



We're the UK's leading charity
for improving the education
and development of **every**
child through **play** and **sport**



I want to feel that I'm not being seen as difficult when stuff has to be done differently because I have a disability."

**Young Person,
Co-production Group**

Listening & Engaging Seldom Heard Voices



Session Aims:

- **Understand** who our *seldom heard voices* are in school and **why** their input is vital in shaping an inclusive PE, sport, and physical activity offer.
- **Explore** practical strategies and tools — including the **STEP principles** and Youth Voice activities — to make pupil voice activities more accessible and meaningful for *all* learners.
- **Apply** approaches to proactively seek, listen to, and act upon the views of *seldom heard* young people to increase engagement, belonging, and participation in PE and sport.

One Word Check-In

1. Think of a word to describe your current mood or expectations for the workshop.
2. Share with the people sitting next to you adding why of you wish.

Talking Point

Why youth voice?

Benefits of Youth Voice to schools

Identify barriers
to engagement



Identify drivers &
solutions



Increased
engagement

Engagement in process

UN Convention on the Rights of the Child

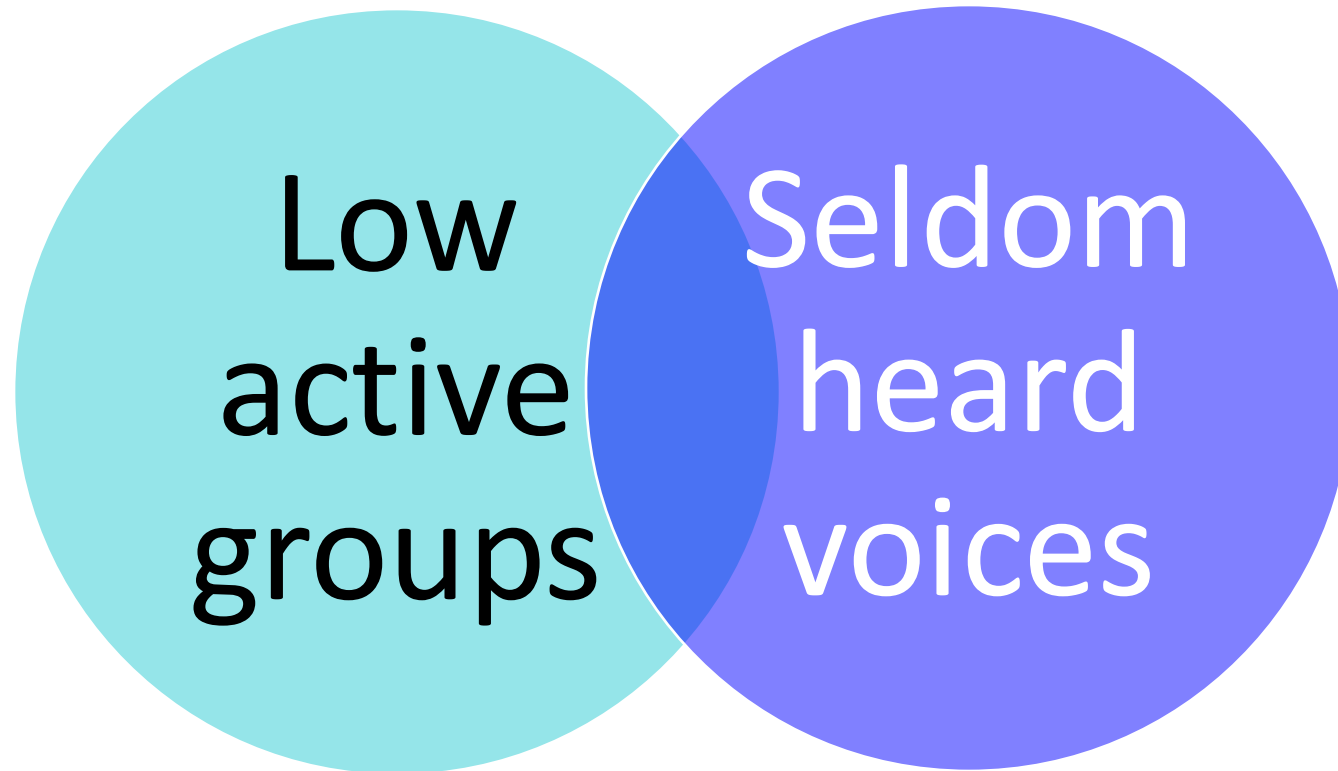


UNCRC, Article 12

“Every child has the **right** to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously. This right applies at all times.”

Who are the seldom heard voices?

Young people whose voices are not heard in decisions that affect them.



What methods do you currently use to gather Youth Voice?



What barriers do young people with seldom heard voices face in engaging in these Youth Voice methods?

Solutions - STEP

SPACE:	TASK:	EQUIPMENT:	PEOPLE:
Where it is happening	How it is happening.	What is being used.	Who is doing what.
Private or public	Open or closed questions	Text, signs, pictures, photos or audio	Mixed or same age, sex, gender, ethnicity, ability
Familiar or new	Write, draw, speak, sign or demonstrate	Font style and size, contrast. Paper size	Full cohort or targeted individuals
Indoors or outdoors	Same or different discussion topics	Online or offline	Self identified, chosen, random, allocated groups
Shorter or longer distances between points	Create own response or choose from options	Assistive technology, personal aids	Young people participating or leading peers

Youth Voice – How?

- Which YP and why?
- Which activities?
- What adaptations?



YOUTH VOICE TOOLKIT:
Activate our voice

Next Steps...



Any questions?



What support do you need?



How do we work together?

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Take Aways

What are your key take aways from today?

Further support

- Inclusive focus groups tool
- Video case studies
- Written case studies
- Self-review
- Toolkit areas – recruitment, communication & collaboration



Youth Voice Resources



“

We want a culture where everyone is comfortable to share – even though we may not all agree.”

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Signposting



The Club



Well Schools





A series of FREE to access virtual webinars aimed at equipping practitioners with the knowledge, skills, and confidence to deliver meaningful and inclusive experiences for young people with SEND.



Bookings now open!

Inclusion Live 2026

Monday 26 January - Friday 30 January 2026



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End of Session Survey

