Local Vision

# EMERGING

# THEMES

The emerging themes in the following page have emerged from the ethnographic research carried out by Local Vision partners and a synthesis session in December 2016. WHAT DO YOUNG PEOPLE NEED TO THRIVE?

#### OPPORTUNITIES TO FIND YOUR PASSION

## "My life needs to have a sense of purpose to justify living"

Exposing young people to multiple experiences to challenge preconceptions and open up new horizons.

What makes people hook into their passion?

### HAVING TIME & SPACE TO REFLECT

Having time to learn about themselves, banking good stuff and reflecting in the past. Understanding your personal story and how it manifests in you. Developing a sense of yourself in the world.

What helps people understand their personal story?

#### HAVING ROOM TO GROW

Accepting things will go wrong and learn how to cope with it. To grow, having boundaries is as important as allowing young people to make mistakes.

### FEELING LIKE YOU BELONG

Having stable predictable relationships, the ones that you can trust will be there next week. Faith and grandparents help young people to feel like they belong. Some intimate relationships can also be problematic. HELPING PEOPLE TO NAVIGATE CHANGE & UNCERTAINTY ABOUT WHATS NEXT

Being self aware that when moments of change happen, it's ok to feel anxious and there are ways around it. Consistency of professionals and people knowing what to offer and being aware help.

### LABELLING THE GOOD, THE BAD & THE UGLY

People react differently to labels like 'dyslexia'. It can be **good**: helps people understand what makes them who they are; **bad**: people get stuck with it and it becomes a barrier moving forward; **ugly**: other people's assumptions and judgements make it become a barrier (stigma).

### THE POWER OF YOUR NETWORK

Having a network formed by strong and weak ties provides access to multiple experiences, support and informal information (jobs, college, parties,...). Young people build a network in college.

#### BEING READY FOR THE FUTURE & ADULTHOOD

Knowing what support is out there and who to ask for help. Help that is apropriate and appealing so young people are interested in asking. Consistency of relationships and financial literacy help people be ready for the future.

#### YOUR JOB IS MY LIFE

Professionals understanding the person holistically, seeing people as individuals. Professionals who take time and see the person behind the label. Professionals being prepared to go the extra mile. Strong long-term support. Personalisation and having options is key (housing, personal budget,...)

## EMERGING THEMES IN THE MAKING



## STORIES 1-6



# STORIES 7-12



For questions about the content of this document:

#### Jacqui Cooke

Communities and Wellbeing Manager, Adur & Worthing Councils Mobile: 07713889163 Email: jacqui.cooke@adur-worthing.gov.uk Website: www.adur-worthing.gov.uk

THANK

YOU!