



## YOUTH ADVISORY COUNCIL (aka YAC!)

### Meeting #2 - Tuesday, September 19

### SUMMARY & KEY FINDINGS

#### 1. Welcome - it was great to see you again!



#### 2. Impact of YAC so far...

We asked if being a member of the YAC had changed something you do, or the way you think or feel? You responded by saying that you were:

- More aware of the amount of activity that you are doing
- Understand some of the reasons why other people aren't active
- Notice that the same games are played during PE at school
- Realise that some kids find it hard to be active every day

#### 3. Physical Activity Survey discussion

Comments around "What is physical activity?" You said:

- "It's not just sport, it can be anything" - so true!
- When asked what words you think get used the most when people talk about physical activity, you said: sport, fitness, exercise, health, moving around
- One YAC member mentioned that students at her school expected only sport /ball sport activities during PE lessons. Other types of physical activity e.g. dancing were not well -liked and students tended to find excuses not to participate.

Comments around "Why do kids do PA / why is it important?"

- You agreed that these questions were important because some kids don't just do PA to be competitive (e.g. in a sport) but to be social with their friends. So by knowing & understanding these differences it should be possible to get more kids involved by offering PA in ways that appeal to them.
- You also said that the way in which activity is perceived (looks) is important so promoting the 'fun' aspect of physical activities/events should help get more kids involved.
- Social aspects of PA participation is important for both girls & boys



### .....Survey discussion continued:

#### Comments around “What do kids enjoy /How do kids feel about PA?”

- We agreed that this links in with the previous question “why kids do PA?” and the fun/social aspects of participating in PA.
- We also talked about activities that you do on your own (e.g. these included boxing, golf, running/training) and why you like it. Your responses included:” because it’s challenging & represents ‘time to yourself / downtime’; it’s a release from stresses (that tend to increase throughout teens).”
- In addition to organised sports we spoke about some of the activities we do on our own that don’t rely on help or involvement from anyone else.
- These were some of the activities that you said you like to do by yourselves: Riding your bike, walking, dancing, gymnastics, running, soccer, basketball, netball, trampolining, skipping, hand ball.

#### Comments around “What encourages kids to be more active?”

- You said that self-confidence and getting encouragement, specifically from friends was very important as well as the environment e.g. having the right kind of space to be active in such as a garden or park nearby.

#### Comments around “How does confidence impact the activities kids do?”

- You thought that having support from parents or others close to you (whom you trust) can give you the reassurance you need to try to do something which then helps to build your confidence.
- We also talked about occasions when a lack of confidence prevented (stopped) you from trying to do something and/or when the situation you were in made you feel nervous which impacted your performance. Examples you gave included:
  - Jumping over high hurdles
  - Running with people who are faster
  - Sports day events
  - Trying to do something for the first time when everyone else has done it before
  - When people are watching you do something that they are expecting you to do well (but then you don’t!)
  - Being the youngest in a group
  - Doing back flips
  - Swimming



## .....Survey discussion continued:

Comments on “What activities do you not like doing”? For you, these included:

- Rough sports
- Golf
- Activities that are not challenging
- Gymnastics
- Soccer/football
- Running



Comments on “What things stop kids from being active”?

- You agreed that this heading relates to questions about what kids don't like doing....
- Other points we discussed earlier in the meeting would also contribute to this e.g. lack of support, lack of confidence, lack of space/opportunity.

Comments on “Who kids are active with & who influences kids to be active or to not be active?”

- Your biggest influencers were: Mum, Dad, Friends, Family, Self & PE teacher.

Comments on “Places where kids are active” – including access to safe places.

- We asked how far you were allowed to go from your house on your own. Your responses included:
  - Garden only
  - School (via bike)
  - Around the block
  - School
  - Down the street
  - Across the city
  - Depends on the purpose & whether meeting up with friends



## 4. YAC ideas

### Amy's presented her idea for a National Fun Week!

She suggested different competitions for each school level – along the lines of a sports day (but different). Points would be awarded to classes based on participation as well as performance/winning. At the end of each day/the week, the class with the most points would get some sort of prize. It was also proposed by one of the other YAC members that different leaders could be nominated for each class on each day. We look forward to hearing more!

### When we asked you to think of one thing we can do to get kids who don't normally like to be active, to join in, you said:

- Provide more area for kids to play
- Let kids choose the games
- Emphasis on fun & participation & NOT on winning
- Prizes
- Variety
- Novelty
- Focus on participation
- Awards for attitude



## 5. Key messages

- It's important to remember that activity preferences (what you like) varies from person to person so not everyone likes the same activities!
- All agreed that friendship and social aspects of being active are big motivators (reasons) for participating in PA.
- Having parents or friends who encourage or give you support to try new activities is important for building self-confidence.
- Having a safe space in which to be active is very important.
- Also, most of you said that family, particularly Mum & Dad were a big influence on whether you were active, in addition to yourself and your friends.

-----  
**Thanks again for taking part and sharing your ideas! We look forward to seeing you again on October 17!**