

Walking to school is our only physical activity
Does it have to be formal to count as physical activity?
Does dance, drama, cycling, walking counts?

'People like me'... we need more rolemodels + hear about people's journey

Young people don't like competition from traditional sport but they get stuck in & really competitive. When no pressure...dodgeball one lad just played tennis. No friends go... no family...just want to get good at it

Young people are not in charge of their circumstances

The dynamics, culture & behaviours of young people across the city are totally different... + different relationships exist.

Summer months are better for families... there's lots of activities + places to get free food. Plus the pressure to heat the house is not there...

Winter months are tough.

WHAT WHERE HOW

SUCCESS + POSITIVE ENGAGEMENT LOOKS DIFFERENT

Young people should decide what they do + dip in & out

FREE PASS + YOUTH TIME

Let youth staff lead activity + connect to wider life stuff.

Provide transport

in parks, sports sessions, leisure centres

PARKS
BUT NEED TO BE SAFE

Informal (dodgeball)

Youth centres

Larking out

Leisure centres

X NOT AT HOME or IN CITY CENTRE or SCHOOL

- Workshops
- one2one
- Conversations
- surveys
- activities

MOTIVATORS + ENABLERS

Right offer & transparent information

Having fun Socialising Feeling good Developing skills

Having friends there... knowing people

Smaller groups for SEND young people

Taster sessions

Reduce stress

Cost... household spend heating & eating
Sweat & Smells... issue from a sensory perspective
Self harm & removing cover
Peer pressure
Non-competitive nature
Fear of failure
Body image (particularly 14+)
Confidence... don't feel good so don't try.
Intimidation
Exposure... Social construct