

A writing activity from

Grimm & Co



World Book Night 2021



Grimm & Co are very excited to have chosen ‘I will Not Be Erased’, by Gal-dem as our World Book Night pick for 2021. Gal-dem is a media publication, created and produced by women and non-binary people of colour for everyone to enjoy.

Gal-dem addresses inequality and misrepresentation and offers a space for editorial work about lifestyle, fashion, politics, music, arts and opinion. As well as being a digital platform, they also produce a magazine, the Gal-dem podcast and not to mention, this fantastic book.

“I will not be erased” is a collection of letters written by people of colour addressing their younger selves. This book is for older readers age 16 and up and the letters discuss everything from identity, love, sexuality and growing up as a person of colour. We encourage everybody old enough to read this fantastic book.

Activity

We've created a short writing activity inspired by these truly incredible letters to the writers' younger self. Before you begin, you will need:

- A pen
- Some paper
- Envelope (optional)



Try writing a letter to your younger self. Is there something you wish you had known when you were a teenager? Or perhaps you even want to reach back in time to your school aged self and tell them what you know about yourself now. Take this opportunity to pen all the things you wish you'd known and write to yourself, at whatever age you want to.

This activity can be very personal, you do not have to share this with anybody if you don't want to, but it can be amazing to get all these thoughts down on paper. You don't even have to do it now, you could save this activity for a moment when you feel like you have something to say, or you could even make this a semi-regular or annual activity if you wanted to.

Although this book is for older readers, that doesn't mean that young writers can't have a go at writing to their past self at any age they like. Tell your younger self what is to come for them, what hopes and dreams have been achieved or what new dreams do you hold now? The letters can be about anything you want but if you're not too sure where to start, have a think about how things like your friends and family, your identity, your hobbies and interests and your education have shaped your life.

Remember there is no right or wrong for this activity, every single person is different so every letter will be different.

Optional Extra

We really hope you enjoy writing back to your past self. If you want something to do, why not have a go at writing to your future self as well? What values, experiences and interests do you have now that you don't want to forget as you grow older? You could even put it in an envelope and write a date or age for it to be opened in the future.

We'd also love to hear what you thought about this activity, there is no obligation to share the contents of your letters, we'd just like to know if you gave it a go and how it made you feel. You can contact us via social media @GrimmandCo or you can email:

katie.turner@grimmandco.co.uk

Don't forget to check out Gal-dem at <https://gal-dem.com/> or on social media @galdemzine.

If you have been affected by any of the themes in the book or from doing these activities, there are support resources linked below and there is also a full section of support resources at the back of the book.

Mind: <https://www.mind.org.uk/>

Young Minds: <https://youngminds.org.uk/>