

Appendix 3 - Movement Plan Young Advisor surveys

Results and analysis

April 2019

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Introduction

About the consultation

As children become teenagers we see a large drop in physical activity, potentially impacting on their lives, down the line. We wanted to better understand why and how we can change these behaviours and how activity can be incorporated into their lives.

We collaborated with the Young Advisors to survey 12-16 year olds about their travel behaviours, feelings of safety and their perception of activity levels. The [Young Advisors](#) are a team of young people, aged 15 to 24, who engage and speak with young people to influence change. We reached in total 129 people. The locations visited were:

- Peckham library
- Yellow brick
- Aylesbury
- Walworth
- Brandon Estate
- Borough
- Bankside
- Bermondsey
- Spa Park

The Movement Plan consultation ran from November 2018 to February 2019.

Please contact transport@southwark.gov.uk with any questions regarding the data and finding presented in this report.

Consultation report appendices

The consultation results are presented in one summary report and each activity is analysed in depth in each appendix. See below for full list of appendices.

- Movement Plan Consultation Report – Summary Report
- Appendix 1 – Consultation Hub Analysis
- Appendix 2 – Street Surveys Analysis
- Appendix 3 – Young Advisors Analysis
- Appendix 4 – Over 65s Workshop Report
- Appendix 5 – Stakeholder Responses Detailed Summary
- Appendix 6 – Surveys Questionnaires

Key Findings

Enjoy easy and sociable journeys

The young people surveyed predominantly travel by bus or foot, citing that it is easy and convenient. The price of travel and enjoying travelling with friends influences their travel choices.

Quick and sociable journeys are highlighted as positive journey experiences. Easy, fun, peaceful and relaxing were also mentioned by a few as positive factors.

In contrary, journeys that are crowded, time consuming and with high levels of traffic are mentioned as contributing to a negative experience.

Frequently travel to school and shops

Almost all respondents make a daily journey to school. A clear majority make daily or weekly trips to the shops and high streets. A majority frequently travel to a friend's house, sport activities and/or church/faith groups.

Changed behaviours when travel with friends or parents

From the survey responses, it is identified that young people behave differently when they travel with a parent/career than with friends.

They are calmer and quieter with parents and mentioned a tendency to travel by car with parents. Travels with friends are described as louder, fun and free.

Perceive active people and cyclists as healthy and fit

When asked to describe a person who is regularly physically active and a typical person who rides a bike they were primarily described in the same way, as healthy and fit.

However, a cyclist is also defined as someone who is dangerous/risky, working person and normal person. In comparison to a physically active person who is described active, dedicated and motivated.

Technology and social media distract from being active

The young people surveyed believed that physical inactivity is due to the many pressures on young people's time. Technology, games and social media was most frequently mentioned as a distraction. Laziness was raised as factor as well as school taking more time and being stressful.

Need for more social and fun physical activities

To increase physical activity a need for more activities that are social and fun was expressed. More Youth Clubs was specifically mentioned as something that would encourage young people to get active. Further, people mentioned the need for free activities and sports opportunities.

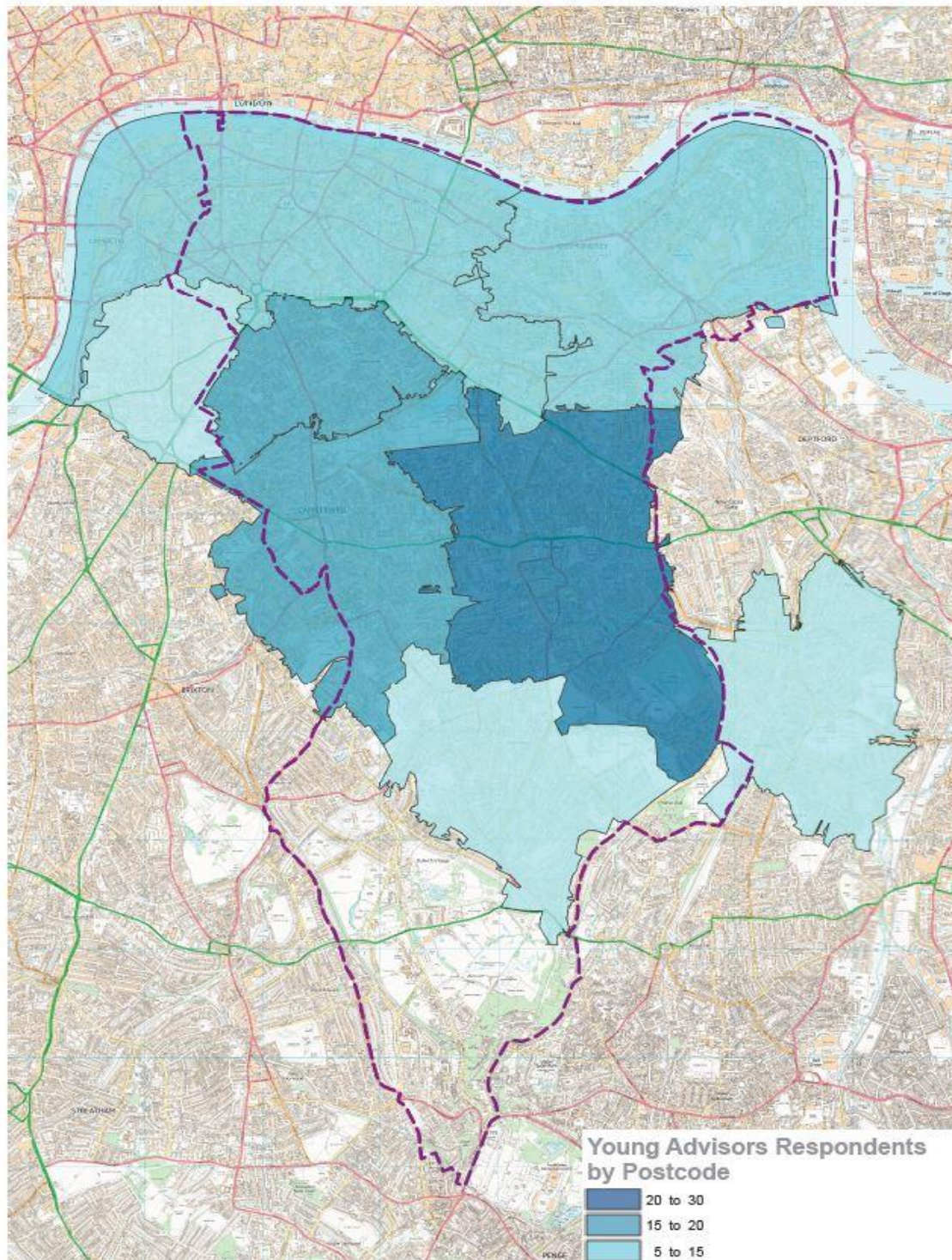
Public transport to be clean and reliable

Most mentioned when it comes to how to improve the journey experience was to improve buses. For buses to be cleaner and to run a more frequent service. Second most mentioned aspect was traffic reduction. And thirdly, cleaner streets and transport in general.

Respondent profile

Question 11 – Postcode

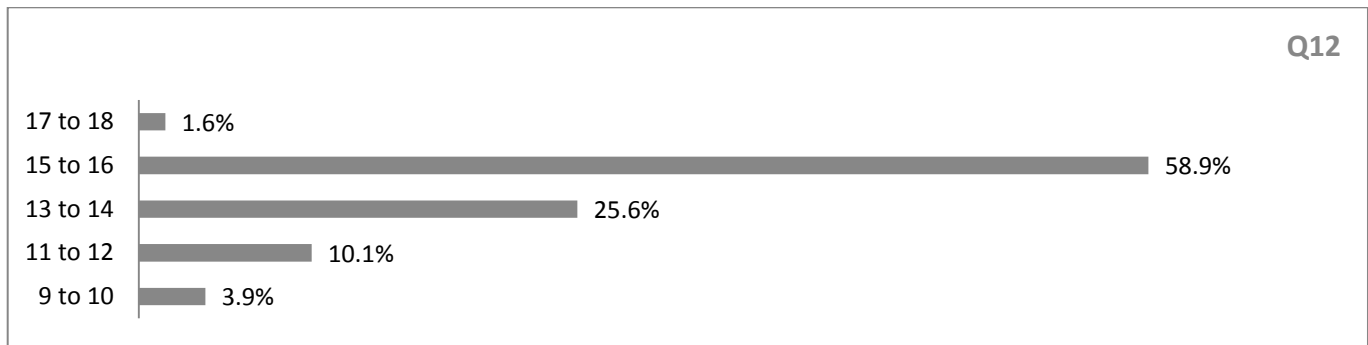
Total respondents: 103



Note: Respondent provided only postcode district information; therefore the map has the maximum level of detail possible for this survey

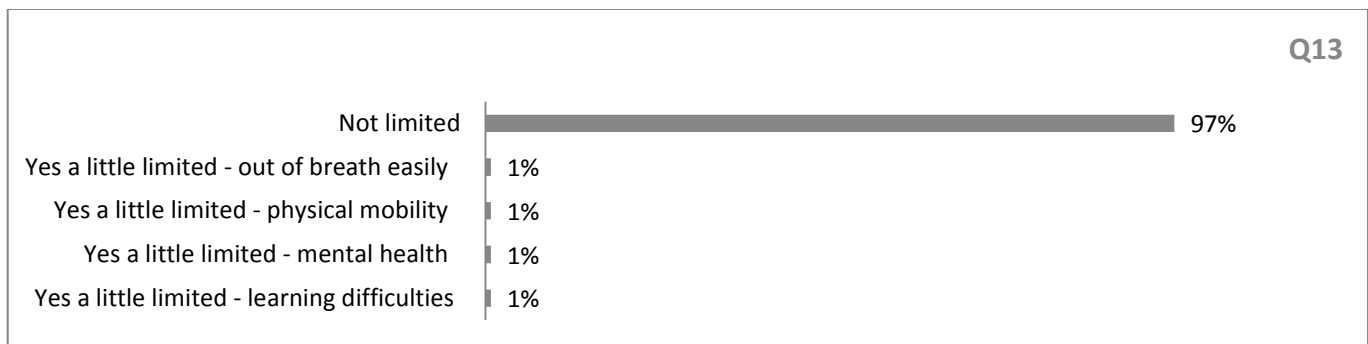
Question 12 – Age

Total respondents: 129



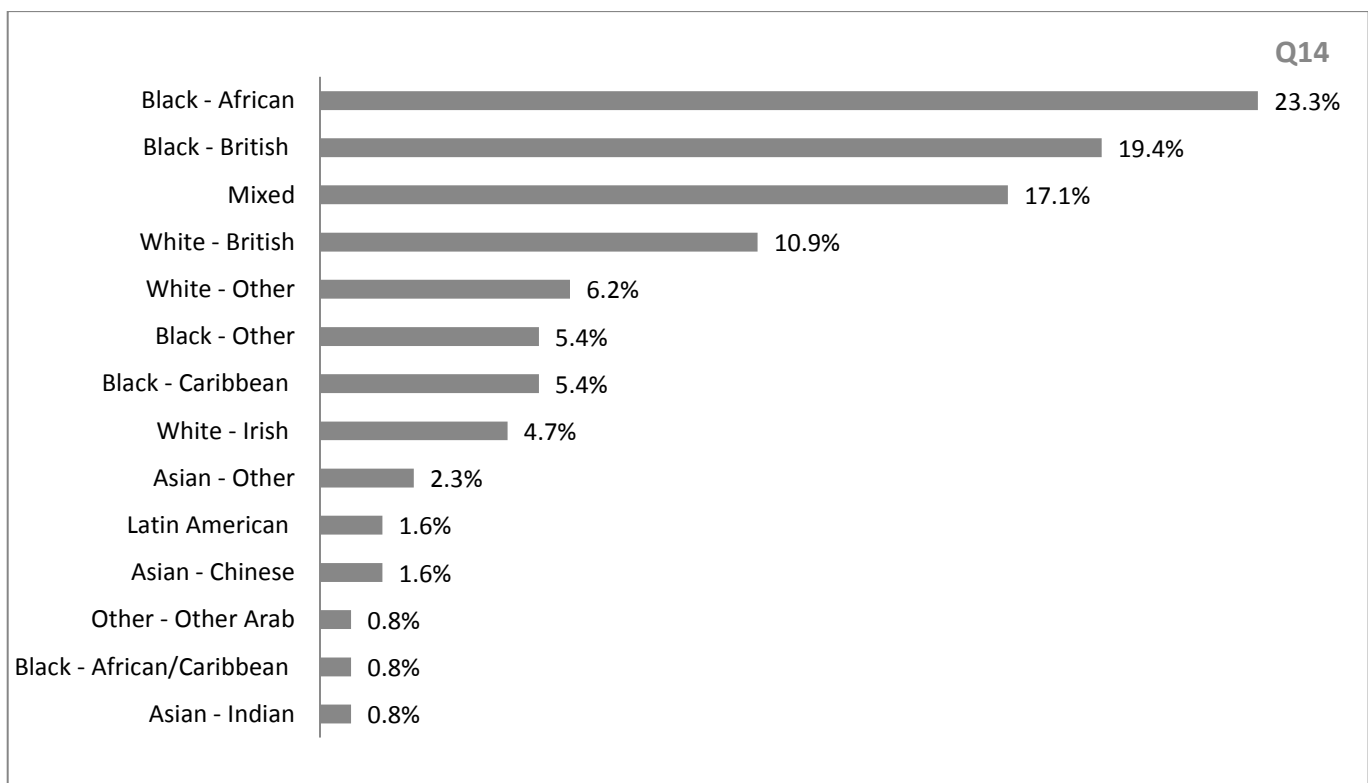
Question 13 – Are your day to day activities limited because of a health problem or disability?

Total respondents: 129



Question 14 – Ethnicity

Total respondents: 129



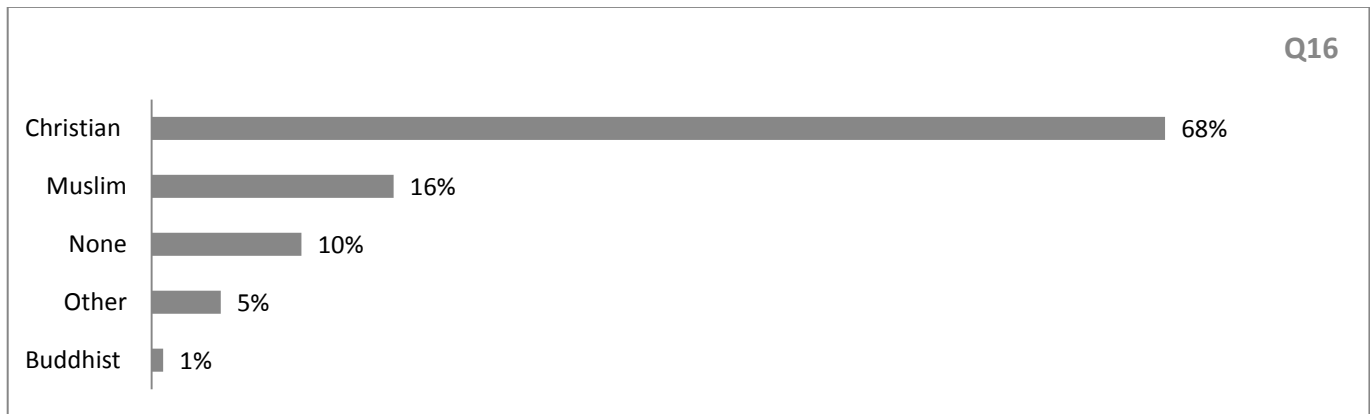
Question 15 – Gender reassignment: Is your gender identity the same as the gender you were assigned at birth?

Total respondents: 129



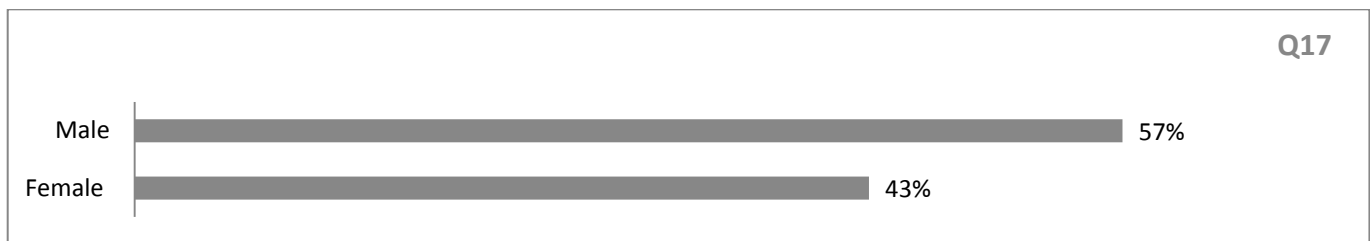
Question 16 – Religion

Total respondents: 129



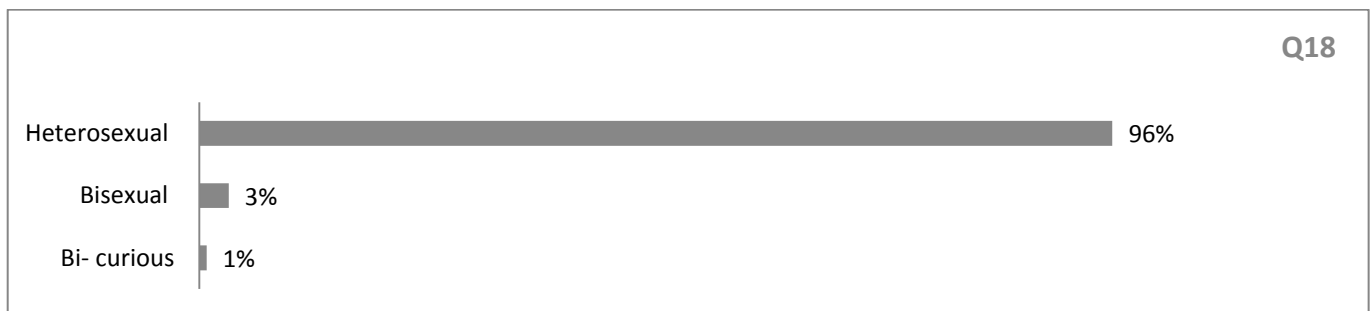
Question 17 – Gender

Total respondents: 129



Question 18 – Sexual orientation

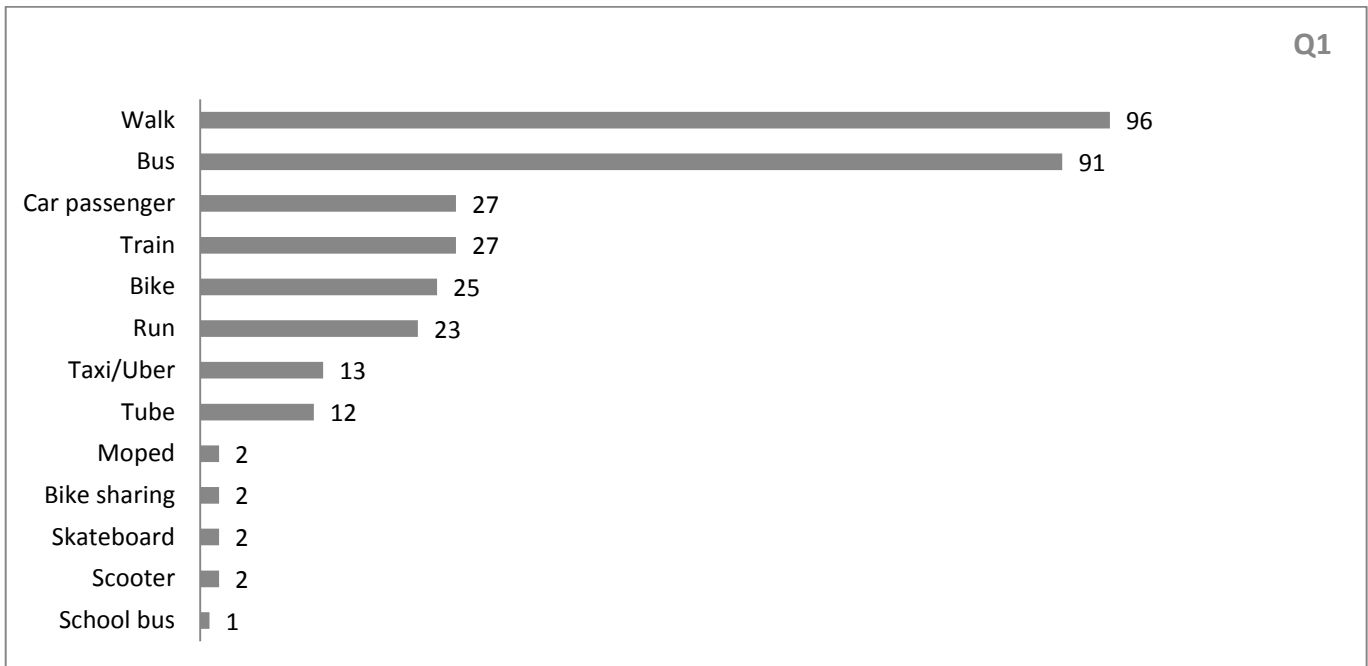
Total respondents: 129



Survey results

Question 1 – Select all the ways you travel more than once a week

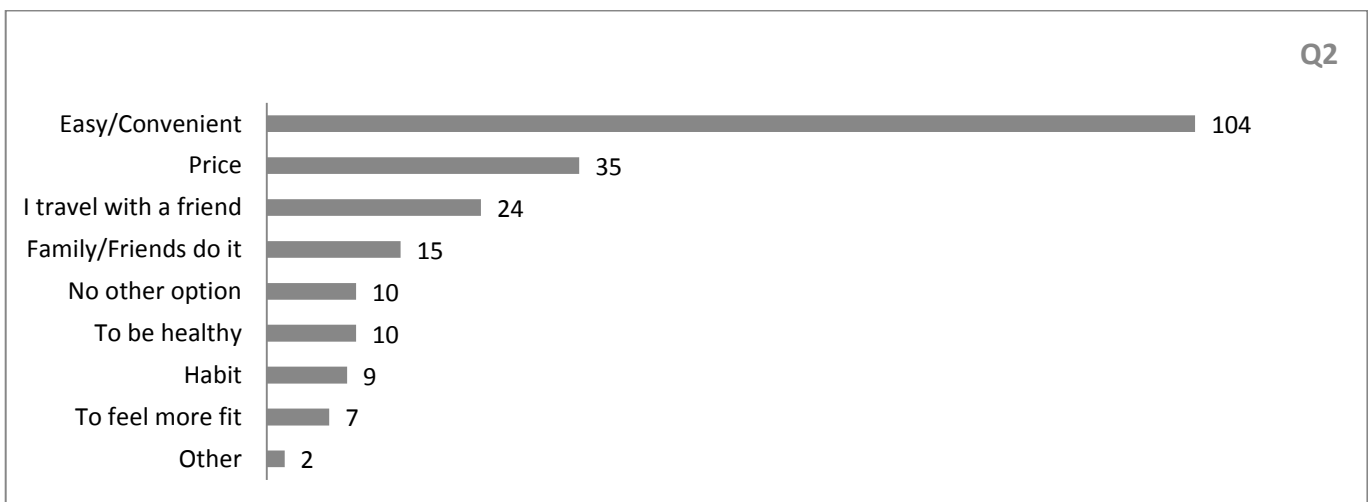
Total respondents: 129
Total comments: 323



Note: People were allowed to select more than one option.

Question 2 – Why do you travel this way?

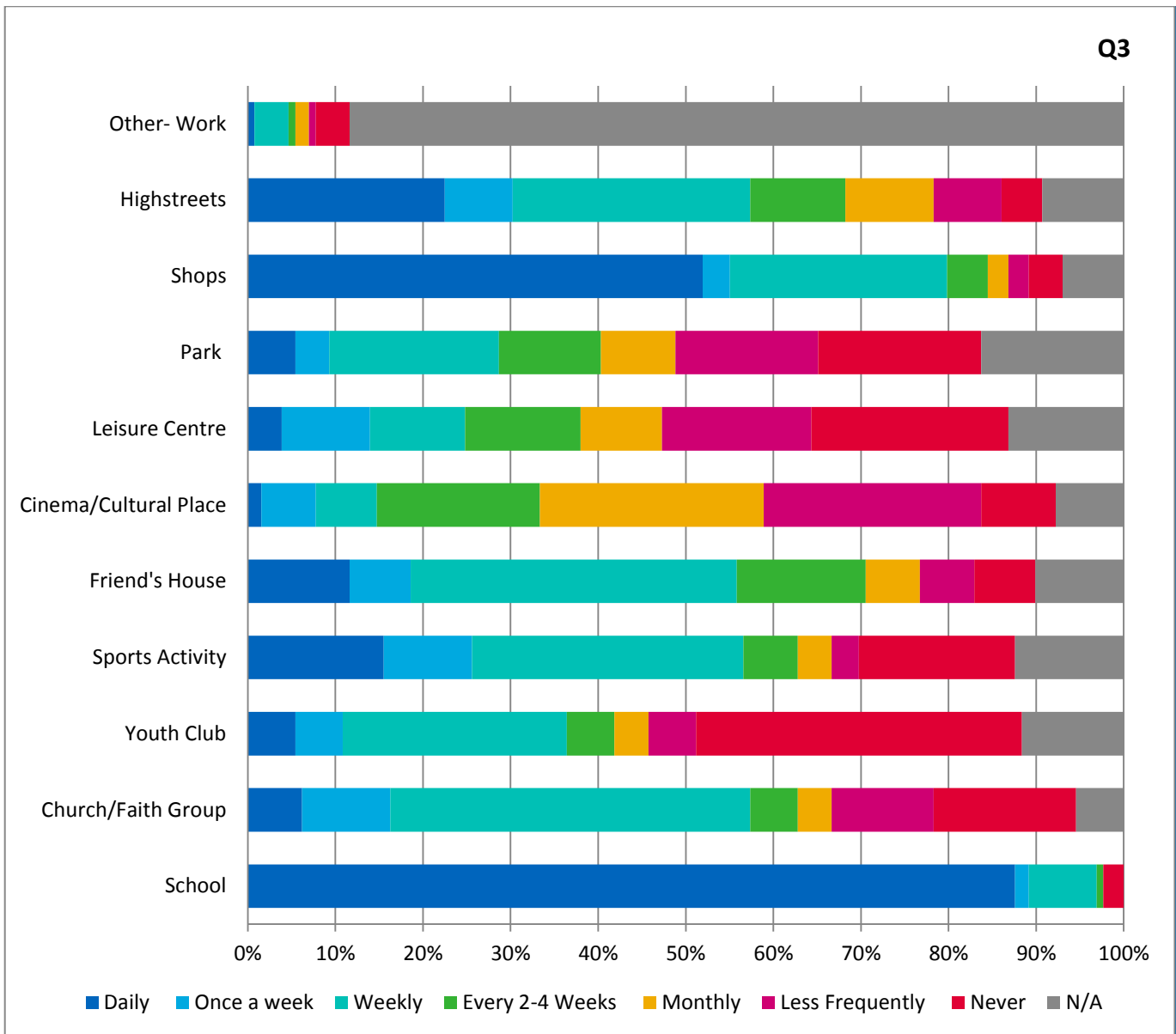
Total respondents: 129
Total comments: 216



Note: Some of the respondents provided multiple answers and thus are counted more than once.

Question 3 – On average, how often do you travel to/visit these places?

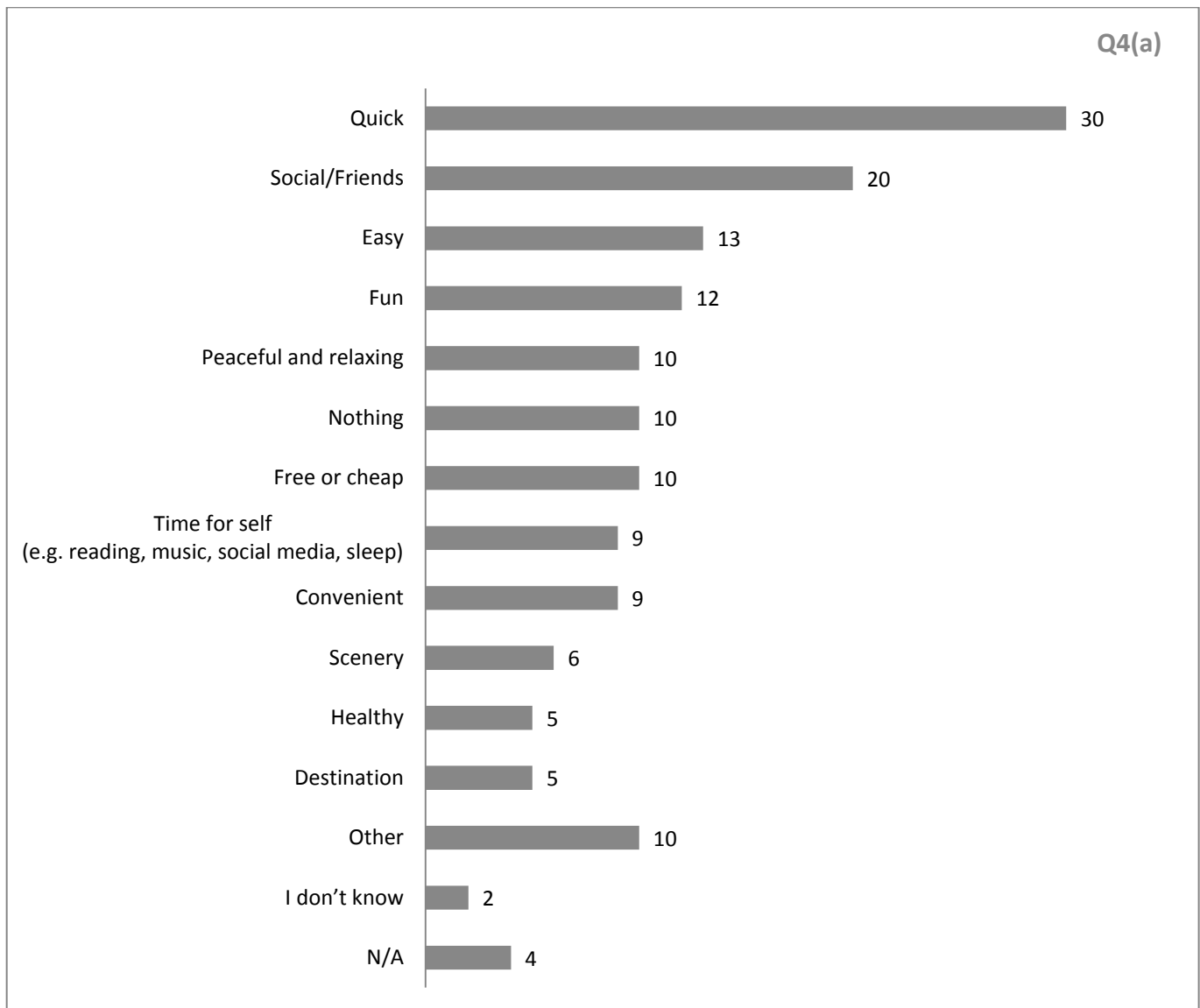
Total respondents: 129



Question 4(a) – Thinking of a journey you often make, what do you like about it?

Total respondents: 125

Total comments: 155



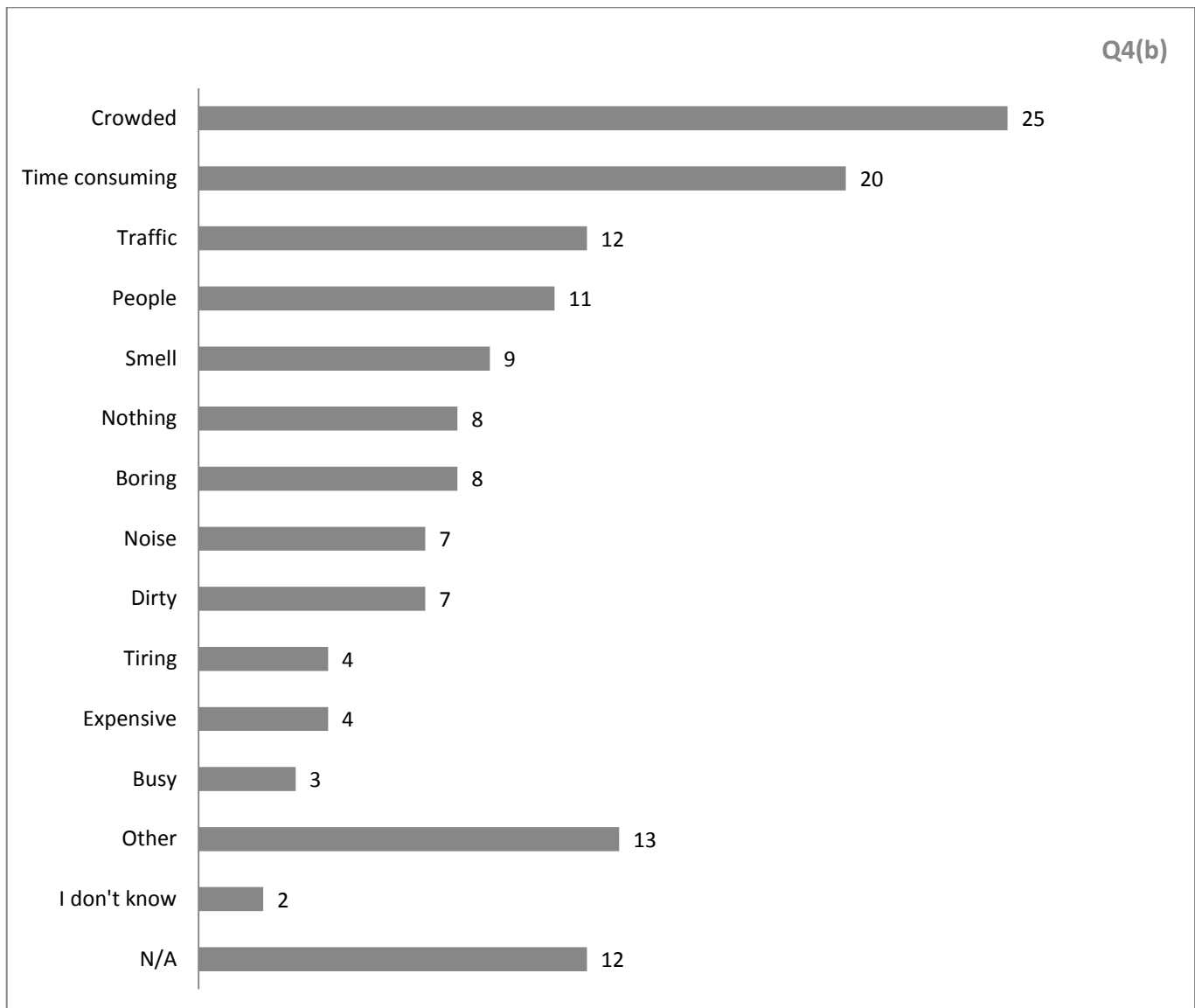
Note: Some of the respondents provided multiple answers and thus are counted more than once.



Question 4(b) – What don't you like about it?

Total respondents: 117

Total comments: 145



Note: Some of the respondents provided multiple answers and thus are counted more than once.

"Tube is packed, cars cause traffic, buses not on time."

"Too dirty, drunk people on bus."

"Becomes stuffy, hard to breathe."

"I don't like bus because it is time consuming."

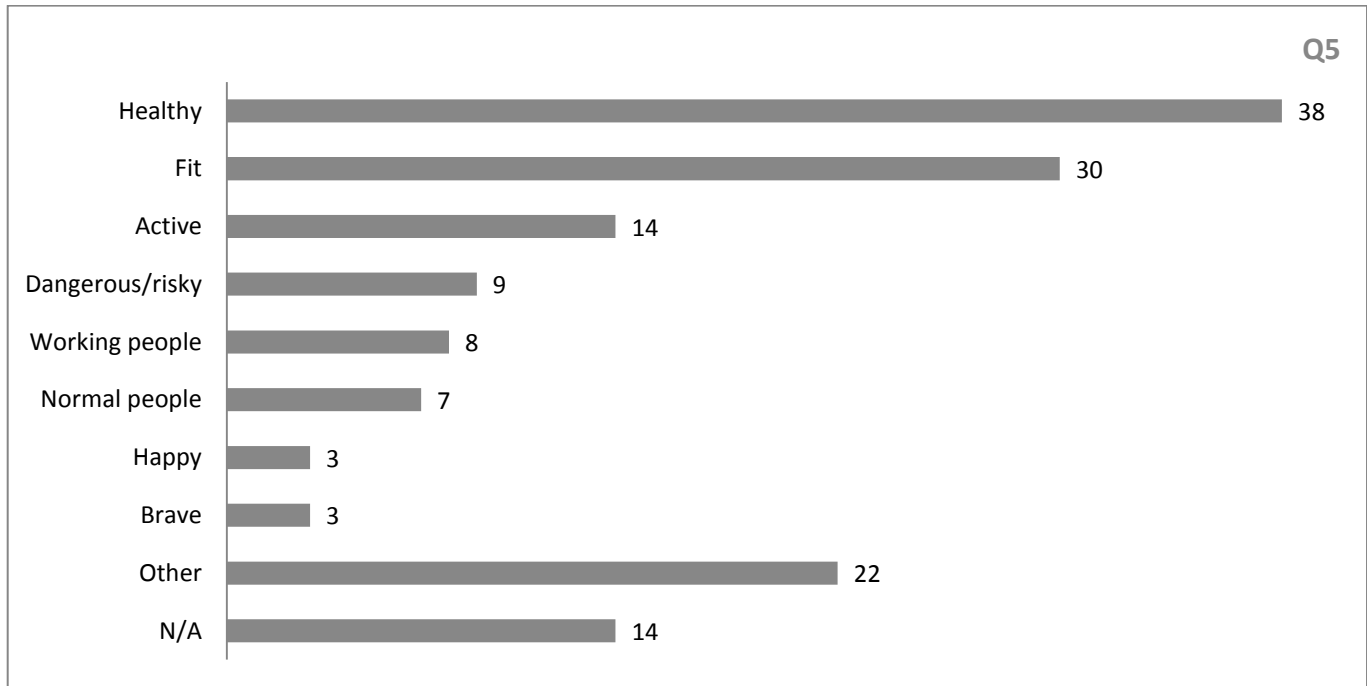
"Some other kids my age causing trouble."

"The traffic hold up, reconstruction every other week."

Question 5 – How would you describe a typical person who rides a bike?

Total respondents: 115

Total comments: 148

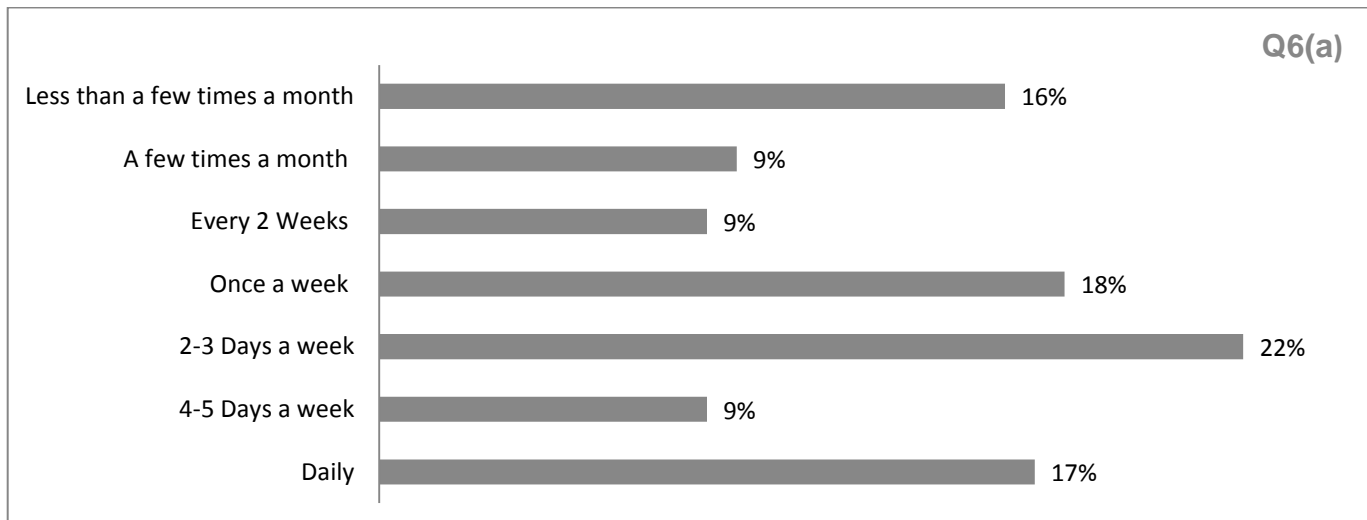


Note: Some of the respondents provided multiple answers and thus are counted more than once.



Question 6(a) – How often do you do some sort of physical activity/sport?

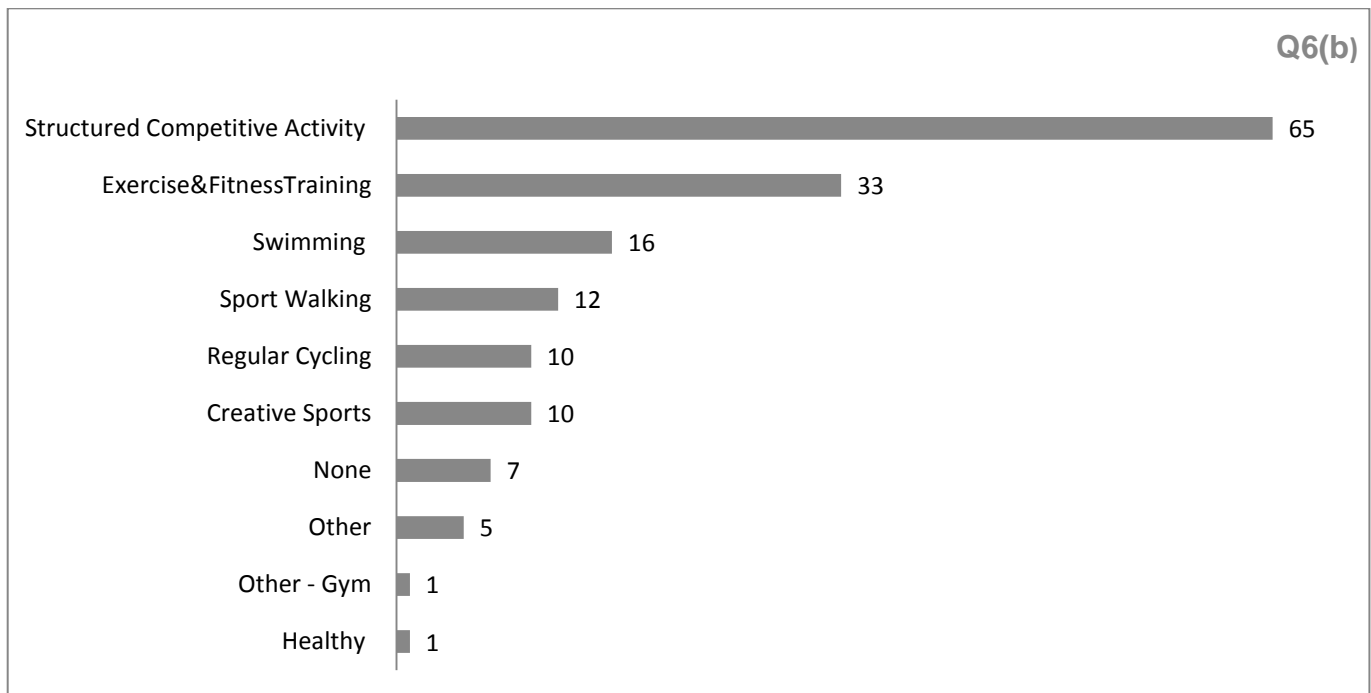
Total respondents: 129



Question 6(b) – What type of physical activity/sport do you do?

Total respondents: 129

Total comments: 160

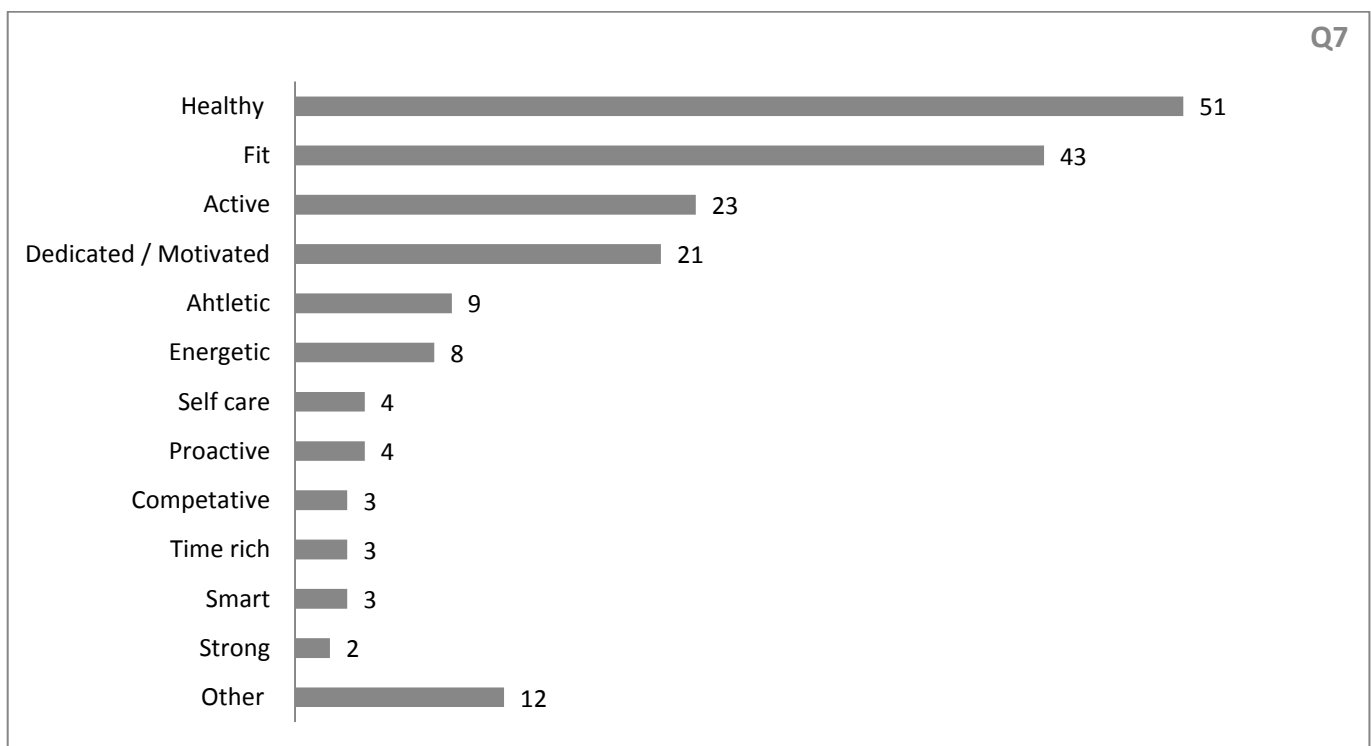


Note: Some of the respondents provided multiple answers and thus are counted more than once.

Question 7 – How would describe a person who takes part in sports activity and/or exercise regularly?

Total respondents: 127

Total comments: 186

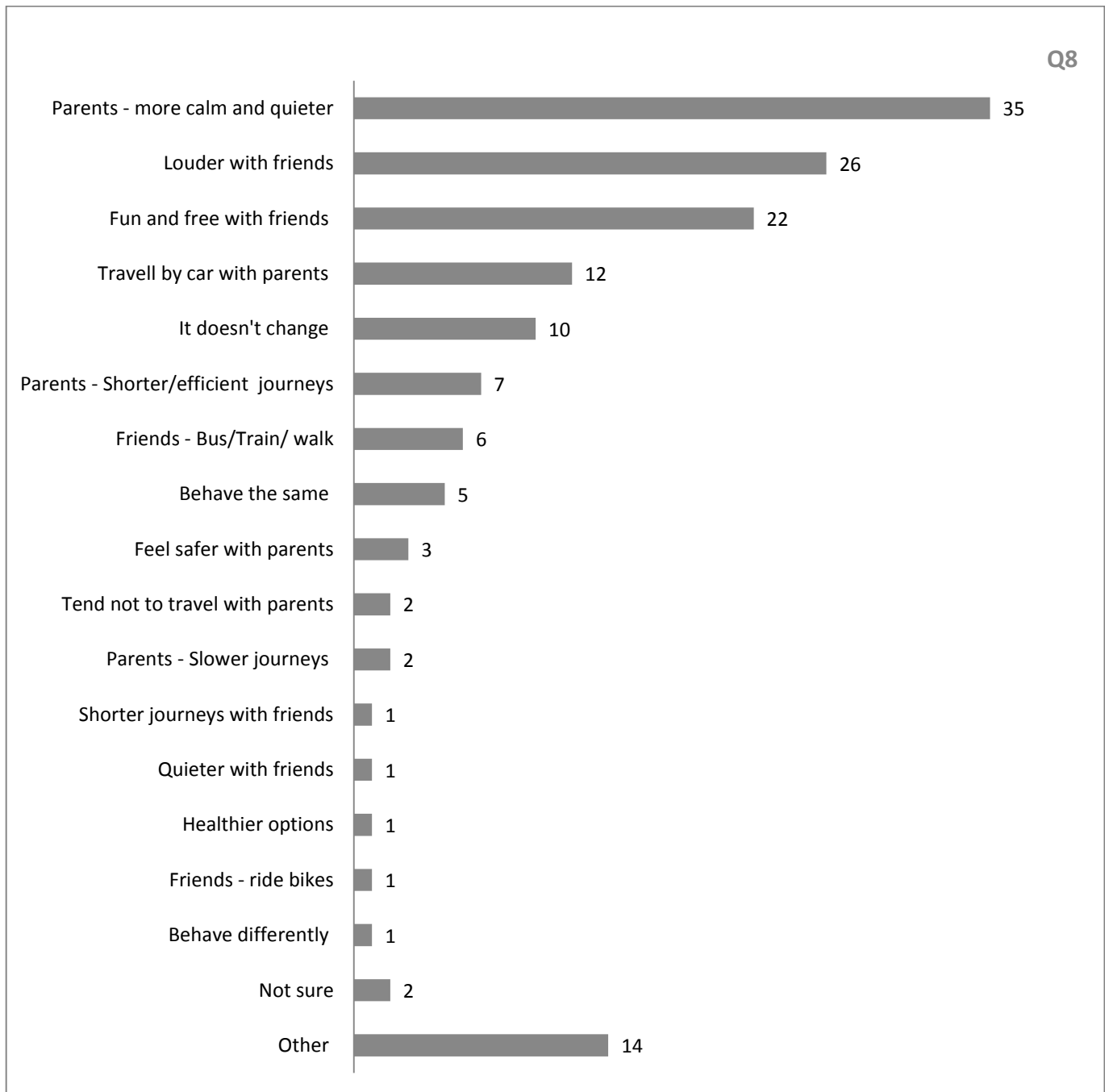


Note: Some of the respondents provided multiple answers and thus are counted more than once.

Question 8 – How does the way you travel and move in Southwark with a parent/career differ from how you travel with your friends?

Total respondents: 122

Total comments: 151

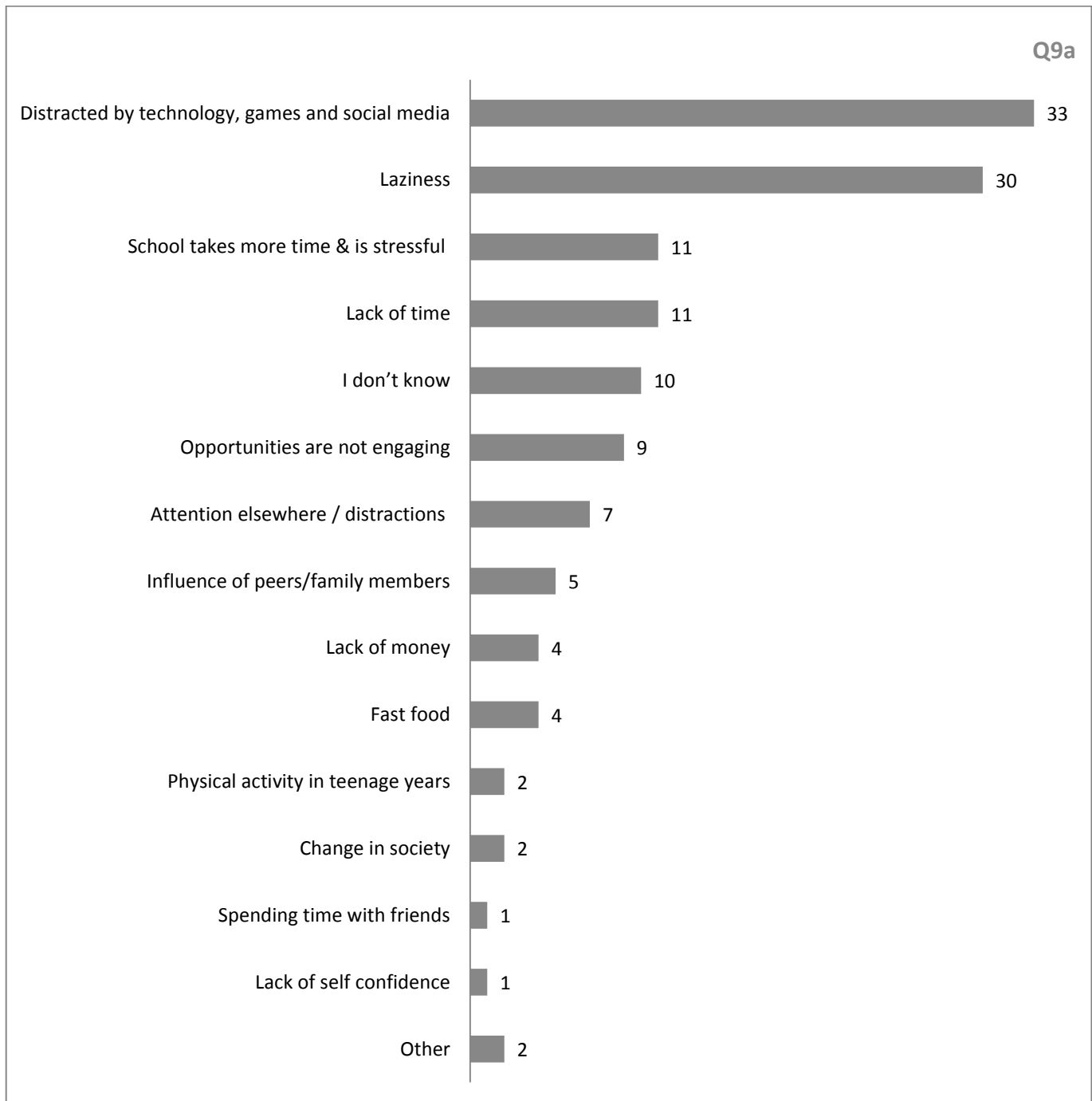


Note: Some of the respondents provided multiple answers and thus are counted more than once

Question 9(a) – As children become teenagers we see a large drop in physical activity, potentially impacting on their lives, down the line. In your experience, why do you think this is the case?

Total respondents: 124

Total comments: 132

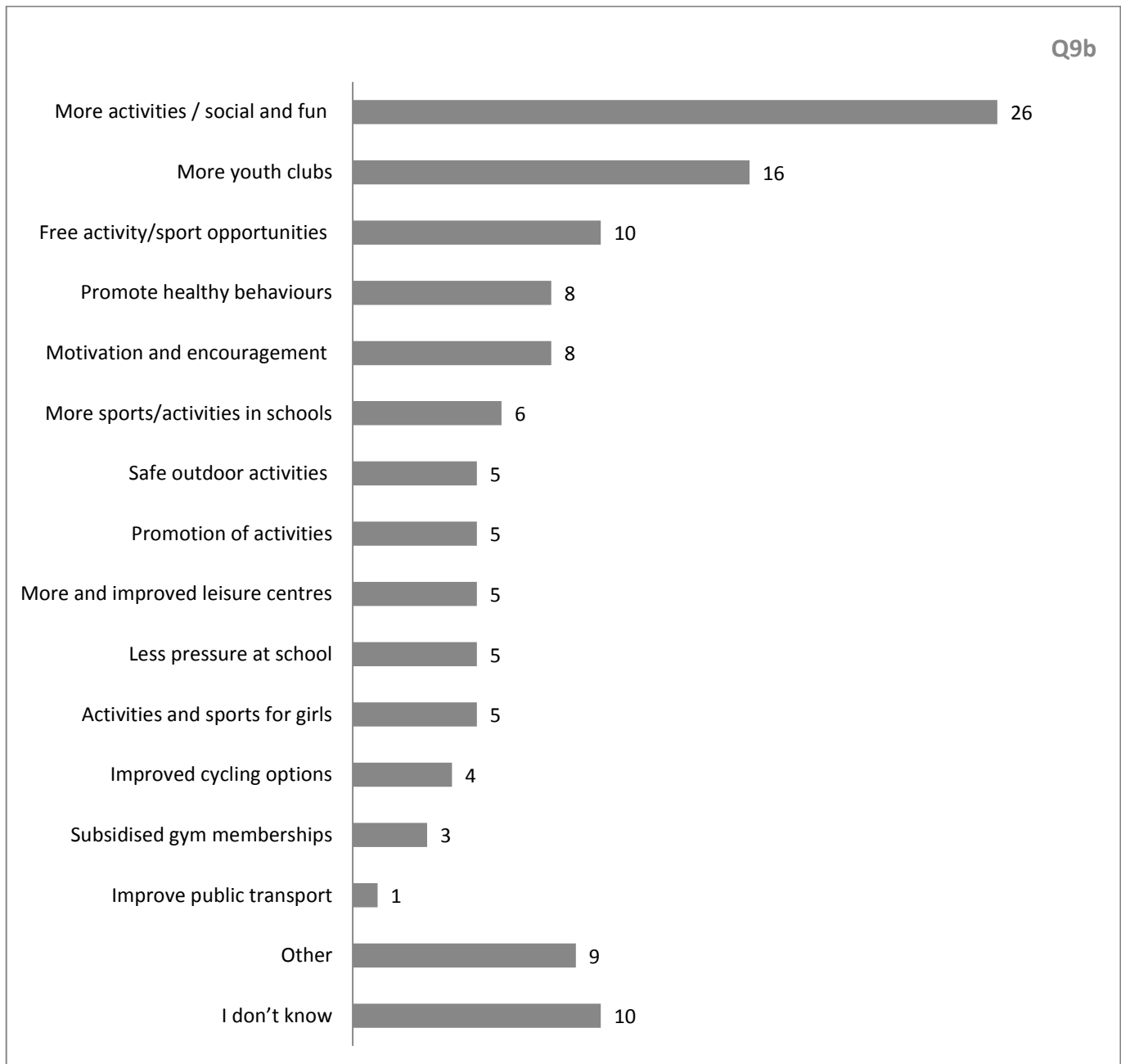


Note: Some of the respondents provided multiple answers and thus are counted more than once.

Question 9(b) – What do you believe could change this trend to teenagers getting and staying active?

Total respondents: 117

Total comments: 126

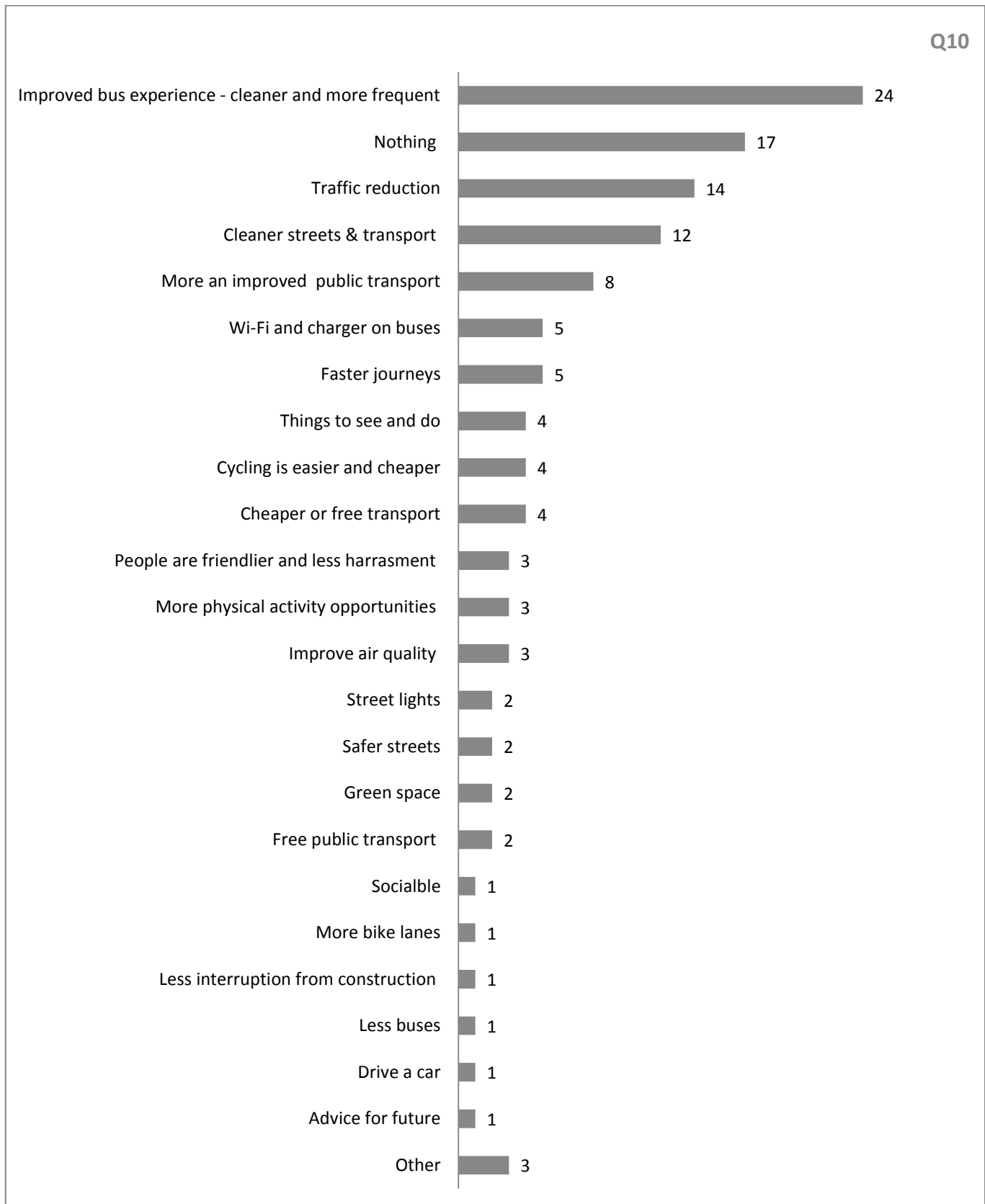


Note: Some of the respondents provided multiple answers and thus are counted more than once.

Question 10 – If you could change one thing to improve your experience whilst travelling in Southwark, what would it be?

Total respondents: 116

Total comments: 123



Note: Some of the respondents provided multiple answers and thus are counted more than once.

Question 19 – Did you find this consultation clear and easy to complete?

Total respondents: 128

