



# Consumer and Community Involvement Program Youth Community Forum



**On the evening of Wednesday 23rd of March 2016 you attended the Youth Community Forum at the Telethon Kids Institute. You talked about many topics about health that were conversation points for you and your friends - here is what you said in response to the three questions we asked on the night:**

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**What are some of the things about health and well-being that you and your friends talk about?**

### **Mental health issues • stigma • access to services • stress and anxiety • education and awareness**

“Mental health is one of the most important health issues because people are very scared to talk about it. This means that people who do have depression and other forms of mental illness don’t tend to talk about it because they feel ashamed. There is already a lot of awareness about mental illness however I think it is a lot more important to work on ending the stigma, so that people are able to access the information and help much easier”

“Mental health services don’t address issues, people don’t know about them, way that services communicate with people”

“Stress - study work, balancing life, financial commitments, meeting family needs, ‘having it all’ (family/house/career), managing what’s coming next”

### **Diet and exercise • body image • healthy eating • the impact that they have on health**

“Research - Mistrust of doctors, critical of their knowledge - is it up to date? How regularly do they participate in professional learning? Will this research (the findings) be disproved in the future? E.g. don’t eat sugar...later on...sugar is ok...don’t eat carbs...”

“Eating disorders/body image/ ‘healthy’ eating”

### **Sexual health • relationships • sexual orientation and issues • access to services and information that is non-biased and relevant**

“Access to information that’s non-biased and relevant is important, e.g. around sexual health”

“Unspoken worries e.g. sex is more personal, Lesbian Gay Bisexual Transgender Intersex Queer - LGBTIQ”

### **Social media • internet • impact of technology**

“Website-- social media - fears around sharing on profile, simple and concise information”

“Creative platforms for people to access - environmentally, communities, lived experiences on websites”

### **Cultural considerations**

“Feeling accepted, valuing diversity”

“As an Aboriginal person: Aboriginal Health; Intergenerational trauma, lack of resources/basic needs, Disconnection to culture and community, no identity - effects physically, mentally, socially”

### **Information and support for and living with chronic disease and disability • drugs and alcohol where some of the other significant issues raised**

“Drugs and alcohol - why do people use?”

“How to access healthcare/GP - usefulness of this?”

“Valuing health, feeling more responsible for your own health”

“Wellbeing is talked about more but you don’t know you’re talking about it”

“Thinking about how to manage/cope/ do positive things that help with mental health and wellbeing e.g. sport”

“More open and less self-conscious about asking for help and talking about health issues”

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## How can we find a variety of young people to have a say about research?

### Social networking platforms



“Things that go ‘viral’ - video share + a domino effect”  
“Ads on YouTube (Short and Sweet) Newsfeed - make it funny!”



“Visual and Audible - if it is funny people will be more interested, start with something unexpected, reverse psychology - ‘I know you don’t want to watch this...’”



“Promise a certain level of anonymity especially around mental and sexual health issues. Keep it light, succinct, not too much information. Offer immediate rewards, chance to win”



### Advertising • local communities • schools • word of mouth • shops and businesses



“Billboards and posters at bus stops, train stations: bold, eye-catching, informative. With website and then like it on Facebook”



“Youth from this event could promote”



### Getting youth involved • Committees, talks, visits and workshops • Youth and sporting organisations



“Talks, visits & workshops at schools/ universities/ TAFEs/work - Offering free food and coffee or games with free coins, e.g. Spotify”



“Young people talking to young people or Aboriginal people talking to Aboriginal people”

3



## How do you want to have a say?

**Social media platforms - Facebook, Instagram, Reddit, Twitter, Tumblr, Snapchat as well as YouTube, Videos and TEDx talks. Dedicated website with a place to advertise, share information, leave comments and feedback, as well as interactive strategies through Apps and links.**



“Facebook is good for ongoing information and feedback”



“Style the information like TEDx Talks or Crash Course”

**Surveys – online and written • Face to face meetings • Youth Advisory Group • Forums and Events**



“Because of the youth voice; their voices are heard. Consulting with NOT consulting for”



“Face to face - young people on the board/Committee, representative on different University/TAFE campuses”

**Getting involved with Telethon Kids Institute • establishing a formal group • having a say • location and the Institute**



“Getting our say is really important”



“Core group - get them to talk to other young people - more applicable/approachable”



“Consultation at every stage not just at start”



“Telethon Kids Institute is confronting - too professional and serious, outside - casual, couches”



“What can we do to change this; get youth to be involved to address issues?”

**Incentives, reasons to get and stay involved, guest speakers and keeping engaged were all important points raised. Involving different age groups in a way that is appropriate to their age and involving people at different places like schools, colleges, universities, sporting and community groups were all ways you highlighted as great opportunities to attracting young people to have a say about research.**



### The next steps...

We are working with some of you to create a video about what you said on the night to feed this information back in an interesting way.

Using your ideas from the forum to inform future research at the Telethon Kids Institute.