

THE
YOUNG MEN'S
HEALTH FORUM
SYDNEY WEST

2016
FORUM FEEDBACK
SUMMARY REPORT

CONV//CT//ON
PEOPLE / STORIES / PERSPECTIVE GROUP

Who is Conviction Group?

Conviction Group is a non-profit organisation that aims to encourage young males to both re-evaluate their perspectives on the issues surrounding young men's health, and enhance their decision making. Our objective is twofold; to create a cultural change where we liberate the stigma surrounding young men's health; and to challenge students to start and continue an open conversation about the issues pertinent to them. We achieve this objective through our student mentoring programs, school presentations, and The Young Men's Health Forum. Our hope is to help build a generation of strong male leaders and role models for future generations - a generation that will feel comfortable seeking help when needed, and actively help others facing difficult situations.

www.convictiongroup.org.au

The Young Men's Health Forum – Sydney West 2016

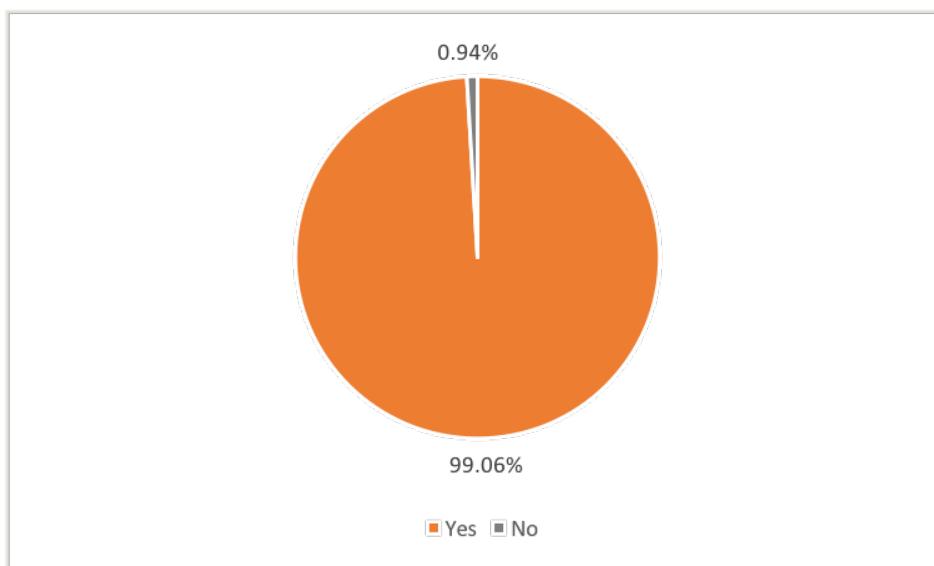
On March 11th, 2016, Conviction Group hosted 300 year 10 students from 20 schools across the Sydney West region. Upon arrival, students were separated from their school peers and placed into 30 different groups with our trained small group facilitators. Over the course of the day, students heard from 9 keynote speakers; Geoff Lee, Brett Murray (Make Bullying History), David O'Neil, Mark Hill (ONE80TC), Jonathan Doyle, Kathy Kelly (Thomas Kelly Foundation), Dr. Scott Griffiths (USYD), Chris Lee (Conviction Group), and Marco Capobianco (Conviction Group). Following each set of speakers, small group sessions were used to reinforce and reflect upon key principles, stimulate discussion, and provide students with the practical tools to address the pivotal issues relating to alcohol fuelled violence, bullying, mental health, drugs, body image, and leadership.



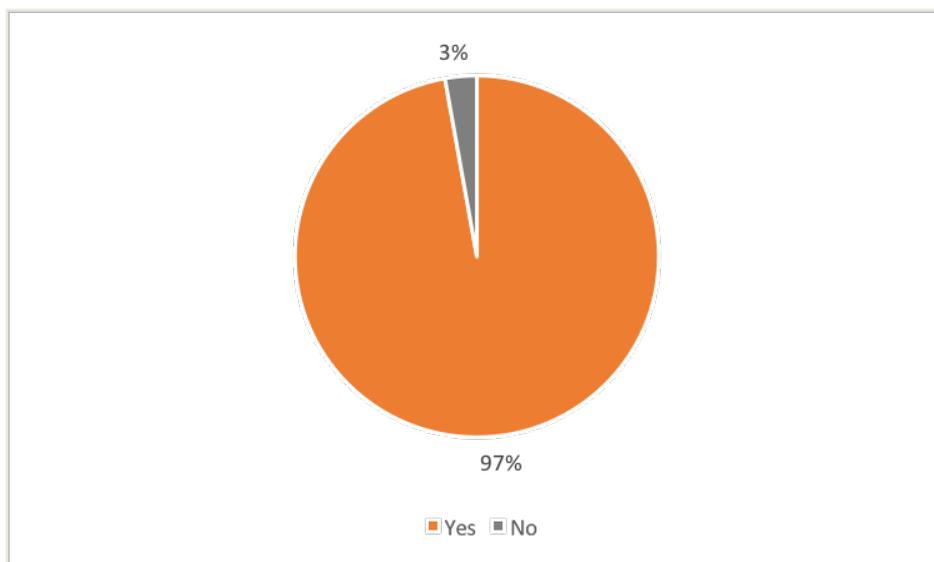
What is Included in this Report?

This document reports the feedback provided by the students and teachers that attended The Young Men’s Health Forum - Sydney West. The raw data has been collated and analysed to provide a graphical and written summary of the event. Overall, based upon the responses provided, the forum was an overwhelming success.

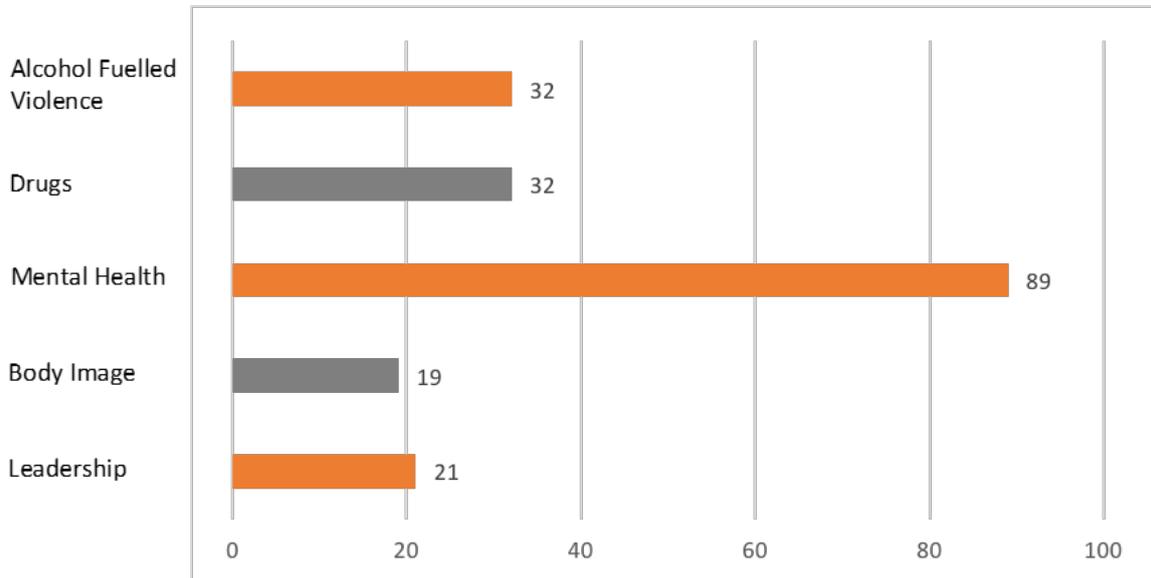
We asked students if they enjoyed attending The Young Men’s Health Forum:



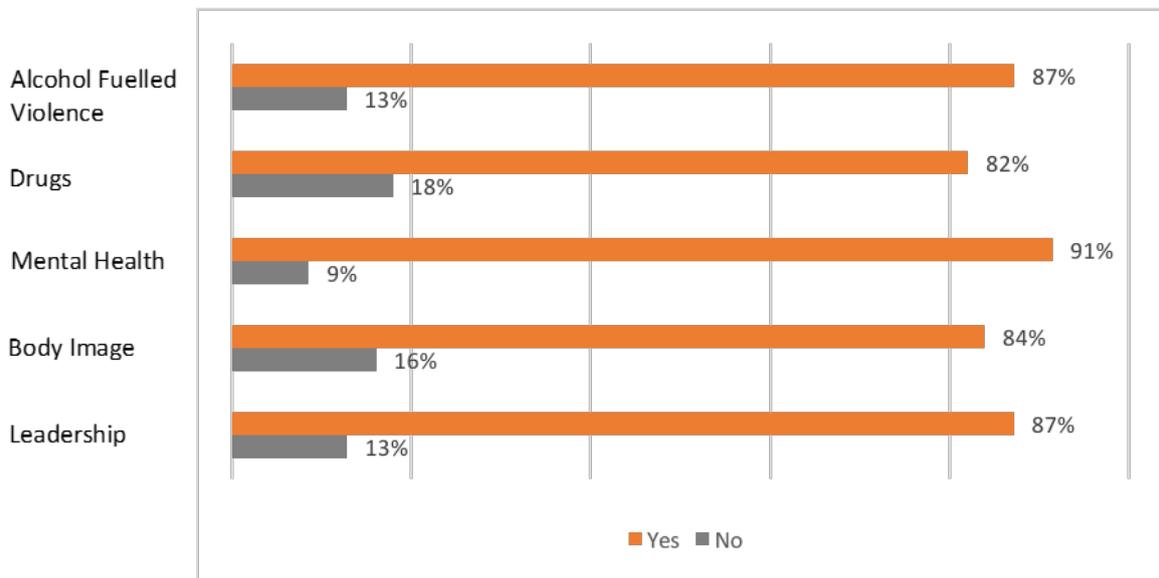
We asked students if they would recommend The Young Men’s Health Forum to other attendants:



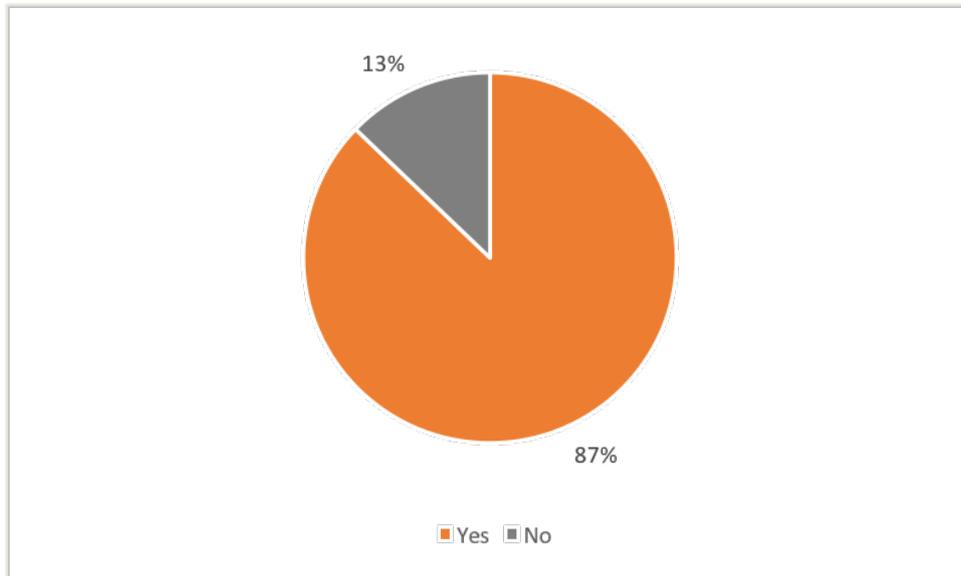
We asked students which discussion topic they found most relevant in young men.



We asked students if the forum had changed their perspective on the following discussion topics:



We asked students if they felt comfortable to keep the conversation surrounding the issues of 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 have learnt about the importance about opening up and talking to someone about your problems and the effects all of the topics can have on you as an individual and your surrounding friends and family"

"I've always felt like I knew enough of these issues for young people, but after this forum I feel changed and empowered to better my life and the lives of others and leave the forum with a new purpose and mind"

"I have learnt that you never know what will happen if you don't turn up. I also learnt to respond positively and not negatively"

"I learnt statistics about drug abuse, how to change mentality and how to use strength"

"I have learnt I have the ability and that no one can tell me what I can and cannot do. I have also learnt that I should take opportunities"

"I learnt about things that young men are usually afraid to talk about because it seems too emotional or would seem weird to talk about with friends"

"I learnt a lot about topics I did not know were that serious. It really enlightened me and made me more aware of these issues"

"Take every opportunity, be the man that makes things happen. What we see or hear depends on where you stand and who you stand with"

"I have learnt about the different ways to cope with situations or if anyone I know is in the situation regarding alcohol, drugs and bullying"

"I've learnt that young men, and males as a whole need to open up and look out for each other, as the hostile environment surrounding drug use, body image, etc. is doing nothing but harm"

We asked teachers for their thoughts on the forum:

*“The forum is a very powerful tool that effectively meets a very serious need in our young men”
- Gareth Rennie, Year 10 Advisor, Arthur Phillip High School*

*“The overall idea of the Forum was excellent and the topics addressed were relevant, I believe that my students have benefited and will be able to apply this to themselves and their peers”
- Stephen Bushell, Gilroy Catholic College*

*“This is a fantastic forum that talks about issues affecting young men. It gives young men more confidence to say “no” to problems affecting young men today”
- Spencer Lam, Mitchell High School*

*“This is an excellent program for young men to work with mentors within the same age bracket, in order to promote them to make a change. The keynote speakers are highly engaging and knowledgeable about issues and topics around young men”
- Sarah Baldwin, Year 10 Advisor, Evans High School*

*“A very worthwhile event. Good information and encouragement for young men”
- Matt Wakeling, Toongabbie Christian School*

*“I was particularly impressed with a ‘strength based’ approach that is not focused on the negatives but on how young men can make a positive change through choices and leadership”
- Nathan Young, Director of Student Wellbeing, Rouse Hill Anglican College*

*“Very useful for students to gain new information, new skills and learn to be honest with themselves. It is a great was for students to advocate these issues that young men have”
- Christopher Rapinette, Head Teacher Welfare, Cabramatta High School*

*“The forum has the potential to enable student leaders to spread the message they received at the forum”
- Vellpa Paramuthervar, Year 10 Advisor, Fairfield High School*

*“The forum was useful for young men to address several issue directly affecting them”
- Matt Grigg, Richmond High School*

“The forum was very well-organised. Marco and his team have shown a true passion towards these issues and the selection of speakers typified the importance of these issues and how important they are for young men”

- Mahmoud Hammoud, Boys Supervisor, Parramatta High School

“It is a priceless opportunity for young men – the keynote speakers coupled with the small group sessions act as a nice balance providing the students with valuable information”

- Rachel Roseberg, Canley Vale High School

“I like the way that Conviction Group focused on starting a conversation with the boys rather than telling them what to do, on top of that they put this into practice through small discussion groups”

- David Court, Cherrybrook Technology High School

“Our students took so much out of it, they were so excited to go back to school and present what they learnt in our next school assembly. Conviction Group is creating a culture of change by getting young men to have a conversation on issues which affect them and those around them. The group facilitators who lead each group discussion were able to make the boys feel comfortable and encourage a positive conversation”

- Jake van Baarle, Galston High School

“The young men’s health forum is a fantastic initiative that empowers young men to openly discuss issues facing them and help make educate decisions within their school setting, but more importantly through their life”

- Reece Watson, Castle Hill High School

“One of the key elements to making education successful is making it relevant. Real life stories from people who have experienced the issues first hand make this forum a great idea for our young men”

- David Muscat, Mitchell High School

“The forum addressed topics that were extremely relevant to young developing males and gave them the skills to start a positive conversation with their peers. The discussion groups allowed the boys to be more open and encouraged a healthy conversation”

- Naomi Blight, Year 10 Advisor, Muirfield High School

Concluding Statement

This report has provided a summary of the feedback provided by the attendants of The Young Men's Health Forum - Sydney West 2016. Based upon the responses given, the forum was positively received. The feedback reflects the importance of addressing the issues surrounding 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 primary objective of creating a cultural change and challenging students to start an open conversation 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. Furthermore, we would like to thank our volunteers for supporting us and helping create the safe environment in which students can comfortably contribute to and learn from. We look forward to seeing you next year.

Kind Regards,



Marco Capobianco and Chris Lee
Conviction Group Founders