



UNLOCKING POTENTIAL... OPENING OPPORTUNITY...

# YOUNG PERSON SURVEY 2025

## OVERALL RESULTS

### FINAL



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**NYA**  
Quality Mark



## FOREWARD

At The Door, we are wholeheartedly committed to listening to young people and acting on what they tell us. This survey is one of the many steps on that journey, and we are proud to present it as part of our ongoing work as a National Youth Agency's Advanced Quality Mark youth work provider.

Our hope is that these insights will be used across the statutory, voluntary, and community sectors to spark ideas, shape decisions, support funding bids and inspire positive change. The conclusions are not intended to criticise, but to open the door to creative and constructive conversations about the future. We invite you to explore the findings, share your reflections, and join us in putting young people's voices at the heart of local change.

We want to say a huge thank-you to every one of the 1591 young people who took part. These pages share what you told us – the challenging, and the hopeful. We want this to be the start of more conversations and more action leading to change that works for you. Thanks for speaking up, keep talking – we're listening.

Chris Scolah – Director of Service Delivery, September 2025

## DISCLAIMER

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## METHODOLOGY

**1. Co-creation:** In 2023, The Door conducted a survey with questions developed entirely by a focus group of work experience students, guided by The Door's community youth workers. Since then, The Door has established its Youth Voice Board, a group of young people from across The Door's reach, who actively shape projects and feedback on processes. For this survey, the Youth Voice Board:

- Reviewed feedback from the previous survey.
- Workshopped all previous questions, improving wording and structure.
- Removed outdated questions and created new questions to reflect changes in youth culture over the past two years.
- Considered insights from experienced community youth workers.

The survey comprises two sections:

- a. Issues and challenges faced by young people, as identified by the Youth Voice Board.
- b. Support and provision young people would find most helpful from a youth provider.

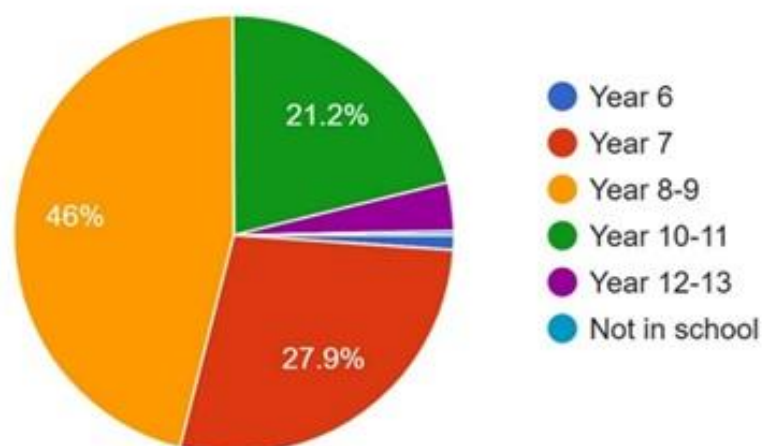
2. **Survey delivery:** The survey was largely conducted online via a google form. Some identical paper copies were used for those who struggle to access digitally. Young people were not required to answer every question if they did not wish to. The Door is grateful to the local secondary schools it works with that disseminated the survey. These are:

- Kingshill, Cirencester
- Archway, Stroud
- Rednock, Dursley
- Deer Park, Cirencester
- Stroud High, Stroud
- Maidenhill, Stonehouse
- Farmors, Fairford
- Marling, Stroud

Each school took their own bespoke approach. Some sent emails directly to students, some did it as part of a classroom activity, some even set it as an optional homework. All schools achieved at least 100 responses each. The Door's youth workers also visited during lunch hours to share the survey face to face with some young people and talk it over with them. Finally, a small number of The Door's current service users also completed the survey whilst accessing our service or responding to communication.

### 3. Responses

#### 1. What school year are you in?



The **average age** of respondents was **13.82 years**. Age distribution was as follows:

- **52.5%** aged 13–16
- **36.4%** aged 12 and under
- **11%** aged 16 and over

Cam	Dursley	Stonehouse	Stroud	Cirencester	Fairford	Lechlade
125	170	130	458	181	151	61
Stroud District – 984				Southern Cotswolds - 427		

This table refers to living within proximity of the general area, rather than just the town itself.

NB: There were 316 responses from non-Stroud or Cotswolds areas such as Gloucester & Swindon, including 70 responses from young people who live in ultra-rural contexts. Across all responses, 482 are active or previous service users of The Door. There were 67 spoiled entries.

### ***Demographic Information***

Diversity monitoring information was voluntarily and confidentially given by those surveyed.

- 16 asylum seekers or refugees
- 40 young carers
- 86 persons of colour
- 110 eligible for free school meals
- 194 LGBTQ+
- 136 with a diagnosed mental health condition (MHC)
- 185 with neurodivergence
- 59 with a physical disability
- 35 in care & 19 care leavers

4. **Limitations:** This survey has focussed entirely on the southern part of Gloucestershire. However, some schools from key areas will be missing such as Tetbury & Wotton-under-edge. There are some responses from young people not in education, employment or training but there will be some who did not gain access to this survey. However, due to the sizable number of respondents, we believe that the sample is a strong reflection of all young people's views in the area, with a 95% degree of confidence and 3% margin of error. Finally, when comparing 2023 results, some changing in wording may result in skewed comparisons.

## **EXECUTIVE SUMMARY**

Today's young people are part of the most connected generation in history – yet they face rising pressures in mental health, education, and the future. This survey is unique as it set out to understand young people's perspectives on the issues, *they* told us mattered most to them right now.

The responses in this report reflect the views of 1,591 young people aged 11–17 from across the southern part of Gloucestershire (south of the A40, east of the River Severn), including the Stroud and southern Cotswold districts.

The results will be published widely to young people and service users, inviting their feedback. Through collaboration with the Youth Voice Board, staff, volunteers, trustees, stakeholders, local authorities, neighbourhood police, NHS, churches & all community partners, we will use these findings to develop our next five-year strategy, shape funding bids, and co-design services that directly reflect what young people have told us.

Shareable infographics with the key stats & themes from this survey will appear on the following pages, followed by more detailed analysis of each question. A breakdown of the results for each area will be available from each local Town or Parish council. The breakdown of the separate Stroud & Cotswold Districts are in the appendix at the end of this document.

# DOOR YOUNG PEOPLE SURVEY 2025

Only 32% feel their  
voice matters in  
their community



**1 IN 10**

DO **NOT** FEEL SAFE,  
LOVED & CARED FOR IN  
THEIR FAMILY HOME

2 young people in  
every classroom  
can't cope with  
school life at all



**3 IN 10 HAVE  
USED **



**3 IN 10 ARE EXPERIENCING  
POOR MENTAL HEALTH**

**7.5  
10**



"I feel as though I  
need to be on my  
phone all the time."

**"I'm lost without it"**



43% think substance  
misuse is a problem,  
especially vaping

How well  
communities  
show  
inclusivity to  
diverse groups



Two thirds of those who need  
mental health support the most,  
feel they do not have enough help

**AVERAGE MENTAL  
HEALTH SCORE**

**6.29 / 10**

(FOR THOSE WITH DIAGNOSED CONDITIONS)

**3.64 / 10**



Interest in exploring  
spirituality is up 22%

# THE RESULTS



# BIG ISSUES

These are the biggest issues that young people told us they face, in order of frequency.

## 1 Mental Health (300 responses)

- Anxiety, stress, depression, low self-esteem
- Lack of mental health support in schools and communities
- Feeling unheard, neglected, or dismissed by adults

## 2 School (210 responses)

- Pressure from school, exams and homework
- Feeling unsafe due to bullying, discrimination, or harassment

## 3 Substance Use & Addictions (129 responses)



- Vaping, alcohol use
- Drug use (weed, other substances)

## 4 Economic Challenges (125 responses)

- Rising cost of living
- Difficulty entering the job market
- Economic inequality and unfair distribution of resources
- Concerns about financial independence and future stability

## 5 Global Issues (102 responses)



- Climate change and pollution
- Wars, political instability, and global conflict
- General uncertainty about the future due to inherited societal problems

## 6 Technology (75 responses)

- Screen/device addiction impacting socialisation and focus
- Overuse of phones and devices, leading to concentration
- Influence of social media on behaviour, self-image, and peer pressure
- Concerns over AI

## 7 Safety (37 responses)



- Concerns about dangerous people, kidnappings, or harassment
- Crime involvement among some young people

## 8 Cultural Challenges (30 responses)

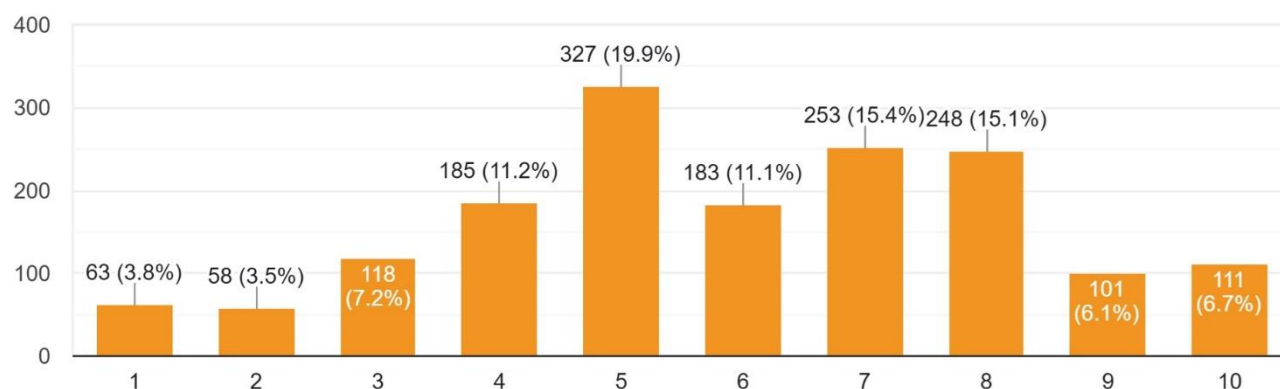


- Discrimination based on race, religion, sexuality, or appearance
- Lack of youth voice in government
- Lack of safe spaces for socialising

## COMMUNITY PROFILE

3. There are enough things for all young people to do where I live, no matter their background or needs

1,647 responses



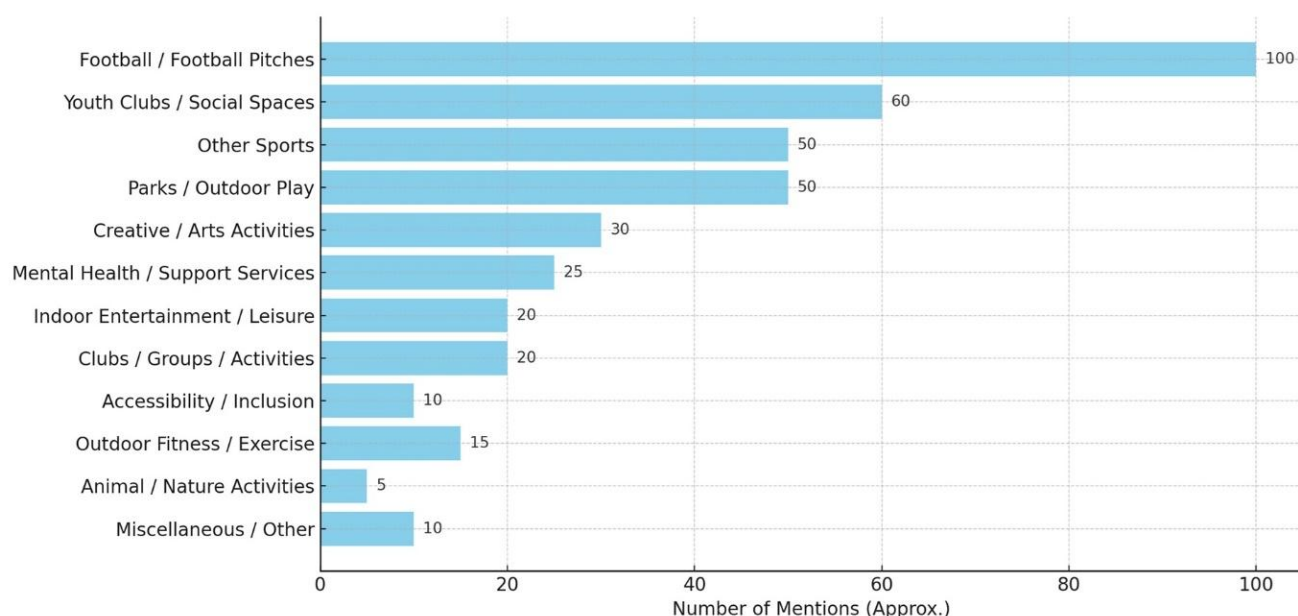
**Average Score:** 5.94    **Very mild positive trend**    **Low:** Cirencester 5.44    **High:** Fairford 6.41

**Range:** 25.7% No (1-4)    43.3% Yes (7-10)    31% Unsure (5-6)    Year 6-7: 6.59    Year 12-13 4.93

- Those with **diagnosed mental health conditions (5.05)**, Neurodivergence, on free school meals, LGBTQ+, people of colour and young carers reported that they feel there are less things for them to do than the average population of young people.

While a small majority of young people feel there are sufficient opportunities and activities in their local area, the survey reveals considerable variation across different groups. Responses differ notably by location, identity, and particularly age, suggesting that some more homogenous groups enjoy better access to services than others.

### 3b. What activities or support would you like to see in your area?

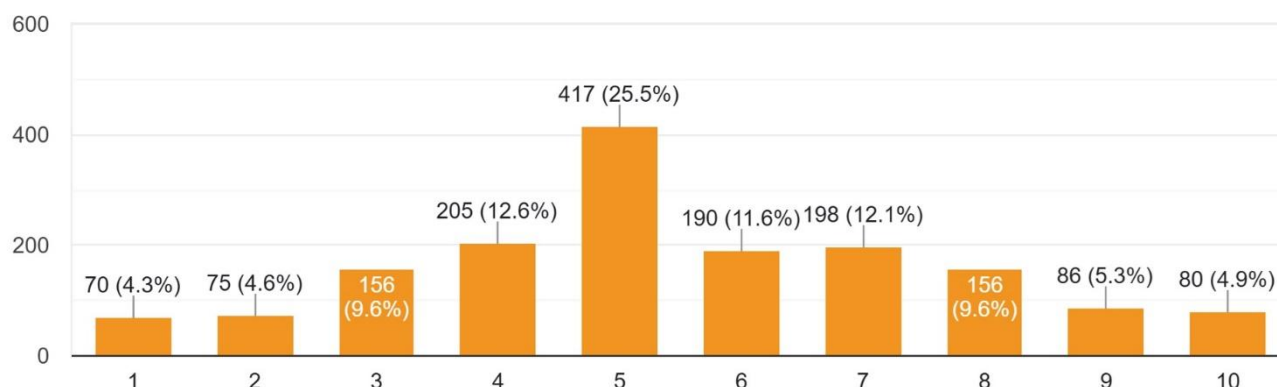




## YOUTH VOICE

4. Young people's views are taken seriously in the area that I live (for example at local council, in school, police, other adults etc)

1,633 responses



**Average Score:** 5.49      **No discernible trend**      **Low:** Cirencester 5.27      **High:** Lechlade 6.31

**Range:** 31.1% No    31.9 % Yes    37% Unsure      Year 6-7: 6.13      Year 12-13: 4.61

2023: 23.5% No    40.3% Yes    36.2% Unsure    **Average Score:** 5.83

- Those with **neurodivergence (4.61)**, diagnosed mental health conditions, physical disabilities, on free school meals, LGBTQ+ and people of colour, reported that they feel their views are taken less seriously. Current service users of The Door feel more listened to (5.71).

Young people continue to feel ambivalent about whether their views are genuinely heard, with a perception that they are taken even less seriously than before. Disillusionment has increased most markedly in Cirencester, where the same question scored 6.3/10 in 2023. Furthermore, the data indicates a clear trend: as young people grow older, they consistently feel less listened to, highlighting the need for more inclusive engagement strategies across all ages.

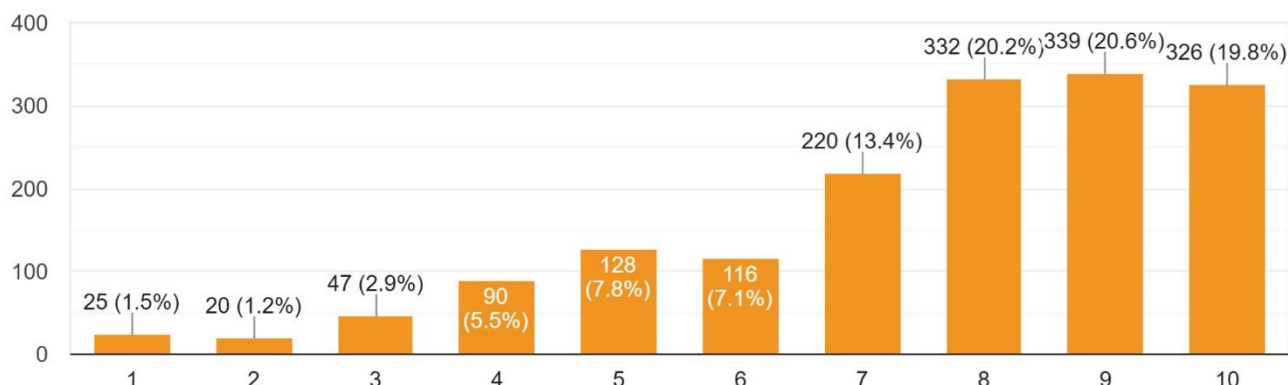
### Recommendations

1. Schools, local authorities & community networks could consider including young voices in decision making by co-producing consultation, genuinely acting on what they say in implementation, communicating clearly the outcomes of their input (this stage is often what is lacking) and reflecting on the process for ongoing learning.
2. Targeted efforts are needed, supported by professional consultation and training, to level the playing field for the young voices of minority & diverse groups, disadvantaged and those with additional needs (particularly those who are neurodivergent), to be fully included and valued.
3. Build a culture of genuine mixed economy of participation and co-production from a young age, meeting young people on their territory. See Lundy model of Participation & Hart's Participation Ladder (see appendix).

# SAFETY

## 5. I feel safe in the area that I live

1,643 responses



**Average Score:** 7.56      **Strong positive trend**      **Low:** Dursley 6.95      **High:** Fairford 8.24

**Range:** 11.1% No    74% Yes    14.9% Unsure      **Year 8-9:** 7.34      **Year 6-7:** 8.04

**2023:** 7.9% No    76.4% Yes    15.7% Unsure      **Average Score:** 7.62

+ Rural-based young people feel significantly safer: 8.54

- **People of colour (6.64)**, those with diagnosed mental health conditions, neurodivergence, on free school meals, and LGBTQ+ reported feeling somewhat less safe than their peers.

Young people largely feel safe across the whole surveyed area, especially in the Cotswolds although their sense of safety decreases as they approach Key Stage 4 and beyond. More street lighting, CCTV, education and PCSO presence were all cited as ways to improve a sense of safety.

## 5b. Why did you give this answer?

### 1. Local Community / Familiarity

Strong sense of community contributes to feeling secure: "I know everyone in my village"

### 2. Low Crime / Calm Areas

### 3. Negative Experiences / Feeling Unsafe

Some report incidents like theft, assault, stabbings, or drugs: "Someone was following my mum," "People keep getting stabbed," "Men in white vans stole from my family."

### 4. Geographical / Environmental Factors

Rural and small-town settings contribute to perceived safety.

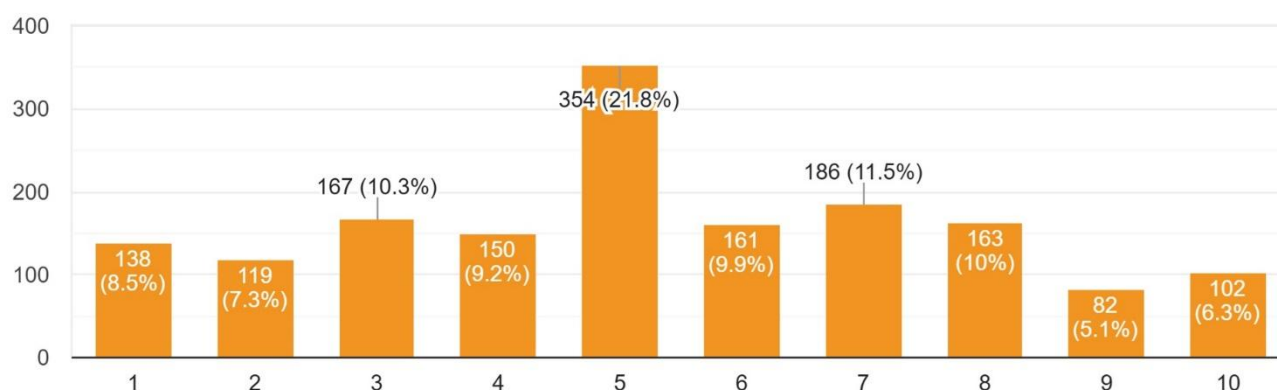
### 5. Past Trauma / Personal Experience

Personal experiences influence perceptions: "I've been jumped several times,"

## ANTI-SOCIAL BEHAVIOUR

### 6. Young people are blamed for anti-social behaviour where I live

1,622 responses



**Average Score:** 5.27      **No discernible trend**      **Low:** Lechlade 4.33      **High:** Cirencester 5.94

**Range:** 35.3% No    32.9% Yes    31.8% Unsure      **Year 6-7:** 4.48      **Year 12-13:** 6.24

**2023:** 29.6% No    40.6% Yes    29.8% Unsure      **Average Score:** 5.72

- Rural-based young people feel significantly less blamed for ASB: 4.16

+ Those with **diagnosed mental health conditions (6.27)**, physical disability, neurodivergence, in care, LGBTQ+, young carers and people of colour report feeling more blamed for anti-social behaviour than the average surveyed population of young people.

Young people have mixed feelings about being blamed for anti-social behaviour. There is almost an equal number of those who feel very strongly blamed, as there are who do not feel blamed at all and those who feel unsure/indifferent about it. The only clear trend is that as young people get older, they begin to feel uniformly more blamed for anti-social behaviour.

Young people feel less blamed for anti-social behaviour than in 2023. In particular, young people who live in Stonehouse scored 4.84 this year compared with 6.44 in 2023.

Young people accepted that some of their peers can cause anti-social behaviour but that the actions of a small number of people, wrongly paints all young people with the same brush. They feel their age group is no more responsible for ASB than adults and the label of anti-social only makes the matter worse.

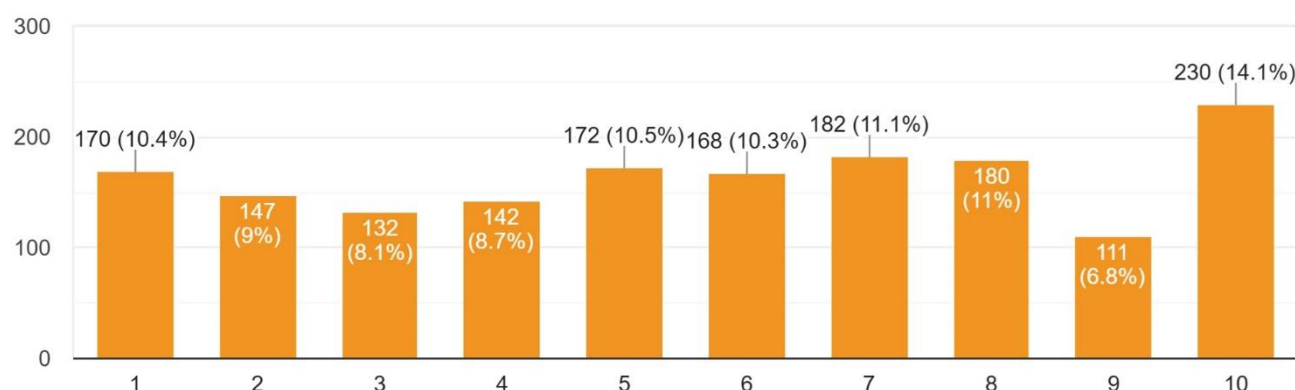
### Recommendations

1. Encourage community participation with young people through their clubs & other safe spaces to break unhelpful perceptions, develop empathy and show positive role modelling.
2. Actively include young people in the co-production of community life & events, ensuring their voices shape opportunities available.
3. Introduce restorative practices where young people & communities collaboratively address ASB

## SUBSTANCE MISUSE

7. The use of vaping, alcohol, weed & other drugs are a problem amongst young people where I live

1,634 responses



**Average Score:** 5.7      **Polarised trend**      **Low:** Cam 5.35      **High:** Dursley 6.22

**Range:** 36.2% No    43% Yes    20.8% Unsure      **Year 6-7:** 4.48      **Year 12-13:** 6.24

**2023: Average Score:** 6.31      **Most Common Score:** 10/10

- Rural-based young people feel less concerned about substance misuse: 3.51

+ Those with **diagnosed mental health conditions (6.59)**, physical disability, neurodivergence, in care, LGBTQ+, young carers and people of colour report a somewhat greater concern that substance misuse is a problem.

While on average, young people perceive substance misuse to be less of an issue in 2025 compared with 2023, the responses are highly polarised, reflecting a strong divide in perceptions. Young people who regularly vape are less likely to view substance misuse as a problem, whereas those who do not vape tend to see it as a concern. Across all respondents, the perception of substance misuse as a problem increases consistently with age.

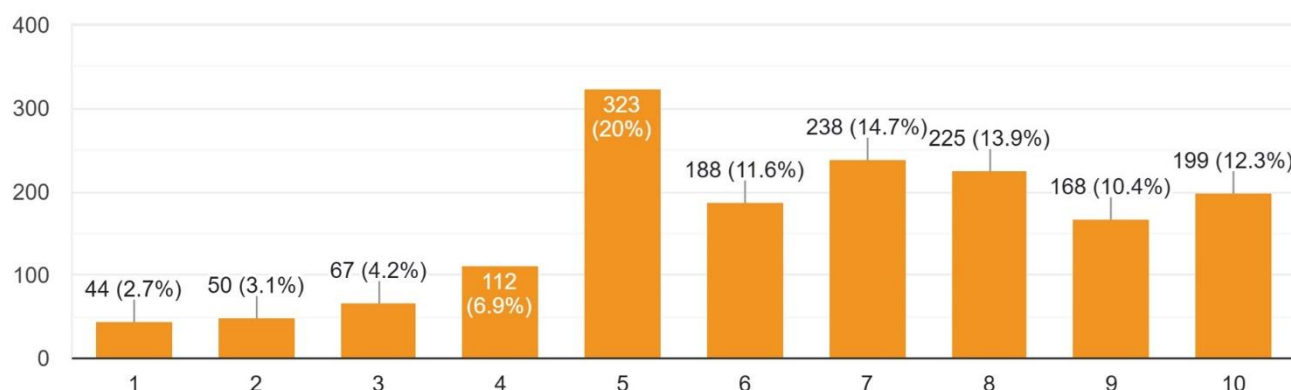
### 7b Why did you give this answer?

- **Vaping is by far the most common and visible substance-related behaviour** among young people, more so than alcohol or drugs.
- Cannabis use is occasionally seen or smelled, but not as widespread.
- Perceptions are split — some areas see it everywhere, others hardly at all (likely reflecting rural vs urban differences).
- Peer pressure, easy access, and boredom are key contributing factors.
- A small but worrying observation is the drop in age at first use.
- In some places, this behaviour is becoming normalised and socially accepted.

# INCLUSION

8. Young people with disabilities, neurodiversity and additional needs are included in the area that I live.

1,614 responses



**Average Score:** 6.50      **Positive trend**      **Low:** Stonehouse 6.11      **High:** Fairford 6.82

**Range:** 16.9% No    51.3% Yes    31.8% Unsure      **Year 10-11:** 6.15      **Year 6-7:** 7.11

**2023:** 15.5% No    54.5% Yes    30% Unsure      **Average Score:** 6.68

- Those with **neurodivergence (5.51)**, physical disability, on free school meals, LGBTQ+, people of colour, and young carers reported having a lower perception of young people with additional needs being included in the area they lived.

It is encouraging that young people generally feel that individuals with additional needs are included in their local area, although this perception has declined slightly since 2023. Notably, young people with additional needs themselves feel considerably less confident about their inclusion. Additionally, younger teenagers tend to have a more positive outlook on inclusion compared with older teens.

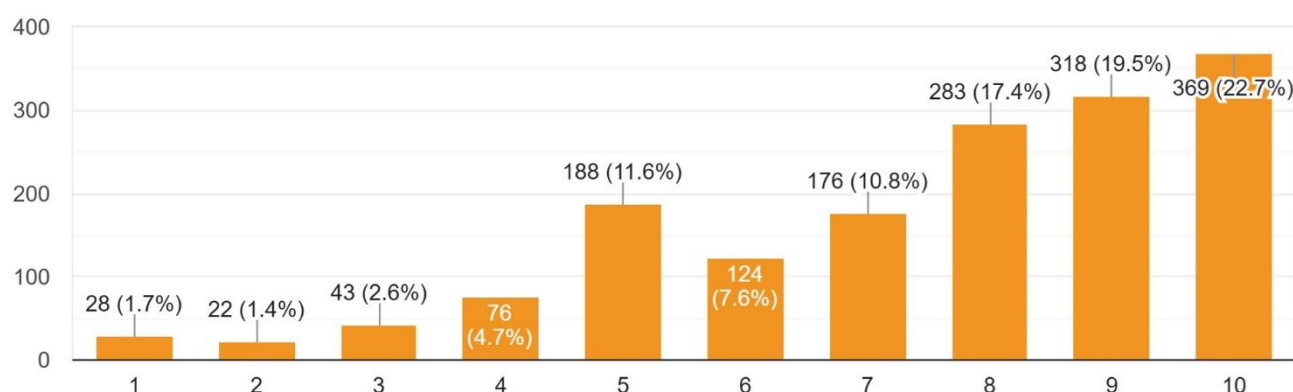
## Recommendations

1. Co-create inclusive activities - Involve young people with additional needs in designing and planning clubs, events, and community activities to ensure their perspectives shape inclusive opportunities.
2. Educate children & young people about additional needs & inclusion at the earliest opportunity to ensure all young people feel equally valued and included.
3. Accessibility audits - Review local youth spaces, clubs & events for accessibility barriers then implement improvements (e.g. physical access, sensory-friendly spaces, communication support).
4. Highlight positive role models – Have peer & adult leaders with additional needs participating successfully in clubs & community spaces to normalize inclusion and inspire confidence.

## INCLUSION PT 2

9. Those of different race, religion, social class, gender identity & sexuality are welcome and treated equally in the area that I live

1,627 responses



**Average Score:** 7.51      **Strong positive trend**      **Low:** Cam 7.3      **High:** Fairford 7.96

**Range:** 10.4% No    70.4% Yes    19.2% Unsure      **Year 12-13:** 6.64      **Year 6-7:** 8.08

**2023:** 13.1% No    62.2% Yes    24.7% Unsure    **Average Score:** 7.10

- **People of colour (6.41)**, LGBTQ+, those with diagnosed mental health conditions, neurodivergence, physical disability, in care, on free school meals, and young carers reported having a lower perception of young people with protected characteristics being welcomed & treated equally in the area they lived.

Young people widely feel that diverse groups are welcome & treated equally, and this has improved since 2023. As young people get older, they uniformly report fewer positive answers to this question, albeit still positive. It is also important to recognise that those with protected characteristics report feeling less welcome than their peer's perception, but they still respond generally positively.

### Recommendations

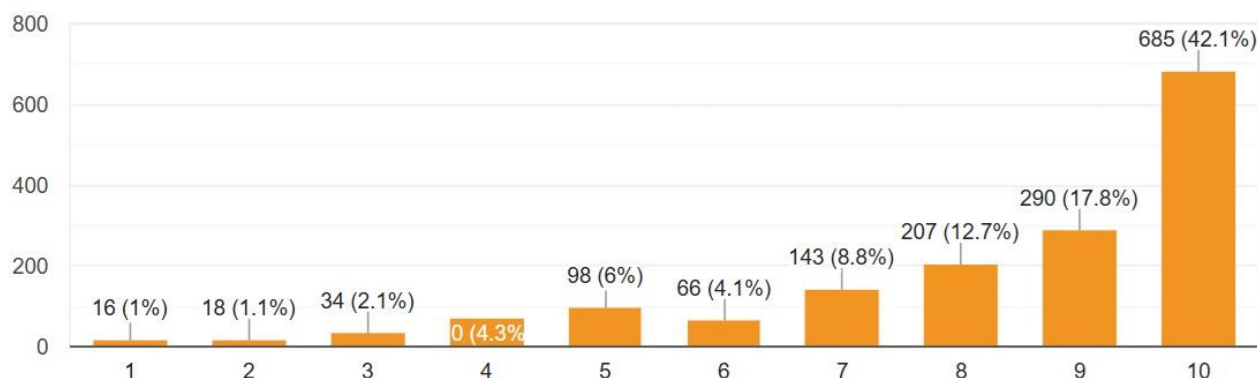
1. Targeted engagement with minority / diverse groups - Actively involve young people from these groups in decision-making, planning, and consultation processes to ensure their voices are represented and valued.
2. Facilitate discussions, workshops & campaigns that raise awareness about EDIB, addressing misconceptions and fostering empathy among all young people.
3. Create more safe spaces - Ensure clubs, youth centres, and other safe community spaces provide inclusive environments, where diverse groups feel welcome and empowered to participate fully.



## COST OF LIVING

11. My family is able to comfortably afford the cost of everyday life (food, housing, bills, clothes, transport, activities etc).

1,627 responses



**Average Score:** 8.59      **Very strong positive trend**      **Low:** Stonehouse 8.01, **High:** Fairford 8.59

**Range:** 8.5% No    81.4% Yes    10.1% Unsure      **Year 10-11:** 8.09      **Year 6-7:** 8.41

- Those on **free school meals** reported their family were unsurprisingly less able to afford the cost of living: **7.21**.

- Those that access The Door's services reported that their families struggle more with the cost of living than those that do not.

The Door believes that these results show that young people are largely being well shielded from any financial struggles they face. It is notable that young people in the Cotswolds feel their families are more able to afford the cost of living than in the Stroud district. Almost 1 in 5 young people did respond with a negative or unsure answer, which may indicate the true number of families currently facing financial hardship.

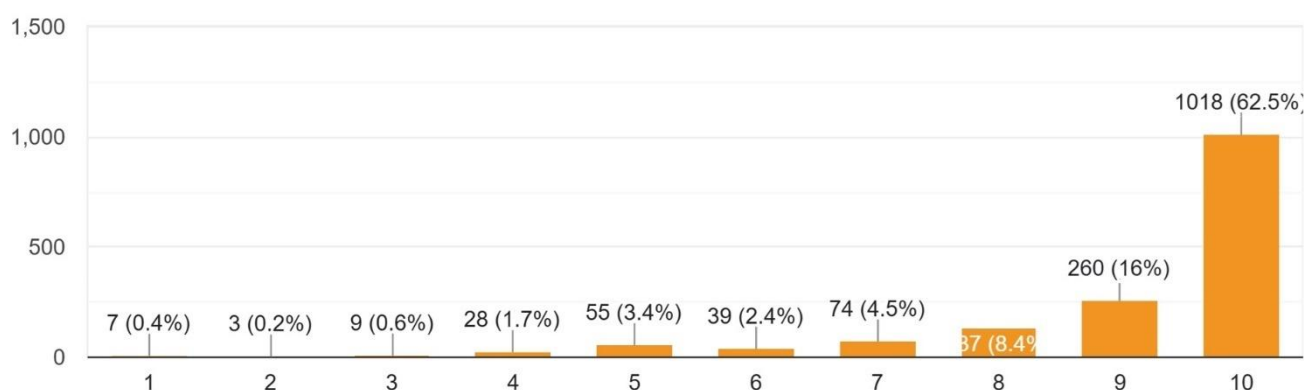
### Recommendations

1. Engage young people in conversations about finances - Provide age-appropriate opportunities for young people to discuss money, budgeting, and cost-of-living challenges in a safe setting.
2. Partner with schools, community organisations, and local authorities to provide initiatives (e.g., subsidised activities, youth clubs etc) that reduce the financial barriers to participation.
3. Ensure families and young people are aware of available local support, grants, and financial advice services to help mitigate the impact of the cost of living.

## FAMILY

### 12. I am safe, loved and cared for in my family home

1,630 responses



**Average Score:** 9.08    Extreme strong positive trend    **Low:** Stonehouse 8.88    **High:** Cam 9.32

**Range:** 2.9% No    91.4% Yes    5.7% Unsure    Year 10-11: 8.84    Year 6-7: 9.33

- Those with a **diagnosed mental health conditions (8.1)** and LGBTQ+ young people reported feelings less safe, loved & cared for in their family home, but still responded very positively.

It is encouraging that most young people feel safe, loved & cared for in their family home with many expressing this very strongly with the least deviation of any question by far. Young people's sense of safety in the family home decreases as they get older but they still express this very positively. It is important to take note that just under 1 in 10 young people reported negatively or unsure about this question, which is still too many young people.

#### 12b. Why did you give this answer?

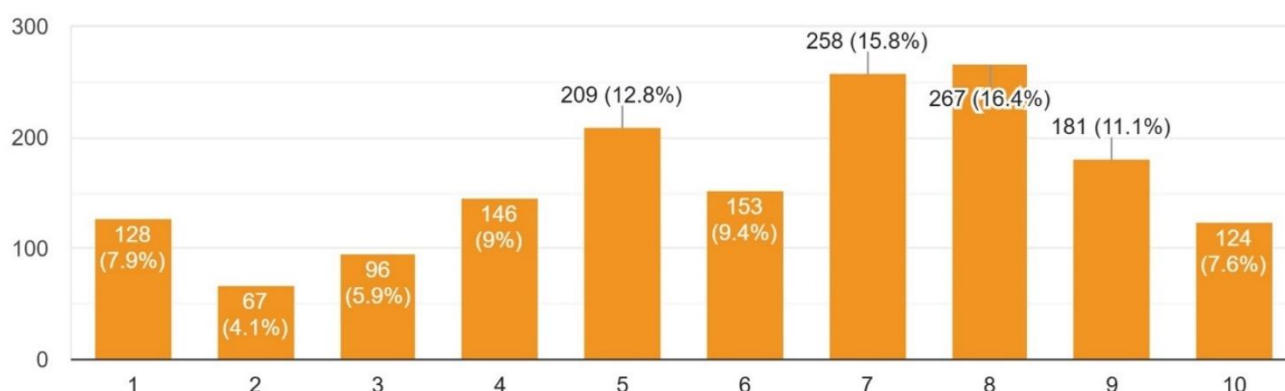
- **Love and support:** Parents show love through words, actions, and quality time.
- **Safety:** Children feel secure in their homes and protected by family.
- **Financial stability:** Families can provide necessities and some luxuries.
- **Open communication:** Many feel they can share thoughts or problems with parents.
- **Family bond:** Siblings and wider family contribute to feelings of connection and support.

For the few that responded negatively, they said parental conflict, sibling favouritism, substance misuse (especially alcohol), angry outbursts and abuse were the main causes of a low score.

## SCHOOL

### 13. School is somewhere I feel able to thrive

1,629 responses



**Average Score:** 6.09    Mild positive but polarised trend    **Low:** Dursley 5.68    **High:** Cirencester 6.48

**Range:** 26.9% No    50.9% Yes    22.2% Unsure    Year 10-11: 5.72    Year 12-13: 6.98

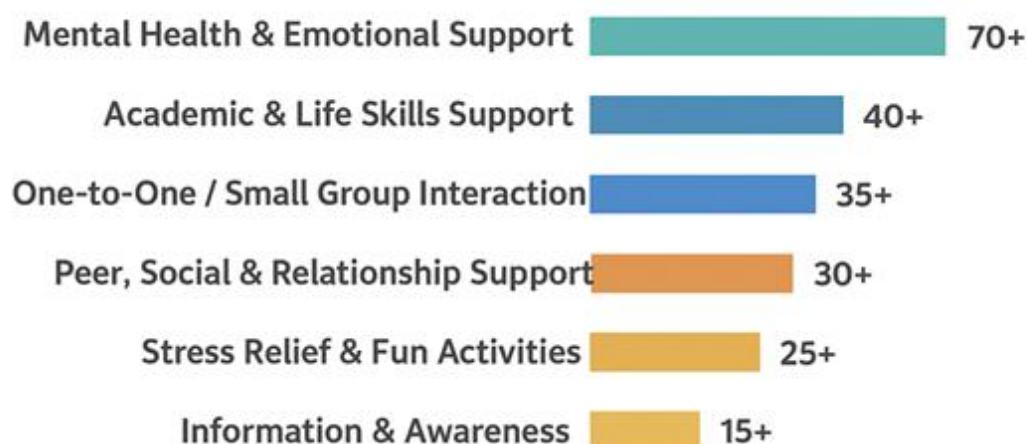
2023: 43.5% No    35.4% Yes    21.1% Unsure    Average Score: 5.16

+ Rural-based young people feel more able to thrive at school: 6.46

- Those on **free school meals (4.98)**, with diagnosed mental health conditions, neurodivergence, on free school meals, are young carers and LGBTQ+ reported feeling less able to thrive at school.

Young people feel somewhat more able to thrive at school than they did in 2023. Less young people are saying that they cannot cope *at all* with school, on average 2 in every class (in comparison to 3 in 2023). More young people responded positively about school 51% vs 26.8%, which is a complete turnaround from 2023 35% vs 44%. It would be wrong to ignore that at least 6 in every class are having a negative experience of education and 5 are unsure. Young people in the Cotswolds appear to thrive more in school than in the Stroud district.

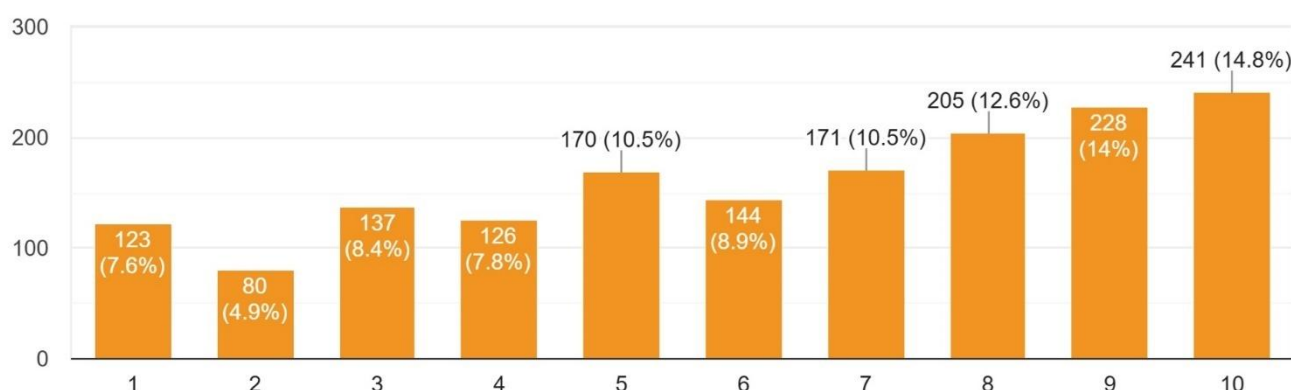
**13b. If The Door could send youth workers into your school, what support could they provide that would be helpful to you?**



## MENTAL HEALTH

14. In the last year, my mental health has been good overall

1,625 responses



**Average Score:** 6.29    Mild positive but polarised trend    **Low:** Dursley 6.07    **High:** Lechlade 6.61

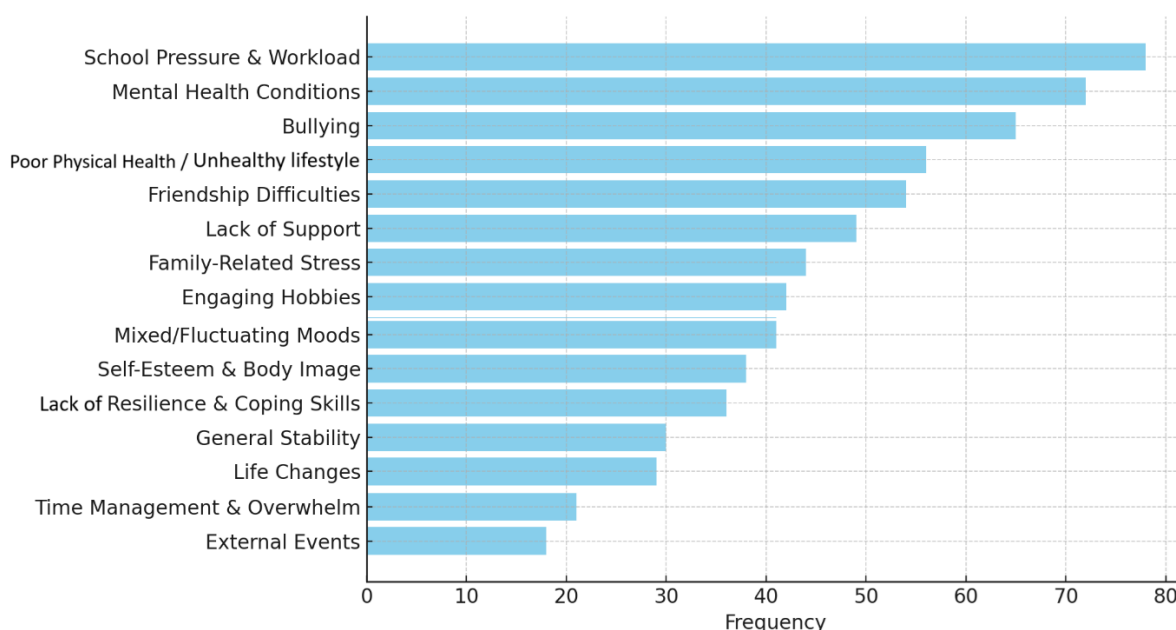
**Range:** 28.7% No    51.9% Yes    19.4% Unsure    Year 12-13: 5.16    Year 6-7: 7.11

2023: Average Score: 5.74    + Rural-based young people report better mental health: 7.03

- Those with **diagnosed mental health conditions (3.64)**, neurodivergence, physical disability, on free school meals, are young carers and LGBTQ+ reported significantly poorer mental health

While there is a general improvement in young people's self-perception of their own mental health, nearly three in ten report poor mental health, and approximately one in thirteen report extremely poor mental health. Mental health tends to deteriorate with age, indicating that significant challenges persist. These findings underscore an ongoing mental health crisis among young people, highlighting the urgent need for increased intervention and funding. Without such support, there could be serious long-term consequences for both individuals and wider society as these young people transition into adulthood.

### 14b. Why did you give that answer?

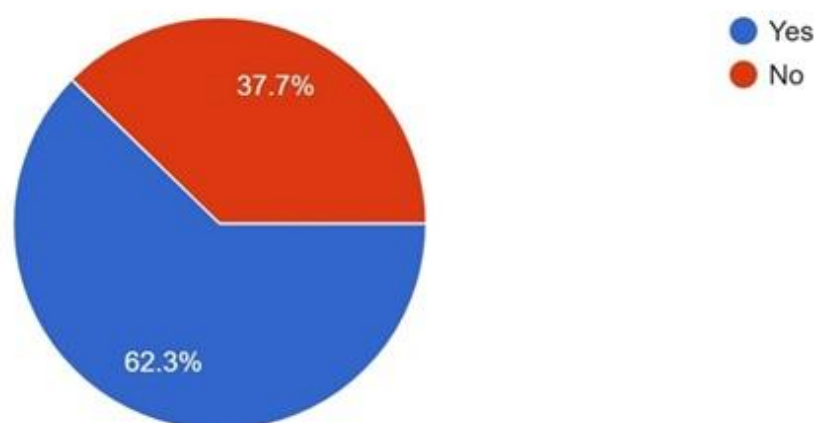


### Positive coping and support mechanisms (according to respondents)

- Counselling, supportive friendships and family relationships, physical activity, good diet, religious belief, positive mindset
- Some self-diagnosed natural ups and downs of being a teenager.

### 14c. Is there is enough support for young people's mental health where you live?

1,578 responses



**Average Score:** 62.3% Yes

**Low:** Stonehouse 55.6%

**High:** Fairford 68.5%

2023: 56.5% Yes

Year 12-13: 44.6%

Year 6-7: 74%

Overall, young people report a general improvement in the availability of mental health support, up from 56.5% in 2023. However, certain groups—including LGBTQ+ young people (35.6%), people of colour, those with diagnosed mental health conditions, physical disabilities, or neurodivergence—report that they strongly feel there is insufficient support. Young people accessing The Door's services are more likely to feel supported. As young people grow older and their needs evolve, they increasingly perceive that support is lacking exacerbating hopelessness for their future. These findings suggest that while some young people feel adequately supported, there remains a clear demand for additional, targeted mental health support for those with greater or changing needs.

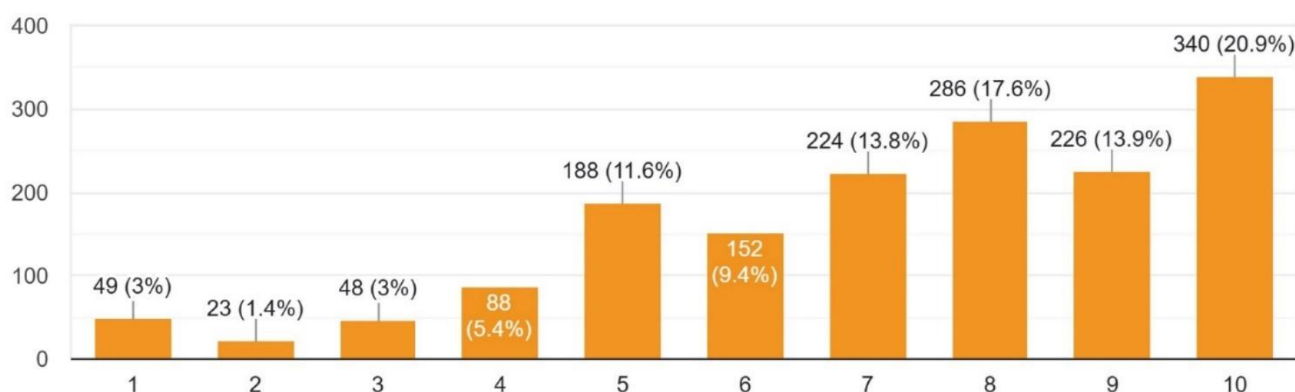
### Recommendations

1. Develop targeted mental health services for LGBTQ+ young people, those with diagnosed mental health conditions, physical disabilities, and neurodivergence to support young people whose needs are not currently being met.
2. Increase the availability and reach of youth mental health services, by developing new fully funded in-person and online support mechanisms. This could be offered via both statutory and third sector routes with a strong partnership between them both.
3. Invest in trusted adults, either as paid individuals or groups of people, who will be accessible to young people during all school hours, who are there not to represent the school's interest, but purely provide support for young people – like chaplains.

## SCREENS

16. I have a healthy relationship with my digital devices (phone, screens, social media, other devices).

1,624 responses



**Average Score:** 7.24      **Positive trend**      **Low:** Dursley 6.98      **High:** Fairford 7.36

**Range:** 12.8% No    66.2% Yes    21% Unsure      **Year 12-13:** 6.4      **Year 6-7:** 7.7

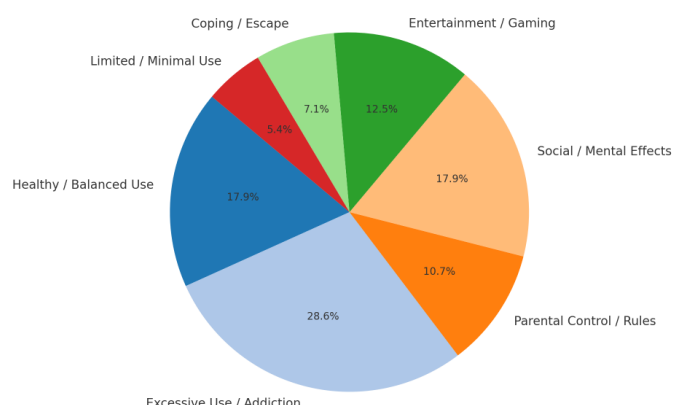
+ Rural-based young people report healthier relationships with their devices 7.67

- Those on **free school meals (6.39)**, with diagnosed mental health conditions, neurodivergence, on free school meals, LGBTQ+ and young carers report having much less healthier relationships with their devices

Young people generally believe they have a healthy relationship with their devices but decreasing with age. Doomscrolling addiction, negative influencers (e.g. Andrew Tate) and social media were cited as possible problems.

### 16b. Why did you give this answer?

Distribution of Device Use Responses Among Young People



"Everything is done on devices nowadays. I feel as though I need to be on my phone all the time and if taken away I'm lost without it".

"I've been in arguments, and I do compare myself to people on the Internet quite a lot so it's not the happiest place ever. I often find social media to be quite overwhelming; it's just an added weight on my shoulders".

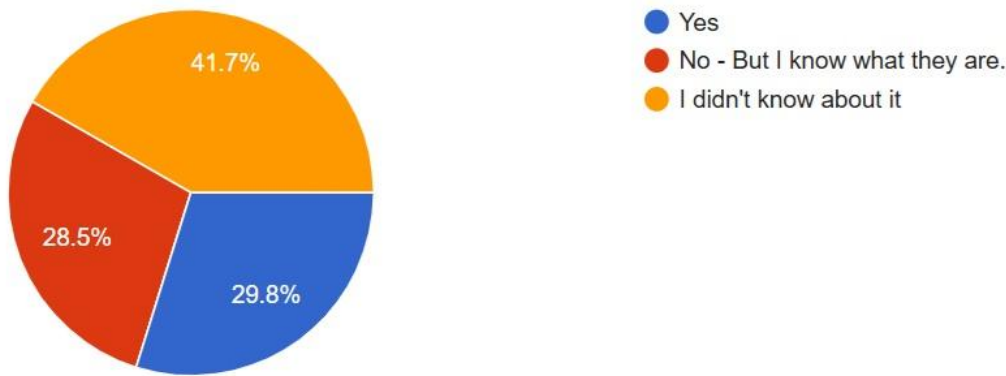


# **YOUTH PROVISION**

# THE DOOR

17. Have you ever used any of The Door Youth Project's services e.g. youth clubs, mentoring, charity shop, livestreams, social, events & in schools.

1,616 responses



2025: 29.8% Yes 28.5% No 41.7% Didn't know about it

2023: 24.8% Yes 24.7% No 50.5% Didn't know about it

Yes	High:	Stonehouse 40.6%	Low:	Cirencester 25%
		Year 6-7 34.8%		Year 12-13 25%
		Diagnosed MHC 37.3%		People of Colour 20.9%
No	High:	Dursley 41.4%	Low:	Cirencester 22.8%
		Year 10-11 33.3%		Year 6-7 21.3%
		Person of Colour 34.9%		Diagnosed MHC 24.6%
Don't Know	High:	Cirencester 52.2%	Low:	Dursley 33.1%
		Year 12-13 46.4%		Year 10-11 39.6%
		People of Colour 44.2%		LGBTQ+ 34.2%

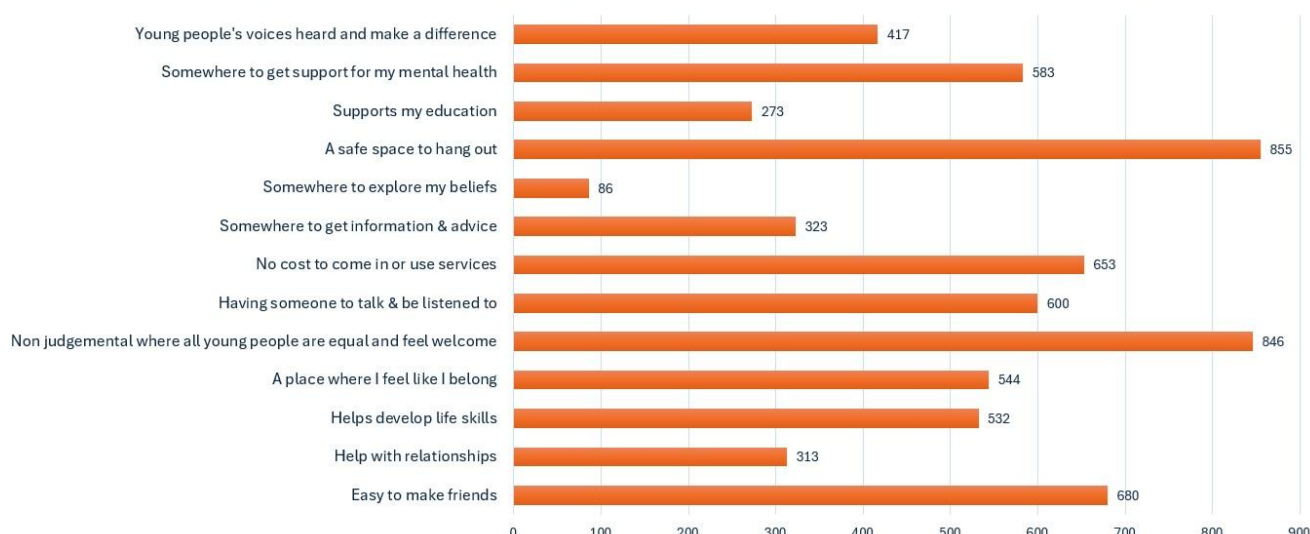
The National Youth Agency suggest that youth provision should engage up to 20% of the local youth population. The Door is reaching well above this expectation, even in newer areas where The Door is less established, such as the Cotswolds. Over 40% of respondents report being unaware of The Door, an issue that should be addressed—particularly among young people of colour—although awareness has improved significantly since 2023. Engagement is highest among young people in Years 8 to 11, which aligns with expectations, as primary school-aged children have fewer opportunities to visit and many older young people transition out following their GCSEs.

16b. If No, could you please tell us honestly why?

No need / Already supported	91	Access issues	16
Busy	67	Negative past experience	6
Social anxiety	41	The people they know there	5
Not interested	38		

## VALUES

**18a. Values - If The Door were to provide a space for young people, what would you say should be the most important values of the youth provision? (choose five that are the most important to you).**

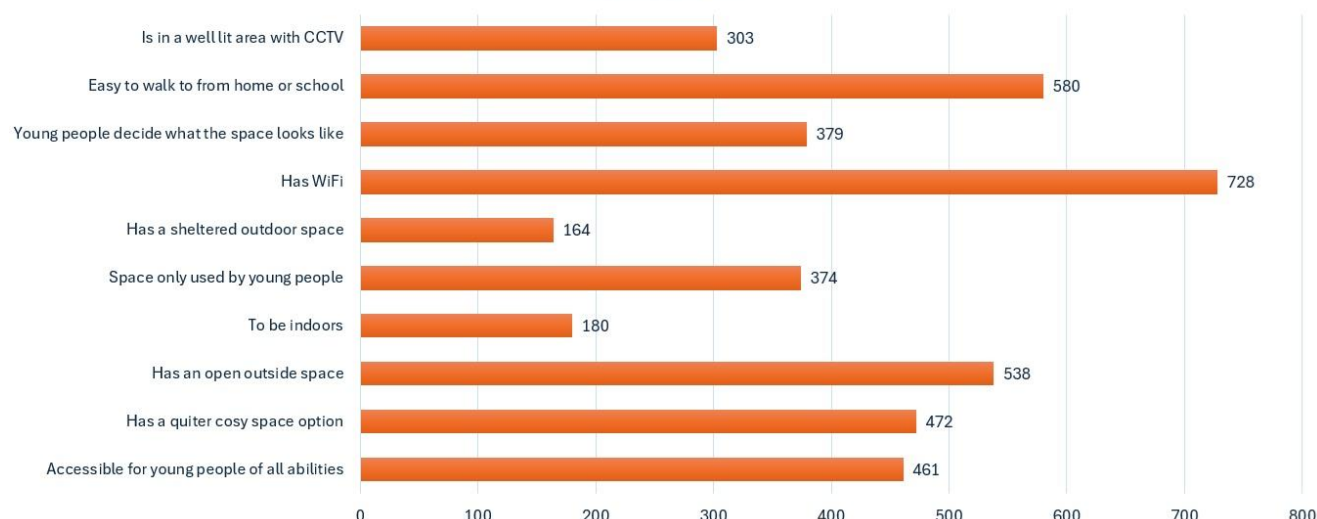


**Top 5: Safe Space - Inclusive - Friendship - Free-to-access - Mental health support**

Over half of respondents (54%) prioritized having a safe space as their greatest value, which has remained unchanged since 2023. This is closely followed by inclusivity and non-judgment. Whilst education is vitally important, young people are not prioritizing this as something they value in youth provision, indicating that they prefer it to be an escape from their normal occupation.

## SPACE

**18b. About the physical space - What would encourage you to come to a youth provision (choose three that are the most important to you).**

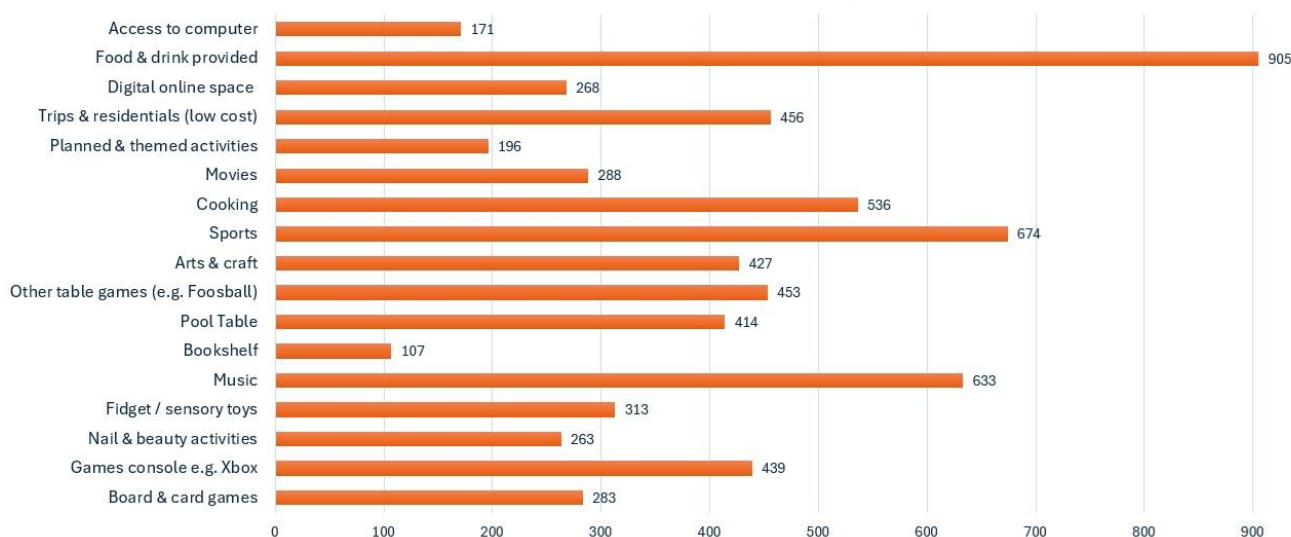


**Top 3: WiFi - Convenience - Outside space**

Nothing attracts young people like free WiFi (47% of young people give this as top priority) but ease of access (such as being on route home from school) can make a significant difference as to whether young people will choose to participate in a service. The nature of the space seems less important to young people but what it more important is that they have ownership over it.

## THINGS TO DO

**18c. Things to do - What activities would make you most want to attend a space provided for young people? (choose five that are the most important to you).**

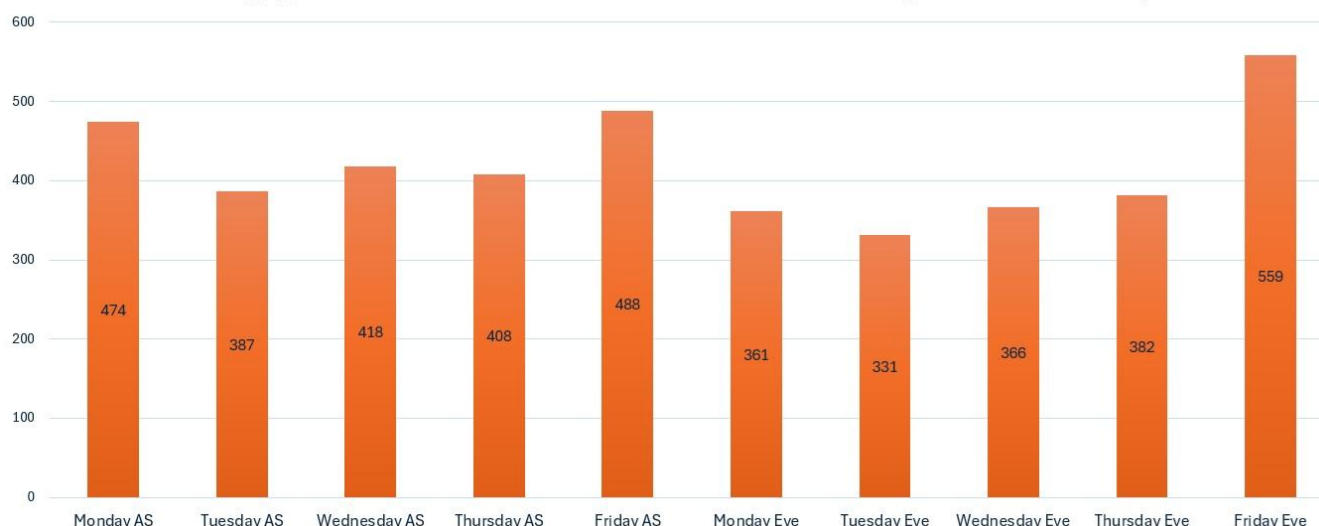


**Top 5: Free Food - Sports - Music - Cooking - Trips**

Free food is a clear winning attraction to incentivise young people to participate in a youth provision (58% of respondents). This is partly due to rising food poverty but also because young people are hungry after school! It is encouraging that exercise, creativity, nutrition and new experiences are top of young people's priorities for things to do over objects, as these promote healthy lifestyles and coping strategies.

## TIME

**18d. When would be the best time for you for a youth space to be open for a few hours (choose all that apply). After school would be as soon as school closes, Evenings would be after 6:30pm**

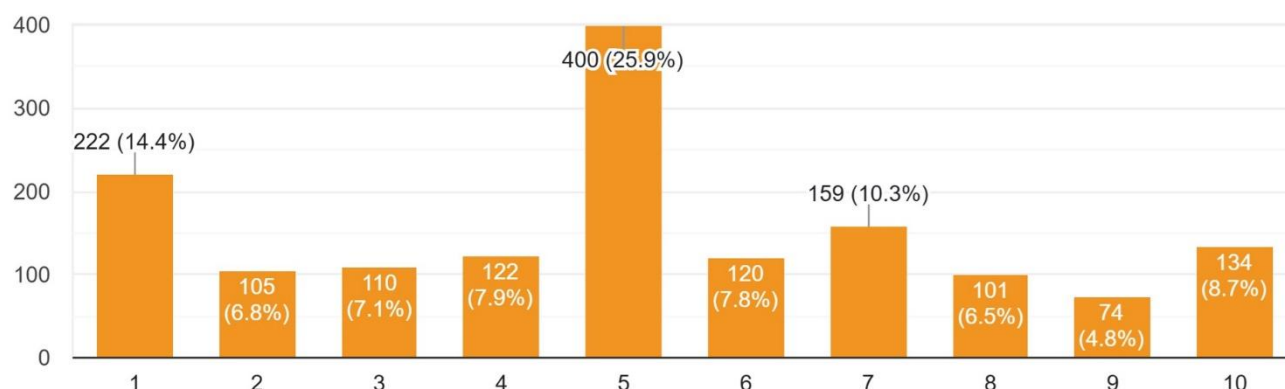


It is unsurprising that Friday evening is the most popular choice (37%). Otherwise, there is a clear preference for after school activity – 29% average over 24% for evenings. Friday evenings can be notoriously difficult to staff and often competes with other activities locally. Not only are Monday & Friday after school, and Friday evening, the most popular times overall but they are also consistently most popular when the data is broken into each individual area surveyed.

# SPIRITUALITY

20. I would be interested in exploring faith and my beliefs for myself

1,547 responses



**Average Score:** 5.1

Polarised trend

Low: Stroud 4.87

High: Fairford 5.45

**Range:** 36.2% No 30.3% Yes 33.5% Unsure

Year 12-13: 4.5

Year 6-7: 5.34

2023: 39.9% No 24.9% Yes 35.2% Unsure

Average Score: 4.8

- Those on **free school meals (4.5)**, with diagnosed mental health conditions and with neurodivergence expressed less interest

+ **Young Carers (5.87)**, LGBTQ+ and those with a physical disability expressed a greater than average interest.

The graph reveals three distinct peaks, indicating that a similar proportion of young people express a strong desire to explore their spirituality as those who have no desire to do so. An equal proportion of young people report being unsure, often due to limited information or understanding of what spirituality even means. Notably, interest in exploring spirituality is higher among young people in the Cotswolds compared with the Stroud area. Furthermore, overall interest in spirituality has increased since 2023, reflecting a growing curiosity among young people.

## Recommendations

1. Facilitate creative outlets such as art, music, writing, or reflection exercises that allow young people to explore and express their spiritual ideas.
2. Create opportunities for like-minded young people to share experiences and learn from one another, fostering community and belonging.
3. Create safe spaces for young people to ask questions, express doubts and respectfully debate without fear of judgment.

## CONCLUSIONS

- A. Young people with diagnosed mental health needs, neurodivergence, physical disability, on free school meals, young carers, people of colour & LGBTQ+ consistently demonstrate having the short straw on most of the issues addressed in this survey. People of colour had the most polarised experiences, where those with diagnosed mental health needs were most consistent.
- B. As young people get older, they appear less hopeful and have had more negative experiences with the issues addressed in this survey.
- C. Young people crave free access to sport, leisure & arts facilities.
- D. Youth clubs are consistently a top 3 answer in every area surveyed as a provision young people want.
- E. Young people feel ambivalent about whether their voices matter in this world.
- F. Those living in the Cotswolds feel safer living there than in the Stroud area.
- G. There is an ongoing and arguably worsening mental health crisis with young people. They still say it is the biggest issue they face, and school is the biggest reason cited for this. They want more support for their mental health there.
- H. However, young people's general perception of school has improved. Is the impact of COVID-19 moving on? Those on free school meals have a substantially worse experience of school.
- I. The Door is bringing hope to more young people through its services than ever before.
- J. The key to successful engagement with young people is for them to feel **safe** and **included** (and perhaps provide some WiFi and food!).

*NB: These conclusions are by no means an exhaustive list that could be interpreted from this survey.*



## YOUTH VOICE RESPONSE

We are honestly not surprised that school and mental health came up as the biggest problems—those things affect us the most. For a lot of young people, school isn't just stressful, it can be a really negative place, and it takes a huge toll on how we feel every day.

Something that really stood out to us was how many young people said they don't feel safe at home. That's a way bigger issue than most people realise. There needs to be more ways for young people to ask for help—places where we know we'll feel safe and actually be listened to without being judged.

The results of this survey are very important. They show what is really going on for people our age, and it is important that adults actually pay attention. Some of this might be uncomfortable to read, but maybe that's the point, then maybe it will lead them doing something—not just more talk.

## SURVEY FEEDBACK

### 352 responses

**Most common positive points:** easy to complete, relevant questions, helpful for self-expression, good survey experience, infographics on report are easy to read.

**Most common critical points:** too many questions, confusing wording, lack of "I don't know / N/A" options, lacked religious faith option in demographics, some report pages too dense.

## ACKNOWLEDGEMENTS

<https://www.corc.uk.net/for-young-people/the-lundy-model-of-participation/>

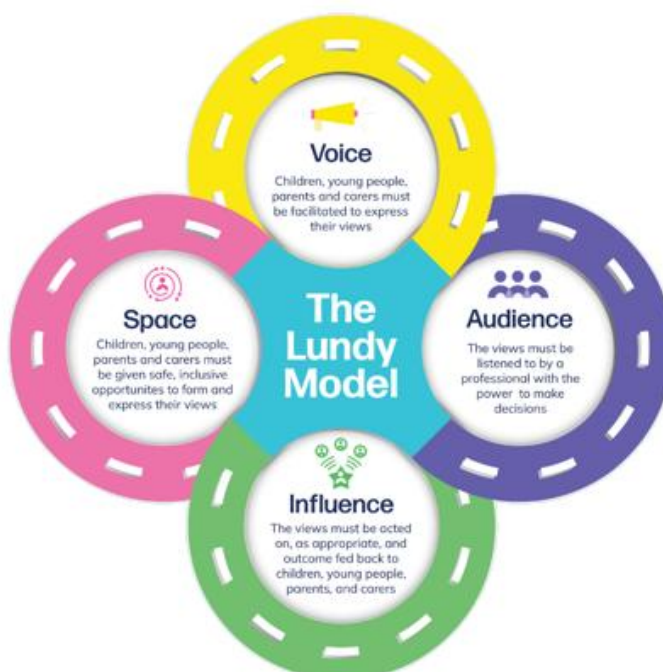
<https://www.mefirst.org.uk/resource/arnsteins-ladder-of-participation/>

## APPENDIX

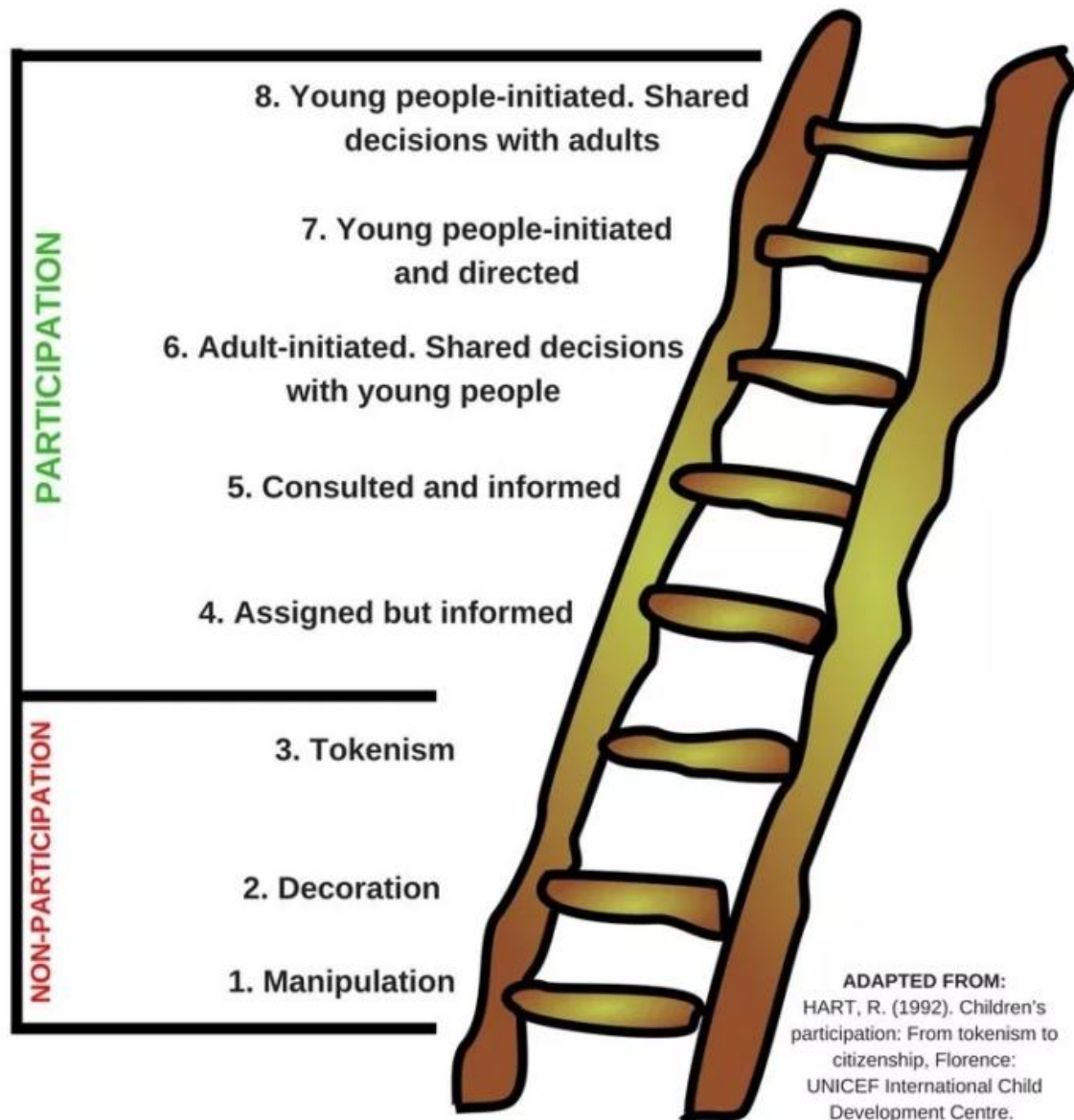
### Humorous answers to big issues for young people

- "Aliens"
- "The price of Freddos"
- "Maths being invented"
- "The McDonald's ice cream machine being broken"
- "People who clap when the plane lands"
- "Being forced to do P.E. in the rain"
- "Not enough chicken nuggets"

### Lundy Model of Participation



## Hart's Ladder of Participation



## STROUD & COTSWOLD (SOUTH) DISTRICTS SEPARATED RESULTS 2025

Here is a breakdown of what 984 young people from the Stroud District & 427 young people from the Cotswold District said (Out of 10: 1 – Strongly disagree, 10 – Strongly agree). This provides a 95% confidence in the accuracy of the results with a 5% margin of error for both areas. The comments here should be held in balance with the whole survey.

### **There are enough things for all young people to do where I live, no matter their background or needs.**

Overall: 5.94                      Cotswolds: 6.01                      Stroud District: 5.84

Young people are less satisfied with the amount of services available to them in the Stroud district. Both communities show strong preference for more free access to sport, leisure & the arts, more youth clubs, mental health support and outdoor spaces/parks including MUGA's. Young people in the Cotswolds expressed a desire for more amenities like a trampoline park, a mountain bike track and better public transport.

### **Young people's views are taken seriously in the area that I live (for example at local council, in school, police, other adults etc)**

Overall: 5.49                      Cotswolds: 5.63                      Stroud District: 5.44

Young people do not presently feel that their voices matter but less so in the Stroud District.

### **I feel safe in the area that I live.**

Overall: 7.56                      Cotswolds: 8.00                      Stroud District: 7.48

Young people in both districts generally feel safe living there, especially in the Cotswolds. They cited that a close community and low crime as the primary reasons for this. There was some concern over ASB, gangs, & substance misuse influencing sense of safety. There were some concerns regarding robbery, knife carrying and stranger at night in the Stroud district.

### **Young people are blamed for anti-social behaviour where I live.**

Overall: 5.27                      Cotswolds: 5.30                      Stroud District: 5.25

Young people have mixed feelings about being blamed for anti-social behaviour.

### **The use of vaping, alcohol, weed & other drugs are a problem amongst young people where I live.**

Overall: 5.70                      Cotswolds: 5.30                      Stroud District: 5.82

Young people in the Cotswolds see substance misuse as less of an issue than in Stroud. Stroud young people said that they see their peers 'vaping & smoking weed everywhere' – that it has become normalised. Cotswolds young people raised concern over the ease of access of vapes and the long-term health implications.

**Young people with disabilities, neurodiversity and additional needs are included in the area that I live.**

Overall: 6.50                      Cotswolds: 6.65                      Stroud District: 6.49

Young people do believe that those with additional needs are included, more so in the Cotswolds.

**Those of different race, religion, social class, gender identity & sexuality are welcome and treated equally in the area that I live.**

Overall: 7.52                      Cotswolds: 7.68                      Stroud District: 7.51

Young people do believe that minority groups are welcome & treated equally but again more so in the Cotswolds.

**My family is able to comfortably afford the cost of living.**

Overall: 8.27                      Cotswolds: 8.56                      Stroud District: 8.09

Young people appear shielded from the impact of the cost of living. Cotswold families appear to be coping much better.

**I am safe, loved and cared for in my family home.**

Overall: 9.08                      Cotswolds: 9.12                      Stroud District: 9.10

It is encouraging that young people feel safe, loved and cared for in their families with no discernible difference between districts. One notable reason for high scores in the Cotswolds was financial security. However almost 1 in 10 young people do not – which is still too high a number.

**School is somewhere I feel able to thrive.**

Overall: 6.09                      Cotswolds: 6.48                      Stroud District: 5.83

Young people in Cotswolds are coping significantly better with school than in the Stroud District but have had improved perceptions since 2023. Mental health support, someone to talk to & fun activities were popular support requests in both places. In Stroud, many young people wanted cosy quiet spaces to go to in school, whereas in the Cotswolds they wanted more educational support.

**In the last year, my mental health has been good overall.**

Overall: 6.29                      Cotswolds: 6.35                      Stroud District: 6.28

Over 30% of young people are still reporting experiencing poor mental health. Both communities cited the same primary triggers as the main survey. One notable reason given in Stroud for poor mental health was body image.

**Is there enough support for young people's mental health where you live?**

Overall: 62.2% Yes                      Cotswolds: 62.4%                      Stroud District: 63.0%

Those who have diagnosed mental health conditions argue strongly that there is not enough support in comparison to those who do not, despite the similar figures above.

## **I have a healthy relationship with my digital devices (phone, screens, social media, others).**

Overall: 7.24

Cotswolds: 7.41

Stroud District: 7.22

Young people believe that they have a healthy relationship with their device and with social media but less so in the Stroud District. The reasons are the same as the wider survey.

## **What are the biggest issues that you think young people face a right now and in the future?**

### ***Cotswolds***

<b>Theme / Issue</b>	<b>Occurrences</b>
Substance Misuse (especially Vaping)	80+
Mental health	70+
Peer pressure	50+
School stress	40+
Cost of living	25+
Climate change	30+
Social media & screen addiction	35+
Bullying / discrimination / harassment	25+
Lack of support / adults not listening	20+
Future uncertainty (career / housing)	20+
Crime / antisocial behaviour / gangs	15+
Health issues (physical) / exercise	10+
Rights / fairness	10+

### ***Stroud District***

<b>Theme / Issue</b>	<b>Occurrences</b>
Mental health	150+
Substance misuse (especially Vaping)	120+
School stress	80+
Peer pressure	60+
Cost of living	50+
Social media / screens addiction	50+
Bullying / discrimination / harassment	50+
Climate change	40+
Lack of support / adults not listening	35+
Crime / antisocial behaviour / gangs	20+
Future uncertainty (career / housing)	25+
Health issues / exercise	10+
Rights / fairness	15+



**Have you ever used any of The Door Youth Project's services e.g. youth clubs, mentoring, charity shop, livestreams, social, events & in schools.**

Overall: 30.5% Yes	41.3% Didn't know about it	28.2% No
Cotswolds: 31.1% Yes	44.9% Didn't know about it	24.0% No
Stroud District: 33.4% Yes	36.8% Didn't know about it	29.8% No

It is unsurprising that engagement with The Door's youth provision is a little higher in Stroud than in the Cotswolds and that more people know about it there, due to being a youth provider in the area for 30 years more. The NYA recommends that a standard youth provision can expect to engage 20% of its youth population.

**I would be interested in exploring faith and my beliefs for myself**

Overall: 5.10	Cotswolds: 5.30	Stroud District: 4.96
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Young People in the Cotswolds are much more open to exploring spirituality than in Stroud.