



# Public Health Scotland Young People's Panel

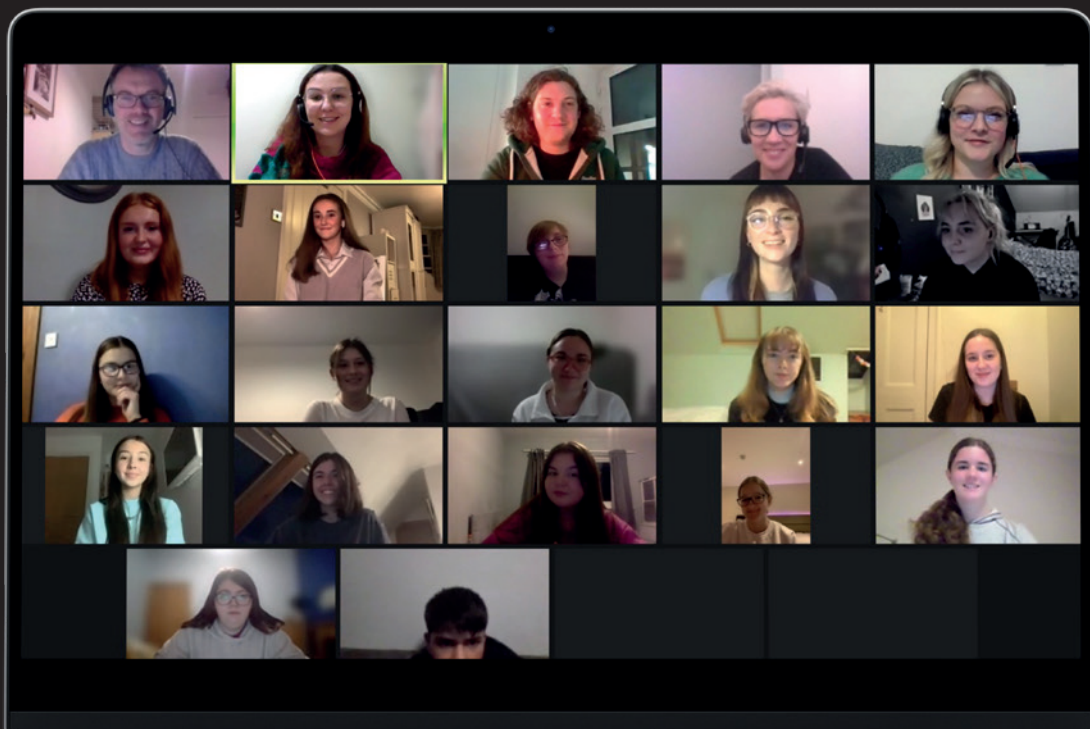
Recommendations and Actions Report



# Introduction

Mental health is a prominent issue that many young people feel passionately about and are enthusiastic to have the opportunity and space to be involved in shaping policy around it. The establishment of the Public Health Scotland Young People’s Panel in 2021 aimed to provide young people with the opportunity to inform decision-makers on how to meaningfully engage with young audiences to support their wellbeing.

Working closely with staff from Young Scot’s co-design service, Young Scot Hive, and staff from Public Health Scotland, the panel produced a set of recommendations that inform Public Health Scotland how their organisation can continue to engage with young people, supporting their health and wellbeing in the process. This was the first time Public Health Scotland had directly engaged with a group of young people in this way, and so the youth panel helped to demonstrate to the organisation how they can engage collaboratively with young people across Scotland.



## The outcomes of this project were:

- ▲ Gather views and insights of young people directly on Public Health Scotland delivery of their mental health and wellbeing work, supporting the development of the Public Mental Health Approach
- ▲ Create equitable space for debate and conversation between young people and senior leadership
- ▲ Explore and constructively challenge decision makers - viewing strategic discussions through the lens of the lived experience of young people
- ▲ Develop and test ideas for implementation
- ▲ Consider long term sustainable system change throughout

## Delivery method

Due to the COVID-19 restrictions in place during the time of the project, there were adjustments made to the Young Scot operating model and working practices. To ensure that delivery of engagement through co-design continued with minimal disruption, providing young people with opportunities to participate during this time, the sessions were delivered remotely using Zoom video conferencing and other digital communication tools, such as Menti, a digital questionnaire platform and Mural, Miro and Google Jamboard, digital interactive whiteboards. Young Scot staff members delivered and facilitated the activities to ensure that the young people taking part were supported and encouraged to share their insights and experiences.

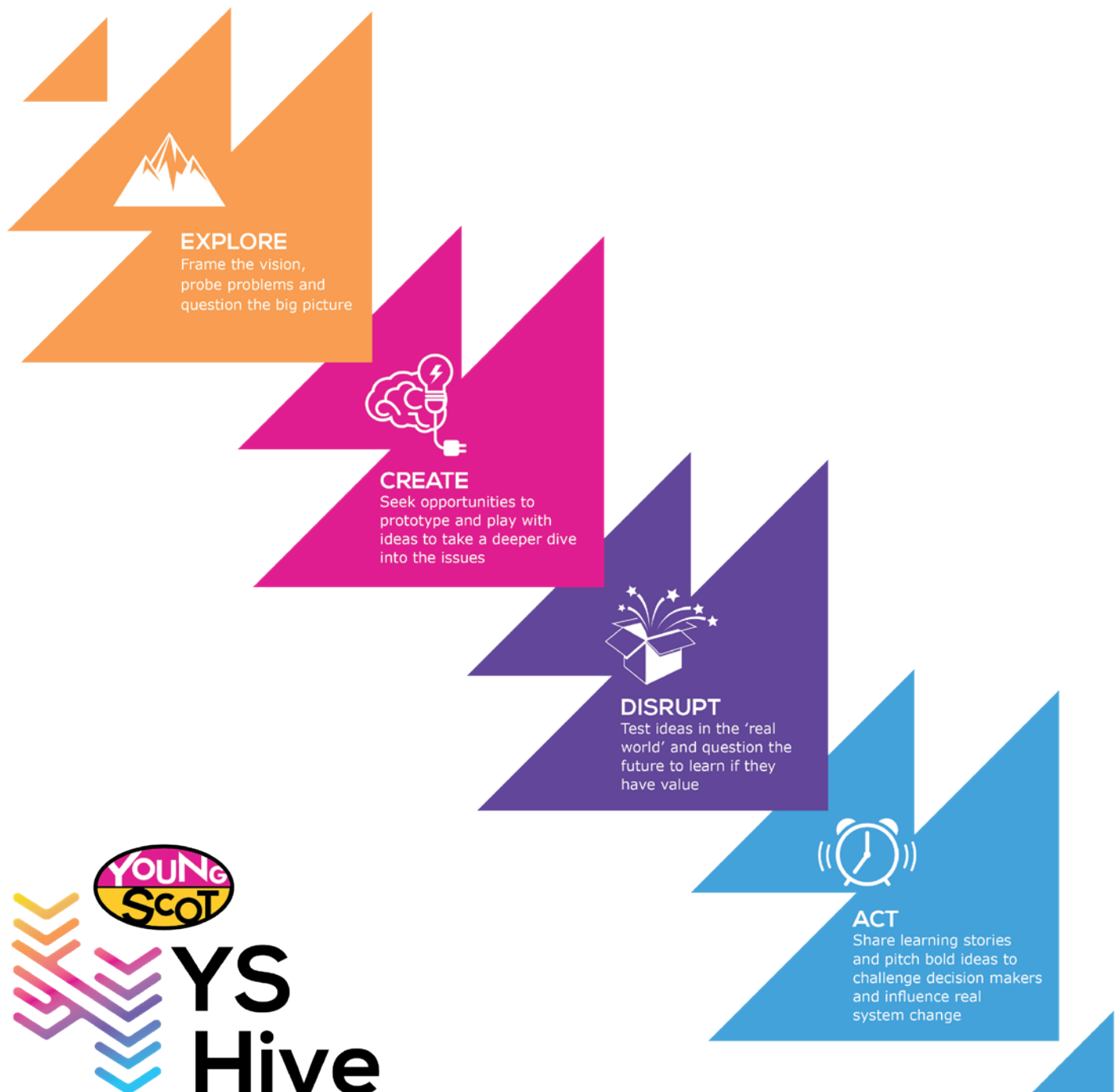
The model for delivery meant that the young people met virtually in a shared space as a full group but then completed some of the activities in small group “breakout spaces” led by Young Scot staff, with feedback after each activity with the full group. Additional support measures were offered to all participants, in order to take part, ensuring that the model was inclusive and accessible.



## The process

The Public Health Scotland Young People’s Panel was taken through Young Scot’s YSHive co-design process, designed to build their knowledge and understanding of Public Health Scotland and their mental health strategy,

before developing creative recommendations, using these to challenge decision-makers and hold them accountable to their continued engagement with young people.



Young Scot delivered a series of four engaging workshops, following a selection and an induction session, with young people that followed Young Scot Hive’s co-design model: Explore; Create; Disrupt; Act. At each stage of the process, the panel were asked to make informed decisions that would then go on to shape their final recommendations for Public Health Scotland.

The first session focused on the initial stage of the process, Explore, and took place on Tuesday 19th October 2021 from 5-7pm. This session brought the young people together for the first time to work as the panel, to get to know each other and the Young Scot and Public Health Scotland staff. It aimed to build the young people’s understanding of Public Health Scotland as an organisation and explore their current research on mental health indicators. Public Health Scotland staff presented this research to the panel, whereby the young people, split into five breakout groups, proceeded to rank the indicators in terms of their significance to young people; prioritised key areas and identified any missing factors.

The Create session took place on Tuesday 9th November 2021 from 5-7pm. The panel created ideas for two pillars of Public Health Scotland’s proposed mental health strategic framework: **Prevention** and **Developing Well**. For the Prevention strand, the young people were split into three breakout groups and created ideas around their three key mental health indicator areas that they had prioritised in the previous session: Ourselves, Family and Friends and School. When suggesting recommendations around **Developing Well**, the young people, as one large group, focused their ideas on the following question: How can we encourage schools to be mentally flourishing places? The insights produced at the Create stage will help guide the development work that Public Health Scotland are doing towards their mental health strategic framework and shape their ambitions for the future of the organisation’s engagement with young people in areas of strategy and decision-making.

The third workshop, centred on the Disrupt stage, took place on Monday 6th December 2021 from 5-7pm. This workshop was an opportunity for the young people to reflect on their experience on the panel so far. From these reflections, the group provided recommendations that were split into two sets: how Public Health Scotland can continue to engage with young people in topic areas and strategy and decision-making; and how Public Health Scotland can continue to engage with young people as an organisation.

The panel met for their fourth and final co-design session on Thursday 10th February 2022 from 5-7pm as part of the Act stage, where the group finalised these recommendations and prepared to present them to Public Health Scotland’s Senior Leadership Team. This presentation took place on Thursday 24th February at 10am, where Public Health Scotland’s Senior Leadership Team had the opportunity to listen to the young people and consider the next steps for their engagement with young people. Following this, the group had the opportunity to present their recommendations to Public Health Scotland’s Board on Wednesday 16th March at 10.30am.



## Demographics

Twenty-three young people participated in the Public Health Scotland Young People’s Panel and completed the Equality and Diversity survey. Participants ranged in age from 14-17.

- ▲ Eighteen young people identified as female; four identified as male; one identified as non-binary.
- ▲ One young person identified as transgender, five identified as bisexual; one identified as pansexual; one identified as asexual.
- ▲ Seven young people identified as Black, Asian or from a minority ethnic background (BAME).
- ▲ **There were representatives from fourteen local authorities across Scotland:** Aberdeenshire, Angus, Dundee, Dumfries and Galloway, East Ayrshire, East Renfrewshire, Edinburgh, Falkirk, Highland, North Ayrshire, North Lanarkshire, Perth and Kinross, South Lanarkshire and West Lothian.
- ▲ All twenty-three young people shared they were in school.
- ▲ Three young people shared they were from the lower two quintiles of the Scottish Index of Multiple Deprivation (SIMD).
- ▲ All twenty-three young people were first time volunteers with Young Scot Hive.





## Motivations

The young people had varying motivations for joining the panel. Many young people expressed in their application that being part of the project would enhance their learning and skills development. Some young people stated that they are aspiring medical students; others shared that they wanted to study Occupational Therapy; whilst another expressed that this project would go towards their Duke of Edinburgh Award and would improve their CV.

Some young people expressed that they wished to join the project due to their own experiences of mental health, and as a result are keen to support other young people. Many participants expressed that mental health is an area they feel passionate about and are keen to learn more about it with other young people.

***“It is a subject in which I am always zealous to learn more about, and I love having the opportunity to express my opinions on it and hear the opinions of others to develop mine further”***

(Participant, 16, South Lanarkshire).

Other participants also acknowledged the impact that the COVID-19 pandemic has had on the mental wellbeing of young people and how this has motivated them to participate in opportunities that better support the mental health of themselves and their peers. One participant expressed in their application:

***“Because I have seen the effect of the pandemic on friends and family, and it has made me much more aware of mental health issues and how young people can be affected. Thus, I want to support those facing issues and be part of a positive change”***

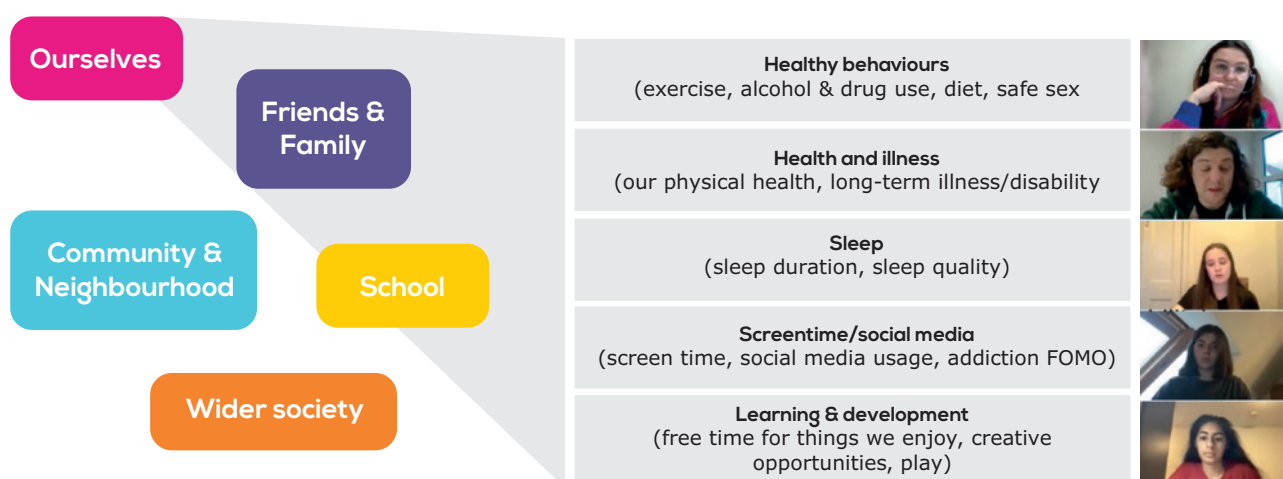
(Participant, 16, Edinburgh).



# Key Themes

The key themes that emerged within the project through the Young Scot Hive co-design process centred around: Public Health Scotland’s research on mental health indicators (Explore); Public Health Scotland’s proposed mental health strategic framework (Create); and Public Health Scotland’s continued engagement with young people. The insights provided by the young people within all three of these themes informed how they shaped their final recommendations.

## Mental Health Indicators



The young people began by exploring the research that Public Health Scotland had conducted on mental health indicators. There were five key areas that the group examined: Ourselves, Family and Friends, School, Community and Neighbourhood, and Wider Society. The panel decided to prioritise Ourselves, Family and Friends and School as the key indicator areas.





## Ourselves

For the Ourselves priority area, the young people prioritised social media, healthy behaviours and sleep as the key indicators. The panel expressed that social media places too much pressure on young people to look and act a certain way. For example, TikTok culture focuses too much on following trends, pressurising young people to be “cool” and “different”. In addition, the panel felt that the way healthy behaviours are taught in schools places too much pressure on young people to act as if they never engage in behaviours that would be classed as “unhealthy”, such as drinking alcohol or having sex. They felt that there is no common ground or practicality. Finally, the young people on the panel expressed that it is common for many peers their age who go to sleep in the early hours of the morning, and that it is common amongst young people to brag about their lack of sleep.

The panel provided recommendations to Public Health Scotland on various indicators that are categorised in the Ourselves area. Firstly, they felt that the indicator play felt confusing and inappropriate when discussing factors that impact young people’s mental health and they suggested that this be re-worded. They therefore felt that play was not significant regarding the mental wellbeing of young people. Another indicator they felt was confusing was learning and development. The group stated that it is misleading as they interpreted it as meaning educational development or overcoming barriers such

as dyslexia. They stated that the term is not suited to what it intends to be and therefore does not make sense to them. Additionally, the panel felt that long-term illness or/and disability is an indicator that belongs more in the Family and Friends area. The young people felt that this indicator is not a very common issue experienced amongst young people themselves, whereas it is seen more amongst family members, particularly within older generations.

When identifying if there was anything missing from the Ourselves topic area, the panel highlighted the impact of playing video games on the mental health of young people. The amount of time playing, and the type of content they are engaging in, can have a negative impact on young people’s mental wellbeing. The group also referred to the lack of social interaction and connection that playing video games can have and the negative influence this can have. Moreover, the panel felt that body image is an indicator that belongs in the Ourselves area over Wider Society. Although body image is impacted by wider society, through social media and magazines etc., body image varies from person to person and stems from how we perceive ourselves.



## Family and Friends

The young people on the panel felt that family relationships is a majorly significant indicator that falls into this area. They emphasised that many young people have a different mindset to their parents when it comes to topics like politics, sexuality, and gender for example, which can cause frustrations. They expressed that many family members are matter of fact and stubborn with a ‘the world isn’t fair’ mentality, which can cause tension. For them, young people would benefit from the family dynamic being more understood more from the young person’s perspective.

The panel recommended to Public Health Scotland that there does not need to be as much emphasis placed on family structure. Young people are often taught that to have divorced or single parents is not the “normal” family unit, when it is increasingly common and does not automatically result in negative mental wellbeing. Due to this, the panel did not perceive family structure as significant as other indicators.



## School

The young people on the panel had a clear enthusiasm for School as a mental health construct area as they did not highlight any indicators as insignificant in this respect. They expressed that exam pressure was both a significant and common indicator that they had observed in themselves, their friends and their peers. The panel also conveyed that relationships with peers at school is extremely significant as it shapes the classroom environment, such as when young people are doing group work. Relationship with peers can also have a negative impact on wellbeing when young people fall out and are in a negative headspace at school. The young people also highlighted that teachers do not provide enough support with friendship fallouts.

When identifying if there was anything missing from the School topic area, the panel felt that there was a lack of emphasis on the influence of peers at school. They gave examples of peers influencing how a young person may act, influence their post-school choices, such as going to university. The panel also highlighted that having to look a certain way at school adds pressure on young people, especially if the young person already does not feel confident. The young people felt that there were expectations to look and act a certain way if you are in a certain group. Finally, the panel noted that the responsibility of caring for a family member was a missing indicator and highlighted the impact it can have if a young person ends up missing some days at school and becomes behind on their work and attendance.

There were other issues raised by the panel that they felt should be considered as indicators. Some young people emphasised that the most common issue facing young people today is growing up in a digital age and feeling raised by the internet. They felt that young people learn who they are and their personality through the internet, and this puts a lot of pressure on young people to be older, in terms of how they act, look and feel. Some young people also felt that there needs to be a real focus on getting to the root of issues, rather than attempting to manage them once they occur. They gave the example of channelling more energy into making young people more secure in themselves.



# Proposed Mental Health Strategic Framework

## 1. What does it mean?

No stigma

Helping you grow as a person

Willing to take risks and try new things

Being confident

When people are positive emotionally

Not letting your mental health impact daily life

Space where mental health is openly talked about, you feel listened to

How do we encourage schools to be mentally flourishing

## 2. Barriers

Negative people - bad friends

Negative stereotypes e.g snowflakes

Lack of funding and resources

Having silly rules/unwillingness to change

Teachers not listening to pupils

Being treated as individuals - not just statistics

Exam pressure - too much focus

## 3. Good examples

MVP (mentors & violence prevention)  
- talk to younger peers about violent behaviours

Teachers - Mental Health first aiders/teachers trained in mental health/book sessions

Mental health ambassadors

Counsellors at schools/guidance teachers

QR codes - scan and email a teacher

## 4. What do you want to see in your school?

Wellbeing Wednesday - needs to be relatable and personal - mental health impacts people differently - need to consult young people what they actually want.

Understanding for attendance issues

Quiet room/ “escape”

Activities during lunch breaks

Uncomfortable if there’s been issues with teachers - can’t open up to them - someone external

Mental health as a subject - consistent throughout year groups

Guidance teacher - no conflict of interest - someone external

All staff - Mental health training

## Prevention

The panel focused their input on the social media indicator when creating ideas for prevention around Ourselves. The young people felt that it was important for younger children to avoid using social media as they are easily influenced, and it is possible they may develop a negative mindset from an early age. They also highlighted that time limits on apps could prevent young people from spending too much time scrolling and that there should be more effective monitoring and stronger repercussions of offensive or harmful language online. Following this, the young people gave three main recommendations for Public Health Scotland on how they could prevent some of the issues that are caused by social media.

Firstly, they suggested that Public Health Scotland could conduct research into the impact of using social media from an early age as well as the effects of spending too much time on there. The young people recommended that this research could be used to develop campaigns that warn parents of the impact of children using social media from an early age. This campaign could also inform young people on how much time is reasonable to spend on social media. Finally, the panel suggested that Public Health Scotland could monitor the type of language or behaviour that is being used online to identify common issues to inform their campaigns. Partnering with organisations who specialise in this field may be an initial step in this direction.

When considering how to prevent issues that impact mental wellbeing amongst Family and Friends, the young people felt that having another support system, such as talking to peers, can help prevent stress if a young person feels like they cannot talk to their parents. They also highlighted that it is important to get to the root of the issue. For example, if parents could be educated in some format about the impact of mental health on their children and how it affects relationships with others. The panel suggested that schools could be used to mediate between young people and parents. For instance, teachers could get feedback from students and then aid in expressing this to parents. They recommended that Public Health Scotland could publish a list of resources for young people to use to support them in coping with family disputes or tensions. The young people felt that there needs to be readily available support for parents as well as young people.

They emphasised that young people have the capacity to understand parents’ issues and that this should be communicated to parents. Finally, the young people felt that there needs to be an available safe space or support for young people to have these types of discussions with their parents.



For the issues that occur within the School topic area, the young people tailored their ideas for prevention around two of the indicators: exam pressure and post-school choices. For prevention of exam pressure, the young people created three main ideas. Firstly, the entire exam process could be slowed down into a pace that was more digestible. For example, instead of the process consisting mainly of exams at the end of the year, grading could also include classroom assignments completed throughout the year, so it is not one large build up. The panel also suggested that there needs to be more individuality to the exam structure and more specific to each student. This could be achieved by making it more accessible to get extra support or alternative arrangements during exams. Currently, this is difficult to access because a young person needs to provide evidence that they qualify for this. Finally, the young people felt that the way teachers approach exams should be more unified as some are more relaxed whilst others are not, creating uncertainty throughout the process.

Following this, the panel identified two action points for Public Health Scotland. Firstly, the organisation could publish recommendations such as these to schools as guidance for them to follow to ensure better wellbeing of their pupils during exams. Secondly, Public Health Scotland could develop a campaign – perhaps a social media campaign – during exam season that provides support for post-exam results, making it clear that failing an exam is not the end of the world.

For the post-school choices indicator, the young people felt that there needs to be more information in schools about different career routes after school, instead of university being the main focus. The young people suggested that schools add a subject or class that informs students about wider career routes and achievements. They also felt that this information should be made available at an earlier age which will help to de-stigmatise the idea of different routes other than university. Again, the young people felt that these are suggestions that could be published as recommendations to schools.





## Developing Well

When creating ideas around how to encourage schools to be more mentally flourishing as part of the Developing Well strand, the young people shared their own experiences of initiatives from their own schools, or schools of their friends. The panel expressed a variety of things they would like to see in their school and three common themes were identified: staff, resources and activities.

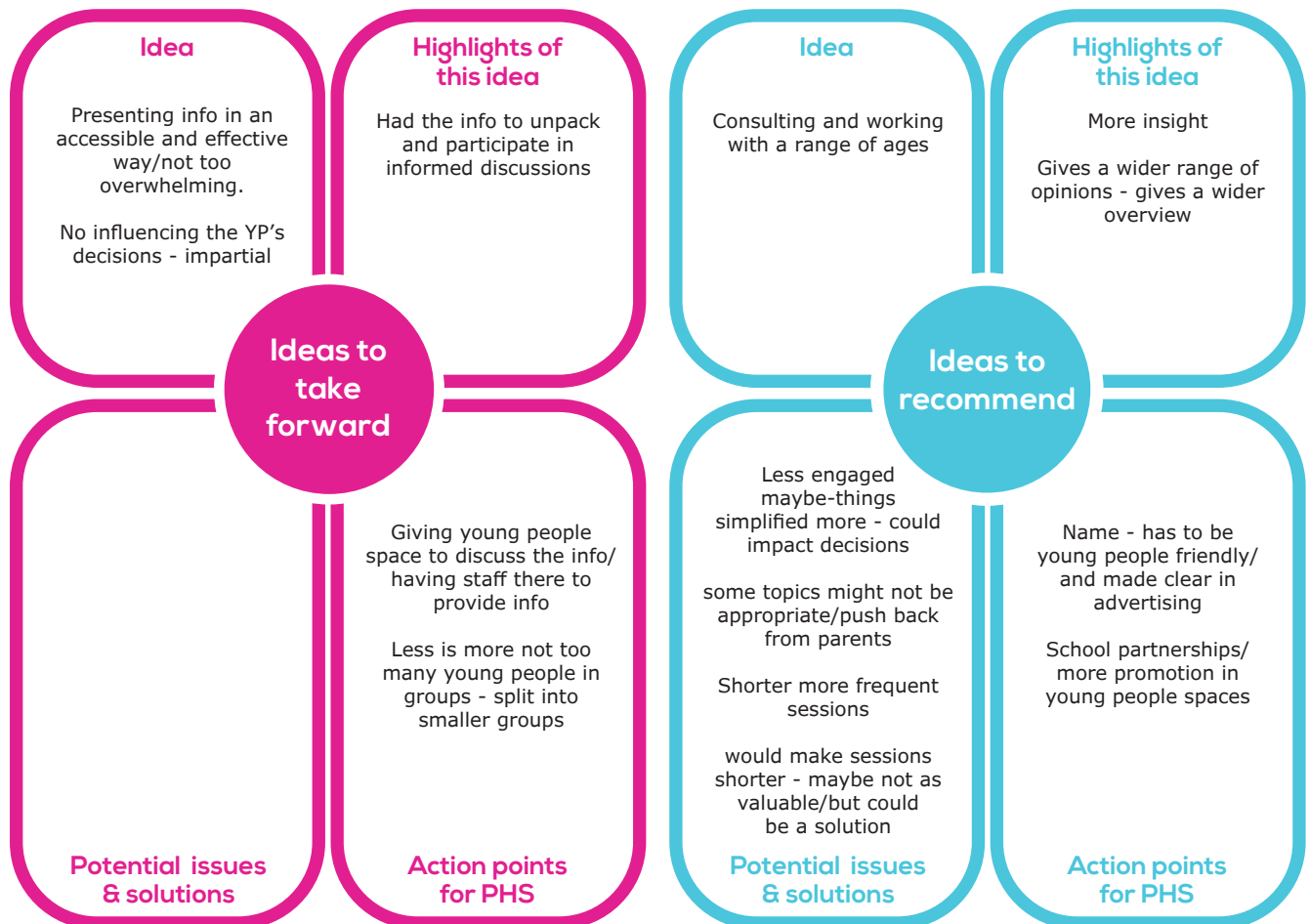
The young people felt that all staff in schools should complete training in mental health, just like they would for first aid. They also felt that there should be a specific guidance or counsellor teacher on site, who the students could approach to discuss matters with. This is because some of the panel highlighted that there is a conflict of interest if this role is allocated to any general teacher, as it puts students in an uncomfortable position if this is a teacher they do not like or have issues with. Having a specific guidance teacher would create more of an inclusive environment and allow students to discuss personal matters comfortably. They also felt that there should be more understanding for attendance issues.

In terms of resources, the young people felt that mental health should be taught at schools as a subject which should be consistent throughout year groups. This could lead to greater understanding about individual wellbeing, and it would teach from an early age the importance of looking after your mental health. The panel also expressed that they would like to see a quiet space or room in their school if students required a place to wind down / support young people with anxiety. Finally, the panel felt that there should be more activities available in schools during lunchtime and breaks that support the mental wellbeing of their students. They discussed initiatives such as Wellbeing Wednesday, but they felt that these activities were too standardised.

The young people felt that the activities should be more relatable and personal as mental health impacts everyone differently. They also stressed the importance of these activities being co-designed with the students, to have a more effective and successful impact.



## Public Health Scotland’s continued engagement with young people



When reflecting on exploring mental health indicators as part of the Explore stage of the YSHive co-design process, the panel contributed the success of the session to the way that Public Health Scotland presented the information on indicators in an effective and accessible way and did not attempt to influence their decisions. The panel recommended that, when engaging with young people on specific topic areas, Public Health Scotland continue to present information in this way when continuing to engage with young people.

Another aspect of the Explore session that was enjoyed and taken forward was the discussion around school topics and how this affects many young people. The panel felt that most young people feel passionate about school issues as it impacts them daily and as a result, young people can provide Public Health Scotland with the most relevant information. However, when considering what could have improved their experience of engaging in this topic, the panel recommended that more emphasis should be placed on relationships between peers as this has a significant impact on the mental health of young people.

Additionally, when identifying what else was missing from the Explore stage, the young people felt that the organisation would benefit from consulting a wide range of ages when engaging with young people in topic areas. This will allow Public Health Scotland to hear from a diverse range of views, providing them with more insight. However, the panel also highlighted some potential issues that should be taken into account. Firstly, some topics may not be appropriate to engage children in, perhaps resulting in some resistance from parents. Secondly, younger young people may be less engaged and may need things simplified which could impact the value of decisions made so shorter sessions are recommended. Finally, they felt that the name of the project should be more young people friendly as ‘panel’ is not appealing for children or younger young people.

When reflecting on the Create stage, the panel enjoyed discussing how schools can be encouraged to become more supportive spaces for young people’s mental health. The young people recommended that Public Health Scotland continue to engage with young people in strategy around education and school-based issues. They felt that this was engaging and inclusive as most young people had experiences of mental wellbeing being impacted by school experiences. The panel reflected on what could have been improved about their participation in the Create stage and recommended that for future engagement with young people in areas of strategy and decision-making, Public Health Scotland should engage more regularly with young people over a sustained period. For example, if another youth panel for a specific decision-making project was established, then more regular sessions or activities would be beneficial in enabling constructive discussions.

This has been common feedback from panel members who have frequently commented that they would have enjoyed their time more on the panel if the sessions had been more regular and if the project was longer. They felt that discussions would have been more valuable and they would not have had to spend as much time remembering the content of the previous sessions.

The panel gave Public Health Scotland two action points for this recommendation of engaging with young people regularly. Firstly, if a youth project is established again with a group of young people, then at the beginning of the project, a set list of session dates should be provided to the young people. This will give the young people involved enough notice to plan their availability around the sessions, resulting in less pressure on them. The panel also suggested that it is imperative for Public Health Scotland to find areas of strategy and decision-making where the voices of young people will be most valued. For example, consulting with young people about what areas they would want to be involved in before establishing a specific project area would be more of a co-designed process and be of more benefit to young people and the organisation.



As well as more regular and sustained engagement with young people, the panel suggested that setting research tasks in-between sessions would improve engagement with young people on strategy and decision-making. The panel suggested that participating in peer research would give the young people a chance to experience how their ideas could be implemented beyond the project. The young people involved could then feedback to others in the group during the sessions, opening up discussions and allowing the group to build on those ideas.

When considering what other areas of Public Health Scotland they want young people to be involved in, there was a clear appetite for more engagement with the organisation’s online content, whether that is through social media or marketing. Collaborating with young people to co-design online content could bring new and fresh perspectives that supports the organisation’s online presence to be more engaging and inviting generally. For example, young people could support Public Health Scotland in utilising other online platforms to engage with and deliver information to a

younger audience, such as TikTok. The panel strongly recommended that if Public Health Scotland chose to deliver information via TikTok, they should co-design content with young people to ensure it will be what young people actually want to see and engage with. The panel also emphasised they would like more young people involved within the Board at Public Health Scotland and within senior strategic decision-making.

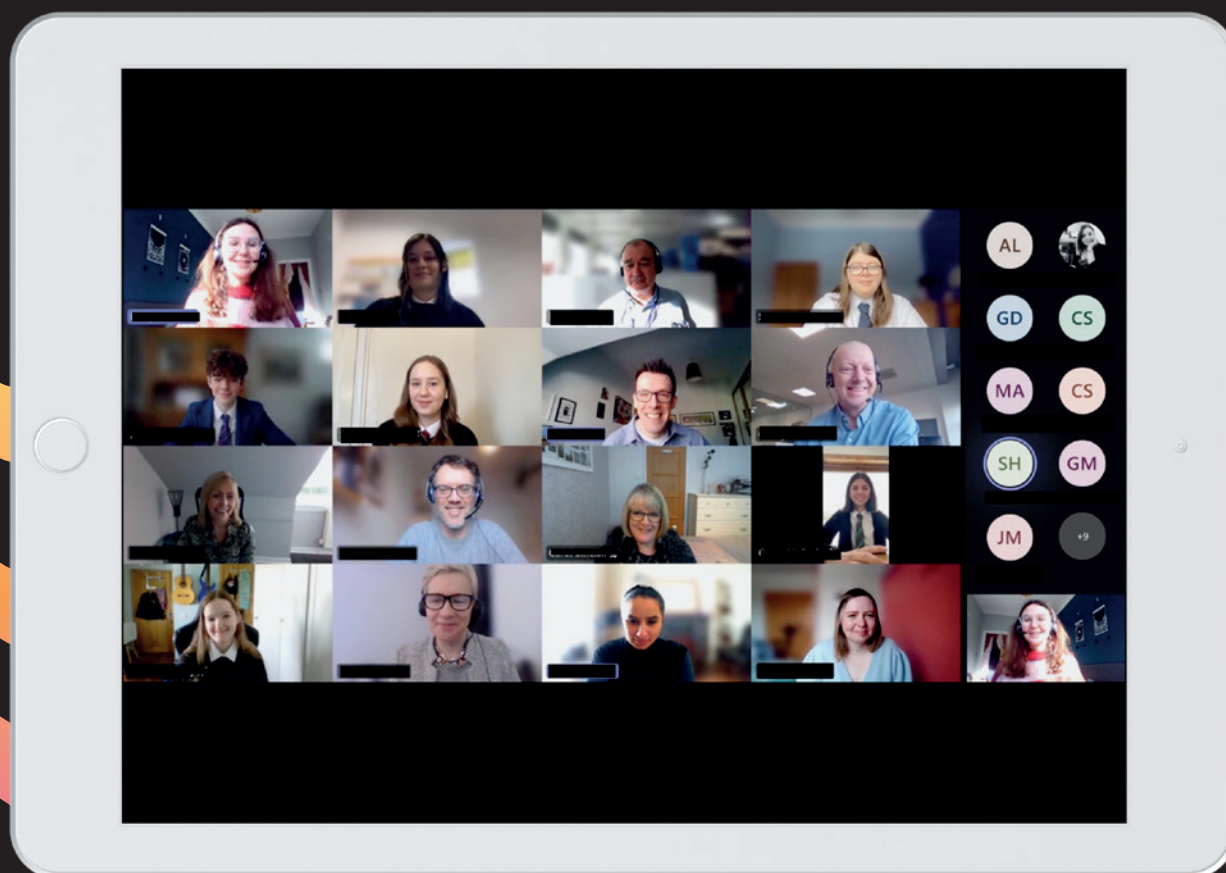
Finally, the panel recommended that Public Health Scotland engages with young people in other topic areas, such as the impact of the COVID-19 pandemic on young people and young people’s relationship with the internet. They felt that many young people feel anxious about the spread of fake news, and to know what media is reliable or not. Like the mental health indicators, this is a topic area that young people feel strongly about and would enjoy a space to explore it with the organisation.



# Recommendations

On Thursday 24th February 2022, the young people on the Public Health Scotland Young People’s Panel met with Public Health Scotland’s Senior Leadership Team. This was the first time the Senior Leadership Team has met with an external group of young people in this way. The panel presented their recommendations, before moving onto a discussion about what is next for the organisation’s engagement with young people. Because of how well the young people presented their recommendations, and how keen the Senior Leadership Team were to respond to them, the panel were invited to present their recommendations again to Public Health Scotland’s Board.

The recommendations are split into two sections: how Public Health Scotland can engage with young people in topic areas and strategy or decision-making; and how Public Health Scotland can continue to engage with young people as an organisation.



## Recommendations on topic areas and strategy / decision-making

### Have frequent and regular sessions with young people over a longer and more sustained duration

The panel feel that this will be of more value, as young people will be able to explore topics in greater depth, leading to more meaningful discussions to affect change at Public Health Scotland. It also puts less pressure on young people if they have to miss a session and it will make young people feel more involved and not just an afterthought.

### Consult a wider range of young people, especially regarding age group

Every age range has different experiences and only focusing on a small age range doesn’t allow for a broad perspective. For example, the panel’s current main concern is exam pressure as they range from 14 to 17 years, yet this is different to what a 12-year-old is experiencing. By consulting a wider range of young people, Public Health Scotland will make more informed decisions on young people issues.

### Set research tasks in-between sessions

By setting tasks such as asking peers to complete surveys on specific topics, this will allow Public Health Scotland to gain access to a broader range of opinions and would open more discussions, as well as continuing momentum in-between sessions.

### Present information in an accessible & youth-friendly way

The panel praised how Public Health Scotland staff presented the mental health indicators research and recommend that this continues in future engagement with young people. Young people need to fully understand the topic to explore it in-depth and have meaningful discussions.

### Establish school partnerships to reach out to more young people

Many young people may not have heard about the opportunity and so this makes it more accessible to have established partnerships with schools and other organisations. Getting to know people on a project can be intimidating, so it is more supportive having someone you trust recommend the opportunity.



## Recommendations on how Public Health Scotland can continue to engage with young people as an organisation

### Involve young people at senior levels of decision-making, such as pitching ideas and recommendations to the Board / Senior Leadership Team

This would allow the organisation to engage with young people directly and allows a focus on issues that are relevant and important to young people. Young people would feel like their considerations are being listened to and that Public Health Scotland will attempt to act on them.

### Involve young people in co-designing Public Health Scotland’s social media and online content

Young people are the experts in what is most appealing for other young people and are knowledgeable on current trends. Whilst the panel acknowledged that Public Health Scotland are tailoring their online content to more of a general audience, the group felt that more could be done for young people. The online content is the public face of Public Health Scotland, if it was co-designed with young people, it would demonstrate the commitment to listening to them.

### Involve young people in more school-specific topics, especially relationships with peers and exam pressure on physical & mental wellbeing

The young people really enjoyed discussing school issues as this is something that is relatable to most young people that the organisation will engage with. This is something young people feel passionate about and can make informed decisions based on their real-life experience.

### Engage with young people in other topic areas: COVID-19 impact, relationship with the internet, fake news, eating disorders, stress

The young people recommend that Public Health Scotland engages with young people on many different topic areas, including the impact of COVID-19 on young people; young people’s relationship with the internet and the dissemination of fake news; eating disorders and stress. Public Health Scotland has been dominated by the pandemic; by exploring other areas with young people, they can be supportive for children and young people in a wide variety of ways.

Although mental health is something young people are passionate about, they can offer advice on so many other areas that affect them, to support Public Health Scotland to make informed decisions that will provide more support to young people. The panel questions that if Public Health Scotland can work with them on mental health issues, why not other things also?

# Feedback

The young people were asked to share their experiences of being on the Public Health Scotland Young People’s Panel, what worked well and what could be improved generally, as well as some specific questions around presenting to the Senior Leadership Team, and what they would like to see happen next with their recommendations.

- ▲ When asked how prepared they felt to present to the Senior Leadership Team, the average score was 9.5 out of 10.
- ▲ When asked if they received all the information they needed in advance, the average score was 10 out of 10.

When asked what they would like to see happen next from your recommendations, the young people expressed that they wanted to see their recommendations put into action within schools and the community. They also stated that they wish to receive feedback on how their recommendations are being used, and for the organisation to continue to engage with them.

When asked their experience of presenting to the Senior Leadership Team, the young people found it interesting, informative and good fun. The majority of the panel thought it was primarily daunting and nerve-wracking, but once the conversations began, their confidence grew.

When asked what could have improved their experience of participation on the panel, the common feedback of more regular and frequent sessions was shared, as they acknowledged it would allow them more time to discuss topics and build relationships.

**When asked if they had anything else to share, the young people thanked the staff for the opportunity of being a member of the Public Health Scotland Young People’s Panel:**

- ▲ “Everyone has been really approachable and helpful”.
- ▲ “Thank you for helping further my understanding of Public Health Scotland as I didn’t know much about it before. I would like to have the opportunity to involve myself in more opportunities like this. I would also like to see the action and I hope we don’t lose touch”.
- ▲ “I just want to say a huge thank you for everything you have done, creating a space where we feel comfortable and passionate to discuss these serious topics. I would definitely recommend other young people to take part in this amazing experience”.





## Young Scot

Caledonian Exchange  
19A Canning Street  
Edinburgh  
EH3 8EG

[youngscot.net/news](http://youngscot.net/news)



@YoungScot

[info@youngscot](mailto:info@youngscot)



YoungScot

