

Introduction

Boys Co-Creation was a mental health workshop aimed at understanding and learning about the key challenges boys face in mental health and wellbeing; and how organisations can work with them to address those challenges. Insight gathered will be used to develop a new programme within the Youth Sport Trust.

Data Collection

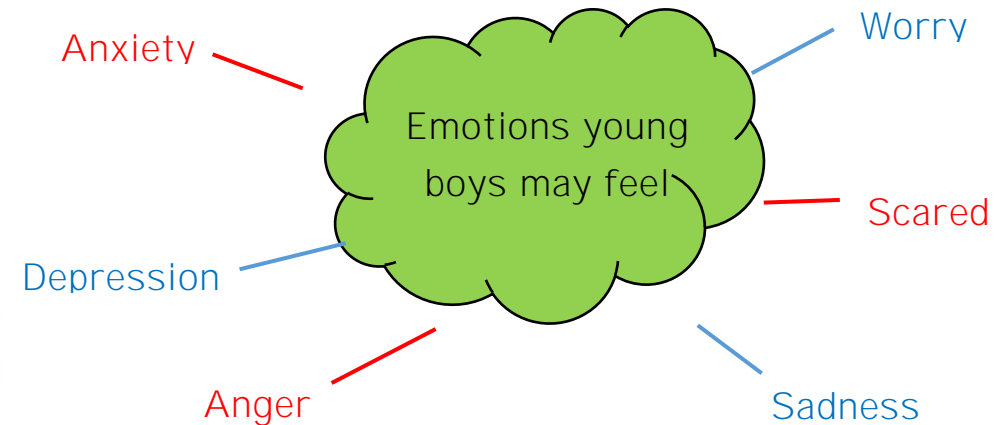
A variety of interactive activities including presentations, discussions and mind-maps were used to help understand the key challenges young boys face in today's society. Data was gathered around a variety of topics including:

- **Stresses young boys face**
- **Barriers that prevent positive well-being / mental health**
- **Emotions linked to these barriers**

What makes young boys stressed?



What should sport look like?



What barriers prevent young boys from having a positive mental state?

