

# The Dudley Deal

for children and young people



Healthwatch Dudley asked 25 young people from Dudley Youth Council what the statement “a place where children and young people thrive” meant to them.

Working in groups they discussed the statement the word cloud opposite shows their combined thoughts.



The group were asked what the following **‘Our Part’** statements from The Dudley Deal meant to them. This is what they said they thought partners should do:

### **Raise your aspirations and create opportunities for you to achieve...**

- Inspire us earlier us by exposing us to lots of different trades and careers
- Invite a wide range of people into schools to help us to understand our future employment options
- Get us work ready with a much wider range of work experience opportunities to help us to plan our future hopes and dreams.
- Be clear about all of our options after school and tell us earlier - university is one of many routes and not all of us can afford to go - but where help is available (sponsored degrees & nursing) tell us
- Be clear about options for life
- Teachers should reduce discrimination in the classroom
- Stop gender stigmatisation around future careers - women can be engineers and men can be nurses
- Teachers should have zero negativity even if a student is wrong

### **Enable you to have a voice...**

- Listen to us
- Involve us in decisions that are made
- Give us opportunities to take part
- Fund Dudley Youth Council - it helps us to understand why it is important to be involved in decision making and prepares us work with you
- Go to where young people are - don't expect them to come to you and don't be scared to ask questions
- More votes for young people about things that concern us
- Work with us to find local solutions
- Fund youth services - they are a lifeline to vulnerable young people
- Continue to involve Healthwatch Dudley so we can be heard
- Invest in us
- Don't treat us like a photo opportunity / publicity stunt if you are not then going to listen to us - we are not a tick box exercise!

## Work with you to keep children and young people safe and healthy...

- Listen to what worries us
- Make buses and bus stations feel safer at night
- If people are not allowed to smoke on the bus then shisha pens and e-cigarettes should not be allowed
- Make the streets feel safer - walking past pubs in town centres at night can be frightening
- Educate us about night life, how to keep safe with drugs, friendships, relationships and our sexual health
- Improve online reporting - make it simple and help us to understand how to do it and where the information goes
- Involve us at a local level - different people in different areas will have better knowledge and ideas about how to keep where they live safe
- Help us to understand about healthy food choices and make them available and appealing where we study
- Healthy cooking classes are really important for everyone not just a few of us
- Invest in mental health services - young people are 25% of the population now and 100% of the future
- Tell us about healthy activities that are creative and fun (not necessarily sports based) through people who we trust such as PCSOs
- Allow us time to take part in healthy activities outside of our studies and create space for us to feel safe

## When you need extra help we will work with you to ensure you get the help you need....

- Listen when we say we need help
- Invest in clinics and centres for sexual health, LGBT support & mental health
- Support should be free, helpful and encouraging
- Services should have friendly, supportive, non judgmental atmospheres
- Invest in important services like The What Centre
- Councillors, pastoral care in school and Dudley Youth Council are all really important to us
- Help us to know where to find local services online, invest in search technology so we can find the information we need and make sure the information you share about services is easy to understand



The group were asked what the following **'Your Part'** statements about what they could do themselves or encourage other young people to do:

### Believe in yourself...

- Give each other compliments and support friends who have self confidence issues
- Take part in and lead body image campaigns to change perceptions
- Listen to uplifting music and keep positive
- Face our own and help fears and help other young people to overcome challenges
- Try to understand different opinions and points of view
- Support teachers to reduce discrimination in the classroom
- Talk to someone if we are not confident in ourselves
- Understand that we can succeed no matter what options we choose, it's about working hard not what type of school we go to

### Get involved and have your say...

#### Members of Dudley Youth Council:

- Gathered the opinions of over 16,000 young people in Dudley and found out that these issues are most important:
  - A living wage for everyone over the age of 16
  - A curriculum that prepares us for life including finance, sex, relationships and politics
  - Accessible and affordable transport
  - Improved mental health services and compulsory mental health education
  - Tackling racism and religious discrimination
- Take part in surveys and attend conferences
- Elect members to sit on relevant boards
- Get involved with health research with Healthwatch Dudley
- Promote our work through social media and where we study or take part in activities to get more young people involved
- Work on issues that are really important to other young people in Dudley

## Keep yourself and others safe

- Be aware of our surroundings
- Keep ourselves and others informed about timetables so we can get home safely
- Make sure someone knows where we are
- Personal safety is important - make ourselves visible and educate ourselves
- Find someone to talk to who we can trust about things that worry us (friends, family or teachers)
- Learn about safe sexual health, support our friends to have positive relationships - and wear condoms
- Keep private information safe
- Don't add strangers on the internet (beware of catfish)
- Try to have safe relationships with people who we don't know (in real life and on the internet)

## Be healthy and active

- Look out for information about activities that we can take part in
- Use facilities, green spaces and green gyms and encourage our friends to do the same
- Encourage people who we know to be healthy
- Think of different and fun ways to keep fit
- Go to the gym
- Take part in fun days
- Try to eat healthier food with less sugar
- Take part in fun and active workshops
- Take part in sport and volunteer to help others
- Take part in healthy cooking classes
- Dedicated time to for outdoor activities
- Make the most of leisure centres
- Walk our dogs :-)

