

LOCAL YOUTH XPERTS

MENTAL HEALTH &
LEISURE ACTIVITIES



INFORMATION FOR ALL THE TOOLS

Who can benefit from the tools

- decision-makers in the municipal council, the executive committee, the heads of childhood and youth services board, or other main committees
- service managers, headteachers, project leaders, or advisors in the municipal administration

Those who are invited must receive understandable, engaging information about

- what the theme is and what the answers will be used for
- who is wondering about this and why these questions are being asked
- how the answers will be used

The responsibility of decision-makers when collecting answers from children and young people

- ensure that the participants receive a greeting or a video as thanks for taking part
- ensure that the participants know how they can get in touch if they have more to contribute or are wondering about something
- ensure that the participants are told how the answers they have contributed have been used as the basis for the decision and what weight it has been given. This can be done through a text, an audio file, or a video
- publish on the municipality's website or social media how the answers have been used as the basis for the decision and what weight it has been given

01 QUICK ADVICE FOR DECISION-MAKERS

Purpose of the tool

The tool helps decision-makers/the administration collect answers from a group/selection of children/young people they are obliged to collect answers from in a case that affects them. In the field of mental health, this could, for example, be young people who have had contact with the public health nurse, who use the municipality's low-threshold services, or who use the municipality's youth clubs. This can be done using the ready-made questionnaire tool Mentimeter. decision-makers or the administration can quickly collect answers to concrete questions.

What the tool can be used for

- Decision-makers can ask the municipal administration to quickly collect answers from groups/selections of children/young people on one or more questions
- Employees in the municipal administration can quickly collect answers from groups/selections of children/young people in the municipality as part of preparing cases for political or administrative decisions

Which children and young people can take part

- Questions can be sent to several groups of children/young people to whom the decision applies, in order to collect answers from many in a group/selection
- Questions can be sent to one group of children/young people over a period of time, to see whether the answers change if what the question concerns changes. This can, for example, be done once a month or every other month

USER GUIDE

Mentimeter is a ready-made questionnaire tool. The questions to be asked to children/young people are added on the website. The website generates a code that participants need in order to answer the questions. The code is valid for a maximum of 14 days.

Themes that can be asked about

- How children/young people experience the public health nurses
- How safe children/young people feel when using the municipality's bus services
- How safe children/young people feel in the district/municipal centre
- How children/young people experience the municipality's leisure activities
- What advice children/young people have for a specific service
- Where a new youth club/sports hall, etc., should be built
- What a new youth club/sports hall, etc., should contain
- What opening hours youth clubs/low-threshold houses, etc., should have
- Which services for children/young people the district/municipality should start up
- Which summer activities for children/young people the municipality should offer
- What is important for children/young people to want to stay living in the municipality

Remember when the questions are added to Mentimeter's website

- Ask few questions, long questionnaires do not work
- Have several response alternatives, not only "yes" and "no"
- Remember that the response alternatives must be simple and understandable
- Create the possibility for open-ended answers on some/a number of the questions

Who the link to Mentimeter can be sent to

The Mentimeter link is sent to the group(s) of children/young people who are going to express their views, for example:

- All children/young people in one or more year groups
- All children/young people in a district/part of the municipality
- Groups of those who use the General Practitioner
- Groups of those who have been several times with the public health nurse
- Groups of those who use low-threshold services in the municipality
- Groups of those who have been to the youth club in the past year
- Groups of those who took part in the Youth Cultural Gathering last year