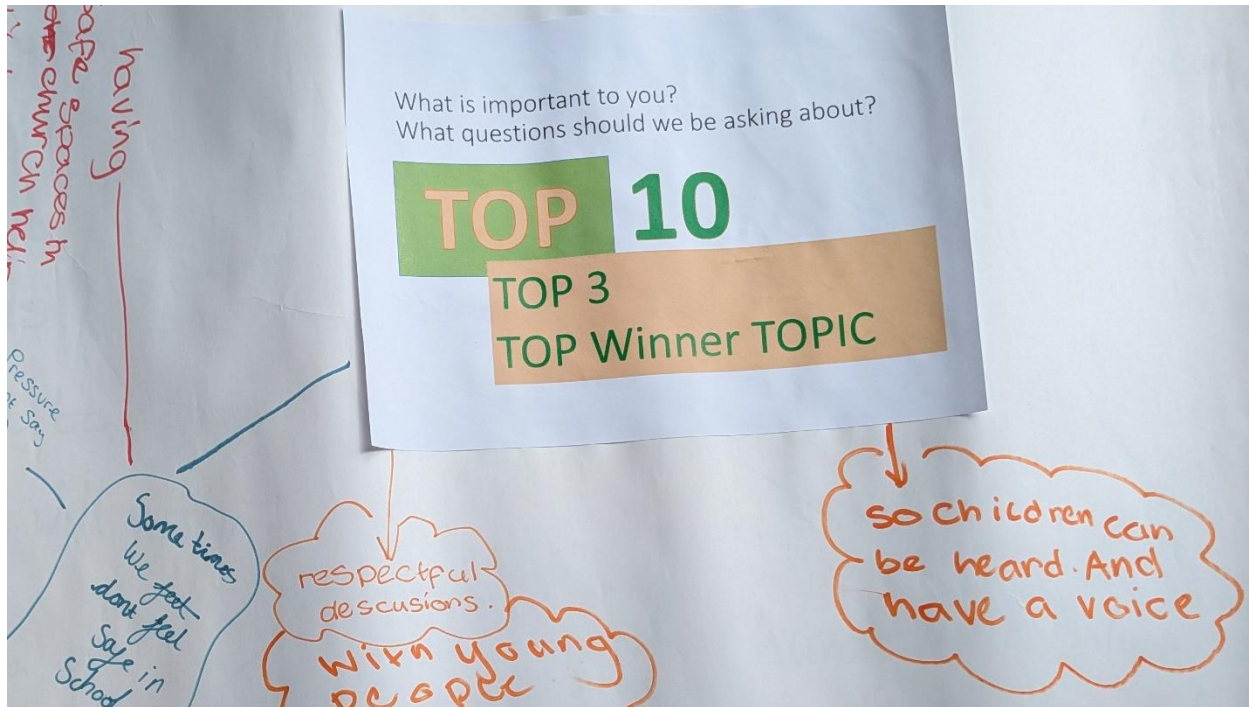


Listening Process 2025 Report



The Listening Process enables young people to set the agenda of what topics they would like to listen to their peers and collect their views on.

Young people from GROW 2025 have been involved in choosing the theme, devising the activities to pose questions, collating responses and looking for key themes to bring to this report.

"I think the diocese should invest in screens and social media because they are such a big part of young people's lives"



Who took part?

Invitations to take part were sent out to schools, group leaders and in the Children and Youth Mailing. The timing was initially in the summer term and then again in late August ready for the start of a new term.

The timing that the resources are ready for them to be published for groups is important in enabling more children and young people to take part and it would be better to avoid holiday time where possible.

Number of participants	39
Female	30
Male	9
Age range	7-17
Number of UK Minority Ethnic Global Majority Heritage	4 10%
Number of Special Educational Needs and Disabilities (SEND)	2 5%
All church groups	St Oswald's Sowerby St Helen's Welton St Peter's Norton GROW 2025 Hull Minster Selby Abbey



What did we hear?

Activity 1

How do you spend your time?

Young people shared how they spent their time across a whole week in a variety of ways. The average time spent on screens (outside of school) for the whole group of 39 was 29.1 hours per week. This is an average of just over 4 hours per day.

The range of hours spent per week on screen was between 8 and 93 hours with 8 young people saying they spent more than 50 hours per week on screen

In comparison 9 young people think they get 70 or more hours of sleep a week and 27 (69%) think they get 49 or more hours of sleep per week.

2 young people said they spend between 4 and 6 hours working per week- we took this to mean paid work.

Volunteering did feature as one of the uses of time with it varying between 1-3 hours per week.

Some of the participants do attend clubs for between 2 and 12 hours per week with an average of 5 hours per week.

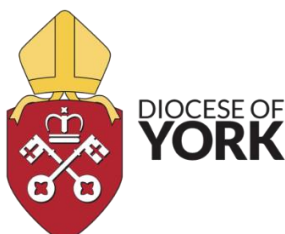
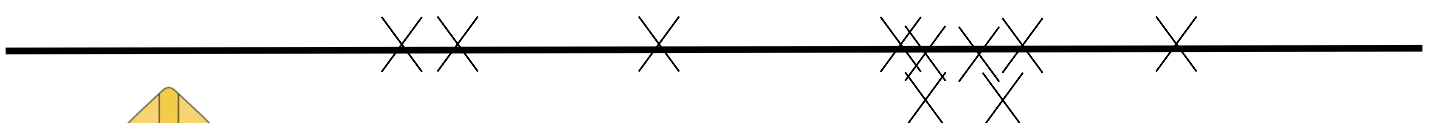
Activity 2

How important is screen time to you?

10 young people of the 39 took part in the sliding scale across the room activity. 70% said that screen time is important to them.

NOT VERY

VERY



And the second part of activity 2 was to tell us What kind of screen time is most important to you and why?

With regard to what kind of screen time-

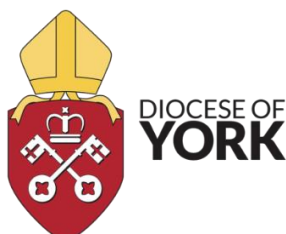
- school was the most important for 33% of participants
In amongst the sites like Youtube and Spotify are educational sites like mathswatch, kayscience, revisely, and sentence builders
- communication for 23%
- video gaming for 23%
- 12.8% said social media
- 1 young person said for photography

Communication
Streaming
News
School
Social media
Videogames
Photography

With regard to why it is important to them

- Phones are important for young people to stay up to date 20.5%
- Social media and friends were important for up to 10% of participants
- And some said that screens were used because they're interesting and educational. Some think that using laptops and PCs is easier for doing homework than writing on paper.
- Some said that Xbox offers better gaming opportunities than a PC does.

The group who have been evaluating the responses had a conversation about the use of phones in school and demonstrated that there is a broad range of approaches still in secondary schools but an understanding for most students that phones must remain in bags throughout the school day and this is the norm and accepted by students on the whole.



One young person shared that their school had become more strict, having previously allowed

phones to be used in free time at break and lunchtime but that is no longer the case.

Activity 3

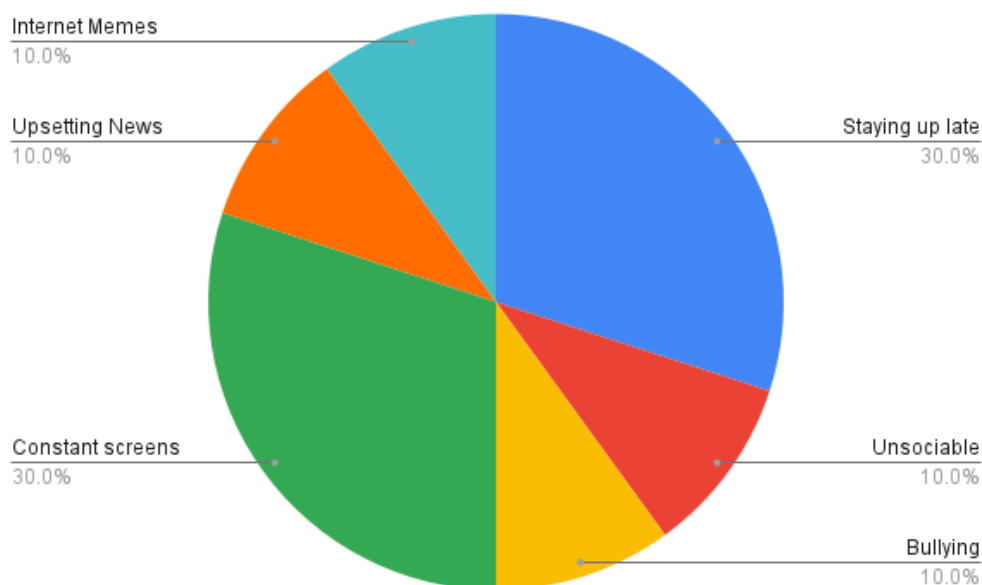
In activity 3 we asked young people to tell us when screen time is good and when it is not so good.

23% thought that it was good for wellbeing- "because it gives you energy" or a "brain break" and its good when it is "a reward".

Education and communication both scored just over 16%- screens are very much a tool for homework. And communication "banter with friends" means that phones and tablets are a means of staying in contact beyond the school day.

In the groups that took part in this Listening Process social media scored much lower at just over 6%

In contrast the times when screen time is not so good can be seen in the chart below



The breadth of answers demonstrates an understanding by young people that screen time can have a significant impact on their wellbeing.

And if we connect the “staying up late” and “bullying and addiction and upsetting news” then we can see that young people can experience and have to navigate difficult things at a time of the night when they are isolated and

emotions are heightened. Ultimately things could seem far worse than they might the next day in the light of day. The phrases “constant screen” and “addiction” are giving voice to the need to stay online and not miss something. However, this may be the participants’ knowledge of the harm that screen time can cause rather than specifically experiencing this themselves.

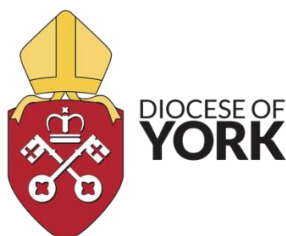
Local leaders of the groups who took part will be contacted and this highlighted to them so that they can explore whether they addressed this conversation at the time or whether it needs to be revisited for the young people’s safety.

Activity 4

2 groups of young people did have short discussions on the topic of whether screens could be helpful in discipleship and finding out more about Jesus. They see livestreaming services, and daily affirmations as helpful suggesting Believe in Yourself as a current one they use.

They mentioned that Google questions are helpful in finding facts. And Minecraft is a favourite for some.

They thought a social media account led by teens would be good.



Responses

Having heard from the young people on a topic that is important to them- how might we respond?

What will you do with what you have heard?

Thank you to all of you who organised this report to take place and to all of you who responded to it. As the Chair of the Children and Young People Committee for the Diocese of York, it is absolutely fantastic to see your report and its findings. As a primary-school teacher and children's work leader in my own church, it has been great to hear what you have to say on the topic of technology and how it affects the lives of children and young people - it's very similar to what I hear every day from young people too. It would be good to hear more about what social media and other digital resources you find useful to help you and maybe you could help us to put together a list of useful social media/digital resources that young people in the York Diocese might find helpful which we could share with other churches/schools to help other young people? Please let us know if we can help in other ways too and we really look forward to hearing more from you about different topics as it will really help us to shape the work that we do as a Children and Youth Committee to ensure that we are supporting you the best we can as fellow disciples of Christ.

We really value your voice - thank you!

Karen Banks Chair of Diocesan Children and Youth Committee



Hi All,

First of all thank you so much for taking part in, and for pulling together, the listening process - I have really enjoyed reading the paper.

I found some of the findings surprising - the length of time that some young people are on screens - but I can also see from the paper that maybe quite a bit of this time was on school work.

Do you think it is hard, when you have to do your school work on a screen, not to get distracted by other tabs you have open? That definitely happens to me!

I also thought that your finding about screens causing people to stay up late was really interesting - this is clearly an issue for many people and I wondered if you think there was any advice you could give to people who are struggling with this - anything that you have found works for you? I don't take my phone up to bed as it is way too much of a temptation to just reach out and grab it - I wondered if you had any other suggestions for helping overcome this issue that might help others?

It is also good to hear about some of the positives of screen time, such as connecting with friends, the opportunity for discipleship and the chance to do school work (which might make it a bit easier) - maybe this gets forgotten sometimes and it is a really good reminder that screens aren't all bad!

Lastly, I loved the suggestion about a social media account run by teens (as long as we kept you safe!) do you think you could start to contribute items for the Diocesan social media accounts or would you want a completely separate account?

Thanks so much for everything you have done,

Mari Palmer Diocesan Director of Education



I wonder whether the expectation that families can provide suitable devices for homework is really difficult for some young people? Some homework won't be easy to do on phones. It makes me wonder how many redundant devices there are in our homes and whether churches, schools and reconditioning companies can work together to help?

Angela Brymer Diocesan Children and Youth Adviser

Bishop of Whitby video response can be found [here](#)



The resources

Activity 1

How do you spend your time? This is a personal activity for each participant.

Think about an average week for you. A week has 168 hours in it. Divide that up into how many hours you:

Sleep

Are at school/learning

Travelling

Eating

In extra curricular activities sports, clubs, uniformed groups, music lessons and groups....

On screens (outside of school activities): Phone, Tablet, watching TV, Gaming, Computer, Internet

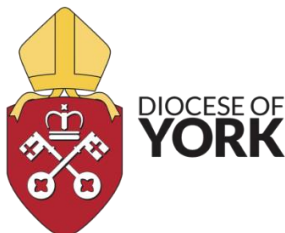
You could use a spreadsheet and create a pie chartl.

You could draw a circle and divide it up and write in the hours

You could rank them in a list most hours to least hours

Discuss what you've done in your group. Are there any surprises?

Facilitators please share photographs and spreadsheets with pie charts with us.



Activity 2

This is a group activity.

How important is screen time to you?

Use the room as a sliding scale- one side of the room is not very important and the opposite side is very important. You can stand anywhere on the line to show how important screen time is or isn't for you.

Facilitators please mark a cross for every young person

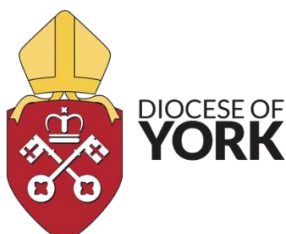
NOT VERY

VERY

For the second part of the question use a flipchart sheet and young people can add their own comments in the 2 columns or write post it notes and add them to the sheet. The question is: What kind of screen time is most important to you and why? Facilitators please photograph (with enough quality for us to be able to zoom in and see the young people's responses.)

WHAT

WHY



Activity 3

This is a group activity. Use a flipchart sheet and young people can add their own comments in the 2 columns or write post it notes and add them to the sheet.

The question is: Describe when is screen time good? And describe when and why is it not so good? Facilitators please photograph (with enough quality for us to be able to zoom in and see the young people's responses.)

GOOD

NOT SO GOOD



Optional Activity 4

Discussion

Is there a space for exploring faith in Jesus in the online/on screen world? Would you use it? How could it work? What would make you want to use it?

Please capture your thoughts on post it notes or a flipchart sheet.

Facilitators please photograph the responses.

Facilitators- we would welcome any of your reflections on the group discussions if you would like to add a couple of paragraphs. Please do add anything on your experience of facilitating these activities and how the young people took part in this process.



This process is a trial. We hope to do it again and are keen to find other groups of young people to set the agenda question and devise the resources to share with their peers. Do contact Angela Brymer angela.brymer@yorkdiocese.org to find out more if your young people might be interested to be involved.

We'd like to thank children and young people at

St Oswald's Sowerby

St Helen's Welton

St Peter's Norton

GROW 2025

Hull Minster

and Selby Abbey for taking part and sharing their experiences, views and thoughts.

We'd particularly like to thank Reuben and Beth for devising the resources and Ted, Bobbie, David and Beth for looking at the responses and helping to bring the information together for the report- they've all worked really hard and done an amazing job.

