



Voice, Influence
and Change Team



SURVEY REPORT

Your Health Matters: You're
the Best at Knowing You



Leeds Youth Council
Campaign Group

THE GROUP

The Leeds Youth Council Campaign Group was formed in May 2022 and consists of 18 young people aged 10-18. The group meet in person on a monthly basis to develop a campaign around the top voted issue from the Make Your Mark Ballot, the largest youth consultation in the UK. 'Health and wellbeing' was voted as a national and local priority, receiving a total of 5546 votes in Leeds.



The Survey

The group developed three aims for the initial stages of their campaign:

- To explore what health and wellbeing means to young people in Leeds.
- To find out what needs to change for young people in Leeds.
- To explore possible solutions to bring about change for young people in Leeds.

To achieve their aims, the group put together a consultation survey for young people aged 9-18 (up to 25 with SEND) who live in or go to school in Leeds.

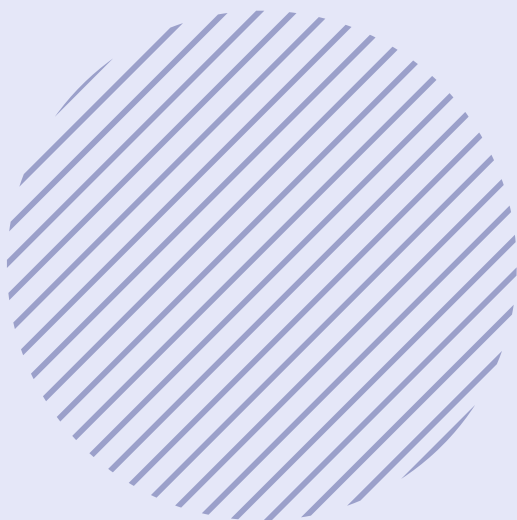
They distributed the survey in the following ways:

- Online via email to schools / colleges, as well as contacts on the Voice, Influence and Change team's network.
- Online via posts on the Leeds Youth Voice social media platforms.
- In person via hard copies at schools and youth groups.
- In person via hard copies at the SENate event for young people with SEND.

The respondents were given a choice of 14 issues relating to Health and Wellbeing and asked to vote for the one they felt was the most important. They were asked to share their ideas for how to address the issue.

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THE RESULTS



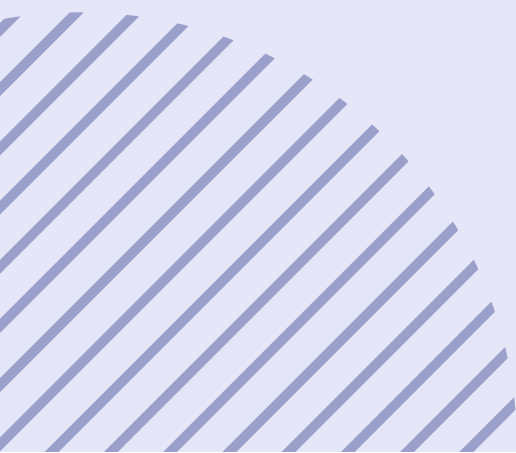
A total of 853 surveys were completed. Some young people selected more than one issue, resulting in a total number of 1121 votes. The results were analysed so the issues could be ranked based on their importance to young people in Leeds. Key themes were identified surrounding possible solutions to bring about change.

Issue	Number of Votes	Percentage of Votes
Exam Stress	158	14.1%
Raising Awareness of Mental Health Services	142	12.7%
Vaping	137	12.2%
Discrimination	126	11.2%
Body Confidence	121	10.8%
Child Sexual Exploitation	95	8.5%
Sporting Activities	59	5.3%

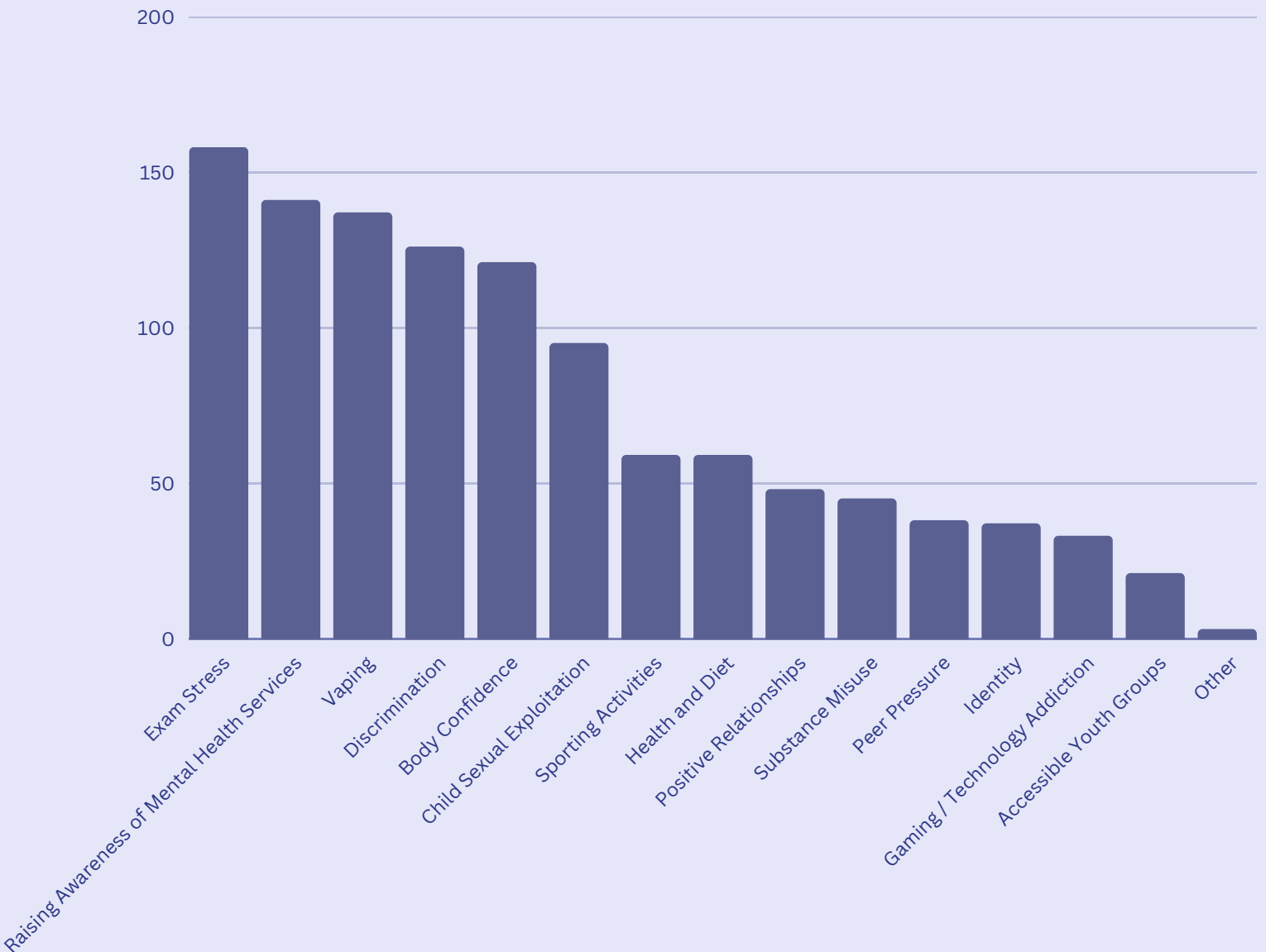
THE RESULTS

Issue	Number of Votes	Percentage of Votes
Health and Diet	59	5.3%
Positive Relationships	48	4.3%
Substance Misuse	45	4.0%
Peer Pressure	38	3.4%
Identity	37	3.3%
Gaming and Technology	33	2.9%
Accessible Youth Groups	21	1.9%
Other	3	0.3%

The table shows the issues, as well as the number of votes and the percentage of votes received.



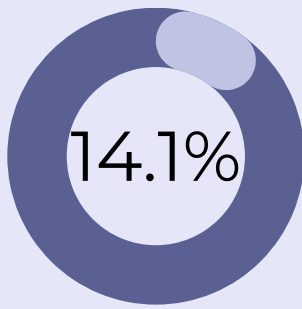
THE RESULTS



The graph shows the number of votes cast for each issue. Exam stress was voted the most important issue for young people in Leeds, with 158 votes.

Raising awareness of mental health services was voted the second most important issue, with 142 votes and vaping was voted the third most important issue, with 137 votes.

EXAM STRESS



Exam stress was voted the most important issue for young people in Leeds, with 14.1% of votes.

“

Try to make everyone calm and don't rush them by saying "You've got your mocks/GCSE soon." This can make the student even more tense and anxious about the exam.

”

“

Schools should present more relaxation things so we can feel calm before exams.

”

“

Having preparation techniques to feel content or at ease with exams that are upcoming.

”

Key Themes

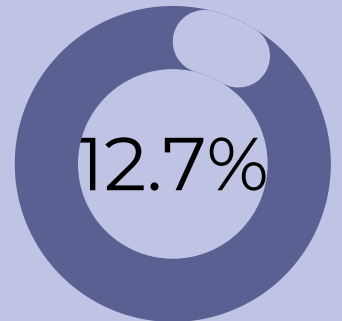
Preparation support including revision techniques alongside allocated time to learn specific strategies and practice using them.

Support to manage emotions including stress and anxiety, as well as the teaching and use of calming strategies / relaxation techniques.

A shift in the way in which exams are spoken about, involving more positive approaches, as well as allocated time to speak with adults.

RAISING AWARENESS OF MENTAL HEALTH SERVICES

Raising awareness of mental health services was voted the second most important issue for young people in Leeds, with 12.7% of votes.



Key Themes

Increased advertising regarding mental health services through, for example, social media campaigns.

Schools to talk openly about mental health on a regular basis through, for example, group work and teaching sessions.

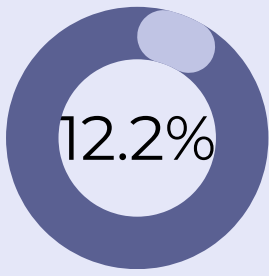
Schools to invite mental health charities to speak to students about their services.

“ Within schools, assemblies should be held by each of the mental health services, with the details surrounding them in it. ”

“ More group sessions and lessons around this subject. ”

“ More advertising and have schools talk about it more. Have people come into school, who work in these services and explain what it helps people with. ”

VAPING



Vaping was voted the third most important issue for young people in Leeds, with 12.2% of votes.

“

Educational assemblies and seminars could be held in high schools and colleges in order to help educate teenagers on the dangers of vaping and other chemical dependencies.

”

“

Deter young people from wanting to vape. currently seen as 'cool' but I do not think many people really know what goes inside a vape.

”

“

Try stop 12-16 not to be able to get vapes and do campaigns at school to help.

”

Key Themes

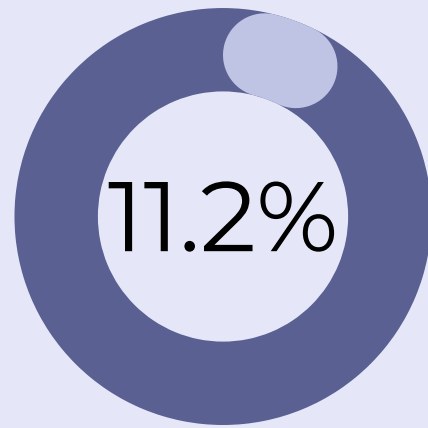
Reducing accessibility to vapes through tighter restrictions in shops and schools.

Increasing education surrounding the negative impacts of vaping on individual health and on the environment.

Vaping to be made less appealing to young people through packaging and advertising.

DISCRIMINATION

Discrimination was voted the fourth most important issue for young people in Leeds, with 11.2% of votes.



“

Teaching young children (in primary schools) about different cultures so it becomes the norm to them.

”

“

Teach more in school and bring in speakers to share their experience.

”

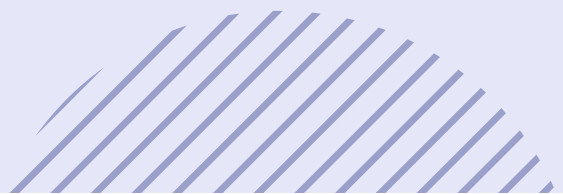
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Talking openly and allowing discussions about discrimination in a safe school environment. Drawing boundaries and actually teaching people what should and shouldn't be said.

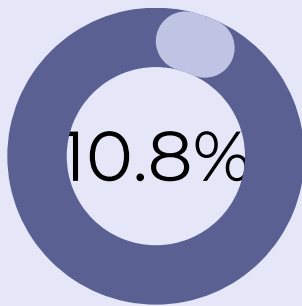
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Key Themes

Raising awareness through open discussions, as well as more education in schools starting at a younger age.



BODY CONFIDENCE



Body confidence was voted the fifth most important issue for young people in Leeds, with 10.8% of votes.

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Schools could have a lesson on confidence and self esteem to teach people how comments affect others, and we should also see other individuals that have faced these issues so that the children who may be suffering feel understood.

”

“

Look at everyday aspects of life that promote unrealistic beauty standards for men and women, how to spot them and why they're unrealistic.

”

“

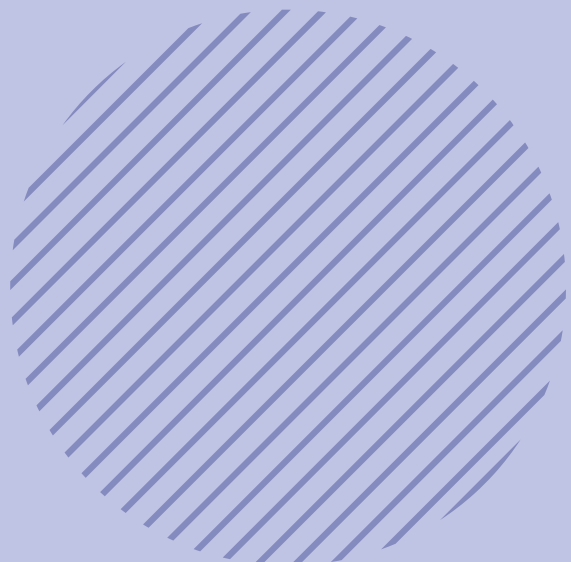
Advice on how to feel good in your own body in schools and PSHE lessons.

”

Key Themes

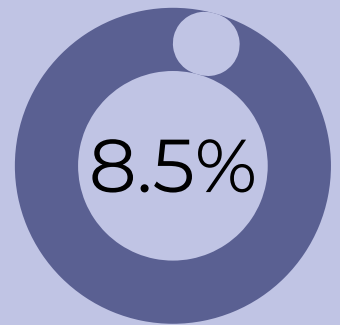
Use of social media, personal stories and education in schools to raise awareness of individual differences and realistic bodies.

Have open conversations about body confidence and give compliments to communicate acceptance.



CHILD EXPLOITATION

Child exploitation was voted the sixth most important issue for young people in Leeds, with 8.5% of votes.



“ Greater awareness spread, as well as information about how to spot and deal with it. ”

“ Make people more aware of how to contact and talk to people that they trust in a safe environment. I would have websites and services that help you talk to someone anonymously or in person. ”

“ It is important to educate children on how to stay safe if they are ever in a position of feeling in-danger. I think it should be brought it more in schools not just in PSHE as I believe it is not talked about enough. ”

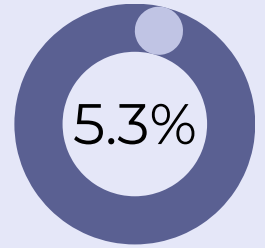
Key Themes

Awareness raising and information giving, particularly in terms of how to identify signs of exploitation and what to do if signs are identified. Safe spaces are needed for open conversations with trusted people.

SPORTING ACTIVITIES



Sporting activities was voted the seventh most important issue for young people in Leeds, with 5.3% of votes.



“

Get more schools to add more extra curricular activities and variety of sports.

”

“

Some people like sports which aren't available in their local area so we should increase the amount of sport in our local area.

”

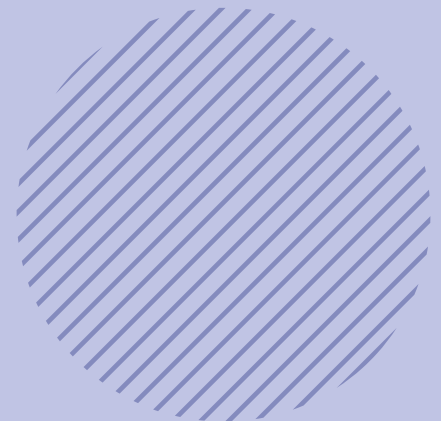
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Start to advertise current clubs more and maybe make new clubs for new sports locally.

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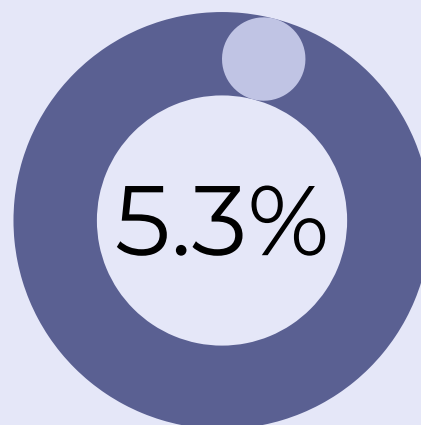
Key Themes

Increase the accessibility of activities available in relation to the amount on offer, their location and their cost.



HEALTH AND DIET

Health and diet was voted the eighth most important issue for young people in Leeds, with 5.3% of votes.



“

Place discounts on healthy foods and provide more healthy options within schools e.g. pre-made salads, wraps etc.

”

“

'You could have healthier options at schools.

”

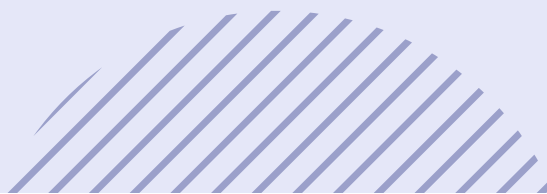
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Healthy eating month across Leeds, campaign at local supermarkets, cheaper options, raise public awareness, influence people with power, campaign online.

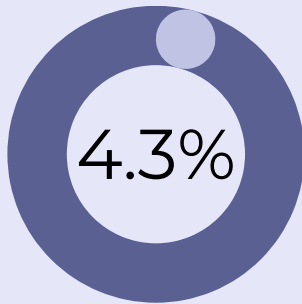
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Key Themes

Increase the availability of healthy food options and decrease the amount they cost.



POSITIVE RELATIONSHIPS



Positive relationships was voted the ninth most important issue for young people in Leeds, with 4.3% of votes.

“

It is important to help people learn how to build positive, healthy relationships through workshops or lessons.

”

“

More information and education, understanding

”

“

We need to know what it means to have positive and good relationships around you.

”

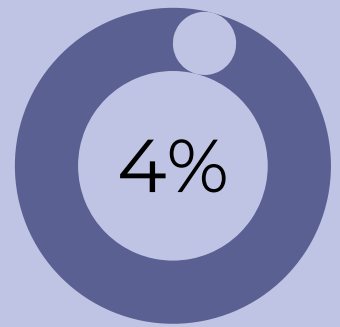


Key Themes

Education surrounding positive relationships.

SUBSTANCE MISUSE

Substance misuse was voted the tenth most important issue for young people in Leeds, with 4.0% of votes.



Key Themes

Education surrounding the impact of drugs and alcohol, especially on health and well-being. Schools to have more strategies in place to identify students in possession of substances.

“

Tell people the realistic outcomes of substance misuse, not just the extreme situations that can be negated by other people.

”

“

Have more visits to schools teaching the effects and consequences of different substances.

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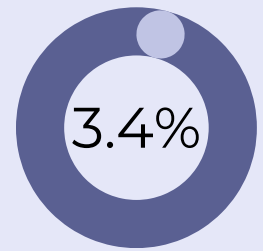
“

Many of my friends are struggling with their mental health and their first resort is drugs... I think you need to find the main problem and take all students for counselling sessions.

”

PEER PRESSURE

Peer pressure was voted the eleventh most important issue for young people in Leeds, with 3.4% of votes.



“

Peer pressure now comes from need to fit in - people need educating on knowing what they want and not their friends.

”

“

Providing advice and promoting to respect people.

”

“

Just talk about the right and wrong and how not to go in the wrong direction.

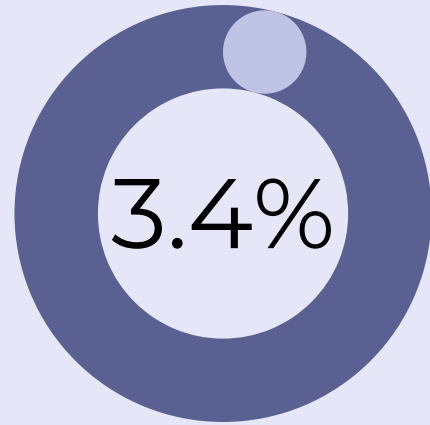
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Key Themes

Education surrounding peer pressure.

IDENTITY

Identity was voted the twelfth most important issue for young people in Leeds, with 3.4% of votes.



“

Try and implement more programs to help young people discover things they like and dislike to give them some sort of consistency in terms of their identity from which they are then able to find out more about themselves and their identity.

”

“

School to teach everyone that it's ok to be different, need to understand all humans with own identity.

”

“

Educating people on the issues and making it more available to research and reach out when you have issues with it as well as people learning about parts of identity early on in school so people don't feel like they are weird for being different.

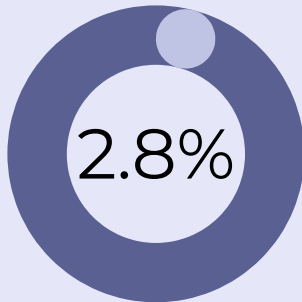
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Key Themes

Education surrounding identity.



GAMING / TECHNOLOGY ADDICTION



Gaming / technology was voted the thirteenth most important issue for young people in Leeds, with 2.8% of votes.

“

Creating reports around how gaming can affect your mental and physical health as well as talking about hackers, scammers and online cyberbullying. You could do this by doing talks at schools or making children's gaming devices more expensive to put parents off from buying them.

”

“

It is an addiction so support groups need to be in place.

”

“

Encourage time limits and more youth group opportunities.

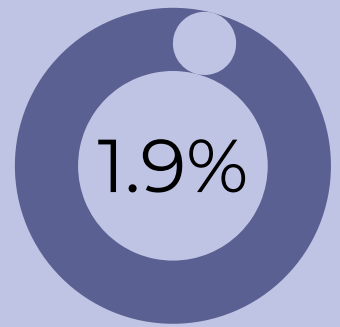
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Key Themes

Limit time spent on technology, encourage alternative activities and help young people understand the negative impacts of technology.

ACCESSIBLE YOUTH GROUPS

Accessible youth groups was voted the fourteenth most important issue for young people in Leeds, with 1.9% of votes.



“

Information available about different groups, transport and adults to support, more local opportunities available.

”

“

Incorporating local clubs into school's student news emails and letters would do a lot to increase visibility, as well as internet ads targeted at specific online spaces.

”

“

Wider advertising in more places.

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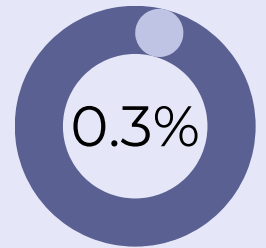
Key Themes

Raise awareness of the different opportunities available.

OTHER



Other issues were identified for young people in Leeds with 0.3% of votes.



“

Public transport - access to trams in Leeds.

”

“

More accepting schools who have LGBTQ+ groups so people feel comfortable with who they are.

”

“

Honouring parents.
Being lonely / outcast.

”

Key Themes

There were no themes identified.

