

YOUTH SUMMIT 2022

SPEAK UP. LEVEL UP.



YOUTH VOICE FEEDBACK

StreetGames Youth Summit 2022 brought together over 100 young people to network, have their voices heard and develop their skills to shape their future.

This document provides a summary overview of the feedback they provided via facilitated activities across a range of topics that were selected in advance by the team of Young Advisors who helped to plan and run the event.

TOPIC 1 : BELONGING



The young people placed importance on ensuring everyone had access to the same opportunities. The young people felt that activities should be promoted to groups who typically have limited access and activities should be built around needs/barriers of different communities. Providing affordable activities was outlined as a way of ensuring access, as well as people being polite, able to communicate, friendly, fun, social and interactive.

Empowerment was seen as a way to create a sense of belonging. This could be achieved by asking and listening, to understand what people want/need.

Some of the young people emphasised the importance of diversity, and having a group that does not discriminate. Others felt a sense of belonging was gained by being with people from a similar background and who have similar interests/aspirations. The importance of cultural appreciation and understanding individual differences was also emphasised.

Being part of a team was a key factor that led to the young people feeling that they belonged. For many this was a sports team. The teams that they were part of made them feel welcome and involved. Sport clubs were also provided as examples of safe places within the community, in which the young people felt a sense of belonging.

Having opportunities was also important, in particular being able to volunteer and get involved in projects.

TOPIC 2 : PARTICIPATION IN SPORT & PHYSICAL ACTIVITY



For this activity, young people placed themselves into smaller discussion groups based on their main motivation for taking part in sport/physical activity as follows:

I don't really enjoy sport/exercise, so don't often take part:

Barriers for this group included not being interested and negative experiences with pushy leaders. The importance of not forcing young people into sport was emphasised.

I take part in sport to socialise and meet up with friends:

This group mainly engaged in traditional sports (football, basketball, netball), however there were mentions of less traditional sport also, such as bouldering. The main barriers to their engagement were location, travel, timing and costs. To overcome this, the young people wanted more sport on offer, at a lower cost.

I take part in sport/exercise because I enjoy playing matches, competitions, and improving my skills:

Those who enjoyed the competitive aspects of sport were more likely to engage in traditional sports, with football being the most popular. There were also mentions of less traditional sports such as Muay Thai and handball.

Many of the barriers to engaging these young people were physical, such as injury or lack of ability to be competitive. There were also psychological barriers such as self-doubt and perceived lack of ability. Time, lack of facilities and having other priorities/responsibilities were outlined as situational barriers.

Having more opportunities was seen as a way to remove some of these barriers, as well as having sport at a lower cost and more accessible facilities. Points were also made surrounding inclusivity, with mentions of opportunities for all and increased opportunities for females to engage in sport.

I take part in sport/exercise to keep fit & healthy/look good:

This group were most likely to engage in non-traditional sport with mentions of; climbing, gym, MMA and pole dance. However, most of the young people also engaged in traditional sports.

Most of the barriers outlined were situational such as time, weather, travel and cost. Not enjoying competition was also outlined as a barrier.

The young people felt it was important to reduce/remove costs for activities.

TOPIC 3: YOUTH VIOLENCE



Increasing and improving local youth and sport provisions was seen as the best solution to reducing youth crime and violence, as these provisions could divert young people from violence. Young people shared, how they felt it was particularly important to have these provisions in underserved communities. Within these settings the young people felt it was important to have mentors and positive role models. Having opportunities to engage in therapy or meditation classes to alleviate anger was also seen as a means of reducing youth violence.

The young people also felt it was important to increase awareness of youth violence through social media campaigns.

Young people shared that violence was seen most commonly in public spaces such as; outside shops, shopping centres, city centres and the streets. Some of the young people felt violence was more likely to occur in areas of higher deprivation. They also stated that youth violence was most likely to occur late at night and after school.

Some of the young people wanted to see more police on the street as a means of reducing youth violence. Others stated that having more relatable mentors would be more effective than increasing the number of police.

TOPIC 4: PERSONAL DEVELOPMENT



Young people felt there were a number of different aspects in relation to developing their skillset, these were split between personal attributes and behaviours, and external opportunities. The young people felt motivation, self-belief, hard work and being approachable, able to work well under pressure and having confidence in their ability, were all important personal attributes for developing their skillset.

Having access to sport, work experience and training were also seen as opportunities needed to develop their skillsets.

Many of the young people had experience in sports coaching, volunteering and leading sessions, which had allowed them to develop an ability to lead and design sessions. Others had also gained experience through working in customer facing jobs, which had developed their customer service skills.

Many of the young people attained interpersonal skills such as communication, confidence, organisation, teamwork and time management. However, they felt that insufficient importance was placed upon these transferable skills, meaning young people are unaware how valuable they are.

TOPIC 5: MONEY MATTERS



Young people shared that they had high concerns around the cost-of-living crisis, with particular mentions of the rising costs in mortgages, fuel and household bills. They were concerned about how this was currently affecting their lives, but also how this may affect them in the future.

The group shared that they had increasing concerns around education and the cost of accessing this, whether it be travel costs to and from college, the cost of the associated necessities to remain/progress in education or the actual tuition fees for Higher Education. They were also concerned about how they are or may be priced out of things previously affordable, for example, getting takeaways or buying new clothes.

Young people also showed concern around being able to get a job in the future.

TOPIC 6: SOCIAL MEDIA



Most of the young people had around 36 hours per week screentime. However, they felt like this was the norm amongst people of their age so did not feel like it was an issue. The most common social media apps they used were Snapchat, WhatsApp and TikTok.

The young people discussed the permanent nature of social media posts and comments, and how you could be held accountable for things posted by your younger self. It was discussed how it was becoming increasingly prevalent for people who are in the public eye to be held accountable for their actions, and discussed people being retrospectively punished for comments made online when they were younger and not in the public eye.

Conversation arose around whether this was fair, whether people's actions from when they were younger indicate who they are now and how posts on social media can affect personal reputation.

TOPIC 7: WELLBEING



Most of the young people agreed and recognised that there has been a decline in young people's mental health and wellbeing during and since the Covid-19 pandemic. They also discussed how many of their peers had not returned to youth activities since the pandemic and outlined that a common justification for this was that they had just 'got used to not doing'.

Young people stressed the importance of having more 'social time' in their sessions to 'connect' informally rather than it all being activity based. Young people spoke about the greater need to connect to trusted adults in their Locally Trusted Organisation (LTO) to talk about their mental health. There were also comments surrounding locally trusted organisations needing more support to deal with the high prevalence of mental health issues amongst the young people, particularly due to the lengthy waiting times for mental health referrals.

The young people provided positive feedback regarding the 5 ways to wellbeing activity, which involves outlining how you are going to: connect with others, be physically active, learn new skills, give to others, and pay attention to the present moment. They commented on how they would feel confident doing this activity with their peers during sessions at their LTO. However, the young people associated the 'give to others' step with money, rather than giving their time or support to others. They did not always feel like they had enough to 'give'.