

THE  
YOUNG MEN'S  
HEALTH FORUM

SYDNEY NORTH

2019

FORUM FEEDBACK  
SUMMARY REPORT

CONV//CT//ON

PEOPLE / STORIES / PERSPECTIVE

GROUP

## Who is Conviction Group?

Conviction Group is a non-profit organisation that seeks to challenge young students to start and continue an open conversation about the topics pertinent to them. Our vision is for a generation of empowered young Australians capable of taking responsibility for their mental wellbeing and physical health. We achieve this vision through our student mentoring programs, school presentations, and youth forums.

[www.convictiongroup.org.au](http://www.convictiongroup.org.au)

## The Young Men's Health Forum – Sydney North 2019

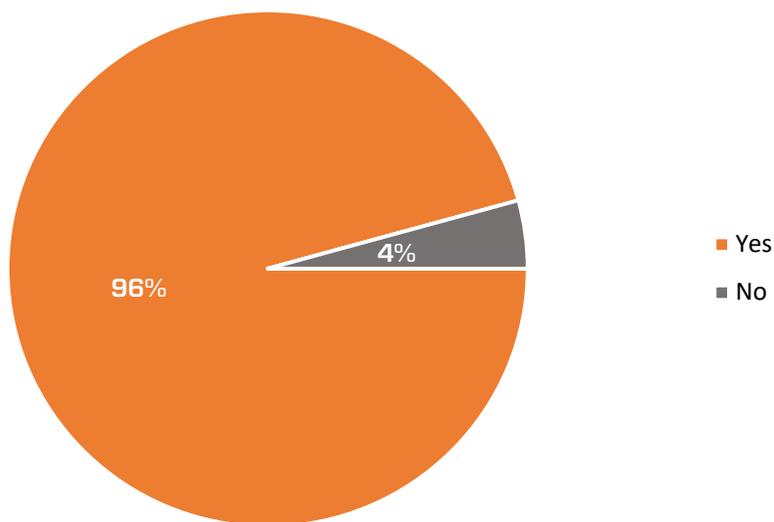
On Friday, 7th of June 2019, Conviction Group hosted 246 year 10 students from 24 schools across the Sydney North region. The objective of the forum was to encourage young males to re-evaluate their perspectives on the topics that concern young men's health and provide them with the tools to enhance their decision making. Upon arrival, students were separated from their peers and assigned to one of 37 groups which were led by Conviction Group's trained facilitators. Over the course of the day, students heard from 5 speakers; Melinda Tankard Reist (Collective Shout), Dale Palmer (White Ribbon), Matthew Caruana, Chris Lee (Conviction Group), and Zoe Robinson. Students also heard from a panel open to discussions around text messages that students submitted. The panel consisted of Dr. Jason Pace, Duncan Robinson, Lyn Worsley and Marco Capobianco. Following a set of speakers and panel discussions, small group sessions were used to reinforce key principles, stimulate discussion, and provide students with the practical tools to address the pivotal topics relating to mental wellbeing, masculinity, violence and healthy relationships.



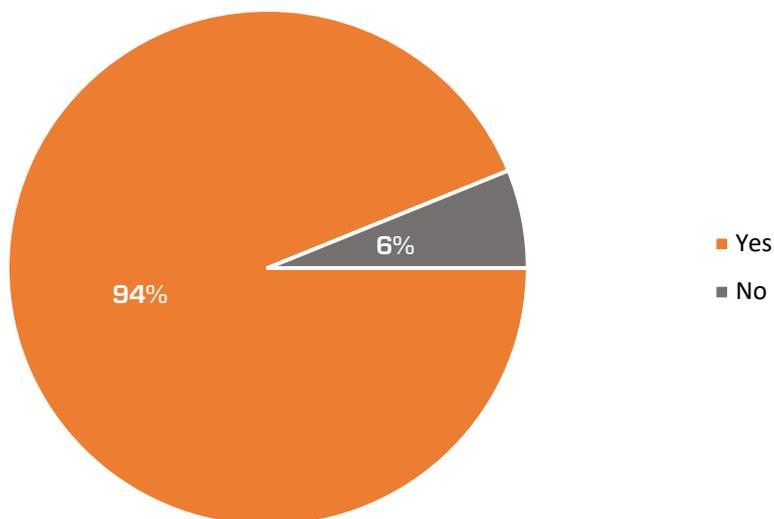
### What is included in this report?

This document reports the feedback provided by the students and teachers that attended The Young Men’s Health Forum - Sydney North 2019. A total of 211 students and 23 teachers completed the survey forms. The raw data has been collated and analysed to provide the following graphical and written summary.

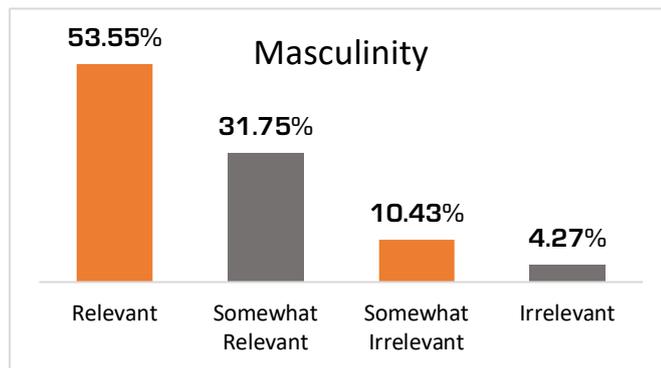
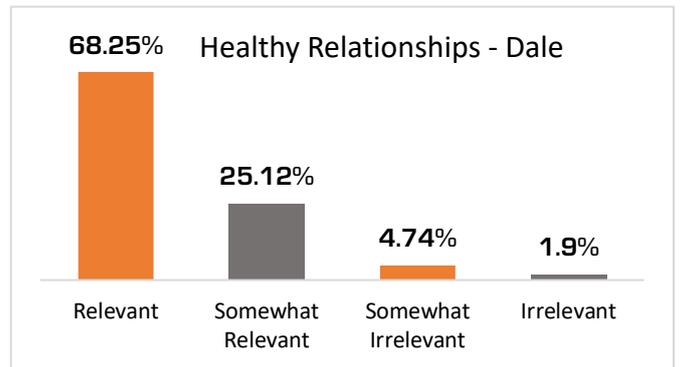
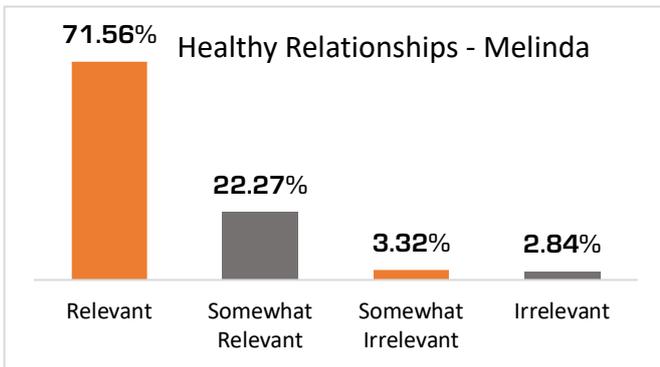
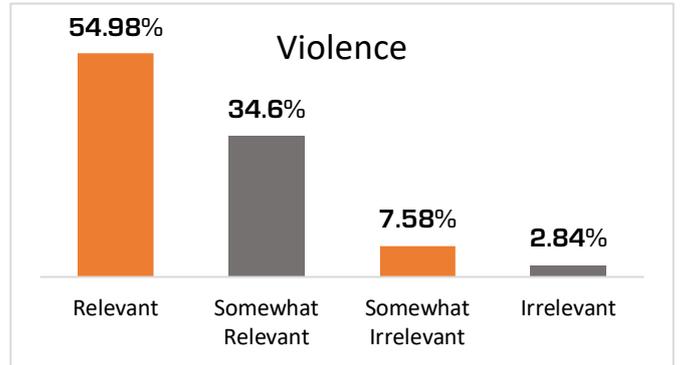
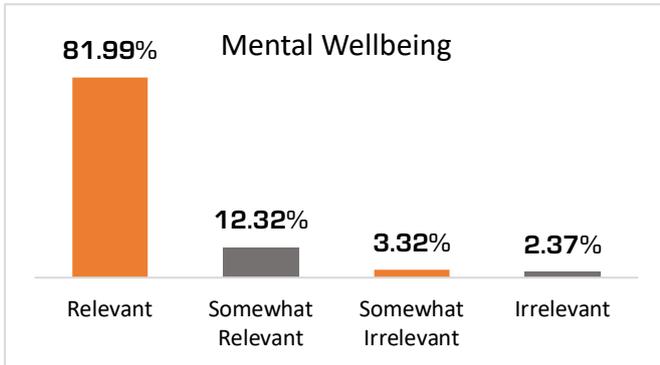
### We asked students if they enjoyed attending The Young Men’s Health Forum:



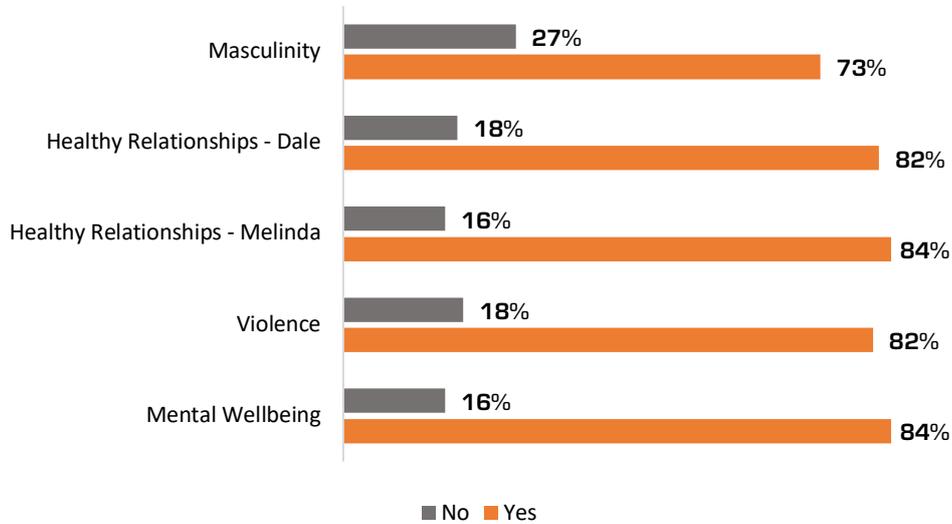
### We asked students if they would recommend The Young Men’s Health Forum to other students:



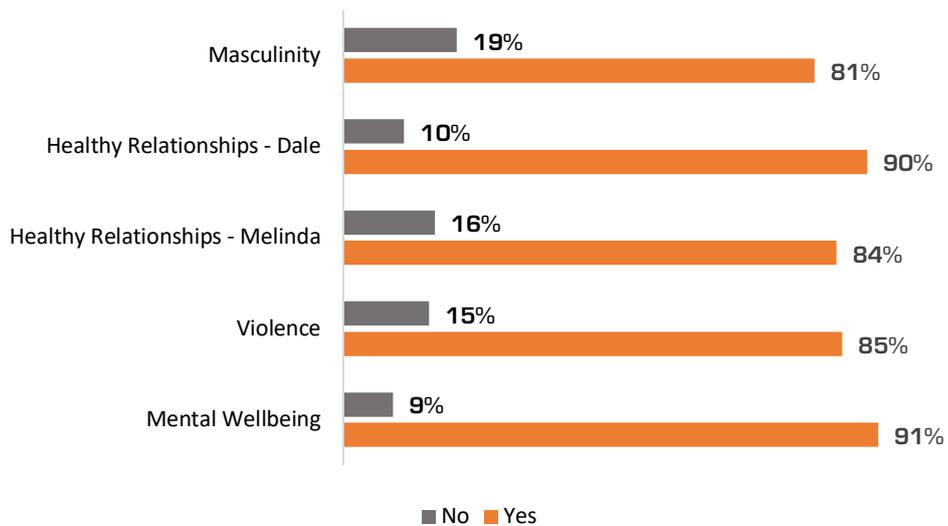
**We asked students to rank each discussion topic with how relevant the topic is to young men:**



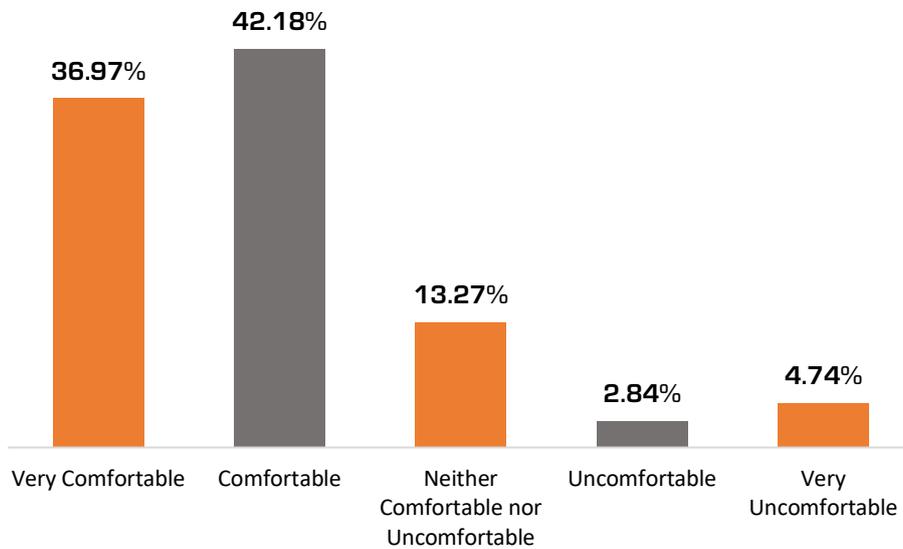
**We asked students if the forum had changed/added to their perspective on the following discussion topics:**



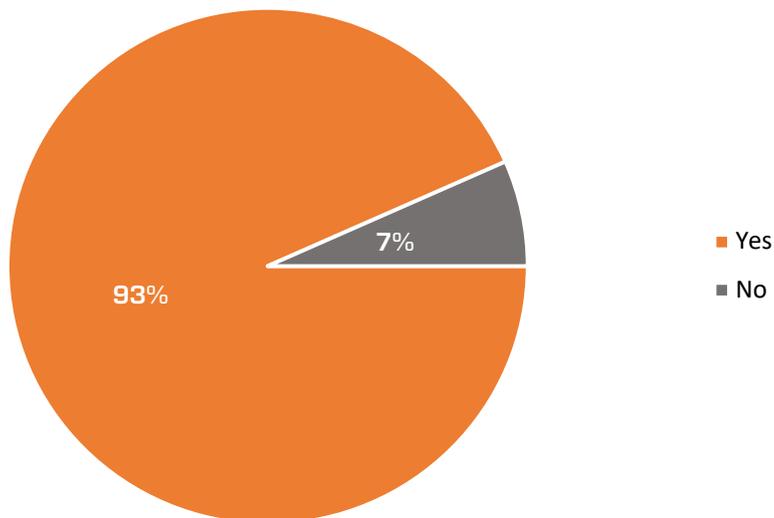
**We asked students if the forum helped improve their decision-making on the topics below:**



**We asked students to rank how comfortable they were in their small group discussions with their facilitator:**



**We asked students if they felt comfortable to keep the conversation about young men's health going in their schools:**



**We asked students to provide a few sentences on what they had learnt at the forum:**

*"I learnt a lot about mental health and respect. This forum had helped me a lot in terms of what really goes on in this world and how to stand up to the problems. I would surely recommend this forum to many people. It was a great experience!!!"*

*"I have learnt that it isn't wrong to show and tell other people about your feelings and that it may actually be a good thing to do so, so that if for any chance it turns into something bad you can always go out and seek help with friends or family"*

*"I have learnt a lot about mental health and well-being and that I should try and be open and seek help if I am having problems. I also learnt how sexual images appear a lot in society and have become the norm."*

*"I learnt about mental health and well-being, masculinity, negative effects of porn and a number of mental illnesses. The speakers today did a great job of explaining and teaching us about men's health"*

*"I learnt about opinions and views from a wide range of people. It helped me redefine masculinity and what it means to be a man. it also taught me how to treat my friends and people that I have a relationship with."*

*"I have learnt about what masculinity means and what it looks like to be masculine. I've learned about how to act responsibly in a relationship and I now understand what it's like to be a young girl in today's society"*

*"Mental health is really serious problem for teenagers and contributes to suicide rates happening in Australia. And that being a man means you stand up for yourself and other people."*

**We asked students for their thoughts on their facilitators and small group sessions:**

*“Our facilitator was lenient, caring and expressed his personal opinions correctly and at the correct time. The small group sessions were a safe place for everyone to express their thoughts, characteristics and beliefs freely”*

*“A place where we could safely share our views on issues and personal experiences without necessarily being forced to or needing to. 10/10”*

*“Our facilitator is really nice, genuine and great to chat to and with. He connected us on a personal level, and I felt like he really wanted to be here with us which was awesome”*

*“The facilitator of our group was very easy to talk to and instead of just asking questions encouraged conversation amongst the group and helped people explain what they were thinking”*

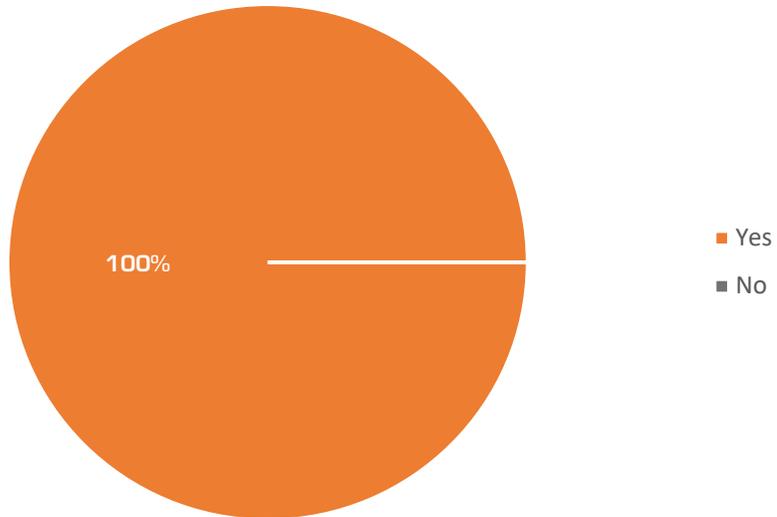
*“Brandon was an awesome facilitator. He was always happy to talk with us and was a very likeable guy”*

*“Very informative and helpful whilst still keeping a chill and relaxed environment, allowing us to talk a lot easier to each other and the facilitator”*

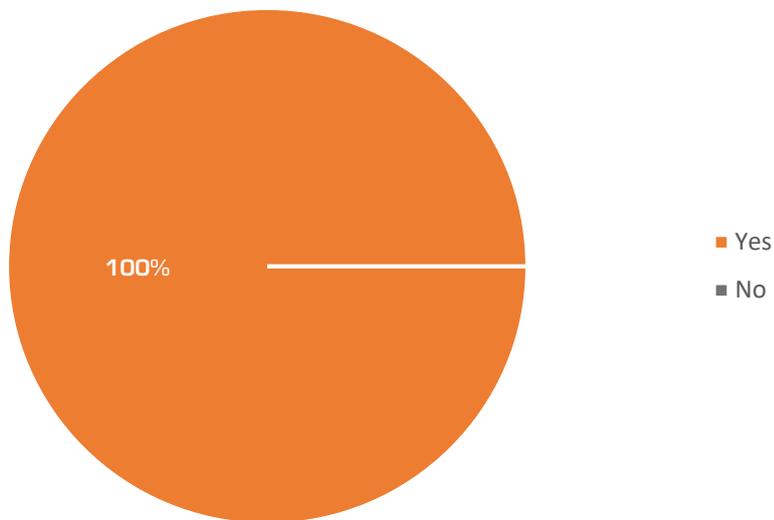
*“He was excellent, very talkative and seemed like he really cares about the conviction group and the wellbeing of young men. Could not have asked for a better one”*

*“My facilitator was extremely nice, and he made it easy to discuss the difficult topics without being made to feel judged or uncomfortable. I would rate him 11/10”*

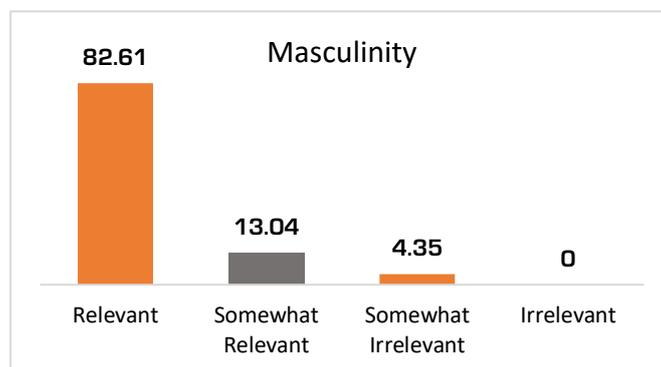
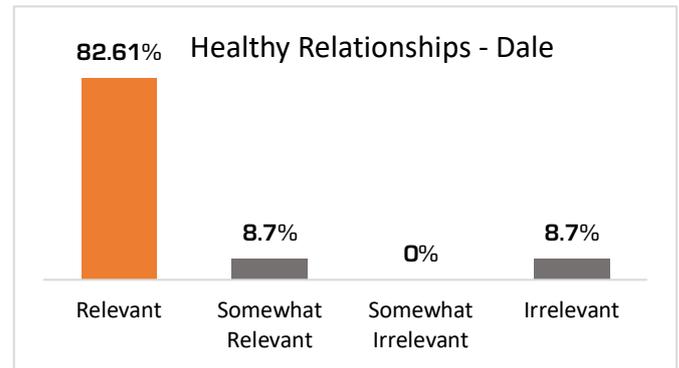
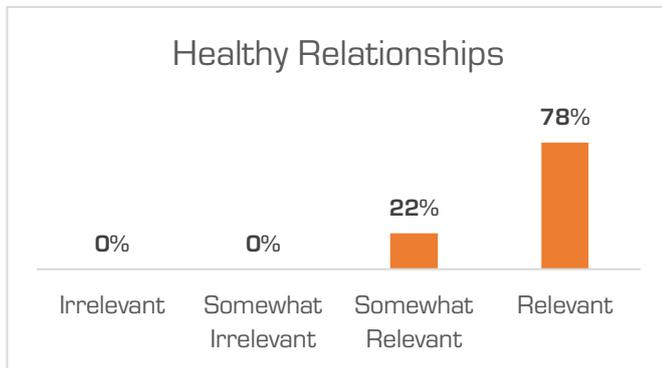
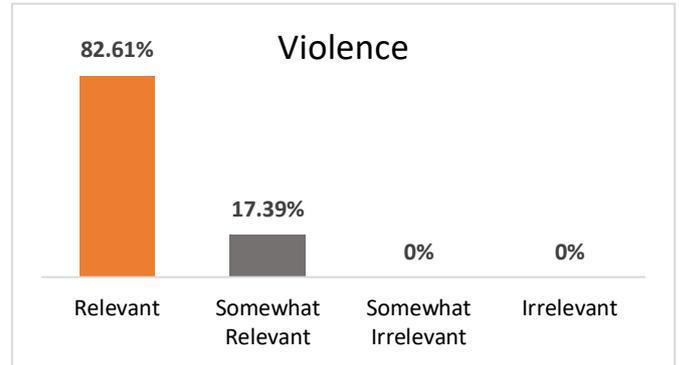
**We asked the attending teachers if they enjoyed attending The Young Men’s Health Forum:**



**We asked the attending teachers if they would recommend The Young Men’s Health Forum to other schools:**



**We asked the attending teachers to rank each discussion topic with how relevant the topic is to young men:**



**We asked the attending teachers for their thoughts on the forum:**

*“The Young Men’s Forum is an incomparable resource and experience for teenage boys. Discussing topics that may be taboo amongst peers and starting a dialogue is supremely beneficial for these teens. Providing a seamless day’s activities that get the students involved in a way that full participation is demonstrated is not an easy feat and the guys at Conviction Group have mastered it.”*

*Bianca: Learning Support, Rose Bay Secondary College*

*“This was a fantastic event to take the boys out of the traditional school environment and have real and relevant conversations to improve their overall wellbeing. The keynote speakers provided insightful information that our school representatives can bring back to their peers to help initiate conversations and change.”*

*Jackson: Year 10 Adviser, Ku-ring-gai High School*

*“So many issues in society come from negative mental health in relation to the issues that were discussed in the Young Men’s Health Forum. The key issues are addressed comprehensively in a way that is effective, informative and enjoyable. I’d like to see much more of this in high schools around Australia. We are overdue for a massive shift and evolution in this space.”*

*Robert: Careers Adviser, North Sydney Boys High School*

*“I thought this was a great forum for our young men to engage in. I liked that they boys were mixed up with students from other schools and I liked that there were female role models presenting to the boys.”*

*Matthew: House Coordinator, Marist College North Shore*

*“The issues covered in the forum are extremely relevant to the young men of today. These issues were presented in a rounded and well thought out manner which is relevant to the audience.”*

*Anthony: House Coordinator, Rosebank College*

## **Concluding Statement**

This report has provided a summary of the feedback provided by the attendants of The Young Men's Health Forum - Sydney North 2019. Based upon the responses given, the forum was positively received. The feedback reflects the importance of addressing the topics concerning young men's health; with both students and teachers providing comments on how crucial it is for young men to start an open conversation. Based on the results of the feedback provided, an overwhelming majority of students had their perspectives changed about each discussion topic; and an equally overwhelming majority felt comfortable to continue the conversation in their school environment. As such, our objective of encouraging young males to re-evaluate their perspectives concerning young men's health has been achieved. We would like to thank all the attending schools, students, and teachers for making the forum the successful event that it was. Finally, we would like to thank our volunteers for supporting us and helping create the safe environment in which the students could comfortably contribute to and learn from. We hope to see you next year!

Kind Regards,



Marco Capobianco

**Conviction Group CEO**