



YOUTH ADVISORY COUNCIL (aka YAC!)

Meeting #4, Tuesday, November 14th: SUMMARY

1. Welcome – thanks again for taking part in the YAC!



2. Physical activity role models

Not only was it great to hear WHO your physical activity role models were but also WHY you chose them. Here are some of the reasons you gave:

- Skill
- Values (what they stand for/ believe in)
- Ability / willingness to rise to the challenge
- Overcoming adversity (courage & adaptability)
- Passion (to succeed)
- Good to be around

3. Physical Activity Survey discussion – The hurdles we face and how to jump over them...cont.

Continuing on from our previous meeting we looked at some of the 'hurdles' that can stand between children & physical activity, we asked you to take a few minutes to think about a couple of the hurdles we didn't get to last time and to come up with ideas about how we can make it easier for kids to jump over them. The hurdles were:

1. **Not too hard, or too easy, but just right:** this is about providing just enough challenge to make you want to try/do an activity so that you're neither bored nor too scared. Where this 'just right' sits will be different for everybody but here are some of the excellent ideas you came up with that can apply to everyone:
 - Provide support (e.g. friends & family help build confidence)
 - Offer a 'safe' environment (where you don't feel embarrassed if you try something but can't do it)
 - Offer different levels of an activity to create a step-wise path to improvement (whatever your level)
 - Set goals (don't expect to be great at something straight away)
 - Adopt a RAZ mind
 - Having friends around can make it more fun
 - If you're finding something too easy, spend some time teaching/helping someone else (often this is also a good way to find out that you don't know something as well as you thought!)

....cont/



3 Cont....Physical Activity Survey discussion – The hurdles we face and how to jump over them...cont.

2. **Where to go?:** This was about identifying some of the places you love (or would love) to go to but can't go on your own, either due to reasons such as safety, or because you need someone to help you get there. Some of the places you mentioned were: the beach, rock climbing, mountain biking and swimming in the lake. So because there are activities you would like to do but can't do/get to on your own, it's important (for everyone) to realise that there may be other opportunities for play and activity that can be accessed.

These were your ideas:

- Make the most of school grounds during weekends
- Just go outside!
- Teachers could make more of an effort to get involved and lead by example
- Be aware of what is available nearby

3. **Physical activity people:** This was about considering how the responses and actions of others can have a significant impact on a child's approach to physical activity & their confidence to try. You all had some insightful experiences to share – thank you.

We then went on to ask if you thought everyone did/should have someone in their lives who has a positive influence on them with regard to physical activity. Teachers, parents/family, friends, and role models were some of the examples you came up with but you also noted that the type of encouragement or influence that you need from others can vary over time.

On a closing note you mentioned that “everyone has the opportunity to influence someone”. This is SO true & something that we should all make an effort to remind ourselves of and use the influence we have to make a positive impact on others. GREAT STUFF!!



4. Next meeting & goodbye

Next meeting we would like all of you to have written down one great idea that you think could be useful to get kids to be more active – remember to think back to all the discussions we have had during our meetings and all the best ideas we have talked about and be as detailed as you can.

We look forward to seeing you in December!

