



**TEENAGE GIRLS IN PARKS REPORT
FOLLOWING SUMMER 2024 WORKSHOPS**

SUMMARY REPORT

SEPTEMBER 2024

Southampton Teenage Girls in Parks report - SUMMARY



TEENAGE GIRLS IN PARKS

SUMMARY REPORT

Context

- 1) As girls become teenagers, they spend less time in parks and open spaces. This can have an impact on their health and wellbeing. People involved in [Southampton Coproduction Corner](#) wanted to find out more.
- 2) During the Summer of 2024, two workshops explored **Teenage girls and how parks and open spaces can improve their wellbeing** in more detail. Stage One involved a group of teenage girls and was run by Anna Jacklin from Monty's Community Hub and Tammy Oliver from Veracity Life. The Stage Two workshop involved wider stakeholders from a range of backgrounds, such as parks and open spaces, physical exercise, policy and placemaking, community safety, and health. People came from organisations including community groups, local authority, NHS and the University of Southampton.
- 3) This was organised by Rebecca Kinge from Southampton Voluntary Services with the support of Lucy Green from the University of Southampton and others. It formed part of a research project on coproduction, funded by the Centre for the South's New Things Fund. See www.southamptonvs.org/coproduction for more details.



Southampton Teenage Girls in Parks report - SUMMARY

Stage One workshop with teenage girls

- 4) Teenage girls' perspective was as follows (for a full report see Appendix One):
 - i. They had mixed feelings about their local green space, including who the park was 'for' and which parts felt intimidating. Safety mapping helped draw out these issues. Adult presence plays a role in helping people feel safe.
 - ii. The girls shared many design ideas and thoughts about what would be good for new infrastructure.
 - iii. The teenagers received this workshop well overall. But they were less convinced that their views would make a difference.
- 5) Much more work could be done with teenage girls to explore the barriers and opportunities around green space in the Southampton area. Using creative methods can help people feel more engaged. Additional perspectives of teenage girls were sought, but this did not happen due to logistical challenges, including ethics approval timing versus the project timeline and participant availability.



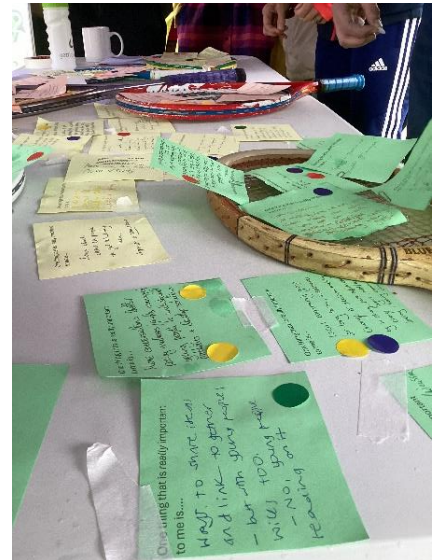
Views of girls at Stage One workshop 1

Southampton Teenage Girls in Parks report - SUMMARY

Key priorities from Stage Two workshop

6) A follow-on workshop on 15 July 2024 was held with wider stakeholders, and a series of priorities were identified, informed by the findings of the Stage One workshop. These priorities can be summarised as follows:

- i. **There is a need to bring people together** to explore the issues in a joined up way, working together on park projects and plans. This should involve all voices in the same room when discussions occur, with problems and potential solutions being explored together. Bringing people together will enable collaborative working including potential future joint funding bids.
- ii. **Young people should be at the centre**, driving the ideas and decision-making. Schools, Mental Health Support Teams, and youth outreach projects play an important part in this. To engage, people need to be confident that their voices **will be heard**.
- iii. **More research could help understand patterns of use and barriers** to teenage girls using parks and open spaces. This should be long-term research, not a stop-start approach.
- iv. **People want a safe culture and environment** for parks and open spaces. Addressing anxiety and the perception of safety around using parks is a key issue. Better infrastructure, lighting, and facilities, enabling more passive surveillance, and opportunities for more adults to be present (youth workers, park wardens, street pastors, etc.) would be welcome. Entrances to and from parks are key areas that matter. Safety must be considered alongside opportunities for appropriate risk-taking so that parks also embrace young people's wish to be daring at times.
- v. **There should be more opportunities for young people to engage in wellbeing initiatives in parks, including sports, nature, and opportunities for creativity**. Parks should be recognised as a wellbeing space and feel welcoming. There is a need to foster confidence in teenage girls to use parks and open spaces. Public health approaches will help, with a focus on reducing violence against women and girls in public places alongside opportunities for physical activity.
- vi. **People also need a better understanding of the realities of managing parks and open space infrastructure**, the need to get the basics right (cleanliness and general upkeep), the costs of potential improvements, to help feed into funding and project plans. **An eye needs to be on long-term change, not quick 'facelifts.'** On a practical note, there needs to be a **speedier approach to lease agreements** for transferring operation of park buildings to community organisations.
- vii. **Good communication, regular updates, feedback, and action are needed**. Change must result from this dialogue and work. People won't engage unless they believe their input is valued and will make a difference.



Stage Two workshop thoughts

7) The above recommendations should be presented to a wider audience to ensure that key issues, such as accessibility or cultural differences in the way people use parks, are not overlooked.

Southampton Teenage Girls in Parks report - SUMMARY

What next?

- 8) The next steps are to **develop an action plan**, The next steps are to **develop an action plan based on the above priorities**. Some potential funding sources have been identified. Those engaged in the summer 2024 workshops provide a good starting point for future engagement and refining priorities.
- 9) The way the youth voice is harnessed in these next steps is crucial. Young people are central to exploring future changes and our project added initial insight from one community to other ongoing projects involving young people. Future coproduction connections need to be made through schools, mental health, and other community-based youth services, and there are opportunities to further link with initiatives such as the Southampton Green Network, Young Southampton, and Southampton's Physical Activity Alliance, among others. The project needs to decide whether to deepen connections with Sholing young people, or work across a wider or different geographical area.
- 10) We have unearthed opportunities to work with local communities and small community groups, as well as the city's larger initiatives and forums. However, this needs to be done in a way that recognises the potential barriers to involvement for different communities and groups. Otherwise, some may struggle to find time/resources/confidence to join in and their voices and perspectives will be excluded.
- 11) The findings and key priorities should be reported to the interested groups. Rob Kurn from Southampton Voluntary Services has agreed to take the key findings to Southampton's:
- Health and wellbeing board
 - Health and care partnership board
 - Safe city partnership board
 - Child-friendly board.
 - Health Determinants Research Collaboration [HDRC Southampton](#)
- 12) Southampton's Director of Public Health, Dr Debbie Chase, will include this project as a case study in the city's Annual Public Health Report.
- 13) Lucy Green from the University of Southampton and other university partners can identify potential research collaborations. The issues of the ethics process should be addressed, including how this can be a barrier to timely coproduction involvement.



Stage Two workshop at Veracity Ground

Southampton Teenage Girls in Parks report - SUMMARY

- 14) A full evaluation of the coproduction process of this project will be available in November 2024.

Project contacts

- 15) Rebecca Kinge, Southampton Voluntary Services is the author of this report. For further information, contact Rebecca Kinge coproduction@southamptonvs.org.uk or Rob Kurn r.kurn@southamptonvs.org.uk or see www.southamptonvs.org.uk/coproduction for further updates.



Stage Two workshop discussing ideas



**TEENAGE GIRLS IN PARKS REPORT
FOLLOWING SUMMER 2024 WORKSHOPS**

FULL REPORT

SEPTEMBER 2024

Southampton Teenage Girls in Parks report – FULL REPORT



TEENAGE GIRLS IN PARKS FULL REPORT

CONTEXT

- 1) We asked our Southampton Coproduction Community to put forward some ideas of issues to explore through coproduction approaches, to gain local people's perspectives. The following subject was chosen:

Teenage girls and how parks and open spaces can improve their wellbeing

- 2) Becky Wilkinson from Southampton City Council's Public Health team put forward this subject as an issue that had come to light through the local physical activity alliance because there is a drop off in physical exercise in girls as they move through adolescence into adulthood.
- 3) Our coproduction approach was based on a two-stage process:
 - Stage One: Work with one of two local community organisations with strong links to young people and embedded in community action to explore local teenage girls' perspectives on the issue and encourage and support them to share those views with a wider audience of stakeholders.
 - Stage Two: Gather local stakeholders, including some teenage girls, to discuss and decide on policy changes.

STAGE ONE: WORKSHOP WITH TEENAGE GIRLS

- 4) The principle was to start with a '**Cuppa and a Chat**' session with teenage girls, hosted by community organisations. Our chosen partners were [Monty's Community Hub](#), an intergenerational community hub in Sholing, and [Veracity Life](#), a project breathing new life into Veracity Recreation Ground. These organisations were offered a bursary each, funded by the University of Southampton New Things Fund budget, to get involved.
- 5) The community animators^[1], Anna and Tammy, from these organisations designed workshops for local teenage girls in discussion with the Coproduction Corner research team members Lucy Green (University of Southampton) and Rebecca Kinge (Southampton Voluntary Service). Anna and Tammy are key adults involved in these two welcoming community groups, known and trusted by many local people, and were able to create an environment for talking openly about the issues. We had hoped to achieve two workshops (1) with teenage girls at Monty's

Southampton Teenage Girls in Parks report – FULL REPORT

Community Hub and (2) with teenage girls in a local secondary school. We knew that involving many different people, who may need persuading to get involved, could be challenging. We intended that the budget would allow for vouchers or other ways to thank those involved for their time.

- 6) We had hoped that the workshops with girls would happen in March or April 2024, but we needed to submit several amendments to the ethics submission to respond to the fluid coproduction approach. Ethics submissions involve a lot of paperwork. This proved a barrier, as it can be hard for voluntary / community partners to find the time and energy to complete and review this paperwork, and it puts a lot of pressure on the time and budget as a result. Ethics revisions, once submitted, took several weeks, with lost momentum. The knock-on impact was that we encountered difficulties with everyone's availability, making it hard to find suitable times and dates.
- 7) In the end, a workshop took place in May 2023 attended by about 12 girls using a Patient and Public Involvement group approach, which did not require data collection to the extent of an ethics application. The girls completed a survey and shared their views about issues related to local green space. No members of the Coproduction Corner research team were present.

Key findings from the Stage One workshop with teenage girls were

- 8) Tammy and Anna's report and findings are included in Appendix One. Key findings are:
 - i. Teenage girls had mixed views about the various parts of the park that they discussed (Sullivan Road Recreation Ground). Safety mapping helped draw out these issues. Open green spaces felt most welcoming, play parks are more for smaller children and their parents, and equipment like the Multi-use Game Area could be more intimidating. The pump track for bikes, etc., at Sullivan Road, led to mixed feelings of fear and amusement. Regarding the sense of safety, the presence of adults (youth workers, dog walkers, etc.) seemed to be valued. Other people present in a green space could also feel intimidating, such as large groups of boys or people they don't know. In other discussions, lighting and entrance points were important to that sense of safety.
 - ii. The girls had lots of ideas about new infrastructure, such as play equipment, picnic benches, bins, etc. They had the chance to share ideas through drawing and collage, which created a range of potential ideas.
 - iii. Overall, the teenagers were positive about involvement in this workshop. But they were less convinced that their views would make a difference.

Stage One additional workshop with teenage girls

- 9) Tammy and Anna also worked with the Coproduction Corner research team to plan a workshop in a local secondary school. Getting all the ethics in place and coordinating it with everyone's availability proved impossible. Several teenage girls were willing, but the school could not get parental permissions in place in time to run the session before 15 July. While disappointing, this was also good learning that involving schools can be complex, and they probably struggle with capacity, including if there is lots of paperwork, e.g., securing ethics permissions.
- 10) Overall, we underestimated the amount of time it would take to (1) build relationships (2) agree the paperwork side and then (3) timetable a series of related workshops that needed to happen

Southampton Teenage Girls in Parks report – FULL REPORT

in a particular order with a range of different participants at each one. The aspired project timeline lost momentum and the project budget became too stretched.

STAGE TWO: WORKSHOP WITH WIDER STAKEHOLDERS

Involving wider stakeholders

- 11) After the stage one workshop, we held a “Coproduction Corner” session to hear the girls’ views and bring people with knowledge from sectors such as academia, local authorities, healthcare, and the community into the conversation (we called these “wider stakeholders”). We reached out to people with experience in projects associated with parks and open spaces, physical exercise, policy and placemaking, community safety, and health.
- 12) People were keen to be involved. There was a real sense that this topic resonated with them, and they wanted to explore it together. The workshop was attended by 19 representatives from: Southampton Voluntary Services, University of Southampton, Veracity Life, Southampton City Council, (parks and open spaces, community safety, public health), Energise Me, Saints Foundation, Solent NHS Trust, Southern Health NHS Trust, Hampshire and Isle of Wight Wildlife Trust, We Make Southampton and Feed the Community.
- 13) We decided to run this workshop at Veracity Ground, and despite having to cluster under gazebos in the rain, people were keen to share their views and develop ideas together.

Workshop Aim

- 14) The aim was to explore the topic: **Teenage girls and how parks and open spaces can improve their wellbeing**. Together, we planned to come up with some priorities and recommendations for policy and service change, as well as future research. We also explored coproduction approaches (i.e. how we all work together), through the opportunity to feed into an evaluation being conducted by Janice Mason from Owl XL CIC.

The views that fed into the Stage Two stakeholder workshop

- 15) The following documents were available at the workshop on 15 July:
 - Findings from Monty’s Community Hub and Veracity Life workshop with teenage girls (See Appendix One)
 - Policy Context (see Appendix Two)

Stakeholder workshop process

- 16) We chose to host the workshop at 3.30pm on Monday 15 July 2024, so that young people could attend after school. We were pleased that many people joined us despite the rain. There was a real buzz. We’re grateful to Veracity Life for helping host us, using the tables, chairs, and drinks-making equipment they store in their container in the park, and to Southampton Voluntary Services and Southern Health NHS Trust for lending us another gazebo at short notice.
- 17) We were disappointed that no teenage girls could attend. This may have been a result of (1) the rain on the day of the workshop, (2) the fact that the workshop was so close to the end of term and people had other priorities, (3) that we weren’t able to build up enough momentum with local girls, or (4) another reason.

Southampton Teenage Girls in Parks report – FULL REPORT

- 18) After grabbing a hot drink, we started with a “Check In,” where everyone introduced themselves and said something that they enjoyed about going to the park as a teenager. People shared the importance of freedom away from parents, doing sports and bikes, watching people, hanging out and snogging(!), activities that didn’t involve shopping and family time.
- 19) We then heard perspectives from teenage girls, with Tammy Oliver summarising the Stage One workshop's outcomes. Tammy referred to the way that young people had been involved in other projects, which has worked well for those projects.



Stage Two workshop participants

- 20) We then broke into three groups, and everyone was asked to discuss and then answer the following questions on small pieces of paper.
- **How can parks and open spaces improve teenage girls’ wellbeing in the Southampton area**
 - **What do we want policy-makers, funders and people who deliver services to do? What extra research is needed?**
 - **How can everyone work together to achieve better change?**

Southampton Teenage Girls in Parks report – FULL REPORT



Stage Two workshop discussion

- 21) These ideas were laid out on the tables (clipped to tennis racquets, so follow on from the sporting theme!), and everyone was given 6 stickers to vote for the issues that resonated most with them. The full findings are included in **Appendix Three** of this document. This gave us an idea of both issues that mattered to individuals as well as the issues that were commonly important.
- 22) People were even kind enough to stay behind to pack up despite being at the end of the working day and the miserable weather!
- 23) The workshop was shorter than originally planned, and the rain dampened everything. This made writing, recording the conversation, and coordinating perspectives harder. We could have done with more people taking notes, to capture the conversations and the words people wanted to write down.

Southampton Teenage Girls in Parks report – FULL REPORT

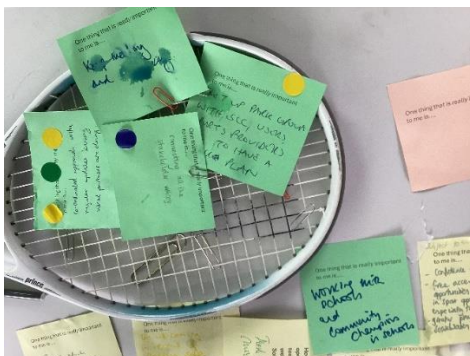


Stage Two workshop ideas

Analysis of priorities

- 24) The full list of issues is presented in **Appendix Three** of this document. These priorities can be summarised as follows:
- i. **There is a need to bring people together** to explore the issues in a joined up way, working together on park projects and plans. This should involve all voices in the same room when discussions occur, with problems and potential solutions being explored together. Bringing people together will enable collaborative working including potential future joint funding bids.
 - ii. **Young people should be at the centre**, driving the ideas and decision-making. Schools, Mental Health Support Teams, and youth outreach projects play an important part in this. To engage, people need to be confident that their voices **will be heard**.
 - iii. **More research could help understand patterns of use and barriers** to teenage girls using parks and open spaces. This should be long-term research, not a stop-start approach.
 - iv. **People want a safe culture and environment** for parks and open spaces. Addressing anxiety and the perception of safety around using parks is a key issue. Better infrastructure, lighting, and facilities, enabling more passive surveillance, and opportunities for more adults to be present (youth workers, park wardens, street pastors, etc.) would be welcome. Entrances to and from parks are key areas that matter. Safety must be considered alongside opportunities for appropriate risk-taking so that parks also embrace young people's wish to be daring at times.
 - v. **There should be more opportunities for young people to engage in wellbeing initiatives in parks, including sports, nature, and opportunities for creativity**. Parks should be recognised as a wellbeing space and feel welcoming. There is a need to foster confidence in teenage girls to use parks and open spaces. Public health approaches will help, with a focus on reducing violence against women and girls in public places alongside opportunities for physical activity.
 - vi. **People also need a better understanding of the realities of managing parks and open space infrastructure**, the need to get the basics right (cleanliness and general upkeep), the costs of potential improvements, to help feed into funding and project plans. **An eye needs to be on long-term change, not quick 'facelifts.'** On a practical note, there needs to be **a speedier approach to lease agreements** for transferring operation of park buildings to community organisations.
 - vii. **Good communication, regular updates, feedback, and action are needed**. Change must result from this dialogue and work. People won't engage unless they believe their input is valued and will make a difference.

Southampton Teenage Girls in Parks report – FULL REPORT



More Stage Two workshop ideas

Issues that were not raised in detail

- 25) It is important to check the above recommendations with a wider audience to ensure that key issues have not been overlooked. The findings did not explore issues related to accessibility to parks and open spaces (transport, geographical locations, etc.) and cultural differences in terms of who uses parks. By opening the conversation wider and engaging more voices, there is potential to ensure that the workshop on 15 July did not miss any key points that would be relevant to communities not present.

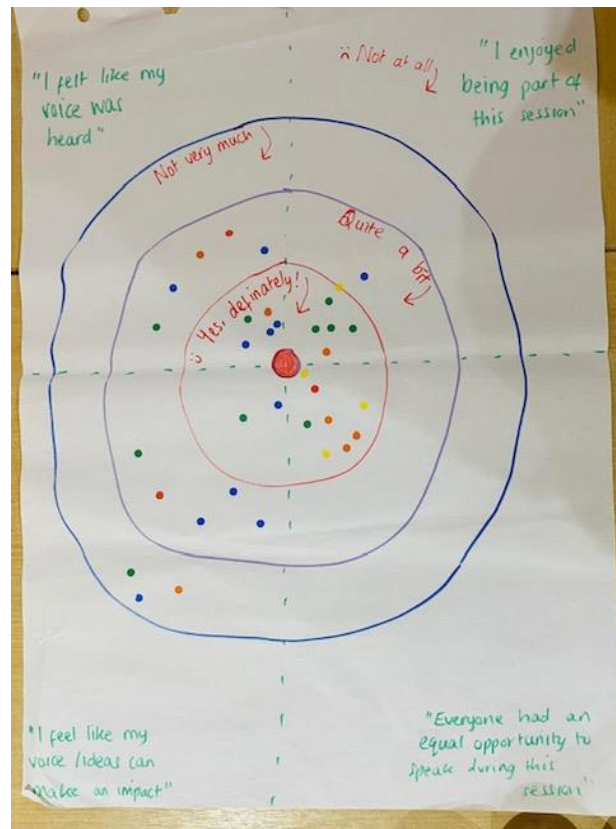


Stage Two workshop discussing ideas

Southampton Teenage Girls in Parks report – FULL REPORT

Initial findings on the coproduction process

- 26) We tried to design the workshops using coproduction processes. There was considerable enthusiasm to explore the issue together, but not everything went smoothly! We are in the process of evaluating the project and will report on this in the autumn 2024. This can be read alongside some general coproduction principles that we have identified through our Southampton Coproduction Corner work: see recommendations here: www.southamptonnvs.org.uk/coproduction
- 27) Here are some thoughts on the coproduction process that we have undertaken. These are some key issues that emerged from the dialogue during the project:
- People won't want to engage unless they feel it will be worth their while and change will happen.** This is particularly true of people from communities, such as the teenage girls that we were keen to work with, who want to see action rather than lots of meetings.
 - We all come from different perspectives and agreeing HOW we work together is important.** Despite our best efforts, it didn't prove easy to bring the girls together with the wider stakeholders in an intergenerational way. This is an area that needs more focus and trialling different approaches in future. In our wider Southampton Coproduction Corner work, it is clear that people want coproduction activities embedded into longer-term community activity.
 - University ethics processes do not fit well with coproduced approaches.** As this was research funded by the University of Southampton, we had a tight ethics process to keep everyone safe. This involved a huge amount of paperwork, which was off-putting to community organisations and was a barrier to engagement. Whilst recognising the importance of ethics, the long, drawn-out ethics approval process caused some logistical problems. As a result, we lost some of the project flow, and we could not get the number of teenage girls engaged in the process as we would have liked.
 - Building coproduction work into longer-term activities is more effective.** We found the process of having two or three workshops on this topic was a bit too tight, especially as there was considerable interest in the subject. There is an appetite to explore the issue over a longer term. On the positive side, we have identified strong grounds for taking this project further. We have evidence to demonstrate the need for more action in this area.



Views of girls at Stage One workshop 2

Southampton Teenage Girls in Parks report – FULL REPORT

- 28) More learning will be included in our evaluation report, which is being developed by Janice Mason from OWL XL CIC. We are sharing any updates on this project via www.southamptonvs.org.uk/coproduction

What next?

- 29) The next steps are to **develop an action plan based on the above priorities**. Some potential funding sources have been identified. Those engaged in the summer 2024 workshops provide a good starting point for future engagement and refining priorities.
- 30) The way the youth voice is harnessed in these next steps is crucial. Young people are central to exploring future changes and our project added initial insight from one community to other ongoing projects involving young people. Future coproduction connections need to be made through schools, mental health, and other community-based youth services, and there are opportunities to further link with initiatives such as the Southampton Green Network, Young Southampton, and Southampton's Physical Activity Alliance, among others. The project needs to decide whether to deepen connections with Sholing young people, or work across a wider or different geographical area.

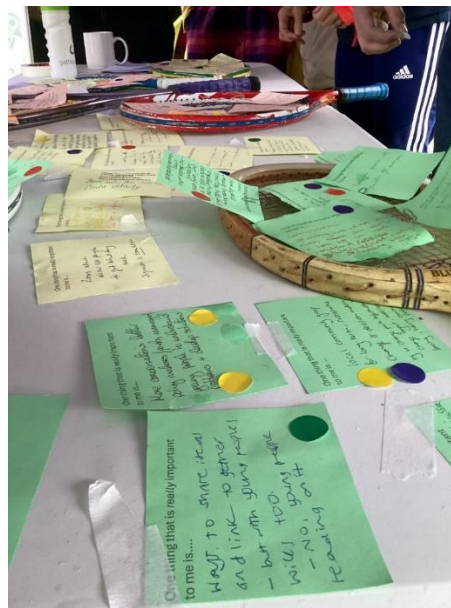


Stage Two workshop participants

- 31) We have unearthed opportunities to work with local communities and small community groups, as well as the city's larger initiatives and forums. However, this needs to be done in a way that recognises the potential barriers to involvement for different communities and groups. Otherwise, some may struggle to find time/resources/confidence to join in and their voices and perspectives will be excluded.

Southampton Teenage Girls in Parks report – FULL REPORT

- 32) The findings and key priorities should be reported to the interested groups. Rob Kurn from Southampton Voluntary Services has agreed to take the key findings to Southampton's:
- Health and wellbeing board
 - Health and care partnership board
 - Safe city partnership board
 - Child-friendly board.
 - Health Determinants Research Collaboration [HDRC Southampton](#)
- 33) Southampton's Director of Public Health, Debbie Chase, will include this project as a case study in the city's Annual Public Health Report.
- 34) Lucy Green from the University of Southampton and other university partners can identify potential research collaborations. The issues of the ethics process should be addressed, including how this can be a barrier to timely coproduction involvement.
- 35) A full evaluation of the coproduction process of this project will be available in November 2024.



More Stage Two workshop ideas

Project contacts

- 36) Rebecca Kinge, Southampton Voluntary Services is the author of this report. For further information, contact Rebecca Kinge coproduction@southamptonvs.org.uk or Rob Kurn r.kurn@southamptonvs.org.uk or see www.southamptonvs.org.uk/coproduction for further updates.

Southampton Teenage Girls in Parks report – FULL REPORT

APPENDIX ONE

INFORMATION PROVIDED BY MONTYS COMMUNITY HUB AND VERACITY LIFE, WHO LOOKED AT SULLIVAN REC WITH SOME YOUNG PEOPLE IN MAY 2024

Girls in Parks session results:

1. Who is this space for? Who is this space designed for? (lego people / people cut outs)

Park - Toddlers (boys and girls), children (boys and girls), mums,

MUGA - Teenagers (male), big groups,

Pump Track - Children and parents, teenagers (mostly boys),

Open green space - Families, teenagers, dogs, older people.

2. Do you use the park? (when / how / where?) Which parts of the park?

Mostly the park and open green space as less intimidating, some use the pump track when empty and sometimes other people in that area can be a little scary

3. How do you feel in this space? (stickers / emoji balls) Does this space feel like it's designed for you?

Park - general consensus of positive feelings (happy, calm) 'alright', 'scared', "I feel weird when you're not with little kids...like a paedo",

MUGA - general consensus of anxiety 'scared/nervous', 'middle', "scary, I don't feel safe because people start fights", "lots of people we don't know",

Pump Track - mixed opinions on the area between scared and amused 'middle', 'unsure - sometimes enjoyable, sometimes not, "laughing at kids falling off", "scared of physical injury/bikes"

Open green space - mostly positive with a few mixed emotions 'happy', 'middle (can be mean people)' "feels more safe than the other spaces because it's mostly older dog walkers"

4. Safety map (coloured overlays)

Park - mostly green, small amount of yellow,

MUGA - mostly red, small amount of yellow,

Pump Track - mix of red and yellow, slightly more red,

Open green space - mix of yellow and green, slightly more yellow,

Southampton Teenage Girls in Parks report – FULL REPORT

Groups of 2-3. Picture of rec and ideas & magazines. Think about both infrastructure & safety elements e.g. presence of a youth worker?

What would make the park feel like it's designed for you?

What would you add / takeaway / change?

Group 1

- More benches,
- Shelters - with a bench,
- More bins,
- More trees and sitting logs (in the open green space),
- Dim lights in the MUGA,
- Higher fences in the MUGA,
- Park - expand park, zipline, fun slide, expand basket swing and more swings, no broken equipment.

Group 2

- More shelters,
- Designated dog walk track,
- Adults stationed at the MUGA, pump track and in open green spaces,
- A new swing in the park,
- A football pitch/goals in the open green space,
- A swimming pool/splash park,
- Another park for older children/teenagers.

Group 3

- "I want to go on the swing and not talk to anyone",
- Exercise equipment,
- Big version of a play park in the open green space,
- "A space little kids can't get to us",
- Girls only adults/ times when you know an adult/someone from Monty's will be there (maybe with a cup of coffee),
- More trees,
- Vending machine,
- More swings - also swings that face each other,
- Picnic benches and table,
- Slide,
- High platforms.

Southampton Teenage Girls in Parks report – FULL REPORT

‘I felt like my voice was heard during this session’

- Not at all - 0,
- Not very much - 0,
- Quite a bit - 5,
- Yes, definitely - 5,

‘I enjoyed being part of this session’

- Not at all - 0,
- Not very much - 0,
- Quite a bit - 2,
- Yes, definitely - 5,

‘I felt like everyone had an equal opportunity to speak during this session’

- Not at all - 0,
- Not very much - 0,
- Quite a bit - 0,
- Yes, definitely - 8,

‘I feel like my voice and ideas can make an impact’

- Not at all - 0,
- Not very much - 3,
- Quite a bit - 5,
- Yes, definitely - 2.

Southampton Teenage Girls in Parks report – FULL REPORT



Who is this space for? How do you feel in this space?

Southampton Teenage Girls in Parks report – FULL REPORT



Safety Mapping

Southampton Teenage Girls in Parks report – FULL REPORT

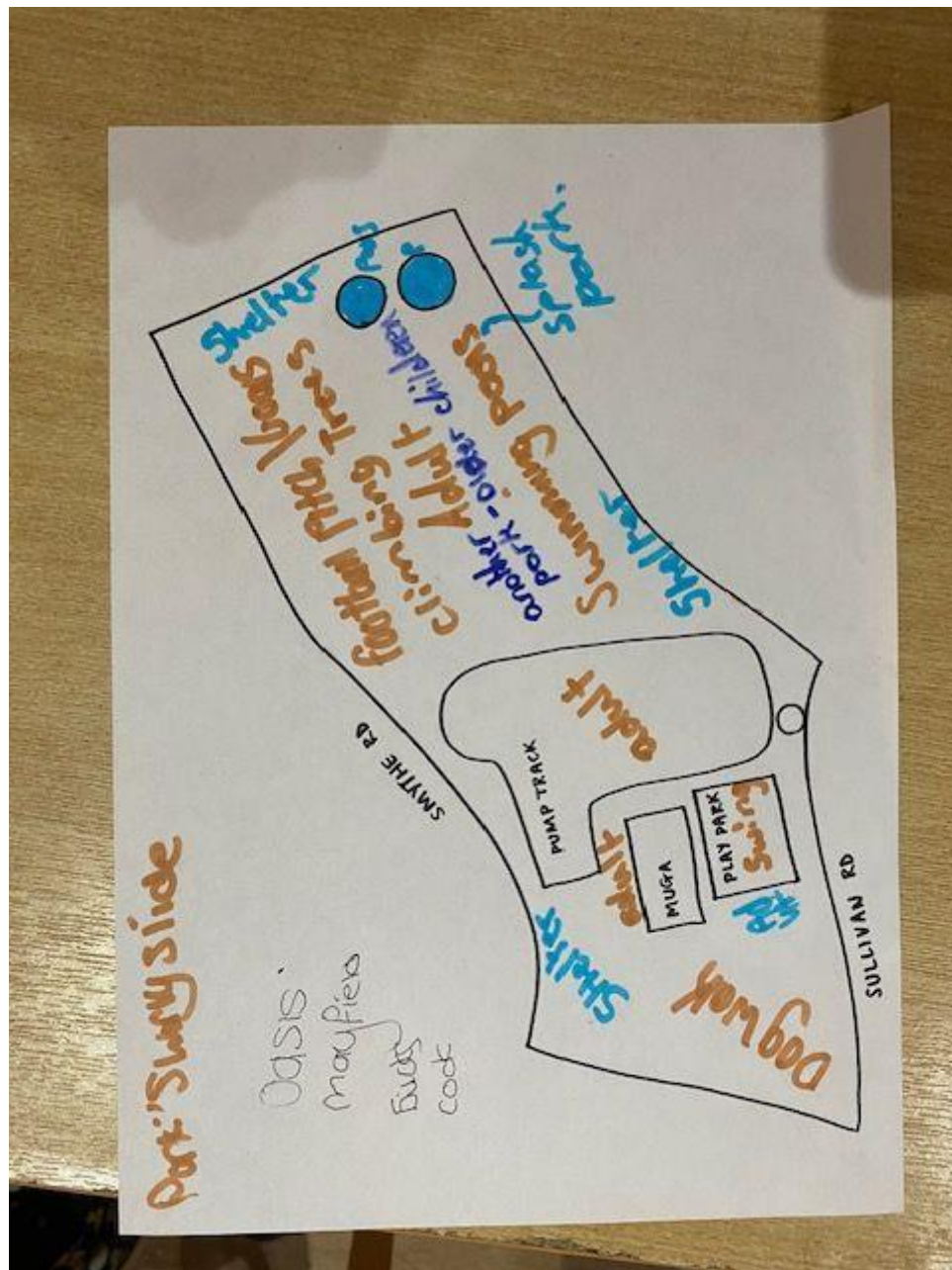
Get Creative

What would make the park feel like it's designed for you?

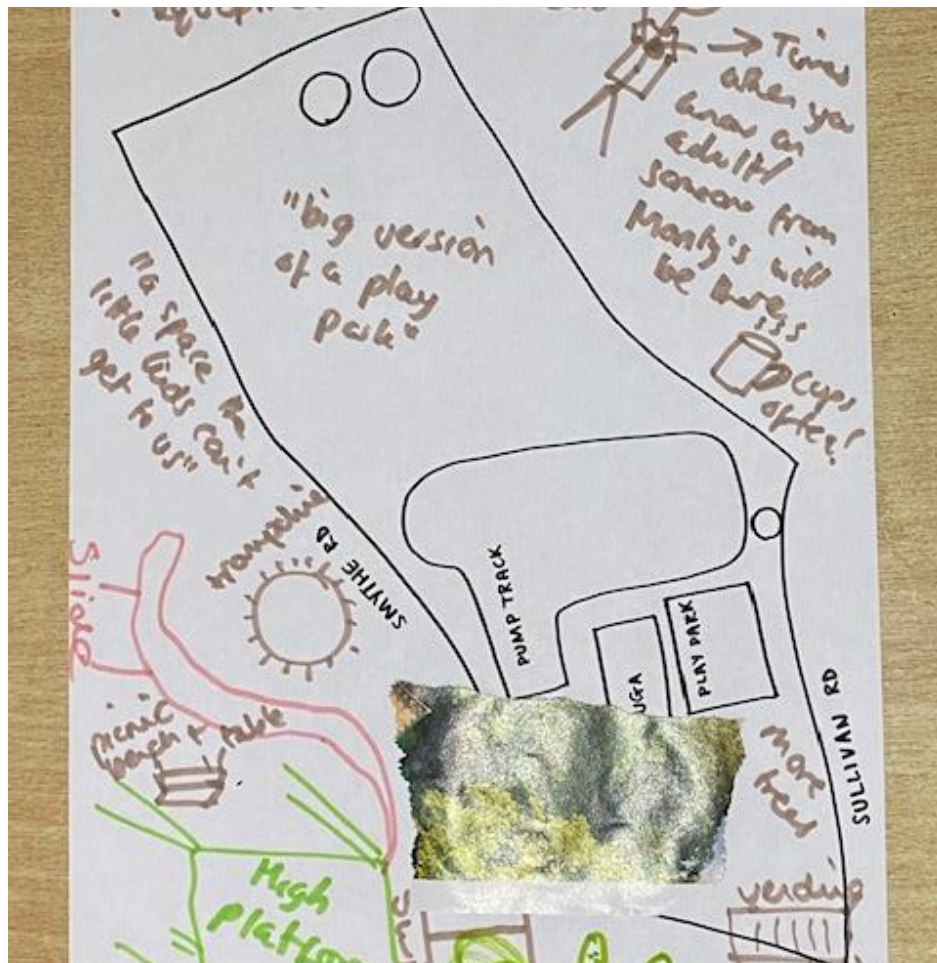
What would you add / takeaway / change?



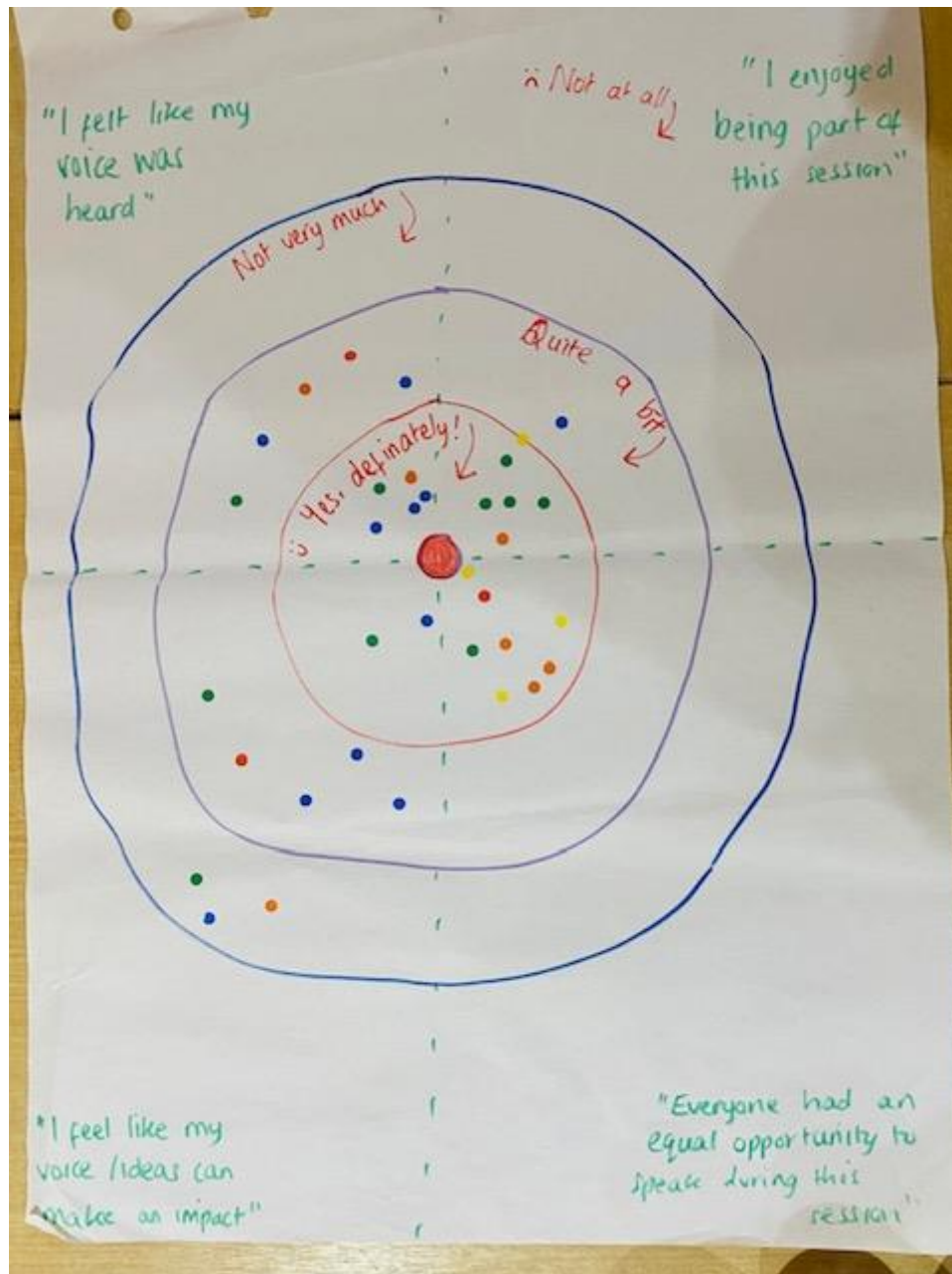
Southampton Teenage Girls in Parks report – FULL REPORT



Southampton Teenage Girls in Parks report – FULL REPORT



Southampton Teenage Girls in Parks report – FULL REPORT



Coproduction feedback

Southampton Teenage Girls in Parks report – FULL REPORT

APPENDIX TWO

This information was provided by James Cording from Southampton City Council

SCC Policies and Action Plans relevant to Girls in Parks Project

Strategy	Purpose and Relevance	Link to Strategy
Health & Wellbeing Strategy 2017-2025 (update currently being prepared)	Looks to support people in choosing to live more active and healthy lifestyles and ensuring Southampton is a healthy place to live and work	https://www.southampton.gov.uk/media/g5ipm3yf/health-and-wellbeing-strategy_tcm63-391952.pdf
We Can Be Active Strategy (Hampshire-wide Physical Activity Strategy)	Looks to support physical activity to deliver physical and mental health benefits. Key aims of the strategy include provide positive early experiences for children and young people; and providing opportunities that meet our needs and interests; delivering places and travel routes where people feel safe and are encouraged to be active.	https://www.southampton.gov.uk/media/bjoekssso/we-can-be-active-strategy-190422.pdf
We Can Be Active Action Plan (Implementation of Physical Activity Strategy in Southampton)	The following actions in the Plan are directly related to the Girls in Parks project: - Listen to and engage with a wide range of CYP and parents to inform the development or improvement cycles of all physical activity opportunities - Develop, legitimise and improve co-ownership of urban and green places, making spaces welcoming, safe and connected for communities to be active together in their neighbourhood (i.e. informal use and play). All development should be based on consultation with residents to identify real barriers and solutions. - Improve both the safety of public places and the perception of safety. This includes supporting infrastructure measures, as well as positive communication and stories of how spaces are being used effectively and safely to combat negative perceptions.	The action plan itself is not a publicly available document, although it is shared across Southampton's Physical Activity Alliance
Southampton Children and Young People's Strategy 2022-2027	Aims to give children and young people a good start in life, live safely, be happy and healthy and go on to have successful opportunities in adulthood. This includes helping children to adopt healthy attitudes and habits and enjoy physical activity. Also looks to ensure children and young people are able to participate and have a voice	https://www.southampton.gov.uk/moderngov/documents/s55123/MRD%201%20-%20Children%20and%20Young%20Peoples%20Strategy%202022-2027.pdf
Southampton's	Outlines how children and young people are	https://www.southampton.gov.uk/moderngov/documents/s55123/MRD%201%20-%20Children%20and%20Young%20Peoples%20Strategy%202022-2027.pdf

Southampton Teenage Girls in Parks report – FULL REPORT

Children and Young People's Participation Strategic Plan 2022/27	currently being engaged and what improvements could be made	ton.gov.uk/media/4g3pi2ox/participation-strategic-plan-2022-2027.pdf
Southampton Safe City Strategy 2022-2027	Aims to create a safer city through priorities including keeping people safe from harm and creating safe and stronger communities. The strategy aims to ensure children and young people are at the heart of the response and aims to tackle violence against women and girls	https://www.southampton.gov.uk/moderngov/documents/s55100/MRD%201%20for%20Safe%20City%20Strategy%202022-27.pdf
Southampton Domestic Abuse and Violence Against Women and Girls Strategy	Sets out different priorities including changing the local environment to be changed to make it safer	https://www.southampton.gov.uk/media/ff2pzcif/domestic-abuse-and-violence-against-women-and-girls-2023-2028-strategy.pdf
SCC Green Space Strategy	Reviews the quality of existing green spaces and suggests standards to raise quality generally as well as encouraging more active community and neighbourhood involvement as well as recommendations to address anti-social behaviour	https://www.southampton.gov.uk/people-places/parks-open-spaces/parks/park-management/green-space-strategy/
SCC Green Infrastructure Strategy	Seeks to utilise, enhance, protect and provide additional green infrastructure across the city to support seven priorities including health & wellbeing and recreation. For the recreation priority we want to residents to have access to a variety of green space, close to their homes, which provides opportunities for a wide range of recreation activities.	https://www.southampton.gov.uk/our-green-city/our-green-city-online-documents/green-infrastructure-strategy/
SCC Core Strategy Partial Review (replacement planning policy document called Southampton City Vision being prepared)	Sets out planning policies to manage new development in the city. Policy CS21 (Protecting and Enhancing Open Space) seeks to improve the quality and accessibility of the city's open spaces and deliver to new open space to meet the needs of all age groups	https://www.southampton.gov.uk/media/io4mih4/amended-core-strategy-inc-cspr-final-13-03-2015_tcm63-371354.pdf

Southampton Teenage Girls in Parks report – FULL REPORT

APPENDIX THREE

TEENAGE GIRLS IN PARKS

VIEWS EXPRESSED AT STAKEHOLDER WORKSHOP 15.07.24

Number of votes cast at 15.07.24 workshop	How can parks and open spaces improve teenage girls' wellbeing in the Southampton area	What do we want policy-makers, funders and people who deliver services to do? What extra research is needed?	How can everyone work together to achieve better change?
6 votes		Support development of a community group to bring the right people together and support to apply for funding bids etc.	Working groups with ALL voices in the same room when discussions are had.
4 votes	Creating a safe culture/environment. Having adults/youth workers/police and infrastructure - benches seating areas may help.	Think about longevity rather than a 'facelift'... who will use the park and how? Who do we want to use it?	More conversations between policy makers / parks management / young people to understand problems and develop solutions.
		Join up! Funding	
3 votes	Better quality environment. More facilities around the edges to concentrate activity (better passive surveillance).	Provide more opportunities to engage with nature. There's lots of research to show how this improves your wellbeing.	Research to discover patterns of use.
		To respond to the ideas being generated by young people by develop specific problems.	Having these kinds of conversations as everyone has their speciality but people need to work together on these kinds of cross-cutting issue.
		Be more 'agile' so that spaces purpose can change	Local community group for long term, sustainable

Southampton Teenage Girls in Parks report – FULL REPORT

		according to the evidence of them being used.	change and decision-making e.g. to change park infrastructure, change layout, add/remove fencing, having community warden (volunteers)
			Coordinated approach with regular updates knowing what partners are doing.
2 votes		• Spaces specific for girls • Lighted and seated. • Clear paths that join up. • Promote use of the park. • Joined up series of family events. • Use of parks early on in young people's lives to create habits. • Info and guidance to families/ schools/ colleges.	• More feedback • Cross sharing • Stories/case studies from young people • Completing the looking and feedback back to young people • Joint comms/visions (NHS/Council) • Info/discussion within schools. • Parental fears relieved.
		Research from the WHO, women xx and local communities. To consider and implement public health approach to reducing VAGW (Violence against women and girls) in public places.	
		Research stays ongoing for a good number of years to be impactful. I find there is a lot of stop and start which leaves young people xxx	
		(Invest in youth work and community work. Organised fun)	

Southampton Teenage Girls in Parks report – FULL REPORT

		<u>Speed up lease agreements.</u>	
1 vote	<u>Street pastors.</u> Safety.	To do at least the basics. Safety and cleanliness and general upkeep.	Communication • Making sure we are all clear about our aims and how we can work together • Possible quarterly network meetings? • Involving teenage girls
	...working with teenage girls to make the improvements <u>they</u> want to see.	Using young people's voices in workshop style groups, using schools – MHST (mental health support teams)?	Set up park group with SCC, users, sports providers etc to have a park plan.
	Providing a space for kids to be kids where they can enjoy themselves, be with friends, learn to be independent without feeling anxious or bullied or self-conscious.	11-16yrs? What age bracket to focus on. • Involve young girls in decision making • Bid for funding to make these changes • Impact on wellbeing not having access to this space	Connecting all the stakeholder voices.
	Having my voice heard, community engagement event - change delivered.		Start every discussion with a price list - so that we can come up with realistic proposals. Ways to share ideas and link together • but with young people's voices too • no, young people leading on it.
	Meeting needs - adaptability of site.		

Southampton Teenage Girls in Parks report – FULL REPORT

	Change perception of an open space/park.		
	Park as a mental health / wellbeing space		
	Subject to xxxx, harassment if made safe. • Confidence in outdoor spaces • Free access to sport opportunities (girls are limited in sport opportunities already, especially those that cost) • Greater physical activity, socialisation and independence		
	Consultation Improve lighting and site lines. Install fencing. Seats swings and outdoor gym equipment.		
	Having various designated place dotted around the park that young people can become imaginative and explore various use of the space. More park wardens available during out of school hours to encourage youth use of		

Southampton Teenage Girls in Parks report – FULL REPORT

	park independently 3-8pm.		
0 votes	• Exercise/fresh air for all. • Parents teaching young people of the dangers also how to talk to people in parks (e.g. I'm interested in taking up tennis, how do I find out more) • Confidence • Connecting with community • Decompression / thinking time • Combatting isolation	Understand that policy makers in other areas also have to make change to support under services.	Specific provision with facilities for everyone!
	Fresh air, less isolation, more activity	Appoint more local councillors (teenage xxx) to listen and inform up the chain.	...continuing to have conversations and collaborating with one another and with teenage girls. Being creative in amplifying voices.
	Making more people use to park e.g. interest pieces, not 1 big green space used for football (more eyes = more visibility = feeling of safety)	Consult and work with xxxx young people	We should invite Youth Options – they do detached youth work!
	Be welcoming in terms of feeling safe (access and lighting).	co-designing and coproduction with teenage girls. Explore great work of orgs like Make Space for Girls.	Change can most be beneficial on a positive outlook of society. Because everyone is now seen as a suspect or dangerous. So young people don't want to go out.

Southampton Teenage Girls in Parks report – FULL REPORT

	Dogs on leads. It's really stressful for me to see dogs off leads with their human looking at their phone.	Safe dedicated spaces like wooden huts as in Rope walk garden, close to park entrances	Keep meeting and talking.
	Zones which allow all people to get what they need. Supervision in some areas.	Making sure what we deliver is what young people want rather than what we think they want.	See ACTION from issues raised.
	By offering a safe space without having to buy anything, but to relax, exercise.		Working with schools and community champions in schools
			Consultation Research <u>Share results.</u>
			Bathroom accessibility (baby change , unisex etc).
			Cycle racks under cover.
Other issues mentioned in conversation but not captured in notes		Investigate the barriers to involvement: Anxiety and fear associated with park use; Anti-social activity; Lighting and layout issues e.g. multiple exists so people can leave quickly.	Working with universities
		Promote use of parks to girls and families, building habits early on, and understand the importance of these spaces	

Southampton Teenage Girls in Parks report – FULL REPORT

		Cleanliness and upkeep	
		Involvement of teenage boys in the conversations, including education and keeping girls safe.	