite you to send us a video of yourself saying "You would like to wish children in care, those with care experience, and EPIC and very happy care day", or any other messages of solidarity and celebration you may like to share.

**Remember, if you are posting your messages of solidarity directly to your own social channels – use the hashtags #CareDay22 and #CareAware – so we can keep track of all the day's activities and actions.**

