



TIGERS TRUST  
IN THE COMMUNITY

Creating a

# Youth Room!

For young people...  
by young people

## Toolkit

## for setting up a

## Youth Room

## in your organisation,

## informed by young

## people

If you've found this, you've reached the Hull Peer Action Collective (PAC) Team's Top Tips for setting up a **Youth Room** informed by young people! We're so excited to have you here. This guide has been created by young people, for young people — because we believe **Youth Voice** isn't just important, it's powerful. If you want to make sure young voices are heard, listened to and acted upon when it comes to designing a **Youth Room** for young people, we've got you covered.

**Safe spaces** can foster trust, expression and belonging.

This toolkit can be used by a variety of people - youth organisations, schools, community groups, and is designed to help you create a **safe space** where everyone feels confident, respected, welcome and safe.



## Who are we?

We are the Hull PAC team, a group of Peer Researchers and Social Action Leads aspiring to create **safe spaces** for young people through youth voice.



For more information about the Hull PAC team scan here



PAC is a national programme of young people who are working towards making communities safer and fairer places.



For more information about PAC scan here



## Why did we want to create a Youth Room?

As Peer Researchers we were tasked to find out the impact of positive activities on youth violence in our area. We conducted 1-1 interviews and focus groups with 77 young people across Yorkshire from a diverse mix of backgrounds.

*Our research question*

*"How can we address the barriers that prevent young people from feeling comfortable, safe and confident to access positive activities in Yorkshire that could protect them from violence?"*

Within our first round of research we found that many young people lacked **safe spaces** to attend. With no-where to go and nothing to do, this led to young people becoming involved in antisocial behaviour.

In response, we decided to create a **Youth Room** within our organisation.

Creating a **Youth Room** or any sort of **safe space** for young people to attend can help reduce youth crime as they have a place to go to escape bad crowds or negative peer pressure.

*"[...] felt extremely uncomfortable at a bus stop [...] a group of other young people hanging around [...] often see fighting amongst young people" Male 17*

As a team of young people we sat down and reflected on the process we used to create a **Youth Room** informed by young people. These are the do's and don'ts that we advise you to follow when designing your own **Youth Room** through **youth voice**:

### Talk to young people:

It may sound simple but the biggest advice we can give when designing your **Youth Room** is to talk to young people. A **Youth Room** designed by young people will be more suited to young people.

It's important to get ideas from a diverse mix of young people. We spoke to a wide range of young people, from mainstream schools and alternative provisions, as well as young people from church youth groups and participants from the Premier League Kicks sessions at Tigers Trust.

Do talk to the young people.  
Each person will have something they want that'll make them feel included!



Use Peer Researchers!  
Having young people speak to young people will increase understanding of what is needed!

### Use Peer Researchers:

We had ourselves as young people conduct the research as being more relatable tends to make it easier for young people to open up.

If your organisation allows for this then we would advise using young people to talk to young people.

If you are unable to use young people then a **trusted adult** will be needed. A common theme throughout all our research is that young people will want this **trusted adult** to be relatable.



"I mean he doesn't act like a superior but acts like a young person that's there for you"

Our friends from the Exeter PAC Team have done extensive research into the qualities that young people want in **trusted adults** and these qualities should be considered when deciding who will conduct your research with young people.

Empathy, Approachable, Supportive,  
Non-judgemental, Reliable

For more information about Exeter PAC Team scan here.



## Adapt your approach if you need to:

Our friends from Bristol PAC Team have also been designing a **safe space** in their area informed by young people. They created booklets with a range of activities and questions inside allowing young people to effectively design their ideal **safe space**. We tailored a version of this to the Hull area; however, after reviewing feedback from young people we decided to shorten these booklets to a two-page questionnaire (which we've included on the next page).

Don't take the easy way.  
Challenge yourself to adapt to what the young people need!



For more information about the Bristol PAC team and their booklets scan here



Don't complicate it!  
Your research questions must be tailored to a wide age bracket!

Don't be afraid to adapt your approach if the young people you are speaking to are finding it too difficult. You may also find different age groups need different approaches.

## Use a questionnaire to gather information from young people:


Questionnaires are helpful as they allow you to get precise and more impactful data. When starting the research decide an age range and try to get a good range of research participants within the desired age group. This will support you to design the **Youth Room** for people who would actually use it, making it more effective.

Using a quick questionnaire is an effective way of gathering feedback from young people when designing a **Youth Room**. On our questionnaire we asked a few short and simple questions about what they think of the **Youth Room** and what they would like to do in the **Youth Room**. Avoid making it too wordy and long, try to keep it simple.

Use a short questionnaire to find out what young people in your area would want a Youth Room to be like.

# Our Questionnaire:

It's a good idea to keep a track of the demographics so you know you are reaching a range of young people. You might also then be able to spot preference trends amongst girls/boys or with older/younger participants for example.



## Youth Room!

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**Name:** \_\_\_\_\_

**Age:** \_\_\_\_\_

**Gender:** \_\_\_\_\_

**Ethnicity:** \_\_\_\_\_

**Disability/Health Condition:** \_\_\_\_\_

**How did you first hear about PAC?:** \_\_\_\_\_

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Have you used the Youth Room at Tigers Trust before? Yes/No

What do you think of the way the Youth Room is decorated?  
 .....  
 .....

Would you change anything about the way the Youth Room looks?  
 .....  
 .....

What activities would you like to see at the Youth Room?  
 •  
 •  
 •

How long do you think a session at the Youth Room should last? Circle one.

- 1 hour
- 1 hour 30 mins
- 2 hours

Research what ambience suits the room. As little as this sounds, ambience and comfort mean a lot to young people!

Don't assume you know what activities young people will want, you may be surprised!

**We found that limiting the amount of activities the young people could put meant that they gave more realistic answers.**

**Make sure to ask questions about timing/frequency of the Youth Room, this will help to shape your planning for delivery around the young people's expectations.**

**Its a good idea to find out if the young people you have targeted will actually want to attend your Youth Room.**

How many people do you think should be the maximum allowed at a session in the Youth Room?

How many sessions do you think the Youth Room should run a week? Circle one

- Once a week
- A few times a week
- Every night

Anything else you would like to say about the Youth Room?  
 .....  
 .....

Three words to describe the type of person who will work in the Youth Room  
 •  
 •  
 •

What would put you off attending the Youth Room?  
 .....  
 .....

Would you like to attend sessions at the Youth Room in the future? Yes/No

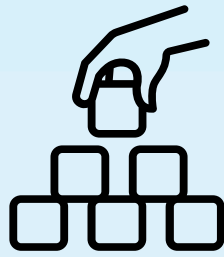
Thank you!

## Other methods to use:

Workshops and group discussions are also a great way of gathering ideas and information from young people.

We conducted workshops that honed in on elements of **safe spaces** with groups of different young people. One of the activities we did was a building block activity. Some young people like to be more hands on so this was a good activity for them.

We gave small groups of young people 20 building blocks with key words that correlate to **safe spaces** written on them. They then had a discussion together and made a pyramid of what would be most important to them, choosing their favourite 10.



*Don't dismiss the small details!*

- Lighting
- Refreshments
- Indoor
- Outdoor
- Atmosphere/vibe
- Other young people
- Staff
- Heating/cooling
- Structure
- Choice
- Board games
- Sports
- Music
- Reading
- Video Games
- Trips
- 1.5 hours
- 1 hour
- 2 hours

Brilliant Bob is our cardboard cut out, representing a person who would be leading or running activities in a **safe space**. We gave the participants sticky notes and let them write key qualities they would want from that person and then they stuck them on Bob.



We also invited some young people into the space we were designing and let them have a trial session. This allowed them to give us some feedback on what they thought was good and what was needed to make it a better space.

We made observations of what young people enjoyed and also spoke to them about what they liked/didn't like or wanted from the **Youth Room**. This is helpful to do if you already have access to the space you are wanting to improve.

We inputted all information from questionnaires and workshops into a spreadsheet so all data could be analysed together.

## It's worth it in the end!

Our research has really shaped how the Tigers Trust Youth Room now functions.

We found that Friday after school was the best time for young people to attend as they'd finished school for the week and wanted a space to socialise with friends.

We discovered young people wanted to participate in a variety of activities that didn't just include sport, such as board games, crafts and watching movies.

Part of our modernisation approach is to introduce more video game systems allowing for co-operative play for young people to engage in competition. We also discovered safe spaces should include a better understanding of a young persons mental health. Features that could support this include having a "Quiet Corner", where young people can go to read or simply relax to recharge their batteries. Having access to ear defenders and fidget toys also proved popular in our research.

Having these conversations with young people about adapting to their needs in order to keep them safe was crucial, and has been a clear goal for us when we were developing our **Youth Room**.

Lewis,  
Tigers Trust PAC, Social Action Lead

Run Trials!  
Find out which  
activities they  
gravitate towards.



Don't give up! It might take a while to get this off the ground. It might not be successful immediately!



## Continue gathering feedback:

When you have your **Youth Room** up and running it is a good idea to have regular check ins with the young people to make sure the **safe space** is running effectively and if any changes need to be made. This could be through feedback forms, conversations or observations.

*I brought a group of students from my school to use the Tigers Trust Youth Room. I was delighted to see one young person enjoying activities such as table tennis and pool, these activities are available at school but he has never previously expressed any interest. He must have felt comfortable in the environment of the Youth Room to feel he could access these activities, and he did so with a big smile on his face!*

*School teacher, Hull*

*Using the Youth Room has been a good escape for me, it's a place I go where nobody judges me and i can just play games, make friends and forget about the outside world.*

*Female, 17*

## Your feedback is important to us!

We would appreciate if you could answer a few questions, it will only take a few minutes, but will help us assess the impact of our toolkit and to see how we could further help organisations develop their own **Youth Room**.



It's really important to us to do everything we can to help create **safe spaces** for young people.



Funded by the Youth Endowment Fund, the #iwill Fund (a joint investment between The National Lottery Community Fund and the department for Culture, Media and Sport) and Co-op, PAC is here to support young people take the lead.

We hope you enjoyed our **Youth Room** Toolkit, if you would like any further info please contact [rachel.hill@tigerstrust.co.uk](mailto:rachel.hill@tigerstrust.co.uk)