

THE
YOUNG MEN'S
HEALTH FORUM
SYDNEY NORTH

2017
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 issues pertinent to them. Our vision is 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

The Young Men's Health Forum – Sydney North 2017

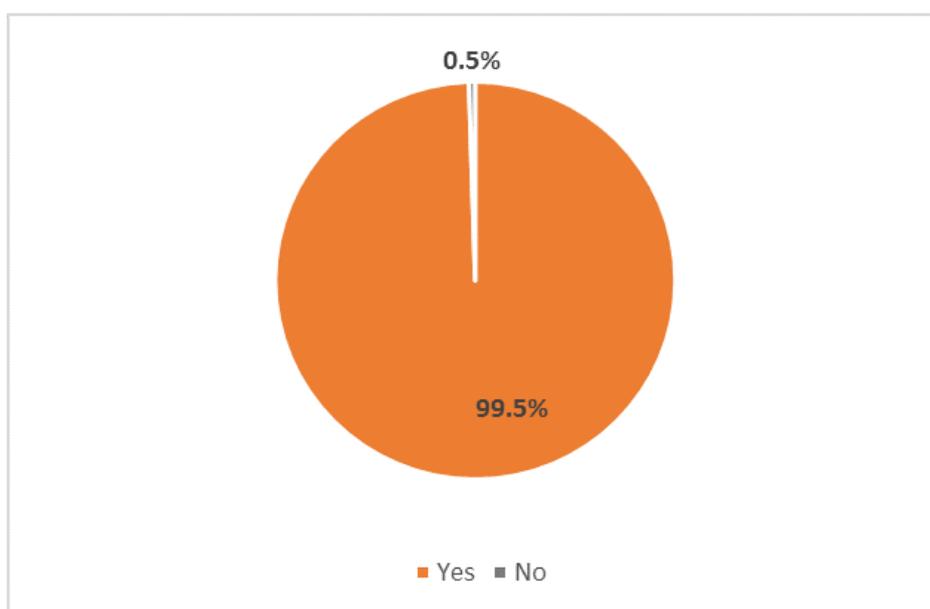
On Friday, 16th of June 2017, Conviction Group hosted 240 year 10 students from 20 schools across the Sydney North region. The objective of the forum was to encourage young males to re-evaluate their perspectives on the pivotal issues concerning young men's health, and provide them with the tools to enhance their decision making. Upon arrival, students were separated from their peers and assigned to one of 40 groups which were led by Conviction Group's trained facilitators. Over the course of the day, students heard from 8 keynote speakers; Mayor Gail Giles-Gidney (Willoughby Council), Elizabeth Broderick (Male Champions of Change), Allan Sparkes (Mental Health Commission NSW), Anthony Minichiello, Kathy Kelly (Thomas Kelly Foundation), Beth O'Gorman (University of Queensland), Chris Lee (Conviction Group), and Marco Capobianco (Conviction Group). Following each set of speakers, small group sessions were used to reinforce key principles, stimulate discussion, and provide students with the practical tools to address the pivotal issues relating to mental health, body image, violence, healthy relationships, leadership, and resilience.



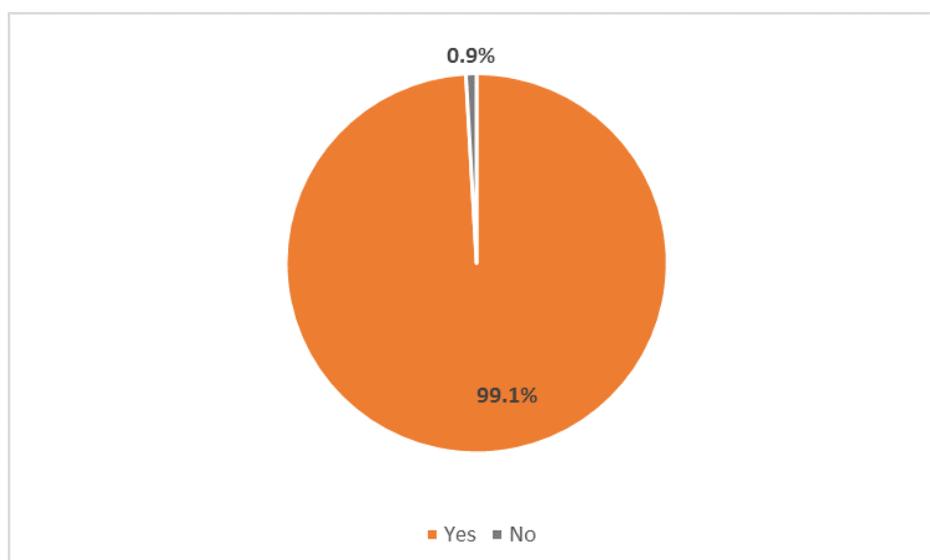
What is included in this report?

This document reports the feedback provided by the students and teachers that attended The Young Men’s Health Forum - Sydney North 2017. A total of 219 students and 17 teachers completed the survey forms. The raw data has been collated and analysed to provide the following graphical and written summary.

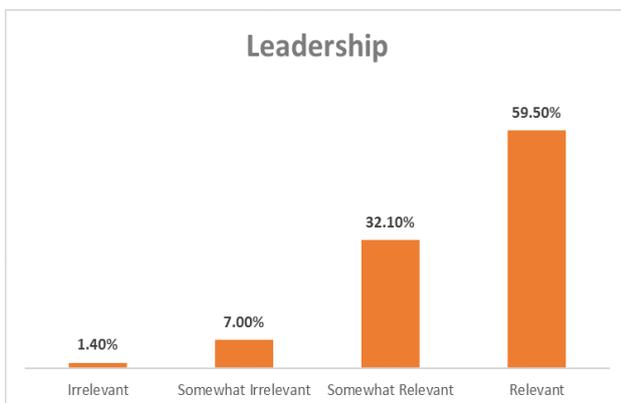
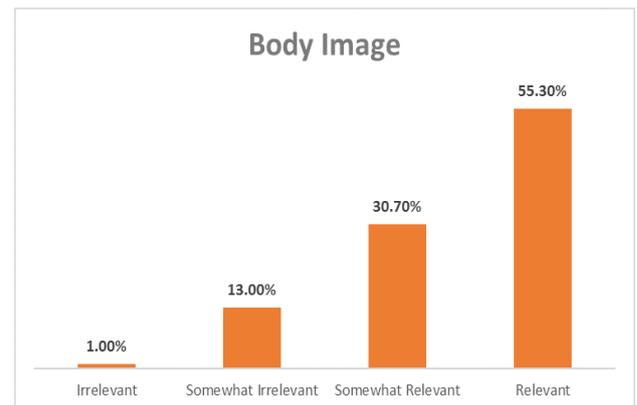
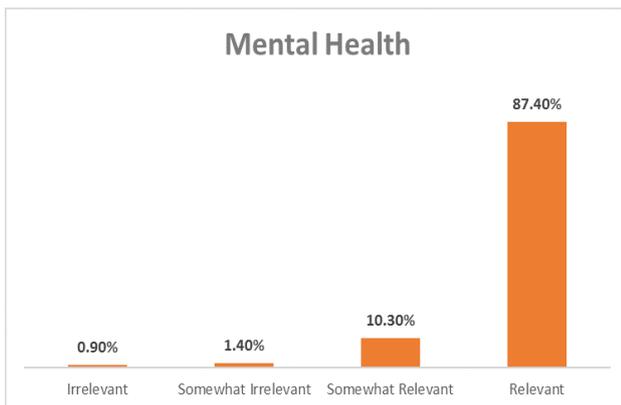
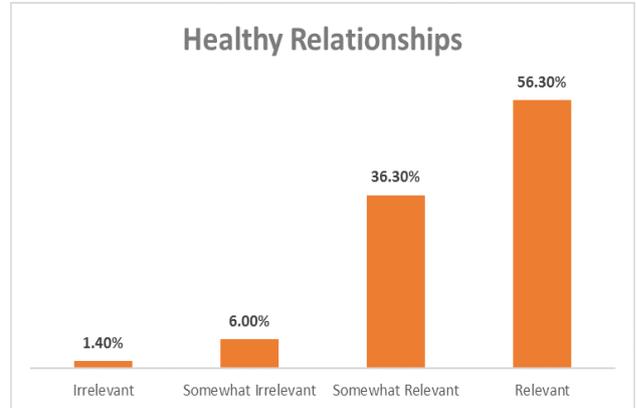
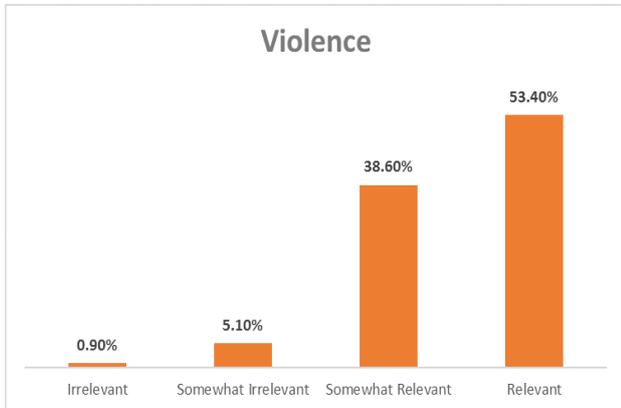
We asked students if they enjoyed attending The Young Men’s Health Forum:



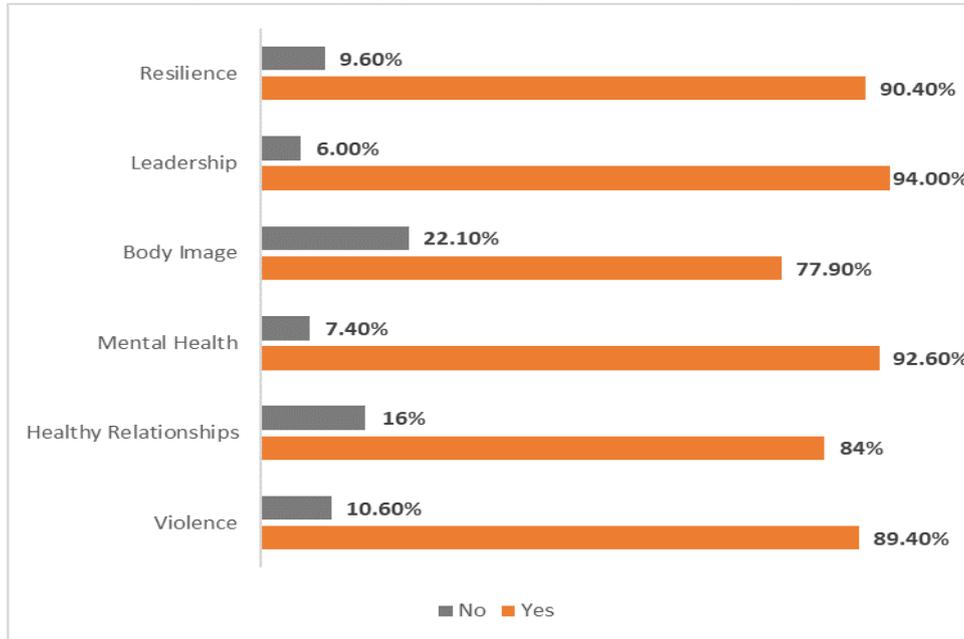
We asked students if they would recommend The Young Men’s Health Forum to other students:



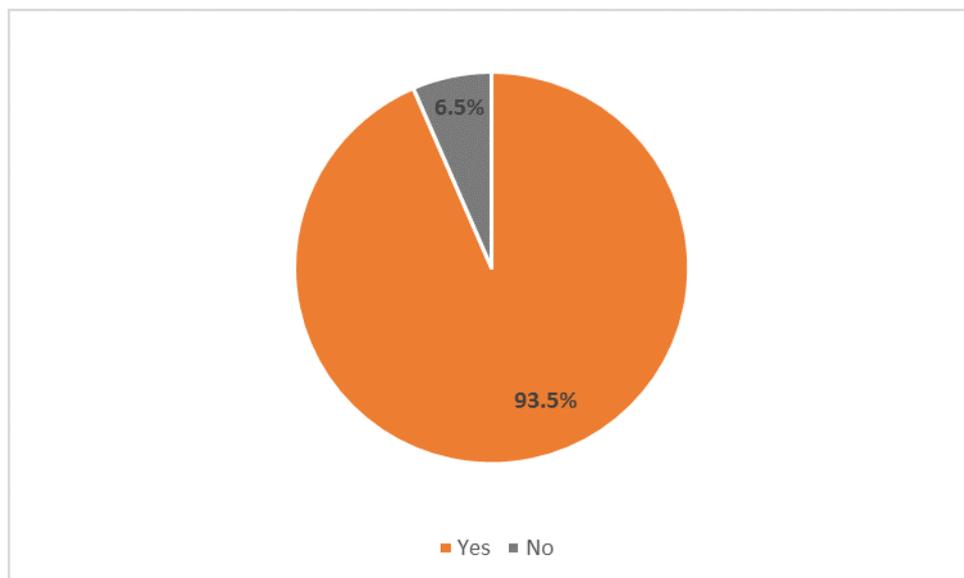
We asked students to rank each discussion topic with how relevant the topic is to young men:



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



We asked students if 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:

“At this forum, I have learnt about various issues that surround young men's health in Australia. Possibly the most important idea to take home was that you have to care in order to be an effective leader”

“I've learnt how important it is to talk with people about the things we've learnt today”

“I've learnt the value in life and how anyone could be a good leader. The serious issue about the relationship between men and mental health which can lead to suicide”

“Plenty of life skills that are important. I also saw some issues from the presenter's point of view”

“How the topics correlate to my life and my friends' lives and how I can help them”

“I've learnt many valuable statistics. It helped shed some light on the things we go through and how to more effectively communicate these problems”

“Many ideas through various perspectives, definitions, stories and thoughts”

“There are people who are struggling. Take notice of them”

“This forum taught me about the men's health struggles and ways to cope with these issues. It helped me to see the bigger picture ”

“I learnt so much, from mental health to healthy relationships - this forum has changed my life”

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

“They helped to get to know others and talk about your views and perspectives on each of the issues. It also allowed to engage in important discussions about how we felt”

“My facilitator was great, he was very enthusiastic and nice, he made me feel welcome and the group session was great”

“Our facilitator was really easy to talk to and was easy to talk to about touchy and uncomfortable subjects. It was good because he was young and could relate to us”

“He was good and the way he connected to everyone, he promoted good conversations and was extremely helpful”

“Nice, funny and good to talk to, small group session were good, food was nice”

“Really good, everyone was talking and having good discussions and getting involved”

“Very good opportunity to make friends and discuss opinions in an entertaining way. The facilitator made it very fun”

“This small group sessions were full of good conversations and 'opinions'. Our facilitator was understanding, asked good questions and got us talking”

“Facilitator was awesome, small group sessions with strangers made it easier for me to talk about my personal issues”

“My facilitator was great and helped encourage conversation and asked critical thinking questions. I enjoyed the group sessions as it helped look at things more in depth and create a conversation of speaking up”

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

"I felt the topics addressed throughout the day complimented work done at school. Issues raised were highly relevant and engaging for the students"

- Jason Rea: Head Teacher PDHPE, Georges River College Hurstville

"It was an inspiring and thought-provoking forum, dealing with many of the key issues related to developing upstanding young men. The speakers were EXCEPTIONAL"

- Tom Wilson: Welfare Coordinator, Killarney Heights High School

"Really enjoyed the speakers. Second year I have attended and it has improved in terms of organisation and confidence of the presenters. Well done"

- Bill Manthopoulos: Teacher, Galstaun College

"Absolutely amazing day - very emotional and brought up lots of discussion topics for the young men. Will definitely be back"

- Kylie Blarasin: Year Adviser, Pennant Hills High School

"This forum really hits the mark with its intended audience. Makes a difference"

- Mark Crowe: Year Adviser, Turramurra High School

"This forum was simply outstanding! The topics were significant. The speakers were passionate. The structure was excellent. The venue was excellent. The impression on the audience will be profound"

- Michael Papadakis: Year 10 Adviser, Rose Bay Secondary College

"An excellent initiative in our present time. This work is most important + in my view will become even more important. Great work"

- Michael Halliday: Teacher, Mater Maria Catholic 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 2017. Based upon the responses given, the forum was positively received. The feedback reflects the importance of addressing the issues 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 on pivotal issues 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



Chris Lee

Conviction Group Founders