



Youth Commission, OPCC
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Ref: Changes to teaching of sex and relationship education, and PSHE

Who we are:

We are the Youth Commission from Hampshire, Isle of Wight, Portsmouth and Southampton. We are a diverse group of young people between the ages of 14 to 25yrs. A key role of being a Youth Commission member is engaging with other young people, making sure that their voices are heard on a range of issues.

We feel this is a great opportunity to share our thoughts and views, we are the here and now, growing up in a world of rapid change and advancement.

Each year we look at the top priorities as told to us by young people locally.

Our four priorities this year are:

- Unhealthy relationships
- Mental health
- Cyber safety
- Hate crime

Since April 2017 we have gathered the views of over 3,300 young people across our region. This has formed part of our Big Conversation, asking young people which priority is important to them, their thoughts and experiences and their top idea to help. The responses have been diverse and hugely insightful.

The four recommendations made by the Youth Commission in the 2017 Annual Report are to form part of the new Hampshire Public Health strategy 2018: <https://www.hampshire-pcc.gov.uk/recommendations2017>)

What we heard:

Young people have told us lessons should cover how to spot the signs of unhealthy relationships (including friendships, family, authority figures), when someone might need extra support (e.g. mental health, abusive relationships



including family and friends), how to support perpetrators of abusive behaviours (support services, de-escalation techniques).

When discussing unhealthy relationship we want to hear from other young people, to bring the advice and support being told to life. Having visual case studies makes the issues being talked about much more relatable.

We have also heard from our peers that gender equality when learning about sexual relationships is important, especially around issues such as abuse, consent and rape. Hate crimes are strongly linked here with young people telling us that differences and equality and the impact of negative behaviours should be covered.

To have a greater understanding of respect in relationships (partners, family, friends), that so called 'banter' can be hugely impactful and blurs the lines of acceptability.

A common theme raised was a general awareness of unhealthy relationships and mental health. That mental health is a wider issue, for the community to recognise and spot the signs too, for it to be the norm to be talked about.

Young people are telling us they want people to talk to. This should be a range of options from online, to text, face to face to on the phone, for the service options to be clear and when they need it. Anonymous reporting (like we have for our hate crime third party reporting centres) was a key practical point raised.

There is also the need to address the impact of technology and social media, the effects of which can be long lasting. We believe that young people should be taught up to date tech information regarding apps and social media platforms used by young people today, and also the social and emotional strategies to keep safe and healthy with technology being such a big part of everyday lives.

Technology also impacts on areas such as relationships with controlling behaviours, threats, stalking, all of which young people need to know how to report, where to go and what will happen once they have reported something, to have practical advice and guidance.

Gender equality and gender stereotypes in a wider social understanding, personally and professionally, especially when entering the work place.

What else do we know?

When looking at data via YouGov we have learnt that here in Hampshire the impact of photos online presents an issue. 15% of respondents said that some social media photos of their past would be embarrassing if found, 2% said it would be a big problem (N=419).

We know that the majority of people living here in Hampshire believe that it is a fair comment that bullying can impact adult life and that child bullies should not be shielded (57%). Only 33% believe this is an unfair statement (N=507).



When looking into hacking and cybercrime (N=2,118) we found that 77% of 2118 respondents agree that the government should do more to protect against hacking and cybercrime. However when only one option was available the majority of people identified parents as the key source of responsibility for child safety online (70% of parents and 73% of respondents overall). 21% of parents of children 18 or under identified social media companies as having key responsibility for child safety online.

Parents in Hampshire (N=297) are more likely to have internet security software (76% of parents compared to 72% all respondents), however they are less likely to consider themselves very internet savvy (27% compared to 34% of the public). They are however, more likely to describe themselves as 'fairly' internet savvy.

When looking at help and advice (N=639) 55% of parents of children under 18 are most likely to go to their partner for advice, followed by 13% who would go to friends and 9% who would go to their own parents.

In a survey undertaken by the Isle of Wight Public Health (<https://www.iwight.com/azservices/documents/2552-Children-and-young-peoples-survey-2015-final.pdf>) in 2015 (N=920) appearance, self-perception and confidence was seen to be connected to bullying, with 40% of those who experienced bullying believing to be connected with their appearance.

Internet trends in the area indicate that 70% of year 8 and 80% of year 10 students had at least 3 hours screen time per day. Overall, 36% have no adult supervision, with the proportion increasing with age. By Y10, this is around 51%. Of Y10 respondents, 12.5% had sent an intimate image.

We also found out that 16% (85) of those with no parental checks talk to people they do not know online.

What's next?

Here at the Youth Commission we will continue to work hard to make sure that the voices of young people are heard, that we are raising awareness of the issues that are important to young people as told to us by young people.

We will be reviewing our work to date at our 'Recognition Conference' March 24th 2018, we would like to extend the invite for you attend to hear how we are engaging with young people and making a difference locally.

Yours sincerely

Youth Commission
Hampshire, Isle of Wight, Portsmouth and Southampton

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