



Young Inspectors Sub-group achievements 2020

Introduction and background

At the start of the Forum year it was unclear what would be happening regarding the pandemic and whether the country would go into lockdown. We began training the Young Inspectors to carry out inspections of the C-Card condom distribution scheme, with a view to continuing the inspections of the School Nursing service and Sexual Health Service offered by Outpatients East. However, just 2 weeks into the training our sessions had to move to online and physical inspections could not take place.

With this in mind, the group shifted their focus to create a new campaign. Members of the group were mostly new Forum members so we spent time building relationships and supporting young people through the beginning stages of lockdown, which they were finding difficult. The group participated in a range of team building activities supporting the development of secure relationships, as well as keeping them engaged and entertained.

Following this period, the group worked on a range of pieces of work, which included: a survey gathering the views of young people about their lockdown experience and how they feel about the future, discussions about the Black Lives Matter movement and how young people have been affected and working in partnership with Kooth to deliver mental health workshops for young people.

Lockdown survey

Working in partnership with Barking, Havering and Redbridge University Hospitals Trust (BHRUT) the group worked in with other young people from Havering and Redbridge and created a survey to obtain the views and experiences of other young people during lockdown and what they were concerned about in the future. This collaborative piece of work proved to be useful on a number of levels. It was shared widely within the 3 boroughs, ensuring professionals had knowledge of the effects lockdown was having on young people and what their needs might be in the future. There were 1239 responses across the 3 boroughs, with 365 being Barking and Dagenham residents.

The survey was structured to include 5 common questions across all 3 boroughs, with the option to include additional questions personal to your borough.

The 5 common questions were suggested and agreed by young people, these were:

1. How are you feeling?

Why do you think you feel like this?

2. How have you been spending your time?

3. Have you worried about anything during the lockdown?

Tick all that apply

School/College/University

Mental health

Physical health

Money

Home life

Crime

Staying safe

Family

Friendships

Bullying

Communication

Other please say.....

Are you worried about anything in the future?

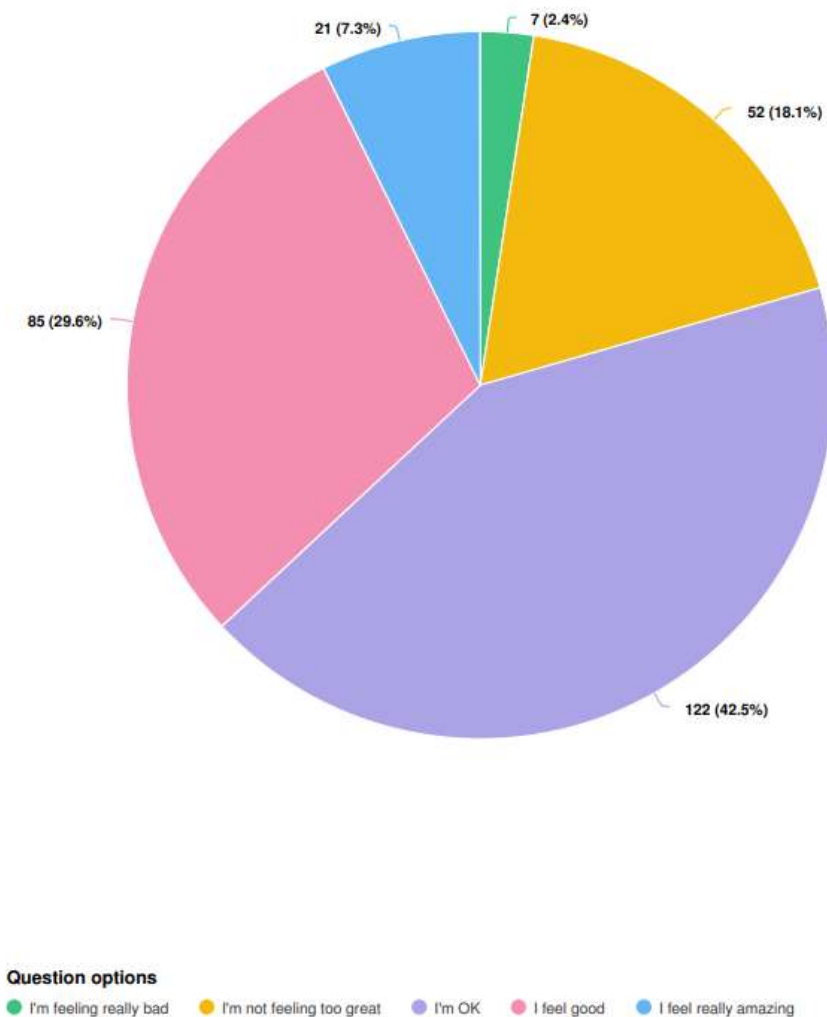
4. Has the lockdown period been positive or negative for you?

5. Has there been anything that you, your family or community have done that has been positive or helped other people?

In addition to this, Barking and Dagenham added one question asking if the young person was in care or a care leaver, and if so, how their experience of lockdown been.

Here's some information from the data we collated (specific to Barking and Dagenham respondents):

How are you feeling?



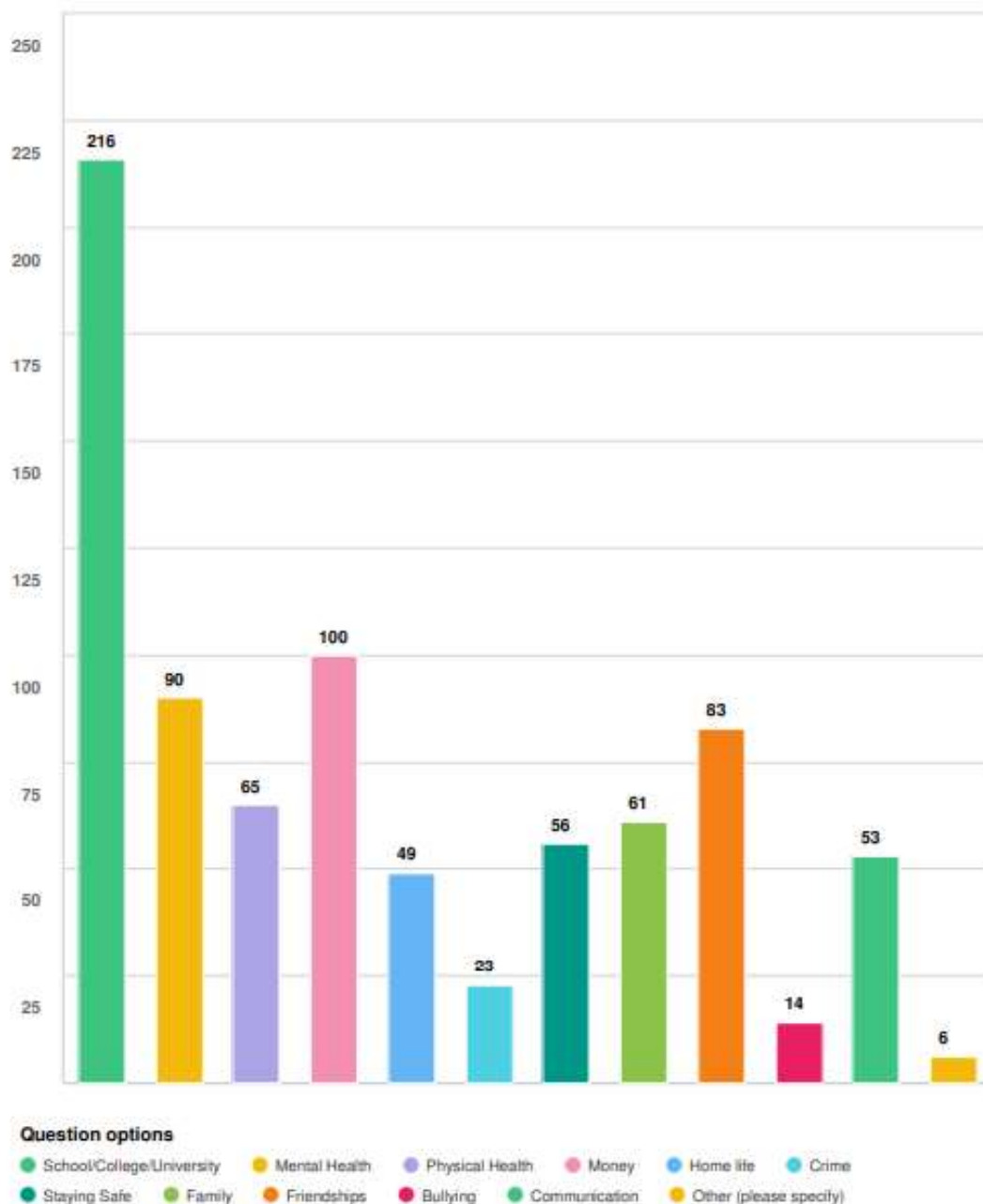
The majority of the responses ranged from 'I'm ok' to 'I feel really amazing' (79.4%), this was encouraging feedback.

There was an opportunity at the end of the survey for young people to ask for help if they felt they needed it. Youth workers e-mailed every person who indicated they would like some help and included some helpful information, as well as the offer of additional support if required.

Have you worried about anything during lockdown?

Education featured as the biggest area of worry for young people during lockdown.

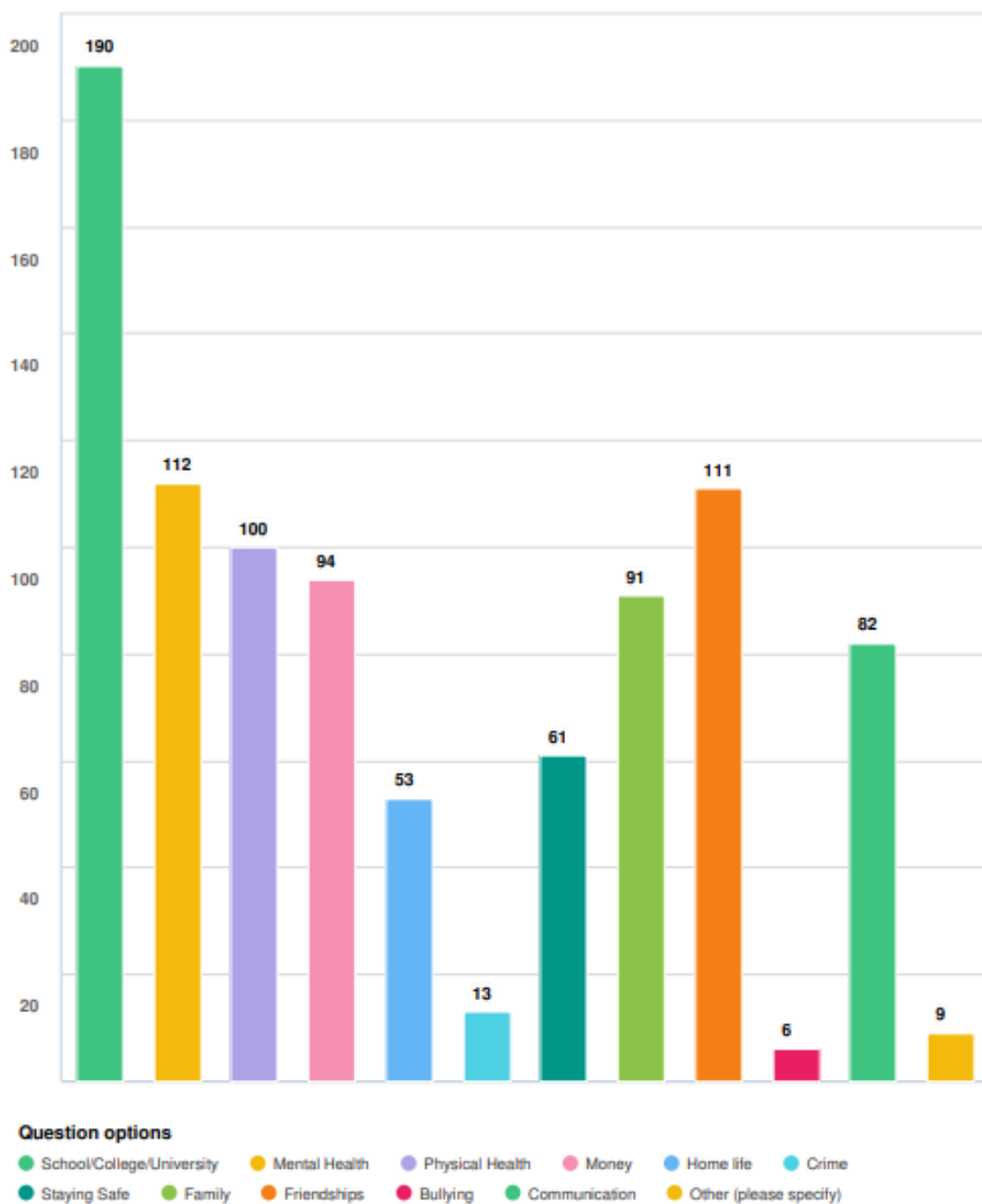
Our members reported difficulties with their education, some felt overwhelmed, others struggled to complete work alone without teacher support and others lacked motivation. Each of these contributed towards feelings of stress and anxiety.



Are you worried about anything in the future?

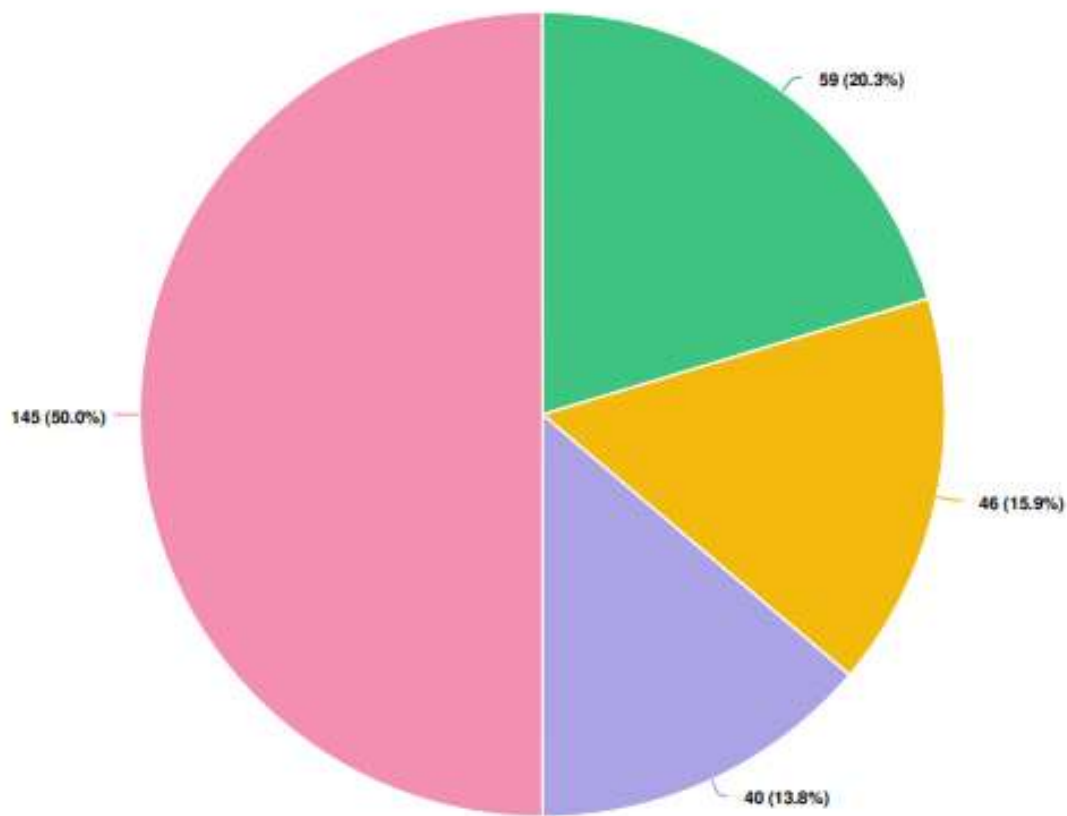
Similar to the worries during lockdown, young people were most concerned about their education when thinking about the future. Interestingly money follows in second place, with mental health in third place.

Forum members have noticed the difficulties relating to mental health, either themselves or amongst their friends and family.



Has the lockdown been positive or negative for you?

Only 15.9% of respondents say that lockdown has been negative. Perhaps predictably, the largest proportion report that it has been positive and negative. This resonates with the Forum members who have also experienced a range of feelings and emotions during lockdown.



Question options

Positive Negative Neither Both

Black Lives Matter

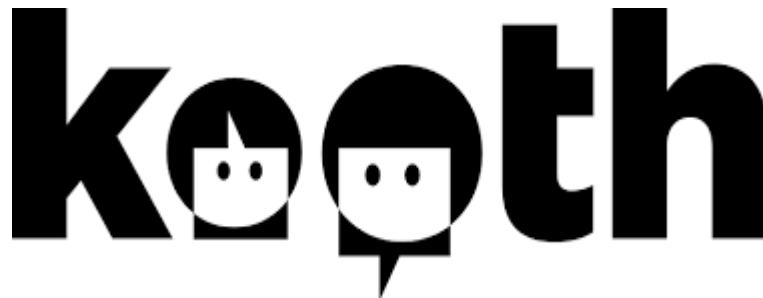
In response to the George Floyd killing and the rising momentum of the Black Lives Matter movement, the group held a series of discussions about their experiences as a borough resident and whilst at school. Young people had a range of experiences and knowledge about the issue of racism, unconscious bias and racial inequality. The group engaged well and were very mature and thoughtful in their approach to the discussions.

As a result, the Forum linked with the Black Lives Matter Barking and Dagenham group and invited them to a session. Here, both groups discussed their issues and what they had planned for the future. Subsequently, Forum members were invited to a workshop the BLM Barking and Dagenham members were leading. The workshop focussed on myth busters, all lives matter vs black lives matter, black on black crime, recognising black history and time for a Q&A. Forum members found it both informative and educational.

Curriculum review - Black History

BAD Youth Forum members have requested to be involved in a curriculum review and share their views about better representation of Black History and Black people in their curriculum and how this might be achieved. This is a long term piece of work and the consultation process with schools is just beginning and being led by the Barking and Dagenham School Improvement Partnership (BDSIP). We will be participating in discussions once stakeholder engagement has begun.

Kooth



In response to the lockdown survey earlier in the year, the group members decided to work on a project related to the responses we received. Although mental health was not the issue that young people were most worried about, young people recognised that poor mental health or people struggling with mental health will have an adverse effect on other parts of their lives.

Since returning to school sub-group members report greater feelings of stress and anxiety, mostly caused by an increased workload in an effort to catch up for time away from school. This is particularly apparent for students Year 10 and above. With this in mind the group explored options for a mental health project that would support young people who are struggling.

Youth Workers held discussions with Kooth, an organisation that offers online mental wellbeing support, to explore options of working together. Young people have agreed to participate in training sessions with a view to co-delivering workshops to other young people across the borough. This project will upskill our members and support them to have good mental health going forward, as well as helping other young people who are struggling. This will be a lifelong skill that will give the young people confidence, teach them coping mechanisms and the ability to identify people who are struggling with poor mental health and offer support.

What is well-being?

Well-being is the state of being comfortable, healthy, or happy.

Well-being is recognised as being on a scale, and lots of different factors can have an impact on our well-being.

For example, you could be healthy, but unhappy, or unwell but comfortable.



Have you noticed any changes in yourself?



Changes in your sleep, e.g. difficulty getting to sleep or staying asleep?

An increase in worries about your health or the health of people around you.



Worries about school or handling changes in education

Wanting to spend less time with friends and family



Thoughts of self harm or suicide



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