



Active Listening

with young people

Hull's conversation about physical activity

We are working together to understand how people in Hull can engage in more physical activity. The benefits of Physical activity are well documented and have a profound impact on physical and mental health. However, there are also a host of reasons why somebody is inactive. It is important we understand what drives people's current levels of activity so that as a city we can make changes to create a healthier environment for people to be active and reach their potential.

StreetGames role is to engage young people, aged 11 - 18 years old, who are less likely to be physically active, to gather a range of views around young people's:

- PERCEPTION of physical activity.
- Current ACTIVITY LEVELS and barriers
- FUTURE of physical activity.

We will do this in creative and diverse ways, working alongside trusted adults and steered by young people.

Youth Led!



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X StreetGames





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Interested in working with us?

Contact Kate Roberts kate.roberts@streetgames.org



Our plan...*

Jan '25

Reach out to trusted organisations to shape the approach to meet the diverse needs of young people.

March'25

Continue and finalise engagement activities.

May'25

Synthesis insight and develop a report and present initial learning with partners and young people.

Feb '25

Engage young people, including: peer research, surveys, workshops, events.

April '25

Review insight and present and test initial learning with partners and young people.

June '25

Collate insight alongside learning from adult and child populations (ongoing work of partners)

July 2025

Submit proposal to Sport England for potential investment in Hull.

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Resources

Free resources coming soon!

Send us an email to express your interest and we'll make sure you're upto date with the latest updates.

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