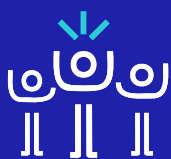


# Roles

## Involving young people in different ways



### Why is this area important?

- All decisions that affect young people's experience of PE, sport and physical activity should be informed by Youth Voice.
- Different young people can be involved in different ways and at varied levels.



Youth Voice gives a place for us to be exposed to the position of decision-makers."

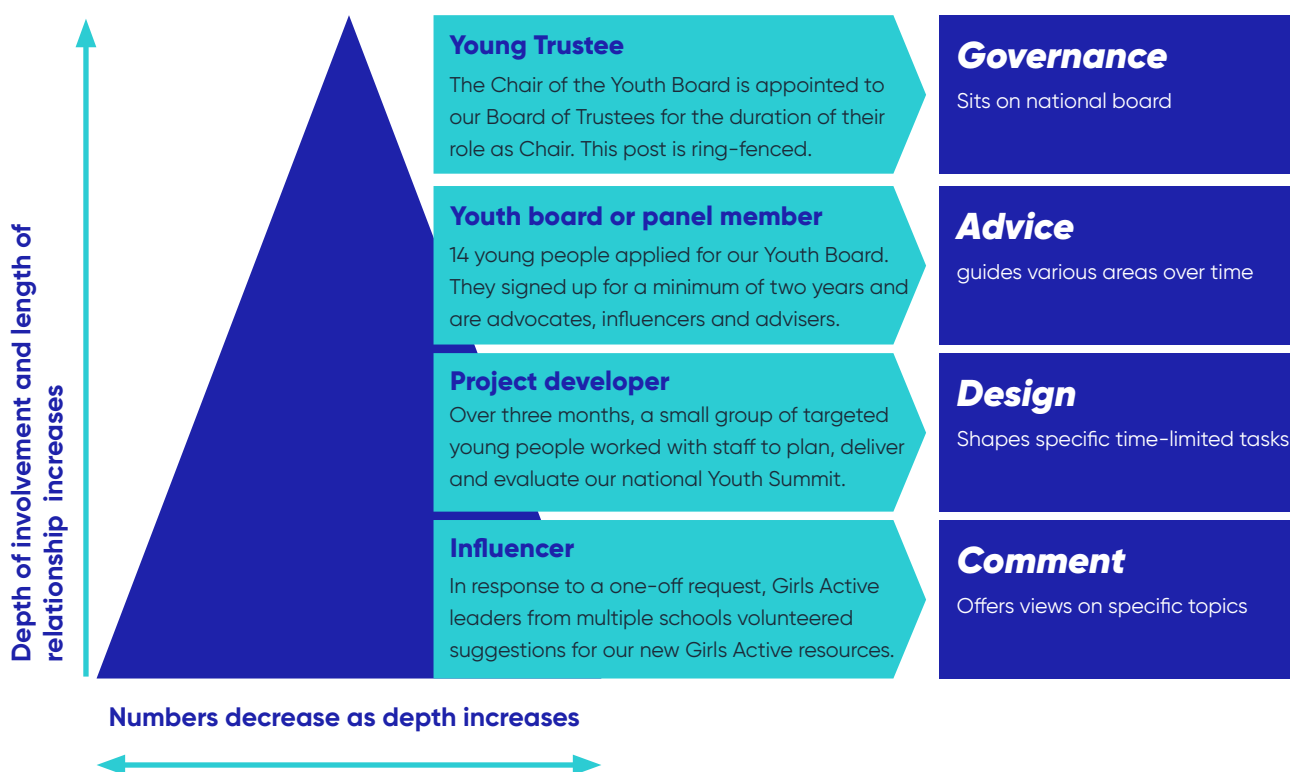
**Young Person,  
Co-production Group**

## Structuring Youth Voice

There is no 'one way' to structure Youth Voice – the form should suit its purpose and the capacity of you and your young people. The variables include:

- **Numbers of young people** – e.g. all pupils/participants, targeted groups, invited/elected individuals.
- **Time required** – e.g. five-minute feedback, lunchtime meeting, day's conference, residential.
- **Frequency of involvement** – e.g. daily, weekly, monthly, termly, annually.
- **Duration of involvement** – e.g. one-off, length of programme, specific task, one-year commitment.
- **Autonomy of young people** – e.g. directed, supported, independent (see Empowerment).

Different types and levels of Youth Voice may run at the same time within your school/organisation. For example, this is the Youth Sport Trust's current Youth Voice structure.



## Examples



### Download

- See **Depth Gauge** for a list of Youth Voice activities
- Read **Inspire Me!** for a spectrum of consultation, collaboration and co-production examples.
- Read the **Youth Sport Trust case studies** for Youth Voice examples in practice.
- Use **Prompt Me!** to consider your Youth Voice structures.

## Practical steps

Our co-production group suggests:

- Consider how Youth Voice can shape all aspects of your work that are relevant to young people's experience of your provision – from delivery through to governance.
- Offer young people different ways to share their voices – from consultees to trustees.
- Involve different numbers of young people for different purposes – but focus on those groups and individuals you need to reach to redress inequalities (see **Recruitment**).
- Be realistic and clear about the extent of young people's involvement – from light to deep.

## Young People's Top Tips

1. See Youth Voice as a tool – not a burden!
2. Start simple – build confidence and trust before delving deeper.
3. Involve us from the start – not tagged on at the end.
4. Keep an open mind – we can do far more than you think!

## Tools

*(these illustrate and support different depths of Youth Voice)*

▶▶▶ **Play Their Way – supports child-first coaching** [Play Their Way: What is co-creation and practical tips on how to deliver it](#) Blogs, tips and templates to support coaches/leaders to build Youth Voice into their delivery.

▶▶▶ **Your School Games – supports intra- and inter-school competitions** [Your School Games – Leadership and Volunteering](#) Guidance for and examples of pupils having a voice through sports crews and committees.

▶▶▶ **Girls Active – enables girls to have a voice and give a voice to other girls** [Girls Active – Youth Sport Trust](#) Resources and videos showing girls in advocacy, consultation and marketing (influencing) roles.

▶▶▶ **Making the Team Work – a toolkit for building a young people's sports panel (sportscotland)** [Toolkit – create your own panel – sportscotland the national agency for sport in Scotland](#) Ideas and guidance for setting up and running a young people's sports panel.

▶▶▶ **Unified Action – a framework for diversifying sport governance (Youth Sport Trust)** [a-framework-for-diversifying-sport-governance.pdf \(youthsporttrust.org\)](#) Guidance and insights from young people on how to increase diversity on sports boards.

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