

'How Good is Your Place?'

Version for Young Persons

When we have good places to live with great outdoor spaces to play and exercise it makes us happy and healthy and helps us to enjoy time with our friends and family.

Having places like schools, colleges, shops, libraries, cafes, gyms and youth clubs close to where we live, we are able to walk or cycle to them and use them more conveniently.

When we walk, wheel or cycle around, we are also taking exercise which is really important for the health of young adults as they continue to grow. It also means that we're not using cars and buses and this helps to keep the air around us cleaner and can also makes our streets safer to be in.

The place where we spend most of our time is important in lots of ways and by completing this survey you can let us know what matters to you in 'your place'.

How to complete this survey

Think about what 'your place' is like now and decide what score from 1 to 7 you want to give for each of the main questions. A score of 1 means *terrible* (and that you think there is a lot of room for improvement) but a score of 7 means *excellent* (and indicates that there is very little that needs improved). You can of course give a score of anywhere in between the bottom and the top score.

Then have a go at answering two follow-on questions for each of the 14 themes covered in the survey (although these are optional). You can type your response into the relevant text boxes.

NB: There are different surveys for children under the age of 13 and for adults to complete.

This survey is estimated to take approximately 17 minutes to complete.

*	Required
1.	What is your age group? * 🕠
	13 to 15
	15 to 18
2.	Are you male or female? * \$\(\tilde{\pi_{\text{4}}}\)
	○ Male
	Female
	Prefer not to say
3.	
	Do you consider yourself to have a disability or long-term physical or mental health condition? *
	Yes
	○ No
	Prefer not to say
4.	Which town or village in West Lothian do you live in?
	Remember that your answers to all of the questions should just be about <u>this place</u> .
	* (4)
	Enter your answer

5. What are the spaces for play, recreation, sport and just generally hanging out like in your place?

Play, hanging out, games and hobbies keep us active, happy, connected and help improve our health and wellbeing. Places with a range of indoor and outdoor spaces and events encourage us to enjoy leisure, culture and sports.

Before answering these questions on <u>play, hang out, games</u> and <u>hobbies</u> you might want to think about:

- What are they like, and are there enough?
- Are some places better to play and hang out in than others?
- Why do you like these places? What stops you from using the other spaces/places?
- Are there things missing to do in your place?
- Do people ever make the wrong assumptions about you when you're out and about?

*							
	1	2	3	4	5	6	7

6. What do you think are the best things about the spaces for play, recreation and sport and where you like to hang out?

Enter your answer

7. What do you think could be done to improve these spaces?

8. How well connected to nature and the natural environment are you in your place?

Natural spaces have many benefits –supporting wildlife, reducing flooding, and improving air quality. These spaces include parks and woodlands, fields, streams, canals and rivers, coasts and beaches, green spaces alongside paths and roads, and tree-lined streets. Connecting with nature improves our health and wellbeing.

Before answering these questions on <u>nature</u>, <u>parks</u>, <u>woods</u> <u>and <u>hills</u> you might want to think about:</u>

- Where are the best places for nature where you live?
- How easy is it for you to get out regularly to a natural space?
- Would you like there to be more natural spaces in your place?
- Are the natural spaces well taken care of in your place?
- Are there important places near you for nature which should be protected?
- What things could be changed in your place to help address climate change?

*							
	1	2	3	4	5	6	7

9. What do you think is currently the best thing about the natural spaces in your place?

Enter your answer

10. What do you think could be done to improve connections to nature and the natural environment in your place?

11. What are the streets, buildings and public spaces like in your place?

Streets, buildings and natural landscape can all help to create a pleasant and attractive place that people enjoy being in. Landmarks, views, open spaces and greenery can all help people to find their way around a place and make a place special. Trees, green spaces and permeable surfaces can also help to drain surface water and are therefore good for our environment.

Before answering these questions on <u>streets, squares</u> and <u>buildings</u> you might want to think about:

- Are there interesting and attractive streets and buildings where you live in your place?
- Does your place have landmarks which make it special and unique? If so what are they like?
- Is it easy to know where you are in your place?
- Do people often get lost when visiting your place?
- Is there vacant and derelict land in your place?
- What things could be changed to make the streets and buildings better in your place?
- Is the flow and speed of traffic adequately managed?

*	(m)						
	1	2	3	4	5	6	7

12. What do you like about the streets, buildings and public space in your place?

(4)

Enter your answer

13. What do you think could be done to improve the streets, buildings and public spaces in your place?

(4)

14. How easy is it to walk wheel or cycle to the places you need to and want to go?

Safe and enjoyable routes encourage people to walk, wheel and cycle, which is good for people's health and for the environment. These include quiet streets with low vehicle use or reduced speed limits, wide pavements, footpaths, cycle paths. They are also good for people who use wheelchairs and walking aids or have to push prams and pushchairs.

Before answering these questions on <u>walking</u>, <u>wheeling and cycling</u> you might want to think about:

- Is it easy for you and your friends to walk, wheel, cycle and move around in your place?
- Is there a difference in how easy it is to walk, to wheel and to cycle?
- How easy is it to move around in your place in a wheelchair or with a pram/pushchair?
- What things could be changed to make it easier and safer to walk, wheel and cycle?
- What would make it a better place for everyone to get around easier?



15. How easy it is to walk, wheel or cycle to places you want to go to in your place and what are the best things about walking, wheeling or cycling in your place?



16.	If you	could	change	anything	to	make	walking,	wheeling	and	cycling
	better	exper	iences, v	what wou	ld	it be?				

Enter your answer

17. How easy is it to get to where you want to go to by bus, train or other forms of public transport from your place?

Good public transport is affordable, reliable and connects people to where they want to go. This helps young people to get to schools and other places easily. Good public transport can reduce the use of cars and encourage people to travel in ways that are better for their health and for the environment.

Before answering these questions on **<u>public</u>** transport you might want to think about:

- Where do you need to get to by bus or train (or other public transport)?
- How often do you need to use public transport?
- Are there buses/trains at times when you need them?
- Is it easy to get to all the places you need to or want to go and if not, why?
- Apart from free buses, is other public transport a good price for you?
- Do you feel comfortable using the public transport in your place?

* (a) 1 2 3 4 5 6 7

18. What do you think is currently good about travel by public transport in your place?

19.	What do you think co	uld be done to	improve travel	by public	transport in
	the future?				

Enter your answer

20. How do traffic and parking affect how you move around your place?

Before answering these questions on these questions on **traffic** and **parking** you might want to think about:

- Do people have priority over vehicles? (traffic calming measures, safe road crossings?
- What impact does the traffic have on walking, wheeling and cycling?
- Have I seen or heard about accidents in my place?
- Are you aware of which local roads are dangerous?
- Does the traffic cause air pollution which you can see or smell?
- If there is pollution does it have any negative physical effects on you?
- Is the traffic noisy? Does it makes it difficult to have conversations outside?

* III 2 3 4 5 6 7

21. What things do you dislike about traffic as it affects your place? \Box

Enter your answer

22. What do you think could be done to improve traffic and traffic management in your place?

23. When things happen in your place, how easy is it for you to say what you think and being listened to?

Saying what we think and being listened to in decision making about our place can help to build stronger

communities and sustainable places. Having a sense of control can make us feel more positive about our lives

Before answering these questions on <u>having our say and being listened</u> to you might want to think about:

- Does your community have a voice? Do you know how to engage and get involved?
- Are there community council, residents' association, or lobby groups you are aware of?
- Would you be confident to take part and get involved?
- Do you follow what's going on in your place through social media?
- Are people able to contribute to decisions that affect them?



24. Would you like to have more say about what happens in your place and what particular matters would you like to have a say on?

Enter your answer

25. What do you think could be done to help young people get more involved in decisions about what happens in their place?

26. Are there spaces or buildings that need cleaning up or fixing in the area around your place?

Places that are cared for look nice and make us feel positive and secure. Places that are not looked after properly can affect our wellbeing.

Before answering these questions on **fixed**, **cleaned and managed** you might want to think about:

- Do you think your place is well looked after or does it look neglected?
- Are there buildings which are damaged and need fixing?
- Is there graffiti on walls and on street signs and is this ever removed?
- Have gardens and open spaces become overgrown with weeds and litter?
- Where/what are the spaces need cleaning/fixing?
- Do you ever see council staff emptying bins and cutting grass?
- What do you and other people do to take care of your place?

1 2 3 4 5 6 7

27. Are there any positive things that you can say about how well your place is currently maintained and looked after?

Enter your answer

28. What do you think could be done to improve the care and maintenance of the buildings and spaces in your place? \Box

29. How safe and/or comfortable do you feel in your place?

How safe a place feels can support community activity, affect your well-being and influence how and where you spend your time. Good design can make places feel safe by reducing the opportunity for crime and anti-social behaviour.

Before answering these questions on **feeling safe** you might want to think about:

- Do you ever feel uneasy or scared in your place?
- Are there particular areas where you feel unsafe or uncomfortable?
- If so, do you cope by trying to avoid going there?
- Do your friends avoid going there too?
- Was your place more or less safe than it used to be? What has changed?

1	2	3	4	5	6	7

30. What are the things that currently make you feel safe in your place? \square

Enter your answer

31. What practical things do you think could be done to make you feel safer in your place? 🛄

32. How proud do you feel about your place?

How a place looks, its history and what other people think of it can affect how we feel. A positive identity can also attract people and businesses to move into a place/an area.

Before answering these questions on <u>feeling proud</u> and a part of my place you might want to think about the following:

- Do you feel proud of your place or are you embarrassed to say where you come from?
- What is it that makes you proud/embarassed about your place?
- Does your place have a good or a bad reputation, and do you care?
- Have you and your family lived in your place for a long time?
- Has your family a long connection to your place?
- Do you think people in your place feel part of a community?
- Are there traditions in your place like gala days and do you participate in events?

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33. What are the things that make you feel good about your place and which give you a sense of identity and belonging?

Enter your answer

34. What do you think could be done to strengthen the identity of your place and give other people living there a stronger feeling of belonging?

35. What is your place like for accessing services you need?

Services such as schools, colleges, doctors, shops, libraries, social care and community groups, help people to live happy lives. It can be difficult for people when services aren't available in the local area or when they don't meet people's needs.

Before answering these questions on <u>schools</u>, <u>libraries</u>, <u>shops</u> <u>and other</u> <u>services</u> you might want to think about:

- What you think of school/college? How easy is it for you to get there?
- What could be changed about them to make things better for young people?
- Do you have to go far to visit a doctor, dentist or other services that you might need?
- Are there libraries or place like youth cafes you and your friends can go to?
- Do you know where to go if you need help from the police?
- How easy is it for you to get hold of healthy food in your place?

1	2	3	4	5	6	7

36. What do you think is good about the facilities and services in your place?

(4)

Enter your answer

37. What do you think could be done to improve the facilities and services in your place?

38. Are there opportunities for people to work, trained or volunteer locally?

A strong local economy with a mix of businesses can help to make places feel active and attractive – most people enjoy spending time in lively places. Access to good quality jobs, volunteering and training can help us stay active and healthy, provide social connections, a sense of identity and satisfaction.

Before answering these questions on **jobs** and **places** to work you might want to think about:

- Are there job opportunities available locally (a mix of jobs, paid work and volunteering?
- Would you be interested in volunteering and what kind of volunteering would you like?
- Are there opportunities for apprenticeship training in your place?
- If you have a job, are you satisfied with it? Is it easy to get to?
- If you wanted a job, do you think you could find one in or near your place?
- How does the current state of the local economy affect how you feel about your place?



39. What are the positive things that you can see in your place at this time?

Enter your answer

40. What do you think could be done locally to improve job and training opportunities for young people?

41. Does my place feel like a community?

Homes, friends and neighbours are important parts of a community. Living in places where the people in the community care for each other and are involved in decision-making locally makes us feel more positive about our lives. Strong communities help making places more sustainable in the long term.

Before answering these questions on **homes**, **friends and neighbours** you might want to think about:

• Is there a mix of different housing types in your place - privately owned, rented, housing

specifically for elderly and disable people or housing for young single people?

- Are there people of different ages and from different cultures living in your place?
- What's good/bad about living in your place?
- Are people in your community friendly towards you and/or friendly to other young people?
- Are there people of different ages and from different cultures living in your place?
- Do the young people in your community say what they think and are they listened to?
- What things could be changed in your place to make the housing and community better?

1	2	3	4	5	6	7

42. What are the things that suggest your place is a good community to live in?

(4)

43. What do you think could be done to make your place a better community for everyone living there?

Enter your answer

44. Are there spaces/places where you go to meet and talk with friends and other local people?

Feeling isolated can be damaging to our health and wellbeing. Good places have a mix of spaces and opportunities to meet and spend time with friends and other people you trust. Some places also have active websites or social media networks to help people meet and take part in activities in the local area

Before answering these questions on **meeting and talking with people** you might want to think about:

- Where do people get together? (local centres, schools, cafes, outdoor seating, online)?
- What are the spaces like, and are there enough of them?
- What would make them better spaces / places for meeting your friends and neighbours?
- Do you see friends often in places other than school/college/work?
- What other spaces / places do you think your place needs?
- What things would you change in your place so that young people can meet each other more?
- What else is important about meeting people in your place?

1

2

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45 . What things do you like about the places where you can meet with friends and other people? \Box
Enter your answer
46. What things would you like to see changed/improved about the places where you meet with friends and other people? □,
Enter your answer
47. Finally, thinking about all the questions which you have now answered, please tell us what are the things you think need to change most in your place?
Enter your answer
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