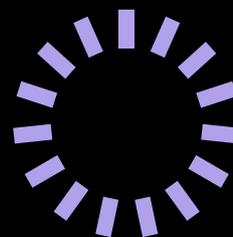
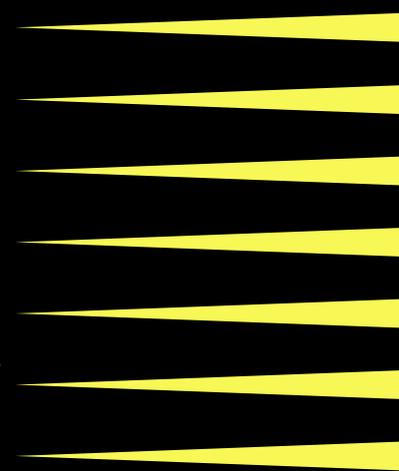
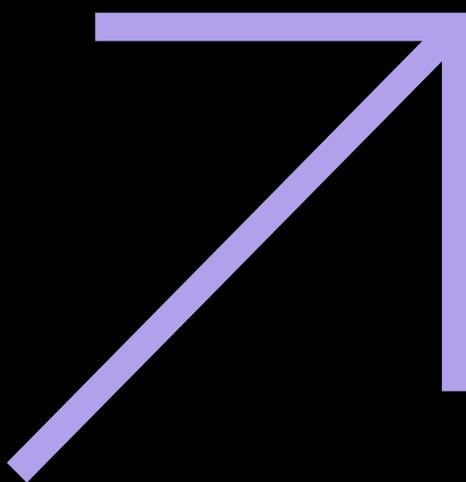
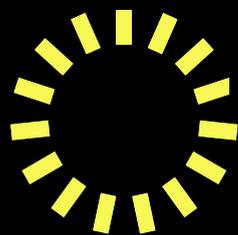
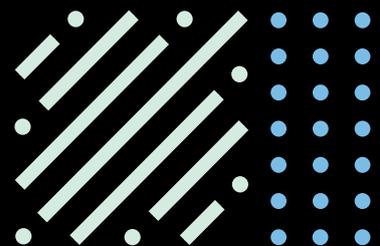


OUR FUTURE PLEDGE

AN AGENDA FOR
FUTURES BY YOUTH





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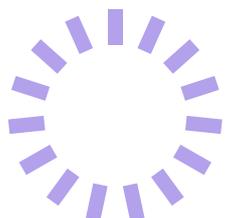
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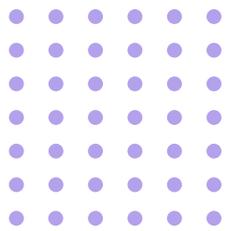
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Acknowledgements

Welcome

UNICEF Innocenti – Global Office of Research and Foresight is proud to introduce a powerful toolkit designed by young foresight practitioners from all over the world. It provides a comprehensive guide on exploring alternative futures, creating your own scenarios, and advocating for greater youth inclusion in foresight. With this toolkit, young readers can take charge of shaping their futures and contribute towards building a more inclusive and brighter world. This is youth foresight in action.

Why youth foresight?

Youth foresight refers to the process of using various tools and methods to anticipate and shape the future, with a focus on the perspectives and needs of young people. It involves analyzing trends, identifying potential opportunities and challenges, and envisioning possible, probable and preferred future scenarios.

The purpose of youth foresight is to empower young people by engaging them in the process of shaping their own future, providing them with a platform to express their ideas, aspirations, and concerns, and enabling them to make informed decisions that affect their lives. It recognizes the unique experiences, perspectives, and values of young people and seeks to incorporate them into our thinking about the present and future.



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Youth foresight can be used in policy-making, planning, and decision-making processes at the local, national, and international levels to inform future strategies, programs, and investments that will impact the lives of young people. It should involve collaborative and participatory approaches, engaging diverse stakeholders, including young people themselves, in generating a more inclusive and sustainable future.

Unfortunately, too few opportunities exist for young people to contribute meaningfully in these spaces. The opportunities that do exist often fail to engage diverse groups of youth (including the most vulnerable), ensure involvement of youth is appropriate to their interests and skills level, and provide safe, conducive, and accountable conditions for youth.

Introducing the Youth Foresight Fellowship

In 2022, UNICEF recruited a group of young futurists/ foresight practitioners from around the world to become its first cohort of Youth Foresight Fellows. Fellows worked with UNICEF over the course of six months as consultants to design and facilitate a comprehensive foresight research process to inform UNICEF's [Global Outlook](#) which provides an annual in-depth analysis of trends and events impacting the rights and wellbeing of children across the globe. Using the insights from this research process, Fellows were given the freedom to design a product that would make futures thinking more accessible to young people. Our Future Pledge is what was created. A playbook that illustrates UNICEF's approach incorporating meaningful youth engagement and foresight will soon be released.



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Acknowledgements

Thanks and appreciation must go to the Youth Foresight Fellows: Nourhan Badr, Iman Bashir, Jacob Ellis, Deona Julary, Ijun Kim, Asra Memon, Fisayo Oyewale, Ricardo Pineda and Joshua Steib; to the 70 young people from around the world who joined the youth-led foresight circle; to the team at UNICEF Innocenti particularly Shai Naidés and Tamara Rusinow for conceptualizing and leading UNICEF's Youth Foresight work, Adam Sharpe and Shai Naidés for managing the design and implementation of the fellowship programme, Yoonie Choi for leading network and partnerships coordination and communications, Kathleen Edison for creative direction and design, Manasi Nanavati for her coordination role, and Cristina Pizzolato for directing communications work; UN Global Pulse who selected and supported this and other experiments in foresight throughout the UN system; and finally the Government of Finland who provided the funding and impetus for this programme.



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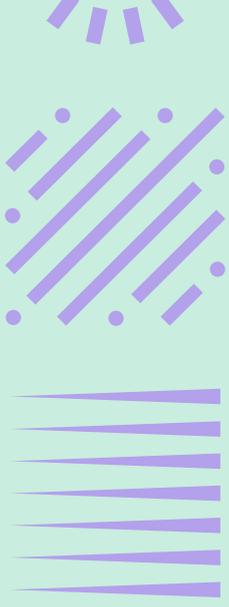
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Report from the future – *The voice of the Collective*



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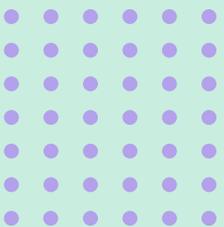
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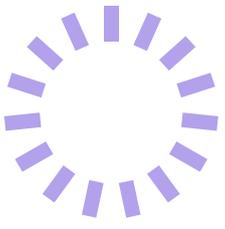
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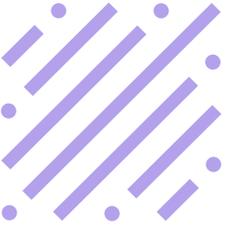
1.5/ My preferred future





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Déjà vu



“Unlocking the portal of one’s imagination can open one to several experiences that haven’t been thought of before”

– I once heard someone say. In a bid to unlock my portal, I wandered into places that took me closer to mother nature. As I took my usual walk at sunrise on the coast of Lokasi, several issues that impact youths and children around the world filled my mind. I was troubled by what felt like an unending list; a lack of decent work, rising mental health challenges, minimal educational resources, neo fascist youth groups, unequal representation, intergenerational inequality, resource wars, and technological disparity, to name but a few.

With lots of worries and aspirations flitting through my mind, I spotted a hut on the horizon several miles away. **“Why would there be a hut in a place like this?”** – I wondered. As I began walking towards it, I noticed how familiar the path was. And the fragrance seemed to bring back so many memories... **Had I been here before?** I couldn’t wrap my head around it. Could it be from a movie? It felt so real, like I could stretch a little and touch it!

Amidst my wonder, I heard a reassuring voice from within whispering softly for me to **“be calm”**. I instinctively closed my eyes, took a deep breath, and with my eyes opening, there it was; the door to this mysterious hut in the middle of nowhere. As I pushed the creaky door open out of curiosity, I saw three additional doors with signs above on either side of the hallway. A dangling instruction board to my right stated that each of these three doors led to an experience room in 2053. With a keen interest in exploration, I walked briskly to the first door;



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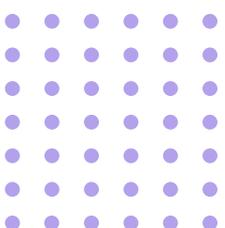
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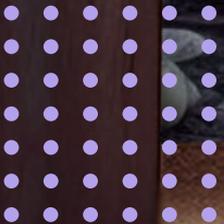
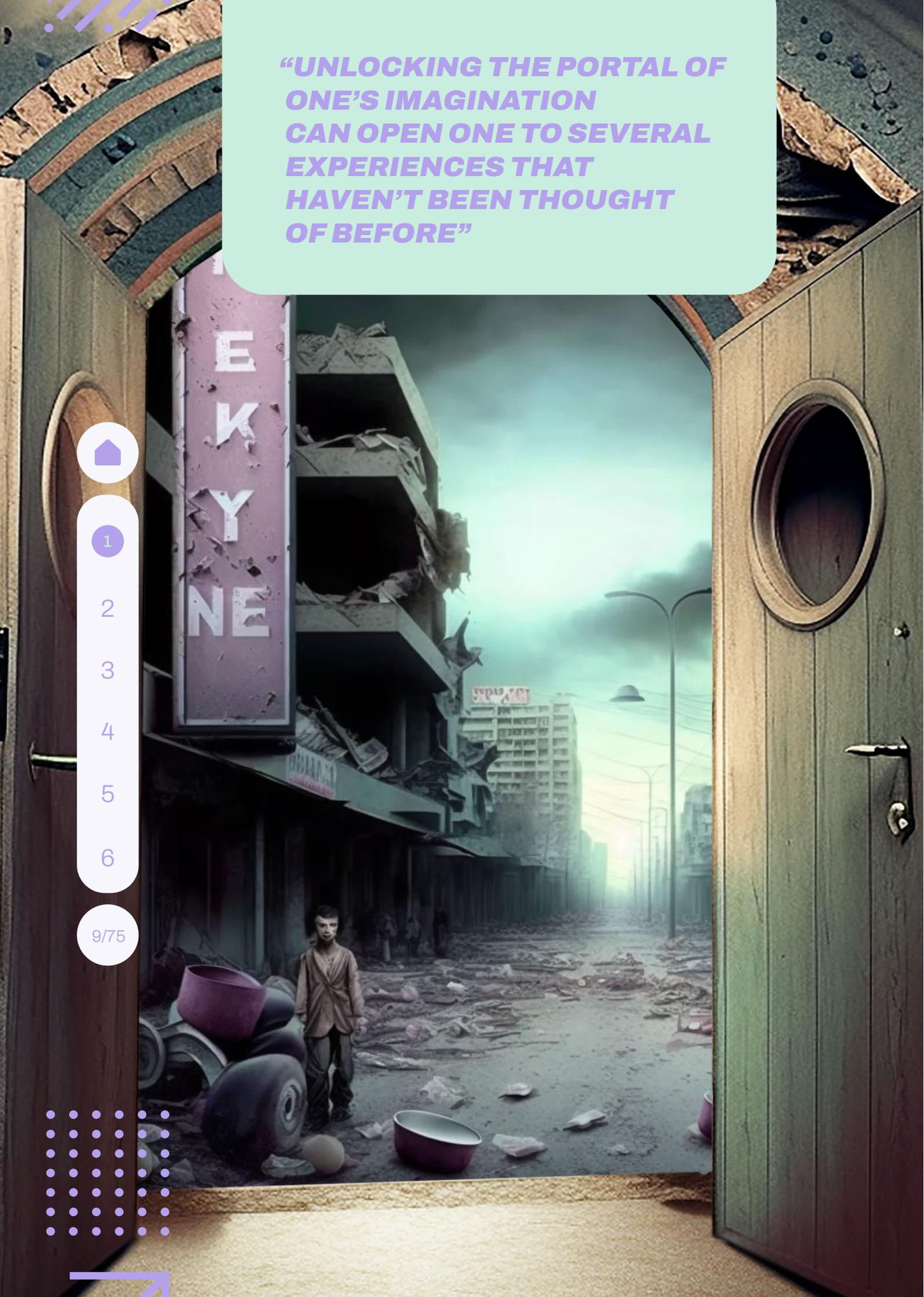
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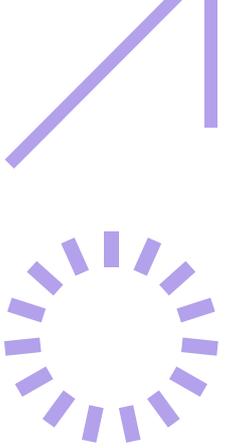
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“UNLOCKING THE PORTAL OF ONE’S IMAGINATION CAN OPEN ONE TO SEVERAL EXPERIENCES THAT HAVEN’T BEEN THOUGHT OF BEFORE”





1.2/

Cries and Crises room

My heart sank as I stepped into the first room. I spied graffiti on the walls spelling out the bleak reality of a dejected society. Children were scavenging for food, fleeing yet another sinking island or coastal city lost to the rising seas.



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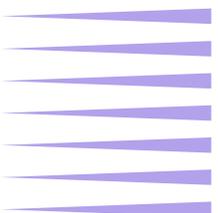
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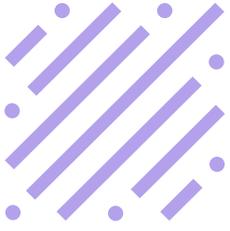
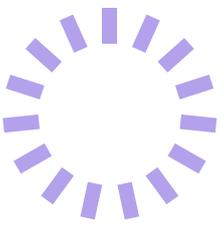
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The devastating effects of climate change had sparked a dramatic rise in displaced children, many facing severe malnutrition. Life expectancy had descended dramatically. **Lives were short and hard again.**

The plight of young people was only made worse by a lack of job opportunities and a rise in autocracies and dictatorships. In this world, young people seemed to be policed and controlled, not invested in and set free to fulfill their potential.

But amidst the despair, a glimmer of hope emerged. A new child corporation model, backed by a charity group, offered investors a share of any child's future earnings in exchange for personal social responsibility investments. It was a controversial form of neo-slavery, but it had saved countless lives in the wasteland.





As I turned to leave, a young woman caught my attention. She was now 28 years old and spoke of the hopelessness she felt when society failed to take action on the pressing issues of 2023. **It was a stark reminder of the interdependence we all share and the responsibility we have to create a more just and equitable future.** Running from the room, I knew that I could no longer remain a bystander. I had to take action to ensure that we build a future where no child is left behind.



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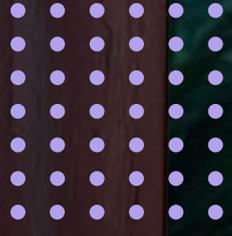
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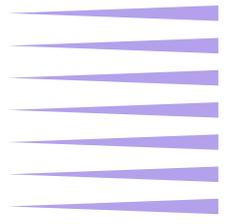
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Inclusivity and Resilience room

As I hurriedly stumbled into this room, I felt a sense of peace wash over me. It was a welcome respite from the chaos and crisis of the previous room. Everything looked lush and green - even the cities. Habitat losses for animals and plants had finally been reversed. The State of the Earth report 2042 exclaimed that the Planet is in Bloom! Here, the air felt alive with empathy, inclusivity, and sustainability. The world was changing, and it was changing for the better.

From the media to the workplace, inclusivity was the norm. Technology and innovation were being used to push the boundaries of research and development, and resilience advocates were promoting sustainable commercial production. And when challenges arose, people banded together to brainstorm new and creative solutions. Consistent and considerable investment in inclusive and quality education.

But the progress didn't stop there. Beyond the physical realm, the voices of global communities echoed through AI and meta spaces, advocating for gender equality, mental health, and climate justice. Thanks to open source knowledge tools, creative licenses, and Intellectual Properties, everyone had a seat at the table.

Decades of consistent and considerable investment in inclusive quality education was bearing fruit!



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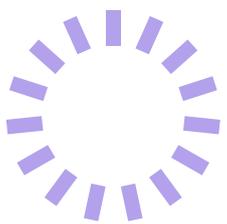
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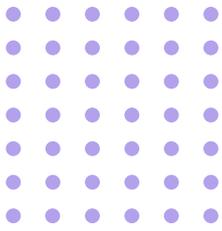
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And the stories that emerged from this interconnectedness were nothing short of inspiring. Exponential growth in inclusivity of women, marginalized communities, special needs, and refugees rights had unlocked better futures for all. People felt empowered to respond to issues of resources management, wars, and food crises with a shared vision for international collaboration and peace policies.

Of course, there were still challenges to be faced. Some marginalized communities remained underrepresented in the halls of power, and mental health research needed more resources and attention.

But the prevailing belief was that prosperity was a shared goal, and together, we could create a brighter future for all. I did not want to leave!



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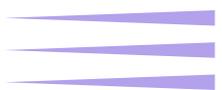
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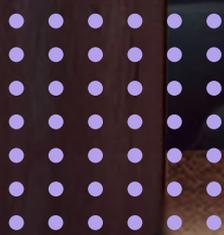
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The Disruption room

Reluctantly, I stepped with caution into a new room which promised to challenge me, to open my third eye, and to embrace the unusual. A voice told me calmly “Courage is required as we take you on an adventurous and sometimes scary journey that will stretch your thinking in unimaginable ways.” I tip-toed forward...



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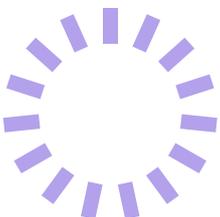
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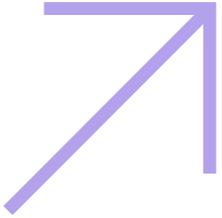
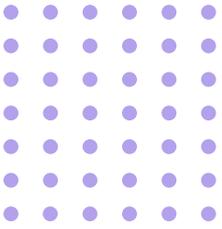
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Advances in technology and healthcare have transformed demographics. Women and men are living to over 170 years old and eating artificial veggies, creating entirely new generations and archetypes. While the elderly population has spiked, fertility rates have crashed, forcing fewer and fewer young people to shoulder the burden of more and more old people. Children are now scarce but the older people cling on to all the wealth, and increasingly the voting power. Cities are divided by gates, separating the rich and poor, the old and young.

16/75

While some young people have descended into anarchy and antisocial behaviors, more still are pacified with new technologies. There is little human interaction anymore due to what has become an obsession with the digital universe, the only universe where freedom and expression is encouraged, although never in a way that challenges power centers. At least in the digital world, young people have the edge over older generations! All public schools have been privatized, and our learning is entirely Metaverse-based. Education is more profitable that way.





Individualism is becoming more important for economic empowerment, but digital advancements and lives lived online means privacy is a thing of the past. You can't think without wondering who is listening! The number of children relying on medication is skyrocketing, and suicide becomes the leading cause of death worldwide. Who wants to live longer if they only get to live **here?**

Overwhelmed by all the experience in the rooms, with my head down, I saw these words boldly scripted on the floor; – **“Remember the experiences from the rooms and build the future that you want; your preferred future!”**



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My preferred future

Walking out of the door to the end of the hallway, I find myself back where I had started, except that this time, there was a tree with an **“empty room”** next to it. I walk towards this new room with hope and appreciation for the experience that I just had, and the privilege of being able to write about my preferred future. I wonder if many young people also get the opportunity to think or even write about the future that they want. As I write, I make the commitment to share my experience in the rooms, my preferred future, and my vision for how collective action is needed from young people, institutions, parents, and guardians around the world. Every child deserves to write for themselves. The only question is: **“What future will you create?”**



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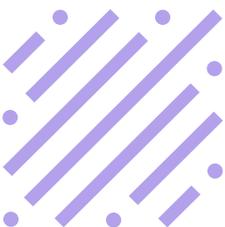
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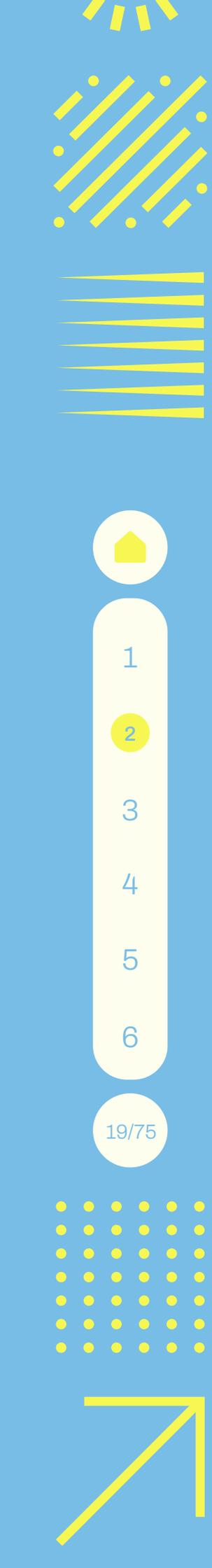
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**AUTHORS' NOTE TO YOU:
TO BUILD YOUR ROOM,
FOLLOW THE STEPS IN
THE NEXT SECTION -
“A BEGINNER'S GUIDE
TO FORESIGHT”
AND GET CREATIVE.**



2.0/

The Data Shaping Futures for Children and Youth

Our scenarios are a result of foresight processes that engaged young people from across the globe. They were given a platform to share and draw from their rich and diverse life experiences. The data below captured from a variety of sources backs up and bolsters their perspectives, making them all the more compelling.



Scenario 1:

Cries and Crisis



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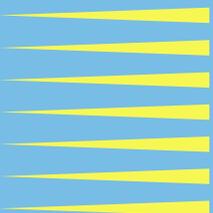
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1| **Life satisfaction for young people (ages 15 to 30) has declined** between 2019 and 2021 while remaining steady for other age groups. Young people are concerned about the economy and unemployment which takes a toll on their mental health.

2| **One in four children will be living below the poverty line** in 2023. We may now be on a permanently lower trajectory for reducing child poverty – which means that millions of children may now spend more time living in poverty.

3| **Unchecked inflation has high costs for children and families** and at a household level it may render child essential expenditures unaffordable as well as eroding household savings. These costs tend to be greatest for poorer households who have the fewest assets.



4| The global goal to end extreme poverty by 2030 is unlikely to be met, while gender parity may not be achieved for another 132 years – four generations.

5| Climate change will negatively impact agricultural yields, ramp up prices, and result in about 70 million more people being at risk of hunger globally by 2050.

6| The International Energy Agency remains optimistic that the end of fossil fuel use is not far off, forecasting that investments in clean energy will rise by 50 per cent by 2030 and global emissions will peak by 2025.



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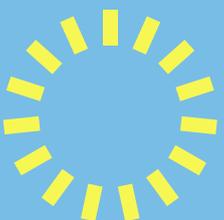
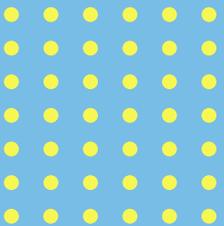
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Scenario 2: Inclusivity and resilience



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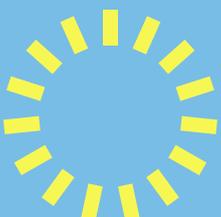
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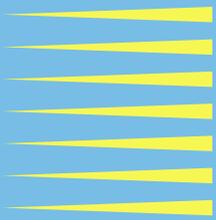
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1| Young people are excited at the opportunity that increased **investments in renewable energy and green jobs** bring for their futures, as well as for the health of the planet.

2| **The adoption of the Age-Appropriate Design Code** – a code of practice developed by the UK government requiring that online service providers treat children and their data in a safe and appropriate way – inspired the development of several similar children’s codes in Ireland, Sweden, France, the Netherlands and California.

3| **The global economy has experienced the worst recession in 90 years**, with the most vulnerable segments of societies disproportionately affected;





4| Around **120 million people have fallen back into extreme poverty**; 114 million jobs have been lost; tax revenues, foreign direct investment, trade and remittances have decreased; and debt vulnerabilities increased along with the rise in debt levels.
(Financing for Sustainable Development Report 2021)



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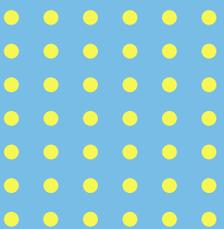
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5| **Education's share in total government expenditure declined in more than 60 percent of countries** in 2020 and 2021; 2022 looks set to follow a similar trend.

6| Allocations are also not equitable. In low-income countries. 11 percent of public education resources goes to the poorest children, while 42 per cent goes to the richest children, according to UNICEF's Brief on **Equitable Financing for Education**.

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Scenario 3:

Disruption room



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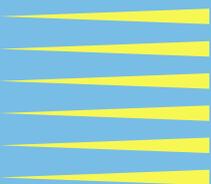
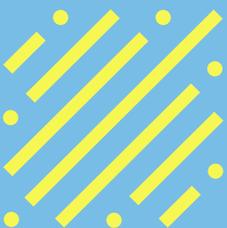
1| The **level of democracy** that the average global citizen experiences is at its lowest in 30 years.

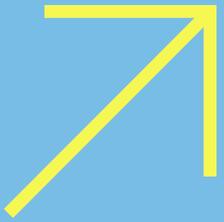
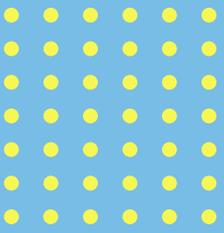
2| By the end of 2021, just 34 nations representing 13 percent of the world's population were liberal democracies – a 25-year low.

3| Data from 160 countries show that **young people** are becoming more dissatisfied with democracy.

4| The 2022 Freedom of the Net report published by Freedom House found that **a record number of national governments blocked websites** – mostly located outside of those countries.

5| Over the past several decades, **autocracies** have been on the rise. **Autocracies are more likely to impose restrictions on child rights** – especially those that guarantee civil liberties and freedoms.





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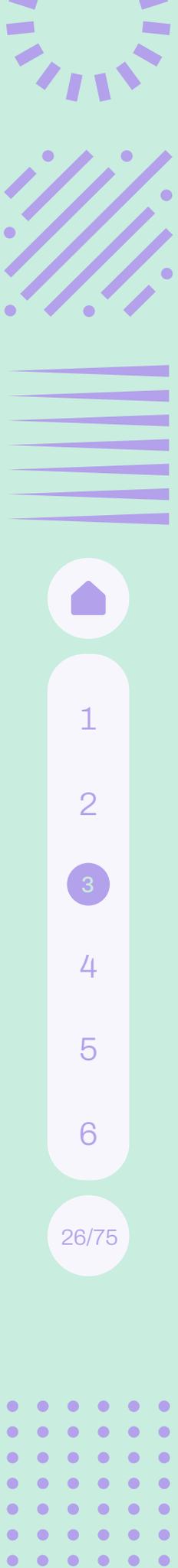
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6| *With much of the world **struggling to manage higher costs of living amid a possible economic downturn in 2023**, women and young people will be at the forefront of many of the social movements applying such pressure.*

7| *Half the world's countries already have a **fertility rate below the replacement ratio**, and the number of children in the world will soon reach an inflection point*

8| *Young people will continue to protest against **climate change** and fight to be more involved as decision makers. At the same time, young people see many barriers to political engagement, particularly for women*

9| *Thousands of K-12 students had their personal information compromised in **data breaches** between 2016 and 2020. Experts say some personally identifiable information can be sold on the black market and can cause students significant financial harm.*
(U.S. Government Accountability Office)



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Your foresight guide



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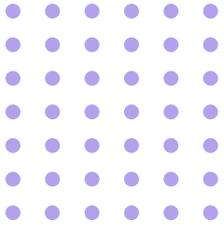
3.1/ How the rooms were created

3.2/ So what?

3.3/ Youth feedback

3.4/ Build your own scenarios





What do these different rooms imply? Who created them? Why do they matter? Why should you be concerned? The biggest question of them all – how do you do it yourself? Buckle up and prepare yourself for an exciting journey that will push you to actively reach the farthest horizons of your imagination, enabling creativity, innovation, and transformation!

Foresight often leads us to create scenarios like the ones above. Scenarios, or what we called ‘rooms’, are not predictions. They are stories that offer interesting (and sometimes challenging or controversial) images of the future that can help us think about different things that may happen so we can prepare and make better choices in the present. Remember that the future:

- a| *Cannot be predicted*
- b| *Is not set in stone*
- c| *Can be created, and shaped!*

Once the scenarios are described and the preferred future is created, we can decide what needs to be done to achieve it. The future suddenly becomes not something to fear, not something to react to, but something that gives agency and resilience!



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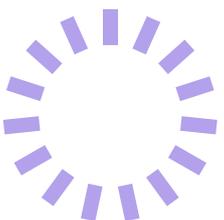
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3.1/

How the rooms were created

The scenarios you visited were created through collaborative workshops led by us, the UNICEF Youth Foresight Fellows. We invited 70 passionate youth along with a few adults from UNICEF and the Atlantic Council to two virtual workshops to collectively engage and brainstorm the trends that are impacting children and youth.

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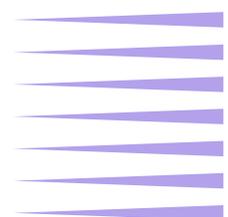
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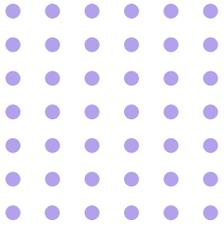
These scenarios were developed on the back of conversations around seven major thematic areas that young people and UNICEF identified as being vitally important to children and youth around the world, namely: **environment and climate**, **digitalisation and technology**, **education and employability**, **conflict and peacebuilding**, **gender equality**, **activism and political apathy**, and **health**.

One of the first things we did was think about potential future disruptions in these areas that may or may not be impactful today to children and youth but could be hugely impactful in 2042. Maybe you recognize some of these future issues from the rooms! These included:

- *Resource wars*
- *Depletion of resources and waste*
- *Dramatic technological disparity*
- *Bankrupted education systems*
- *Exploitative companies run by greedy executives*
- *Weaponization of artificial intelligence*

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- *Ethnically targeted man-made viruses*
- *Equal representation of women in government*
- *Neo-fascist youth groups*
- *Major political decisions made by artificial intelligence*
- *Mental health epidemic*

After mapping out the possible impacts of these disruptions on Day One, participants came back on Day Two to create alternative scenarios and their preferred future. The last step involved figuring out how to reach a preferred future between now and the year 2042.



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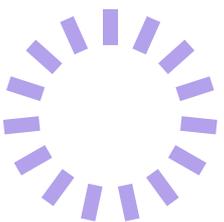
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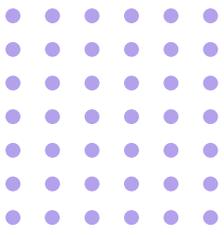


3.2/

So what?

One scenario centered around youth desperation (Cries and crisis); one scenario on youth empowerment (Inclusivity and resilience); and one scenario on youth rebellion (Disruption). In each of these scenarios, the outcomes for children and youth look very different, as should be the considerations for policy makers.

- *In the **Cries and Crisis** room, the key challenge is the lack of investment in young people and their potential. Policymakers should prioritize investment in education and job opportunities, while also addressing the pressing issues of climate change and social inequality. Policy makers should prioritize climate action and invest in sustainable and green solutions to mitigate the effects of climate change. They should also strive to prevent controversial and unethical forms of child labor, such as the child corporation*



model described in the scenario. Young people should advocate for their own rights and demand investment in their futures, while also working to support and empower marginalized communities. This scenario suggests that young people are acutely aware of the challenges posed by climate change and are concerned about their future in a world where action is not taken to address it.



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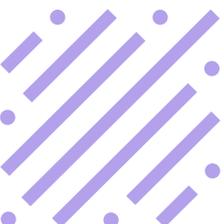
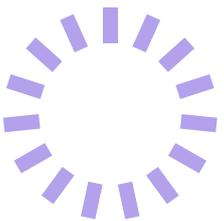
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- In the **Inclusivity and Resilience** room, the key opportunity in this scenario is the progress being made towards a more inclusive and sustainable future. Policymakers should continue to invest in education and promote inclusivity in all areas of society. They should also prioritize mental health research and address any remaining gaps in representation for marginalized communities. Young people should continue to push for progress and advocate for a more equitable and sustainable world, while also working to educate themselves and others on these issues. Clearly, this scenario suggests that young people place a high value on these principles and are willing to work collaboratively to achieve them.
- In the **Disruption** room, the key challenge in this scenario is the negative consequences of technological and demographic change, including the social isolation and mental health challenges faced by young people. Policy makers should ensure that technological advancements are guided by ethical principles that prioritize human well-being, privacy, and social responsibility. They should also work to ensure that privacy and individual rights are protected in a rapidly changing world. Young people should



be cautious in their use of technology and work to build strong interpersonal connections, while also advocating for their rights and working to create a more equitable future. This scenario suggests that young people are highly aware of the potential pitfalls of technology and are concerned about its impact on society.

Young people have valuable insights and perspectives on the future. The scenarios created offer a unique perspective on what the future could look like, and policy makers should engage with young people to incorporate their ideas and insights into policymaking.



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Youth feedback

Scenario building was voted the most interesting or useful tool by the majority of participants. When asked how they felt about the future after the workshops, the majority said “optimistic”. Many shared their intentions in order to prepare for the future to “reduce carbon emissions and decrease my carbon footprint”, to “create a legal framework for the participation of young people in national issues”, to “take up the role of empowering women and girls in my community”, to “enroll in foresight classes”, and to be “mindful”. We were overjoyed!



3.4/

Build your own scenarios

You don't need to organize a massive global foresight workshop like this to build scenarios. Anyone can do it, and we're going to show you how. You've read our three scenarios. It's your turn to create the fourth. Read on!



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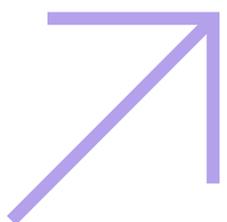
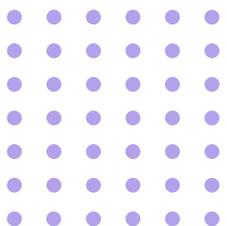
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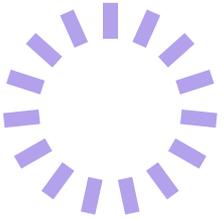
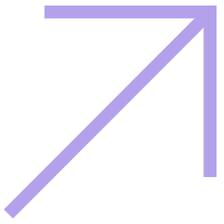
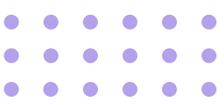
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STEP 1: EXPLORING HORIZONS

As you begin your own journey to explore (and embrace) potential ways the future can unfold, you must navigate your way through reality comprehensively. Keep up with current events and trends in different areas like social issues, technology, economics, environment, and politics. Surf the internet. Talk to your co-workers or colleagues. Bring it up in your university seminar. Read the newspaper. Notice what people around you are talking about. Bring people together to explore.





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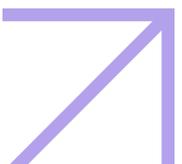
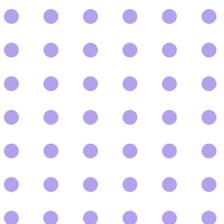
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As you begin to dig for both obvious and hidden signs of things changing, think about the following;

- 1| *Emerging signs of change that are expected to affect the future, e.g. artificial intelligence, rise of disinformation, big data, global warming and biodiversity loss.*
- 2| *Radical, unexpected events that can have drastic implications, e.g. World War III, concurrent pandemics, trade of robots, legalization of gun ownership.*

Let's try this right now. Identify and write three of your most interesting signs of change and unexpected events.

SIGNS OF CHANGE YOU CAN SEE	RADICAL UNEXPECTED EVENTS YOU CAN'T SEE
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
_____	_____

STEP 2: BUILDING YOUR PREFERRED FUTURE SCENARIO

Now that you know how to look out for the signs of change that scholars, political leaders, technology experts, medical scientists, and young people are talking about, you can use your own imagination, logic, and creativity to further explore how these signals will unfold and impact your preferred future.

To do that, choose one or multiple signs of change / radical events that you'd like to focus on, close your eyes, take a deep breath, and imagine your preferred future in 20 years time. Take a few minutes to visualize.

When you're ready, open your eyes. We are now in your preferred future. You can only answer with a maximum of three words, so think carefully about your responses. Use the table below:



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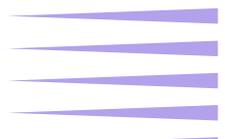
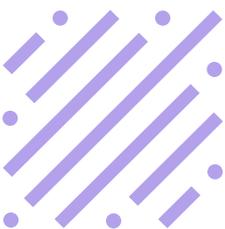
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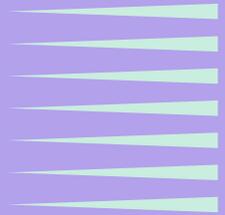
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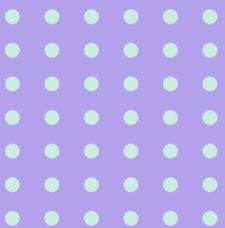
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PROMPT

USE THREE WORDS OR LESS

You just woke up in the morning. Look to the right and left of you. Is there a phone on your nightstand? If not, what has replaced it?

What is the first thing you do when you leave your bed?

Look out of the window, what is the air like?

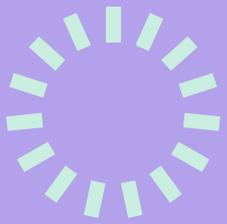
Do you have to go to work?

What do you do for work?

What type of clothes are you wearing to work?

How many of your colleagues are machines?

You remember this piece of tech created some time back called ChatGPT... Do AI chatbots still exist, and if so, what can they do now?



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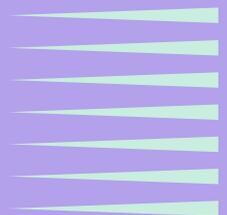
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PROMPT

USE THREE WORDS OR LESS

If you got sick, how far is the hospital?

Can you afford medical care?

On your way to the hospital, you see the presidential motorcade - what is the people's reaction to the president?

What is the feeling in the crowds?

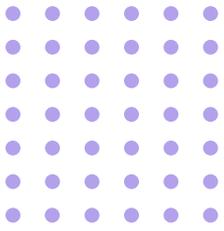
On your way back, you walk down the street - what is the most bizarre thing you see?

You peer into a restaurant on the street, are people mostly having dinner alone or in groups? What are they eating?

There is a commotion, someone is being arrested - what do you think is the reason?

As you walk past shaking your head, you think you need to relax from all the pressure - what do you do for fun?

How do you feel? Are you happy in this world?



Look at signs of change, unexpected events and your answers above as a whole – these can be the beginnings of your preferred future scenario! You can create a paragraph or two to put the scenario together into a short story of what your life will look like in 2043. Now for the best part; give your world a name that represents what life will be like in 20 years - be as creative as possible!

Remember:

- *There are no limits when it comes to the imagination. Foresight is just that.*
- *A lot can change in 20 years, so the future should seem a bit ridiculous for it to be useful!*
- *Even in your preferred scenario, there will be challenges. Incorporate them into your scenario to make it more realistic and useful.*
- *If your scenario is too familiar or too like the present, how can you make it more strange?*

Post this scenario online and read other scenarios created by other young people around the world with a hashtag #OurFuturePledge. To find out more and get involved in our social media campaign, check out our social media toolkit.



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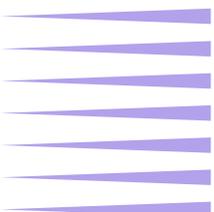
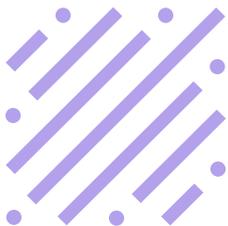
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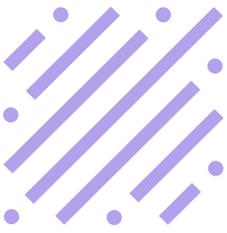
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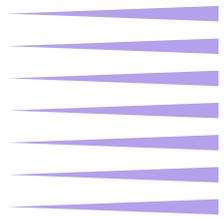
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Step 3: Reaching your desired future

Come back to the present and look around you. The future is something we're creating right now! To impact it, we need to retrace our steps from our preferred future to our current reality. We need tangible actions we can take as young people in various fields such as politics, economics and technology to head towards the future we want.



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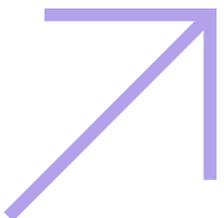
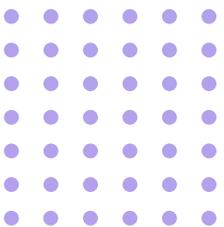
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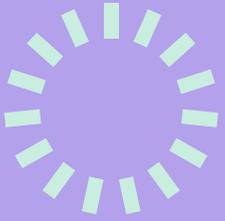
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Within your world, there are some things you created that are positive and we should strive towards, and there are some things we absolutely must avoid. The exercise below will guide you in untangling your thoughts and creating actionable moves in the right direction (you can have longer answers in this section).

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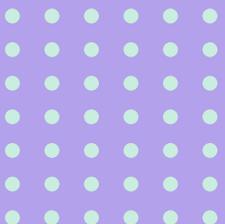
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HOW PREFERABLE IS THIS SCENARIO FOR YOU?

Name three things that are better in 2043 compared to today. What are they and how are they better?

- 1.
- 2.
- 3.

What are three actions you can take today to achieve these things?

- 1.
- 2.
- 3.

Name three things that are worse in 2043 compared to today. What are they and how are they worse?

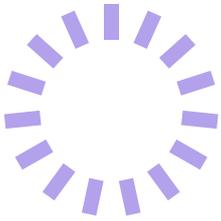
- 1.
- 2.
- 3.

What are three actions you can take today to avoid these things becoming a reality?

- 1.
- 2.
- 3.

Imagine the scenario has been achieved. Now, work backwards. What took place, and what did you do, over the last 20 years to now? What made you the good guy? Write activities and dates.

How did that feel? Does this help you start to see a path forward for you to consciously create your preferred future? We hope so!



Now imagine how powerful this would be in a group. When we think about the future together and combine our different experiences, perspectives and worldviews, we can come up with more creative diverse ideas and solutions than we ever could on our own. Building on each other's ideas can make them better too. And seeing as the future affects us all, it's important we all have a say in shaping it, working together to create a better tomorrow.



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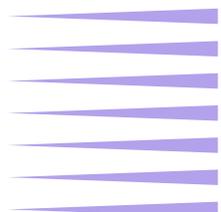
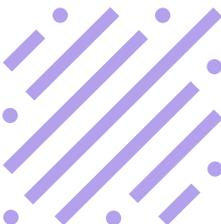
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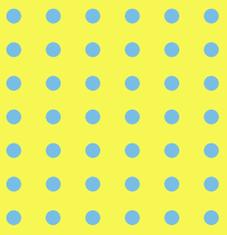
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The two exercises you just touched upon are called scenario planning and backcasting – two of the coolest tools in Strategic Foresight. If you want to learn more about how to wield these and other foresight tools, visit this [link](#) to read our more in depth guide on how to use them in your work and even in your daily life. Happy Foresighting!

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Call to action



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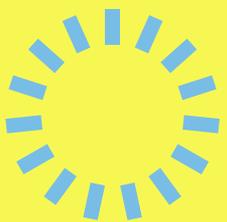
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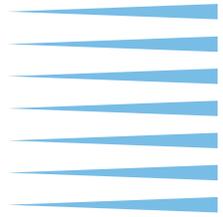
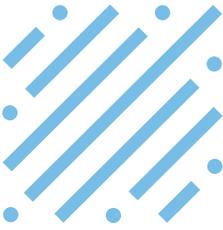
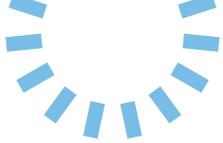
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4.1/ For young people

4.2/ For multilateral organizations

4.3/ For governments





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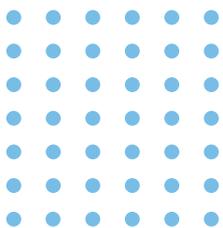
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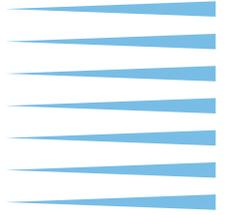
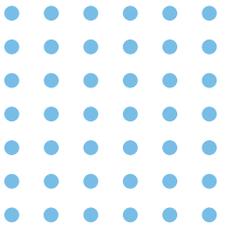
We believe foresight is important in all walks of life and for all people. Involving youth in foresight processes is especially important as foresight has the potential to encourage open conversations and cultivate future leaders who are more resilient to rapid and continuous changes. To facilitate such an environment, it is important to consider the needs and wants of young people: provide the flexibility to explore different topics, the right for their work to be recognized and properly compensated, and for them to be meaningfully engaged in shaping their own futures. Take a look at the recommendations for the three main actors – youth, multilateral organizations, and governments – to discover what needs to be done, why it is necessary, and how it can be achieved.

4.1/

For young people

1| Engage in intergenerational dialogues.

Interacting with people from different generations and backgrounds is crucial in developing a better understanding of the connection between the past, present, and future. All forms of dialogue are encouraged, from having conversations with family members to organizing a seminar that explores the potential of cooperation between different generations.



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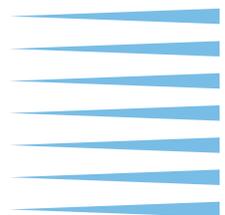
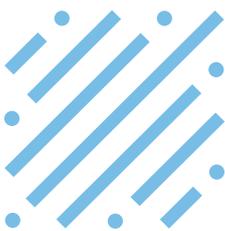
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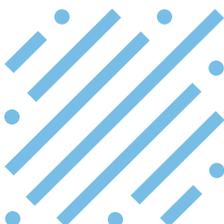
2| **Explore ways to utilize foresight tools.** *Foresight is an excellent methodology to help us become comfortable with change, better identify trends, and make well-informed decisions. Check out the [“beginner’s guide to foresight”](#) to learn how you can utilize futures thinking.*

3| **Push for youth engagement in local, national, regional, and international decision-making spaces.** *Young people can contribute to these discussions by providing new perspectives, evaluating the sustainability of individual policies, and advocating for the desired future. Look for current projects organized by governments or multilateral organizations that you could join, or gather a group of fellow youth activists to draft a proposal of a program that brings stakeholders together.*

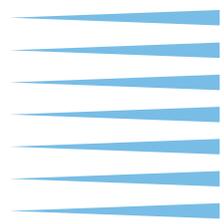
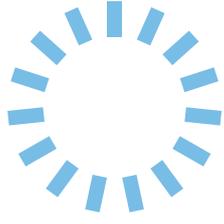
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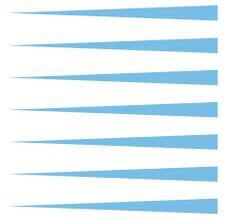
For multilateral organizations

1| **Involve youth in the development and delivery of the Summit of the Future.** *We should not only be invited as participants and speakers but be part of the preparatory process so that the Summit reflects the values and unique perspectives of younger generations. Encourage UN departments and offices, member states, non-governmental organizations, civil society organizations, academic institutions, and private enterprises to make full use of their extensive*



youth networks. Other opportunities could also include workshop design, side events, Youth Summit of the Future and Youth Futures Pact.

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- 2| **Facilitate close collaboration between the United Nations Youth Office and the proposed UN Special Envoy for Future Generations.** *Young people represent the future and are our closest link to it, and therefore the two UN bodies must work in tandem to effectively utilize emerging opportunities and address emerging challenges. Establish a clear line of communication, organize regular touchpoints, appoint a youth liaison, and ensure young people are involved.*
 - 3| **Foster a positive culture around foresight within the United Nations.** *Ensuring that the UN walks the talk on the importance of embedding futures into the wider system is essential to encourage others to do the same. The UN has many levers of influence. Appoint an Assistant Secretary General post for Futures and Foresight, publish foresight and futures principles for the workforce, establish a Futures Research Unit at the UN and foster an environment that enables the workforce to understand and implement foresight.*
 - 4| **Encourage governments to implement foresight in decision making and operations.** *Despite growing consensus on the utility of foresight in supporting organizations to be more proactive and resilient to external shocks, there is still a limited number of countries that have implemented the methodology in governance. Organize spaces to raise awareness about foresight and provide capacity building workshops to relevant individuals and institutions.*



5| Disrupt, be brave and advocate for change. *Change needs to come from both inside and outside the system. It is essential that leaders and champions at every agency call out the changes that are required and do not only rely on youth alone to lead this passion. Leaders across the system could promote change in publications, to staff and within broader communications.*

Embedding and fostering foresight and future generations throughout government systems is essential. It is important that while a foresight unit can be created to support the whole of government, that the system enables everyone to apply foresight and contribute towards making the world a better place for current and future generations. This means that staff training, learning and development opportunities should include futures literacy, that policymaking processes embed futures requirements (for example establishing an Integrated Impact Assessment) and that risk, budget, assets, human resources and corporate planning consider long-term impacts.



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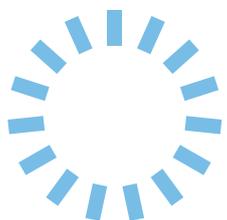
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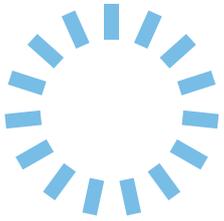
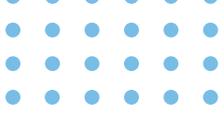
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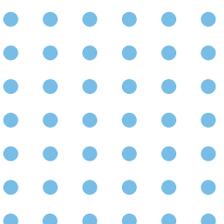
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4.3/

For governments

1| Establish a foresight unit or Chief Futures Officer in government.

The existence of a central body that operates with the future in mind, and its integration into the governing system, ensures policy decisions and budget allocations are relevant, proactive, and sustainable. Some examples:

- *Canada – Policy Horizons: Reports to the Minister of Employment, Workforce Development and Disability Inclusion; focuses on analyzing emerging trends, engaging with public servants and citizens about forward-looking research, and building foresight literacy and capacity across the public service*
- *Singapore – Centre for Strategic Futures: A futures think tank within the Prime Minister’s Office; focused on developing government strategic planning and new capabilities in the Singapore Public Service through regularly engaging with officers at all levels; utilizes Scenario Planning and a broader suite of tools to analyze weak signals*
- *Uruguay – Comisión Especial del Futuro: Launched in response to the need to reimagine the nation post-pandemic, the special commission aims to address mid and long term strategic issues by analyzing various changes and their effects, focusing on matters relating to technology, innovation, and society.*

2| Collaborate with foresight and futures institutions and organizations.

While Governments hold many of the policy and financial levers, foresight is



dependent on a wide range of stakeholders including think tanks, commissioners/ ombudspersons, parliamentary committees and academia. These (largely) independent institutions can offer advice and assistance, research and monitoring functions. Some examples:



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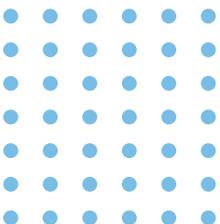
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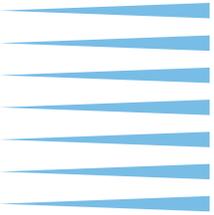
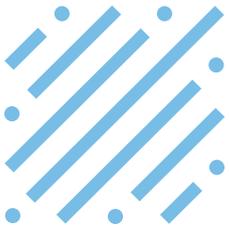
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- Finland – Committee for the Future:
An established, standing committee in the Parliament of Finland; consists of 17 Members of the Finnish Parliament with the Prime Minister as the counterpart cabinet member; works in tandem with the Government to recognize important political themes at an early stage through Future Reports; collaborates with other committees to examine a wide range societal issues and technological development.
- Wales – Office of the Future Generations Commissioner for Wales: Established through the Well-being of Future Generations Act 2015; appointed the world's first Future Generations Commissioner; provides advice to the Government and other public bodies on delivering social, economic, environmental, and cultural well-being for current and future generations and assessing and reporting on how they are delivering.
- Republic of Korea – National Assembly Futures Institute:
A research institute established through the National Assembly Futures Institute Act 2017; aims to drive mid-to long-term national development strategies; engages citizens in discussions that advise policy making; regularly publishes reports focused on specific themes or emerging trends.



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- *United Arab Emirates – Dubai Future Foundation: In line with the national objective to embed foresight in UAE’s culture and systems, the foundation aims to establish Dubai as one of the world’s foremost future cities by reimagining and designing the city’s future in collaboration with partners from both private and public sectors.*

3| Organize national conversations on designing a future vision for the country with various stakeholders.

Collectively exploring different ideas of what the country should look like, what individuals and communities should prioritize, and how to achieve that vision increases a sense of agency at all levels of society, improves intersectoral and intergenerational cooperation, and provides a national direction. Some examples:

- *“The Wales We Want” (Wales)
The Wales We Want helped inform the ground-breaking Well-being of Future Generations (WFG) Act – one of the very few such laws in the world that legislates for sustainable development. It brought together 7000 individuals and resulted in almost 1000 responses in the form of reports, videos, postcards, drawings and surveys.*
- *National Dialogue on Canada’s Futures - The main objective of the Dialogue is to engage with as many people across various backgrounds to collectively explore different futures and create a preferred vision. It doesn’t specifically mention foresight but has elements like participatory discussions and scenario building that is very similar.*
- *Forward Singapore - A national feedback exercise that invites all Singaporeans to share their problems, contribute ideas and help shape the city state’s future.*

The government aims to refresh the country's social compact and chart their way forward.

- *Dialogues on the Future (Spain)* The Spanish Government, the European Commission, the European Parliament and 72 other public institutions (city councils, regional governments, foundations and universities) partnered to create an initiative designed to promote plural and informed conversations about the opportunities and challenges that Spain and the EU will face in the post-covid world.

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 - 4 | Publish a Future Trends Report to identify challenges and opportunities, with a focus on how to address or leverage these emerging trends.** Such research allows governments, as well as the readers of the report, to anticipate changes in advance and adopt a proactive role. Working with national offices of statistics, communities, civic society, academics and think tanks, conduct deep research and exercise foresight techniques to collate these reports in partnership.
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- *The Future Trends Report Wales* produced by the Welsh Government every 5 years provides an updated and robust starting point for decision-makers to explore the implications of these trends, so that we can better understand Wales' future, driven by our solidarity to future generations. The report aims to support our national dialogue on how they can best prepare for the future. The report features four megatrends which are most likely to pose risks or opportunities for Wales. These are: people and population, planetary health and limits, inequalities, and technology.



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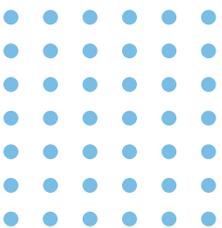
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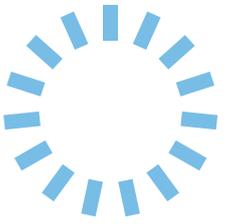
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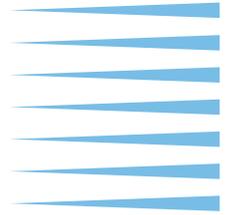
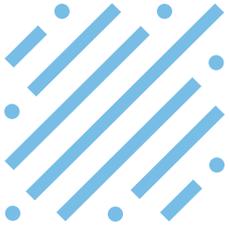
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- *Global Trends 2040 (United States)* The report provides an analytic framework that could inform the process of crafting national security strategies and navigating uncertainties. It aims to support policymakers and citizens see what may lie beyond the horizon and prepare for an array of possible futures.
- 5| **Include more youth voices in identifying and analyzing trends using foresight, specifically trends that impact youth and children.** Youth engagement and intergenerational dialogue allows for more diverse perspectives to be taken into account and facilitates sustainable decision making by onboarding future leaders. Draft a *Local Outlook*, similar to the *UNICEF Global Outlook* report that identifies major trends and analyzes its impacts on young people, in collaboration with youth. Some other examples of youth foresight engagement include:
- *African Digital Futures* Youth participants engaged in provocative conversations on data-driven technology as imagined, developed, and used by communities across the continent. They imagined healthy digital societies in the future, identifying key priorities for change with wide-ranging implications for how data is collected, stored, tracked, shared at all levels of society.
 - *Futuring Peace in Northeast Asia* Youth peacebuilders in the region gathered to discuss emerging trends and their impacts on the constantly evolving nature of futures. Then they identified policy gaps in areas the governments of Northeast Asian countries have yet to address potential problems and drafted policy recommendations to resolve these issues.



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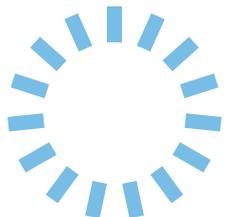
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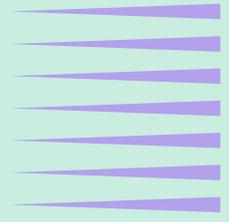
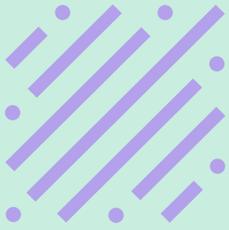
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- UNDP Youth Futures Fellowship Young people in the Arab States explored various foresight tools to develop their futures thinking skills and provided insights on the future of climate action and civic engagement in the region. They also envisioned their preferred futures to inform stakeholders on the ambitions and desires of youths.
 - World Futures Day - Young Voices The 24 hour conversation consists of various topics, ranging from those that are particularly relevant to young people to issues that require collective action of the global community. Futures thinking plays a prominent role in shaping the discussions, demonstrating how the methodology can be applied to a broad range of themes.
 - Future Times Newspaper By continuously collecting submissions online, this newspaper gives young people from around the world the agency to articulate their vision of the future. The interactive dashboard gives access to some of the key highlights of the ongoing process and demonstrates the significance of accumulated foresight data and its potential utility.
- 6| **Provide children and youth opportunities to engage in futures thinking.** Learning foresight is the same as learning any other skill and the earlier young people do so, the better. This enables them to better prepare for short and long term changes and make well-informed decisions. Embed foresight skills in the education curriculum by being mindful of the audience, ensuring it is rich in context, considering the different means of communication, and using simple tools and language.



5.0/

Social Media Toolkit



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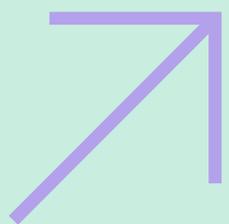
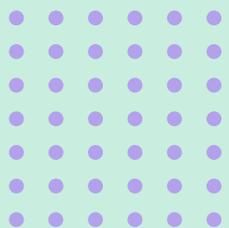
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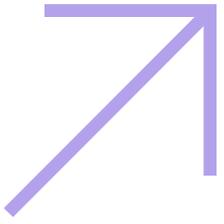
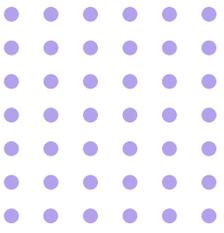
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5.1/ What is #OurFuturePledge?
What do you hope for in
the future?

5.2/ How can you contribute?





This social media toolkit provides guidance on how you can promote the #OurFuturePledge campaign and engage youth leaders in a conversation about their hopes for the future.

5.1/

What is #OurFuturePledge? What do you hope for in the future?



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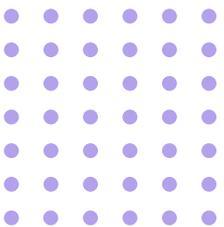
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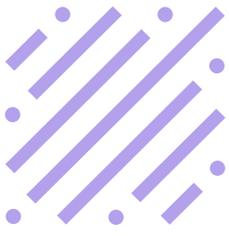
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The United Nations recognizes the importance of youth participation in shaping the future and has identified youth foresight as a key tool for empowering young people to contribute to sustainable development.

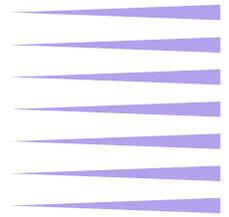
The #OurFuturePledge campaign aims to engage youth leaders in a conversation about their hopes for the future and provide them with a platform to share their visions with a wider audience. By encouraging youth to take an active role in shaping the future, we can create a more inclusive and sustainable world for all.





5.2/

How can you contribute?



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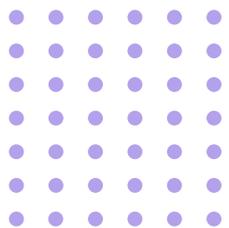
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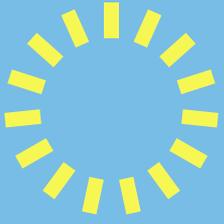
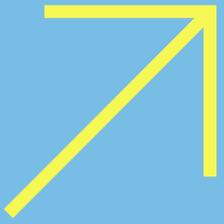
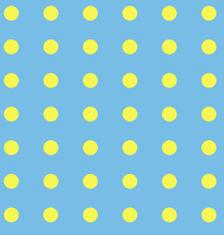
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- *Create a short video or a post that promotes the campaign! Share the video or post on social media platforms and encourage others to share it. This can look really different depending on you:*
 - *Explain the importance of youth foresight, share any experiences you may have, and encourage other youth leaders to participate.*
 - *Choose a recommendation that resonates with you from the Call to Action section and promote that.*
 - *Design your own future scenario using the Your Foresight Guide and share it on social media platforms, encouraging others to feedback, build on it, or create their own.*
- *Whatever you do, use the hashtag #OurFuturePledge consistently across all social media platforms to be part of the conversation, to see what other young people are saying about the future, to promote the campaign and make it easy for people to follow and engage.*

Remember that this is an important mission, and your campaign can make a difference in inspiring and empowering others to use the future to change the present.



6.0/

Meet the fellows

We are nine young foresight practitioners from all over the world. Together, as UNICEF Youth Foresight Fellows, we created Our Future Pledge.

Here are our stories:

Fisayo

Nigeria



Interestingly, “foresight” has always been a way of life for me without even knowing that there was a term for such thinking. At the age of 12, I had started anticipating what would come next while making my seemingly little choices. I would think about what the implications of dropping a subject could be and question lots of societal norms. Sometimes, I consider myself to be an overthinker and unrealistic because **“why would I be thinking about my life in 10 years?”** - I was still a child. However, the truth was that I was not comfortable with **“the rat race”** patterns that I witnessed as a child - others would probably call the pattern **“status quo”**. The whole point was that short-term orientation is too myopic and I was constantly looking for an escape to explore my imaginations about improbable possibilities.

I have been inquisitive about problems, uncertainties, and opportunities in my approach to relating with my environment and decision making. This of course molded the entrepreneurial steps that I took as a third-year undergraduate student of agriculture while starting my farming business and seeking ways to solve employability issues for young people. In 2020, I started my professional foresight journey as an NGFP sensing network member by building on my work in farming communities in Nigeria. To further delve into an issue that I care about - food systems, I moved on to designing several projects that involved farmers and

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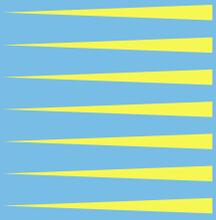
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young people on how they can have agency over their futures and understand their roles in the grand scheme of things. In executing these, I used foresight tools and methodologies which allowed people to break through poverty of imagination and see much more than trends, prominent headlines and cultural narratives.

As a youth foresight practitioner and researcher, one of the things that I have observed is that the use of foresight may not make sense to beginners at the onset. This is why I would recommend personalizing the use of futures, and by doing so, different pieces begin to move together while trusting the process. Sense-making is also an interesting aspect of foresight that I enjoy and think its application can help any young practitioner make sense of the practice. To me, foresight is not just a practice that is independent in itself, the application of foresight to all aspects of our existence can be transformational at all levels.

My foresight journey has been a fulfilling one so far. Using foresight in my professional and personal life has also proven to be rewarding and transformational. Through my work as a UNICEF Youth Foresight Fellow, I am amplifying my vision of ensuring that youths and farmers are heard in a meaningful way. Going forward, I will continue to encourage others to adopt foresight as a way of life.



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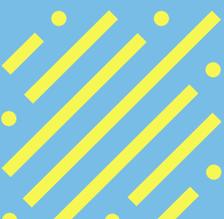
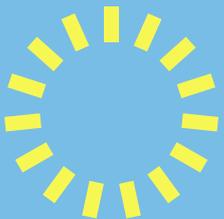
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Joshua

Germany



As a young person, the future can often seem daunting and uncertain. We are constantly bombarded with news of climate change, economic uncertainty, and social issues that threaten to shape our lives in ways we can't even imagine. When I started on my climate advocacy journey, I was eager to take back control of my future. Having been to numerous UN climate summits, I realized it's not as easy as I thought.

But there is one underlying problem that keeps coming up, over and over again: We treat the present like a present but the future like a garbage bin. Our world is all about short term reactions rather than long term actions.

Foresight is the movement that is about to change that:

Strategic foresight means using tools and methods to look ahead and anticipate potential future events and trends that may impact us. It is the practice of mapping out future scenarios to understand the present and create a vision for the future.

This might sound great, but my first experience with foresight was rather crappy. As the youth expert for a foresight project of Germany's Federal Ministry of Education and Research about Climate Resilience in 2035-2050, I was involved in several discussions with 24 experts about six different scenarios of what climate



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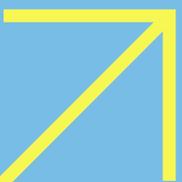
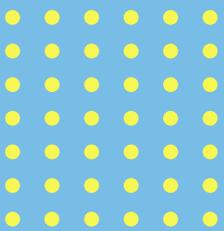
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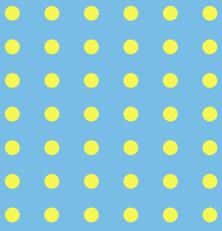
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resilience could look like in the future. My participation lowered the average age from 60 to 45 – and that’s exactly how I felt.

But working as a UNICEF Youth Foresight Fellow showed me that foresight can be pretty amazing if young people are meaningfully involved. Foresight is just like all the other political realms I have been fortunate enough to experience in the last years: better with youth participation.

Foresight is not just a tool, but a mindset, an attitude and a way of life. It is the ability to look beyond the present moment and envision the possibilities that lie ahead.

I am 100% convinced: The moment when young people and foresight practices are finally part of the decision making, we will be able to turn the tide and solve some of the biggest challenges of our time – in no time.



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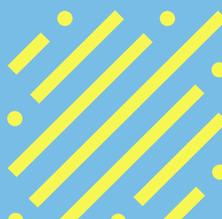
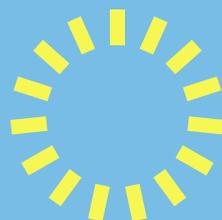
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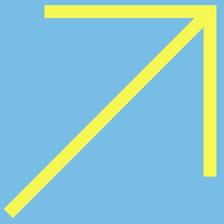
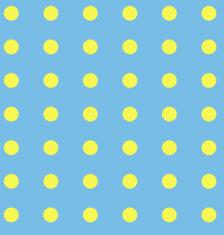
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Ricardo

Honduras

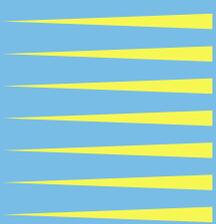


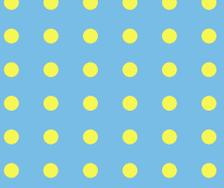
The United Nations has said that climate change is the greatest threat the world has ever faced. The climate crisis is certainly a global issue – but what can the front-line communities do? What is it like for those in the ground zero of environmental degradation?

I come from Honduras, the world’s historically most climate vulnerable country. Our national history has been marked by ever-more-frequent extreme weather events, and the inequality, migration and political instability that it ensues. Despite this, many people are not aware about what climate change really is and what they can do about it.

When I first got involved as a climate activist, I realized that what most of the largest corporations and institutions were doing was mostly ceremonial actions to combat climate change that did not include any actual real or transformative impact. This was more evident when it came to include youth, where only tokenistic actions were expected from us, such as cleaning up trash or planting a few trees, while hoping us to expect that this would reverse our condition as the most climate-vulnerable nation.

This is when I decided to take matters into my own hands, and jointly founded Sustenta Honduras with a couple of friends: a non-profit organization that focuses on meaningful youth-led action: policy incidence, applied research, and massified climate education. In a country





with so much to be done, it's hard to settle on one sole action. However, we did settle in one concrete shared vision – we want our youth involvement to be truly meaningful towards a resilient and worthy future.

However, deciding on where to start (and what to do next!) was daunting. Foresight was key for us to identify proper areas of actions that were truly meaningful and approachable. We quickly became an organization that was engaged in constant re-imagination and improvement. Ever since, we have expanded our foresight experience for the benefit of our country. We were the initiators of the first long-term climate action policy, and we launched a national campaign to push for increased climate commitments. We still face the many challenges that any youth-led organization in the global south does, such as limited capacities, funding, and ageism. But what maintains us proactive and motivated is our constant engagement through foresight practices. It allows us to constantly imagine the future we want – and there is no bigger motivation than to be the enablers of the future we deserve.



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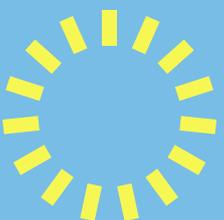
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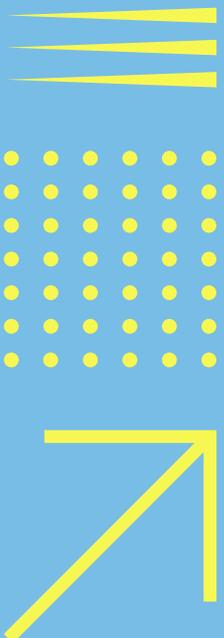
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Ijun

Republic of Korea



What is peace? What does it mean in Northeast Asia? What can I do for peace? These are questions I continue to ask myself and explore different answers. During this process, I found that there were limited opportunities for Northeast Asian youths to gather and discuss regional peace in a way that is candid and constructive. This inspired me to create a platform dedicated to this purpose and eventually began to work with the United Nations Department of Political and Peacebuilding Affairs (UN DPPA) to do just that.

The key element of this initiative was foresight. I understood that it was important to be aware of the future implications of our actions but admittedly was skeptical about how the foresight methodology could encourage open discussions and cooperation. However, I decided to give it the benefit of the doubt and trust the process. Consequently, I was pleasantly surprised by what I observed and experienced. Futures thinking was crucial in creating a **“safe space”**, an environment in which all participants felt comfortable voicing their opinions even regarding an often contentious topic as peacebuilding. Framing the conversation in the context of the future, full of uncertainties and possibilities, allowed participants to step out of their comfort zones.



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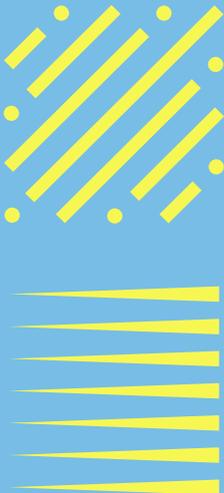
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Fully convinced of its potential, I continued to engage with foresight to discover different areas in which I could apply the methodology. I saw futures thinking as a way to get ahead of change and make informed decisions. But most importantly, it was a wonderful means to empower individuals of all backgrounds to contribute to building a collective vision of our preferred future and create action steps to bring us all closer to that goal.

It was little surprise to find that young people were extremely concerned about the climate. They were not only exasperated at the lack of meaningful action by governments and multilateral organizations, but also frustrated that youths were excluded from discussion spaces and mostly left uninformed of the changes happening around us. So as part of our work in the UN DPPA project, my team conducted research to identify shortcomings of environmental policies in Northeast Asia and their implications, and draft policy recommendations. After publishing the results, we are now working to engage directly with policy makers and gather insights on how to successfully implement the necessary changes.

There is one additional value of foresight that I believe is especially important. It drives me to continuously ask the hard questions. Constantly having the future in mind makes it impossible not to probe deeper into various topics and assess their implications from different angles. When surrounded by others who celebrate our abilities to shape the future and embrace inquisitive minds, it gives me hope that we may yet find a way to cultivate a better world.



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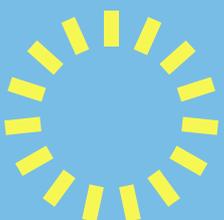
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Nourhan

Egypt



“The future is uncertain, we face complexities at a high rate!”

This was the very first slogan that I heard, as I joined the first foresight workshop and got exposure to the foresight world.

My first experience with foresight was amidst a career shift and setting in ‘Corona World’ with myself and my laptop heading to the middle of nowhere! I saw the ad for a future thinking fellowship with UNDP while I was searching for a job.

Since then, I see this world of futures as a magic ball, I can throw it and see how it can alter my thinking of the uncertainties. To discover a world of tools and people thinking and stretching their horizons, it felt so confusing, especially as I had no road or way to apply it in other projects, master degree or college to populate such thinking, but also dealing with people who came from different cultures and backgrounds, all used to fuel my curious soul.

The best application for foresight, aside from personal stories, is empowering the marginalized and youth. I have tried it with peasants in Egypt, youth with UNICEF, and hope to find a way to experience it with people with disabilities. It is so challenging to dream of the future while you are struggling with the quality of life in the present maybe 10 times more than normal persons...

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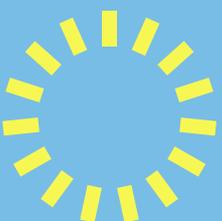
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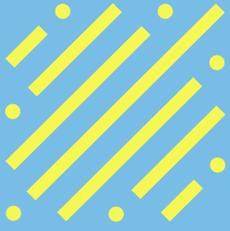
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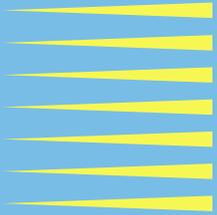


“Foresight brings a holistic view and an agile mindset to your life experiences and views.”

“Personal futures, it is mainly based on storytelling, the story you narrate with your inner voice, that directs your journey in life.”

I have been introduced to personal futures back in 2022 through a meta futures course led by Suhail Inyatallah. Back then I was experiencing the huge loss of my grandmother and other losses that happened continuously in my life. It helped me to reflect on the past of my personal story and the complex future ahead. As hard as it seemed, it grounded me to reality, it was also packed with what I learnt in peacebuilding circles: to stay in silence with my inner voice.

In 2023, while being exposed to economic instability and UNICEF’s fellowship, together, this pushed me further to see an urgent need to facilitate future thinking in various sectors and industries, believing in the need to embrace the possibility of new scenarios that take place and disrupt our reality.



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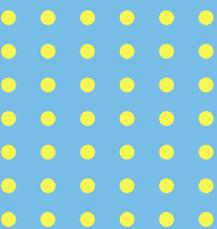
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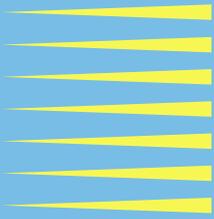
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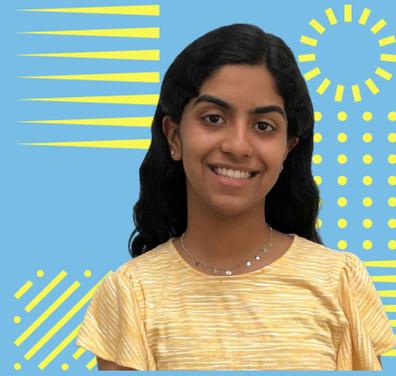
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Deona

United States of America



Hi everyone! My name is Deona Julary and I'm a junior at Hinsdale Central High School in Illinois, USA. I care about issues related to technology moderation and civic responsibility because I believe that it is important for people to have a socially responsible relationship with technology. Issues like misinformation and data privacy are essential to tackle. My first exposure to foresight was in the sixth grade through Future Problem Solving Bowl Illinois and Future Problem Solving Program International, where I am currently a competitor, coach, evaluator, and board member. In FPS, I use foresight to analyze trends and come up with futuristic solutions to issues such as poverty, human environmental impact, and stress.

Since starting FPS, I have interned at Teach The Future, an education management company that is at the forefront of futures literacy education. At TTF, I was responsible for expanding the youth network and its impact on futures literacy, as well as providing suggestions from a youth perspective to TTF. In addition to TTF, I was an AI Data Research Assistant at SDG Align, a tech startup that is focused on making sustainable development a business habit. At SDG Align, I explored how to train the conversational OpenAI platform and developed a strategic narrative for SDG Align using my foresight expertise. I am also one of the winners of 'The Social Dilemma Debate Project', where I



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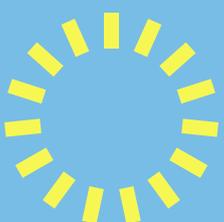
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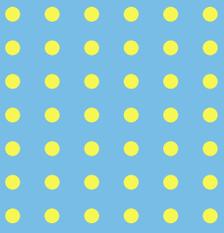
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submitted a policy proposal regarding how social media should be regulated in response to Netflix's **"The Social Dilemma"** documentary.



The best application of foresight I have seen is in crisis planning and prevention because I have seen that foresight can be used to effectively combat an issue before it escalates. I have used foresight in my personal life when planning out possible routes of action for unforeseen life and family events. I strongly believe shifting our ways of thinking about the future will help us face uncertainty and issues that are threatening our planet and its people.



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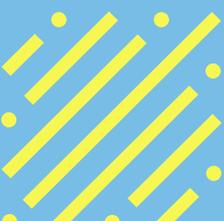
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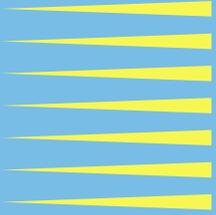


Iman

Kenya

Hello, my name is Iman and I'm going to tell the story of how I got into foresight from climate law. At the height of the COVID 19 pandemic, like everyone else I was grappling with coming to terms of the reality we were in. I kept asking myself if we could have seen this coming and if we could have possibly avoided this. Because it seemed so sudden that something brought the world to a standstill, without us having anything to protect ourselves from it. I questioned the likelihood of it happening again and if we could prevent other seemingly random and unpredictable catastrophes.

These questions led me to the School of International Futures (SOIF) where I was introduced to foresight. I was given tools to study the future, not in a crystal gazing way but in a trend studying way. Foresight uses past and present trends to anticipate what the future may hold and therefore allows us to either avoid disasters or manufacture the outcomes we desire. These tools appealed to me and together with a group of other Kenyans, we created visions of the future we aspire to have in terms of digital health. While the project focused specifically on digital health, the creation of these visions allowed me to understand how to study trends to make educated anticipations of the future and the subsequent actions needed to steer us to the preferred futures.



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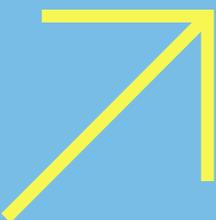
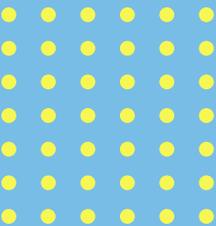
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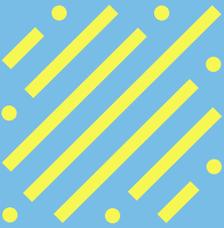
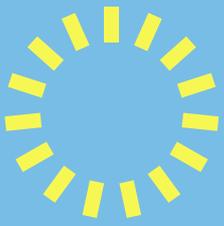
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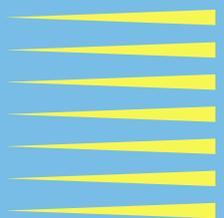
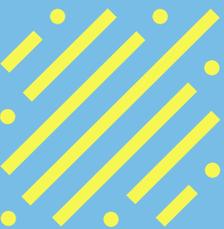
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At the end of the project, I joined the Next Generation Foresight Practitioners (NGFP), a network of foresight practitioners from various professional backgrounds from all over the world. Here, I connected with those within the climate and energy space and I began to focus on using foresight in my work in climate and energy law and policy. Climate and Energy issues being the biggest crises of our collective future requires us to not only be future forward in our decision making, but to make urgent decisions in the present to prevent us from being too late.

I also attribute foresight principles a great deal of credit in helping me deal with personal anxieties around climate change. Being able to peer into the future and gain some hope in our ability to make incremental and sometimes dramatic positive changes has helped me to continue to live a balanced life while pushing for climate and energy equity.

Asra

Pakistan



Hi, my name is Asra and I come from Pakistan! My first encounter with foresight, both theoretically and in its practical application, was quite incidental. It was when I was promoted to manage a project for WHO Western Pacific Regional Office as our client through my research role at a social innovation consultancy. Challenging at that time, it turned out to be an incredible journey, full of learning and growth allowing me to embrace a new way of thinking and doing development. I embarked on a self-learning path wherein I dug deep into the principles of foresight and its application in humanitarian work and policy development. This journey included writing foresight guides for the UN Development Coordination Office, organizing workshops for Cambodia Humanitarian Response Forum, and engaging with stakeholders from the Department of Health, Philippines to bring transformative change and be better prepared for the future.

One of the projects that I assisted in utilizing foresight as a framework involved envisioning the future of Universal Health Coverage in the Philippines. I assisted in organizing workshops aimed at horizon scanning, scenario development and backcasting – all powerful techniques to collaborate and visualize a future that leaves no one behind and develop strategic actions that the governments and public can take now to achieve a transformation in public health of the country.



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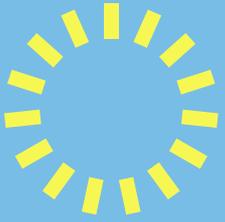
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Relevant to my role as a qualitative researcher, I have found foresight to be a powerful tool that applies participatory engagement and co-creation processes centered around the future to explore emerging issues and related implications. As a facilitator and a participant throughout my foresight journey, I have witnessed the tremendous potential that foresight holds in bringing people across different backgrounds, roles, socio-economic groups, and fields together to solve issues that affect everyone in different ways. But I understand that it is more than a tool or technique. It is a mindset. It is a value that helps inculcate empathy when thinking about the future. My current work with UNICEF Innocenti has helped reveal that, placing youth and children at the center. My journey is still ongoing and I'm thrilled to find out all the things that the use of foresight can help us achieve.



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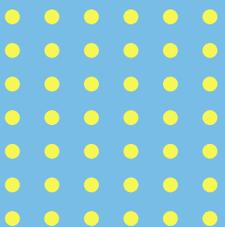
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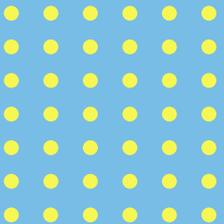
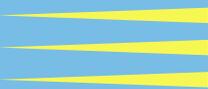
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Jacob

United Kingdom

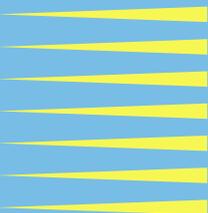
As a former journalist – telling stories is so important to me. Hearing people’s opinions, their needs, their experiences and hopes - shape who I am, and the world around me.



I was first introduced to foresight in 2014 in a national conversation called ‘the Wales we Want.’ This national campaign energized Wales to dream about the kind of future we wanted to create together. From church halls to playgroups, concert halls to factory floors – the national conversation led by the Welsh Government asked communities to set the vision for Wales by 2050. Thousands of people came together across Wales to tell stories and to dream big.



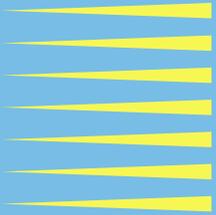
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In the years that followed, a world-leading legislation, the Well-being of Future Generations Act’ was created, making it a legal requirement on all public institutions in Wales to ensure that decisions taken today would meet the needs of those not yet born. The only country to have legislated to protect the interests of future generations, and place the UN SDGs into law. Little did I know that four years later in 2018, I would join the Office of the Future Generations Commissioner for Wales, tasked with supporting the legislation’s implementation and challenging our public bodies to take brave steps. As an independent Commissioner, our work is dedicated to calling out the needs of those not yet born, and how we can take intergenerational actions.

From piloting a basic income, freezing the funding of roads, establishing a new curriculum with climate change and racial justice at his heart, maintaining world-leading recycling figures, planting a national forest, becoming a nation of sanctuary and lowering the age of voting to 16. This legislation makes a difference.

The legislation also sets out the requirement for the Welsh Government to produce a Future Trends Report, national indicators and milestones. These legislative elements provide the environment for policymakers to understand and respond to long-term challenges and opportunities. Wales is a small country with big ambitions. There are exciting years ahead and I hope that our application of foresight ensures our future generations to come will benefit from the actions we take today.



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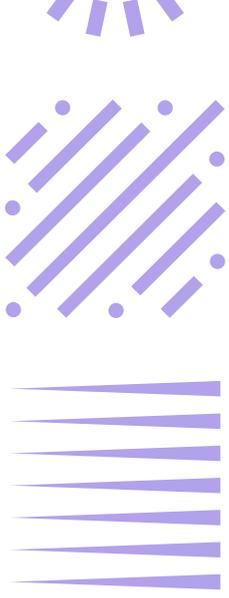
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UNICEF Innocenti Youth Network

UNICEF Innocenti is seeking to model, standardize and systematize meaningful youth engagement across research, foresight and convening. Building and sustaining a global youth network will allow UNICEF to connect with youth wherever they are, to work together to achieve shared goals, while future-proofing UNICEF's work with their valuable insights.

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The network will serve as a platform for young people around the world helping them to

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a) *identify issues that are most pertinent to children and youth now and in the future;*

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b) *elevate their voice and agency as they work to deliver positive impact in their community*

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c) *and provide opportunities to inform UNICEF strategies, agenda and work.*

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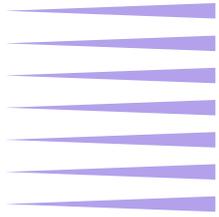
The work of the Youth Foresight Fellowship and its youth contributors has taught UNICEF Innocenti some exciting lessons. Most importantly, UNICEF Innocenti learned that engaging young people in foresight builds their sense of agency and responsibility, encouraging youth to become active and engaged citizens who think about the long-term impacts of decisions and to commit to building a better, more sustainable and equitable world for future generations.

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We invite any young person interested in this agenda to sign up to UNICEF Innocenti's [youth network mailing list](#).

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In closing



We live in a rapidly changing world, where the challenges we face are interconnected, complex, and always changing. If future generations are to navigate this world effectively, they need to be better able to anticipate and prepare for the future. This is where youth foresight can make a difference.



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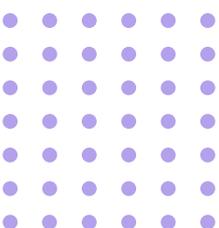
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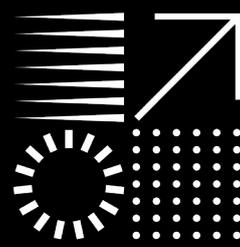
If Our Future Pledge proves anything, it is that with adequate time, resources and support, young people can take on and lead foresight initiatives, can develop a deep understanding of trends, patterns, and forces that shape our world, and can help others to make more informed decisions and take proactive action. Youth have a natural curiosity and a hunger for knowledge, the capacity to think critically and creatively, and the energy and drive to take action and make a difference.

But building your foresight skills is not easy. It takes time, energy, focus and a willingness to engage with ideas that are complex and often uncomfortable. It demands lifelong learning, a willingness to take risks, and a deep sense of responsibility. The future is in your hands, and you have a duty to use these skills to make the world a better place.

In the words of futurist John Schaar: “The future is not a result of choices among alternative paths offered by the present, but a place that is created – created first in the mind and will, created next in activity. The future is not some place we are going to, but one we are creating.”

Let’s work together to create a better future for all!





**OUR
FUTURE
PLEDGE**