

THE  
YOUNG MEN'S  
HEALTH FORUM

SYDNEY WEST

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 The Young Men's Health Forum.

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

## The Young Men's Health Forum – Sydney West 2017

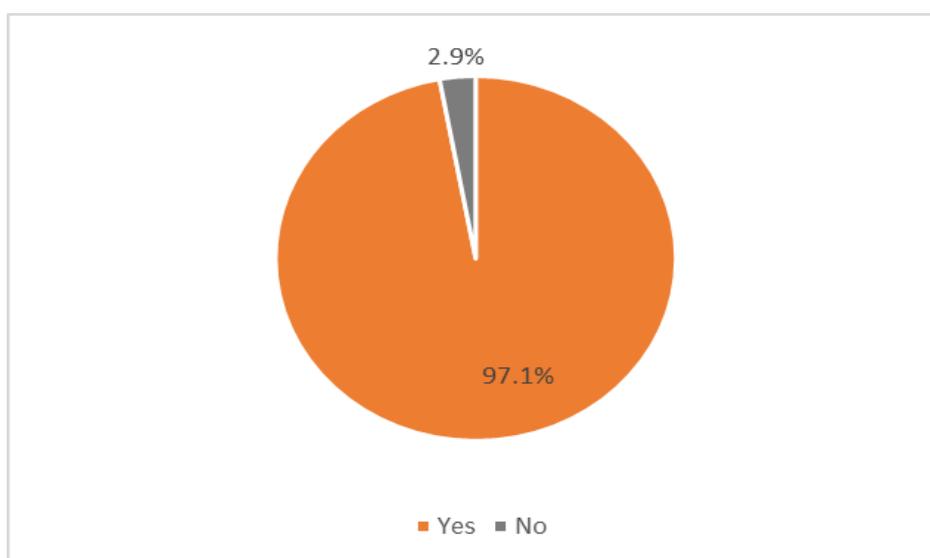
On Friday, 31<sup>st</sup> of March 2017, Conviction Group hosted 240 year 10 students from 18 schools across the Sydney West region. The objective of the forum was to encourage young males to re-evaluate their perspectives on the pivotal issues concerning young men's health, and provide them with the tools to enhance their decision making. Upon arrival, students were separated from their peers and assigned into 30 groups which were led by Conviction Group's trained facilitators. Over the course of the day, students heard from 9 keynote speakers; Father Chris Riley, Nathan Hindmarsh, David O'Neil (Castle Hill RSL Group), Bernie Gurr (Parramatta Eels), Kathy Kelly (Thomas Kelly Foundation), Melinda Tankard Reist (Collective Shout), Dr. Scott Griffiths (University of Melbourne), 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, and leadership.



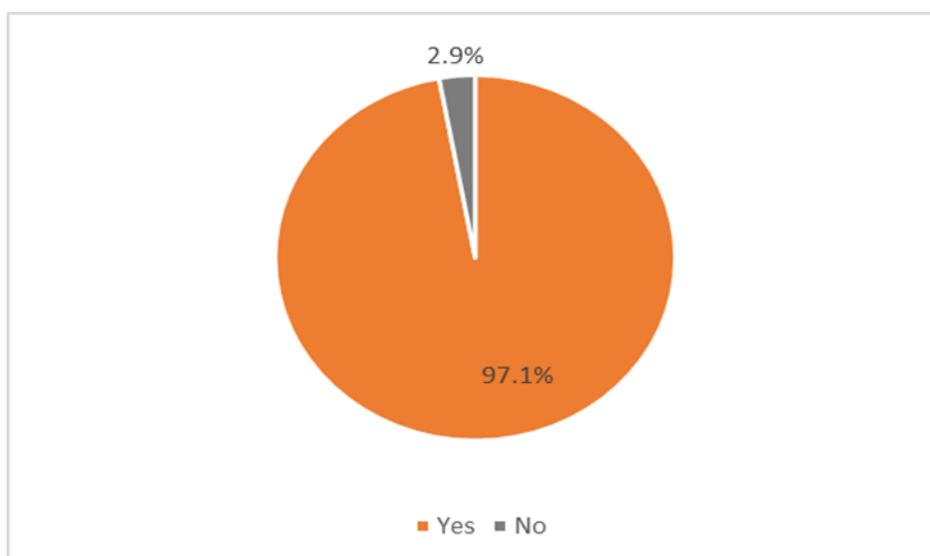
### What is included in this report?

This document reports the feedback provided by the students and teachers that attended The Young Men’s Health Forum - Sydney West 2017. A total of 209 students and 19 teachers completed the survey forms. The raw data has been collated and analysed to provide the following graphical and written summary.

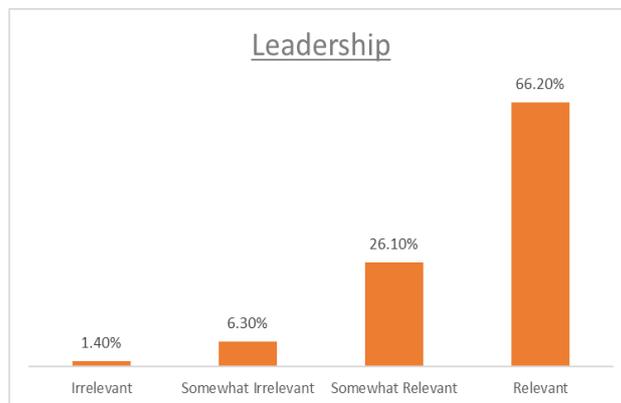
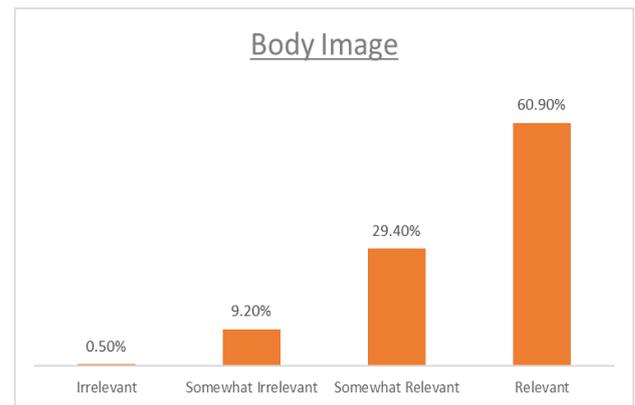
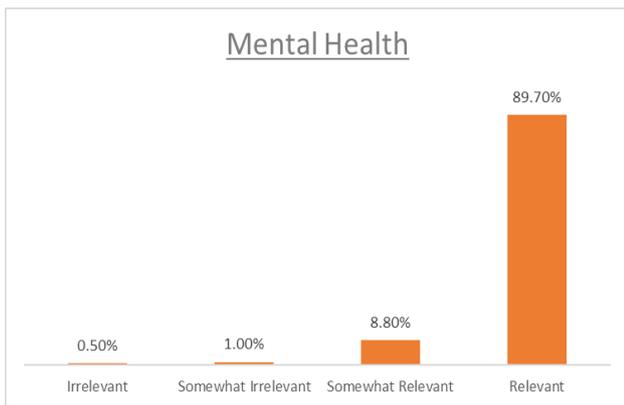
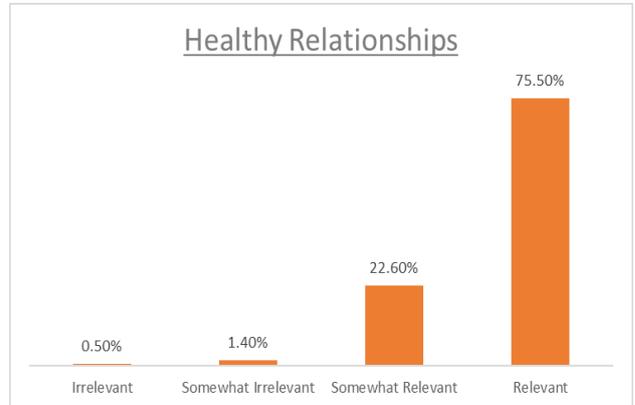
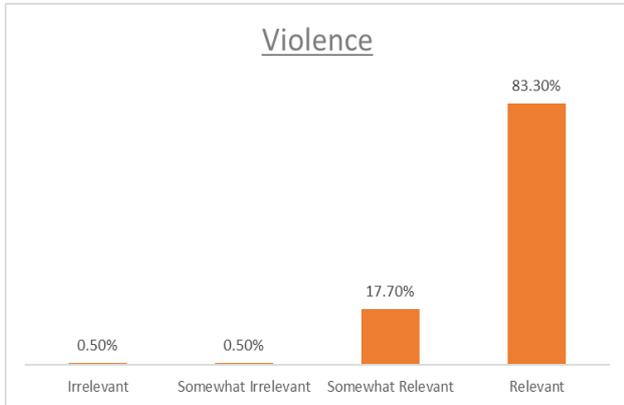
### We asked students if they enjoyed attending The Young Men’s Health Forum:



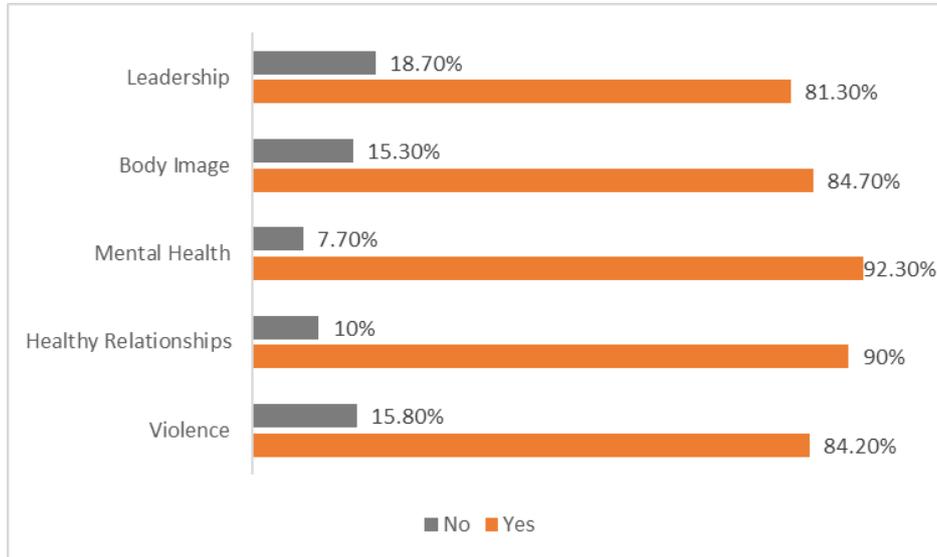
### We asked students if they would recommend The Young Men’s Health Forum to other students:



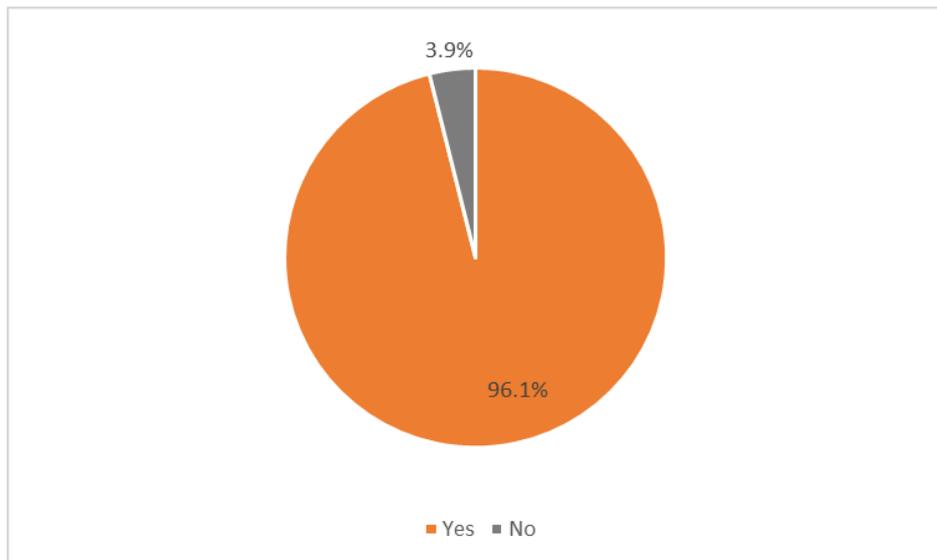
**We asked students to rank each discussion topic with how relevant the topic is to young men.**



**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:**

*"I've learned about how to be a good person and also learned the meaning of respect, care, peace and love towards others"*

*"I've learnt about how mental health is affecting young men and how important it is. I heard some interesting stories and I learnt more about myself"*

*"I've learnt that everyone has their own issues in their life but what makes them strong is how they deal with the problem"*

*"I have learnt the important life skills that can help me help other people in the community"*

*"I have learnt that there are a lot more things that can affect guys that we don't know about"*

*"There are choices in life that we individually decide whether to drink, smoke etc. Everyone has a choice in life and everyone can make a difference to the world"*

*"I have learned the values of being a leader, understood ways to keep my mental health positive and learned new things to do in my life"*

*"I have learnt about many different topics which have educated me; things such as alcohol, violence, mental health and the treatment of women stood out"*

*"That if life hits you to the ground you should get up and fight"*

*"I have learned to be yourself and don't let others influence you in a negative way. I also learned that family and friends are everything and that they are always there for you. Thank you Conviction Group"*

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

*“Facilitators were good, nice people who genuinely want to be here at the forum. Small groups provided different perspectives into various topics”*

*“They were really good and it was great to express how we feel about these issues”*

*“It was good because I got to meet new people and make more friends and I talked about stuff I normally wouldn’t talk about”*

*“Facilitator was fantastic and knew how to get the group to communicate with each other and most importantly he was very respectful”*

*“The facilitators were very kind and they listened to everything everyone had to say. The small group sessions were good because we got to share our ideas and understanding of what we had listened to from the speakers”*

*“It was fun, educational, got to know different perspectives of mental illness. It was amazing”*

*“They were amazing the facilitators really made it easy to speak out about problems and how to deal with mental health. And I have learned so much from this”*

*“Funny and inspirational. The facilitators were amazing instructors.”*

*““They were great. Was the perfect way to reflect on what we'd heard. They were calm and easy to chat with comfortably”*

*“They were a great experience and a great time to express your thoughts and opinions with great group mates and facilitators”*

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

*“Very impressed with how the day ran, the relevance of topics and how engaging the talks/speakers were. Amazed with the way the students were engaged and their involvement throughout the day”*  
- James Aronis: Teacher, St. Andrews College Marayong

*“All speakers were highly engaging and the topics were very relevant. It is great for the students to learn real life stories which puts things into perspective”*  
- Mahmoud Hammoud: Supervisor of Boys, Parramatta High School

*“Excellent. The quality of the speakers and their presentations were truly outstanding. This was a memorable event that was extremely relevant and definitely worthwhile. I’m sure the presentations will be a wakeup call to all the students on a number of important issues”*  
- Steve Boulus: Teacher, Marian Catholic College

*“Amazing day! For each speaker I thought wow that was the best topic and speaker of the day, and then the next speaker would come out and blow me away. Very relevant and practical for the boys”*  
- Damian Knott: Year 10 Assistant Adviser, Kellyville High School

*“Highly effective. The information provided was confronting however necessary for our boys to hear. The range of speakers were excellent and really gave students different perspectives to consider”*  
- Deanna Romeo: Year 10 Adviser, Plumpton High School

*“An excellent forum that is extremely well organised. Clearly presented by all speakers and hosts. The topics covered are very important and are a must know for year 10 students”*  
- Kassem Abuhamed: Year 10 Adviser, Fairvale High School

*“Exceptional delivery of extremely relevant topics. Relatable, heartfelt speakers who are obviously genuinely seeking social change”*  
- David Drummond: Year 10 Wellbeing Team Leader, St. Marks Catholic College

*“Brilliant forum, the boys were completely engaged and really connected to the messages and issues being addressed. This should be a compulsory event for all schools, like cross-roads, as it is incredibly relevant and important that young men discuss mental health, relationships, body image, and the other issues addressed”*  
- Scott Lebens: Year 10 Assistant Adviser, Kingswood 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 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 look forward to seeing you next year!

Kind Regards,



Marco Capobianco



Chris Lee

**Conviction Group Founders**