



Youth Forum

Minutes of a meeting of the Youth Forum held at The Guildhall, Northampton, NN1 1DE on Wednesday 12 July 2023 at 4.30 pm.

1. Welcomes, Introductions and Apologies

Attended: Haroon (NSB), Lilybo (GA) Skye (NA), Tracy (NSG), Kamron (BC), Lola (NSG), Kyla (NIA). Adults – Morcea Walker, Jamie Wells, Aimee Luck.

Apologies: Bella (GA), Kayla (WPS), Dan (WPS), Henry

Absent: Lissy, Hannah, Jessica, Michaela, Ruva, Honey, Finley

Jamie welcomed everyone to the meeting and introduced our guests from Ngage/Aquarius, Resolv, Northampton Integrated Sexual Health and Public Health.

2. Memorandum of Understanding

3. Minutes of Previous Meeting

4. Sexual health and sanitary products within schools

NISH and Public Health gave an overview of their services.

Corinna explained that NISH target 6th form students but don't work with younger years. NISH can provide assemblies and sessions around contraception, infection and also discuss topics such as consent, LGBTQ relationships, pornography, as well as offering STI testing and strive to normalise testing. For younger years school nurses in offer sexual health support in the school setting.

Previously School Nurses delivered class activity and assemblies which kept consistency. This has reduced since covid and whilst some schools still have school nurse input, many rely on teachers. Forum agreed they would prefer to have Sex Ed delivered by external person rather than a teacher they see all the time – much easier to discuss openly.

Philippa (Public Health) advised a task and finish group will be running to discuss an approach to commissioning and delivering sex education in schools. The group will involve health, education and council and would like to have young people's experiences and views included.

Sanitary products:

- Products are ordered through government portal by individual schools

- Schools take different approaches and there are often barriers to accessing products.
- On the flip side, some schools remove barriers and products are misused and wasted by younger years.
- Boxes are often emptied by one or two people at the start of a week and then there are no products – need a way to notify for refilling.
- Forum agreed there needs to be some education around period poverty for younger years that may not understand yet.
- Need to promote more sustainable sanitary options too such as [mooncups which are available free through schools!](#)

Actions:

- Philippa to link Natasha in with Jamie/Aimee re task group
- Philippa to share resources and information for forum
- Agenda item for August to produce a guide poster for school toilets about period poverty and sanitary products and promote reusable items.

5. **Substance Abuse-IYD Social media take over**

Ngage/Aquarius are a youth service for 10-18 yrs tackling drug and alcohol problems and offering confidential advice and support on a one to one basis, in school or in the community. Outreach workers engage with young people out in the community that might be harder to reach.

They also deliver education and training to schools and teaching staff and offer free drug testing. If you want support you can [self refer via their website.](#)

Joy explained that Resolv are based in Stafford but she works across Northamptonshire. They provide education and training and are working with Yr 6 a lot at this time of year during transition to secondary school.

The focus is on aerosol misuse. These products are perfectly safe when used properly but are DEADLY when misused. Currently trying to deliver some NOS workshops with Jamie in secondary schools to raise awareness and provide education but difficulty has been transport so looking to go into schools instead. Since March 2023 NOS cannisters are now classed as an illegal drug. Support is usually provided by phone or via Zoom.

Forum asked about drink spiking (tests and support). Not something Ngage do but Aimee/Jamie can provide bottle spikeys and straws for young people going out drinking.

Discussed spiking test strips and a nail polish for testing drinks.

Kamron suggested either service could attend or support a workshop at the Youth Summit. If Youth Forum deliver a workshop on this topic could do this in partnership. Forum discussed Vaping as a priority issue among young people. Most have never smoked but use vapes as a fashion choice. Mixed views on how informed young people are; some know the risk but don't care, others not informed at all.

Agreed to create some key messages to share during the Youth Takeover Day on 12 August:

- **How addictive they are** – one bar + equivalent of 20 cigarettes

- Environmental impact and social responsibility.
- **Encourage proper disposal** and reduce littering.
- The ugly side of vapes – ethical impact/lithium batteries
- Encourage a culture shift – counter fashion statement (similar/link to sustainable fashion movement). Utilise influencers or upcoming performers at R&D for backing campaign.
- **Parent targeted messaging** – modelling behaviour, leaving vapes around that children can take.
- Financial costs of addiction

Actions:

- Emma to share Ngage/Aquarius information for the forum
- Aimee/Jamie to bring bottle spikeys and straws to next meeting.
- Joy to share information on Resolv services for the forum
- Jamie to discuss campaign messages with Public Health colleagues
- Jamie to share themes to Comms team to produce some content ideas
- Forum members to create a graphic to put forward for the takeover day (all good with canva! – use Instagram stories or post template)

Jamie asked for feedback from forum for the services about how they can best engage with students through class talks and assemblies:

- Activities (especially towards the end of the day)
- Interactive elements
- Be unique/stand out to get the attention and be memorable. No death by PowerPoint or video played.
- Vape amnesty in the session
- Have someone who has experienced and came out the other side.
- Mixed view on Class or assembly?
- Raised issue around specialist terms and complicated language which is an issue for those with English as a second language. Are resources available in other languages? Use of AI more available (click on flag in corner to change language on website). Services rely on teachers advising what the need is and type of students.

6. **AOB**

International Youth Day: Friday 12 August

No in person event this year. Using social media take over day to promote forum's messages.

Important for everyone to engage with this as much as possible.

Free Roller Skating session; Monday 31 July, 2.45 – 4pm at

The Benham Sport Centre; Kings Park Rd, Northampton NN3 6LL

No experience needed – free skates/protection available for forum. Good opportunity for everyone to get to know each other better and to say good bye to those leaving for university.

We will meet in the café afterwards to share the takeover day graphics and agree what's going to be shared.

Please confirm ASAP if you can attend so Aimee can reserve enough spaces.

Say it Your way:

Opportunity to interview the Police, Fire and Crime Commissioner (in charge of the budgets for Fire and police service... like their Chief Exec!) Further information and how to get involved will go out with minutes.

Kyla has been organising a culture week of events at NIA. Delivering lots of activities across the school raising awareness and engaging students in a range of cultures across the school and building cohesion! Well done Kyla!!
All invited to stop by the final event on Friday 14th – Summer Fete after school.

Actions:

- Jamie/Aimee add takeover Day to Anna Earnshaw (WNC CEO) blog to promote forum to council staff
- Forum to confirm if attending free skate session.

7. Items for Future Meetings

Next meeting will include the following:

- Disproportionality project; with Leonie Walker
Media project looking at disparity in black youths/young individuals committing a low level offence and out of court disposal (OOC)
- Heritage Open Day Training
Youth Forum will lead short tours of the building on Sunday 17 September 12-4pm. Free lunch included.
- Sex Ed and Sanitary project work
Create poster/leaflet for sanitary products box/toilets
- Youth Summit
Start planning workshop for Youth Summit in November

8. Date of Next Meeting

Next meeting is rescheduled to the 3rd Wednesday of the month: Wednesday 16 August, 10am to 3pm, Jeffrey Room at the Guildhall.

The meeting closed at 6.30pm