

Youth Coordinator's Research 2021: Hear the Youth



Research by:
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**PIN
YOUTH
REALITIES**



YOUTH
REALITIES
nd Youth Domestic Abuse

**LIGHTS
CAMERA
ACTION**

**POP
CORN**

FOCUS GROUP: Main Points

Youth Realities

- Most people didn't know much about Youth Realities and what we do
 - A lot of people said they would attend our workshops and programmes if there was more information about it on social media (including the age demographic that would be present), also if they knew the people who worked there are nice and if it fitted around their schedules (so at convenient times)
 - The main workshops people would like to see are poetry, creative/media/film, self defence, performing arts, self love and finances.
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Sex and Relationships

- There is not enough sex education tailored towards the LGBTQ+ community, also there was not enough education about consent, boundaries and emotions tied to sex
- For people to feel more comfortable talking about sex and relationships they would like an intentional safe and non judgemental space
- Most people feel like that understand relationships but aren't as comfortable talking about it, especially not to adults
- People either don't remember or feel like their sex education was inadequate and didn't actually prepare them for the realities of sex and relationships

FOCUS GROUP: Main Points

Mental Health

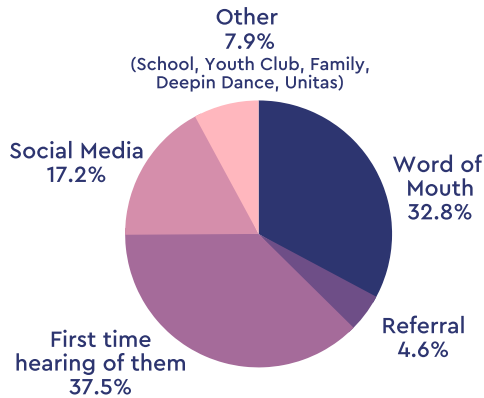
- The main bad mental health triggers are school, internal/external pressures (especially within the home and social media) and negative self image
 - Allot of people suffer with anxiety and don't know how to deal with it
 - There is not enough support or trust in schools/organisations about peoples mental health struggles
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General

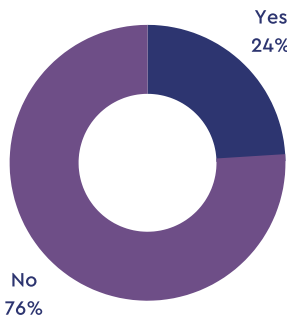
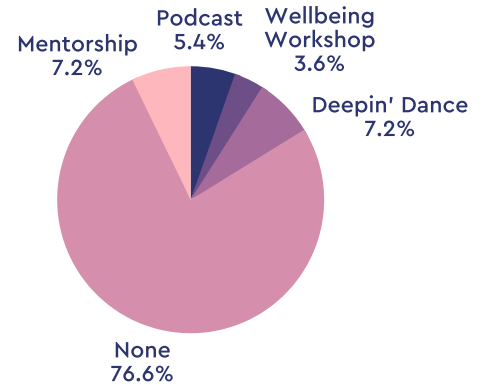
- For a good youth worker/mentor the main qualities someone looks for is someone fun, relatable, reliable and non judgemental
- Most people feel they need support with their mental health, dealing with stress, money management/finance related education and confidence
- A lot of people felt that sex, coercion, grooming, abuse, peer pressure etc is not spoken about enough, especially amongst young people. They feel like the conversations need to start from primary school and that secondary is too late
- Other things that came up that young people felt they need support in and is not talked about enough is trauma, sexuality and mental health

SURVEY RESULTS: Youth Realities

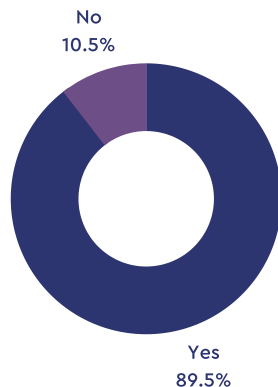
How did you hear about Youth Realities?



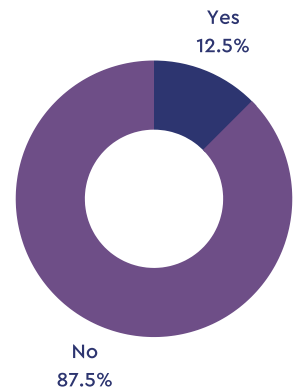
What projects have you attended, if any?



Is Youth Realities just for young women?
24% of people said yes.

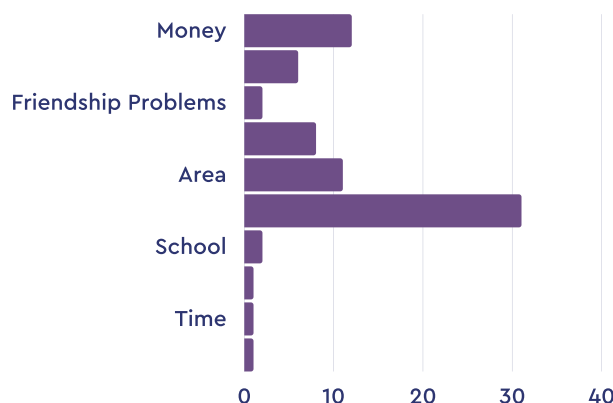


Is the location accessible?
89.5% of people said yes.
(BARNET, 4-5 The Concourse, Grahame Park, Colindale, NW9 5XB)



Do you have any knowledge of similar charities that work to tackle teenage domestic abuse or offer support for those who may have been affected by it?
87.5% of people said no.

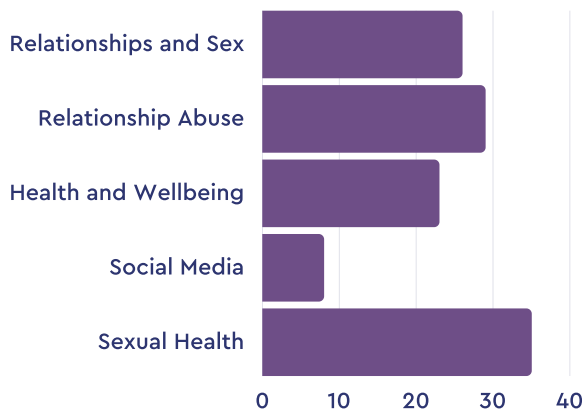
What barriers could you face trying to attend a workshop or program?
(48 responses)



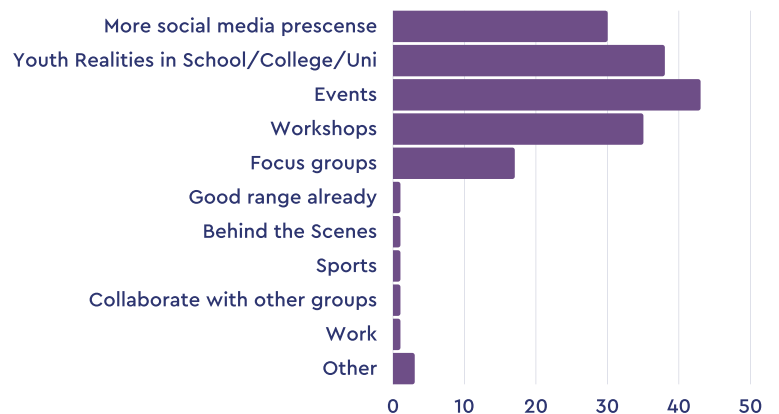
YOUTH REALITIES

SURVEY RESULTS: Youth Realities

What topics do you feel you don't know enough about?
(56 responses)

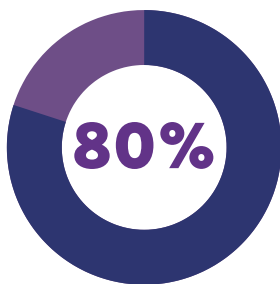


What other content would you like to see from us?
(61 responses)

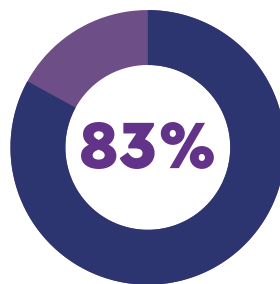


What is the best thing about Youth Realities?

"How friendly and understanding the girls are! Also very empowering and I always leave there in a better mood than I came! I love how they genuinely support others"



of people
said they took a lot away
from Youth Realities'
workshops

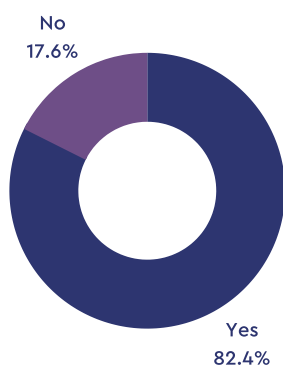


of people
said they prefer in person
workshops compared to
online

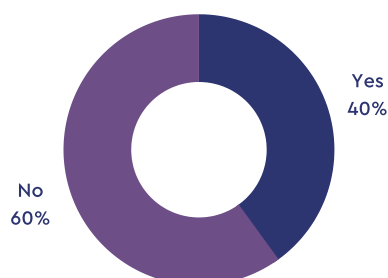


of people
said the dates and times of
workshops usually work for
them

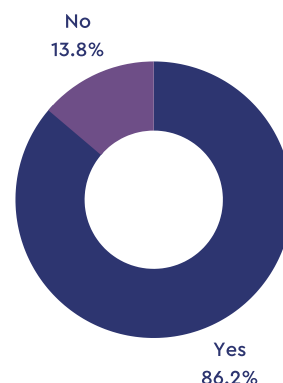
SURVEY RESULTS: Mental Health



Do you know where to go/who to talk to if you're struggling with your mental health?
17.6% of people said no.

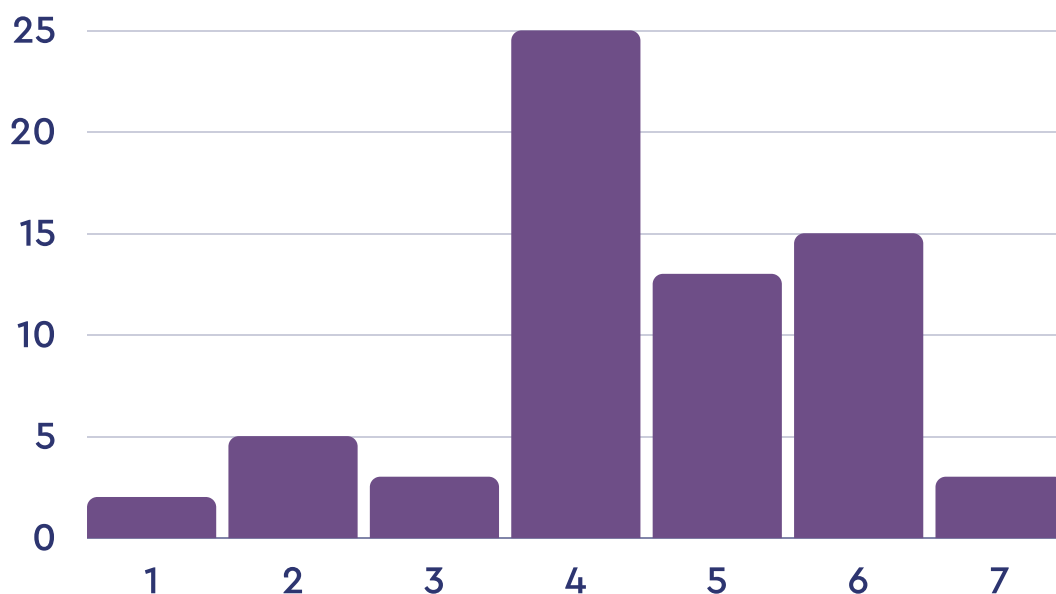


Do you feel like you need regular support with your mental health?
40% of people said yes.



Do you know what helps you PERSONALLY improve/cope with bad mental health?
13.8% of people said no.

Roughly how many days per week do you have good mental health?
(66 Responses)



What other workshops would you like to see from us?

"self care/ self love"

"self love and confidence booster sessions"

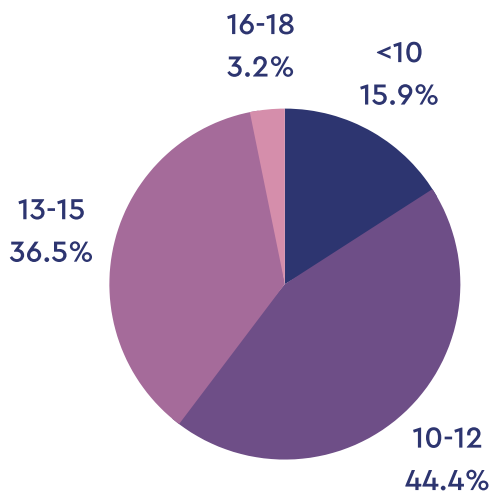
"self love and maybe a session with survivors"

"self management or relationships"

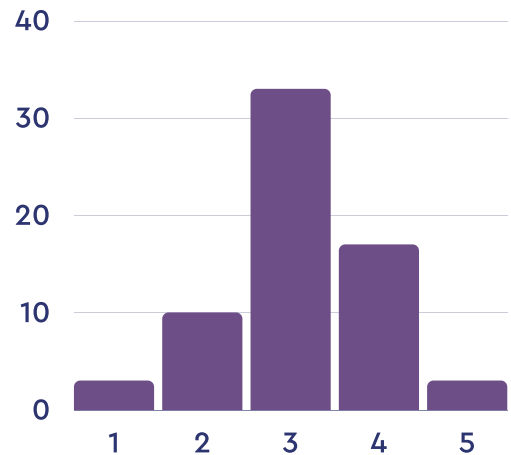
**YOUTH
REALITIES**

SURVEY RESULTS: Social Media

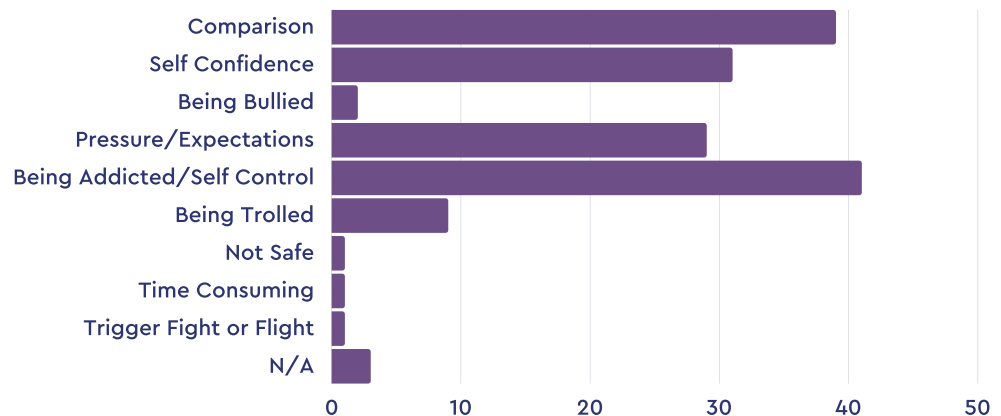
What age did you get social media?



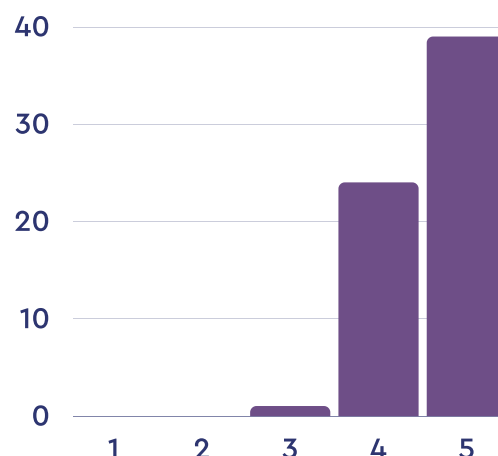
On a scale of 1-5, what impact do you feel social media has on you? 1= no impact, 5= big impact
(66 responses)



What are some things you struggle with on social media?
(62 responses)



On a scale of 1-5, do you understand what cyber bullying is?
1= nothing, 5= everything
(64 responses)



SURVEY RESULTS: Relationships & Sex

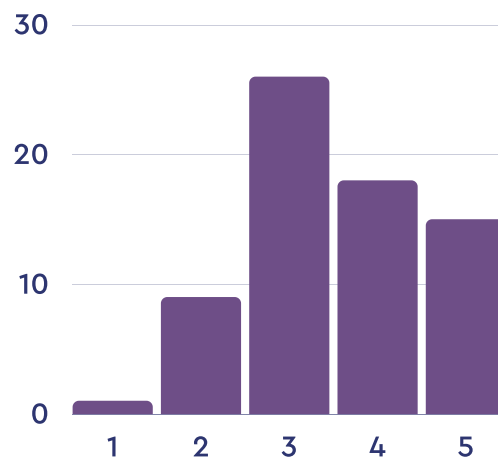


Do you feel like you need regular support with your mental health?

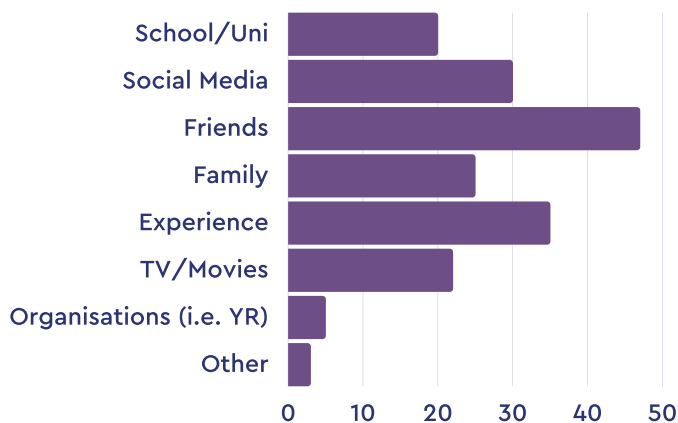
49.3% of people said yes.

On a scale of 1-5, how much do you know about relationship abuse?

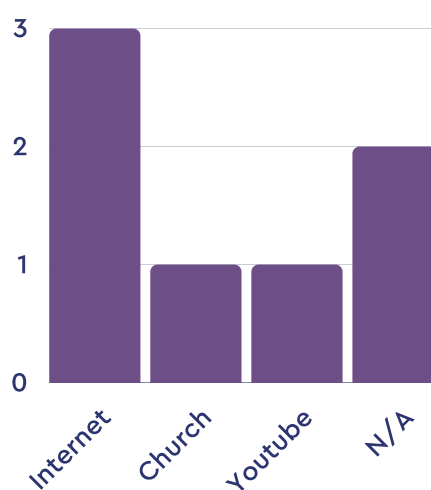
1= nothing, 5= a lot
(69 responses)



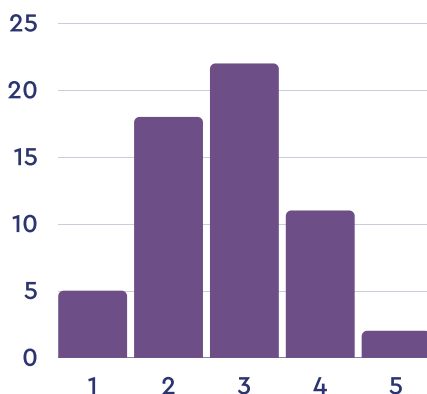
Where does most of your relationship knowledge come from?
(66 responses)



If the answer is other, please specify:
(7 responses)

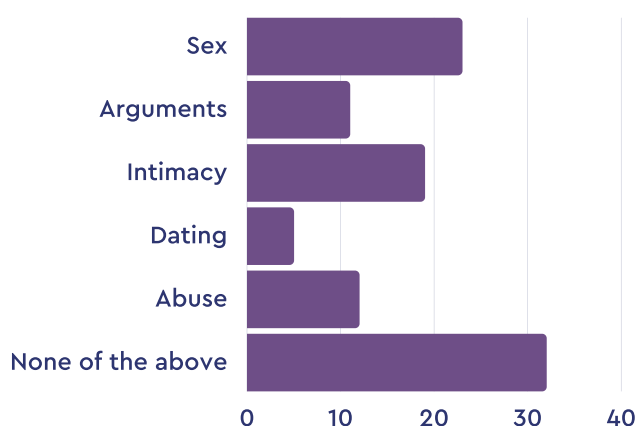


On a scale of 1-5, how easy do you find it to notice red flags in a relationship?
1= not easy
5= very easy
(58 responses)

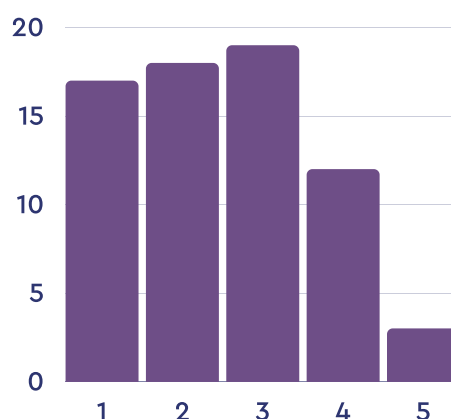


SURVEY RESULTS: Relationships & Sex

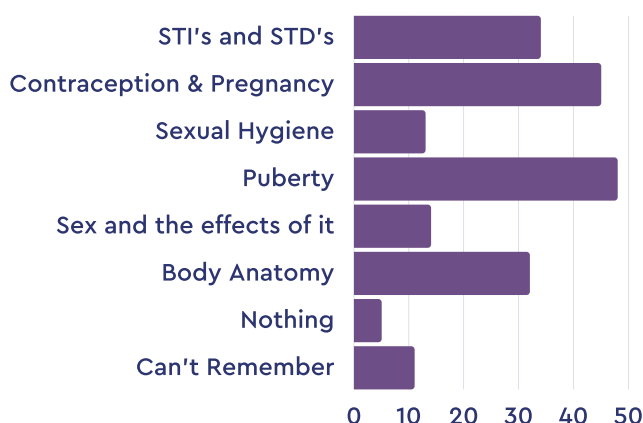
What part(s) of 'relationship talk' do you not feel comfortable talking about? (63 responses)



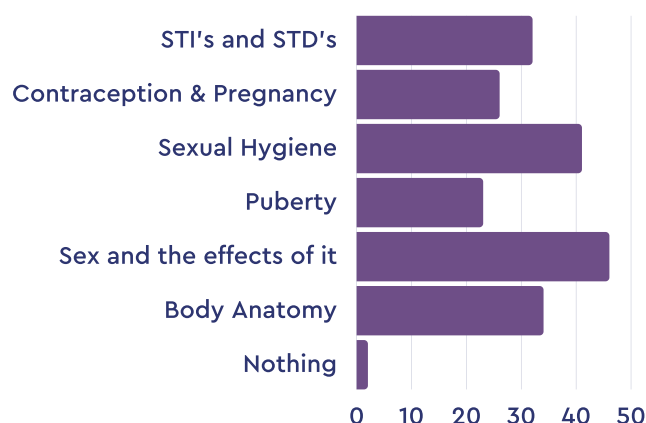
On a scale of 1-5, how comfortable do you feel asking questions/talking about sex and sexual health? 1= comfortable, 5= not comfortable (69 responses)



What did you learn in sex education? (64 responses)



What do you wish you learned in sex education? (63 responses)



Member Feedback:

"I was a victim of domestic violence between the ages of 16 and 17, my experience was extremely traumatic and led me to many dark areas within my life, bad friendship circles, breakdown of relationship with my family, but most importantly the loss of my own identity. That was until I became aware of Youth Realities. My Youth Worker took me in and transformed my story of being a victim to being a survivor. She provided me with endless life changing opportunities, using my story and educating myself on domestic abuse in order not only to help myself but others. She brought out a totally different side of me, the side that had been lost and destroyed due to my past experiences. I began to realise my worth and potential, slowly my life began to turn back to normal, school life, family life and reconnected with old friendships. Having my Youth Worker by my side throughout everything has been life changing for me and without a doubt saved my life and helped me come back on track. Even to the present day as a University student her support remains, she is there for me every step of the way cheering me on. I would never be able to thank her and Youth Realities enough for helping me rediscover my identity and live the life that I always pictured for myself, just didn't know how to reach the destination. The amazing impact and help of the organisation Youth Realities would live within me throughout life."

Graphic Design by:
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