

The

YOU CARE FOR change |

GLOSSARY

The YOU(th) CARE in Simple words:

-CARE:

It's about how we connect to each other and the world, aiming to create a culture where we put the wellbeing of People and the Planet, before profit, through the revolutionary choice of building communities where interdependence is a strength and not a weakness. Therefore, care-based action is radical, promiscuous, feminist, intersectional, intergenerational, anticapitalistic, antifascist, and profoundly transformative. CARE means not just noticing the world around us but acting to make it better according to 3 dimensions:

***Care for:** Acting concretely to envision new community bonds, beyond kinship and similarity, to strengthen participation in politics and fight against current ideologies of care as well. It is the more concrete part of care across difference and distance.

***Care about:** Taking the time to genuinely feel concern, responsible and respectful for something outside yourself. It is acting for the re-appropriation of public spaces (both online and offline), and to co-create communities for connecting people and making them reflect, debate, thrive and support each other's needs among the complexities of our interdependence (against the atomisation of communities)

***Care with:** Working side-by-side with others, creating a shared sense of responsibility. It's the power of "we", supporting each other and staying united for a common goal. It entails scaling up the care concept towards societal innovation, bringing care and sense of solidarity at the core of community, institutional, national and international agendas

-COLLECTIVE CARE: Collective care is about building communities and networks of support, so no one has to carry the weight alone and interconnections become the basis for the change. It's when a group commits to each other's well-being, whether through shared resources, emotional support, or just being there for each other.

- ECO-DEPENDENCE:** This specifically focuses on how humans rely on the natural world. Eco-dependence means understanding that we're deeply connected to nature's cycles, health, and stability. If we harm the planet, we harm ourselves, but also water, air, biodiversity, the climate; everything depends on a healthy environment.
- ECO-FEMINISM:** Ecofeminism links feminism and environmentalism, arguing that the way we treat nature and marginalized genders often has a lot in common. It's a call to protect both the earth and people, recognizing that social justice and ecological justice go hand in hand.
- FEMINIST ECONOMY:** An economic approach that values traditionally "invisible" labour, like caregiving and aims for equality. The feminist economy pushes for policies that recognize the importance of work done by women and marginalized groups, creating a fairer economic system for everyone.
- GENDER MAINSTREAMING:** This means considering gender equality in everything an organization does, from policy-making to everyday practices. It's a commitment to ensuring that decisions benefit all genders and don't reinforce inequality. A philosophy that emphasizes caring for others, beyond the binary perspective, as a fundamental part of being human. Rather than just focusing on rules or abstract ideas, the ethics of care values empathy, relationships, and the responsibility we have to look after each other.
- INTERDEPENDENCE:** It's the idea that no one and nothing exists in isolation. What happens in one part of the world affects everything else, whether it's a person, an animal, or an entire ecosystem. Interdependence reminds us we're all linked, so our choices impact, positively or negatively, everyone and everything around us. Strategically, means 'connecting the dots' to drive change.
- INTERGENERATIONAL DIALOGUE:** it is a process of dialogue between generations, younger and older ones, and can be also a co-designed, co-planned and co-created platform where both older and younger individuals participate equally, in building the paths ways to solve problems and issues.
- INTERSECTIONALITY:** It's a way to understand that people's lives are shaped by multiple factors at once, and addressing only one issue rarely brings full justice or equality. From an intersectional perspective, the cultural identity dimensions of race, ethnicity, gender, age, socio-economic status or class, religion, sexual orientation, language, and mental or physical ability are linked and an understanding of the multidimensionality of cultural identity offers a fuller understanding of personality.
- MULTIDIMENSIONAL PERSPECTIVE:** Looking at issues from multiple angles at once, rather than through a single lens. This approach accepts that problems are complex and often require holistic solutions, considering everything from social to environmental factors.

- **PROMISCUOUS CARE:** A kind of care that is boundary-less, extending to people, animals, and ecosystems, anyone or anything that needs it. Promiscuous care is about a radical openness to caring for the world around you, whether or not you have a personal connection or kinship. It is building communities of 'strangers like us'.
- **RADICAL CARE:** Radical care means equitable, tangible and sustained improvements to collective wellbeing – not just for some. It requires a profound redistribution, not just of care work but of power and resources. Radical care is multidirectional and interdependent, aiming at changing the material conditions of living and relationships.
- **SELF-CARE:** Looking after your own mental, physical, and emotional health so you're strong enough to help others and engage in the world. It's everything from setting boundaries to taking a break when you need it.
- **SOCIAL SOLIDARITY ECONOMY:** This is an alternative and transformative way of thinking about economics, focusing on people and the planet instead of just profit. It's about building a system that values fair trade, cooperatives, and local businesses, aiming to make things fairer and more sustainable for everyone involved.