

## Appendix 12

[Child's Address]

20<sup>th</sup> May 2011

Dear [Name],

**Re: "Activities that I Enjoy"**

Do you remember taking part in a research project when you were 10 years old? I gave you a disposable camera and asked you to take pictures of the activities that you enjoyed doing; we then had a discussion about your photographs. I know that it probably seems quite awhile ago, but these projects can take a long time to finish. I said that I would send you a summary of the findings from the research and this is the reason that I am contacting you now; I have enclosed a leaflet which I hope you find interesting.

I was really pleased that you were able to take part in my study, I very much enjoyed working with you and learning a little more about your life; I hope that you enjoyed it too. I expect that you are now at secondary school, I hope that you have settled in well and that you have made some new friends.

Thank you again for all your help (and please say thank you to your parents too!) . I really appreciate it.

Best Wishes,

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## "Activities that I Enjoy": Research summary



It is really important that adults ask children and young people for their views about things that can affect them, and listen to what they say.

### The research

The research that you took part in involved 20 children (10 boys and 10 girls); you were all given a disposable camera and asked to take photographs of the activities you enjoy. When the pictures had been developed, you were asked to talk about the photographs and to tell me a little bit more about your life.



### What activities do you enjoy?

Children enjoy lots of activities; boys often enjoy doing different things to girls. Some of the most popular activities identified were:

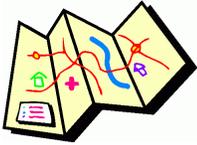
- **Reading**
- Going to **clubs**, such as dance, football, netball and cubs
- Doing **creative activities** such as card making, writing stories, drawing/painting, construction/model making
- Playing with **friends**
- Doing **family activities** like bike riding, watching a DVD together or playing games
- Being with your **pets** and other animals
- Playing on **electronic games** consoles and watching TV



What else did you say about your lives?

The information that you gave has told us a number of things:

- Your **family** is really, really important to you



- You do a lot of activities near to your house; for example your **school**, **friends** and any **clubs** are often close to where you live
- You enjoy doing **different activities** with both your **friends** and your **family**; very often you enjoy the same activities as your friends
- You have lots of different **possessions** that that are important to you - some of these are bought with your own money, other things are presents
- When you enjoy something, you **practise** and **practise** at it to get better
- You are really **proud** of yourself when you do something well



- You don't mind doing some things by **yourself** - in fact you often enjoy this
- You like having **fun!**
- You have got lots of **imagination** and can be very **creative**; you can usually think of something to do if you're getting a bit bored
- You like doing things that are **physically active**, especially if it involves your friends or family
- You have an awareness of other people and you think about what they might need and **how you can help** them; you also think about your **own future**



### What will happen now?

The final report about the research is now being written and should be completed later this year - it takes quite a long time to do as it is very detailed. Once it is finished, information from it will be shown to professionals who make decisions that affect children and young people - this is really important as it will help them to understand your views so that these can be taken into account whenever possible. Parts of the report will also be presented at conferences and be published in journals - this will mean that people in other countries will also be able to appreciate your perspective.

Thank you very much for taking part in the research, it is really appreciated.