



WHAT YOUNG PEOPLE SAID

JUNE 2018

**A REPORT ON YOUNG PEOPLE'S IDEAS
ABOUT HEALTH AND WELLBEING**

TASMANIAN YOUTH FORUM

About TYF

The Tasmanian Youth Forum (TYF) is Tasmania's key youth consultative body. TYF is an initiative of the Youth Network of Tasmania (YNOT), the peak organisation for the broader youth sector in Tasmania, with funding from the Department of Communities Tasmania, through Communities, Sport and Recreation.

Acknowledgements

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Executive Summary

The voices of young people are vital to understanding health and wellbeing in Tasmania. This report outlines the views and ideas of young people aged 12-25 who participated in the Statewide Tasmanian Youth Forum (TYF) on Health and Wellbeing and the accompanying Health and Wellbeing online survey.

The Health and Wellbeing Forum and Survey highlight that this topic is important to young people, and that they see health and wellbeing in a holistic way. Whilst there are limitations to the consultative process, the data provides rich ideas and insights. Mental health is a key concern, along with access to services and supports. Stigma, stereotypes, and stress are identified as key barriers to health and wellbeing. Family and friends are a source of support, but can also contribute to stress when things are not going well. The desire for safe spaces along with more local, community events were important themes to emerge. Young people identified that they would like to see more education and awareness on all aspects of health and wellbeing to improve their understanding and decision-making on this topic.

The results from the Forum and Survey have been combined to inform this report and develop key findings.

Introduction

In 2018, The TYF Health and Wellbeing Forum provided young people aged 12-25 with the opportunity to discuss their health and wellbeing. This included identifying issues and barriers, as well as solutions and ideas, to improve the health and wellbeing of young Tasmanians. In conjunction with the Forum, an online survey was conducted to ensure young people who were unable to attend the Forum had an opportunity to contribute their thoughts and ideas on the topic. This also assisted in ensuring there was a wide reach of respondents.

This report outlines the ideas shared by each group, as well as whole group brainstorming that took place throughout the Forum. However, the key findings are based on the entire consultation process.

Key Findings

Finding 1: Health and wellbeing matters to young people. They reflect a holistic view of health recognising the many factors and relationships that influence wellbeing.

Finding 2: Young people recognise that issues such as mental and physical health, alcohol and drugs, food and nutrition, housing and the environment are receiving attention but believe more needs to be done to address these issues.

Finding 3: Family and friends are a main source of support for health and wellbeing.

Finding 4: Mental health is seen as a leading issue for young people. This includes anxiety, depression, stress, feeling overwhelmed, and pressured.

Finding 5: Whilst young people know about a range of supports available to them, access to services is a significant issue. Barriers to service accessibility include cost, transport, inclusivity, and location.

Finding 6: A leading barrier to health and wellbeing is stigma, judgment and stereotypes.

Finding 7: The number one solution identified was creating safe places for young people. Spaces to hang out, socialise, engage, learn, try new things, and meet people.

Finding 8: More education and awareness in relation to health and wellbeing were consistently mentioned. A key point was ensuring that education and learning strategies are many and varied. Young people want information delivered in interesting, interactive, engaging ways including peer to peer education.

Finding 9: Some solutions suggested by young people may already exist in the community, for instance youth centres, or drug education apps, however they may not be known, familiar or accessible. Ongoing promotion and reminders of what is available remains pertinent.

Finding 10: The health and wellbeing needs and ideas of young people differ depending on age, location, stage of life, life and cultural experience, as well as the supports and resources available to them.

Finding 11: Young people generally know of the importance of healthy eating, drinking water, exercise and having a balance in life. Managing this is at times tricky, and needs support as well as ongoing education and promotion. Affordable, available healthy food is also important.

Finding 12: Young people include themselves as part of the solution, in identifying ideas and being part of peer support, youth led activities, and events.

Background to Health and Wellbeing

The topic of Health and Wellbeing is significant for Tasmania with data showing poorer health outcomes across a number of indicators compared to other States and Territories. The TYF Health and Wellbeing Forum focused on asking young people about their ideas and solutions on this issue. At a State level there have been a number of strategies and plans to improve health and wellbeing outcomes across Tasmania, including the *Healthy Tasmania Five Year Strategic Plan*, *Youth Suicide Prevention Plan*, the *Child and Youth Wellbeing Framework* and the *Department of Education Child and Student Wellbeing Strategy*.

The Commissioner for Children and Young People (CCYP) has collated publicly available data on children and young people's health and wellbeing in the *Health and Wellbeing of Tasmania's Children, Young People and their Families Report 2017 and The Health and Wellbeing of Tasmania's Children and Young People Report 2018*. It was noted that additional data on the views of children and young people about their experiences of their own health and wellbeing would contribute further to understanding this broad issue. Finally, young people at previous TYF consultations raised their concerns around health and wellbeing, including the use of alcohol and drugs, mental health and participation in social activities. This demonstrates that health and wellbeing is an important topic for young Tasmanians.

Consultation Process

Young people were invited to share their views and experiences in two ways:

1. As part of the face to face state wide youth forum
2. Completing a survey offered online and in hard copy

The statewide TYF Health and Wellbeing Forum was held on Friday 8 June, 2018 at the Door of Hope Conference Centre, Launceston. Participants came from all across Tasmania including Circular Head, Latrobe, Campbell Town and Tarooma. Free transport was provided statewide to support and encourage youth participation on the day.

The Hon. Michael Ferguson MP, Minister for Health, officially opened the Forum and spoke about the importance of maintaining positive health and well being. A professional facilitator led a range of activities designed to engage and generate ideas. This included asking what health and well being means for young people, what barriers exist, what supports are available, and what solutions they suggest. An agenda was developed for the day but was flexible to accommodate the ideas and discussions participants were most interested in (see Appendix 1).

Through collaboration with headspace, Hobart a chill out space was available at the Forum for young people who needed some time out from group discussions. The headspace, Hobart Community Health Educator was available all day to assist young people using the space.

The majority of the Forum was dedicated to the small discussion group topics (see Appendix 2) to focus on what worked well, what needed to be changed and what young people wanted to create to help young people improve their health and wellbeing. For the second discussion group participants were asked to move to a different topic discussion table. Participants were also asked to contribute their ideas through an Ideas Wall on the topic. There were 155 participants at the Forum with 125 evaluation forms completed. Feedback suggested that young people found the day worthwhile, and for some it expanded their understanding on the topic.

In conjunction with the Forum a Survey was circulated online and was provided to regional youth sector groups for distribution to young people. Workers in the youth sector were asked to promote and support young people to participate in the survey. There were 95 responses with representation from all ages.

In total, 250 young people contributed their ideas, thoughts and solutions to improving health and wellbeing in Tasmania through the consultation process.

What does health and wellbeing look like?

At the Forum small groups created posters showing what health and wellbeing **looked like** to them (see Appendix 4).

The key descriptors identified for health and wellbeing included:

- Support from family, friends, relationships, pets
- A positive mindset including happiness, motivation, gratitude
- Being yourself/ taking care of your body and mind including sleep, eating well, drug use, making choices, taking breaks
- Being physically active
- A balanced life
- Aspects of your environment or surroundings, such as the community, feeling safe, being outdoors and in nature
- Involvement in hobbies and having goals.

Also mentioned was teamwork, diversity, equality, acceptance, food, and having a voice.

What Does Health and Wellbeing Look Like? Poster Examples.



'Just Be You'



'A Balanced Life'

The Survey asked respondents what health and wellbeing **meant** to them. Physical and mental health was the most common response. This was followed by being healthy, feeling happy, involvement in day to day activities, emotional wellbeing, doing things and making decisions, spirituality, and having access to services/supports. A small number of respondents mentioned health being free from illness. The importance of a balanced life was also identified as well as the impact poor health can have on living a full life or realising goals. The majority of responses to this question included multiple aspects of health in their definition.

Below is a sample of responses from young people on what health and wellbeing means to them:

'Being the healthiest version of you'

'Living healthy and having a good mental state'

'Finding the right balance'

'Good mental, physical and emotional stability'

'I am happy and doing the best I can in the best state'

What young people said at the forum

The Forum started with small groups brainstorming responses to four questions:

- What is currently in place to support young people's health and wellbeing?
- What are the barriers or issues that affect young people's health?
- What moments have made you feel proud?
- What is your vision for Tasmania?

What is currently in place to support young people's health and wellbeing?

Young people are aware of a range of supports available to them including:

- Specific organisations/services. They mentioned local and national organisations, face-to-face and online services. Many assist with mental health issues, but services for alcohol and other drug issues, homelessness, and physical health were also listed. Examples included Headspace, BeyondBlue and KidsHelpline.
- Professionals such as doctors, social workers and psychologists. This included school-based nurses, social workers, as well as GPs and professionals outside of the school.
- Community-based organisations that support their health and wellbeing. This included youth, community and church groups, community centres, youth centres and support groups.

Friends and family were also mentioned but not as frequently as services. Some groups also discussed the role schools play including teachers, classes and programs as either people to go to, or ways to learn about health and wellbeing. Several groups mentioned awareness weeks/days that focus on specific topics for example RUOK? Day and expos as a way they learn about health and wellbeing.

What are the barriers or issues that affect young people's health?

The main barrier young people spoke about was stigma, fear and stereotypes that can be experienced. This included being judged by other people, peer pressure, lack of confidence, fear to speak up, wanting to fit in, embarrassment, finding it hard to take the first step, pride and hesitation getting in the way, and not feeling comfortable.

Another key theme to emerge was the influence of friends and family. This included the impact of family issues such as family breakdown, along with peer pressure by friends, and bullying from peers.

Toxic relationships were mentioned across the groups. Young people also talked about people who are not supportive which affects their wellbeing. This could extend to team mates at sport, parents, teachers, partners and friends. Support and understanding is considered important, with breakups in relationships and friendships creating a barrier to health.

A third theme was the effect of poor mental health, including low levels of self confidence, negative thinking, and wanting to isolate themselves. Young people talked of feeling overwhelmed and overworked, stressed, and experiencing anxiety and depression.

What moments have made you feel proud?

When asked what made them feel proud and why, young people said they had felt proud when they:

- overcame a fear or difficulty
- tried something new
- worked hard and it paid off; were able to achieve a goal
- helped each other
- gained more freedom or responsibility
- were recognised for their work and achievements.
- developed skills, confidence and independence
- were part of family and community; part of 'the bigger picture/change'

What is your vision for Tasmania?

Participants were asked what they would like Tasmania to be known for in the future in relation to health and wellbeing and what they would create to achieve this. The key points shared were:

- Supporting and helping each other. This includes families, friends and community and understanding and respecting each other. Role models are important, along with acknowledging the lived experiences of young people. Respect for culture was also seen as important. Young people spoke about connection, communication and empathy as supporting happiness and wellbeing.
- Equality and acceptance. It was important that Tasmania be inclusive and let people be themselves. This included equal opportunities, freedom to voice opinion, and no racial prejudice.

'A well educated, proud, equal and diverse community'

- More education for life skills. Some groups talked about more awareness around health and wellbeing such as programs and classes that are non-academic to learn topics like nutrition and finances. Flexibility in the curriculum was seen as key to meet differing needs and learning styles.
- Supporting resilience and positive mental health. This includes fewer stigmas for mental health, and awareness that people have good and bad days. More people would be happy and feel that they have purpose, and there would be a lower suicide rate.
- More positive community events. There would be more available both indoors and outdoors, in local communities, a place to connect with friends and also meet new people. Both whole of community, and specific youth led events.
- Health care and support services that are accessible in terms of cost, transport, location, and specialisation.

Solutions from the forum

The following information provides a summary of the ideas and solutions participants discussed in relation to health and wellbeing. There were ten topic groups, developed from prior consultations, and an additional group who chose a focus area on the day (see Appendix 2).

Responses were collated into what young people would **keep**, **change** and **create** in regard to their chosen topic as well as a **key idea** to share with the whole group.

Physical Health

Young people recognise the relationship between healthy food, drinking water, being active and overall physical health. They want to change the mindset and expectations associated with exercise and sport, and reduce barriers to participation. They want to create ways to be active, having more sports rosters, equipment, and a variety of activities available in school and communities. Young people also want more ways to build relationships whilst being physically active. It is important to them that activities are inclusive, positive, cooperative and supportive.

Mental Health

Young people know about a range of services and organisations available and want these to be maintained and extended. Improving access is a concern. It is important to them that a range of services are offered face to face, online, with an outreach option and at different access points and times. Awareness and education is also key to addressing mental health. How this is done is important, with more open, peer led sharing suggested and more events.

Relationships

Safe, loving, respectful relationships are important. This includes family and friends, but also the wider circle of supports in schools and the community. They want to reduce negative relationships including those that are judgmental, controlling, disrespectful, abusive or toxic. They see that acceptance, understanding, and communication is needed, as well as challenging expectations and stereotypes. Young people spoke of being realistic about relationships. The key suggestion in this section is around learning about relationships, what they are like, what is healthy, and how to be safe and communicate. More representation in the media of diverse relationships is also sought.

Life Balance

Young people want to keep plans and structures that assist them in having life balance. This includes routines, calendars, diaries and planners. Groups also discussed the importance of having a balance at school. The key ideas for life balance were to improve communication between young people and teachers; and the importance of being able to talk to others openly. Planning and organisation are also seen as important, with strategies needed to teach these skills.

Communities

Young people identified a range of groups and centres in their communities as being important to them. They talked about the people that make up communities – family, friends, and leaders. Inequality is something they want changed, as well as social issues such as homelessness, transport, low income and access to services. The key suggestion was to have more activities in the community, such as alcohol free music festivals and places where you can socialise. Young people want more choice and opportunities for work, volunteering, support and recreation. An inclusive, supportive community is seen as the ideal.

Environment

Young people want to continue to take care of our environment. This includes keeping it clean, protecting it and having days such as 'Clean Up Australia Day'. Groups also discussed how outdoor education, site seeing and bushwalking can help people appreciate and enjoy the environment and want to keep these options available. Young people considered policy issues to help protect the environment such as having smaller populations and improving research for endangered species and how to protect them. Ideas for the environment included education on environmental issues, and access to the environment without destroying nature through infrastructure. The other area was creating less waste, such as banning plastic bags.

Environment (inclusive)

Young people identified visibility as being important for inclusivity. This includes specific events, campaigns, representation through images, flags, and spaces. They want to change the stigma attached to diversity, such as LGBTQ+, and see education and recognition for identity and diversity as important. Young people want to create more acceptance, respectful communication, education, and access to support.

Alcohol and Other Drugs

Young people want to keep and increase awareness and education so they can make informed choices and know about risks and safety. They see specific programs and support being important including rehabilitation and mental health services offered online and face to face. Stigma is a barrier, along with accurate information. Education is core, with one point being to 'learn safely that things can go wrong'. It was also suggested that parents need to know more about drugs too. Regulation of drug use was also raised. In terms of services, places like safe houses, and outreach were suggested.

Self Esteem

Young people talked about the importance of having friends, support and acceptance from others. They said it is important to encourage and compliment each other. They also mentioned how schools and teachers can play a role in supporting self esteem. Issues like bullying, judging, sexism and body shaming impact on a person's perception of self. The key suggestion was for more social gatherings, events, and activities such as fun days, groups that people can join, places to hang out. They want more awareness and learning on this topic, including peer to peer learning, and teaching about emotions, individuality, and the difference between 'good' and 'bad' mental health. Positive messaging and language was also identified, for example getting rid of such concepts as pretty and handsome used at a young age.

Food and Nutrition

Comments about food and nutrition focused on having knowledge and access. Young people want to see better access to healthier options, including food, and drinking water, plus food knowledge about what to eat/drink, seasonal eating, and affordability. Affordable, healthy food is important to young people.

Physical Activity

Young people value the range of things currently available such as fun runs, sports grounds, skate parks, playgrounds, walking tracks, aquatic centres and natural areas. They also see schools as playing an important role through sports and physical education programs and they want to change the competitiveness and ability requirements to participate. The cost of activities, limited transport options, and timing were identified as barriers to participating in physical activity. Young people would like more infrastructure and facilities to support engagement, as well as more inclusive opportunities for all abilities, and a diverse range and mix of sports. They want to change gender inequality in sport and physical education.

Extra Group

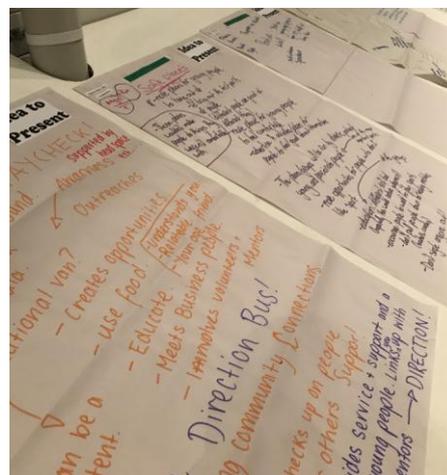
This group talked about support systems, including youth workers, social workers and counselors they want to keep as well as programs like Teen Mental Health First Aid and free medical services. They want to create more awareness for students, more from 'our current generation', more forums and activities, introduce mental health awareness in younger children/school age, and more peer involvement.

Young people's ideas

Each solution group identified one idea to present to the whole group. Participants were given three dots to vote on the ideas they thought time, resources and investment should be made.

The idea that received the highest number of votes was more safe spaces for young people. This stood out as a priority for young people.

A significant number of votes were also given to the ideas about creating happy, active city centres, putting 'Tassie on the map', and having more mental health events in schools.



Below is the complete list of ideas generated and presented

Physical Health

- More community based events with no restrictions
- Improved physical education (PE) in schools – streamline PE in performance, ability and interest
- Incentives to be happy and healthy (for example, health tokens in schools, transport, healthier food to be cheaper)
- Healthy food stores and canteens

Mental Health

- Peer driven mental health services
- More mental health events into school curriculum – visits from services such as headspace, learn mental health first aid
- Open discussions including programs in schools, peer driven and interactive sessions and advertising. The focus is reducing fear and stigma, focusing on prevention
- Mental health schools program

Relationships

- Create a support service specifically around relationships
- 'Who's the man' – addressing gender labels and stigma
- More representation of diversity in media. Challenge stereotypes
- A nationwide healthy relationships program for schools and communities

Life Balance

- Communication between everyone at schools, including using technology
- 'Update the education system'. Suggestion for personalised learning environments, with more funding and support
- 'Time yo week'. Creating a time on Monday to set out your week
- More awareness in schools about recognising a balanced life, and the impact of an unbalanced life.

Communities

- Wanting to help others. 'Passion not paycheck'
- Communication from services to the young people
- 'Grouse House': a multi-storey youth space with activities and programs

Environment

- Raising awareness in our communities, including environmental issues in curriculum
- 'Acceptance' – creating more inclusiveness, exploring subjects positively
- One group specifically focused on turning their town into a happy, active environment. This included more happening in the city centre
- Programs promoting acceptance of diversity, acknowledging LGBTIQ+

Alcohol and other drugs (AOD)

- AOD centres and informed decisions
- Technology such as an app or social media with information about drugs
- 'Responsibility test'. A way to avoid AOD abuse and harm
- Drug education including what could happen, at all levels of school

Self esteem

- 'Safe places' – more places for young people to hang out
- Programs in schools
- 'Advertising – being mindful of the mind'. Includes guest speakers, posters, teaching
- Programs that engage with early childhood and parents, educate about self confidence, individuality, harms of social media

Food and nutrition

- 'Farming=cool'. Education on nutritious options
- 'Nude food' – various ways to promote nude food, and also recycling and rubbish
- 'App – How to health'. Includes food knowledge, recipes, what your body needs
- Healthy eating in class. Make healthy food cheaper

Physical activity

- 'Put Tassie on the map' – promote Tasmania, network, build facilities
- 'Recreating the world of Physical Activity'
- 'Sports for everyone'
- School based activities / sports

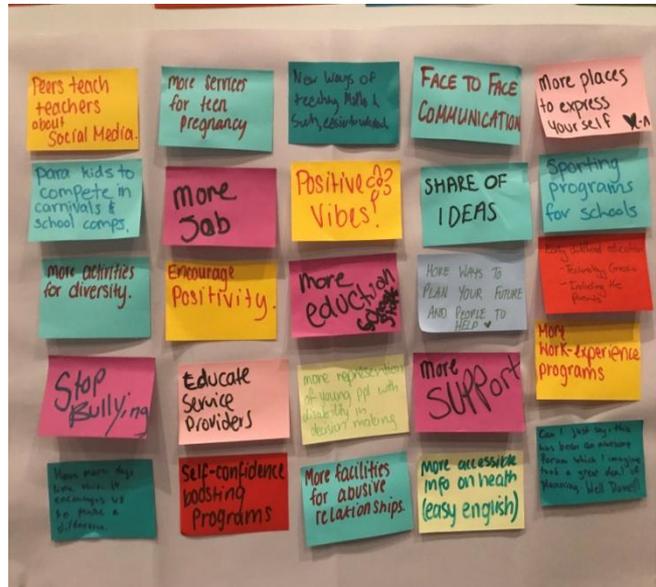
Extra

- Safe space for under 18s to meet and talk
- Introducing mental health awareness in younger children

Ideas Wall

An 'Ideas Wall' allowed participants to add comments or ideas throughout the day.

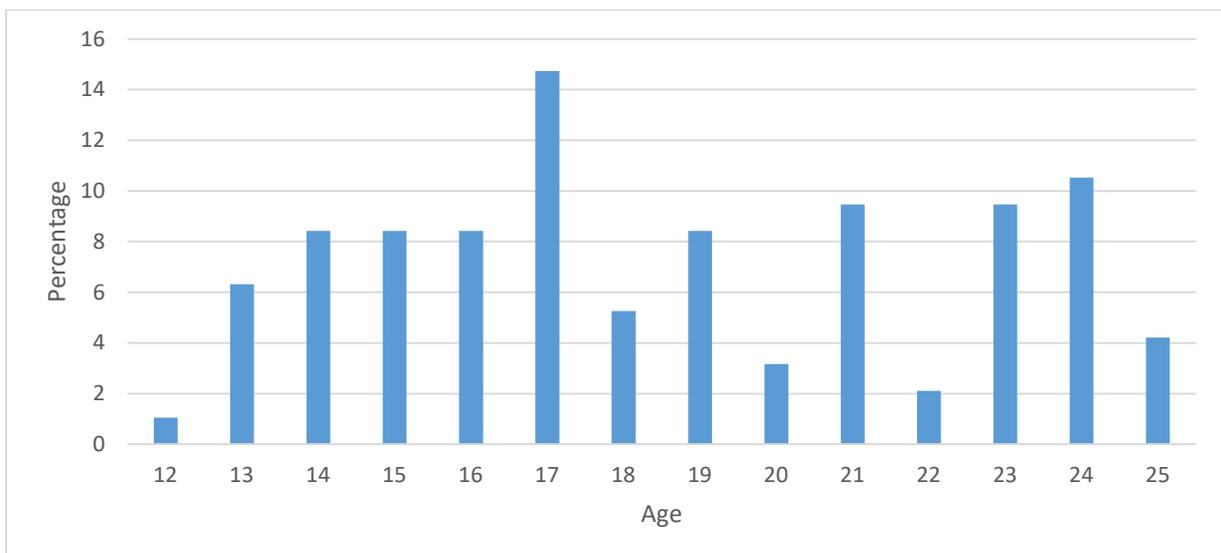
The ideas reinforced comments made in group discussions including support, more education and information, young people sharing ideas and being more visible, inclusivity and diversity, and employment opportunities.



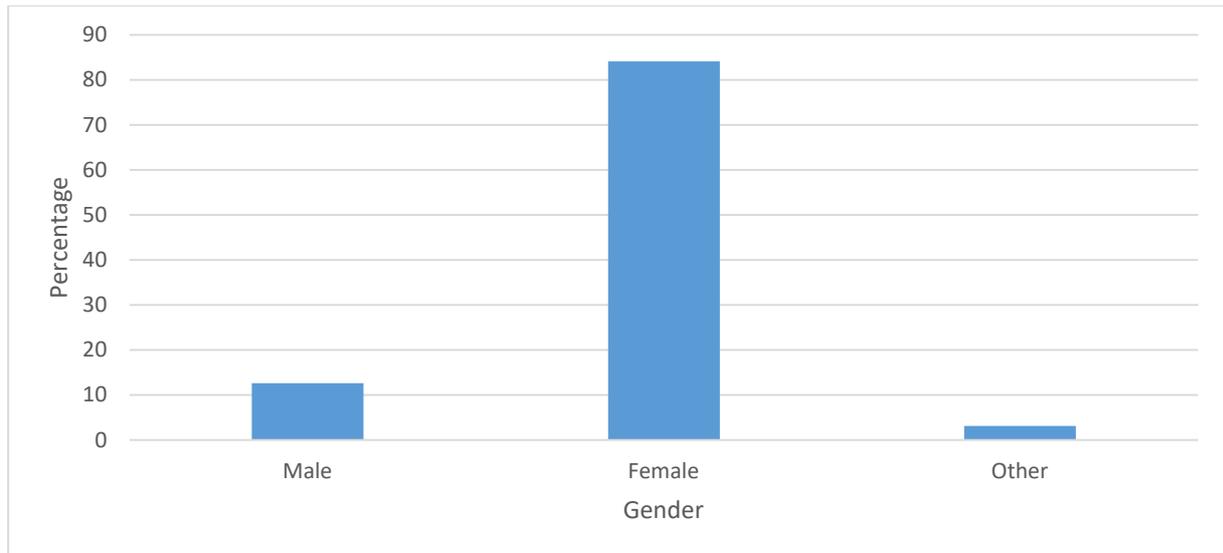
Results from the survey

An online survey was created to run in conjunction with the Forum to provide an opportunity for more young people to have their say. In total, 95 responses were received with representation from all ages across the State.

How old are you?

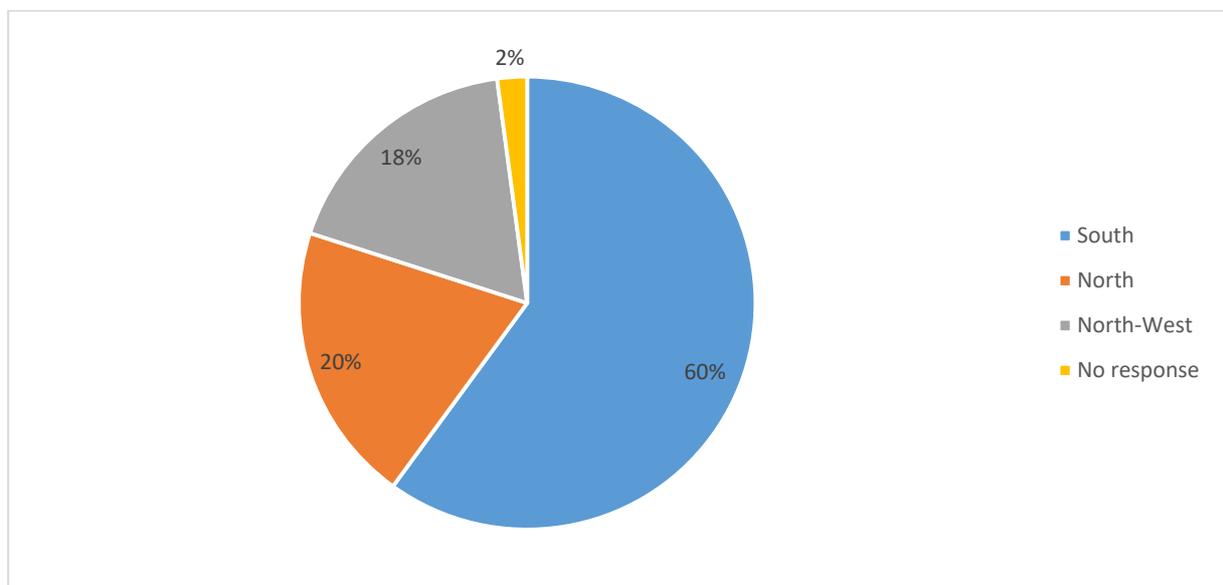


What is your gender?



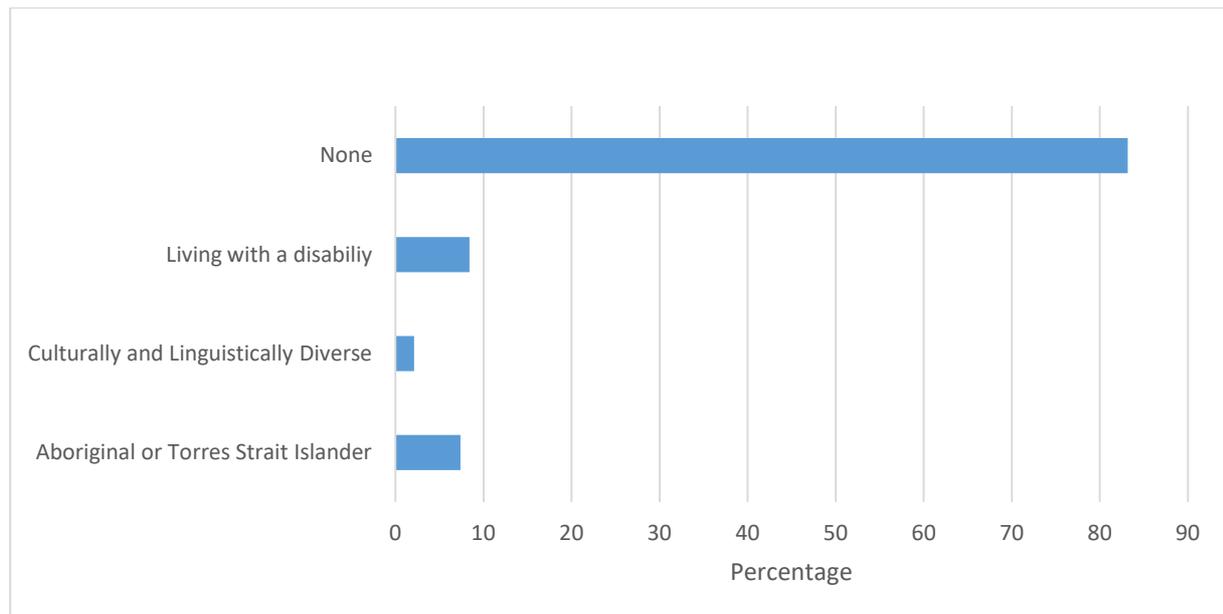
Whilst there was representation across all ages, the highest number of survey respondents was under 20 years of age. The largest group of respondents was young people aged 17 years. The majority of survey respondents (80%) identified as female, with small numbers of young people identifying as male or other.

Location



Surveys were returned from participants across the state with over half received from young people in the South (60%), 20% from the North and 18% from the North West. A small percentage of survey respondents (2%) did not respond to the question.

Do you identify as:



A small proportion of respondents identified as Aboriginal, Torres Strait Islander, or from a culturally and linguistically diverse background or living with a disability.

What is the biggest health and wellbeing issue young people are experiencing?

'Mental health by far'

Nearly two thirds of survey respondents identified mental health as the biggest health and wellbeing concern including anxiety, depression, suicidal thoughts, emotional stress, and trauma. Coupled with the experience of mental health is the availability of support, both formal and informal.

One person wrote:

'We don't talk enough, like physically speak face to face and make deep connections'.

Access to services was identified as a significant area of concern by a large proportion of respondents including access to free services, as well as relevant programs that outreach to young people. Access also includes transport and timing, along with challenges for people living in rural areas. Other issues noted were housing and homelessness, peer pressure and comments from others, exercise and fitness, obesity, drug use and lack of knowledge.

Below is a selection of other responses young people gave:

'I think that many young people get influenced by social media's image of a good life'

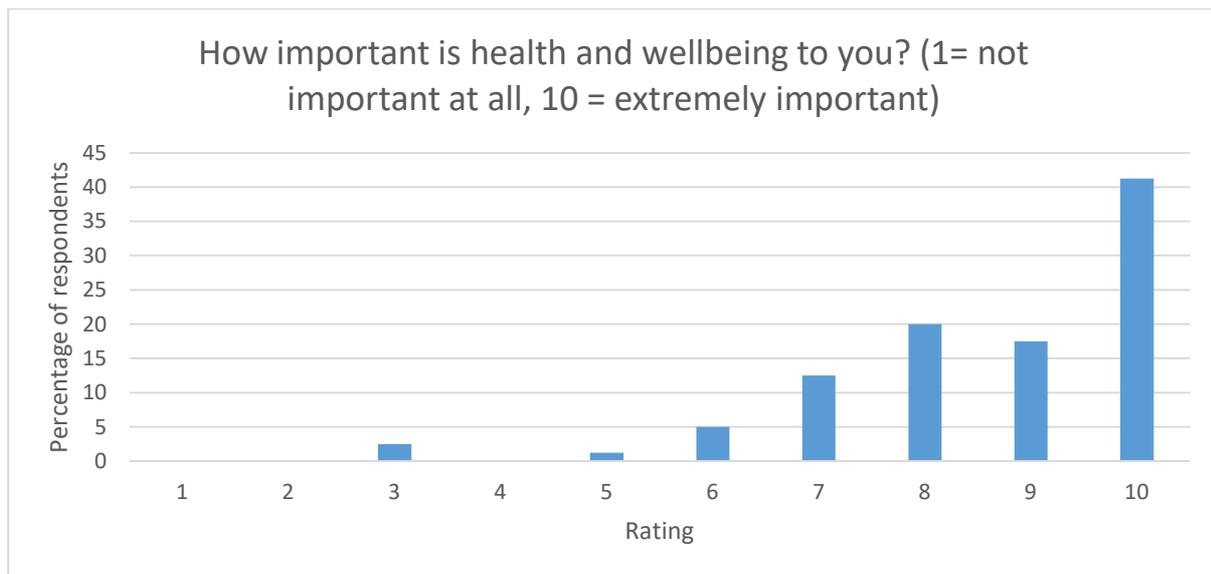
'Bullying. It affects so many people and leads to depression, anxiety and other problems'

'Eating a lot more junk food'.

'Being on computers and phones all the time'

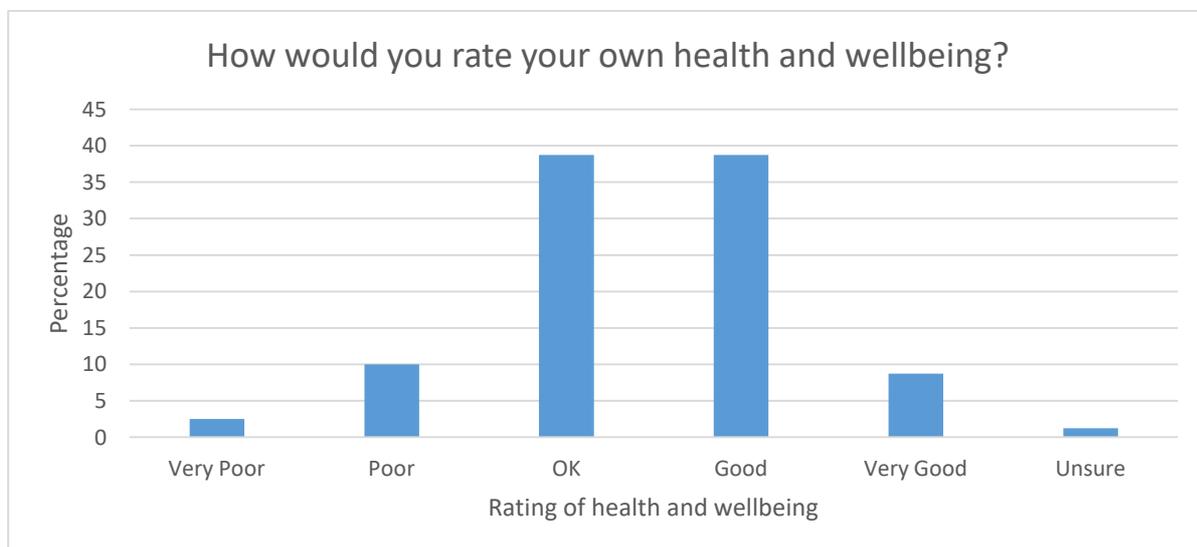
'Housing crisis'

How important is health to you?



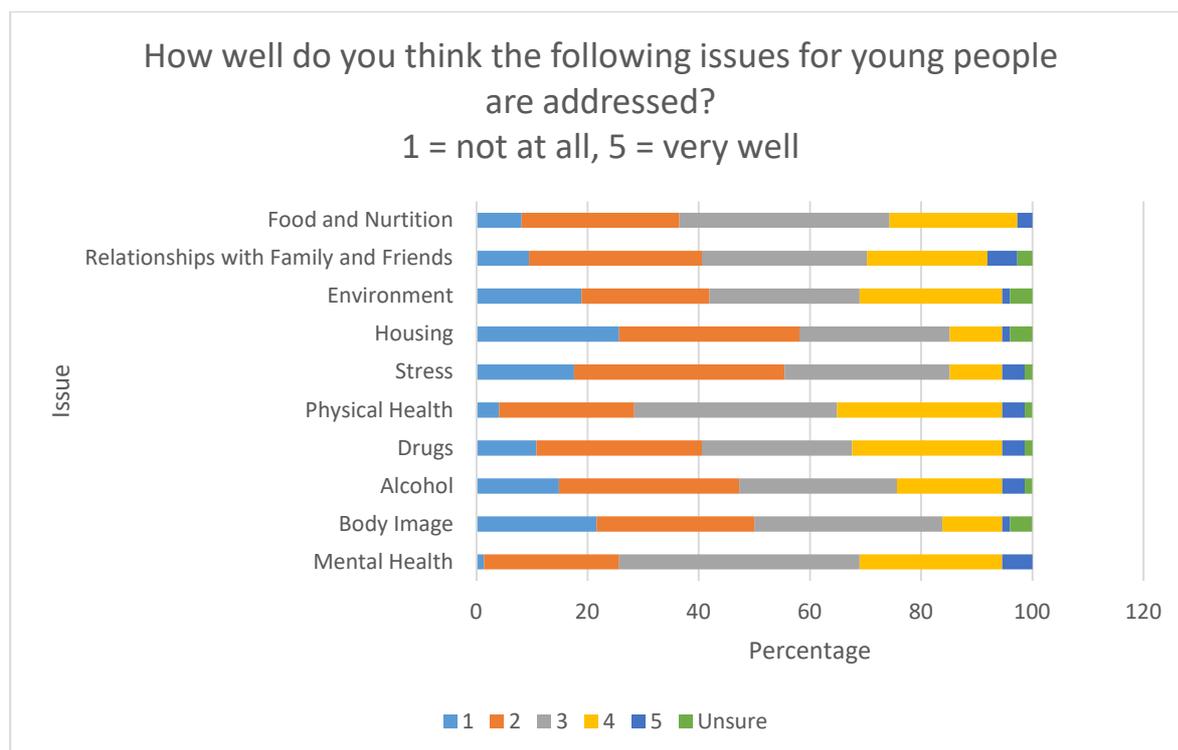
Over 42% of survey respondents identified health and wellbeing as extremely important, with 80% of all survey respondents rating their health and well being above eight out of ten. This suggests that the majority of young people consider their health and well being to be very important or extremely important.

How would you rate health and wellbeing?



In considering their health and wellbeing approximately one third of respondents chose 'ok', with another third saying it was 'good'. Whilst more exploration is needed to understand what young people define 'ok' to mean, it is noteworthy that approximately half of respondents (49%) rated their health as only ok, or poorer.

How well are issues being addressed?



Ten areas of health and wellbeing were listed with young people asked to rate how each was being addressed in Tasmania. In terms of how well mental health is being addressed approximately 30% chose 'well' or 'very well'. The majority of respondents (70%) reported that it was being addressed 'somewhat' or 'fairly well'.

A quarter of respondents (25%) identified housing as an issue that is not being addressed with a further 20% identifying environment and body image as areas that are not addressed well. Survey results suggest that housing, environment and body image are significant areas of concern for young people.

In terms of stress, over half of all survey respondents (67%) chose 'slightly' or 'somewhat'. Physical health, alcohol, drugs, food and nutrition were identified as areas that are being addressed however they did not receive high ratings. Very few issues were seen as being addressed well or very well.

What helps you have good health and wellbeing?

Respondents listed multiple factors that helped them to have good health and wellbeing.

Key themes identified, in order of importance, include:

- Friends and family
- Exercise and sports
- Accessing health and mental health services
- Diet and sleep
- Involvement in arts and hobbies including reading and music
- Socialising
- Having time alone, quiet time, meditation
- Specific programs and services
- Trying new things
- Technology

Below is a sample of responses on what helps young people to have good health and wellbeing:

'Catching up with family and friends'

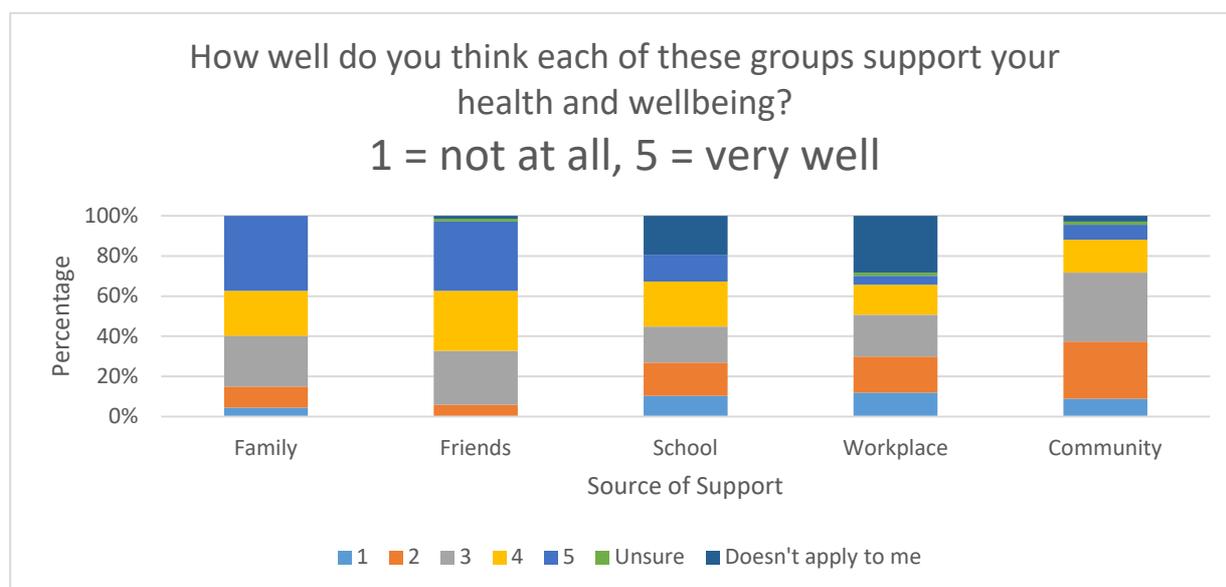
'Exercise helps me clear my mind and feel good'

'Talking to people'

'Taking time for yourself'

'Access to free or affordable services'

How well do certain groups support your health and wellbeing?



Family and friends emerged as the main sources of support for health and wellbeing with over half of respondents identifying family (60%) and friends (70%) as supporting them well or very well. A quarter of respondents (25%) identified schools, workplaces and community to be not supportive at all, or only slightly supportive.

Young people's ideas on what supports health and wellbeing

Responses to this question in the survey reflected the solutions young people identified at the Forum.

Key themes included:

- Having a safe place or centre to go
- Access to /more support people, services
- Local events / activities
- Education / awareness
- Free services
- Mental health services
- Online resources

One young person wants there to be *'a friend or supporting person for everyone'*.

Analysis of the findings

When discussing what health and wellbeing meant to them at the Forum, young people identified what health feels like, and also observed what they, and others, can do if they have 'good' health. There is recognition that poor health impacts on being able to live a full life, engage in activities, and reach your capacity or potential. Participants highlighted that health and wellbeing is not just an individual experience, but relates to connectedness. Access to supports and services is a feature of health. Healthy literacy - being able to find, understand and use information to make choices and decisions – is also an important factor. Having an awareness of something, such as the importance of drinking water, is not the only condition for behavioural choice and change. Support, access, modeling, ongoing education and awareness, and 'encouragement' may be needed to improve health and wellbeing.

In rating their own health and wellbeing approximately half of survey respondents (49%) chose either ok or poor. Whilst more exploration is needed to reveal how young people interpret 'ok' or 'poor', this would suggest that almost half of all survey respondents believe their physical, mental, social and other aspects of health could be improved. This can reflect behaviours, choices and situations within, and also beyond, their control.

Survey respondents identified a small number of health and wellbeing topics as being addressed fairly well/very well including mental health, relationships with family and friends and physical health. A large proportion of respondents identified housing, body image and the environment as issues that are not being addressed well and would like to see more done in these areas.

Young people have many ideas on what could support health and wellbeing. The solutions identified by survey respondents were consistent with ideas presented at the Forum. Themes to emerge were the desire for places to go, free services, and more local events and activities. The recurring mention of wanting a safe space suggests a degree of vulnerability felt by young people. This could relate to their place in the world, along with the specific pressures they spoke of in connection with relationships, identity, future, expectation and judgement. Young people identify the importance of others to help with events, supports and services, alongside the things they can initiate or have a role with.

Conclusion

The data from the Forum and Survey highlight consistent issues and areas of concern for young people with regard to their health and wellbeing. Mental health emerged as a major concern, including experiences of anxiety, stress, bullying, depression and feeling overwhelmed. Access to health and support services is a significant issue for young people, with a call for more inclusive, free, tailored services and health professionals.

Young people understand that health includes what they do with and to their bodies, how they think and feel, how they perceive themselves and are perceived by others, and how they connect or engage with people, place and activities. There is an understanding that some things are within their scope of control, and others are not. They recognise that social issues impact on wellbeing including homelessness, drug use and mental health and that further support is needed to address these issues. Young people want more done to address the many aspects of health and wellbeing.

The findings draw together key themes which give voice to the fears and hopes young people have for themselves and their communities. The data is rich with ideas for solutions. Young people are hopeful for change, with some clear thoughts on ideas to further support them and their peers. Young people valued the opportunity to share their ideas and contribute to solutions for improving the health and well being of young Tasmanians. Young people see themselves as part of the solution to the issues and challenges they face and want to contribute to positive change in their communities.

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Appendices

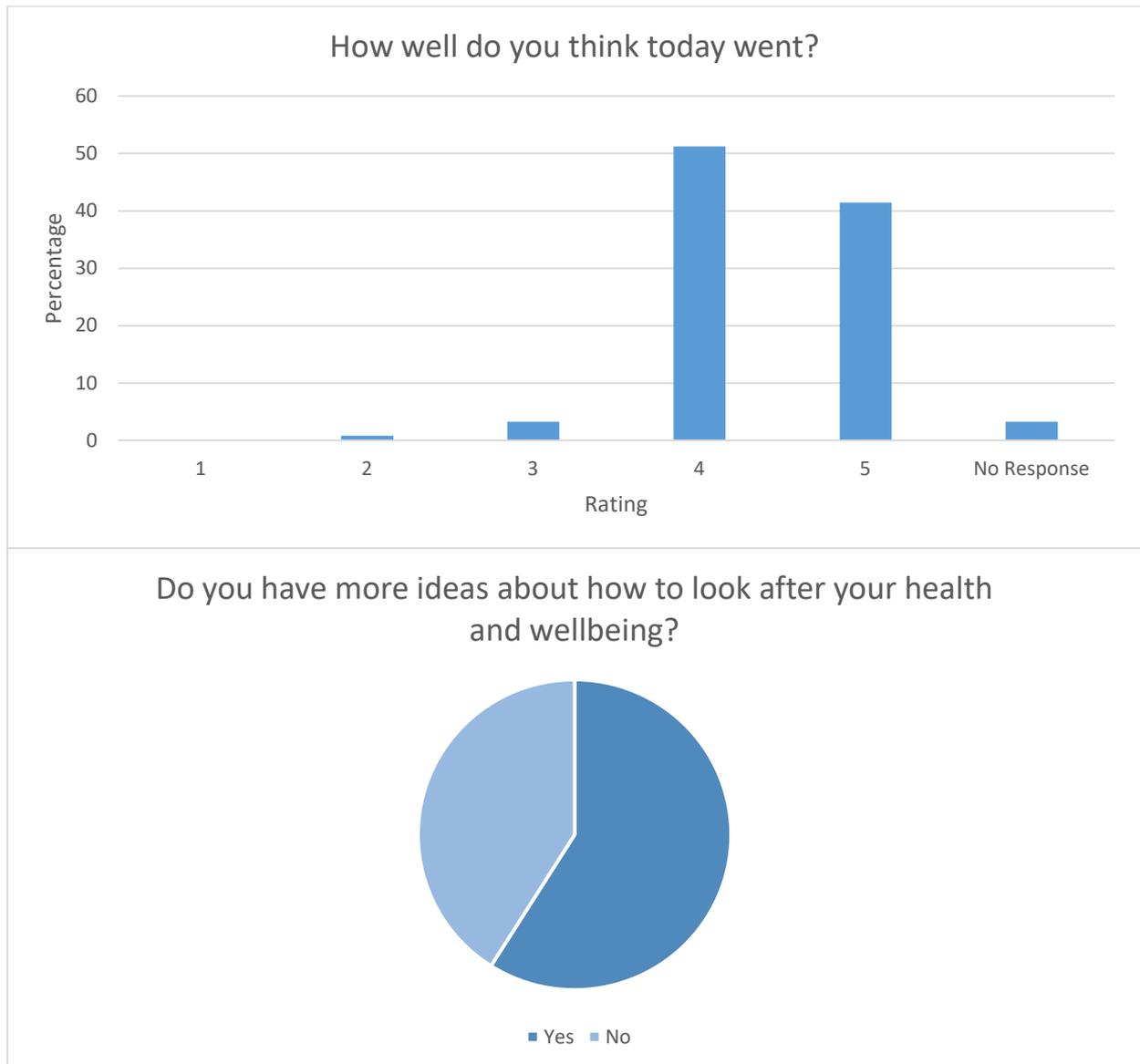
Appendix 1: TYF Forum Program

Time	Activity
9:30-10:00	Registration
10:00 – 10:05	Arrival and Acknowledgement of Country
10:05 – 10:10	Welcome by Minister for Health, The Hon. Michael Ferguson
10:10 – 10:20	Introduction by Mo, Forum Facilitator
10:20 – 10:35	Meeting Each Other
10:35 – 11:05	What does health and wellbeing mean to you?
11:05 – 11:25	Morning Tea
11:25 – 11:55	World Cafe Brainstorm
11:55 – 12:25	Solutions Group 1
12:25 – 12:55	Lunch Break
12:55 – 1:15	IDEAS Wall
1:15 – 1:45	Solutions Group 2
1:45 – 2:35	Reporting Back of Solutions Groups 1 and 2
2.35 – 2:50	Wrap up of ideas by Mo and YNOT
2:50 – 3:15	Feedback forms, Thank you and conclusion by YNOT and TYF
3:15	Depart

Appendix 2: Solutions Discussion Groups

TOPICS	DESCRIPTION
Physical Activity	Sport, recreation, exercise and activities that get us moving
Food and Nutrition	How our wellbeing relates to what we eat and drink
Alcohol and Other Drugs	How drugs can help or harm our wellbeing
Mental Health	What makes our minds healthy
Environment	What is around us and the world we live in
Relationships	Friends, family and other important people and pets in our lives
Life Balance	Balancing the ways we spend our time
Self Esteem	Opinions and thoughts we have about ourselves
Physical Health	What makes our bodies healthy
Communities	Who lives around you and what support is in your community

Appendix 3: Participant Feedback on the Forum



Feedback from past forums suggested providing more time for discussion and activities. This feedback was taken into consideration during planning and it was decided that the 2018 Forum would not include a guest speaker. There was an ideas wall that young people could write and share ideas, along with resources to collect.

Some participants shared what they had learnt from the day including:

- Have balance in life, including setting manageable goals, better time schedules
- Talk to others and connect with the community. Importance of being in a supportive environment and taking opportunities in the community to learn and work
- Speak up about ideas and thoughts, meet new people
- Do things that support happiness and self care, be aware and look after mental health
- Changes that can happen at school – inclusion of more health and wellbeing topics, and guest speakers
- Share information learnt at the forum back at their schools
- A sense of positivity and self confidence
- Being inclusive and having health programs that support this
- The need for more awareness of issues for young people relating to health and wellbeing in communities

What was the best part of the day?

Over half of the participants said the best part was being able to share ideas and have a say. Young people liked contributing to change. They thought it was important to discuss issues they face and ideas for addressing them. This included listening to other people's ideas and being able to discuss this together at the event. There were a lot of positive comments and feedback about this.

Around a third of participants said they had enjoyed meeting new people, including people from diverse backgrounds and other schools/areas. Networking was an important part of the event. Other aspects included the food, the structure which supported encouragement, interaction and teamwork.

How could future events be improved?

Most feedback was positive and there were few replies to this question. The suggestions that were made were:

- More time - or better use of time - for presenting back of ideas. As there was a large group this took time
- More activities to get to know each other and explore ideas
- More advertising for the event and encourage young people 19-25 to attend
- Encourage schools from east and west coast to attend and more representation from groups of young people
- Another event to follow on and explore the details in the ideas
- Change location and tweaks to the food provided
- Timing of the event not during exams

Appendix 4: 'Health and Wellbeing' Posters

