



DIVERSITY IN YPAGS & DIGITAL APPROACHES TO WIDEN PARTICIPATION IN RESEARCH

Summary of YPAG session 27/06/20

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THE VIRTUAL MEETING

What we covered..

- Ethical questions around involving YP in research/co-production
- How we could use digital approaches to YPAGs to improve diversity

How we did it...

22 young people and 2 researchers

4 breakout groups – facilitated by YPAG members

Used Padlets and google sheets

Group discussions

Why do you feel that the diversity of young people participating in research is important?

- Gives a voice to people from all backgrounds.
- Can talk about issues which some people may not have thought of.
- Can give a wider range of responses.
- Makes people less anxious to talk if they have someone that they can relate to in the group.

HOW COULD INVOLVING MORE DIVERSE YOUNG PEOPLE AFFECT ETHICS OF CO-PRODUCTION IN RESEARCH?

What is important in deciding which young people to involve in research?

How should a diverse group of people be involved?

What involvement is meaningful to young people?

What is important in deciding which young people to involve in research?

VARIETY OF EXPERIENCE

- Age, gender, race, ethnicity, disability
- Upper age limit depending on purpose e.g. people with additional needs could be older
- Important to involve people with experience of mental health issues

QUALITIES

- Commitment to the YPAG
- Honesty: want to get people's opinions
- Not afraid to share opinion even if its different
- Confidence, though can also be developed through being in the YPAG
- Genuine interest in research - more likely to be honest

RESEARCHERS

- Should be diverse
- Positive discrimination towards underrepresented groups
- Experience of working with younger people

REPRESENTATIVE OF THE POPULATION

- Important to have equal quantity of genders
- More ethnic minorities/ different cultures

How should a diverse group of people be involved?

GENERAL RESEARCH

Diversity can give a more generalised and balanced opinion, the more diversity the better. The different inputs can make the research more valid.

PILOTS

Getting young people involved in projects like pilots can be difficult as you need certain skills and diversity could make that harder but with the right training it can be a really good thing.

USE OF RESEARCH

Involved in where the research goes, to know the aftermath of the research, recognition of involvement

PLANNING

Consulting on projects and in the general planning of research so things can still be changed and influenced – can also point out any flaws in the way research is going to be collected.

QUANTITY

There isn't a line you shouldn't go past cause you can never have too much involvement in the project so you should definitely be as involved in possible. However for certain aspects of the projects you may need training to carry out the task.

What involvement is 'meaningful' to young people?

IMPACT ON YOUNG PEOPLE

- Confidence
- Being used productively
- Something to put on a cv
- Developing teamwork skills, leading a group
- Outlet for views on mental health, safe space to talk about your own views and experiences
- Representing a minority
- May feel alone, like you're voice isn't often represented, gives young people a chance to speak up

DEVELOPMENT OF KNOWLEDGE AND SKILLS

- Small stations more beneficial for newer members, easier to express views and brainstorm.
- Getting a padlet beforehand is really useful, allowed young people to brainstorm before session as in session there are time restraints.
- Get young people to read up on topics before sessions to gain more knowledge surrounding the topics.
- When putting groups together choose people with different views to make it more interesting and so your not just covering one view , you would want to cover everyone's views.

HOW TO EMPOWER YOUNG PEOPLE

- Make them feel like their opinion is valid and important
- The whole process empowers young people as it makes them feel like what they are saying is important and they can actually make a difference
- For people who have anxiety and don't feel confident to speak up, there could be stations where we write down our ideas on post it notes or paper - this may also result in people being more honest as well it's totally anonymous

BREAKOUT GROUP DISCUSSIONS

Young People's perspectives
on how the digital approach
could/should increase diversity
of YP in MH research?

How can a digital YPAG approach be used to include young people with different identities and experiences?

- Won't need to travel so money and time would be less of an issue.
- People with social anxiety can express ideas more easily.
- More frequent but shorter meetings may appeal to more people.
- Could include more people from across the country.
- Those who have disabilities that make travel difficult can join.

How would you want to be involved with other young people's groups in research?

- Charities- help connect with younger people.
- Some groups have connections with charities and trusts - if we got in contact with them we would be able to get into trusts.
- If we collaborate with youth groups there will be lots of diversity.

What is important in building these connections?

- Trust - team building exercises could be done beforehand to take away nerves and feel comfortable.
- Providing opportunities to collaborate in research.
- Groups can share information from the research that they do.
- If you get connections with people all around the country you can get lots of different opinions as people will have different experiences around the country.
- Learning new techniques from other groups and see what we could improve in our own group.

What type of involvement, and ways of working with researchers, in a digital YPAG works best for young people?

- Main digital YPAG but with representative elected to feed back to researchers so ideas don't get confused
- Treating the YPAGs as normal research participants rather than just as a checkbox to fill - we are useful
- Summary of each meeting - enables YPAGs to catch up - also good for researchers to view the YPAG projects and encourage them to use us
- Shorter more frequent meetings - good for participation as less impact if you miss a meeting
- On weeknights to allow people who don't have access to internet to still participate using school's internet

What different digital media and approaches can we use to connect young people in research?

- Advertise directly to charities for young carers or other groups, facilitators at these charities would have training on working with these groups so could help us.
- Encourage engagement with analysis of results.
- Careers fair as potential alternative to long answer questions on application.

What are the best ways to attract young people to participate?

- During school time for online YPAG, this would help YP who have a chaotic/loud home environment, and those who have caring responsibilities at home. As it is only 1-3 hours every month, could be justified as enrichment activity.
- Explain that their writing doesn't need to be expertly written, it is just to assess their discussion skills.
- Film a session so it is less mysterious and known what to expect.
- Relate to culture to show familiarity.