



Attachment 1

# 2024 Mayor's Youth Summit Summit Final Report



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### **Territorial Land Acknowledgement**

The City of Port Moody carries out our business on the ancestral and unceded homelands of the kwikwəłəm (Kwkwetlem), səlilwətał (Tseil-Waututh), xʷməθkʷəyəm (Musqueam), Skw̓xwú7mesh (Squamish), q̓ícəy̓ (Katzie), q'w̓a:n̓ ł'ən̓ (Kwantlen), qiqéyt (Qayqayt), and Stó:lō (Sto:lo) Peoples, and extends appreciation for the opportunity to work on this territory.

## 1.0 ABOUT THE EVENT

### 1.1 Event Overview

Youth play a pivotal role in shaping the future of the community they will one day inherit and be expected to lead. Ongoing efforts to engage youth by providing opportunities to express their opinions, collaborate with peers, and discuss issues that are important to them and the future of the community are not only important for developing the new leaders of tomorrow, but also for informing new policy directions for Council that are relevant to this segment of the population.

On October 25, 2024, the City of Port Moody hosted the Mayor's Youth Summit at the Inlet Theatre and Galleria, attracting 86 youth (aged 12–18) from around the Tri-Cities. The overall goal was to provide a platform for local youth to engage in discussions about critical issues affecting their lives and the community.

City staff and representatives from the Youth Focus Committee were involved in the planning of the event. Youth played a pivotal role, providing input on the development of identified topics, promoting the event, and supporting key roles on event day.

Promotion of the event was supported by a public communications strategy targeting Tri-City youth aged 12–18 years, employing several different approaches to promote the event and identify youth to participate, including online and social media promotions, outreach to local high schools and community groups, and a logo design contest to further engage youth and promote the event. Registration reached capacity before event day, with 100 youth (40% from Port Moody, 40% from Coquitlam and 20% from Port Coquitlam) signing up, while 86 were able to participate on event day.



## 1.2 Objectives

The objectives of the Mayor's Youth Summit were:

- To provide a platform for dialogue, youth advocacy and policy influence;
- To be inclusive of all youth in Port Moody and the Tri-Cities;
- To increase knowledge, share ideas and opinions on topics important to youth;
- To develop leadership skills in youth to inspire new leaders of tomorrow;
- To create new community connections between youth, strategic partners, City staff and City Council; and
- To reinforce the City's commitment to understanding and responding to youth needs.

## 1.3 Event Day Highlights

The summit was a full-day event that took place from 8:00 am to 3:15 pm at the Inlet Theatre and Galleria. Spaces at the Fire Hall and Recreation Complex, including the Wellness Room and Curling Lounge, were also used as sites to host some of the breakout discussion groups. During the summit, youth were divided into five groups and took part in five different discussion groups facilitated by a community or organization representative, city staff, and youth leaders. In addition to the discussion sessions, youth participants were provided with lunch and allocated time to network with fellow youth, City staff and community partners at the interactive booths. Highlights of the day included the following:

- **Welcoming:** Introductory remarks were delivered by Mayor Lahti and a welcome was provided by Kwikwetlem First Nation Elder Xem-Tu-Mus (Stephen Armstrong).
- **Engaging Workshops:** Youth participated in interactive workshops led by youth leaders, city officials, and community stakeholders, focusing on a variety of themes (noted above).
- **Thought-Provoking Discussions:** Youth provided feedback, opinions and potential directions for the City to consider in the discussed topics (summarized in the next section).
- **Networking Opportunities:** Youth had the chance to connect with peers, mentors and community leaders who shared their passion for positive change. Many meaningful connections and opportunities for future collaboration were established by bringing these groups together.

## 1.4 Discussion Topics and Facilitators

Discussion Topics for the Youth Summit were in alignment with Council's Strategic Plan and included topics important to youth as identified through a review of previous youth surveys. Selected themes included climate justice, mental health and wellness, social connectedness, and youth spaces.

Community leaders with expertise in each of the topic areas were recruited to facilitate each of the discussion groups and were asked to guide discussions through a series of questions, share their knowledge and experience and encourage youth to share their thoughts and opinions. Each discussion group also had a representative from the Youth Focus Committee to assist in facilitating the dialogue and creating a safe space for youth to speak. A City representative was assigned to each discussion group and tasked with recording notes and contributing to the discussions where appropriate. A breakdown of the teams that led each of the discussion groups and the community vendors who provided interactive booths are included below.

### **Climate Justice**

- Presenter: Shakti Ramkumar (Senior Director of Policy and Communications, Student Energy)
- Youth Focus Committee Representative: Daniel Seo
- City Representative: Jody Fitzpatrick

### **Mental Health and Wellness**

- Presenter: Leah Lyth and Shaina Schafers (Fraser Health Authority)
- Youth Focus Committee Representative: Sharon Zhao
- City Representative: Angela Blackall

### **Social Connectedness**

- Presenter: Jesse Miller (Mediated Reality)
- Youth Focus Committee Representative: Vincent Zhao
- City Representative: Joanne Roemer

### **Youth Spaces – Recreation Facility Study Input**

- Presenter: Stephen Slawuta, RC Strategies and Sandy Tolentino (Project Manager, Engineering and Operations, City of Port Moody)
- Youth Focus Committee Representative: Jonas McConville
- City Representative: Makenna Harper

### Youth Spaces – Social Spaces

- Presenter: Rachel Yaremy (Youth Supervisor, City of Port Moody)
- Youth Focus Committee Representative: Nate Mossey
- City Representative: Malia Pawson

### Interactive Booths (located in the lobby of the Theatre & Galleria)

- SHARE Foundry – Tri Cities: Zina Chernowas, Program Supervisor
- ACCESS Youth Services
- Recreation and Volunteers
- NaloxHome: Chloe Goodison, Founder and Executive Director



## 2.0 WHAT WE HEARD

Feedback from each of the discussion groups has been consolidated to reflect the key findings. A detailed summary of all the received comments can be found in Appendix 1 – Summary of Detailed Feedback and Comments from Group Discussions.

### 2.1 Summary of Key Findings

#### Climate Justice

- An emphasis on the importance of sustainable energy transitions, including increased investments in renewable energy sources (solar, wind and water) and reduced reliance on fossil fuels.
- Initiatives aimed at minimizing waste and increasing recycling efforts were offered as areas of focus for future consideration.
- Environmental justice was identified as a key concern. Youth addressed calls for environmental policies and a need to protect vulnerable ecosystems.
- A strong desire for education and engagement, including school-based programs, community workshops and mentorship opportunities.
- A need for actionable solutions and the importance that their voices are heard when City policies and priorities are set through continued engagement and consultation.

#### Mental Health and Wellness

- Importance of having youth-led initiatives to create mental health support systems.
- A need for accessible and clear resources that address the stigma surrounding mental health.
- Increased opportunities for youth to volunteer and build connections were identified as being critical in fostering social and emotional well-being.

#### Social Connectedness

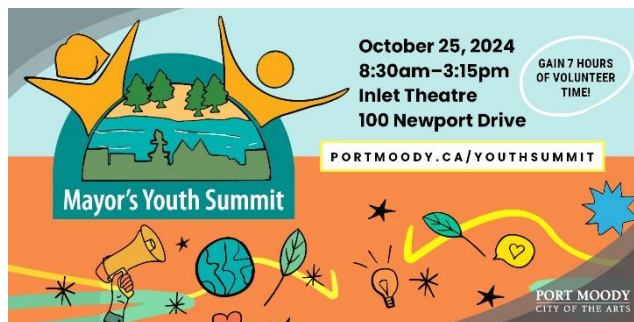
- Importance of responsible digital citizenship, encouraging healthy social media and promoting online safety.
- A need for support systems to counteract the potential for social isolation online.
- Importance of real-world connections and the role of family and community in supporting healthy social development.

## Youth Spaces – Recreation Facilities Study Input

- Increased demand for diverse activities: stronger focus on outdoor recreation (trails, parks, sports), creative arts and fitness.
- Continuing to create more diverse and accessible recreation services that cater to a wide range of interests and age groups.
- Need for more diverse facilities that include multi-purpose spaces for youth, including pools, fitness centres and youth centres.
- Focus on accessibility.
- Emphasis on community and a desire for spaces that foster social interaction.

## Youth Spaces – Social Spaces

- Ensuring youth have safe, inclusive spaces to have fun, meet people and socialize.
- Identifying the barriers to accessing existing spaces were identified for future consideration, including transportation challenges, cost and feelings of exclusion.





## 3.0 EVALUATION

### 3.1 Youth Participant Feedback

Following the summit, participants were sent an evaluation form and asked to provide feedback on their overall experience, the most engaging parts of the event, the impact of session topics, and their thoughts on future improvements. A summary of the feedback and testimonials that highlights the overall success of the event and the aspects that were most impactful for youth attendees is included below.

#### Youth Participant Feedback Summary

- Most rated their overall experience as being good or excellent.
- Most valuable parts included workshops, networking, and mentimeter activity.
- Youth felt that all of the discussion group sessions were impactful
- Most felt empowered to share ideas and contribute to future decisions.
- Majority of youth surveyed are very likely to attend future events.
- Future suggestions included: more interactive activities, freebies, better promotion, and one-on-one discussions.
- Other highlights that were mentioned included: positive experiences with food, staff, and valuable session insights.

Testimonials from the survey included:

- *"This event allowed me to interact with students from different schools and get involved in the community."*
- *"The Mayor's Youth Summit was a stellar opportunity to connect with youth in my community by discussing real community issues. I had a great time giving feedback for future works!"*
- *"The Mayor's Youth Summit empowered me to connect with like-minded peers and contribute to conversations that will shape the future of our city while celebrating youth leadership and collaboration."*
- *"Thank you to the City of Port Moody for hosting a wonderful event for youth to discuss ideas that will spark potential change within the community and our voices to be heard and highlighted."*

## 4.0 NEXT STEPS

### 4.1 Future Actions

Following the event, staff completed a thorough review of the feedback received from each of the discussion groups – as noted in the above section and in Appendix 1 - and developed a series of action items to incorporate into existing programs and services. Those within the context of existing service levels, deemed easy to implement and with no to low-cost impacts were identified. Some key actions identified include:

- **Continue to involve youth in future policy decisions** - Areas related to climate action, transportation, renewable energy, reducing waste and protecting the environment were identified by youth as being important to them.
- **Youth driven program development** – Regularly gather operational feedback on current youth programs and services, including placing a suggestion box in the youth centre to collect input on preferences for programs and other services.
- **Offer “Try It” sessions for new programs** – Look for opportunities throughout the year to introduce new programs on a trial basis that are free to try to gauge interest and add variety to current offerings.
- **Partner with service providers such as Fraser Health to ensure mental health resources are accessible at recreation centres** – Have resource information available for youth at recreation facilities and explore opportunities to offer workshops aimed at youth to support well-being and reduce the stigma around mental health.
- **Continue to focus on youth staff training** - Prioritize areas related to inclusion/diversity/equity/inclusion (IDEA), youth development, indigenous relations, communication and conflict resolution.
- **Expand youth volunteer programs** - Include opportunities to assist in a variety of programs and events in recreation, parks and environment including those related to recycling and environmental protection.
- **Bring a friend day** – Offer opportunities for youth to bring a friend to try a new program or activity.
- **Outreach to parts of the City where youth participation and involvement is lower** – Review recreation patron data and focus outreach and marketing initiatives in areas of the City where youth participation and involvement can be improved.
- **Make programs and spaces more accessible to youth** – Look for opportunities to address participants with disabilities through adaptive equipment, training staff and inclusive program design.

- **Designate a specific area in the curling lounge in the recreation centre as a youth-friendly zone** – Add seating, reconfigure space layouts and review wifi needs to create a safe and welcoming space for homework and social gatherings.

Together with information collected from recent youth engagement initiatives including the Port Moody Parks & Trails Youth Engagement Event (Spring 2024), The Recreation Facilities Study (Spring 2024) and past youth surveys, the key findings from the Youth Summit will become a valuable resource to inform future workplans and other priorities within the Youth Services area.



**END OF REPORT**

## APPENDIX 1 – Summary of Detailed Feedback and Comments from Group Discussions

**Breakout Discussion Group:** Climate Justice

**Presenter:** Shakti Ramkumar, Senior Director of Policy and Communications, Student Energy

<p><b>Q1: What does climate justice look like to you?</b></p>	<ul style="list-style-type: none"> <li>• Improving alternative modes of transportation (carpooling, transit, walking, biking) - improve it, make it safer, expand, improve convenience (i.e. times available, cost)</li> <li>• Invest in cleaner, sustainable energy (solar, wind, water) and less reliance on oil/gas</li> <li>• Reducing consumption (meat/dairy and soybean industry, non-renewable resources, single-use products, eat/cook at home, use environmentally friendly products, thrift/re-use)</li> <li>• Improve recycling and reduce waste, plus subsidize and incentivize these initiatives</li> <li>• Reduce meat intake and support research into plant-based alternatives</li> <li>• Plant more trees and improve the diversity of trees in reforested areas</li> <li>• Increase Park space, community gardens, and teach people to grow their own food</li> <li>• Stop destruction of natural environment, no more cutting down trees</li> <li>• Advocate on behalf of the climate (i.e. Publicly speaking about the problem, teaching about in schools, getting involved in events</li> <li>• Help people understand how their small actions can help the greater good</li> <li>• End systemic racism in environmental and public policies</li> <li>• Surrounding yourself with like-minded individuals to learn from beginning from your community – share, promote, plan, apply knowledge, make a change</li> <li>• Use less energy: shorten showers, live slower pace of life, unplug appliances, turn off lights, electric vehicles</li> <li>• Stop subsidizing environmentally harmful industry</li> </ul>
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	<ul style="list-style-type: none"> <li>• Less water waste: reduce number of personal pools, golf courses, manufacturing by-product</li> <li>• Hold corporations accountable</li> </ul>
<p><b>Q2: What do you need to turn your ideas into reality?</b></p>	<ul style="list-style-type: none"> <li>• Mentorship: we have ideas but don't know how to execute them, help motivate and understand the need to act, need adults who will actually listen and help amplify our voices</li> <li>• More education: speakers and content in schools, events, interactive workshops</li> <li>• Teams and clubs in schools to get young people involved in protecting the climate</li> <li>• Volunteer opportunities: help us find/connect with them</li> <li>• Money to fund initiatives, subsidize programs/organizations improving climate issues</li> <li>• Marketing via social media to share information and educate the public</li> <li>• Inspiration and passion: shared with us, giving us platform to share ours</li> </ul>
<p><b>Q3: What are you most concerned about when it comes to climate change?</b></p>	<ul style="list-style-type: none"> <li>• EV production issues: need for non-renewable minerals/metals to produce batteries, environmentally harmful mining practices</li> <li>• Production of airplanes and increasing plane traffic</li> <li>• Destruction/extinction of natural environments, animal habitats and the species who live there, plus ecosystem and migratory changes</li> <li>• Longterm side effects on physical health (both people and animals), mental health and infectious disease</li> <li>• Weather changes (more heat waves, hurricanes/typhoons, floods, forest fires, glacier/artic melt) and it's impact on food production</li> <li>• Reliance on and overuse of natural resources, deforestation</li> <li>• Change in oceans/water: overfishing, warming, ocean current changes, microplastics, rising sea levels</li> </ul>

	<ul style="list-style-type: none"> <li>• Pollution: nuclear waste in water, CO2, air quality decline, thinning atmosphere, freshwater access</li> <li>• Increasing living costs due to lack of resources</li> <li>• Voices/advocates of climate change aren’t as loud/important as the big companies and the damage they continue to do</li> <li>• Cost of damage from natural disasters</li> <li>• Lack of education and care about the issue, and desire for change from many people locally and globally</li> </ul>
<p><b>Q4: What actions can the City of Port Moody take to include more youth in climate action work in the city?</b></p>	<ul style="list-style-type: none"> <li>• Incentivize participation in events, clubs, teams, and workshops that educate youth and contribute to climate solutions</li> <li>• Offer rewards/incentives (e.g. prizes, honorariums/money, volunteer hours, school credit) for completing goals and participating in initiatives and are combating climate issues</li> <li>• Promoting climate actions and offering education opportunities, events and workshops to equip youth with the knowledge to make a difference</li> <li>• Create volunteer opportunities, more projects for youth to help around the city</li> <li>• Promote programs and events via social media, advertise at schools</li> <li>• Make resources about climate more accessible</li> <li>• Invite experts to come work with us</li> <li>• Offer programs/education in schools</li> <li>• Provide the resources needed to support youth environmental projects</li> <li>• Actually listen to us and act on our ideas</li> <li>• Slow down residential development</li> <li>• Help adults/our guardians/businesses and organizations learn how to talk with us, teach them to listen to us</li> <li>• Improve access to climate initiatives (e.g. More water fountains/drinking water dispensers, ban pesticides, improve bus systems, more trash receptacles)</li> </ul>

**Breakout Discussion Group: Mental Health & Wellness**

**Presenter:** Leah Lyth and Shaina Schafers – Fraser Health Authority

<p><b>Presented as an Open Discussion with a Focus on:</b></p> <ul style="list-style-type: none"> <li>-Stressors</li> <li>-Anxiety Management</li> <li>-Favorite Activities and Support Needs</li> <li>-Mental Health Challenges in the Community</li> <li>-Mental Health Support Services in Port Moody</li> <li>-Ideas for Supporting Mental Health in the Community</li> </ul>	<ul style="list-style-type: none"> <li>• Youth-led initiatives – involve youth in the creation of mental health spaces and activities to ensure they meet their needs and preferences</li> <li>• Create more opportunities for youth to volunteer and build connections in meaningful ways</li> <li>• Provide clear, accessible, and easy-to-navigate resources for mental health and volunteering</li> <li>• Address stigma through proactive education and outreach programs in schools and communities</li> </ul>
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**Breakout Discussion Group: Social Connectedness**

**Presenter:** Jesse Miller – Mediated Reality

<p><b>Presented as an Open Discussion</b></p>	<ul style="list-style-type: none"> <li>• Being a good "digital citizen" is the goal. What’s done is done and will always be there or be able to be accessed, but what matters now is moving forward, using the internet for good - meaning we respect the feelings of others and how they want to be shared with or on social media technology.</li> <li>• Youth that use social media in a healthy way also have a parent, coach, teacher etc supporting them.</li> <li>• Youth that are having a difficult time are alone with the internet. The example of a youth who goes in their room and scrolls and is “alone” with the internet - not a positive use. The youth who has someone to talk to, shows family what they have seen (good, bad, funny) and have conversations, are not alone with the internet.</li> </ul>
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	<ul style="list-style-type: none"> <li>• How to talk to youth about social media - What did you do online today that was fun/cool? What did you do or see online that stressed you out?</li> <li>• Internet can help our relationships, but our friendships started without it.</li> </ul>
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**Breakout Discussion Group:** Youth Spaces – Recreation Facilities Study Input

**Presenter:** Stephen Slawuta – RC Strategies and Sandy Torentino, Project Manager – City of Port Moody

<p><b>Q1: What’s changed or is changing for recreation needs in the community? (trends, new activity demands and preferences, etc)</b></p>	<ul style="list-style-type: none"> <li>• More field space</li> <li>• Cooking facilities</li> <li>• More ice time</li> <li>• Sports venues – tennis, basketball</li> <li>• Golfing area and mini golf</li> <li>• Fitness centre access/space</li> <li>• Musical performing venues</li> <li>• Outdoor table tennis and chess</li> <li>• Creative Arts programs</li> <li>• Breakdancing</li> <li>• Indoor racquet sports – badminton, tennis, squash</li> <li>• Need for e-scooter and bike lanes</li> <li>• Bus routes are clogged by PMSS – need for more service in this area</li> <li>• Improvement to accessing outdoor spaces by foot</li> <li>• More dog parks</li> <li>• More grass fields instead of turf fields</li> <li>• Online sign-up for outdoor court spaces</li> <li>• Indoor rock climbing wall</li> <li>• Diverse outdoor space – archery, undercover skatepark</li> <li>• Community gardens and rain barrels</li> <li>• Gymnastics for youth</li> <li>• Outdoor rubber track</li> </ul>
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	<ul style="list-style-type: none"> <li>• More picnic tables/outdoor covered seating areas</li> <li>• Outdoor parkour area</li> <li>• More mountain biking access</li> <li>• Beach volleyball</li> <li>• Baseball fields</li> <li>• More concession spaces in parks</li> </ul>
<p><b>Q2: What type of facilities do we need more of?</b></p>	<ul style="list-style-type: none"> <li>• Better washrooms/change rooms at parks/fields</li> <li>• Track and field space including Bigger indoor track</li> <li>• Designated rugby/football field with proper posts</li> <li>• Improvement to the Rocky Point Park pier</li> <li>• Indoor pools</li> <li>• More library space and study areas</li> <li>• Greater variability in types of court spaces – dodgeball, cricket, squash</li> <li>• Request for multi-space centres – youth/senior space</li> <li>• Bigger youth lounge</li> <li>• Improved tech software at the library</li> </ul>
<p><b>Q3: What are the best options to meet identified recreation facility needs? (renovated, new facilities, etc)</b></p>	<ul style="list-style-type: none"> <li>• Renovate the existing Curling Lounge at Rec Complex to facilitate improved seating and study space</li> <li>• Bigger youth lounge</li> <li>• Improved natural lighting</li> <li>• Bridge from Belcarra to North Vancouver</li> <li>• Youth-friendly/adult, nature-inspired playground</li> <li>• Enhance outdoor public spaces with more art, colour and lighting</li> </ul>

**Breakout Discussion Group: Youth Spaces – Social Spaces****Presenter:** Rachel Yaremy, Youth Supervisor – City of Port Moody

<b>Q1: What is a “youth space” and why are they important?</b>	<ul style="list-style-type: none"> <li>• Safe inclusive space to have fun, meet people and socialize</li> <li>• To connect with people and opportunities to learn/play/recreate</li> <li>• A place to express oneself and be creative</li> <li>• To get support</li> <li>• A place for youth to grow, learn and improve oneself</li> <li>• Where you are safe to be and express oneself</li> <li>• Place of acceptance and belonging</li> <li>• To share ideas and help others</li> <li>• Positive outlet for youth – avoid boredom and negative influences</li> <li>• Place to pursue hobbies or learn new interests</li> <li>• Place to play sports and exercise</li> </ul>
<b>Q2: What are the Barriers to accessing youth spaces?</b>	<ul style="list-style-type: none"> <li>• Transportation issues</li> <li>• Mental health – social anxiety, neurodivergence or disability</li> <li>• Stigma against youth – feeling unwelcome</li> <li>• Lack of physical space or options for youth</li> <li>• Places are overcrowded</li> <li>• Lack of information/advertising</li> <li>• Feeling unsafe with other people's lifestyle choices in a shared space with adults – intimidation and judgement around adults</li> <li>• Cost</li> <li>• Unsupervised/neutral space</li> <li>• Hungry</li> </ul>
<b>Open Discussion: Safe, Welcoming and Supportive Public Spaces:</b>	<ul style="list-style-type: none"> <li>• Least welcoming facilities – sports facilities, fitness centres and shops/places of business</li> <li>• Infrastructure <u>aren't</u> built with youth in mind</li> </ul>