YOUTH SPORT TRUST

Youth Engagement
Claire Tennyson

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Purpose

In this session we will:

- Recall the benefits of youth engagement.
- Explore some of the different tools that are out there.
- Consider how best to use these tools to ensure we are connecting with a wide range of voices.
- Aiming for you to leave feeling better equipped to carry out youth engagement with your children and young people.

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On this sheep-scale, how do you feel today?

WOOL FOR EVERY DAY #IWOOLWOOLYOU

(Wool For Every Day, 2020)

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Every generation has their own experience of what it is to be young – we must listen to our young people _now_, as only they have the lived experience of being young during this challenging time.

Dr Niamh Mourton, 2021

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ENGAGE - Snowball fight!

1. What is co-design?

2. Why should we co-design with young people?

3. Why do we need to consider the needs of young people with SEND?

4. What methods have you used before?

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Youth Engagement Continuum

Youth Voice

YP enabled to express views

- Consultation a mechanism (focus groups, survey's, polls etc.)

Co-Design

Input at design stage

- Understand challenges by using 'Youth Voice'
- Co-design the solution
- Validate the solution

Co-Production

Involved throughout

- Understand challenges by using 'Youth Voice'
- Co-design with beneficiaries
- Co-delivery and advisory throughout
- Co-researching/evaluating

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Why?

Links to the priorities within 'Making or Move'- Shared vision across Active Derbyshire & Active Notts

- More young people enjoy being active

- Young people are involved in developing opportunities that are right for them

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How to engage young people

Co-design Process

Engage
- Engage the co-designers so they are experts in the subject
- Motivate the co-designers so they want to engage

Understand
- Ask questions to understand the issue from the co-designers perspective
- Ask why?

Ideate
- Facilitate divergent thinking around solutions to the issues identified
- Gain consensus on solutions e.g. programme delivery style

Validate
- Play back solutions (delivery outline) to get agreement/changes/buy in
- Consult with stakeholders to ensure deliverable and continue to engage

Engage

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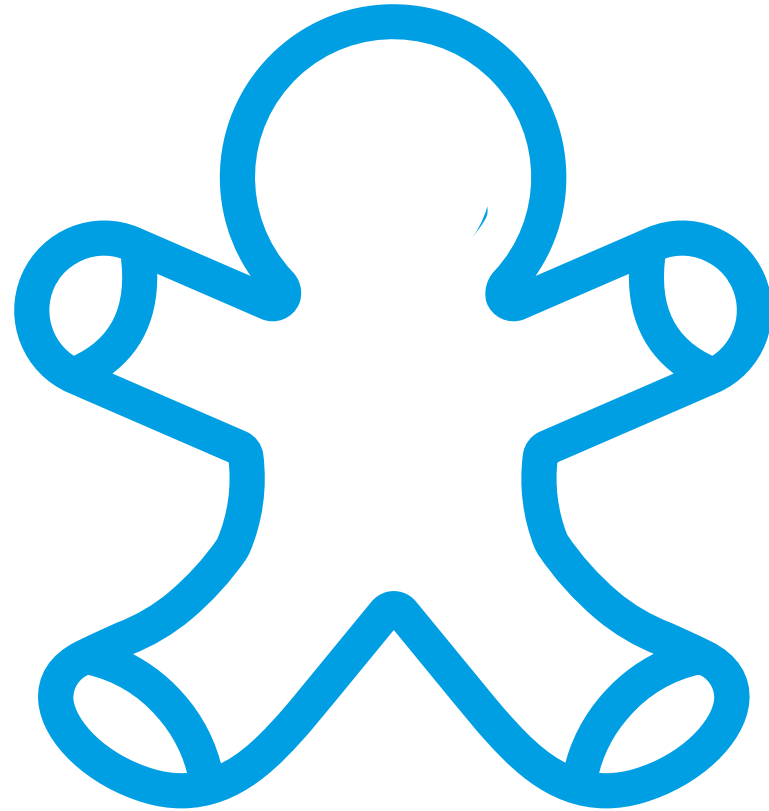- Ask why?

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UNDERSTAND: Gingerbread person activity

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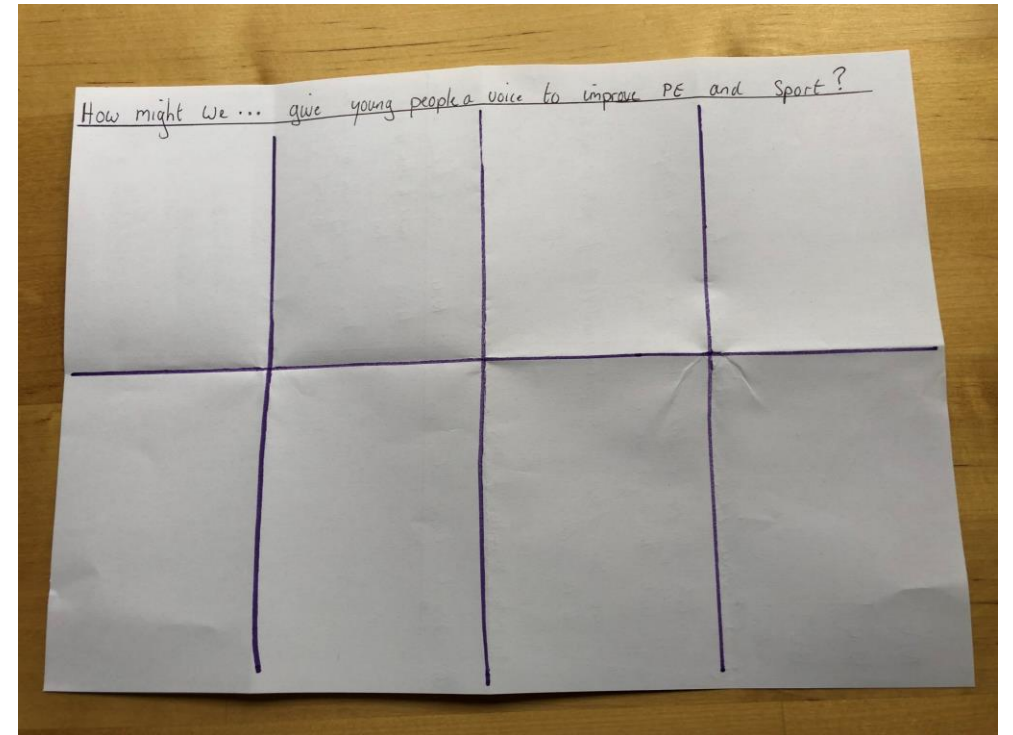
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Crazy 8's

Bearing in mind the top 3 challenges identified in 'Understand':

What can we do to make School Games and competition more accessible and enjoyable for YP with SEND?

1. Fold paper in half 3 times to create 8 rectangles
2. Write 1 idea per rectangle (no bad ideas)
3. 8 ideas x 40 seconds each

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Co-design Process (head, heart & body)

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Self-belief

Communication skills

Organisational skills

Resilience

ONE YEAR PROGRAMME

START

HEALTH & WELLBEING WORKSHOPS X4

Group Workshops on managing peer pressure through activities and discussions.

OUTCOMES
Strategies to find balance by:
- Communicating effectively
- Rationalising pressure
- Finding positive role models
- Building support networks

1

CONTENT
- Social media
- Body image
- Nutrition
- Mental Health (not feeling good enough)
- Communication

TOP TIPS & HELP
Led by an Athlete Mentor.
"Don't forget to practise your support conventions".

CONTENT
- Team sport
- Fitness activities
- Problem-solving activities
- Goal setting

PHYSICAL ACTIVITY TASTER SESSIONS X6
Fun activities to develop life skills.

2

OUTCOMES
- Increase physical activity
- Make friends/feel good
- Develop life skills
- Develop resilience

TOP TIPS & HELP
Led by trained local coaches.

KEEP GOING

OUTCOMES
Skills and confidence to deliver a health and wellbeing event for friends and family.

3

LEADERSHIP CAMP
One day camp with girls from 2 local schools.

CONTENT
- Using the 5 ways to wellbeing framework:
- Connect
- Physical activity
- Take notice
- Learn
- Give

CONTENT
- 5 ways to wellbeing
- Building strong teams
- Event organisation and planning
- Communicating your message

TOP TIPS & HELP
Led by an Athlete Mentors.

OUTCOMES
- Increased confidence and self-esteem for peer mentors and positive role models for younger girls.

6

CONTENT
- Support younger girls with Athlete mentor led sessions
- Event planning and delivery.

PLAN A HEALTH & WELLBEING EVENT
Plan a school or community health and wellbeing event for friends and family.

OUTCOMES
- Planning, organisation and communication skills.
- Resilience

4

TOP TIPS & HELP
Help others and feel good.

TOP TIPS & HELP
Supported by teachers/coaches.
Log volunteer hours for Millennium Volunteer awards.

PEER MENTORING
Option to peer mentor next years Health & Wellbeing project girls.

FINISH

CELEBRATION ASSEMBLY

NEARLY THERE!

OUTCOMES
- Increased self-belief leadership and healthy lifestyle skills.
- Evidence of learning, experience and commitment.

CONTENT
Decide in your planning group

5

DELIVER A HEALTH AND WELLBEING EVENT
Deliver an exciting event for friends and family and yourselves.

TOP TIPS & HELP
Supported by teachers/coaches.
Log volunteer experiences in Millennium Volunteer log book.

Validation Activity

Strengths	Weaknesses
Opportunities	Threats

- Choose one of the solutions to making school games more accessible you have identified.

- Do a SWOT Analysis of your top solution.

Can everyone be included?

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Lundy's Model

Safe and inclusive opportunity to form and express views

Expression of views must be facilitated freely in a medium of choice

The view must be acted on as appropriate

The view must be listened to

Space

Voice

Influence

Audience

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(Guidance on Child and Adolescent Participation as part of Phase III of the preparatory action for a European Child Guarantee, n.d.)

Ideas

Tools

- Group task:
  - Leave table and gather three new ideas/tools to engage young people.
  - Ideas are posted around the room
  - Come back to your table and share:
    - Share the idea
    - Also, state when you would use it and who with.

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YOUTH VOICE

IDEAS TIPS & TOOLS

street games

Questions?

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