

Participant-led Approach - Useful Questions



A participant-led approach is only going to be useful if the resulting outcome is realistic, achievable and provides an experience that the participant wants, so they will ultimately continue with the activity, or at least benefit from a very positive experience.

Continued engagement throughout the design and implementation stages of a programme or project is important to ensure the needs of the participant continue to be met. As we've learned, the wants of girls can change regularly and rapidly, so it's important to keep asking questions and adapting where possible.

Although open ended questions are good to gather lots of ideas and avoid one-word answers, there are times where it is useful to present options and examples, such as:

- If it's difficult to get a conversation started
- Where the deliverer also has specific goals to achieve.

Based on these insights, we've identified some helpful questions to ask the girls at various stages of the proposed programme:

Designing the programme or project

- Why have you come along today? What is your desired outcome?
- What do you want to know more about?
- What are your passions?
- If you had your choice what would you do? What would a good programme of physical activity look like to you?
- What do you enjoy about being physically active?
- What don't you enjoy about physical activity?
- What's exciting to you about this?
- What do you do now to feel healthy and happy?
- What does fun look like to you?
- Tell me about a time when you participated in a physical activity with your friends/family that you really enjoyed?
- Is there anywhere in your local community that you have never been but would like to go? This could involve the girls plotting a map of local area with places that may be used for physical activity.
- What support would you need to participate in the activity and what do you consider to be issues and barriers?
- How do you think issues and barriers could be addressed? Note: once you have settled on a programme or activity, ensure that you return to this question to make sure that solutions are in place which will mitigate any of the barriers.
- What days and times work best for you to participate in your chosen activity?
- Which location would be most suitable? Note: consider whether the activity will come to the girls or will they have to go to the activity?

Once the programme is underway

- Be alert to any feedback which may happen organically throughout a session. If you feel that there are elements which the girls respond to particularly positively or negatively, don't be afraid to bring it up and ask more about why they might have liked or disliked it eg;

I recognise that you didn't seem to enjoy...can you tell me why?

- At the start of a session explain the plan and why it is being delivered. Given you have developed the plan in advance, it may be unlikely that you can change it up significantly, as this may reduce the quality and impact of the session. However, there may be small elements you could adapt and refine in line with how the girls feel and respond.

Are there any goals you would like to achieve from this session?

Are there any elements you would like to focus on specifically?

- At the end of each session it's important to ask for feedback, which will help to plan the next one.

Did you enjoy the session?

What did you like/dislike?

Do you want to try something different (within reason)?

