**Hull’s Big Physical Activity Conversation** - **Young Peoples Edition**

**Group Facilitator Feedback Form**

***Link to online version of form:*** [***https://online1.snapsurveys.com/Interview/4a49ae57-2b4a-4e5b-b7c4-f40209f4c104***](https://online1.snapsurveys.com/Interview/4a49ae57-2b4a-4e5b-b7c4-f40209f4c104)

*Please share key feedback from your discussion group using the form below:*

**About Your Session:**

**Q1. Today’s Date**

**Q2. Name of group/organisation who were involved in the discussion session:**

**Q3: Name of the group facilitator:**

**Q4. Approximately how many young people took part in your group discussions:**

**Defining Physical Activity**

Q5. **What were young people’s general understanding of physical activity?**

* W*ere some YP surprised by what counts as physical activity?*
* Were young people surprised at the CMO guidelines?
* Please share any relevant quotes or examples from your discussions.

**How active are you?**

**Q6. Count up from the continuum activity - how many young people are currently active for:**

* *0 days 1 day 2 days 3 days, 4 days, 5 days, 6 days, 7 days per week*

**Q7. How many young people wanted to be:**

* *More active, less active, stay the same*

**Q8.** 📸 **Please upload a photo of your continuum with the YP’s labels and arrows on**

**Q9. Please tell us a little about whether those who are currently less active (i.e. only active typically 0-3 days per week) generally wanted to be more or less active than they are now**

**What do you enjoy doing that is physically active? (Pictonary)**

**Q10. In summary, please tell us which activities young people shared that they like to do that are physically active.**

* *Going for a walk*
* *Walking the dog*
* *Play*
* *Going for a bike ride*
* *Going out on my scooter*
* *Play Sport (Joe please add a drop down of most common sports + other)*
* *Dance*
* *Fitness activities (going to the gym/work-out)*
* *Other, please specify:*

**Q11. Please use the drop-down list below to share how many times each reason was written down as a motivation for being active (*eg to spend time with friends – 5 young people said this)***

* Joe please create a drop-down of common motivations (using list on slide 10 plus other, please specify option

**Q12. Please share additional feedback from this activity about what YP enjoy doing and why they like doing that activity (Please also collate all the information from the post it notes)**

* Share any relevant quotes or examples from your discussions.

**Q13. 📸 Please upload any supporting photos of the post it notes and pictures**

**What stops you from being as active as you would like to be?**

**Q14. Please use the drop-down list below to share how many times each barrier was written (*eg Cost – 5 young people had it as one of their barriers*)**

* Joe please create a drop-down of common barriers to sport (using list on slide 12 plus other, please specify option

**Q15. Please detail the ideas and information that young people shared as potential solutions to remove some of the barriers**

**Q16. 📸Please upload any supporting photos of the jenga walls (with labelled barriers as visible as possible)**

**Active Places**

**Q17. Please count up and share below the number of dots on each ‘place’ where young people shared they would like to be active**

* At Home
* Youth Club
* School/College
* Parks
* Local roads & pavements (for walking & cycling)
* Swimming Pool
* Leisure Centre
* Gym
* Sports Club
* In the outdoors/countryside
* The Beach
* Other, please specify

**Q18. Please also share any key points from the Active Places discussion and any specific examples that young people shared (e.g. please share any observations of what YP shared about who or what prevents them from being active in some places and what else is needed in Hull)**

**Light Bulb Task**

**Q19. 📸Please upload a photo of the light bulb poster at your session**

**Q20. Please share below any other ideas or comments shared by the group**

**Thank you**