

# LOCAL YOUTH XPERTS

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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

# 04 DECISION-MAKERS ASK, YOUNG PEOPLE ANSWER

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## **Purpose of the tool**

The tool is a digital survey on a website created by young people. It can help decision-makers and the administration collect answers from groups of children/young people that those who are going to make decisions are obliged to collect answers from before decisions that affect them are made. With this tool, the municipality can relatively quickly secure "fresh" knowledge from children/young people before a decision is taken.

## **Which children/young people can take part**

6-20 years old

## **What the tool can be used for**

- Decision-makers can ask the administration for answers from groups of children/young people on concrete questions, possibly with elaborations
- Employees in the municipal administration can collect experiences and advice from groups of children/young people in the municipality as part of preparing cases for political or administrative decisions
- The answers will ensure that the municipality receives "fresh" knowledge as a basis for decisions

## **The advice can be collected using**

- Google Forms
- Questback
- Nettskjema.no
- Norsk Gallup
- SurveyMonkey

# USER GUIDE

## Who the digital survey can be sent out to

- All in a certain age group/year group
- All who have visited the public health nurse / the Municipal Health Centre for adolescents
- All in a year group in municipal leisure activities
- All who have visited low-threshold houses
- Groups of children/young people who use youth clubs
- Groups of children/young people who take part in municipal summer activities

## Posted on a website designed by young people

- A website is designed by young people with knowledge of what feels good and engaging for many children/young people. The design and the questions must be adapted to the age group that is invited to answer
- Surveys can be posted daily, weekly, monthly, or in periods
- A link to the survey can be sent regularly to the same group of children/young people if the municipality wants more input from the same groups
- A link can be sent to different groups of children/young people during a week to collect answers from more children/young people in the municipality

## Ideas to ensure the surveys engage children/young people

- Post a short, slightly funny video explaining that the municipality needs answers from children/young people and why it is needed. Explain that the adults know that young people are the future, and therefore they want to make good decisions for children/young people
- Include some slightly well-known people to talk about and recruit for the survey on Snapchat, TikTok
- Advertise on social media, the advertisement pops up on young people's phones

## Information that must be given at the start of the survey

- A short video explaining why the answers are needed and what they will be used for
- That the survey is anonymous and no one will know who is responding
- That participation is voluntary

## Possible themes for the survey

- What schools can do to improve well-being
- What schools can do to reduce absence from school
- How children/young people experience the School Health Service, low-threshold services, or leisure activities
- Which leisure activities children and young people want in the municipality
- How the mental health services in the municipality should be
- What it takes for young people to want to live in the municipality when they grow up
- What schools can do so that fewer young people in the municipality need to use violence, abuse drugs, or commit other criminal acts

