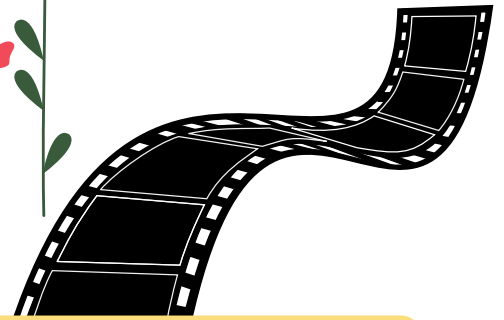


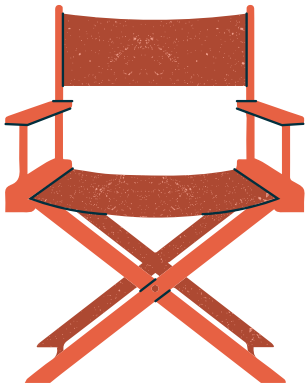
AGE OF WONDER: TEENAGE STORIES

As the winter chills fade away, we are embracing the vibrant colours of spring and the warm sunshine.

We're back with our March newsletter to share all that we've been up to!



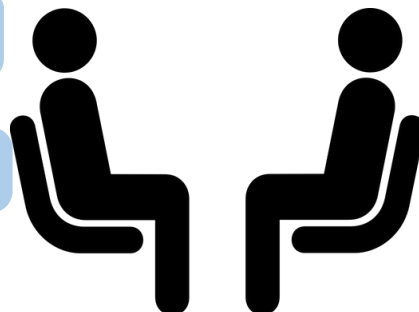
AoW Documentary



As you may know, we are working on our Age of Wonder Documentary. We are currently in the process of shortlisting our applicants after inviting some of you to screen tests with our director!

We have been chatting with some of you as part of our interviews, which we do each year, about mental health, what you like to do for fun & positive experiences of growing up

Year 2 Interviews

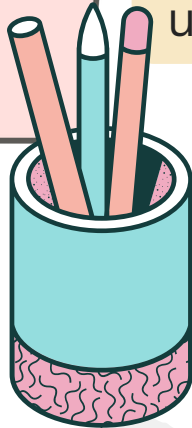


Ramadan Mubarak to all our participants observing this month! We wish you and your families a month of peace and reflection



Reminder to submit Creative Expressions!

The time has come (again!) for you to share an expression of your hopes, dreams, and fears for the future. This can take any form you like and can be as creative as you want (send these using Kate's contact details on the flip side)

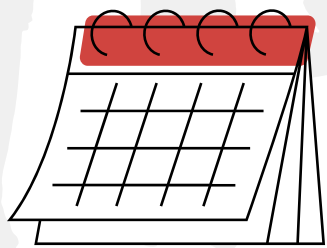


opportunity to take part in a music video! (waiting for Ruth's info)

scan to watch our guide to help you get started



▶ SCAN ME



Save THE Date

**BIB PRESENTS..
WONDER FEST
SATURDAY 15TH JULY 2024,
THE MIDLAND HOTEL
BD1 4HU**



scan me to watch our latest YouTube video about all things Age of Wonder!



Read Jahzara's research about physical activity rates in girls in Bradford

In September 2022 I (along with a few others) started a research project where we investigated the low physical activity rates (particularly in girls) in Bradford. This has become a very apparent and significant issue and unfortunately is continuously getting worse. Physical exercise is very important to maintain a healthy lifestyle and is also beneficial to your mental health and well-being. Each person in our group conducted their own individual research project so find our own data on this issue and uncover the reasons for these low physical activity rates.



I decided to conduct my research in a school setting and ask people in my year group, which at the time was year 9, about their thoughts and opinions on physical activity and school and how well they think its implemented and what effect it has on them along with other questions. I sent out surveys to 4-5 girls in my year group asking them various questions about their in and out of school physical activity.

From my research, I had a variety of responses consisting of some vastly different opinions and some very similar responses. Everyone who took the survey claimed that physical activity is not a popular subject amongst girls and is not taken seriously to the dismay of some P.E enjoyers .One person claimed that "it's really boring and nobody takes it seriously... going to afterschool clubs was my only time I could play sports properly."

continue on
the flip side



Another student said that PE is enjoyable but the "over competitiveness and toxicity" can sometimes make it unenjoyable. Most people also said that due to the negative outlook on PE by the general school population, it decreases the opportunities for them to be active whereas in other schools there are many more events. Also, many believe that the teachers do not consistently run after school sports clubs which therefore substantially reduces the amount of time people can be active.



Also, many feel that once they get into the higher years of secondary school, PE is no longer a priority as they must focus on their GCSE exams which takes up a large amount of their time meaning that time for physical activity in general decreases.



From my research, it is clear that there is quite a negative outlook on physical activity and that most feel as if schools do not try hard enough to implement fun activities for girls to do. The question now is what do we do with these answers? In my opinion, I believe that there should be more sporting events and activities aimed at girls that appeal to more audiences such as competitions or walking challenges. I think secondary age girls should be a main area of focus and that those who enjoy physical activity should be able to expand on their interests and be supported by their designated teachers. With the right support I believe we can help girls in Bradford be more active.



Any questions, please contact us using the details below.

Our contact details:

teenage.stories@bthft.nhs.uk

kate.lightfoot@bthft.nhs.uk/ 07831 437456

jamie.crowther@bthft.nhs.uk/ 07884 512153

