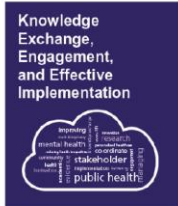


Having a say: exploring youth perspectives on health, wellbeing and connecting with local services.

Dr. Sara Southall, Lancaster University



Why focus on young people?

- Universal
- Rapid change
- Immediate & longer term health consequences
 - Foundations for health
 - Establishing inequalities (PHE, 2014)



Role of youth participation

- “Second decade, second chance” (WHO, 2014)
- Recommendations
 - Youth-friendly services
 - Youth participation
 - Co-production



Public Health
England



World Health
Organization

NICE



guideline

However....

- If, how and where should be done
- Challenges
 - Local service changes and cuts
 - Youth culture
 - Wider culture
 - U.N. Committee on Rights of the Child

Research aims

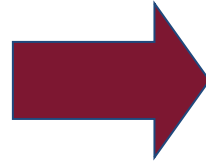
- Explore youth perceptions of
 - Having a say about issues important to them
 - connecting and working with local services and organisations supporting youth health and wider wellbeing
- Explore influences shaping youth participation at local level



Study design

Data gathering

- Systemic inquiry
- Young people
 - Sample
- Local services and organisations
- Further data sources



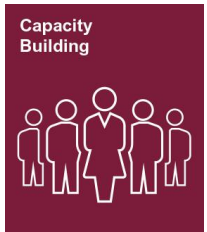
Data analysis

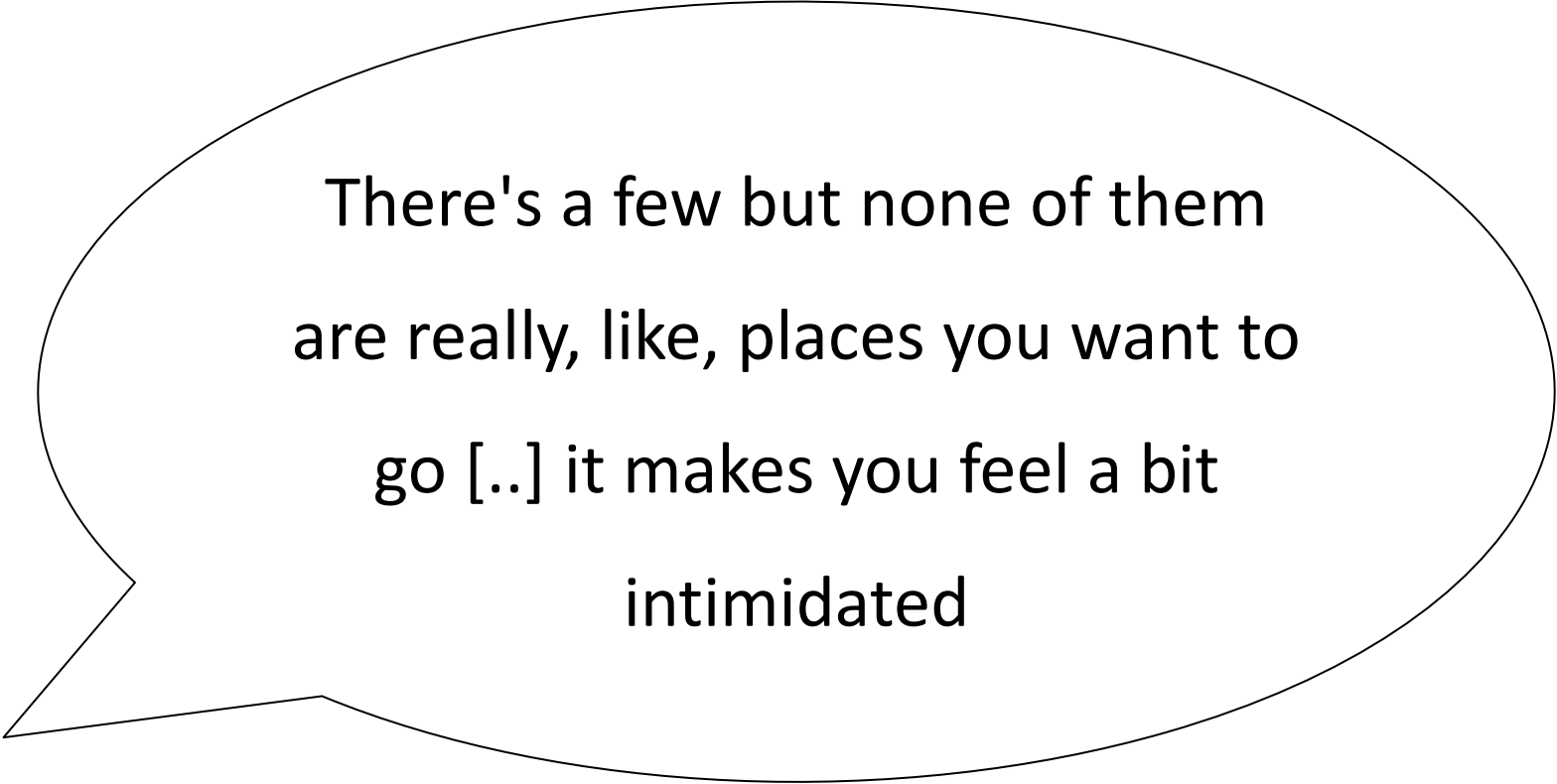
- Qualitative
- Systems analysis



Progress and early findings

- Progress to date
- Issues raised by young people
 - E.g. mental health
 - Defining
 - Changes
 - Support

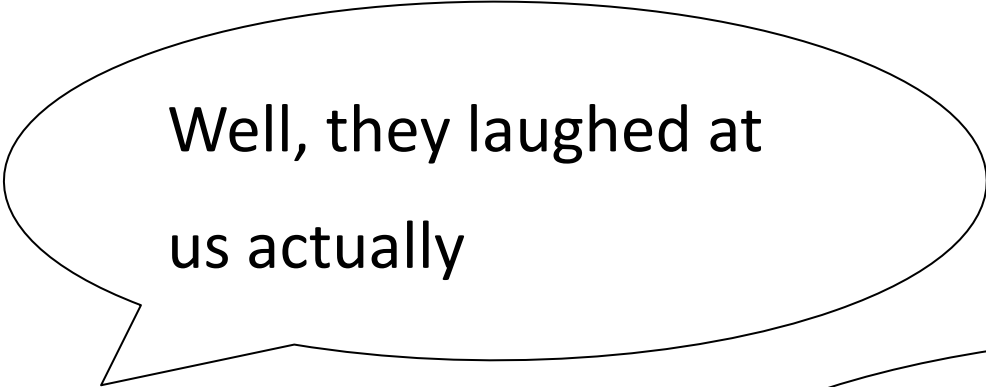


A black-outlined speech bubble with a tail pointing towards the bottom-left corner. The text inside is centered and reads: "There's a few but none of them are really, like, places you want to go [..] it makes you feel a bit intimidated".

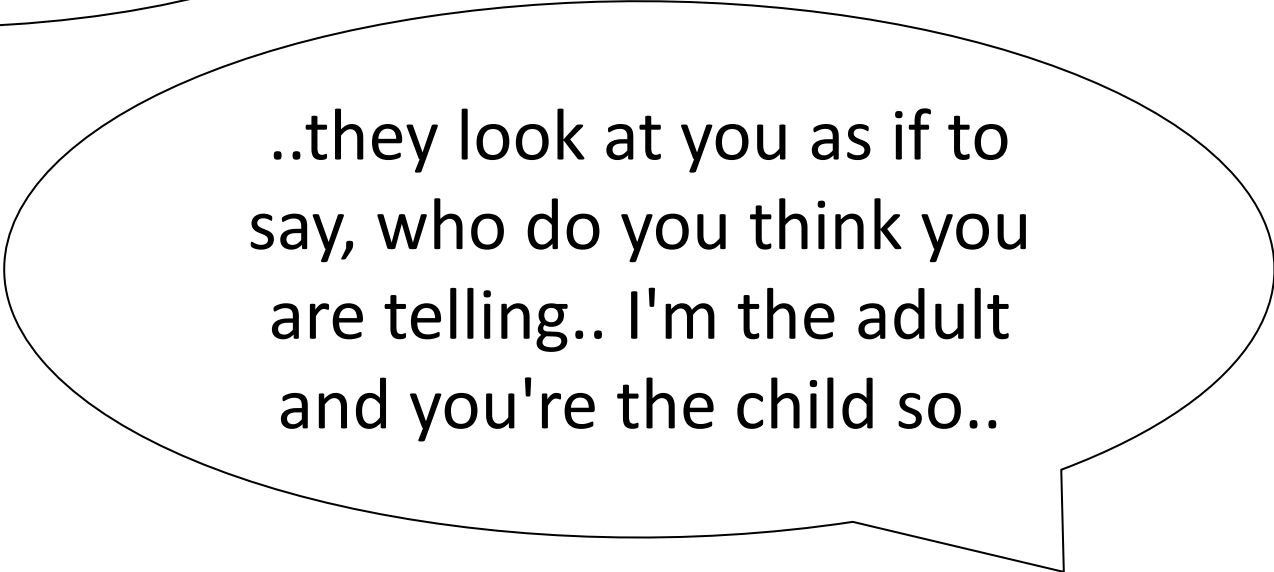
There's a few but none of them
are really, like, places you want to
go [..] it makes you feel a bit
intimidated

Views on participation

- Trust and respect
- Trusted adults
- Access to formal routes
 - Getting there
 - Session design
- Formal/experienced vs. everyday spaces/less experienced routes



Well, they laughed at
us actually



..they look at you as if to
say, who do you think you
are telling.. I'm the adult
and you're the child so..

Wider influences

- Changes and funding cuts
 - Relationships
 - Collaborations between services and organisations
- Timescales



Conclusions

- Remaining analysis
- Early impressions
 - How and where work with young people
 - Trust
 - Flux
 - Inequalities
 - Wider goals of youth participation
 - Valued and feel able to influence change?



Thank you for your time

Questions or advice welcome

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The views expressed are those of the author(s) and not necessarily those of the NHS, the NIHR or the Department of Health.