

# Kent Youth Voice Virtual Meetings Summary – March 2021

During March 2021, we held our Kent Youth Voice Saturday as a virtual meeting. Due to current COVID-19 restrictions the monthly meetings will be continuing to be virtual for the foreseeable future.

We started the day in 2 groups, 1 specifically for Kent Youth County Council elected members in which we ran an election for our new years Finance & Democracy Officer role and then our elections for our UK Youth Parliament representatives for Kent. We also asked all members to complete their profiles for the KYCC pages of the KCC website. The second group was specifically for the Headstart members central speakout in this session the group produced an A-Z of Resilience and emotional wellbeing, which we will be using for social media posts. The group discussed the idea of setting up a HeadStart Shadow board to run alongside the HeadStart Executive group with young people representing all the different aspects of HeadStart.

## Campaign updates:

**Developing resilience in young people** – Group completed an ice breaker for new members of the group then continued work on their Resilience board game and made changes to some top tips for the game. Group worked on mindfulness activities.

**Curriculum for life** – The group started with discussion on their 2 focuses for the year production of videos and developing a research group – these 2 aims would form 2 sub-groups of this campaign group. The video group discussed theme ideas and created a list of questions to ask people on videos and a list of people they wanted to interview. The research group created a Menti to get ideas on what to research and decided to create an initial survey on Microsoft forms.

**Environmental Awareness** – Group discussed Earth day campaign on 27<sup>th</sup> March and Ella presented this to group. Group discussed social media plan for promoting this campaign and ideas to promote to friends, schools and families.

**Mental Health** – Group started with an icebreaker and group reflected on being back at school, Group were asked to complete a survey about where to seek help for mental health for KCC research, Group were also told about a mental health first aid course that was available. Finally, the group created a word cloud to show ways that young people support their mental health and wellbeing words included talking, drawing, exercise, relaxing, reading and music.

## Joint afternoon session

The first session of the afternoon brought together all the Kent Youth Voice members and we had a plea and announcement from the Chair of the Environment group to partake in Earth Hour event on Saturday 27<sup>th</sup> March 8.30-9.30pm where we were asked to switch off all non-essential electrical equipment for 1 hour to help the environment.

During this session we also ran an International women's day activity to raise awareness Which included a quiz about famous women through the ages, a menti meter sharing KYV members' inspirational women and an invitation to take part in the IWD 2021 initiative to challenge inequality, #ChoosetoChallenge, by sharing a picture of themselves in the ChoosetoChallenge pose.

Finally, we discussed possible Easter activities and upcoming virtual social activities that the members could join.

## Project Groups:

**Equality:** The group received an update on the BeYou LGBT+ group regarding pronouns and they discussed this topic. The group expressed interest to invite a BeYou worker to the group and suggested group members could research what training exists for young people about LGBT+ and BME issues.

**Keeping Kent safe:** The group were visited by Rory from the Growth, Environment and Transport department to speak to them about Vision Zero – The new road safety strategy for Kent. The Consultation can be found here: [www.kent.gov.uk/visionzero](http://www.kent.gov.uk/visionzero)

The group then discussed concerns that a lack of speed limit signs meant people speed more and decided to look into working to improve street lighting in Kent.

**Opportunities for young people:** Group discussed ideas for the group to do over the next year including producing resources for use on social media, looking at screen free activities for 11–16-year-olds, promoting local volunteering opportunities and how they can help gain skills. Group members were asked to research social media posts that stand out and make notes on styles, look at the benefits of volunteering and think about guest speakers that they may like to invite to sessions. Elections for Chair and Vice Chair for this role will take place at the April meeting.

**Social media:** The group started by electing a new chair and Vice chair. It was decided that this social media group would take over the creation of the fortnightly Monday Motivator update to all members of Youth Voice from April and they discussed ideas for content and access for members to social media accounts.

**UKYP:** This was the first meeting of this project group this year and so the group discussed the way in which UK Youth Parliament was organised by British Youth Council and what events usually run pre-covid restrictions – We are awaiting news of what events and activities will run this year. The top 3 issues from Make your Mark in autumn of 2020 were discussed and 2 were highlighted as ones which we could focus on doing some actions for within Kent. April will see the elections within this group for electing a Chair and Vice Chair.