

APRIL 2025



Research report

**Qualitative research analysis for
PLATFORM NEXT**

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1. Introduction

Welcome to the research report of Platform Next – a collaboration born from the shared belief that young people in Houten deserve representation and opportunities to develop socially, culturally, and personally. This report marks the first step towards a future in which cultural and sport organizations work together and from a shared vision and strategy, so that every young person in Houten finds a space where they feel seen, heard, and supported to grow.

At the moment of writing of this report, the organizations taking part in Platform Next are Shine, Theater Aan de Slinger, vanHouten&Co, and Sportpunt Houten. The Platform also receives support from the municipality of Houten as well as other related instances such as Sociaal Team Houten. As the Platform evolves into its next phase of development, the partner organizations may reach out to additional collaborators for specific projects and/or support.

Platform Next is made possible thanks to the financial support of several cultural and social innovation funds, as well as through substantial investments from the partner organizations themselves. However, this is only the beginning. If this collaboration proves successful over the next two years, the long-term sustainability of the youth ecosystem must be secured through structural funding—particularly from the municipal care and social support budgets.

The findings in this report are based on local and national data, individual questionnaires and interviews with workers from the partner organizations, and a first analysis of the existing youth offerings in Houten. This document serves as a foundation for future action and joint decision-making.



2. About Platform Next

Why this collaboration?

Platform Next is a joint initiative by Shine, van Houten&Co, Theater Aan de Slinger, and Sportpunt Houten. They represent the largest organizations in Houten, The Netherlands, providing sport and cultural activities for youth, and together, they aim to build a sustainable ecosystem with a focus on prevention, participation, and inclusion.

Engaging in sports and cultural activities plays a crucial role in fostering mental health resilience among young people. These activities not only promote physical well-being but also offer significant psychological benefits, helping youth navigate life's challenges with greater strength and adaptability.

Participation in sports provides young individuals with structured opportunities to develop resilience. Through regular physical activity, the body releases endorphins—natural mood boosters that can alleviate symptoms of anxiety and depression. Sports teach valuable life skills such as discipline, teamwork, and perseverance. These experiences help youth handle setbacks, whether it's losing a game or struggling to improve a skill, thereby building emotional resilience. Cultural activities, including arts and heritage practices, offer young people a means of self-expression and connection. Additionally, exploring different cultures can enrich lives by broadening perspectives, reducing stress, building resilience, encouraging mindfulness, strengthening social bonds, and promoting personal fulfillment. Celebrating cultural diversity and identity can also positively influence mental health experiences, affecting aspects such as stressors, resilience factors, and access to mental health resources.

Beyond individual benefits, sports and cultural activities contribute to societal well-being. They promote social cohesion, reduce antisocial behavior, and enhance community engagement. By participating in these activities, young people not only improve their mental health but also develop a sense of belonging and purpose, which are essential for overall well-being. In summary, integrating sports and cultural activities into the lives of young people is vital for nurturing mental health resilience. These activities provide avenues for self-expression, emotional growth, and community connection, equipping youth with the tools to face life's challenges with confidence and strength.

It is from this understanding that Platform Next has been initiated in January 2025, and the member partners are aligned behind the following shared vision and objectives:

- Strengthen mental resilience of young people
- Stimulate youth participation and ownership
- Provide accessible activities for all youth subgroups



- Build a united and sustainable, community-supported youth infrastructure

The starting point for Platform Next has been defined as a comprehensive joint research to determine:

1. What is currently on offer to youth groups in Houten by each and all partners (activities, facilities, and communication)
2. How do the activities and focus of the partner members relate to figures and signals regarding the well-being of young people in Houten, and
3. If and how the above aligns to national figures in the field of mental health, trends and youth participation

The results of this research, outlined in this report, shall provide the basis for the partner members to (better) connect to the needs and trends among young people in Houten. The next step would then be the definition of a concrete implementation plan for the next two years, leading to a sustainable infrastructure where all young people feel represented and supported.

Under this framework, the report below will focus on the following:

Key research questions:

- Which young people are partner members currently reaching – and who are they not?
- What is the state of mental health among youth in Houten and does that align with national trends?
- How do the current local initiatives align with national trends and youth needs?
- What challenges and barriers have been identified, and what are the opportunities for a more efficient and inclusive offering?



3. The Partners

Shine

- **Mission:** Cultural empowerment, inclusion, and youth participation
- **Structure:** Board of Directors (4), main team (4), teachers connected to Shine (4), volunteers and interns (variable over the year, ~3-5)
- **Target group:** Ages 12–27
- **Activities:**

Shine is mainly known for its courses in dance, theater and other forms of stage performance. Next to those, they also provide a regular space for youth to meet and exchange knowledge and experiences on specific topics. Below is a small summary of the activities available at Shine and how they are classified based on engagement-level:

- **Receptive:** theatre and dance performances, queer events such as Coming Out Day and Purple Party, Shine-Time (including special themed-editions)
- **Active:** courses such as dance and theatre classes, and workshops and specific days in collaboration with schools and/or other partners
- **Participative:** youth-led events or special editions of Shine-Time, and the Youth Advisory Board (Jong Houten)

van Houten&Co / Enter

- **Mission:** Social-cultural connection and talent development
- **Structure:** Under the umbrella of vanHouten&Co, there is a specific group Jongerenwerk Houten, and their activities are physically based on the youth center Enter. These also work in close collaboration with the local instance of a national initiative called Join Us.

Director (1), team lead (1), youth workers (5)

- **Target group (youth focused):** Ages 10-25. While in principle there seems to be no particular target sub-group, youth center Enter is known as a space for youth with a smaller social circle or who often struggle with social isolation, as well as those with behavioral challenges.
 - **Receptive:** themed nights and school parties
 - **Active:** breakdance, vacation programs, drawing and creative clubs, 'ik wil in een band' programs, specific Join Us activities



- **Participative:** youth has the opportunity to organize events at Enter, but this is currently not a reality in the work floor

Theater Aan de Slinger

- **Mission:** Cultural education and stage for young talent
- **Structure:** Under the large offering of the theater, specific events and activities are targeting youth. Specifically for youth work, approximately 1FTE is available spread across the personnel.
- **Target group (youth focused):** All ages. Depending on activities and shows, different age groups are targeted.
- **Activities:**
 - **Receptive:** School performances including musicals, amateur theater, films, and festivals
 - **Active:** youth theatre school (JTS), workshops, programs in and in collaboration with schools
 - **Participative:** youth productions such as Monkeyfest

Sportpunt Houten

Sportpunt Houten is a partner member who does not directly provide activities for youth, but represents the wider spectrum of sport facilities and activities available in Houten for all ages, including young people.

- **Mission:** Stimulation of sports in Houten through association support, connection, knowledge sharing and cooperation
- **Structure:** Team lead (1), team members (4)
- **Target group (youth focused):** All ages. All residents can go to Sportpunt Houten with question on sport offering in Houten.
- **Activities:** Sportpunt Houten does not provide activities for youth directly.

For more detailed information on the organizations and their activities, please find Annex 1 of this report, containing the individual responses of each partner organization to the shared questionnaire provided by lead partner Shine.



4. Current activities & reach

Young people in Houten find their way to various youth organizations, often participating in multiple initiatives. For example, some of the same young people who engage with Enter also volunteer behind the bar at Aan de Slinger or are active at Shine. This natural flow between organizations shows that partners know how to find and reinforce each other.

Together, these organizations create cultural, creative, and social development opportunities for a wide group of young people. They encourage self-organization and participation, reaching a diverse and substantial audience. Through events like ShineTime, Queerhouse, Café nights, Join-Us, and activities at Aan de Slinger, they offer **safe meeting spaces**. Young people can also develop their talents through theater and dance classes, music performances, and workshops, and make use of **free spaces** like dance studios, band rooms, and workspaces. One-on-one coaching and personal guidance are part of the support offered.

Collaboration with local schools — Heemlanden, Het Houtens, Yuverta, and Berg & Bosch — strengthens their reach. Through joint initiatives like Coming Out Day, Dansende Woorden, and Gluren bij de Buren, hundreds of young people are engaged each year. Shine and Van Houten&Co also maintain an **outreach presence during school breaks** and work with the Youth Advisory Council to bring young people's voices into policy-making processes.

Total reach

To better understand the nature of engagement, activities have been categorized into three types: **passive**, **active**, and **participative**. *Passive* activities involve attending or observing, such as watching performances, joining film evenings, or being part of an audience during events. *Active* activities require more direct involvement — for example, taking part in dance or theater lessons, workshops, or sports. *Participative* activities go a step further, where young people help organize, design, or lead initiatives themselves, such as volunteering, co-creating events, or participating in youth advisory councils. This categorization helps clarify the level of involvement young people have across the different programs offered.

Based on the data provided by each partner, below an estimation of how many young people are reached by type of activity organized. It is important to note that there is likely a large overlap between the youth reached with each organization, but also within the different activities within each organization itself. Some measures have been taken to account for overlap *within* organizations, but it is not possible to make realistic assumptions for *between* organizations. A full explanation of how the estimates have been computed can be found in Annex 2.



Table 1. Estimates on number of unique attendees per type of activity. Source data is available in Annex 1, and the detailed explanation of the final estimates are found in Annex 2.

Organization	Passive (Receptive)	Active (Participation)	Participative (Self-organizing)
Shine	2.000	105	25
Theater AdS	2.620	2.500	10
vanHouten&Co	93	335	30
Sportpunt Houten*	-	5.211	-
School projects (collab with AdS)**	1.720	287	-

*Sportpunt Houten does not provide activities themselves, but the total number of young people with a membership to at least one sport organization in Houten has been provided.

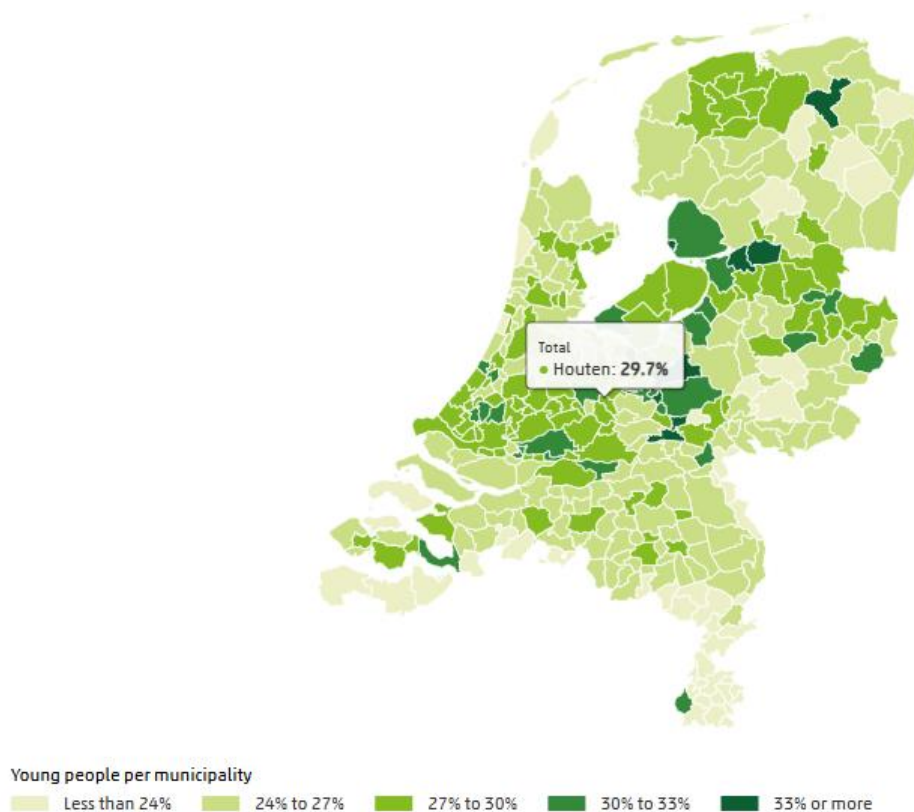
**School project participations are presented separately to avoid overcounting, as there is likely overlap with participants already reached through Shine, Theater aan de Slinger, and vanHouten&Co activities.

5. Youth in Houten

High youth ratio

Houten has a relatively large young population compared to the national average, with a 29.7% of the total population falling in the age categories between 0-24 years old. Next to that, Houten has a youth ratio of 42.8%. This means that there are ~43 young people aged 0-20 years for every 100 inhabitants aged 20 to 65. This proportion is substantially higher than in the Netherlands as a whole (35.4 %).

Young people per municipality, 2024



Unfortunately, there is no specific data available for the age range targeted by the partner members themselves (10-27 across members). However, making use of the available data, one can **estimate that approximately 12.000 young people between the ages of 10-27 years old live in Houten.**



Table 2. Population distribution across districts, and estimation of the target population (ages 10-27). Source data is found in Annex 3, and a detailed explanation of the methodology followed to obtain the estimates of the target group can be found in Annex 2.

District	Total population	0-15	15-25	25-45	10-27 (estimated %)	10-27 (estimated total)
Houten Noord-West	13.714	16%	11%	21%	19%	2.619
Houten Noord-Oost	10.326	15%	11%	25%	20%	2.101
Houten Zuid-West	10.690	21%	14%	24%	26%	2.821
Houten Zuid-Oost	10.655	19%	14%	23%	25%	2.621
Houten Buitengebied	4.313	17%	12%	20%	20%	878
't Goy	1.000	11%	14%	18%	19%	188
't Goy Buitengebied	1.000	13%	19%	15%	23%	231
Tull en 't Waal	1.000	10%	13%	21%	18%	176
Tull en 't Waal Buitengebied	1.000	15%	8%	23%	18%	183
Schalkwijk	1.000	15%	13%	21%	21%	216
Schalkwijk Buitengebied	1.000	10%	15%	14%	20%	205
Total	55,698	17%	14%	22%	22%	12,239

Geographical specificities

It is noticeable that youth is more prevalent in the South districts compared to North districts, and when focusing on specific neighborhoods, we can also see Castellum coming up with a higher proportion of youth compared to other neighborhoods. There is also a noticeable difference in the migration background across districts, with Houten Noord-Oost and Zuid-West having the highest relative proportion of non-western migration background

compared to other areas of Houten (46% for Noord-Oost and 45% for Zuid-west, compared to 36% and 35% for Noord-West and Zuid-Oost, respectively).

While these might seem to be small differences, it might be relevant to consider them in relation to the location of the different youth centers and activities for youth in Houten. Despite Houten being a very green and cyclable municipality, youth might be more inclined to take part in activities closer to their home or school than otherwise, and their awareness of the available locations and activities might also be higher the closer they are to it themselves. At the moment, the partner organizations are all centered around Houten Noord, and in view of the upcoming need for relocation for Shine, for example, geographical spread might be an important variable for consideration.

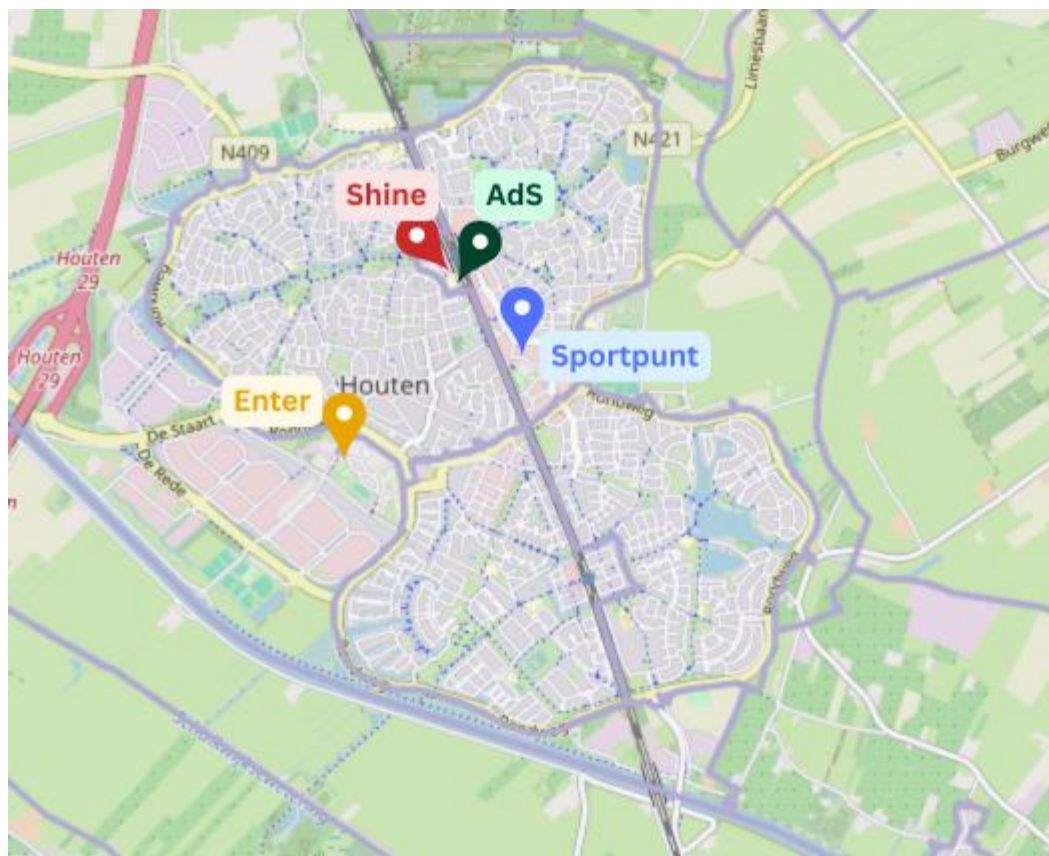


Figure 1. Map of Houten with location of partner organizations.

In the next sections we will explore mental health reports, which will also dive into possible differences amongst the different background characteristics.



6. Mental Health of Youth – Local and National Picture

National data

The mental health of teenagers and young adults is deteriorating, more so than that of adults. The decline has been especially noticeable since the coronavirus period. Girls and young women have worse mental health than boys and young men. Young adults have worse mental health than teenagers. However, teenagers are also getting closer to adults in terms of, for example, the percentage with psychological issues.

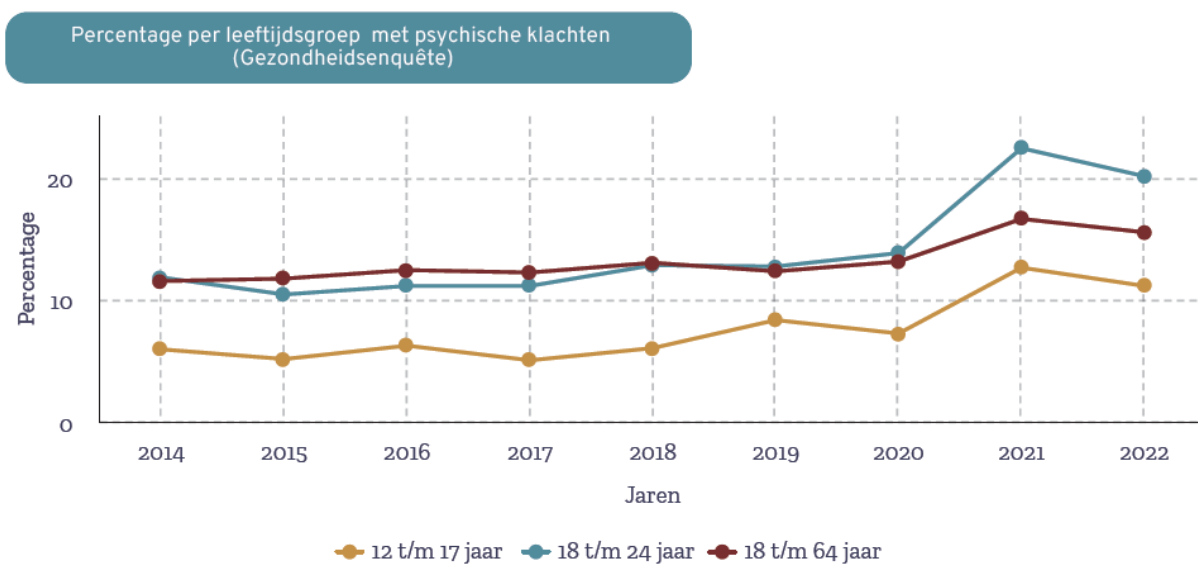


Figure 2. Temporal evolution of the percentage of youth (split by age category) reporting psychological complains. Source data: "Factsheet mentale gezondheid jongeren en studenten - Verwey-Jonker Instituut".

At a national level and across multiple research sources, it has been determined that **1 in 5 young adults (18-24) has psychological complaints. Girls and young women are especially at risk**, showing much higher vulnerability (up to 27% more) to mental health challenges than their male counterparts. This increase has been linked to the pandemic, and there are noticeable remnants of that period, despite the factors around psychological complaints having slightly shifted since the coronavirus period.

For example, (academic) performance stress had been low for a long time in the Netherlands, when compared to other wealthy countries, but has been increasing for the past years. **In 2021, the percentage of students experiencing performance pressure due to schoolwork in primary and secondary education was more than three times higher than in 2001.** It is likely that after an intense period of recovery from either suspended or

modified (online) activities at school, the pressure to deliver on the 'lost time' has helped aggravate an already existing stressful factor.

Another important factor is the social media use among teenagers. **Problematic use of these platforms has increased between 2017 and 2021**, and girls, students with a migration background, and VMBO students show more problematic media use and have more intensive online contact than others. In addition, these platforms can help exacerbate bubbles and inflate discriminatory behavior between different groups, which further increases the spaces for young people to experienced discrimination. **Both online and offline discrimination among young people with a migration background is increasing in the Netherlands**; many young people are dealing with this, which has been clearly linked with mental health challenges.

Local trends

Local research and reports show that Houten trends are very much in line with national reports. In addition to data highlighting the known higher risks for girls, **non-binary youth are particularly vulnerable, with a risk of psychological distress that is eleven times higher than the average**. Interestingly, it seems that there is no *consistently* significant difference in mental health challenges based on background, suggesting a possible socio-cultural factor in how these issues are reported. For example, cultures that are more closely tied to family and friends may offer more social strength, as young people rely on their own networks within their communities. However, these same youth may report fewer issues due to stigma or a lack of recognition of their own struggles.

Figuur 1: Percentage jongeren met psychische klachten (MHI-5 <=60) naar achtergrondkenmerk

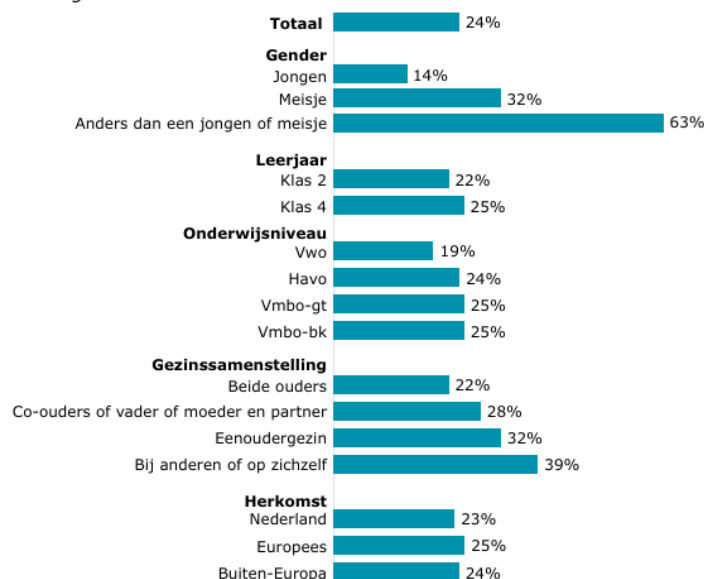


Figure 3. Percentage of youth with psychological complaints based on demographics and background factors.



Looking deeper into gender differences, one notable finding is the **significant gap in protective factors between boys and girls. For instance, the ability to turn to someone when feeling troubled or worried shows a much stronger protective effect for girls (OR 10.3) than for boys (OR 6.3), underlining the importance of social support in managing mental health.**

Research and reports have become more readily available after the pandemic, largely due to concerns about the impact of social distancing and the lack of social spaces during a crucial developmental period. The rise in mental health issues and loneliness could still be lingering effects of the pandemic, although youth is showing signs of recovery. However, some stress-related challenges remain, as over two in five young adults report feeling stressed frequently. **The primary sources of stress include school (65%), work or side jobs (44%), and self-imposed expectations (42%).** Additionally, nearly three in five young adults experience performance pressure from either themselves or others. Despite a **decrease in loneliness from the previous year, nearly 20% of young adults still report feeling highly lonely.** Excessive social media use further exacerbates existing mental health challenges, with 28% of young adults at risk for problematic social media use. This is particularly due to effects of online bullying, discrimination, and polarization. Platforms like Instagram, TikTok, and Snapchat expose adolescents to idealized images and curated content, fostering feelings of inadequacy and low self-esteem through constant social comparison. Marginalized groups also are disproportionately affected, facing higher rates of online harassment and discrimination, which exacerbate mental health issues. Additionally, social media algorithms often create echo chambers, reinforcing existing beliefs and contributing to group polarization, which can lead to increased social division and stress among youth. These factors collectively underscore the complex relationship between social media use and the mental well-being of young individuals.

On a more positive note, resilience has emerged as a key protective factor for mental health. In 2024, 61% of young adults report recovering quickly after a difficult period, an increase from 55% in 2022. Moreover, the percentage of young adults who are resilient has risen from 81% in 2022 to 83% in 2024. Physical activity is also a strong factor in mental health, with more young adults exercising regularly. The percentage of those who exercise at least 30 minutes daily increased from 25% in 2022 to 29% in 2024, and those who exercise weekly increased to 76%.

In conclusion, while the mental health of young people in Houten and the broader region is of concern, there are several protective factors, such as social support, a healthy lifestyle, and access to safe spaces, that can help mitigate these challenges. Additionally, the increasing resilience and active lifestyles among young adults offer hope for improving mental health in the future.



7. Are We Reaching the Right Youth in Houten?

Together, the three partner organizations in Houten work to offer cultural, creative, and social development opportunities for young people, promoting both independence and social cohesion. Based on reported attendance figures and available activity logs, it is clear that **a large and diverse group of youth is currently being reached** (see Table 1). Although overlapping data makes it difficult to estimate an exact percentage of the total youth population involved, the overall picture shows that **young people in Houten are actively engaging with the offerings provided**.

However, one of the persistent challenges is the **lack of structured and consistent data collection**. Demographic and background information about participants is rarely captured, and several activities have no formal attendance registration. As a result, we are left with only rough estimates of reach. Implementing a shared, minimal data collection strategy across all partner organizations could support tracking effectiveness, measuring progress, and tailoring outreach to reach more specific or underrepresented sub-groups.

Several trends have emerged through conversations with each organization. Shine reports an approximately equal gender split across its activities, though it tends to attract a relatively higher number of queer youth and offers programs that generally see greater participation from girls and young women. In contrast, Enter appears to engage a higher proportion of boys and young men — likely because many of its activities, particularly during school vacations, are sport-related. Sportpunt Houten also shared data on youth sports club memberships in Houten, disaggregated by gender. While the data shows a significantly higher proportion of male members, this is likely influenced by the exclusion of dance schools from the report, as they are not officially classified as sports organizations.

Interviewees commonly noted that certain sub-groups remain harder to reach — including youth with a migration background, home-schoolers, and more socially confident groups like the so-called “popular kids.” An important dynamic also emerged around how the **current attendance patterns may unintentionally shape the public image or “branding” of each organization**. For instance, Shine is known as a safe space for queer and neurodiverse youth. While this clearly benefits those who identify with those groups, it may unintentionally create a barrier for others who do not see themselves represented. Similarly, Enter — perhaps due to its collaboration with Join-Us — is sometimes perceived as a place for youth without a strong social life, which could deter others from participating out of concern for how that association may be perceived.

Aan de Slinger also reported challenges in reaching young people who are no longer in school, largely due to the communication channels currently used to promote activities. Similarly, they find it difficult to engage youth living outside the main *rondweg* area for the same reason. It's important to highlight that the number of young people beyond school age



in Houten is increasing — partly due to housing shortages, which leads many to stay longer in their parental homes. This subgroup is often underserved within the municipality and tends to seek activities and opportunities outside of Houten.

8. Challenges and Opportunities

As partner organizations continue to engage a wide array of young people in Houten, several underlying challenges and opportunities emerge. While much is already being achieved, questions around inclusivity, visibility, and sustainability remain central. This section explores the strategic decisions, practical barriers, and untapped potential that can shape a more effective, accessible, and inclusive youth landscape in Houten — one that meets young people where they are and reflects the diversity of their needs and identities.

Awareness & branding

The natural differentiation and branding of each organization, while not premeditated, raises a strategic question: **should each partner organization embrace the natural differentiation that has developed, or aim to broaden their appeal?** What would each path mean for the youth currently engaged, and for those who have not yet found their place? It's worth exploring whether we they preserve safe spaces for certain groups — such as queer youth or those with limited social networks — while also ensuring that a broader cross-section of Houten's youth feels welcome and included.

Awareness and visibility more generally remain critical issues. Word-of-mouth is still the most effective method for reaching new youth, but it isn't sufficient on its own. **In today's media landscape, platforms like Instagram and TikTok are not luxuries — they're necessities for engaging young people.** Clear, engaging content on social media and well-designed websites are vital. Some of the partner organizations already invest in social media efforts, with varied success, while others find it challenging to speak the language of the youth and make their offerings attractive to this specific target audience. In particular, the results of the 2023 survey from Theater Aan de Slinger showed that **young people frequently requested services or activities that are already available in Houten** – from theater workshops to hangout spaces and events. This is a clear confirmation of the **visibility gap** that is currently at play.

Linked to the above, it is important to consider how easy it is for someone to join a specific activity, from a practical standpoint. Specifically for activities that require registration such as workshops and courses, **ensuring ease of registration might be playing an important role.** With attention spans shrinking, even small steps like sending an email for more information or registration can deter participation. Next to that, it is noted that a frequently



used approach for raising awareness and promoting activities is the physical presence at schools. While helpful, the specific way in which activities are promoted in schools should be further investigated. Simple posters are no longer enough to attract new audiences. Those already interested will find a way, but to truly grow awareness, organizations need to meet young people where they are.

Financial component

While partner organizations strive to keep participation costs low, these can still pose barriers, particularly for minority and non-Dutch-background families. Fortunately, several local initiatives, such as Stichting Leergeld, Sport & Cultuurpas Houten, and the U-pas, offer financial support. However, these resources are often underutilized, in part because accessing them requires time and initiative from the participant itself.

For example, Stichting Leergeld reported having €148,621 available for the year 2023 and only spending €139,308, reaching a total of 673 kids (41 kids with cultural activities, and 139 with sports – remainder was supported for different activities/needs). There is clearly more investment available for families to make use of, and **partner organizations could play a stronger role in raising awareness of the available options** — for example, by promoting them more prominently on social media and websites — to ensure youth know that support exists without needing to actively ask for it, which can itself be a barrier.

Bottlenecks

One particular aspect that has been highlighted by partner organizations is that facilities and staffing also present ongoing challenges across the board. The partner organizations offer a wide range of valuable services, including safe meeting spaces (e.g., ShineTime, Queerhouse, chill evenings, Join-Us, Aan de Slinger), talent development (e.g., theater, dance, music, workshops), and access to spaces like dance studios and band rooms. However, each organization faces their own limitations. Enter, for example, will be undergoing renovations starting around the summer — a development that holds promise for improved facilities but raises the question of where they will operate in the meantime and what this temporary relocation could mean for their reach. Shine, on the other hand, will need to relocate in the near future, and currently deals with infrastructural issues such as insufficient heating during winter. With a quickly evolving landscape, partner organizations could take the time to consider geographic distribution in their future plans - and if all three organizations remain concentrated in one area, then **pop-up locations or mobile activities could be explored to expand outreach across the municipality**.

On the staffing side, the shortage of personnel is also a known issue. Coaching and supervision are critical to youth development, but require time and people. Shine, for example, operates with only 1.2 FTE, often lacking the capacity to provide the desired level



of guidance. Aan de Slinger, although working with a broader team, has just 1 FTE focused specifically on youth. The youth workers at vanHouten&Co also report high workloads, managing their responsibilities with only 4 FTE.

These limitations highlight the need for stronger collaboration between organizations. A more integrated strategy could help alleviate pressure points by allowing staff to share workloads and develop a unified public identity. Although such a joint approach would require an initial investment of time and coordination, the long-term payoff could be more efficiency, greater reach, and more room to innovate and expand.



9. Recommendations & Next Steps

While youth in Houten are active — particularly in sports and in-person socializing — there is still a missing shared “social glue” that transcends peer groups, backgrounds, and interests. Partner organizations are well positioned to respond to this by co-creating inclusive, flexible spaces and events that resonate with youth today and remain adaptable to the youth of tomorrow.

Data-driven strategy

One concrete suggestion for moving forward would be to launch a **joint data-driven effort**, starting with a joint and short questionnaire to better understand the current position of each organization amongst youth. Questions might include: Which organization(s) do you know? Have you ever participated? How did you find out about it? What made you join — or not join? What types of activities are you missing? A similar questionnaire has been collected by Aan de Slinger in 2023 (Annex 3), with already valuable insights. However, coupled with a strategy to regularly collect data (such as basic demographics and feedback on activities), this way of working could greatly contribute to Platform Next’s ability to efficiently and continuously deliver on its goal of providing accessible activities for all youth subgroups under a united and sustainable, community-supported infrastructure.

Systematically collecting this type of information can also be beneficial to coordinate efforts with the municipality and mental health institutions. By knowing exactly which individuals take part in specific activities, and how they transition between organizations and events, one can better support their continuous development and make more well-informed decisions on necessary interventions and guidance. Of course, such a strategy requires both financial means and processes that follow and ensure the necessary protection of privacy.

Diversify offerings

In addition to popular activities like sports and socializing, many young people in Houten actively engage in cultural pursuits such as dance, music, and theater lessons. However, the large overlap in offered activities across the organizations also means **certain interests are likely not being tapped into**.

One of the main challenges on that front is the **diversity and rapid shifts in youth interests**. Regular courses can be too daunting or too strong a commitment for someone who does not yet know what they like and just want to explore, and unique activities can be a great success one edition and completely fail to attract attendees the next time. In the survey of Aan de Slinger, the wide range of interests becomes clear — from Fortnite to drone flying — and highlights the need for flexible, adaptive programming. Particularly on that front, a **collaborative effort across Platform Next can be the key to success**. With pop-up



locations and a shared yearly calendar with different offerings, the partner organizations can **share the risks of investing on a new activity and jointly gain access to a wider population**, which can later join regular events at each of the organizations. Notably, gaming emerged as a prominent interest in the survey — mentioned by over 25% of respondents — pointing to opportunities to explore modern or hybrid cultural formats like game design workshops, e-sports events, or digital art. In addition, activities dedicated to mental health seem under-represented for youth specifically, such as yoga, meditation, breathwork and even boxing workshops focused on self-development and social interaction.

Some partner organizations have already started exploring the organization of unique activities to attract other sub-groups. These so-called **pilots are coordinated by young people themselves and can serve as a test-run, before a higher investment is made into incorporating it into the regular offering scheme**. One successful example is the Table Top Café organized by Shine, and two upcoming pilots under the theater umbrella (the InterActing course for improvised theater for youth with autism, and the Storytelling Crash Course for all youth into performance art). Other activities could include popular topics and interests such as social media marketing, a Canva or CapCut workshop, how to best use ChatGPT, a book club, stand-up comedy courses, workshops in financial literacy or a How To Organize Your Own Event crash course.

Another prominent comment from the survey was the **lack of appealing, youth-oriented social spaces (such as clubs, concerts, or casual nightlife options)**. It is known that large parties are organized by the partner organizations, and these are well attended. However, perhaps other, more regular, options can be considered. Alternative structures can be explored, such as early parties such as those becoming popularized for adults over 30 years old (fully during the daytime, or starting at 19h or 20h and ending before midnight for a good night sleep), or silent-disco style parties, which can cater to a diverse musical interest as well as reduce burden to neighbors during late hours due to the limited noise levels produced.

Not about them, but with them

Encouragingly, many young people who completed the Aan de Slinger survey indicated they would like to help organize events themselves, underlining **the value of co-creation and youth-led initiatives**. However, translating this interest into practice remains challenging. Youth workers at Enter report that while the website states that the majority of their activities is youth-organized and youth-led, the current practice is that young people join activities but do not actively engage in creating or (co-)organizing them. With the reports of increased pressure with school work and other stressors, it is quite possible that taking on a new and challenging task of organizing an activity is too much for some interested individuals. Another possible explanation is the lack of information and support in how to



get started – the task can seem too daunting when not knowing what it practically entails and how to go about it. Here is where workshops and individual coaching can be of help.

Shine is currently planning a dedicated yearly event specifically targeted to the past two challenges mentioned in this report – diversification of offering *and* involvement of youth in the (co-)creation of activities. The idea is to gather young people, mentors and inspiring examples and hold a pitch parade competition, where ideas for new activities are pitched by young people themselves and a selected number of them get the financial and personal support they need to create a successful pilot. This could be a great way to develop an ongoing platform of potential activities that can be tapped into at any time for specific pop-up activities and/or new regular events, while promoting active engagement from both the young people themselves and the surrounding community.

In addition, participatory infrastructure can be obtained by other means, for which the local youth advisory council Jong Houten is a good example. This group serves as a **bridge between young people and the municipality, actively contributing to local policy and social initiatives**. With 15 uniquely involved youth, Jong Houten has had contact with over 150 youth through events, meetings, and collaborations with Shine and Enter. Their impact is visible in contributions to the local culture policy, presence at the activities market, and direct engagement with policymakers and partners. Importantly, they are making conscious efforts to expand their reach, particularly toward young people with a migration background, physical disabilities, or from underrepresented communities. Embedding similar participatory practices across all partner organizations could strengthen connections to harder-to-reach groups and foster a sense of ownership and visibility among young people.



10. Conclusion

This report marks the first milestone in the journey of Platform Next — a collaborative initiative rooted in the shared belief that all young people in Houten deserve access to inclusive, engaging, and meaningful opportunities for personal, social, and cultural development. At its core, the platform aims to strengthen youth mental resilience, stimulate participation and ownership, and foster a sustainable and community-supported infrastructure for youth. To lay the foundation for this ambition, this first phase centered on answering key questions: What is currently on offer to youth in Houten? Who is being reached, and who is not? And how do local trends around youth well-being and participation relate to national developments?

The findings outlined in this report provide both clarity and direction. There is now a comprehensive overview of youth activity offerings across key organizations, including estimates of reach by type of engagement (passive, active, participative). Critical gaps have also been identified — in both audiences served and data collected — as well as barriers like visibility, access, and alignment with youth interests. While encouraging trends such as rising resilience and increased collaboration offer hope, unanswered questions remain. In particular, how can youth voices be structurally embedded in both programming and policy? And how can overlap be prevented while maximizing joint impact?

The next step is clear: co-create a concrete, two-year implementation plan rooted in shared goals, flexible programming, continuous data collection, and youth co-leadership. Only then can an ecosystem be built where all youth in Houten feel seen, valued, and supported.



11. Appendices

- Annex 1: Source questionnaires
- Annex 2: Methodology for participation estimates
- Annex 3: Links to all literature and data sources

Annex 1.

SHINE

Doelgroep en Bereik

- **Hoeveel jongeren (11-27) worden jaarlijks bereikt?**
 - **Receptief (kijkend):** ± 350 bezoekers bij de eindvoorstelling, 50 jongeren bij de première van *Above Clouds*; pride Utrecht; verbindingsproject; totaal 2000+
 - **Actief (meedoen):** 500 bezoeken aan ShineTime, met 55 unieke jongeren.
 - **Shine dagen / Verbindingsproject:**
 - Heemlanden: 180 leerlingen.
 - Houtens: 168 leerlingen.
 - Berg & Bosch: 80 leerlingen (2025).
 - Participatief (jongeren organiseren zelf): 20-30 jongeren per Queerhouse (4x per jaar), 10 jongeren in het Verbindingsproject, vrijwilligers betrokken bij organisatie van activiteiten zoals Queerhouse en de Coming Out Day.
 - Jongerenadviesraad (zie onder voor aparte paragraaf)
- **Kun je deze doelgroep onderverdelen in subgroepen (11-14 / 15-19 / 20-27 jaar)?**
 - 11-14 jaar: Deelname aan lessen (dans, theater, zang), ShineTime, schoolprojecten.
 - 15-19 jaar: ShineTime, Queerhouse, workshops, Pride-organisatie, FashionSwap, en Verbindingsproject.
 - 20-27 jaar: Vrijwilligers, organisatoren van evenementen, docenten in opleiding, productie van evenementen (bijv. documentaire achter de schermen).
- **Bereik je ook een jongere doelgroep (8-11 jaar) en hoeveel?**
 - Ja, via theater- en danslessen, circa 12 jongeren in deze leeftijdsgroep.
- **Kun je iets zeggen over de soort jongeren die je bereikt?**
 - Van welke scholen komen ze?
 - Heemlanden, Het Houtens, Berg & Bosch, Yuverta, Utrecht/Nieuwegein.
 - Uit welke wijken komen ze?
 - Geen specifieke data, maar zowel binnen als buiten Houten.
 - Wat is hun achtergrond?
 - Sociaal-economisch: Jongeren die minder aansluiting vinden op reguliere plekken.
 - Etnisch: Diverse achtergronden, gelijk verdeeld tussen jongens en meisjes.
 - Subculturen: Veel neurodiverse en queer jongeren, creatieve en dromerige jongeren.

Faciliteiten en Activiteiten

- **Welke activiteiten organiseer je op receptief gebied?**
 - Eindvoorstelling (350 kaarten verkocht).
 - Première Above Clouds (50 bezoekers).
 - Queerhouse (20-30 jongeren per editie).
 - Coming Out Day (40 jongeren, workshops, pubquiz).
 - Purple Party (50 jongeren, samenwerking met Enter & Heemlanden).
- **Welke activiteiten organiseer je op actief gebied?**
 - ShineTime (55 unieke jongeren, 500 bezoeken).
 - Dans- en theaterlessen (50 jongeren, 8-21 jaar).
 - Workshops:
 - ‘Cancel Culture’ door theaterdocent Emmely Hansen (> 20 jongeren).
 - Fake News en Kahoot Online Trends.
 - FashionSwap (21-22 deelnemers per editie).
 - Kerstdiner + Muziekquiz + Open Podium (40 personen, incl. docenten).
 - Murder Mystery (20 deelnemers, georganiseerd door jongere van 21 jaar).
 - Sinterklaasviering en kerstviering (25-30 jongeren per editie).
- **Welke activiteiten organiseer je op participatief gebied?**
 - Queerhouse (jongeren bedenken programma).
 - Organisatie Pride Utrecht (40 jongeren op de boot, gofundme-campagne door jongeren).
 - Vrijwilligers en jongeren adviseren over cultuurbeleid (Cultuurfeest workshop).
 - Jongeren denken mee over en doen mee aan evenementen zoals Dansende Woorden en Verbindingsproject.
- **Welke faciliteiten bied je aan jongeren?**
 - Veilige ontmoetingsplek (ShineTime, Queerhouse).
 - Podium voor expressie (open podia, eindvoorstelling, dans- en theatevents).
 - 1-op-1 coaching en begeleiding.
 - Vrij gebruik van werkplekken en danszalen.
- **Op wat voor manier bied je jongeren een podium?**
 - Jongeren organiseren open podia, events en culturele avonden.
 - Shine betreft jongeren actief bij productie en regie van evenementen.
 - Gebruik van sociale media voor jongerencontent.
- **In hoeverre draag je bij aan talentontwikkeling van jongeren?**
 - Lessen in dans, theater en zang.
 - Jongeren krijgen verantwoordelijkheid binnen ShineTime en Queerhouse.



- Mogelijkheid tot doorstroom naar partnerorganisaties en talentontwikkelingstrajecten (TableTopSessions).
 - **In hoeverre draagt Shine bij aan een preventieve werking?**
 - Shine biedt een veilige plek voor jongeren die elders geen aansluiting vinden.
 - Mentale gezondheidsthema's staan centraal, zoals zelfacceptatie, identiteit en inclusie.
 - Samenwerking met het Sociaal Team zorgt voor doorverwijzing van kwetsbare jongeren.
-

Algemeen

- **Wat is kenmerkend aan de jongerenpopulatie in Houten?**
 - -
 - **Hoe typeer je de Houtense jongerenscene?**
 - Creatief, divers, maar fragmentarisch: veel kleine groepen, weinig gemeenschappelijke plekken.
 - **Wat zijn de grootste uitdagingen?**
 - Jongeren blijven betrekken en vasthouden.
 - Meer zichtbaarheid creëren.
 - Jongeren met een migratieachtergrond beter bereiken.
 - **Welke ruimtes zijn er beschikbaar voor jongeren?**
 - Shine, Enter, Theater Aan de Slinger.
 - **Welke podia/optreedmomenten zijn er beschikbaar voor jongeren?**
 - Dansende Woorden, Sportgala, Uitmarkt, Gluren bij de Buren.
-

Communicatie

- **Hoe communiceer je met de doelgroep?**
 - Social media (Instagram, TikTok, LinkedIn, website).
 - Posters, flyers, en directe schoolbezoeken.
 - Persoonlijk contact via evenementen en bijeenkomsten.
- **Waar en hoe werf je jongeren?**
 - Via scholen, sociale media, flyers, samenwerkingspartners.
 - Directe outreach bij Heemlanden, Het Houtens, Berg en Bosch.
- **Welke jongeren zijn lastig te bereiken?**
 - Jongeren met een migratieachtergrond en jongeren met een fysieke handicap.



- **Hoe haal je de vraag op bij jongeren?**
 - Gesprekken bij ShineTime en Queerhouse.
 - Social media en enquêtes.
 - Informele gesprekken.
 - **Wat zie je als de grootste uitdaging in het bereiken van jongeren?**
 - Continuïteit in deelname en het bereiken van jongeren buiten de vaste groepen.
-

Partners

- **Met welke organisaties werk je samen om jongeren te bereiken?**
 - Sportpunt Houten (Queerhouse, Coming Out Day).
 - Sociaal Team (doorverwijzingen naar ShineTime, Queerhouse).
 - Van Houten & Co / Enter (Coming Out Day, Purple Party, vrijwilligers).
 - Scholen (Heemlanden, Het Houtens, Yuverta, Berg & Bosch).
 - Theater Aan de Slinger (Eindvoorstelling, Verbindingsproject).
 - Bibliotheek Houten (Kinderboekenweek).
 - Pride Utrecht (Queer jongeren varen mee).
 - **Wat levert deze samenwerking op?**
 - Groter bereik, meer inclusie en diverser aanbod.
 - **Welke organisaties zou je nog moeten/willen betrekken?**
 - Meer samenwerking met sportorganisaties en wijkinitiatieven.
-

En verder

- **Wat mist er volgens jou voor jongeren in Houten?**
 - Meer structurele plekken voor creatieve expressie, zoals muziekstudio's.

paragraaf: Jongerenadviesraad / Jong Houten

Jong Houten speelt een belangrijke rol in de participatie van jongeren bij beleidsvorming en maatschappelijke initiatieven. De raad functioneert als brug tussen jongeren en de gemeente en geeft advies over onderwerpen die jongeren in Houten aangaan.

- Unieke jongeren betrokken bij de Jongerenadviesraad: 15
- Gemiddeld aantal jongeren per vergadering: 8,6
- Jongeren die participeren in projecten en bestuur: 9
- Vrijwilligers: 6



- Aantal enquêtes en meningen opgehaald via Jong Houten: 50 jongeren (2x 25 enquêtes)

Contactmomenten en Bereik

- Jaarafsluiting Jong Houten: 30 jongeren aanwezig
- Activiteitenmarkt: 30 contactmomenten met jongeren
- Aantal jongeren in bijeenkomsten van Jong Houten: 150 jongeren
- Aantal jongeren buiten bijeenkomsten (via Shine/Enter): 50 jongeren
- Contactmomenten tussen jongeren en beleidsmedewerkers: 50 jongeren
- Contactmomenten tussen jongeren en andere partners: 40 jongeren

Bijdrage aan evenementen en beleidsontwikkeling

Jong Houten is actief betrokken bij de stem van jongeren in beleid en lokale evenementen. Belangrijke bijdragen in 2024-2025:

1. Beleidsadvies en stem van jongeren
 - Bijdrage aan cultuurbeleid via workshop op het Cultuurfeest (Shine x Jong Houten).
 - Enquêtes en gesprekken over jongerenparticipatie.
 - Activiteitenmarkt: Jong Houten vertegenwoordigde jongerenbelangen en voerde gesprekken met jongeren over hun behoeften.
2. Social Media en Communicatie
 - Volgers op Instagram: 258
 - Volgers op LinkedIn: 54
 - Abonnees op de nieuwsbrief: 52
 - Flyers en promotiemateriaal

Bubbels en Diversiteit binnen Jong Houten

Jong Houten heeft oog voor verschillende groepen jongeren en werkt aan een breder bereik:

- Sociale plekken voor jongeren: Enter, Shine, De Spot, Bibliotheek.
- Levensbeschouwelijke groepen: Lichtboog, Opstandingskerk, Islamitisch Cultureel Centrum.
- Sportorganisaties: Handbal Houten, SV Houten, Voetbalvereniging 't Goy.
- Onderwijs: Heemlanden, Houtens, Yuverta.
- Specifieke doelgroepen binnen Jong Houten:
 - Praktisch opgeleiden (2 bestuursleden, enkele leden).
 - Theoretisch opgeleiden (3 bestuursleden, enkele leden).
 - Jongeren met een migratieachtergrond (nog in opbouw).



- YPWFO (Young People With Fewer Opportunities): neurodivergent, mentale gezondheidsproblemen, queer jongeren, jonge mantelzorgers.

Groepen waar Jong Houten zich extra op wil richten in 2024-2025:

- Mensen met een migratieachtergrond.
- Mensen met een fysieke handicap.
- Meer jongeren uit verschillende levensbeschouwingen.

Conclusie: Impact van Jong Houten

Jong Houten en de Jongerenadviesraad spelen een cruciale rol in het vertegenwoordigen van jongeren in Houten. Ze zorgen ervoor dat jongeren een stem krijgen in het beleid, versterken de verbinding met maatschappelijke initiatieven en creëren een platform voor actieve participatie.

Kansen voor de toekomst:

- Meer jongeren betrekken bij besluitvorming.
- Vergroten van inclusiviteit en diversiteit in Jong Houten.
- Verder uitbreiden van samenwerking met scholen en organisaties.

Doelgroep en Bereik

- **Jongeren (11-27 jaar) die jaarlijks worden bereikt:**
 - Wekelijkse jongerenactiviteiten in de wijk: 10-35 deelnemers per locatie per avond (vier locaties).
 - Vakantieactiviteiten: totaal ongeveer 470 jongeren per jaar.
 - Join Us (14-18 jaar en 18-25 jaar): 23 unieke deelnemers.
 - Activiteiten in Enter:
 - Café avonden: gemiddeld 30 jongeren per week.
 - Bandruimte: wekelijkse repetities met drie vaste bands.
 - Breakdance: gemiddeld 50 deelnemers per week.
 - Schoolfeesten: 750 bezoekers (Heemlanden, Yuverta).
 - Projecten zoals Coming Out Day, Paarse Vrijdag en Panna Knock-out toernooi trekken per event 20-50 jongeren.
- **Verdeling in subgroepen (11-14 / 15-19 / 20-27 jaar)**
 - 11-14 jaar: Actief bij vakantieactiviteiten, meidenmiddagen, sportactiviteiten in de pauzes en tienerclub.
 - 15-19 jaar: Deelname aan Join Us, bandrepetities, café-avonden, breakdance en schoolfeesten.
 - 20-27 jaar: Vrijwilligers bij Enter, coaching binnen jongerenwerk, bandleden.

Faciliteiten en Activiteiten

- **Activiteiten op receptief gebied:**
 - Schoolfeesten (250 bezoekers per keer).
 - Thema-avonden zoals Coming Out Day (50 deelnemers), Paarse Vrijdag (20 deelnemers) in nauwe samenwerking met Shine.
- **Activiteiten op actief gebied:**
 - Sport- en muziekactiviteiten zoals voetbal, shuffle sport, breakdance, en "Ik wil in een band".
 - Workshops en creatieve sessies.
 - Jongerenwerk in wijken: chill auti café, tekenclub, vakantieactiviteiten.
- **Activiteiten op participatief gebied:**
 - Jongerenorganisatie van Pride Utrecht, vrijwilligersprojecten en de Jongerenadviesraad in nauwe samenwerking met Shine.
- **Faciliteiten voor jongeren:**
 - Veilige ontmoetingsplek (Enter, Shine, Queerhouse).



- Podium voor expressie (eindvoorstelling, open podia, muziekprojecten).
- Coaching en begeleiding.

Jongerenpopulatie in Houten

- Jongeren zijn actief binnen muziek, sport en creatieve projecten.
- Er is een diverse groep, waaronder neurodivergente en queer jongeren.
- **Uitdagingen:**
 - Vasthouden van jongeren binnen participatie-initiatieven.
 - Bereiken van 'onzichtbare' jongeren.
 - Meer structurele plekken voor creatieve expressie zoals muziekstudio's.

Communicatie en Samenwerking

- **Hoe jongeren worden bereikt:**
 - Via scholen, sociale media (Instagram, TikTok), flyers en mond-tot-mondreclame.
 - Door regelmatig aanwezig te zijn op scholen (pauze-activiteiten, meidenmiddagen).
- **Samenwerking met andere organisaties:**
 - Shine, Heemlanden, Het Houtens, Yuverta, Sociaal Team, Enter, Theater Aan de Slinger.
 - Samenwerking leidt tot groter bereik en diversere activiteiten.

Additional data from yearly report

Jaarverslag jongerenwerk 2023

1. Jongerenwerk in de wijk

Het hele jaar door:

Dinsdag Zuid-West; de Plantage; 10 – 25 deelnemers

Woensdag Noord-Oost; de Velduil; 10 – 25 deelnemers

Donderdag Noord-West; Wereldwijs; 10 – 35 deelnemers

Vrijdag: Zuid-Oost; Ridderspoor; 5-25 deelnemers

2. Vakantie activiteiten



Tijdens de schoolvakanties bieden we in samenspraak met jongeren allerlei activiteiten aan zoals sporten, creatief en uitstapjes. Geregeld ook in samenwerking met Sportpunt Houten.

Voorjaarsvakantie:	50	jongeren
Meivakantie:	120	jongeren
Zomervakantie:	200	jongeren
Herfstvakantie:	50	jongeren
Kerstvakantie: 50 jongeren		

3. Join

Us

- | | | |
|--|-----------------|----|
| - Donderdagavond -> 14-18 jr deelnemers* | Iedere 14 dagen | 6 |
| - Donderdagavond -> 18-25 jr deelnemers* | Iedere 14 dagen | 17 |

*Peildatum 31-12-2023

Samenwerking met Santé Partners bij Join Us; in december 2023 een training voor de 18-25 groep.

4. Activiteiten Enter

- | | | |
|------------------------------------|---|--------------------------|
| - Willem's eetcafe + inloop Enter | Iedere week | 15-50 deelnemers |
| - Cafe avond Enter | Iedere week | gemiddeld 30 jongeren; |
| - Tekencub 10 tot 12 | Iedere week | 44 |
| 12+ | Iedere week | |
| - Bandruimte | Wekelijks 3 vaste bands, naast Ik wil in een band | |
| - Tienerclub | Wekelijks | 5-10 deelnemers |
| - Ik wil in een band 2 edities | Wekelijks | 10 deelnemers per editie |
| - Ik wil in een band eindoptredens | 2 keer in 2023 | 20 deelnemers totaal |
| - Chill auti cafe | 4x in het jaar | 10-20 deelnemers |
| - Chill auti cafe mini editie | 3x in het jaar | 5 deelnemers |
| - Breakdance | Wekelijks ma,di,wo, do en vr | gemiddeld 50 |
| - Join Us | 2 groepen iedere di. & do. | 22 deelnemers |
| - Schoolfeest de Heemlanden | 250 bezoekers; | |
| - Kerstgala de Heemlanden | 250 bezoekers; | |
| - Schoolfeest Yuverta | 250 bezoekers; | |

5. Projecten

- NK Stoepranden: 6 deelnemende basisscholen



- 4 /5 mei-project: met jongeren langs de oorlogsgraven en oorlogsmonument geweest en daarna naar de herdenking op het Oude Dorp; 6 jongeren
- Coming out day: een avond gericht op diversiteit en samen komen met diverse activiteiten in samenwerking met SHINE; 50 jongeren
- Paarse vrijdag: activiteit waar diversiteit en samen komen centraal staat in samenwerking met SHINE; 20 jongeren
- Koningsspelen: Rondje in Enter na de koningsspelen met photobooth en ijsje. 8 scholen
- Panna knock-out toernooi: in samenwerking met sportpunt; +/- 50 jongeren
- 'Samen Vooruit': Project voor jongeren 18-25 jaar die langere tijd thuis zitten. In 2023 opgezet, uitvoer in 2024.
- Lasergamen door leerlingen van Yuverta. Alle 1e jaars van Yuverta

6. Ambulant

Elke dinsdag, woensdag en donderdag en vrijdag de straat op en aanwezig in de wijk;

Woensdag-, donderdag- en vrijdagavond ambulante ronde langs dug-outs en hotspots.

Diverse locaties van de dug-outs en hotspots zijn: Kruisboog (bij de dug-out en bij de voetbalclub), Schoneveld, Peppelkade, Hoogdijk (richting Schalkwijk), Castellum (midden op het plein), Het Rond (parkeergarage jumbo, trappen bij de albert heijn, midden op het plein/vershof), rondom de basisschool de mozaïek.

Overleg en daaruitvloeiende acties:

- Jeugd en veiligheid overleg (12 x per jaar);

In 2023 hebben we in de zomer een gezamenlijke interventie met politie, gemeente en boa's ingezet met betrekking tot de rietplas. Na 22.00 uur s'avonds was er een gebiedsverbod op het eilandje en de steiger aansluitend op de rietplas. Vanuit het jongerenwerk hebben wij preventieve rondes gemaakt rond 21.00/21.30 uur om jongeren te wijzen op het gebiedsverbod. Daarnaast hebben wij gesprekken gevoerd met omwonenden omtrent geluidsoverlast rondom de rietplas.

Dit jaar zijn er, in samenwerking met politie, gemeente en boa's op aanvraag van de school bij de kruisboog veelvuldig geobserveerd bij de daar geplaatste dug-out. Daarnaast zijn er ook gesprekken gevoerd met de daar aanwezige jongeren.

- Persoonsgebonden Aanpak overleg (12 x per jaar);

Diverse incidenten in de wijk, waaruit wij in samenwerking met politie, gemeente en boa's actie hebben ondernomen.

- Top X overleg



7. Middelbare scholen

Houtens:

Contact versterkt met school in het algemeen. Vanuit het jongerenwerk hebben we contact met de zorgcoördinator. Daarnaast kunnen mentoren contact opnemen met Jongerenwerk voor ondersteuning leerlingen (preventie)

- Pauze-bezoeken Op verschillende momenten
- Sporten in de voetbalkooi Op verschillende momenten

Pilot meidenmiddag: 6 leerlingen hebben samen met een jongerenwerker een meidenmiddag gehad om de sfeer binnen de groep te bevorderen.

Heemlanden:

Contact versterkt met school in het algemeen. Vanuit het jongerenwerk hebben we contact met de zorgcoördinator, het ondersteuningsteam, de conciërges en de afdelingsleiders. Daarnaast kunnen mentoren contact opnemen met Jongerenwerk voor ondersteuning leerlingen (preventie)

- | | |
|--------------------------------------|------------------------------|
| - Pauze bezoeken | Iedere woensdag en donderdag |
| - Sporten in de pauze met 10-14 klas | Iedere woensdag en donderdag |

Yuverta:

Ondersteuning bij brugklas kamp en buitenschoolse activiteiten.

Contact met leerlingcoach;

Mentoren kunnen contact opnemen met Jongerenwerk voor ondersteuning leerlingen (preventie)

- | | |
|------------------------|------------------------|
| - Keuze Werk Tijd | iedere dinsdag middag |
| - Voetballen | iedere dinsdag middag |
| - Shuffle sport | Iedere maandag |
| - Inloop meiden middag | iedere woensdag middag |

8. Stagiaires en vrijwilligers

6 mbo;

9 hbo;

10 maatschappelijk stagiaires;

5 vrijwilligers die meehelpen bij JIW en vakantie-activiteiten;



30 vrijwilligers Jongerencentrum ENTER

9. Jonge mantelzorgers

Juni 2023: Efteling: 44 deelnemers

December 2023: Kerstdiner & bingo: 19 deelnemers

1 workshop (juni): 6 deelnemers

10. Jongerencoach

20 via de consulent Welzijn. +/- 20 naar algemeen jongerenwerk.

Deelname Op Koers Jeugd: 8 jongeren in 2023.

Deelname casuïstiek overleggen Sociaal Team, ongeveer 1 keer per maand.

Aan de Slinger

Hoeveel jongeren (11-27) bereiken jullie jaarlijks?

- **Receptief (kijken):**
 - Voorstellingen en musicals op middelbare scholen: Heemlanden, Houtens, Yuverta.
 - 60 voorstellingen door amateurgezelschappen.
 - Arjen's theaterproducties en musicals op scholen.
 - Voorstellingen leerjaar 1, 2 en 3 (Houtens): 500 leerlingen.
 - Voorstelling leerjaar 3 (Yuverta): 120 leerlingen.
- **Actief (meedoen):**
 - Musical, JTS (Jeugdtheaterschool), amateurtheater.
 - Workshops en educatie op scholen:
 - Kunstdagen: 500 leerlingen (Heemlanden, 10-14 jaar).
 - Film Poetry: 120 leerlingen (Heemlanden).
 - Muziekworkshops: 120 leerlingen (Heemlanden).
 - Havo Workshops: 77 leerlingen (Heemlanden).
 - Vonk: 150 leerlingen (Heemlanden), 100 leerlingen (Houtens).
 - Rijksmuseum bezoek: 70 leerlingen (Houtens).
 - Academy: 90 leerlingen (Houtens).
 - Filmeducatie: 140 leerlingen (Houtens).
 - Vonk (Yuverta MBO): 20 leerlingen.
 - **Dansscholen:**
 - Olga van Koningsbrugge: 160-180 jongeren.
 - Helen Wilson: 47 jongeren.
 - Ikke Dans: 5 jongeren.
 - Stardance 590 jongeren
- **Participatief (jongeren organiseren zelf):**
 - Monkeyfest (door en voor jongeren).
 - Jongerenpanel in eerdere edities.

Kun je deze doelgroep onderverdelen in subgroepen (11-14 / 15-19 / 20-27 jaar)?

- **11-14 jaar:** Educatieprogramma's, workshops (kunstdagen, film poetry, muziek), dans- en theaterlessen.
- **15-19 jaar:** Jongerenproducties zoals Monkeyfest, JTS, dansvoorstellingen bij Loeren & Gluren.



- **20-27 jaar:** Vrijwilligers en jonge makers die meedoen aan Monkeyfest en als docent of organisator betrokken zijn bij Shine.

Bereik je ook een jongere doelgroep (8-11 jaar)?

- **Ja.**
 - Kindkaarten worden verkocht voor familievoorstellingen.
 - Deelname aan dansscholen.
 - Mogelijk extra data via Arjen/Ella.

Kun je iets zeggen over de soort jongeren die je bereikt?

- **Van welke scholen komen ze?**
 - Heemlanden, Houtens, Yuverta.
 - Lek en Linge, Cals College (Utrecht).
 - **Uit welke wijken komen ze?**
 - Alle wijken in Houten zijn vertegenwoordigd.
 - **Wat is hun achtergrond?**
 - **Sociaal-economisch:** Gevarieerd, maar in voorstellingen merkbaar dat sommige disciplines (dans, muziek) een breder of specifiek publiek trekken.
 - **Etnisch:** Divers publiek, maar exacte data ontbreken.
 - **Subculturen:** Creatieve en alternatieve jongeren, veel neurodiverse jongeren en queer jongeren.
-

Faciliteiten en Activiteiten

Welke activiteiten organiseer je op receptief gebied?

- Musicals en theaterproducties van middelbare scholen.
- Diploma-uitreikingen met culturele programma's.
- Amateurvoorstellingen en educatieve theaterprogramma's.

Welke activiteiten organiseer je op actief gebied?

- Monkeyfest.
- JTS (Jeugdtheaterschool).
- Dochters en Zonen (cultureel erfgoed project).
- Dansvoorstellingen bij Loeren, Gluren, Wijkexpeditie.

Welke activiteiten organiseer je op participatief gebied?

- Monkeyfest (georganiseerd door jongeren).

Welke faciliteiten biedt je aan jongeren?

- Het hele gebouw wordt benut voor repetities, lessen en evenementen.
- Kennisdeling via educatie en scriptieprojecten.
- Flexwerkplekken voor jongeren die willen creëren en leren.
- Ruimte voor jongeren om zelfstandig activiteiten te organiseren.

Op wat voor manier bied je jongeren een podium?

- Van verhuur van zalen, tot participatie in evenementen, tot het organiseren van hun eigen feest (zoals Monkeyfest).
- Voorstellingen waarin jongeren optreden voor medeleerlingen.

In hoeverre draag je bij aan talentontwikkeling van jongeren?

- JTS biedt jongeren de mogelijkheid zich te ontwikkelen in theater en dans.
- Festivals zoals Gluren en Struinen bieden jonge artiesten een opstap naar grotere evenementen zoals Loeren.
- Het Samenschijn-project biedt jongeren een combinatie van kunst en technologie.

In hoeverre draagt cultuur bij aan preventie en welzijn van jongeren?

- Jongeren die zich goed voelen door kunst en cultuur, voelen zich beter in het algemeen.
- Cultuur biedt een uitlaatklep en voorkomt sociale isolatie.
- Belangrijke rol in sociale cohesie en identiteitsontwikkeling.

Algemeen

Wat is kenmerkend aan de jongerenpopulatie in Houten?

- Steeds meer jongeren blijven in Houten, omdat Utrecht te duur wordt.
- De inkomensverdeling is divers, en het aantal scheidingen heeft invloed op jongeren.
- Het aantal jongeren dat gebruik maakt van professionele hulp neemt toe.

Hoe typeer je de Houtense jongeren scene?

- Zeer gemêleerd en divers.
- Groeiende behoefte aan jongerencultuur.



Kun je iets schrijven over de ontwikkeling van jongerencultuur in Houten?

- Er is nog te weinig jongerencultuur, maar initiatieven zoals Monkeyfest en Shine groeien.

Wat is de kracht van Houten in jongerenbereik?

- Veel jongeren worden bereikt via activiteiten en participatieprojecten.

Wat zijn de grootste uitdagingen?

- Hoe kan preventie voorkomen dat jongeren in de professionele hulpverlening belanden?
- Hoe betrek je jongeren structureel in cultuurprogramma's?

Welke ruimtes zijn er beschikbaar voor jongeren?

- Buiten: Het Rond, skatebaan.
- Binnen: Shine, Enter, Aan de Slinger.

Welke podia/optreedmomenten zijn er beschikbaar voor jongeren?

- Gluren bij de Buren, Loeren, Monkeyfest, Dansende Woorden.

Communicatie

Hoe communiceer je met de doelgroep?

- Social media, schoolbezoeken, flyers en directe outreach.

Waar en hoe werf je jongeren?

- Via scholen, sociale media en evenementen.

Welke jongeren zijn lastig te bereiken?

- Jongeren met een migratieachtergrond.

Sta je ervoor open dat jongeren zelf iets organiseren?

- Ja, via Monkeyfest.

Hoe haal je de vraag op bij jongeren?

- Via gesprekken, enquêtes en sociale media.



Welke mogelijkheden zie je om jongeren meer te betrekken?

- Meer samenwerking met sportorganisaties en wijkinitiatieven.

Partners

Met welke organisaties werk je samen om jongeren te bereiken?

- Scholen (Heemlanden, Houtens, Yuverta).
- Cultuurinstellingen (Shine, Bibliotheek Houten, Aan de Slinger).
- Gemeente Houten, Sportpunt.

Wat levert deze samenwerking op?

- Groter bereik, meer diversiteit en meer structurele cultuurparticipatie.

Met welke organisaties zou je willen samenwerken? Meer samenwerking met wijkinitiatieven en sportclubs.

Additional data from email correspondence:

Om goed verder te kunnen, zou ik graag een paar dingen met jullie willen afstemmen en eventueel aanvullen. In het bijzonder ben ik benieuwd of jullie (globale) cijfers beschikbaar hebben bij de eerste vragen:

- Hoeveel jongeren (11-27 jaar) bereiken jullie jaarlijks:
 - Receptief (kijken):

Kom ik nog zsm op terug

- Actief (meedoen):

2500 (educatie projecten, Jeugdtheaterschool etc)

- Participatief (jongeren organiseren zelf): 10

Daarnaast mis ik nog een paar belangrijke onderdelen:

- Wat is jullie grootste uitdaging in het werken met jongeren?

De grootste uitdaging die we ervaren bij het werken met jongeren binnen Stichting Aan de Slinger is om ze te betrekken bij cultuur. Een belangrijke reden is dat hun interesses en prioriteiten snel veranderen. Ze hebben het druk met school, werk en sociale contacten, en cultuur is dan niet altijd top of mind. Daarnaast merken we dat de manier waarop wij ze



proberen te bereiken niet altijd aansluit bij hoe zij communiceren. Jongeren zijn veel actiever op platforms als Instagram of TikTok, en ze reageren minder op de meer traditionele manieren van promotie die we gewend zijn te gebruiken. Wat ook meespeelt: jongeren willen serieus genomen worden. Ze willen niet alleen toeschouwer zijn, maar ook mee kunnen denken en mee kunnen maken. Dat vraagt van ons als organisatie dat we flexibel zijn, dat we openstaan voor hun ideeën en dat we ze écht de ruimte geven om mee te doen. Kortom, jongeren betrekken bij cultuur is ontzettend waardevol, maar het vraagt om een andere aanpak: meer luisteren, meebewegen en samen doen, dat valt nog niet mee

- Hoe communiceer je met de doelgroep?

Dat is nog best lastig voor ons. We proberen jongeren vooral te bereiken op plekken waar ze toch al zijn – dus vooral via de scholen, Instagram en via via, ook via de ouders. We hebben met 'boer Harm' een guerrilla actie opgezet op de Heemlanden om jongeren te werven voor het project 'Monkeyfest'. Die gaf een soort surprise act, waarna we flyers over dit evenement uitdeelden.

We laten jongeren zelf meedenken en meedoen. Als zij ergens onderdeel van zijn, gaan ze het vaak ook vanzelf delen met hun vrienden. Dat werkt veel natuurlijker dan wanneer wij alles zelf proberen te promoten.

Verder proberen we gewoon in duidelijke, enthousiaste taal te communiceren. Geen formeel gedoe of moeilijke teksten – jongeren willen snel weten wat iets is, of het leuk is, en of het bij hen past. Dus kort, eerlijk en met een beetje energie. En als iets niet werkt? Dan vragen we gewoon aan jongeren zelf wat zij liever zouden zien of horen.

- Waar en hoe werf je jongeren?

We werven jongeren eigenlijk op verschillende manieren, maar vooral op plekken waar zij al actief zijn. Denk aan scholen of gewoon online via socials. Soms gaan we echt actief op zoek, bijvoorbeeld door samen te werken met scholen en daar gastlessen te geven of workshops te organiseren. Dat is vaak een goede manier om in contact te komen met jongeren die anders niet zo snel zelf naar ons toe zouden komen.

Daarnaast werkt het heel goed om jongeren zelf te betrekken bij de werving. Dus als we bijvoorbeeld een project doen waar jongeren aan meedoen, vragen we ook of zij anderen willen meenemen of helpen promoten. Dat peer-to-peer contact is vaak het meest effectief – jongeren luisteren toch sneller naar elkaar dan naar een organisatie.

We hebben speciaal voor Monkeyfest een makkelijk aanmeld google-formulier aangemaakt, zodat de drempel niet te hoog is om je aan te melden. Dat gold ook voor het feest zelf, met



een aparte website en aparte betaalmethode met zo min mogelijk gedoe, konden jongeren zich aanmelden.

Dus het is eigenlijk een combinatie van zichtbaar zijn op de juiste plekken, samenwerken met jongeren zelf, en zorgen dat de drempel om mee te doen zo laag mogelijk is.

- Welke jongeren zijn lastig te bereiken (leeftijdsgroep/soort jongeren)?

Jongeren zijn voor ons een lastige doelgroep om te bereiken, maar het meest lastig is de groep van 18+, die niet meer op de middelbare school zit, die waaien natuurlijk uit. En de jongeren uit het buitengebied en de jongeren met een migratie achtergrond.

Additional data on dance schools and activities in collaboration with schools:

Olga van Koningsbrugge

- Tussen de 160 en 180.

Helen Wilson

- 47

Ikke dans

- 5

Overzicht leerlingenparticipatie 2024/2025 scholen + Aan de Slinger:

Activiteit	aantal	school	
2 Kunstdagen	500	Heemlanden en 10-14	
Film Poetry	120	Heemlanden	
Muziekworkshops	120	Heemlanden	



Havo workshops	77	Heemlanden	staat op de planning*
Vonk	150	Heemlanden	
Rijksmuseum	70	Houtens	
Academy	90	Houtens	
Voorstellingen leerjaar 1,2,3	500	Houtens	
Filmeducatie	140	Houtens	
Vonk	100	Heemlanden	
voorstelling leerjaar 3	120	Yuverta vmbo	staat op de planning*
Vonk	20	Yuverta MBO	
	1937		

Additional data on activities 2024:

Overzicht receptief bezoek jongeren Aan de Slinger 2024

Betreft

- kalenderjaar 2024

- leeftijd 11-27 jaar

-

receptief

bezoek

NB

- Theaterzaal niet in gebruik van juli t/m half nov

- hoe jonger de leeftijd, hoe groter de kans dat de jongere niet zelf de ticketbesteller is. Alleen van ticketkopers is in de kassa meer informatie te zien.

- in 2024 hebben wij geen Jong t/m 18 jaar ticketsoort aangeboden

- ivm AVG is leeftijd geen *verplicht* veld meer in een account



WAT	AANTAL JONGEREN	TOELICHTING
Kunst Centraal	200	schatting. Alleen 11+ = groep 8
CKV bezoek Heemlanden	26	Rianne had in 23-24 niets besteld. Bezoekershistorie Heemlanden 2024.xlsx
Ticketsoort (indien herkenbaar als specifiek voor jongeren) voor alle programmering incl verhuringen	230	zie Omzet+per+kaartsoort
Professionele theaterprogrammering	620	schatting Schatting jongeren publiek bij professionele voorstellingen 2024.xlsx
Reguliere filmprogrammering	50	Schatting. Zijn nog wel eens WAP-ers uit Utrecht.
Culturele verhuringen	1494	schatting 8% van het publiek: broers, zussen, vriendjes, vriendinnetjes van optredende jongeren. 8% van 18.667
Totaal	2.620	



Annex 2.

Reach calculation

With the use of the right prompts and careful review of the process and end-result, ChatGPT has been employed to facilitate the estimation of the total number of youth reached by each type of activity. Below the response of the classification and process followed by the algorithm.

Sources of data were directly provided as the original files and additional classification of activities from notes during interviews. It was made clear to focus on participants, not number of times an activity is engaged with. Assumptions on overlap are clearly described below too.

1. SHINE

Passive:

- Given: ~2,000 (not participations, but a rough number of individuals reached passively at events). → **OK to keep as 2,000**

Active:

- ShineTime: **55 unique** youngsters.
- Dance/Theater lessons: **50 unique** youngsters.
- Workshops: no number; assume included in above.

👉 So Active total = 55 + 50 = **105 unique participants.**

Participative:

- Queerhouse, volunteers, workshop organizers: 20–30 → average = **25 unique.**

2. THEATER AAN DE SLINGER

Passive:

- Kunst Centraal: 200
- CKV Heemlanden: 26
- Youth ticket types: 230
- Professional shows: 620
- Film program: 50



- Cultural rentals: 1,494 → **Sum = 2,620** unique visitors.

⚡ These are estimated individuals, not just participations — so **we keep the 2,620**.

Active:

- 2,500 in educational projects/youth theater school.

⚡ Probably these are **individuals** across the year (not just visits), because educational projects typically track students.

👉 **Keep 2,500** unique.

Participative:

- 10 youngsters organizing themselves.
-

3. VANHOUTEN&CO

Passive:

- **Willem's Eetcafé:** 15–50 weekly visitors. Take the average = 32.5.
 - **Assuming mostly the same group**, estimate around **40** different participants (adding some occasional fluctuation).
- **Café evenings:** 30 per week; assume mostly the same group → **30** participants.
- **Join Us** passive share: (half of 299 annual participations → about 150 participations).
 - Since Join Us is biweekly groups of 6 and 17, assume **23 unique participants** (6+17).

➡ Passive unique estimate = 40 + 30 + 23 = **93 participants**.

Active:

- Vacation activities:
 - Total participations = 50 + 120 + 200 + 50 + 50 = 470
 - Different holidays = 5 events
 - ⚡ Likely overlap, but assume **each holiday reaches different groups**.
 - Estimate unique participants: assume **80% overlap**, i.e., 20% new per holiday.

Calculate:



- First holiday: 50
- Second holiday: $120 \times 0.2 = 24$ new
- Third holiday: $200 \times 0.2 = 40$ new
- Fourth: $50 \times 0.2 = 10$ new
- Fifth: $50 \times 0.2 = 10$ new

→ Total unique = $50 + 24 + 40 + 10 + 10 = 134$

- Jongeren in de wijk (weekly neighborhood activities):
 - 72.5 youngsters weekly.
 - Assume mostly stable group; let's say **75 unique youngsters** across locations.
- Tekenclub: 44 participants.
- Bandruimte (rehearsal room): 12 participants.
- "Ik wil in een band" (project): 20 participants.
- End performances: already included in band participants.
- Breakdance: average 50 weekly participants.
 - Assume stable group, so **50 unique youngsters**.

→ Active unique estimate:

- $134 + 75 + 44 + 12 + 20 + 50 = 335$ participants.

Participative:

- As per source: ~**30 volunteers and interns** involved in different activities.

4. Sportpunt Houten

First, let's **calculate the total number of young people 10–24 years with a sports membership:**

- 10–14 years: 2,250 members
- 15–19 years: 1,874 members
- 20–24 years: 1,087 members

Total =



$2,250 + 1,874 + 1,087 = 5,211$ members
 $2,250 + 1,874 + 1,087 = 5,211$ members

⚡ **5,211 young people (10–24 years old)** are members at Sportpunt Houten.

Now, mapping this into the structure of the table:

- **Sportpunt Houten** activities are primarily **active** participation (playing a sport).
- No clear indication of **passive** (watching) or **participative** (self-organizing).
 - Unless explicitly mentioned, we will assume **all 5,211 are active participants**.

✅ So:

- Passive = 0
- Active = 5,211
- Participative = 0

1. Dance Schools (New organization: "Dance Schools")

Given numbers:

- Olga van Koningsbrugge: between 160–180 → average = **170**
- Stardance: **590**
- Helen Wilson: **47**
- Ikke Dans: **5**

Adding them together:

$170 + 590 + 47 + 5 = 812$ participants
 $170 + 590 + 47 + 5 = 812$ participants

⚡ **Dance Schools total = 812 active participants.**

Since dance schools = **active participation** (dancing lessons), we assign:

- Passive = 0
- Active = 812
- Participative = 0



Target population estimation

You gave:

- Total population per district
- Percentages for age groups:
 - **0-15**
 - **15-25**
 - **25-45**

You want an estimate for **10-27 years old**.

Here's how I will calculate it:

- **10-15 years:** Part of the **0-15** group → we'll estimate it proportionally (about 6/16 of the 0-15 group, since 10-15 is 6 years and 0-15 is 16 years total).
- **15-25 years:** Directly covered by the **15-25** group (already given).
- **25-27 years:** Part of the **25-45** group → again, we'll estimate proportionally (2/20 of the 25-45 group, since 25-45 covers 20 years, and we want only 2 of them).

So the formula per district:

$$10-27 = (0-15\% \times 6/16) + 15-25\% + (25-45\% \times 2/20)$$

$$\text{10-27} = \left(\text{0-15\%} \times \frac{6}{16} \right) + \text{15-25\%} + \left(\text{25-45\%} \times \frac{2}{20} \right)$$

Then multiply the resulting % by the total population to get the absolute number.

Let's do it step by step.

Example for "Houten Noord-West":

- Total population = 13,714
- 0-15 = 16%
- 15-25 = 11%
- 25-45 = 21%



Calculation:

- 10–15: $16\% \times 616 = 6\%16\% \times \frac{6}{16} = 6\%16\% \times 166 = 6\%$
- 15–25: $11\%11\%11\%$
- 25–27: $21\% \times 220 = 2.1\%21\% \times \frac{2}{20} = 2.1\%21\% \times 202 = 2.1\%$

Adding together:

$$6\% + 11\% + 2.1\% = 19.1\% \quad 6\% + 11\% + 2.1\% = 19.1\% \quad 6\% + 11\% + 2.1\% = 19.1\%$$

Now the number of people:

$$13,714 \times 19.1\% = 2,619 \text{ (approx)} \quad 13,714 \times 19.1\% = 2,619 \text{ (approx)}$$

Now applying it to all districts:

Wijk	10–27 %	10–27 Number (approx)
Houten Noord-West	19.1%	2,619
Houten Noord-Oost	20.35%	2,101
Houten Zuid-West	26.4%	2,821
Houten Zuid-Oost	24.6%	2,621
Houten Buitengebied	20.35%	878
't Goy	18.8%	188
't Goy Buitengebied	23.05%	231
Tull en 't Waal	17.6%	176
Tull en 't Waal Buitengebied	18.3%	183
Schalkwijk	21.6%	216
Schalkwijk Buitengebied	20.5%	205

Quick Summary:



- **Highest %** of 10–27-year-olds is in **Houten Zuid-West** (26.4%).
- **Lowest %** is in **Tull en 't Waal** (17.6%).

Annex 3.

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**For any questions
regarding the
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