



## The Mix – Relationship Squad Role Description

### About The Mix

The Mix is here to help 25s and under get to grips with any challenge they face – from mental health to money, from homelessness to finding a job, from break-ups to drugs. Anywhere and anytime; online, over the phone or via social media.

### About this role

In this role you'll talk with other young people on our group discussion forums; sharing your personal experiences and opinions in order to encourage discussion and debate about relationships.

### Main tasks:

- Reply to threads in the Sex & Relationships forum
- Post starter threads asking a question or stating a fact to start a conversation about strengthening relationships


### What we are looking for:

- Age – 14-25
- We're looking for people who aren't afraid to give their opinion and can share what they think about different relationship topics.
- We're looking for people who can empathise with young people and their experiences.

### What you can expect from us:

- We provide all the training necessary for this role.
- Throughout training and whilst volunteering you'll have regular feedback from staff that will enable you to develop in this role.
- You'll also receive regular contact to ensure your own self-care is supported.

### Skills Gained:

- You'll develop strong communication and active listening skills.
  - You'll gain insight into many different relationship topics that affect young people.
  - Relevant experience for many careers
  - Something to put on your CV e.g. commitment and social responsibility
  - Get an insight into key issues affecting young people e.g. mental health
  - After six months with us we'll happily provide you with a reference
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**Training requirements:**

Full training will be provided through our e-learning courses and ongoing feedback and support will be provided by your volunteer manager via email or the boards.

**Commitment:**

One-two hours a week - any time that works for you! This is a virtual opportunity and is based wherever you have access to the internet

**Location:**

On-Line

**How to apply:**

You can apply for this role on our website – [themix.org.uk/volunteering](https://themix.org.uk/volunteering)

