

THE  
YOUNG MEN'S  
HEALTH FORUM  
SYDNEY NORTH

2018  
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](http://www.convictiongroup.org.au)

## The Young Men's Health Forum – Sydney North 2018

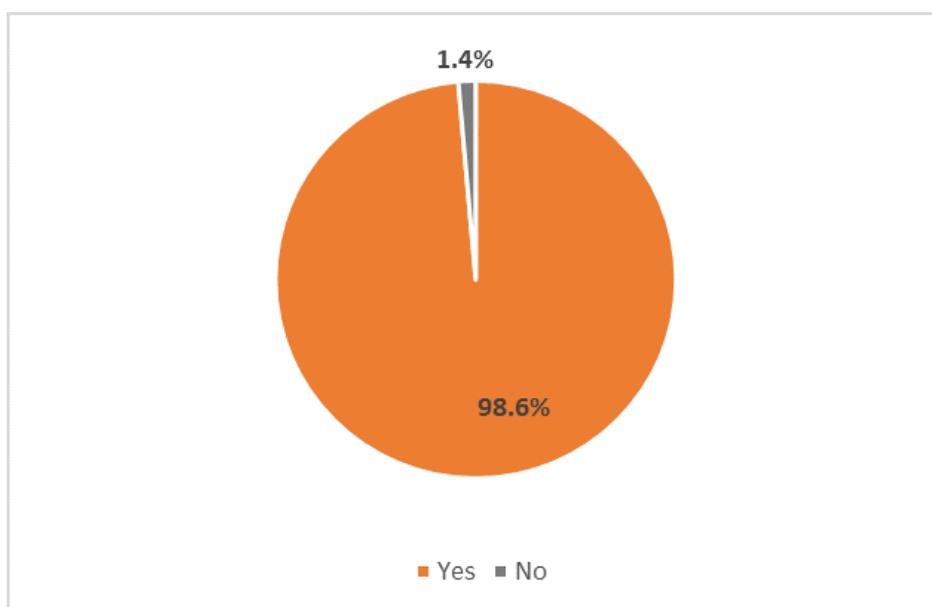
On Friday, 22<sup>nd</sup> of June 2018, Conviction Group hosted 250 year 10 students from 24 schools across the Sydney North region. The objective of the forum was to encourage young males to re-evaluate their perspectives on the pivotal issues concerning young men's health, and provide them with the tools to enhance their decision making. Upon arrival, students were separated from their peers and assigned to one of 42 groups which were led by Conviction Group's trained facilitators. Over the course of the day, students heard from 6 keynote speakers; Dan Hunt (Mental Health Movement), Kathy Kelly (Thomas Kelly Youth Foundation), Dr. Scott Griffiths (University of Melbourne), Kieran Billett (ONE80TC), Chris Lee (Conviction Group), and Marco Capobianco (Conviction Group). Following a 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, drugs, violence, and resilience.



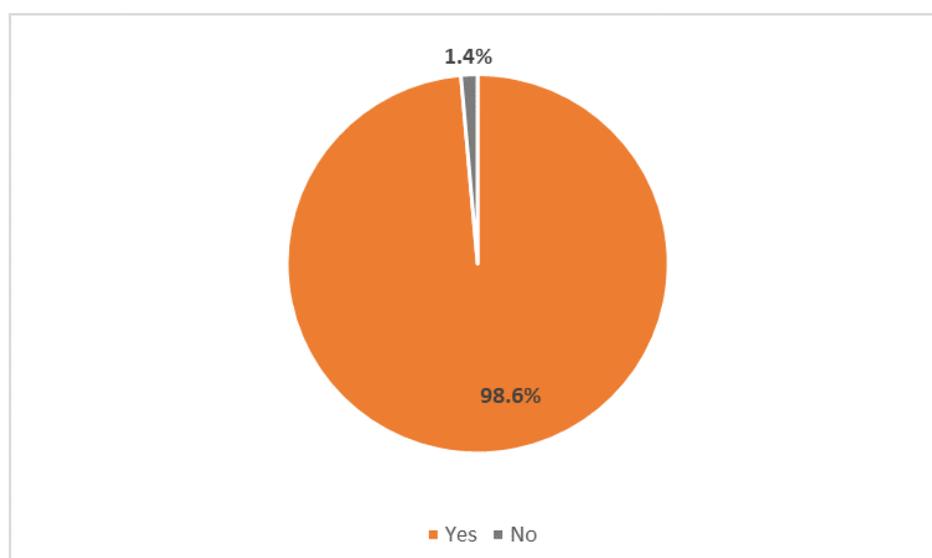
### What is included in this report?

This document reports the feedback provided by the students and teachers that attended The Young Men’s Health Forum - Sydney North 2018. A total of 216 students and 22 teachers completed the survey forms. The raw data has been collated and analysed to provide the following graphical and written summary.

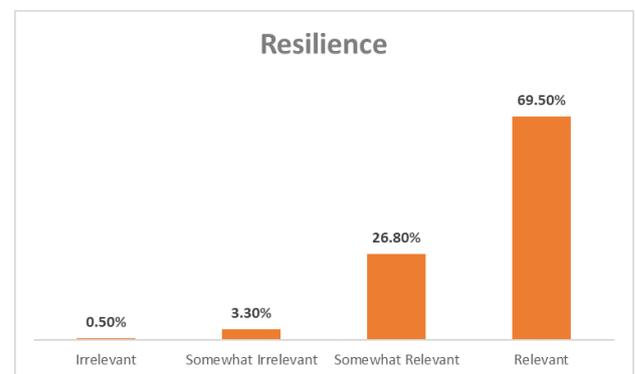
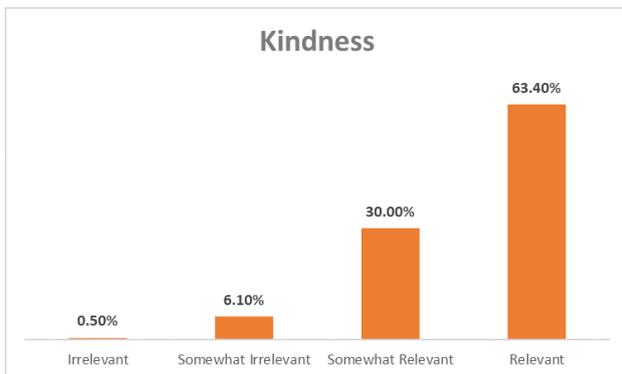
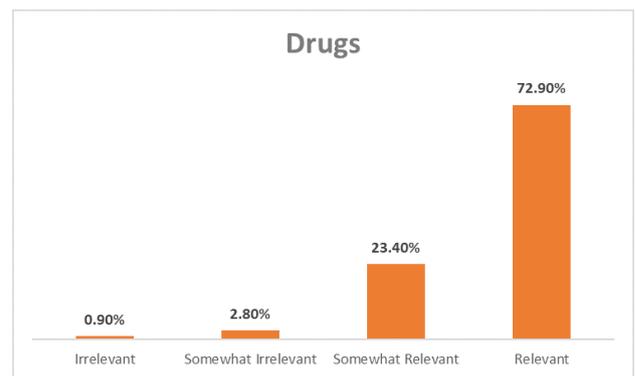
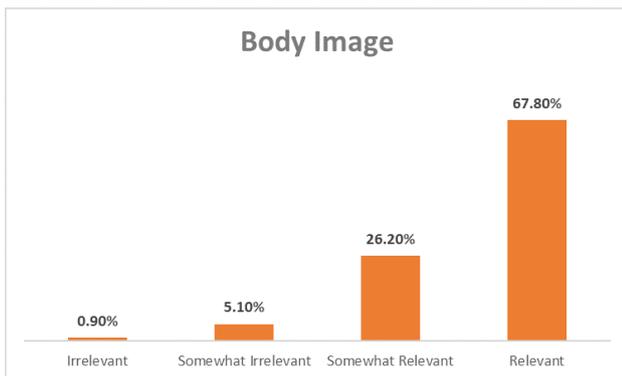
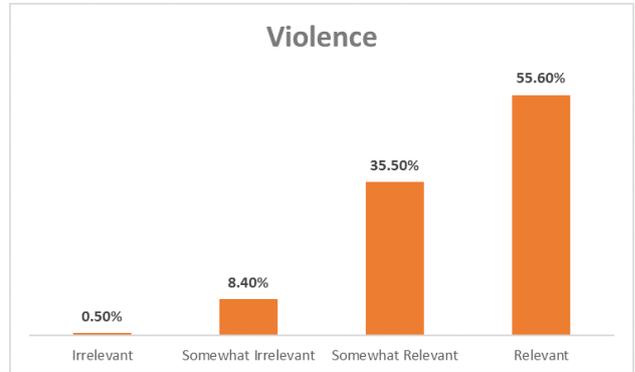
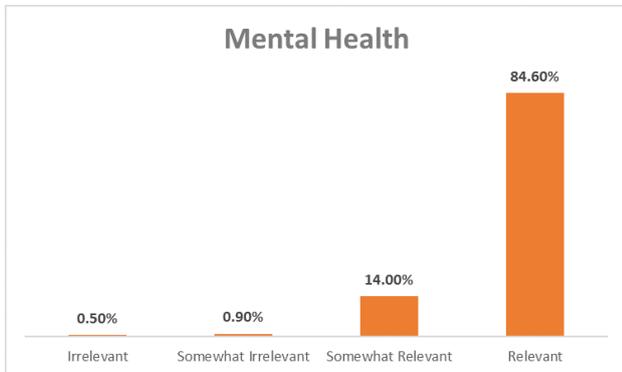
### We asked students if they enjoyed attending The Young Men’s Health Forum:



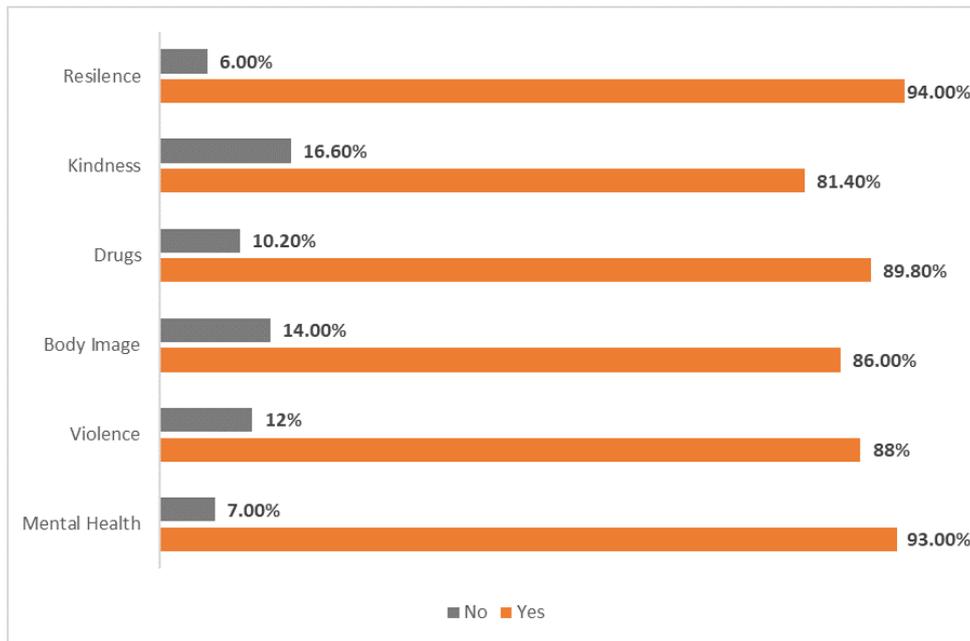
### We asked students if they would recommend The Young Men’s Health Forum to other students:



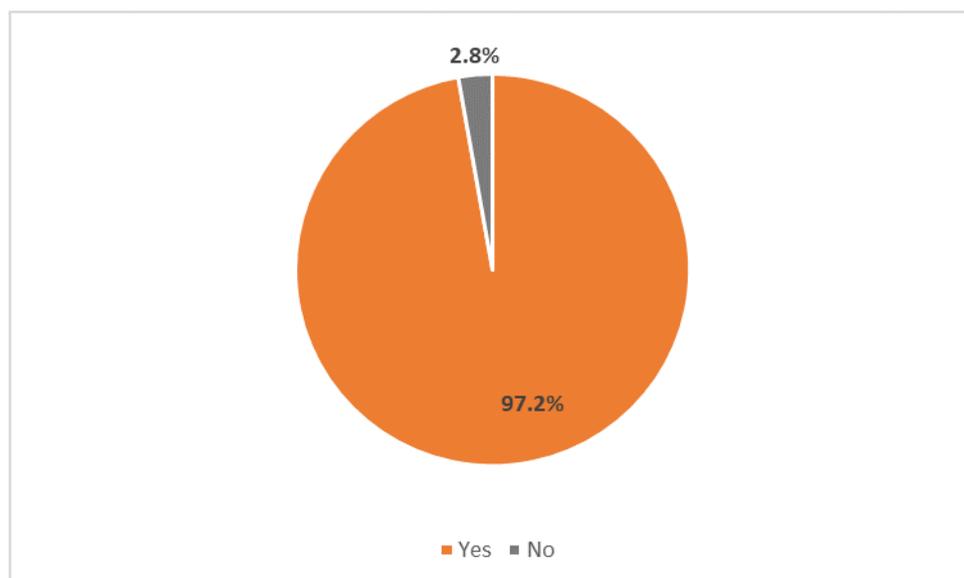
**We asked students to rank each discussion topic with how relevant the issue is to young men:**



**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 learnt about dealing with mental health issues, problems our society faces regarding the issue and ways that I can help my peers deal with their problems"*

*"That men's mental health is an incredibly important issue that needs to be focused on more and the importance of telling people your problems can be the difference between life and death"*

*"This forum has put a lot of aspects of mental health and the ins and outs of the life of a potentially different young man. I'm very grateful for all its taught me"*

*"I have learnt about the experiences of people directly involved in drugs and violence, which added to my perception of the topic, especially the potency of drugs to be addictive and consuming"*

*"I have learnt quite a lot from this forum. This includes things like resilience is the ability to adapt to your situation and that you need to think about your actions as one wrong move can change your life forever"*

*"What a man is - a real man is someone who isn't afraid to share emotions and reach out for help. All the problems are normal and many people will experience it"*

*"Learnt a lot about resilience. Knowing that it doesn't matter how low you are in your life you can always come back"*

*"I learned many things about kindness, mental health, drugs that could help me be informed or inform others in future circumstances in life. I found it useful the amount of examples of real life situations that they used"*

*"During the forum I learned about how best to manage issues and stigmas surrounding young men's health"*

*"I have learnt that it's never too late to change your life and to become a better version of yourself. You can always talk to people about your life and you don't have to be alone"*

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

*“The idea of mixing students from different schools together was a wonderful idea. It allowed for many more perspectives than would be usually seen”*

*“Was really good to hear other people’s perspectives and to be able to talk with others and hear more advice from the facilitators”*

*“They were very helpful, knowledgeable and gave me confidence to share thoughts with others”*

*“Was good to chat and to have open conversation with people about serious issues. Facilitator did a good job of getting everyone involved”*

*“Great facilitator who was engaging and always looked happy. Group sessions were good to relax but revise on the speakers we just heard so that we can understand what they were saying better”*

*“Best facilitator ever and very nice guy and very relatable”*

*“He was really helpful and engaging in conversation and got us talking about all topics brought up in the speeches”*

*“Both of my facilitators were great. They listened to what we had to say and asked great questions and were overall great people. As far as the group sessions went I thought they were good as it allowed us to discuss what we had just learnt”*

*“Facilitator was very supportive and fun to be around”*

*“The group sessions were very interesting and fun, as we got to meet new people. The facilitator was very kind and understanding towards our answers”*

*“My facilitator was very good in initiating and cultivating conversations. He was also friendly and nice and was able to relate to us students well. The group conversations were a good opportunity to express our opinions, and listen to the opinions of others, developing our own perspective”*

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

*“A fantastic group of presenters that delivered engaging real presentations. It inspires young men to understand not only their own thoughts and feelings but help others. This will start a conversation that we will take back to school and try to spread the message”*  
- Julian Floriano: Head Teacher Welfare, The Forest High School

*“The forum covered crucial topics for the development of young men. Deep and engaging stories were presented that highlighted real-world difficulties that boys could face in their life”*  
- James Collis: Teacher, Turramurra High School

*“The forum talks were excellent and very heartfelt. I think some important stories were told that the kids could relate to and hold onto at this pivotal time in their lives. Very valuable discussion, panel discussion was excellent. I can’t wait to hear what the boys thought of their group discussions. Well structured.”*  
- Tess Graves: Year Advisor, Pennant Hills High School

*“Very worthwhile - well done. Would love to have you all out to school. Something that all boys should see”*  
- Matt Porter: Director of Wellbeing, Waverley College

*“Excellent presenters - very engaging and using personal stories to show importance of all these big issues boys are facing. Small groups a good way to unpack the message. Good idea to split boys up”*  
- Beth Goddard: Year 10 Coordinator, Knox Grammar School

*“I thought this was an exceptionally well organized event which offered students an incredibly relevant and timely opportunity to hear and reflect about some of the big issues in our society and in their lives”*  
- Mel Hutson: Year 10 Advisor, Ryde Secondary College

*“Extremely positive and powerful moments for all to enjoy”*  
- William Beaumont: Teacher, Galstaun 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 2018. 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  
**Conviction Group CEO**