

Putting Children and Young People at the Heart of Planning

What do young people need and what gets in the way?

What do young people need to be healthy, happy and safe at HOME?

- Good parents who are supportive, patient, loving, caring and sympathetic.
- A good upbringing with role models, discipline and boundaries.
- Someone to trust.
- Good relationships and mutual understanding.
- Someone to talk to and emotional support.
- Security and stability.
- Holidays and to get out and about.
- A balanced diet that is healthy, filling and nutritious.
- Sports, hobbies and activities that support your development and identity.
- Television.
- Sleep.
- Personal space.
- A stable income for the family.
- Independence.
- A place to be young and carefree.
- Freedom of speech.

What do young people need to be healthy, happy and safe at SCHOOL/COLLEGE?

- Bully-free environments
- Supportive teachers that communicate with you, that you can trust and talk to.
- Choice and freedom.
- Friends.
- To be included, to feel equal and listened to.
- To be learning the right stuff you need for your future.
- To feel safe and comfortable.
- Enough resources for everyone.
- Help transitioning.
- Chances to consider the future – to feel that opportunities are limitless.
- Support for exams and exam pressure.
- Sports with equal access for all.
- Cultural opportunities with no barriers of cost.
- Healthy but filling canteen food.
- Mental health support that is freely available.
- A place to go when you feel unhappy.
- PSHE that is up-to-date and inclusive in every school.

What do young people need to be healthy, happy and safe in the COMMUNITY?

- Good local services including sports and recreation.
- Safe places to meet.
- To be trusted and feel welcome.
- Services that are aware of racism.
- Everyone is helpful and positive – social supports.
- Work opportunities.
- Less hassle.
- Friendly neighbours.
- Green spaces, a clean environment and clean streets.
- Street lights.
- Strong police force.
- Somewhere to go and things to do and youth groups.
- Youth workers online.
- Sports clubs and facilities at low or no cost.
- Holiday activities.
- Support not punishment for young people who take drugs.
- Alternative places to stay if there's a problem.
- To feel part of the community.

What gets in the way at HOME?

- Poverty and money problems.
- Bad parents/no parents.
- Lack of trust – too many rules.
- Not being understood.
- Poor quality housing – damp housing.
- No room for creativity.
- Feeling isolated.
- Bad habits.
- Not being safe – not feeling safe.
- Being left on your own.
- Lack of emotional support and poor communication.
- Stigma of being involved with social work.
- Exam pressure.
- Bad choices.
- Lack of privacy.
- Low self-esteem and low confidence.
- Not being loved.
- Being taken out of your area or Local Authority means being taken away from friends and school.
- Being homeless at 16.

What gets in the way at SCHOOL/COLLEGE?

- Bullying.
- Worrying about problems at home.
- Unrealistic expectations.
- Cost of resources, things you need for school or college.
- Lack of support from home or teachers.
- Poverty.
- Exam stress and pressure.
- Transitions – from primary to secondary or secondary to College.
- Not liking or respecting your teacher.
- Being judged by people.
- Low self-confidence.
- Differences in some education between religious and non-religious schools.
- Overcrowding – not enough teachers.
- Poor, uninteresting PSHE.
- Lack of information about opportunities.
- Teachers or Lecturers that give up on you.
- Drugs and alcohol in your life.
- Discrimination because you are from a particular community, gender or sexual orientation.
- Not enough teaching of life skills.
- Lack of awareness of wider beliefs and religions.

What gets in the way in the COMMUNITY?

- Poverty affects life.
- Not feeling safe – violence.
- Feeling unconnected – not knowing anyone.
- Nothing to do.
- Services that are not so good in disadvantaged areas.
- Lack of opportunities.
- Cost of facilities.
- Awful GP.
- Crime.
- Stigma about sexual health services and a lack of knowledge about them.
- Youth groups not running in the holidays.
- Lack of funding for youth work.
- Discrimination.
- Anti-social behaviour.
- Dirty streets – doesn't feel like a nice area.
- Feeling threatened or unsafe.
- Police hassling young people.
- Blades and dirty needles in public places.
- Gangs – scared of them and getting involved with them.