

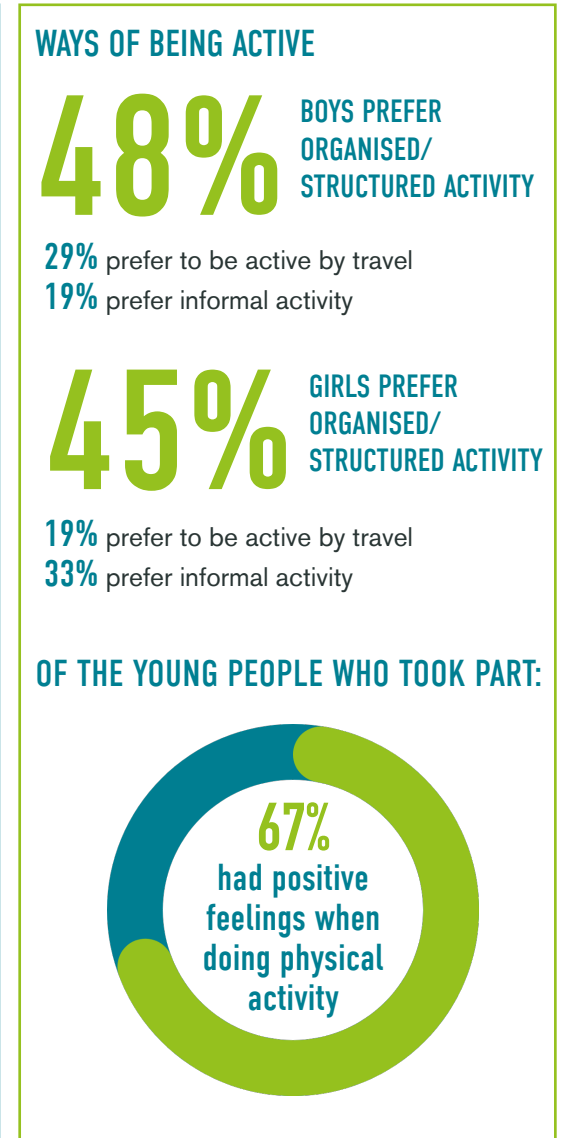
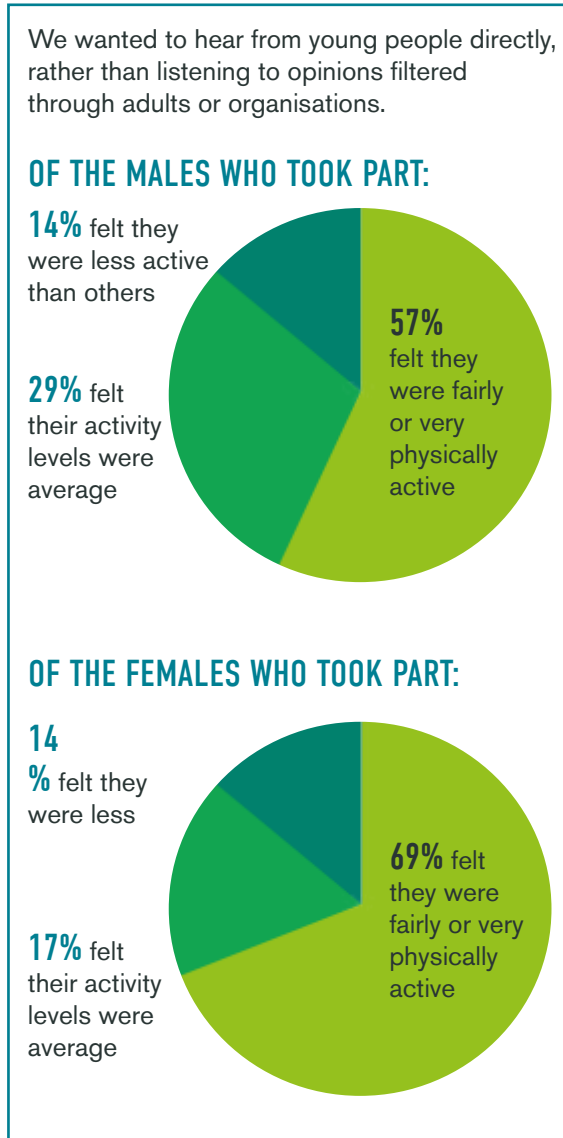
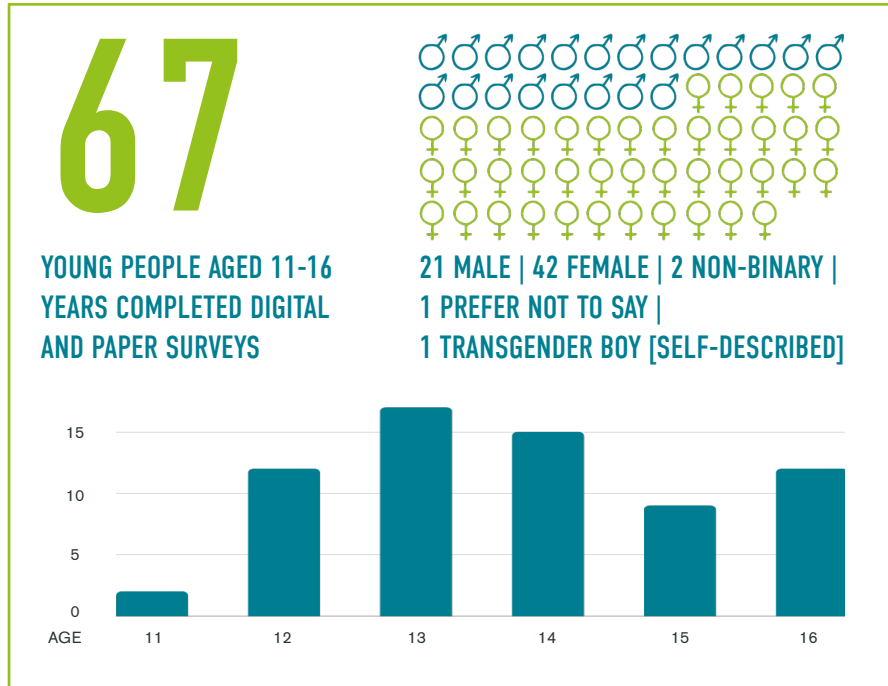


ME AND ACTIVITY

How do young people in Test Valley feel about physical activity?

Research Snapshot

Energise Me surveyed young people across Test Valley to find out how they feel about physical activity.



The Important Stuff

Energise Me surveyed young people across Test Valley to find out how they feel about physical activity.



The types of activity that children and young people in Test Valley like to do reflect what is available to them - often through school.



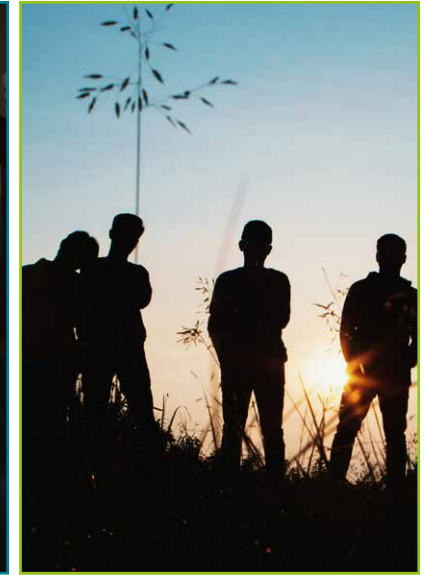
The most popular activities were walking, football, and swimming.



Young people's main motivations for doing an activity were, "I loved the activity" and "It made me feel good".



Young people's main barriers to being active were "I wasn't motivated to be active", "I didn't feel confident to be active", and "I didn't have people around me to be active with".



Young people specifically mentioned feeling insecure about their appearance, and the difficulty in moving from wanting and planning to be active, to actually *being* active.

What young people told us

“I was not the fittest and as I was young I couldn’t go out and exercise and it made me feel insecure and fat.” Alice, 13

“It makes me feel sad because I am afraid of being body shamed by the people around me.” Female, 17

“I became really insecure about my body appearance and how people would think of me and I was scared people would bully me because of my lack of motivation to exercise after lockdown.” Kelsey, 12

“I did not think of the barriers much because it was not something I would think about but when I did then I felt I should do more but I could not commit to doing the activity.” Male, 13

“Because we were locked in our houses I didn’t form a routine and when I did it lasted a few days. I would wake up and slouch in my bed and I was telling myself I would get up and do some exercise but it would never happen.” Female, 16

“I felt not motivated and I felt like I didn’t want to do anything but in my head I would have this plan to exercise but I felt like there was no point as I wasn’t going anywhere but I really want to do the exercise but there was nothing exciting making me carry on.” Ruby, 14



You have a magic wand...

TO CHANGE ANYTHING ABOUT PHYSICAL ACTIVITY AND YOUR COMMUNITY.
WHAT WOULD BE YOUR WISH?

“I wish I could do more, I would like to be able to train in my favourite sports every day.” Joe, 16

“I wish to be faster and have better stamina.” Jessica, 12

“For my PE teacher to not just push me to one side because I’m not as good as the rest.” Faith, 12

“I would wish that there were opportunities at my school.” Freya, 14

“I would wish that I wouldn’t feel afraid of being judged when doing physical activity.” Female, 14

“I wish communities gave more opportunities to children at a young age to help them get involved.” Alice, 13

“More opportunities to do rare and more unique sports.” Female, 15

“I think that the school should do a wider range of sports, martial arts for example or volleyball...” Catherine, 14

“At my school we have a girls’ group, boys’ group and a mixed group. I am in the mixed group and have none of my friends in it and I feel sad when I do it sometimes because I don’t have my friends around me.”
Female, 13

“I hope that people are able to join them no matter their background, race, gender or sexuality.” Transgender boy, 13

“The community needs to understand that girls are just as capable as boys and it’s not dangerous for girls to walk places on their own.”
Female, 14

KEY WISHES

To be able to do ‘more’

To be better/
faster/
stronger

For school sports to be more enjoyable

Inclusive activities

What does the future of physical activity look like to you?

“The future of physical activity will most likely be more machine based as technology develops.” Joe, 16

“Less gendered and judgemental.” Male, 13

“Encouraging people to do whatever sport they want to do no matter their gender, sexuality etc. Make sports fairer for all.”
Hiruka, 16

“I think less stigma around how you look when you exercise and play sports would be really great because right now people I know feel insecure whilst exercising because they might not be as experienced in a sport compared to other ‘athletic’ people. More spaces safe for trans and queer people to exercise without being mocked.” Non-binary young person, 16



What are we doing about it?

OUR NEXT STEPS to turn insight into action

We are finding out more about the key ingredients that make an enjoyable physical activity by undertaking some deep dives with groups of young people.

We are exploring how to promote and protect confidence (including body confidence) and mental health by talking to partners and young people.

We are exploring how to support young people to get from “wanting” to “doing”.

We are supporting schools to consult young people about physical activity, and providing guidance and investment to turn their ideas into reality.

We are investing into Energise YOUth projects in Test Valley to support young people to try new activities in a safe and supported environment.

KEY LEARNING ABOUT CONDUCTING SURVEYS WITH YOUNG PEOPLE

Having a relationship with schools was invaluable for reaching young people, but it's important to reach out through other agencies as well to ensure a range of opinions and voices.

TOP TIPS for anyone supporting young people to be physically active

Understand what activities are available in your area. Young people often want to try things if they are available, affordable, and accessible, but they might need help to know what's out there.

Continue to promote active travel and non-traditional, or non-sport physical activities. They are valued and important means to being active.

Capitalise on enjoyment! Find out what young people love about your activity and shout about it. You can use our Engagement Toolkit to help you.

Promote and protect a safe and inclusive space, where young people can grow their confidence, skills, and friendships. And where they can be themselves.

Use our Engagement Toolkit to understand what your young people want and need, and how they feel about activity. Then use the results to make change.

X Questions about Covid-19

√ Questions about what's important to you

Background and Context

In June 2021 we published our Me and Activity report, examining how young people across Hampshire and the Isle of Wight felt about physical activity, and the ways in which the Covid-19 pandemic had affected their physical activity habits. 151 young people aged 16-21 completed digital surveys, and a further 16 young people took part in online focus groups.

70% of the young people surveyed felt positively towards physical activity. Young people made positive associations between physical activity and their mental health. The report made 6 recommendations for supporting young people to be physically active:

1. Focus on accessibility
2. Weigh the benefits of investing in digital resources
3. Hold frequent consultations with young people
4. Celebrate the relationship between physical activity and mental health
5. Offer free or subsidised activities in conjunction with paid programmes
6. Invest in tackling the underlying issue of motivation

9% of survey respondents were from Test Valley. In 2022 we had the chance to add more responses as part of Young People's Community Safety Week. Local schools offered to complete the Me and Activity survey as a way of starting conversations around the role of physical activity in keeping safe.

Covid-19

When the original research was commissioned, the impact of Covid-19 on young people's health and activity levels was a real concern. We wanted to learn how young people's relationship with physical activity had changed as a result, and to explore some of the digital resources that they were or could be using. As we've adapted to living with Covid-19, the line between before, during and after the pandemic has become blurred. This makes it harder for young people to retrospectively think about things like "the barriers to being active in 2019" or if how they feel about physical activity has changed.



The image features three young people in silhouette against a bright, hazy sky at sunset or sunrise. The person on the left has their arms raised and hands behind their head. The person in the middle is also celebrating, with one arm raised in a 'V' sign and the other hand near their face. The person on the right has both arms raised, with hands open. A large, semi-transparent green shape is overlaid on the left side of the image, containing the text.

**Let's work with young people to
make their vision a reality.**

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