

**Publication:** Race Online 2012 (web)

**Date:** 13th October 2011



## Inspiring young champs #GoON #GiveAnHour to Beatbullying

OCTOBER 13, 2011

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tags: [digital champion](#), [give an hour](#)



**Go ON Give an hour** is inspiring everyone who knows someone missing out on all the benefits the internet can bring to pledge an hour of their time to help someone online.

Yesterday, [Martha wrote about how she gave an hour to her Dad](#) and over the next few weeks, we'll be sharing some of the amazing stories from other digital champions around the UK.

Today's champs – two of [Beatbullying](#) CyberMentors who are helping young people help each other online to beat bullying.

### Georgia Dale

Georgia Dale became a Development Officer for the award winning CyberMentors in 2009.

As a Development Officer, Georgia teaches groups of children aged 11-17 to mentor others their own age on and offline. Focusing on issues such as bullying, cyberbullying and wellbeing, she helps build the confidence of the young people and inspires them to leave the workshops feeling empowered and able to help others.



*Georgia Dale*

Georgia says, "I believe the success of delivering help online lies in the support network and sense of community that the [CyberMentors website](#) offers. Because it's based on a social networking model, it gives children and young people a space to express themselves online, away from the pressures they may be experiencing."

### Laura Thurlow



*Laura Thurlow*

Laura Thurlow has been a dedicated Life Mentor for the **FutureYou programme** for just under a year and her passion for helping others is obvious to all. Laura wanted to combine helping young people look to the future with her love of using the internet for good.

FutureYou is an online resource and support network for young people aged 14-25 aimed at getting them into jobs, education and training. Laura uses her own experience of applying to university and higher education to give advice to others facing similar difficulties.

As a Life Mentor, Laura helps other young people via the safe and secure FutureYou website. Via secure, private chat, she gives support to young people who are feeling down, and practical tips on topics like interviews and job applications.

- ★ Help someone you know get online; it could change their life. Find out how and pledge an hour of your time at [www.go-on.co.uk/giveanhour](http://www.go-on.co.uk/giveanhour)