

Youth  
Development


# Working with Young People Series

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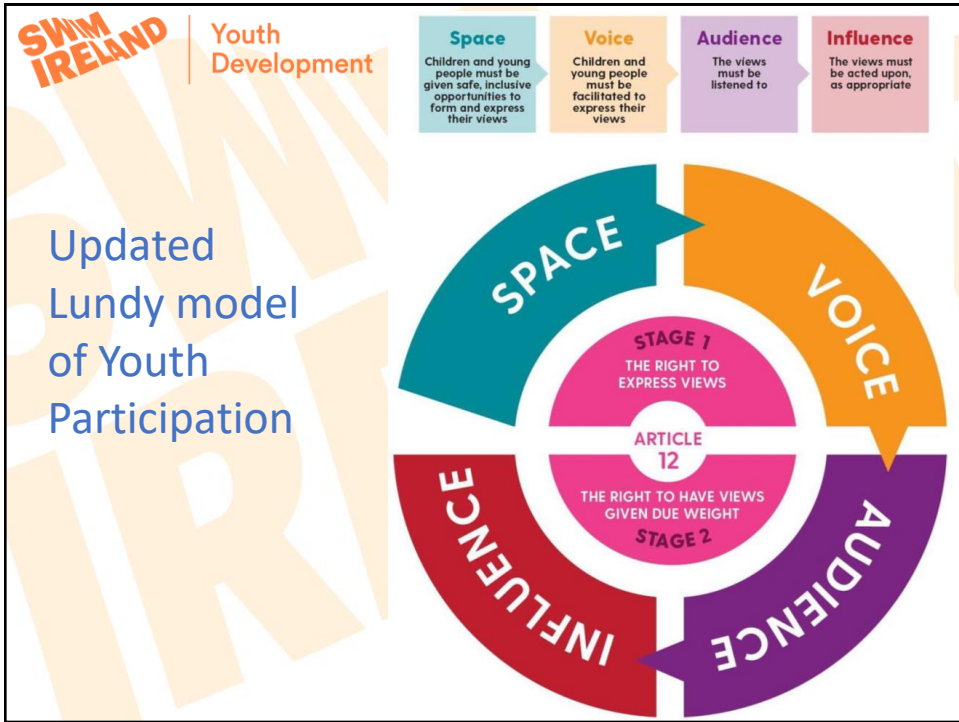
Youth  
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## Working with YP

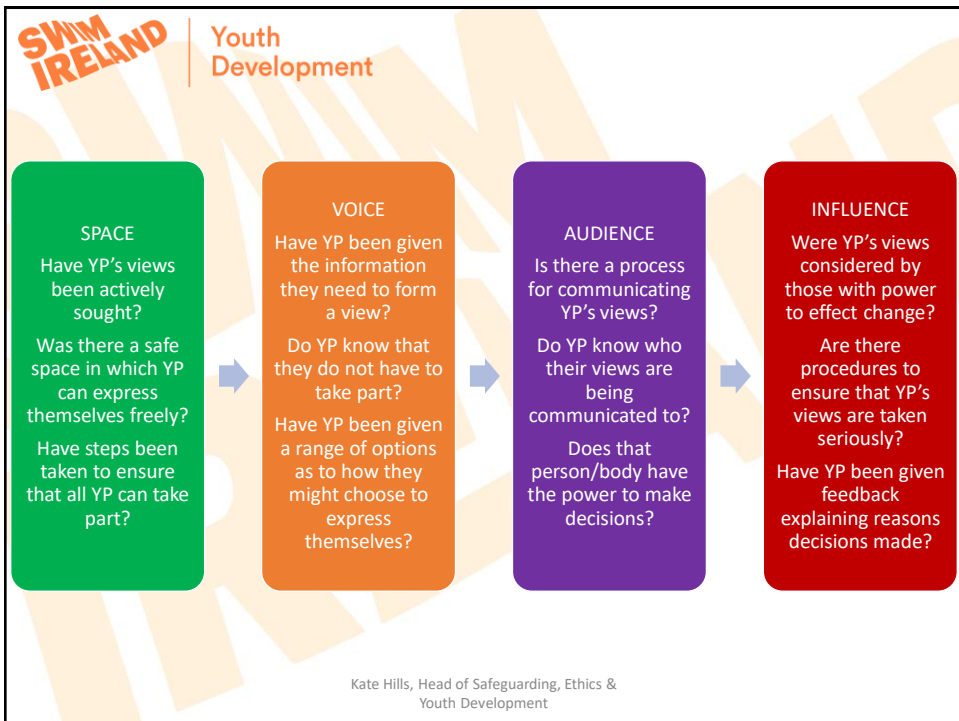
- Identify the topic
- Identify the group
- Identify the method of engagement
- Set boundaries:
  - Work in group
  - Leave no one out
  - Don't draw on each other
- Use the Lundy model to ensure all areas are covered

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## Methods to use

Suggestion box

Survey

Workshop

Feedback sheets

Moving debate

Lifelines or timelines

Voting


Silent discussion

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## Using the model: Working with YP

Choose a group  
 Choose policy / topic / or ask for their ideas  
 Tell the group what it is about, why and where it is going!



Area	To do
<b>Safe space</b>	Choose a safe space: may be done at home/group/in club Ensure everyone has opportunity within group – their choice
<b>Have a voice</b>	Provide policy /topic or ask for their ideas for discussion Explain topic, including why looking for their views Be clear on what <u>YP</u> need to know about the topic to help them put their views; don't tell them what to think! YP can choose how they want to give their views
<b>Audience</b>	Inform YP their views will be collected by CCO (or whoever is liaising with them) Views/ideas will go to relevant groups (depending on the topic) e.g. CCO, Coach, Club, Committee, NCO etc.
<b>Influence</b>	Explain how their views will be used and what change could be made by giving their views Feedback with decisions based on their views/ideas

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## Questions to help

Do you have someone to talk with?  
 What do you think are your challenges ahead?  
 How do you see yourself?

Reflective questions:

- Where am I – reflect on current place/situation
- What can I do better – re-evaluate what needs to be done
- What will help me – review what there is
- What is my new plan – revise ANY old plans
- Write it down – record your thoughts and new plan

Helping YP to recognise their PRESENT self:

**I am powerful. What I believe and how I respond changes my world and my thinking. I am free to listen to my emotions, mind, and body. I am growing in strength and resilience every day.**

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## Suggestions

Suggested topics for working with young people:

1. Squad contract
2. Identifying and choosing captains
3. Team building with CCO & Coach collaboration
4. Choosing new kit
5. Recognising YP achievements/ Planning CYA
6. Information wanted/needed
7. Use of social media/ Online activities
8. Acceptable/not acceptable behaviour
9. Expectations for season
10. End of year social/ Choosing an outing
11. Inclusivity
12. Five ways of Well-Being/ Coping strategies

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## Working with YP

E.g. Squad contracts (codes of conduct)  
Use group / survey / suggestion box / captains

<b>Safe space</b>	Choose a safe space to ask the group to put together a squad contract
<b>Have a voice</b>	Squad should decide: <ul style="list-style-type: none"> <li>• How the squad should behave as team</li> <li>• Behaviour they expect of each other</li> <li>• Behaviour that shouldn't happen</li> </ul>
<b>Audience</b>	CCO will collect their views: <ul style="list-style-type: none"> <li>• Report back to squad</li> <li>• Squad agree final wording</li> <li>• Squad will decide on where and how to be delivered</li> </ul>
<b>Influence</b>	Inform coach Inform committee Inform parent/carers

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## Working with YP

Identifying role & choosing Captains  
Use group / suggestion box for ideas


<b>Safe space</b>	Choose a safe space to to suggest the topic e.g. 4/5mins before session starts
<b>Have a voice</b>	Squad decide: <ul style="list-style-type: none"> <li>• What they want of a Captain</li> <li>• Nominations – nominees present their plan?</li> <li>• Election process?</li> </ul>
<b>Audience</b>	CCO will collect their views: <ul style="list-style-type: none"> <li>• Set out Captain role with squad</li> <li>• Nominees present election manifest!</li> <li>• Election</li> <li>• Report back to the coach</li> </ul>
<b>Influence</b>	Inform coach Inform committee Inform parent/carers

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## Working with YP

CCO and Coach collaboration: Getting squads together/team building  
Suggestion box for ideas/ use captains / squad meetings




<b>Safe space</b>	Choose a safe space to ask question e.g. 4/5mins before session starts
<b>Have a voice</b>	<ul style="list-style-type: none"> <li>Ideas for doing something together e.g. outside pool</li> <li>Ideas for something in session e.g. fun session; takeover session; internal gala; visit from well-known swimmer etc</li> </ul>
<b>Audience</b>	<p>CCO collect their views;</p> <ul style="list-style-type: none"> <li>Present ideas back to squad – and get them to vote on suggestions</li> <li>Report back if any not feasible <u>and</u> why</li> <li>Report back to the coach to agree plan</li> </ul>
<b>Influence</b>	Help arrange for it to happen!

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## Working with YP

Topic: **Building a team**  
Workshop or Captains to run Q&A session




<b>Safe space</b>	Choose a safe space to gather the squad, or ask Captains to arrange
<b>Have a voice</b>	<p>Split into groups; suggested questions:</p> <p>What type of situations help you by being part of a team? How can the club help support this? Suggest ways to bring a team together?</p>
<b>Audience</b>	<p>CCO to collate the responses</p> <p>Check back with the squad – to confirm understanding</p> <p>Bring suggestions to committee/coach to propose actions</p> <p>Respond to young people with outcomes</p>
<b>Influence</b>	<p>Inform coach</p> <p>Inform committee</p> <p>Inform parent/carers</p>

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## Working with YP

Club collaboration: Choosing new kit  
Suggestion box/meeting/captains /squad meetings /survey



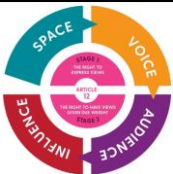
<b>Safe space</b>	Choose a safe space to ask question e.g. 4/5mins before session starts
<b>Have a voice</b>	<ul style="list-style-type: none"> <li>Set the boundaries – free choice or selection of options</li> <li>Costs involved</li> <li>What are the restrictions</li> </ul>
<b>Audience</b>	Collect their views; <ul style="list-style-type: none"> <li>Present to squads – maybe vote</li> <li>Present to committee</li> </ul>
<b>Influence</b>	Showcase the new kit!

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## Working with YP

YP views: Recognising YP outside competitions  
Suggestion box/meeting/captains /squad meetings /survey




<b>Safe space</b>	Choose a safe space to ask question e.g. 4/5mins before session starts
<b>Have a voice</b>	Set the basis for question: What would you like to be recognised <u>for</u> outside your achievements in competitions? <u>How</u> would you like to be recognised?
<b>Audience</b>	Collect their views; <ul style="list-style-type: none"> <li>Present to squads – may need to vote on the themes</li> <li>Present to committee</li> <li>Present to NCO!</li> </ul>
<b>Influence</b>	Review of the Club Youth Awards

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## Working with YP

Topic: Planning Club Youth Awards  
Captains/Aquatic Leaders/Senior Squads




<b>Safe space</b>	Choose a safe space to discuss and get feedback e.g. meeting room or social space (e.g. breakfast/prior to session)
<b>Have a voice</b>	Explain the concept of Club Youth Awards – ask: <ol style="list-style-type: none"> <li>1. What activities can YP do in the Club</li> <li>2. How often?</li> <li>3. Who should sign the achievement</li> </ol> Group can come up with a guide for YP working towards their CYA
<b>Audience</b>	Collate responses; share with committee and coaches Get agreement for guide to be implemented in the club
<b>Influence</b>	Share the guidance and support the squad to work with the younger members in achieving the CYA

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## Working with YP

YP views: What information would YP like to see in the HUB  
Suggestion box/meeting/captains /squad meetings /survey



<b>Safe space</b>	Choose a safe space to ask question e.g. 4/5mins before session starts
<b>Have a voice</b>	Set the basis by explaining (briefly!) about the HUB: What information would they find useful in: MIND BODY LIFE SKILLS Answer the survey:
<b>Audience</b>	Collect their views: <ul style="list-style-type: none"> <li>• Pass to NCO</li> <li>• Add to map of information currently</li> </ul>
<b>Influence</b>	Included in the HUB when launched


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## Working with YP

YP views: Use of Social Media in the Club  
Workshop meetings/captains /squad meetings /survey



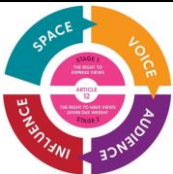
<b>Safe space</b>	Choose a safe space to ask question e.g. 4/5mins before session starts
<b>Have a voice</b>	What is good about social media in the Club? What would you like to see on the Club social media platforms? What are the dangers of social media in the Club?
<b>Audience</b>	Collect their views: Present to Committee – preferably by the athletes
<b>Influence</b>	Look at the way in which the Club uses social media platforms

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## Working with YP

YP views: Online activities and how people should behave  
Workshop with CCO/captains




<b>Safe space</b>	Choose a safe space to ask question e.g. 4/5mins before session starts
<b>Have a voice</b>	Use age-appropriate resources from <a href="#">Educational Resources - UK Safer Internet Centre</a>
<b>Audience</b>	Collate responses; share with committee and coaches – ensure reflected in squad agreements and codes for club including adults
<b>Influence</b>	Share documents/actions from workshops

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## Working with YP

YP views: Acceptable/not acceptable behaviour  
Workshop meetings/captains /squad meetings /survey




<b>Safe space</b>	Choose a safe space to ask question e.g. 4/5mins before session starts
<b>Have a voice</b>	What is acceptable behaviour? What is not acceptable behaviour? How does the group deal with unacceptable behaviour? 'What you walk by is what you accept' – what does this mean?
<b>Audience</b>	Collect their views and acceptable behaviour suggestions Discuss with coach/team managers/others working with the athletes
<b>Influence</b>	Create Club awareness and ethos with members

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## Working with YP

YP views: Expectations of the season (outside training!)  
Workshop meetings/captains /squad meetings /survey




<b>Safe space</b>	Choose a safe space to ask question e.g. 4/5mins before session starts
<b>Have a voice</b>	What would they like to see happening in the club? What additional events would they like?
<b>Audience</b>	Collect their views and suggestions Discuss with coach/team managers/others working with the athletes
<b>Influence</b>	Ensure suggestions taken on board, and feedback to YP the possibilities (and if not accepted and why!)

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## Working with YP

YP views: End of year social event – inclusivity  
Workshop/ captains /squad meetings /survey




<b>Safe space</b>	Choose a safe space to ask question e.g. few minutes before session starts or when all together at competition etc.
<b>Have a voice</b>	Ask all squads: what would you like to do? Consider different ages Consider funds available
<b>Audience</b>	Present ideas and suggestions to committee, coaches & others working with the athletes
<b>Influence</b>	Ensure the suggested activities are incorporated into what actually happens (if not explain why!)

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## Working with YP

Topic: **Choosing a social outing (Christmas!)**  
Workshop or Captains to run Q&A session




<b>Safe space</b>	Choose a safe space to gather the squad, or ask Captains to arrange
<b>Have a voice</b>	Split into groups; provide relevant parameters choices e.g. any restriction on costs; age; timing etc
<b>Audience</b>	CCO/Captains collate the responses Check back with the squad for understanding CCO or Captain bring suggestions to committee Feedback to young people with outcomes
<b>Influence</b>	Inform committee Inform parent/carers

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## Working with YP

YP views: Team activity – inclusivity  
Workshop meetings/captains /squad meetings /survey




<b>Safe space</b>	Choose a safe space to ask question e.g. 4/5mins before session starts
<b>Have a voice</b>	Thinking about whole squads: some will attend competitions & some not; what would the young people like to do?
<b>Audience</b>	Present ideas and suggestions to coaches, team managers & others working with the athletes
<b>Influence</b>	Set up activity

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## Working with YP

YP views: Engaging with Connect/Learn/Active/Notice/Give  
Workshop meetings/captains /squad meetings /survey



<b>Safe space</b>	Choose a safe space to ask question e.g. 4/5mins before session starts
<b>Have a voice</b>	Think about the 5 ways to MH&WB – focus on week 7 <sup>th</sup> – 11 <sup>th</sup> November Discuss ideas as to how the club could engage in each area
<b>Audience</b>	Present ideas and suggestions to squads, coaches, team managers & others working with the athletes
<b>Influence</b>	Plan engagement week with young people and promote

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# Working with YP

Topic: **Identifying how to cope with challenges**  
 Workshop in person to provide support/guidance



<b>Safe space</b>	Choose a safe space to gather the squad, convenient time for them
<b>Have a voice</b>	Split into groups – own choosing; put questions: What situations do you find challenging in sport? How can the club help support you? What can you do to help yourself and others?
<b>Audience</b>	CCO to collate the responses Check back with the squad – to confirm understanding Bring suggestions to committee/coach to propose findings Respond to young people with outcomes
<b>Influence</b>	Inform coach Inform committee Inform parent/carers

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