

PARTICIPATION ADVISORY GROUPS EXECUTIVE SUMMARY

A year in review 2025-2026



 brook

A YEAR IN REVIEW 2025-2026

This end-of-year report captures the experiences, learning and impact of Brook's Participation Advisory Groups (PAGs) across the full year, building on the mid-year review. Using the Lundy Model of Participation (Space, Voice, Audience and Influence), it assesses the quality, consistency and impact of participatory practice. Overall, members reported a strong sense of safety, value and pride in their involvement.

"I learnt that my opinions and words are valued and taken into account."

– 16–19 PAG member

ABOUT THE PARTICIPATION ADVISORY GROUPS

The Participation Advisory Groups are age-specific groups of up to 40 young people and adults from across the country. The foundation of their work is co-designing meaningful sexual and reproductive health projects that reflect what matters most to them. Groups met quarterly and frequently worked outside sessions to develop content and outputs.

Participation at Brook looks completely different today, and that change is because our Participation Advisory Groups. Their honesty, challenge, creativity, and commitment have transformed how Brook works. PAG impact is visible everywhere: in governance, in co-designed resources, in services shaped by lived experience, and in the relevance and inclusivity of our work.

PAGs represent Brook far beyond their projects, speaking at conferences, influencing policymakers, contributing to research, and even taking their voices to Parliament. They design sessions, strengthen resources, and create work that leaves a lasting legacy. Participation is now woven into the fabric of Brook because PAG members are trusted as partners, leaders, and changemakers. We are incredibly proud of the PAGs, and grateful to our Participation Committee and its chair, for ensuring this participation work stays at the centre of Brook.

PAG PROJECTS

This year's co-designed projects included:

- 16-19 PAG: A KS5 lesson plan on pornography
- 20-24 PAG: Feel Scene, a social media campaign exploring how media portrayals of sex, relationships and identity shape real-life expectations
- 25+ PAG: Web content and social media posts on adult pleasure, supporting busy adults to prioritise pleasure, balance and connection
- Parent/Carer PAG: A webinar on the Brook website supporting parents to talk with children about developing bodies and feelings (Blog will be ready soon)

“Seeing it come together was a highlight – it’s a tangible legacy that can be viewed in the future.”

– Parent/Carer PAG member

Alongside group projects, PAG members contributed to research, policy, strategy, safeguarding, campaigns, accessibility reviews and external engagement, demonstrating the breadth and value of lived experience in shaping Brook's work.

This Year Key highlights include:

- **Research and evidence:** PAG members joined workshops supporting menstruation research and helped design participatory research methods for the newly awarded Imperial College London Kickstarter Funding project.
 - **Strategy and organisational development:** PAG members supported Brook with the development of the new organisational strategy and took part in codesign workshops to inform Brook's successful Youth Endowment Fund application.
 - **Policy and safeguarding:** Brook's 16–19 committee member presented at the All-Party Parliamentary Group (APPG) on youth sexual and reproductive health services. The safeguarding team delivered a workshop gathering views on the Crime and Policing Bill, including the proposed mandatory reporting of child sexual abuse (CSA). These discussions centred young people's rights, safety and concerns.
 - **Campaigns and communications:** As well as supporting various health awareness campaigns throughout the year, PAG members supported Sexual Health Week by writing social media content, as well as creating videos for Brook's social media platforms.
 - **Accessibility and digital inclusion:** PAG members reviewed Brook's webpages to user test accessibility and identified improvements.
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- External engagement and influence:

- Brook's 16-19 committee representative attended Hay Festival to contribute to a panel discussion, 'My Body, My Right', chaired by Stacey Dooley, alongside leading voices in reproductive rights.

- Faustine Petron and Ithar Ghalifa from Make It Mandatory attended a 16-19 PAG meeting to share learning about mandatory RSE post-16 and hear about the 16-19 PAG project work.

- A 16-19 PAG member attended a stakeholder event led by The London School of Hygiene & Tropical Medicine (LSHTM) on reproductive healthcare access, with learning shared with the Department of Health.

Together, these activities reflect PAG members' contribution to shaping research, influencing policy discussions, improving accessibility and amplifying young people's voices across Brook and beyond.

VALUE AND BENEFITS OF PARTICIPATION

Members consistently highlighted personal, professional and social benefits, including growth in confidence, communication skills and self-belief. Many noted that participation strengthened CVs, UCAS applications and future career aspirations. Practical benefits included access to Brook training, a university-led careers workshop, funded opportunities, online social events and formal recognition through certificates.

"It exceeded my expectations... I've really been able to grow myself through this experience."

– 20-24 PAG member

KEY FINDINGS

Brook's participation offer

- Members overwhelmingly felt safe, supported and listened to
- Participation was flexible and respectful of other life commitments
- Participation opportunities were experienced as meaningful, with tangible outputs
- Members reported significant learning, confidence and skills development
- Some members identified the need for clearer feedback on outcomes and wider influence

PARTICIPATION QUALITY (LUNDY MODEL)

- Space: PAG spaces were welcoming and inclusive, supported by clear facilitation and multiple ways to contribute
- Voice: Members felt confident expressing views and valued varied participation formats

“I was able to share ideas through various forms... sessions were always very clear.”

– 20–24 PAG member



- Audience: Most felt their views reached the right people, with transparency about limitations
- Influence: Members expressed pride in seeing projects completed and believed their input made a difference

“We made a positive impact... talking about issues that aren’t widely discussed.”

– 20–24 PAG member

LEARNING, AND NEXT STEPS

Across the year, members described learning in confidence, teamwork, media literacy, safeguarding and understanding sexual health systems. Impact was often framed as cumulative and long-term, particularly through starting important conversations and creating accessible resources.

“Hopefully got people to think, feel seen and learn a little something.”

– 25+ PAG member

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What worked well across the year

- Flexible participation without pressure or judgement
- Facilitation that adapted to members' strengths and needs
- Values led practice that reflected Brook's commitment to meaningful participation
- Opportunities that felt purposeful rather than tokenistic
- Strong facilitation, pacing and clarity
- Pride in producing a resource that felt relevant and accessible
- Appreciation for Brook's clear communication and expectation management throughout

“There has been a definite improvement in this recently and it is really appreciated! We always get a timeline for what is happening next with any workshops we have done.”

– 20-24 PAG member



Suggestions for future PAGs (2026)

Members suggested:

- Earlier sharing of key dates and planning milestones
- Stronger reinforcement of ground rules including respectful challenge and confidentiality to bolster the PAG safe space
- Quicker feedback on outcomes and longer term impact
- Continued variety in ways of contributing
- More engagement of parent/carers audiences

Learning from this evaluation will inform the 2026 PAG programme, with a focus on strengthening feedback loops, improving outcome communication and continuing inclusive, flexible participation models.

“Every year gets better and better, and the opportunities are always so interesting and engaging.”

– 20–24 PAG member

THANK YOU

Thank you from our trustees, CEO, Executive Team, and everyone at Brook to every PAG member, past and present. Your time, energy, courage, and leadership have shaped Brook into the organisation it is today, and your voices will continue to shape our future.

We are excited to see what innovative projects the PAGs work on during the next year.