

Youth Health 2011: It's totally important! **Youth Participation Committee Report**

Prepared by the NSW Commission for Children and Young People, Chair of the Youth Health 2011 Conference Youth Participation Committee

INTRODUCTION

This report has been prepared by the NSW Commission for Children and Young People for the Centre for the Advancement of Adolescent Health and the Department of Adolescent Medicine, The Children's Hospital at Westmead. It examines the involvement of young people in the *Youth Health 2011: It's totally important!* Conference held 9-11 November 2011 using the feedback from youth participants from the conference and the Youth Participation Committee.

The report is divided into two sections:

1. Rationale and planning for youth participation; and
2. Conference activities involving young people.

The Commission promotes the views and participation of children and young people in their communities and in decisions that affect their lives. It is hoped that this report will provide guidance for organisations wishing to promote youth participation at a similar event. Information and documentation have been attached as appendices to assist with this purpose.

CONTEXT

The 8th Australian and New Zealand Adolescent Health Conference and 3rd IAAH Asia Pacific Congress, *Youth Health 2011: It's totally important!* was held 9 – 11 November in Darling Harbour. The Conference was co-convened by the NSW Centre for the Advancement of Adolescent Health and the Department of Adolescent Medicine, The Children's Hospital Westmead. The conference program is attached at **Appendix 1**.

Among the 510 registrants at *Youth Health 2011* there were 54 youth delegates (aged 14-26 years). As well as attending the conference and workshops, some of the 54 youth delegates were also presenters, co-chairs and keynote speakers. Another 150 young people were recruited to perform through a range of mediums such as dance and music, and many more contributed through creative writing and posters.

SECTION 1: RATIONALE AND PLANNING FOR YOUTH PARTICIPATION

BACKGROUND

The conference convenors wanted to involve young people in various ways throughout the conference and established a Youth Participation Committee to plan and oversee young people's involvement. The Commission was appointed the Chair of the Committee to provide leadership, guidance and secretariat support. The role of the Commission evolved throughout the planning stages to include administrative, logistic and project support.

The role of the Youth Participation Committee (YPC) was to achieve the successful involvement of young people in the program for Youth Health 2011. The YPC formed in May 2011 and comprised representatives from:

- The Commission for Children and Young People (Chair);
- The Centre for the Advancement of Adolescent Health;
- The Department of Adolescent Health, the Children's Hospital Westmead;
- YFoundations;
- The Youth Advisory Council (Youth Representative);
- Inspire Foundation;
- Rock Eisteddfod Challenge Foundation;
- The Youth Action and Policy Association;
- Transcultural Mental Health Centre; and
- An independent representative.

The YPC met five times in preparation for the conference. The YPC established a Terms of Reference including a set of objectives (**Appendix 2**) and agreed upon a set of *Principles and Practices Governing the Participation of Young People in Activities* (**Appendix 3**) to guide their work.

The YPC was tasked with organising a range of activities designed for young people to present their skills, knowledge and views using a range of mediums, including arts and performance. Members of the YPC identified the young people and led the activities (**Appendix 4**). The activities were run in the lead-up to and during the conference and included:

- Sponsored youth delegates
- Keynote speaker, presenters, panellists and co-chairs
- Arts and performance
- Welcome to my day
- Youth reporters
- Doodletown
- TranSCRIBE 2011 – Awards Ceremony
- Short films

A total of \$37,000 was provided by the NSW Commission for Children and Young People, University of Sydney, Foundation for Young Australians, and Transcultural Mental Health Centre to sponsor young people to attend the conference as delegates.

Following the conference, the YPC held a final meeting to reflect on the learnings of youth participation from the conference and evaluate the activities and processes, including the work of the YPC. Mechanisms for young people to provide feedback on their involvement were incorporated in some conference youth activities. The young people's comments were shared at the meeting and, along with the discussions from the YPC evaluation, have informed this report.

WHAT WORKED WELL

The YPC comprised members with a diverse range of professional backgrounds and experiences which contributed to the development of interesting, creative, innovative and supportive ways of involving young people in the conference. The involvement of a young person on the committee provided an invaluable youth perspective, strengthening the planning process.

The YPC supported the conference organisers to promote young people's health and well-being as the key focus of the conference through providing advice and by planning and producing youth activities and incorporating them throughout the conference program.

The YPC received positive feedback from the conference organisers and attendees. YPC members also provided feedback about the positive experience working with committee members.

"The conference was amazing and one of the best ones I have been involved in yet, it was amazing to see how thought out the involvement of the young people was." – Youth delegate

"I learnt a lot from this conference. Thanking everybody who chipped in on making this life changing experience for me." – Youth delegate

LEARNINGS

Rationale of youth participation

The conference convenors identified a need for and were committed to the involvement of young people in Youth Health 2011.

The YPC was dedicated to involving young people and worked tirelessly to support their needs. As described above, measures were put in place by the YPC to achieve this including the development of principles and practices to guide youth participation. Feedback from the young people reflects that they felt supported.

"Just the fact that continual support was available was certainly a big plus. You don't quite often see it at that level." – Youth delegate

"The support that I got as a youth delegate was beyond fantastic." – Youth delegate

The range of youth activities had varying and often significantly disparate aims and outcomes, including young people leading activities and decision-making, supporting young people to share experiences and advocate for youth issues, professional development in the health sector and showcasing talents and performances. With such a broad scope of activities it is important to have a clear vision, rationale or goal that communicates not only the purpose but the value of youth participation at a conference level. In the absence of this, the YPC were faced with challenges to

meaningfully engage young people, manage their individual expectations and respond to their needs.

“I worry that some of the youth involvement was a bit too tokenistic... A lot of the conference organisers spoke about how great it was to have young people performing, but I think young people can do a lot more than that and that those examples shouldn't be taken as the greatest form of youth participation that can be achieved” – Youth delegate

“...pretty much tokenistic to make them feel good that there were young people there – I'm not sure if our ideas and message will be taken across or used.”

Conference organisers establishing and communicating a clear rationale for youth participation prior to planning will provide a framework for youth activities and highlight the goals to be achieved. It will focus and assist those working with young people move away from tokenism to youth driven and youth / adult equity forms of youth participation. This includes young people developing skills and having meaningful experiences that benefit them as well as adults.

Once a rationale and purpose is developed and understood, clear guidelines are required to help achieve the successful involvement of young people in the conference (eg principles and practices at **Appendix 3**). It is important that those seeking to work with young people understand and adopt these guidelines and there is support available to them.

Participation is not a one-off event but an ongoing process, which includes evaluation. Putting in place mechanisms to reflect and report on guidelines and goals encourages transparency and accountability and creates opportunities to learn. Mechanisms should also encourage feedback from young people involved.

Planning

A multidisciplinary planning group, like the YPC, is a useful way to draw on diverse knowledge and insights and plan for meaningful youth participation.

The planning process could have been strengthened with a representative from the event management organisation on the YPC. Without this, there were particular challenges for the YPC who had difficulty accessing the budget, key contacts, accommodation and travel, venue and event information etc. Expertise provided by a representative from the event management organisation could manage administrative, accounting and logistical tasks more efficiently which enables other members to focus on other key aspects of youth participation.

Having young people involved as early as possible and throughout the conference strengthens planning and production of activities involving young people and assists with tailoring activities to better suit young people's needs.

An agreement, memorandum of understanding or more detailed Terms of Reference can be useful planning tools to outline roles and responsibilities and clear timeframes to guide the planning process. Clear decision-making processes around expenditure, risk management and conference programming, can also strengthen efficiency, accountability and support.

SECTION 2: CONFERENCE ACTIVITIES INVOLVING YOUNG PEOPLE

Section 2 outlines the activities involving young people in the conference including feedback from youth delegates and learnings.

SPONSORED YOUTH DELEGATES

The Commission for Children and Young People with the support from members of the YPC led this activity and facilitated the youth delegates participation at the conference. This included administrative, logistical and accounting support (registration form at **Appendix 5**; delegate information pack at **Appendix 6**) running the orientation workshop during the pre-conference workshops (**Appendix 7**), preparing a dedicated youth space at the venue for workshopping and a place to hang out, and providing support to the youth delegates throughout the conference.

Prior to the conference an advertisement to recruit youth delegates was placed on the conference website and emailed to a number of networks including *youthgas* (**Appendix 8**). Fifty-two young people aged 14-26 years applied and 29 were selected reflecting a range of different backgrounds and experiences of young people living in Australia. Sponsored youth delegates were covered for registration costs as well as accommodation, flights and transfers if travelling from outside of Sydney.

Mr Peter Slattery, a consultant, was also employed to work at the conference with the youth delegates to develop a presentation for the closing ceremony. A youth worker was also employed to take care of four young people aged 14-17 years overnight.

Sponsored youth delegates attended pre-conference workshops, an orientation, keynote presentations and plenary sessions and conference social events. The youth delegation also participated in a public forum, featured in a video about youth health, tweeted, and worked on a presentation about the key messages on youth health that they presented in the closing ceremony.

As well as the 29 sponsored youth delegates, there were also 25 young people who registered for the conference through their own organisation, making a total of 54 youth delegates in attendance. The 25 young people who were registered on their own were not accounted for in the planning of the sponsored youth delegates but participated sporadically in some of the activities and were welcomed into the youth space.

KEYNOTE, PRESENTERS, PANELLISTS, CO-CHAIRS

The Chair of the NSW Youth Advisory Council delivered an opening address and closing remarks for the conference reflecting on youth health and the conference experience. Other young people, including those with considerable experience with the health system, were also involved in delivering workshop presentations and providing youth perspectives on panels. Young people became involved in presentations through the proffered papers process or by request.

A public forum was held in the evening involving four young people recruited by conference organisers and two people working in the youth field. The topic of the

forum was *My street, my country, my world* and Dr Norman Swan facilitated the discussion amongst the panel and with the audience. A twitter feed also facilitated further reflection from panel members and the audience. Discussion had a social media focus.

Young people were also involved in co-chairing certain sessions. The young people involved were recruited by the Youth Participation Committee.



Youth delegates wrote up Twitter highlights about YH2011 on the *Twitter Bird*

ARTS AND PERFORMANCE

The conference included an arts and performance component involving a range of young people from around NSW. Ms Helen Zigmond, a consultant, was employed to coordinate the performance program. Ms Zigmond recruited individual and groups of young people from schools and organisations and integrated their musical performances throughout the conference program, for example before keynote sessions and social events.

The Rock Eisteddfod Challenge Foundation also arranged for a Rock Eisteddfod performance to be delivered at the official launch of the conference.

WELCOME TO MY DAY

In the plenary session at the beginning of each conference day, two young people shared brief stories about a 'day in their life'. Using guidelines provided to them by Ms Helen Zigmond, the young people spoke about what their day consists of, giving a raw and simple alternative to other speeches and presentations. Efforts were made to draw on a range of backgrounds including young people with a chronic illness, mental health issues and from regional areas.

YOUTH REPORTERS

Inspire Foundation facilitated two young people to be roving reporters at the conference. The two young people, from ReachOut.com, were equipped with a video camera and interviewed conference delegates to inform articles highlighting the positive insights they gained from meeting and conversing with health care professionals and also how health care professionals can better support young people's help seeking. Articles aimed at health professionals were uploaded onto ReachOutPro.com.au and articles aimed at young people were uploaded onto ReachOut.com.

Videos were also made from the footage for online access. The first video for ReachOutPro.com.au focuses on young people's perspectives on help seeking, and the benefits of offline vs. online help seeking. The second video for ReachOut.com is targeted at young people and helps them to understand more about some of the common health services they can access and what they can expect.

DOODLETOWN

Doodletown was a large interactive artwork for conference delegates, including young people, to make their mark on throughout the conference. Doodletown was a collective drawing started by the young people at the Children's Hospital Westmead and added to by delegates. The artwork aimed to bring together all delegates and young people to share and reflect on their collective experiences at and prior to the conference in a creative way.

TRANSCRIBE 2011 – AWARDS CEREMONY

In the lead up to the conference, the Transcultural Mental Health Centre ran its eighth biennial Young Writers Competition, *TranSCRIBE*. The competition was open to young people aged 14-24 years with the theme 'Half Way Home'. Numerous entries were received from 79 educational institutions. Prize winners were announced at an awards ceremony at the conference hosted by the Transcultural Mental Health Centre. At the ceremony The Hon Kevin Humphries, MP, Minister for Mental Health, Minister for Healthy Lifestyles & Minister for Western NSW presented the winners with prizes and certificates. The Minister also launched the booklet of winning entries for TranSCRIBE11.

SHORT FILMS

Short films were shown at plenary sessions of the conference including footage of young people talking about why youth health is totally important. One film used footage collected prior to the conference. Another used footage of youth delegates at the conference talking about youth health and their conference experience. This film was incorporated into the youth delegates' closing ceremony presentation.



The workshop wall at the Youth Space

WHAT WORKED WELL

Feedback mechanisms for young people included responses from young people from the youth delegate orientation workshops (**Appendix 9**), a feedback survey completed by youth delegates (**Appendix 10**) and responses from those who worked with the young people.

The youth delegates provided generally positive feedback noting the support provided by the Commission and other YPC members as a major positive feature. Most youth delegates appreciated the youth space as a place to meet, workshop presentations, regroup and chill out. Youth participation, youth rights, technology, mental health, and Indigenous health were some of the highlight topics for the youth delegates.

"I think that youth contributions were considered important. I got to have my say and that felt great!" – Youth delegate

"I did feel listened to and respected at the conference because many people who recognised me as a delegate asked my opinions on the conference in general or in interactive sessions." – Youth delegate

"I spoke up in many of the workshops I was involved in. I asked a lot of questions and have taken home a lot of ideas that are now currently shaping some of the work I am doing with young people." – Youth delegate

"The youth space idea was awesome, I met heaps of young people that all had the same or similar feelings for youth health!" – Youth delegate

LEARNINGS

Rationale of youth participation

Youth Health 2011 provided many positive experiences for the youth delegates and this is reflected in the feedback from the young people.

"It made me change the way I think about the indigenous health and wellbeing. I understand more about indigenous health and well being much better now that I went to the conference."

"Show 'professionals' that despite all the negative media about young people, we are not all the same- some of us have awesome insight to share!"

"It is my ambition to become an adolescent psychologist. I valued the speakers who spoke about different areas of adolescent health, particularly mental health, as it gave me food for thought about where I might like my future to head."

"The biggest thing I got out of the conference was the networking with other people, both professionals and young people. It has also increased my knowledge overall around health, particularly mental health."

"I learnt a lot about other people's stories and got to understand more about my own rights in the health system, which will now help me in any future health care."

"I have learnt a lot about technology statistics and how it is used in health interventions. I have also made some great friends in the youth delegates."

"I've now got a few ideas on projects that could be implemented to raise awareness on issues. I now see how personal experience has a large impact on the way that ideas are communicated and is very effective."

"I'm now looking into branching into youth health for my future work as a doctor as well as a public health specialist."

There were also challenges resulting from attempting to develop a conference and activities to a diverse group with fundamentally different expectations and needs; from 14 year olds to 26 year olds; health care recipients and health care providers; advocates, professionals and performers.

Some youth delegate feedback reflects the challenges in accommodating a broad range of young people at a conference.

"I don't feel like I need support most of the time and therefore do not access the support that is available. "

"I guess, coming from Medicine where an hour is jam packed with very specific information, coming to a conference where knowledge delivery must be broader to fit with all attendees and where it cannot be given enough air time to be deep is contrary to my learning style."

"I didn't like the secluded space. I wanted to be out in the open talking with the 'oldies' but felt that I should spend some time in the Youth Space as well."

"Make the youth space a little more youth-professional friendly. Some of us were both representing organisations & youth delegates & it would have been nice to feel a little less excluded when we were being "young people."

"...it is mostly because catering for 14-24 is very difficult. The support needs of a 14 year old are likely to be very different to someone of my age. I am also very independent and having to participate in childish games makes me feel many years younger, yet this is hard to avoid in this sort of situation."

As discussed in section 1 of this report, having a clear rationale and purpose for youth participation is essential. It provides a reason and a framework so that planning can be focussed, support is appropriate, recruitment is clearer, activities

are oriented towards developing young people's skills and effectively tailored to their needs both individually and collectively, the experience is meaningful and young people and adults benefit.

Valuing youth participation

Comments from the YPC were made in relation to exemplifying commitment to youth participation by incorporating youth items more intrinsically within the program and as highlights at the beginning of the conference as opposed to the end of the days, when the audience has trickled out.

It is important to consider and promote innovative ways to involve young people, in close consultation with young people themselves, and consider ways to incorporate views, for example through social media and via film, especially the younger cohorts (12-17 years) and those from marginalized communities. There could be value in looking at ways to engage young people to lead projects in their own communities, gathering the voices and concerns of other young people and bringing it to the conference to share with health professionals and decision-makers. Like the twitter feed, further thought should be given to promote the conference and its content to a broader audience.

LIST OF APPENDICES

1. Youth Health 2011 Conference Program
2. Youth Participation Committee Terms of Reference and Objectives
3. Principles and Practices Governing the Participation of Young People in Activities
4. Youth Participation Committee Proposed Activity Forms
5. Sponsored youth delegate registration form
6. Youth delegate information pack
7. Youth delegate orientation running sheet
8. Sponsored youth delegate application form
9. Youth delegate responses from orientation activities
10. Youth delegate feedback questionnaire

APPENDIX 1
YOUTH HEALTH 2011 CONFERENCE PROGRAM



Youth Health 2011: It's totally important!
 The 8th Australian & New Zealand
 Adolescent Health Conference
 3rd IAAH Asia Pacific Congress
 Sydney Convention and Exhibition Centre, Darling Harbour, Sydney **9-11 November 2011**



Youth Health 2011: It's totally important!

YOUTH PARTICIPATION COMMITTEE

TERMS OF REFERENCE

ROLE

The role of the Youth Participation Committee (YPC) is to achieve the successful involvement of young people in the program for the 8th Australian and New Zealand Adolescent Health Conference and 3rd IAAH Asia Pacific Congress.

OBJECTIVES

The objectives of the work of the YPC are:

1. To support the conference organisers to promote young people's health and well-being as the key focus of the conference.
2. To promote the successful participation of young people through the adoption of an agreed set of principles and practices that govern the participation of young people in the conference.
3. To present the skills, knowledge and views of young people using a range of mediums that best achieve this, including creative arts.
4. To evaluate the success of involving young people in the program.

CHAIR

The Managers of Policy and Research at the NSW Commission for Children and Young People (the Commission) will co-chair the YPC. The Chair will:

1. Ensure that the YPC is provided with the administrative support it requires to develop the plan and coordinate the activities identified in the plan.
2. Act as a conduit between YPC and the Program Planning Committee to ensure program coordination and update that Committee on the work of the YPC.

MEMBERSHIP

Members of the YPC are either self nominated or nominated by existing YPC members. Membership is to include young people.

Members will:

1. Develop a plan that involves young people in the program.
2. Identify individuals/agencies best equipped to deliver the various aspects of the plan.
3. Advise others on how to achieve the successful participation of young people in the conference and how to measure success.
4. Attend meetings as scheduled.

MEETINGS

Meetings will be held at the Commission's offices, and secretariat functions will be supported by the Commission.

Youth Health 2011: It's totally important!

YOUTH PARTICIPATION COMMITTEE

OBJECTIVES

Objective 1 To support the conference organisers to promote young people's health and well-being as the key focus of the conference.

Objective 2 To promote the successful participation of young people through the adoption of an agreed set of principles and practices that governs the participation of young people in the conference.

Objective 3 To present the skills, knowledge and views of young people using a range of mediums that best achieve this, including creative arts.

Objective 4 To evaluate the success of involving young people in the program.

Youth Health 2011: It's totally important!

The 8th Australian & New Zealand Adolescent Health Conference
 3rd IAAH Asia Pacific Congress



Sydney Convention and Exhibition Centre, Darling Harbour, Sydney **9-11 November 2011**



PRINCIPLES AND PRACTICES GOVERNING THE PARTICIPATION OF YOUNG PEOPLE IN ACTIVITIES

<p><i>The young people have all the information they need to make an informed choice about whether to take part in the activity.</i></p> <p>The purpose of the activity should be clear, understood and accepted by the young people.</p> <p>How to go about achieving an informed choice needs to consider the diversity of young people, including their capacities and potential.</p>	○
<p><i>The young people voluntarily take part in the activity.</i></p> <p>The choice is their own and not overly influenced by those senior to them.</p> <p>They (and their parents or guardians where necessary) have given their consent to be involved including what identifying information about them is made available, and the use of their voices and images where these will be used.</p>	○
<p><i>The young people should not be harmed by taking part in the activity.</i></p> <p>A contingency strategy is required that identifies what actions will be taken in this event because sometimes harm can occur even with the best planning.</p> <p>The beliefs and values of all those involved in the activity (adults and young people alike) can negatively impact on a young person. This needs to be acknowledged and where it is evident resolved.</p>	○

APPENDIX 3

**PRINCIPLES AND PRACTICES GOVERNING THE PARTICIPATION OF
YOUNG PEOPLE IN ACTIVITIES**

<p><i>The young people are involved in the planning and production of activities.</i></p> <p>The design of the activity needs to encourage the effective participation of young people including their ability to lead the activity. In addition the design needs to be flexible so the activity can respond to the sometimes changing needs of the young people.</p> <p>The activity should also respect the diversity of young people, including gender, race, identity, sexual orientation, language, disability etc and allow for the expression of diversity.</p>	○
<p><i>Power imbalances between young people and adults are redressed in decisions, processes, and relationships within the activity.</i></p> <p>The power relationships between young people and adults are not balanced. Power exists in all the relationships and can arise throughout the activity. A well-developed plan is required to redress these imbalances.</p>	○
<p><i>The activity develops the capacities of the young people.</i></p> <p>The activity provides opportunities for self-learning and where needed the help for that learning to take place.</p>	○
<p><i>The activity develops young people's awareness of their own knowledge, understandings and insights and their value.</i></p> <p>The activity provides young people with an increased sense of the importance of their knowledge, the contribution that this makes to the knowledge and understanding of others, and that their knowledge and understandings are valuable.</p>	○
<p><i>The activity personally enriches young people.</i></p> <p>The activity provides a constructive experience because they enjoy it; or because they are personally transformed by it; or because they find satisfaction through helping others.</p>	○
<p><i>The young people have the opportunity to reflect on the activity</i></p> <p>The activity includes time for reflection and feedback from the young people so that young people are given an opportunity for closure and future activities can continually improve.</p>	○

Youth Health 2011: It's totally important!

YOUTH PARTICIPATION COMMITTEE

ACTIVITY: Department of Adolescent Medicine's Youth Arts Programs
Interactive Creative Artwork

<INSERT PROPOSED ACTIVITY NAME>

What is the proposed activity?	
How does the activity contribute to the objectives?	
Who is the contact person [include contact details] for this activity?	
What resources are needed and who is providing these resources?	
Where is the activity proposed in the program?	
How will young people be recruited?	
How will young people be supported?	
How will the activity be evaluated?	



Youth Delegate Registration and Consent Form

Please complete and return to rouel.dayoan@kids.nsw.gov.au by Monday 24 Oct, 2011.

SECTION A: DELEGATE DETAILS AND EMERGENCY CONTACT

Surname:		First name:	
I am: Male / Female			
Phone number – Mobile:		Phone number – Other:	
Email:			
School / TAFE / University / Other:			
Are you Aboriginal and/or Torres Straight Islander? Yes / No			
Dietary requirements:		Vegetarian / Vegan / Celiac / Other:	
Are there any medical conditions we should be aware of?			
Your age on 9 November 2011:			

Emergency Contact

Emergency Contact Name:	
Relationship to young person:	
Emergency Contact Number: Mobile –	Other –
Email:	

SECTION B: REGISTRATION

Please select which registration package you want (ie. Do you wish to attend a pre-conference workshop?)

Full youth delegate registration (Wednesday 9 Nov starting at 3:30pm with Youth Delegate Orientation; Thursday 10 and Friday 11 Nov)	
OR	
Full youth delegate registration + Pre-conference workshop (Wednesday 9 Nov starting at 8:00am; Thursday 10 Nov and Friday 11 Nov)	

SECTION C: PRE-CONFERENCE WORKSHOPS

If you have selected to attend a pre-conference workshop starting at 8:00am on Wednesday 9 November, please fill in your preferences. **Otherwise move on to SECTION D: FLIGHTS AND ACCOMMODATION.**

Each delegate can only attend ONE pre-conference workshop on Wednesday 9 November. Please number the workshops you would like to attend from 1 – 6 in order of preference.

Workshop 1	Youth Friendly General Practice: Advanced Skills in Youth Health Care	
Workshop 2	Advancing Health Care Rights for Youth People Through Advocacy and Training	
Workshop 3	Using Technologies to Improve Young People's Well-being	
Workshop 4	Delivering Quality Youth Services: Measuring Impact & Outcomes to Improve Wellbeing	
Workshop 5	Building Resilience in Adolescents: Practical School and Classroom Strategies	
Workshop 6	Why is My Mirror Fat? Understanding Eating Disorders in Children and Adolescents	

SECTION D: FLIGHTS AND ACCOMMODATION

This section is for youth delegates who will be travelling to the conference from outside of Sydney. **If you this does not apply to you, please move on to SECTION E: SOCIAL FUNCTIONS.**

Flights

Please fill in the following details so we can book your flights.

Which airport will you be travelling from?	
Is this the same airport you will be returning to on the way home? Yes / No	If no, which one?
Any comments you want to tell us about booking your flights?	
Do you need someone to meet you at Sydney Airport when you arrive?	

Accommodation

If you are travelling from outside of Sydney, accommodation will be arranged for you. Please note that you will be sharing a room with another youth delegate of the same sex and age group.

SECTION E: SOCIAL FUNCTIONS

There are social functions on Wednesday and Thursday night. You are invited to all the social functions. For catering purposes, please let us know which ones you want to come to.

Please note that some of the social functions finish after dark (around 8:30pm). For those of you who need to catch public transport back home in the evening may need to leave early or may not be able to attend. That's okay – just let us know.

Wednesday 9 Nov	6:00pm – 8:00pm	Welcome Reception	
Thursday 10 Nov	5:00pm – 6:30pm	TranSCRIBE Awards 2011	
Thursday 10 Nov	7:00pm – 8:30pm	Youth Health 2011 Public Forum	

SECTION F: CONSENT

Your details will be added to a delegate list (name, age and area only) and may be made available to parties directly related to the conference including the Organising Committee and the Youth Health 2011 Secretariat, accommodation providers and key sponsors.

Do you want your details to be added to a database so you can be contacted for future Youth Health events?	Y/N
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Certain parts of the conference may be filmed and there may also be photographers taking pictures. The videos and pictures may be used on websites, in publications and presentations of organisations directly involved in the conference including the Organising Committee. This means that people could view a video or picture of you at the conference online or in a report. Please let us know if you consent to this by marking the following boxes.

Organisations directly involved in the conference like the Centre for the Advancement of Adolescent Health and the Department of Adolescent Health at The Children's Hospital at Westmead can use videos and pictures taken of me at the conference:		
- on their websites.	YES, I agree	NO, I do not agree
- in their publications and presentations.	YES, I agree	NO, I do not agree

Do you want to be identified in the videos or photos with your first name and age?

YES, please use my first name and age	NO, please do not use my first name and age
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Your signature: _____

Your parent / carer's signature (if you are under 18 years of age): _____

Please return completed form to rouel.dayoan@kids.nsw.gov.au by Monday 24 October 2011. THANK YOU!!

(Rouel Dayoan, NSW Commission for Children and Young People, 02 9286 7221)

APPENDIX 6
YOUTH DELEGATE INFORMATION PACK

YOUTH DELEGATE ORIENTATION

Bayside 108

3:30pm to 5:30pm

ACTIVITY	TIME	RESPONSIBLE	DETAILS
Housekeeping (5 mins)			
Overview	5 mins	Rouel	Run through the agenda for the day. Toilet. Open and honest communication, including constructive criticism. All have to work together to make this conference a success. Check in and check out with Andy or Rouel. If you can't find us, then SMS us.
Getting to know you activities (20 mins)			
GTKYS	20 mins	Brandon	Brandon to facilitate.
Youth Health 2011: It's totally important! (5 mins)			
Conference overview	5 mins	Fiona	Fiona to provide overview of conference to youth delegates.
Conference Goal Setting (25 mins)			
Overview	5 mins	Rouel	<p>Explain youth delegates purpose:</p> <ul style="list-style-type: none"> • Participate • Share your knowledge, experiences, energy • Remind conference delegates that conference is about young people • Work together to develop ideas and solutions to overcome challenges • Present youth perspective in closing ceremony • develop new skills, make new friends <p>Fiona has given you an intro to the conference. I'll now walk you through the key conference sessions:</p> <ul style="list-style-type: none"> • Orientation (today) • Meet and greet with Peter Slattery • Breaks to catch up • Friday concurrent session 20 • Closing session. <p>Ask if anyone has questions.</p>

APPENDIX 7
YOUTH DELEGATE ORIENTATION RUNNING SHEET

Why set goals?	2 mins	Rouel	<p>Explain that it is important to know what you want to achieve personally from the conference.</p> <p>We're going to take a few minutes to individually think about: 'What do you want to achieve personally from the conference?'</p>
Individual goal setting	5 mins	Rouel	<p>Delegates each given a piece of paper and asked to write an individual goal for the conference.</p> <p>Delegates can write more than one goal if they wish.</p> <p>Delegates are invited to put their goals on the wall (optional.)</p> <p>Explain that it is important to keep thinking about these goals throughout the conference to see if they have been achieved.</p>
Conferences messages	8 mins	Rouel Brandon, Emma and Andy to facilitate a group each	<p>Explain that now they have their individual goals they need to think the key messages they want to tell the conference as a group about.</p> <p>Break into 4 groups of about 8, each group is facilitated by a worker.</p> <p>Each group brainstorms key messages they want to conference to know about young people and health.</p> <p>The top 5 messages are written on butcher's paper.</p> <p>Each group reports back their 5 messages to the whole group.</p>
Finalisation of conference messages	5 mins	Rouel	<p>The three pieces of butcher's paper are hung around the room.</p> <p>Each delegate is given one red dot and asked to mark the message they think is most important.</p> <p>Top messages are read out.</p> <p>Explain that these messages will be written on paper and hung in the youth space.</p> <p>Explain that this is just a starting point and the messages they as youth delegates want to make may change over the course of the conference and they will have the breaks and a session on Friday to workshop this.</p>
Expectations (25 mins)			

APPENDIX 7
YOUTH DELEGATE ORIENTATION RUNNING SHEET

Overview	2 mins	Rouel	<p>Explain that there are support people, Rouel, Andy, Brandon, Fiona, Helen and Emma here to help youth delegates throughout the conference. Come and talk at any time. For those staying at the hotel Sophie Harvey, Youth Worker, is there to supervise the under 18's delegates but is available if anyone needs her. She'll be here later to meet you all.</p> <p>Explain that it is important that as youth delegates you support each other and act in a way that reflects well on all of you. For the next 20 minutes we will discuss these issues.</p>
Participatory brainstorm – delegate behaviours	2 mins	<p>Rouel</p> <p>Fiona, Emma, Brandon, Andy and Helen to walk around and provide help if needed.</p>	<p>Explain that they are now developing a 'Team Pact' for how they will treat each other and act as youth delegates over the next two days.</p> <p>Break into groups of 2/3; give each group small pieces of paper. Groups are asked to write down (one idea per piece of paper) as many ideas for the behaviour they expect from the other youth delegates. For example 'listening to each other'.</p>
	8 mins	Rouel	<p>Groups come back together and ideas are grouped on wall.</p> <p>Ask if anyone would like to add or remove an idea from the wall.</p> <p>Explain that before the end of the day these ideas will be developed into a 'Team Pact' for youth delegates.</p>
Support	5 mins	<p>Rouel</p> <p>Andy/Brandon to write up Team Pact</p>	<p>Explain that it is important that youth delegates have the support they need to fully participate in the conference. This will be done without the support staff</p> <p>Break into 3 groups and ask a young person to facilitate each group. Groups are asked to list the kind of support do you expect from those working with the youth delegate. Each group will have 5 minutes and then two minutes to report back at the end.</p> <p>Support staff leave the room for 5 minutes.</p>

APPENDIX 7
YOUTH DELEGATE ORIENTATION RUNNING SHEET

Support ideas report back	5 mins	Rouel	Each group feeds back their ideas to support staff. Explain if some ideas can't be done.
Team building (30 mins)			
Team building activities	30 mins	Brandon	Brandon to facilitate.
Closing (5 mins)			
Wrap up and close	5 mins	Rouel	Where to now – any questions. Introduce Sophie. Arrange for people who need to check in.



SPONSORED YOUTH DELEGATE INFORMATION

What is *Youth Health 2011: It's totally important!*

Youth Health 2011: It's totally important! is a conference about young people's health and well being. It will be held on 10-11 November 2011 at the Sydney Convention and Exhibition Centre in Darling Harbour, Sydney.

The conference will explore important themes including:

- emerging health issues
- the changing world in which young people live
- effective and innovative strategies
- raising the profile of youth health in the region.

What is involved with being a youth delegate at the conference?

Youth delegates will attend the conference from 10-11 November. They will be able to attend all the workshops, keynote presentation, panels, forums and performances that the other registered attendees will attend. Youth delegates can also elect to attend one of the preconference workshop days on 9 November as an optional extra day.

Youth delegates are also invited to attend specific workshops specifically for them in the *Youth Space*. The youth workshops will be aimed at sharing and building youth delegates skills in social media, presentation and public speaking.

Youth delegates will also workshop a presentation for the closing ceremony of the conference sharing their ideas about the key youth health issues and their conference experience.

Please refer to the conference brochure at www.youthhealth2011.com.au for further details about the conference and workshops.

Who is responsible for the conference and the youth delegates program?

The Conference is being organised by the NSW Centre for the Advancement of Adolescent Health and the Department of Adolescent Medicine at The Children's Hospital at Westmead.

A number of other organisations on the conference's Youth Participation Committee including the NSW Commission for Children and Young People will also be assisting with the youth delegates.

Who will be going to the conference?

The conference will attract youth health workers, nurses, medical practitioners, mental health, drug and alcohol and sexual health professionals, youth workers, health promotion workers and community service providers, school counsellors, teachers, researchers, academics, managers, policy advisors...

AND YOUNG PEOPLE – if you are aged 12-24 years, this is where you can get involved!

Do I have to take part in this?

No, you don't. If you don't want to take part, that is okay.

Will there be cameras and video recorders used at the conference?

If you are selected to become a youth delegate, we will ask you to complete a consent form. You can tell us on the consent form if it's okay to take pictures of you and video record you. You can also let us know how we can and can't use the photos and recordings, for example, on the conference website and other publications.

How much will attending the conference cost me?

Through the sponsored youth delegates program, the costs for your participation at the conference including registration fees, airfares, travel and accommodation (if needed) will be covered by the conference organisers.

Who will support me during the conference?

During the conference program, people from the conference Youth Participation Committee will be supporting you. If you will be staying in overnight accommodation for the conference, we will arrange for a youth worker to make sure you are looked after. The Youth Participation Committee can discuss these arrangements further with you and your parent / carer.

How many sponsored youth delegate places are available and how will they be chosen?

There are 35 positions available for sponsored youth delegates. Delegates will be selected from a written application process. We are looking for delegates with an interest in youth health issues from a range of ages and backgrounds from all around Australia.

How can I apply to be a youth delegate?

If you are interested in applying to be a sponsored youth delegate, please complete the attached application form and return it before Monday 3 October to Rouel Dayoan at the NSW Commission for Children and Young People, Level 2, 407 Elizabeth Street, Surry Hills 2010, or email rouel.dayoan@kids.nsw.gov.au.

If you have any questions about the conference, being a youth delegate or need assistance with completing the form, please email Rouel or call him on (02) 9286 7221.

Further information

The conference brochure and further information about speakers, venue and workshops are available from the conference website at www.youthhealth2011.com.au.

Youth Delegate Workshop Responses

Key messages for Youth Health 2011

- “We the youth are the future”
- Services need to be relevant and need to be able to change and adapt to engage young people with progressive technologies(without being condescending)
- Drug and alcohol
- Suicide (MH prevention)
- MVI
- Violence
- Sexual health
- Chronic diseases
- Using technology to promote wellbeing and health for young people.
- Young peeps views are important and need to be heard.
- Breaking the stereotype of young peeps.
- Sharing knowledge and perspective.
- Early prevention & treatment means that young people may be able to live healthier adult lives.
- The importance of developing appropriate tools to target young people’s health e.g. online services, youth friendly practices.
- Value of collaboration between sectors (e.g. education & health) in empowering young people & educating them about how/ where to access help.
- Focus not only on young people accessing services but also continuing with treatment/ help seeking.
- That even though I have a chronic illness, I do lead a normal life.
- Continuous, cost effective accessible services, that are confidential regardless of age.
- Interrogated services into social mediums.
- We are young people, we know what we want, and we want others to listen to us! Every young person has a story, and should have the opportunity to share that!
- Young peoples rights.

Expectations for support

- Be approachable
- Don’t treat us like children
- Be supportive-this is a very foreign environment for all of us.
- Respect
- Be available
- Communication
- Be awesome
- Lots of tweets
- Let us know your role
- Be helpful/ supportive and fun
- Keep us informed
- Listen to us
- Treat us age appropriately
- Listen to the delegates ideas and concerns
- Be yourself and show us your personality

- Give us all a chance to speak (encourage the shy people to speak)
- Take what is discussed here and look for avenues for future involvement.

Youth Delegate Expectations

Learn / gain information

- I'd like to learn more about the different health issues that harm young people, then return home (WA Kimberleys) and try to make a difference in my town.
- I want to achieve knowledge:
 - What the issues are
 - What is being done about them
 - How they affect me/us
 - What we can do about them
 - Who they are happening to
 - Why they are happening
- As a medical student, I want to get a better understanding of Youth friendly practice so I can apply it for the future.
- Learn about issues in health and the community for young people
- To learn a multi-disciplinary approach to issues affecting young people.
- To gather more information on the services available to young people
- Greater knowledge of youth health services.
- Learn about services and websites that contain useful information that is relevant to youth health.
- A greater understanding of health services available to young people (especially mental health)
- Sate the curiosity:
 - Physical health, prevention, sexual health, indigenous health, same sex attracted, carers/siblings of.
- I hope to get the latest information and findings presented to me this conference so I can learn as much as possible about youth health.
- A perspective of where the future is heading with regards to viable treatments for youth health issues that currently affect modern day society.
- Hear the latest scientific research on youth health/
- To gain a greater perspective on how health organisations are developing youth involvement, and how youth people are involved in establishing those processes.
- I want to achieve the knowledge and experience of youth health and what it really means.
- To learn the views of others attending the conference regarding health:
 - What health means to them and/or how it affects them.
 - How will health affect my future?

- To find out about barriers within youth mental health care.
- To establish innovation in the present/future and how this will result in a better health system for young people.
- I want to learn more strategies to help empower young people to improve their mental health.
- To find out more about the issues facing young people.
- To learn specifics about mental health services and treatments, including efficacy.
- Learn something that will encourage me to pursue a career in health! (Allied health).

Professional development

- I want to get new skills, more understanding and new experiences I can use for the future.
- As a Drug and Alcohol Community Worker, I want to network and gain a more comprehensive outlook of youth health issues that I can apply to my role.
- With this new knowledge, it will make me better at my job where I have a lot of youth-aged patients.

Networking/meeting new people

- Meet people involved in Youth Health Policy:
 - o Doctors, nurses, Allied Health, politicians, young people
- To meet like-minded people, who are passionate on similar issues in relation to young people.
- Meet key people involved in youth health.
- New professional and personal contacts
- To make new friends!

Sharing our story/using our voice

- To help educate the parties on how to deal with youth and ways to better the health service
- Talk to the young people in my community and share with them what I've learnt at the 2011 Youth Health Conference.
- To enable the slave of knowledge thereof.
- Share ideas on change and positive promotion.
- Learn about youth services available, so that I can take it back to my community.
- Had a chance to share my story, have a say.
- Use my/other young people's stories/experiences to develop future youth health services.
- To make others aware of how few services are available for those with complex chronic health issues.
- I want the attending doctors and professors to gain an understanding of how adolescents with a chronic illness live a normal adolescent life!
- I want to feel as though my voice has made an impact on professional's perception of young people and how best to approach them in a health context.

Advocating for Young People

- I want to help promote that technology is important for the wellbeing of young people, and organisations NEED to be more aware of this!!
- Influence the way people think about youth health.
- Show 'professionals' that despite all the negative media about young people, we are not all the same- some of us have awesome insight to share!
- Speak on behalf of young people.

Other

- OMG, is this answer right?
- I'd love to have lots of fun!
- Have fun
- Make a difference.
- To make people think about access to services.
- Get actively involved in creating plans and ideas to help youth health to continue moving in a positive direction

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Youth Health 2011: *It's Totally Important!*
Youth Delegate Feedback Form

These questions are about you.

1. Age (in years):
2. Are you (*please circle*): Male / Female
3. Are you from (*please circle*): Sydney / Outside of Sydney
4. There may be some other things you want to identify about yourself to help us understand your feedback better. You can let us know here:

These questions are about the support you received to participate in the Youth Health 2011 Conference. (*Support could include the information you received before the conference, travel and accommodation, the support you received during the conference, the youth worker etc.*)

5. What were the best things about the support you received as a youth delegate?

6. Tell us about anything we could have done better to support you as a youth delegate?

These questions are about what it was like being a youth delegate at the Youth Health 2011 Conference.

7. What were the topics at the conference that were the most important to you? Why?

8. Overall as a youth delegate did you feel listened to and respected at the conference? Why/why not?

9. How did you contribute to the conference? Did you feel satisfied with your contribution?

10. Conferences have different outcomes for different people. What have you got out of Youth Health 2011? *(Has it changed the way you think about something? Has it built your knowledge or understanding? Have you grown personally from the conference? Have you learnt new skills?)*

11. Is there anything else you'd like to tell us?

Please send your completed form to rouel.dayoan@kids.nsw.gov.au; or post to
Level 2, 407 Elizabeth Street, Surry Hills NSW 2010; or fax to 02 9286 7267 before Friday 18 November 2011.
Thank you! We hope you enjoyed being part of Youth Health 2011: *It's Totally Important!*