

Your Voice Survey

Health, Wellbeing, Culture, Media and Sport

We want to know what **you** think about:



- **Health and wellbeing** - feeling happy and comfortable in life.



- **Culture** - like the arts, traditions, beliefs, language and history.



- **Media and sport** - Including social media, TV, website and radio.

About our survey



It is your choice to take part in the survey. You can stop doing it at anytime.



The survey is for young people aged 11 to 25 years old.



We won't tell anyone who said what. Your names and personal information will be kept private.



To do the survey go to: bit.ly/YourVoiceBridgend



The survey asks questions about:

- Your activities, hobbies and online spaces.
- How they affect your wellbeing.
- What makes it hard to take part.
- How they can be made better.



In our last survey we asked about bullying, education and learning.



We listened and did something! You can find out what we did on our website:

bit.ly/YourVoiceBridgend

Getting support



Our friendly Youth Support Team can help you. They are here from 9am to 5pm Monday to Friday.



Email them at: youthsupport@bridgend.gov.uk



You can get urgent support from:

- Your school wellbeing team.
- **NHS 111** - call and choose **option 2**.
- Online: giveusashout.org



If you are over 16 you can book an appointment with your doctor.



This website has games and activities about staying calm: childline.org.uk/toolbox/calm-zone



We also have lots of other support and information on our website:

linktr.ee/bcbcmentalhealthsupport

Thank you!



If you have any questions please email us at: youthsupport@bridgend.gov.uk.



For example, if you want to know more about how we use and store your information. Or if you change your mind about taking part, just email us.

Join our Youth Council



Would you like to join the Youth Council?

We are always looking for new members.

You can find out more online: bit.ly/BridgendYouthCouncil