

NWRYWU Youth Led Research project

Research led by Young People to Inform Your Strategy Now Available for Commissions

What is Youth Led Research?

Youth led research is research conducted by young people with their own peers and supported by adults, rather than conducted by adults on young people. It is a method of gathering rich, in depth qualitative information about the view values and life experiences of young people around a particular topic to enable it to be understood from the perspective of a young person. The initial research question and the research parameters are set by the commissioning organisation and are based on one or more broad topic areas. These topics are used as starting points for the young researchers to plan activities that enable them to engage in dialogue around these issues with other young people. Following this the young research then draw up their own conclusions, and can also work collaboratively with the commissioning organisation to make them into meaning, realistic policy and strategy recommendations.

“A unique opportunity to hear the views of young people unfiltered and unchanged by adults” Jonathan Smith, Chief Executive, Child Health Development Programme.

“An exciting fresh approach to research and participation with young people that provides usable in depth in-sites focused on informing policy development”

Dr Mark Limmer - Lecturer in Public Health, Lancaster University.

How Can Youth Led Research help your organisation?

Research led by young people can gain information and insights that would not normally be identified by traditional research techniques or consultations. Understanding issues from the perspective of the young people themselves is an invaluable information source in the planning cycle of any organisation which is concerned with delivering effective services for young people.



*“Youth participation like
this is an asset to the NHS”*

*Eustace de Sousa,
Associate Director, NHS
North West.*

Youth led research can help you embed young people’s voices at the heart of your strategy and ensure that your services meet the expressed needs of young people. The final stage of the process can involve young people from the research team working with adults from your organisation to develop a realistic set of policy and strategy changes that your organisation and/or sector can put in place to improve its work based on the views of young people.

NWRYWU Youth led Research Allows you to:

- Hear the views of young people, even if your organisation has no regular contact with them
- Identify young people’s views on a very specific topic in a high level of detail that goes beyond typical youth consultation
- Identify views from a very specific social group of young people such as Young Women, or Young Muslims
- Identify the views of young people from across a large geographic area such as a city region or the North West as a whole
- Generate policy and strategy recommendations based on the views of young people that take into account the real world restrictions such as budget, and timescale



*“The research NWRYWU undertook for us
really helped us gain a deeper understand of
the barriers young people to participating in
their communities”*

*Eve Davidson Network Manager - North West
Together We Can.*

How does the process work?

- The commissioning organisations sets a research question, to define the broad area of research, the topics that it is interested in hearing young peoples views on, and a research group.
- Professional staff from NWRYWU support a small group of young people aged up to 21 to form a research team, the young research team develop their initial ideas about the research topic and designs their own research methodology
- The young research team work with local youth organisations from NWRYWU's networks, to identify groups of young people to take part in the research
- The young researchers visit the groups taking part and carry out the research fieldwork - usually visiting between 5 to 15 groups
- The young researchers draw their conclusions together into the first draft of the research report which is presented back to the commissioning organisation
- Professional staff from the commissioning organisation then have the opportunity to work collaboratively with the young researchers to identify a realistic set of policy and strategy recommendations for the organisation and the field it operates in
- The research report is finalised by the Young researchers and launched jointly by NWRYWU and the commissioning organisation.

Want to find out more?

The North West Regional Youth Work Unit is a registered charity and Company limited by guarantee - our aims are:

- To support services working with young people to maximise young peoples' opportunities for personal and social development and help them make a successful transition to adult life and citizenship.
- To support the effectiveness, efficiency, quality and relevance of youth work and young peoples services across the region

If you are interested in commissioning a piece of youth led research, or would like an informal discussion about youth engagement and participation in your organisation, then please contact

Dan.Moxon@nwrywu.org.uk or visit www.nwrywu.org.uk

CASE STUDY: Young Women and Alcohol Research

The Cheshire and Merseyside Public Health Network, in partnership with the Child Health Development Programme, commissioned NWRYWU's research team to identify the Views of Young Women across Cheshire and Merseyside on effective ways to:

- Increase their resilience against serious alcohol misuse
- Provide protective influences
- Be disincenitised against serious alcohol misuse.

The research, which was conducted by two young women 16 and 19, engaged with over 150 young women across the Cheshire and Merseyside area, explored in details the roles of peer influence, normality and ease of access to alcohol, with it primary policy recommendations based on the introduction of programmes to raise young women's self esteem and independence. Recommendations from the research went on to form part of the key objectives in CHAMPS business planning.

"This research offered us a unique perspective that has informed all partners concerned with influencing Alcohol use across Cheshire and Merseyside" Sarah Marshall, Alcohol Programme Manager Champs.

Download our Young Women and Alcohol Research report [here](#)

Download our Alcohol Life Stories Research [here](#)