

Kent Youth Voice Virtual Meetings Summary – February 2021

During February 2021, we held our Kent Youth Voice Saturday as a virtual meeting. At the start of the day we had 36 young people present for an opening session that included an icebreaker, a presentation by KCHFT on healthy lifestyles and the discussion on project groups and election of new groups for 2021. Due to current COVID-19 restrictions the monthly meetings will be continuing to be virtual for the foreseeable future.

Four project groups were chosen for 2021 as follows: Opportunities for young people, Equality, social media and Keeping Kent safe details are given below. The meeting also included a session for Headstart central speakout and for KYCC members in which a new KYCC Chair and Vice Chair were elected. Kooth also gave a presentation to the group about the service they offer and the members had time in their campaign groups which included electing new Chairs and Vice Chairs.

Campaign updates:

Developing resilience in young people – Destiny & Xyanne were elected Chair and Vice chair of the group. The group then discussed the next tasks for the group that included asking guests to speak about their experiences and advice for how to build resilience. The group discussed the progress that was being made on the resilience board game and the wrote an update for the February youth voice newsletter.

Curriculum for life – Millie and George were elected Chair and Vice Chair for the group. The group discussed their main focuses for the year would be to continue working on a youth county council select committee and to continue to produce videos educating young people on different areas of curriculum for life for use on social media and in schools. The group wrote an update for the February newsletter and appealed for new professionals to be interviewed for videos on their life lessons.

Environmental Awareness – Ellie and Mollie were elected as Chair and Vice Chair for the group. The group discussed Earth hour 2021 event that is due to happen on 27th March and how they could raise awareness to other members, families, schools etc. Group also wrote a new update for the February newsletter.

Mental Health – Michael & Sam were elected as Chair and Vice Chair for the group and it was noted that all young people that stood for election presented themselves very well. The group completed an update for the February newsletter and discussed future plans to continue with the mental health ambassador training booklet.

Project Groups:

Equality: Group re-capped progress they had made on Q&A panels and agreed that better education was needed for young people and staff in schools regarding LGBTQ+ issues. Discussed importance of pronouns and publishing this on screen when on virtual meetings. Group plan to create a training package about reporting hate crimes and where to go for support.

Keeping Kent safe: Group discussed their actions taken last year and how they wanted to develop these this year with new members. Discussion was had around use of linking with external organisations and professionals to tackle anti-social behaviour and some research will be investigated for next meeting.

Opportunities for young people: This is the first meeting for this new project group and the group discussed the ideas and directions that the group could take. Group identified that they would look at both work / volunteer opportunities and social opportunities and separate them into age and district categories. All members of the group have been asked to look at websites and places where local volunteering or social opportunities are currently advertised and bring them to the next meeting.

Social media: This was the first meeting of this new project group and the group discussed the possible tasks and aims for this group. It was decided that the group would focus on promotion of Kent Youth Voice activities and opportunities on KYV social media platforms as well as cyber bullying and e-safety.

KCHFT healthy lifestyles: Following the presentation a small group of young people formed a one-off group discussing healthy lifestyles sections of the Youth Health website. Lindsay, Juliette and Hayley from KCHFT spoke to the young people involved about what type of information they would like to see surrounding Healthy Lifestyles on the website. The young people also discussed where they would find information about a healthy lifestyle and what influences their lifestyle choices.