

# Kent Youth Voice Virtual Meetings Summary – January 2021

During January 2021, we held our Kent Youth Voice Saturday as a virtual meeting. At the start of the day we had 31 young people present for an opening session that included an icebreaker, details of the chair and vice chair elections for the February meeting, announcements and a summary of campaigning skills. At this meeting we also welcomed 18 new KYCC members. Due to current COVID-19 restrictions the monthly meetings will be continuing to be virtual for the foreseeable future.

Following the campaign group sessions, we run training sessions for members to prepare them for the chair and vice chair elections at the February meeting. The members each chose 2 sessions from a choice of the following 4 sessions:

**Formal meeting skills** – This session included the role of the chair and other committee members, the importance of minute taking and how to take effective minutes. A role play of an ineffective meeting was also acted out by members and then the group discussed how this could have been made more effective.

**Research skills** – The Research Skills training, delivered by Sarah Collins (Monitoring & Evaluation Officer for HeadStart) covered different types of research activities and how they can be used. It also provided a more in depth look at how to produce your own surveys.

**Equality and diversity** – This training session offered young people the opportunity to explore what Equality and Diversity mean. We looked into how Kent Youth Voice could promote Equality and Diversity within its groups. The Groups debated whether or not they believe KYV to be diverse or not.

**Life in lockdown – wellbeing ideas** – This session started with a fun icebreaker in which we learnt lots of interesting things about each other. We then discussed all of the important self-care things that we were doing during Lockdown. Some great suggestions from folks including learning a new skill, playing music, talking to siblings, being creative, having a pamper day, etc. Gwen asked people if they would make a short vlog to share their tips with others via MoodSpark and social media. We then started talking about the KYV Whacky Wednesday social sessions and what young people would like us to participate in for 2021.

Project groups did not run at this meeting but will resume at the February meeting.

## Campaign updates:

**Developing resilience in young people** – Group had a visitor from CORC and discussed some opportunities coming up to get involved in evaluating Headstart service. Group then continued to discuss the game they are developing to help young people build resilience in life and ways in which it can be tested and funding options to get it made and distributed. Finally the group made plans for the next few meetings with timescales for actions to be completed.

**Curriculum for life** – The group had a visit from Mr Richard Long KCC Cabinet Member for Education and Skills, the group outline their work so far and what they would like to achieve to their visitor. Group discussed content of PSHE in schools – it was identified that grammar schools provide PSHE more often, Mr Long said KCC have no power to enforce curriculum onto schools but can influence heads. Group decided to make videos on topics not covered in schools for social media and research the difference in PSHE between comprehensive and grammar schools.

**Environmental Awareness** – The group had 3 visitors representing KCC in the meeting and members started with outlining what actions they have completed within this group last year to the visitors. Visitors then spoke about their aims for the environment for 2021 and looked at links where the 2 groups could work together. Group decided to work on 2 projects this year the unplug project and sustainable lifestyle choices, focusing on the unplug project first as this coincides with WWF Earth Hour on 27<sup>th</sup> March.

**Mental Health** – Group introduced each other to new members. Group were then asked if they would like to get involved in helping with the re-vamp of the Kent Youth Health Website and they discussed the best places to advertise this website and a number of suggestions were made. The group discussed what they would like to do for the children's and young people Mental health week and social media posts were discussed. Finally, the Dover to Dartford challenge was launched to young people encouraging them to take their part in walking, running, cycling etc the distance of 109kn within the next month.