



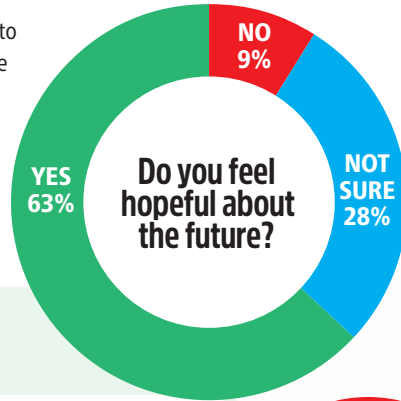
All about hope



Reasons to be cheerful

Here's what you told us about hope, helping others and building a brighter future.

Thank you to the hundreds of readers who responded to our recent survey. Your answers to the questions have given us a lot to think about and we're sharing some of them here. The big news is that almost two-thirds of you definitely feel hopeful about the future. Fewer than one in 10 said they weren't very optimistic. If you are one of them we hope you'll feel more positive after reading these pages.



Helping out

Almost all of our readers thought they could make a positive difference in the world. In fact, many of you are already working on it – and 59% are part of a group that helps their community. Some of the groups readers mentioned included Scouts, Guides, Beavers and faith groups; 58% of those who aren't in that sort of group would like to join one. Here are some of the ways our readers are making a difference:

Making the world a better place

You had plenty of ideas for tackling global problems.

40% said helping the climate and nature is a priority. You suggested planting trees, reversing global warming and protecting wildlife habitats. Many readers wrote about keeping the oceans clean, picking up litter and stopping plastic pollution.

31% talked about kindness, treating people equally and listening to each other. One person said the world would be better, "If everyone chose to live their lives for other people and not for themselves." Several people mentioned ending poverty and stopping homelessness and that society should be fairer. One reader suggested, "Money should be spread a lot more evenly than it is now. That doesn't have to mean everyone gets the exact same amount, but more that the ridiculously rich must give a portion to others struggling."

28% think that stopping wars and finding peaceful solutions to arguments is the key. One reader told us, "I would try to stop war and promote peace... people are losing their family members and houses just because two countries can't agree on something or are greedy and want more land." Another said, "I think most conflict happens because people are scared of people who are different to them and are not ready to accept it."



I help out with the Junior Band.

I'm in a sign language choir. Last November, we performed as part of an anti-bullying event.



I do gardening club and litter picking at school.

At school we plant flowers and seeds to help nature and to make our town look prettier.

I coach cricket for five-year-olds.

I am in Scouts and in one of the sessions we planted plants and trees in the local church.

HAPPY DAY
12 July is the International Day of Hope.

I volunteer at Parkrun in my local park.



Helpful hero

When JC, 8, heard younger pupils saying they wished they had a better climbing frame, he organised a raffle and raised funds. Now pupils at Our Lady and St John's Catholic Primary School in Brentford, England, have a new one. The school gave JC a special "Disciple of Hope" certificate to celebrate his kindness.

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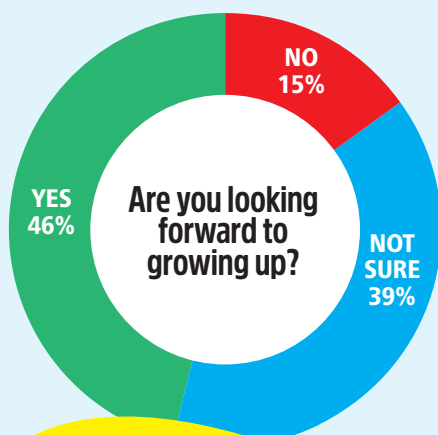


Growing up

More than half of you told us that the best bit of growing up will be getting a job, earning money and being able to make your own decisions. "This may sound weird, but I look forward to having more responsibilities because I would feel more important, and people would (hopefully) respect my experience," said one reader.

Many of you pointed out that adults are more able to take action, such as by voting, helping others and taking decisions that protect the environment, because "when you're a child you can't do as much".

Some wanted to grow up so they could get a pet; some were looking forward to being a parent; and one person just said, "Being taller."



LOOKING AHEAD
7% of you said you want to grow up so you can get a pet.



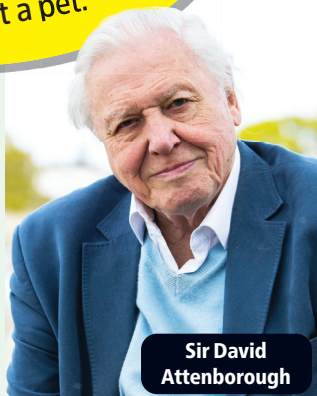
Helpful heroes

With the help of their friends and family, Martha and Nellie collected more than 19 bags of litter from their local park in Bristol, England.

What hope means to you

We asked you to complete the sentence, "Hope means..." Here's what some of you said:

- ...a bright safe future for all.*
- ...feeling like you are accepted and can make a difference.*
- ...creating a future for people to be proud of.*
- ...doing the right thing and seeing it start to make a positive difference.*
- ...believing in yourself, even on days when it's hardest to do so.*



Sir David Attenborough

Inspiring role models

We asked who you most admired for making a positive difference. Many of you mentioned people who devoted their time to protecting the planet, such as Sir David Attenborough, Greta Thunberg, Jane Goodall and Steve Backshall. Family, especially parents, and friends rated highly as well. You also admire people who have fought for justice, such as Rosa Parks, Nelson Mandela and Malala Yousafzai. Scientists, teachers and NHS workers were singled out too. Several celebrities were mentioned, including Taylor Swift, Marcus Rashford, the Lionesses and Lamine Yamal.

If you were Prime Minister

We asked what you would do if you had the top job.

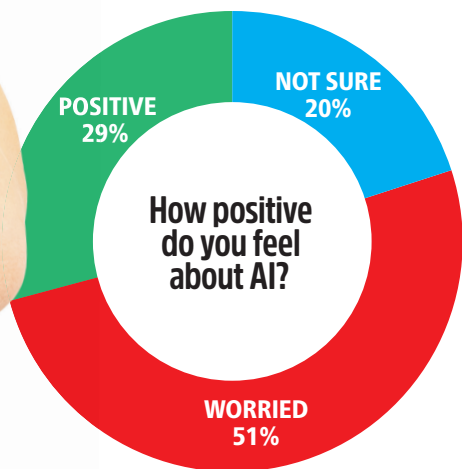
28% of you mentioned protecting the planet by planting trees or wildflowers, banning litter, protecting animals and boosting green energy (electricity made from sources that don't run out, such as wind and solar power). One reader said, "I'd get everyone to do one little thing each day to help the environment."

21% said you believe the most important task is helping people who don't have enough money. Your ideas include lowering taxes, ending homelessness and reducing the cost of living. "I would reduce the cost of living, so people could enjoy the things and people they love the most," said one person. The Prime Minister should "make sure everyone has a home," said another.

14% of respondents said you would help others feel more hopeful by making sure that more news stories were positive and that there were more hopeful books to read. Someone suggested, "Don't put anything about war on the news before 8pm." Another said, "Make sure everyone knows all the good things that are being actioned."

Artificial intelligence

A lot of readers are worried about artificial intelligence (AI). Some fear it could become too powerful; others talked about how useful it could be. "I have used it and it is really helpful but I also think it is a bit creepy. It knows everything!" said one person. Many of you were very clear about the need to restrict technology and keep people safe. One reader believes that humans will work it out, "I think people will learn how to control it so it is useful but not overpowering."



Helpful hero

Last summer Vidhi, 9, did 500 skips a day, baked and sold cupcakes and macarons and got donations from companies to raise more than £6,000 for charity Spread a Smile, which supports children in hospital. This year she is raising money for the Buddy Bag Foundation.

