

THE
YOUNG MEN'S
HEALTH FORUM
SYDNEY SOUTH

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

The Young Men's Health Forum – Sydney South 2018

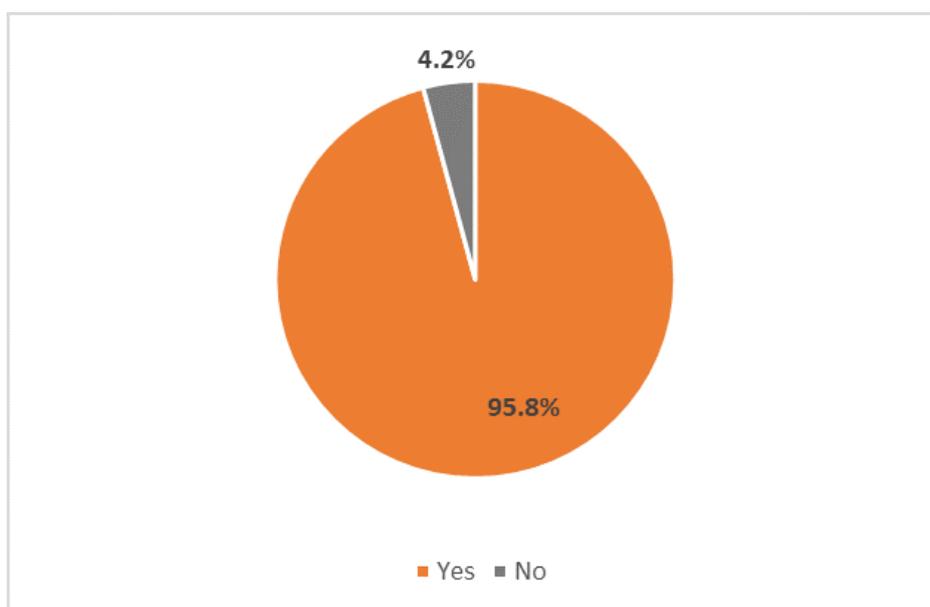
On Friday, 24th of August 2018, Conviction Group hosted 200 year 10 students from 20 schools across the Sydney South region. The objective of the forum was to encourage young males to re-evaluate their perspectives on the pivotal issues concerning young men's health, and provide them with the tools to enhance their decision making. Upon arrival, students were separated from their peers and assigned to one of 32 groups which were led by Conviction Group's trained facilitators. Over the course of the day, students heard from 7 keynote speakers; Jihad Dib, Robert Critchlow (NSW Police), Kathy Kelly (Thomas Kelly Youth Foundation), Matthew Caruana, 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, what is a man, drugs, violence, and kindness.



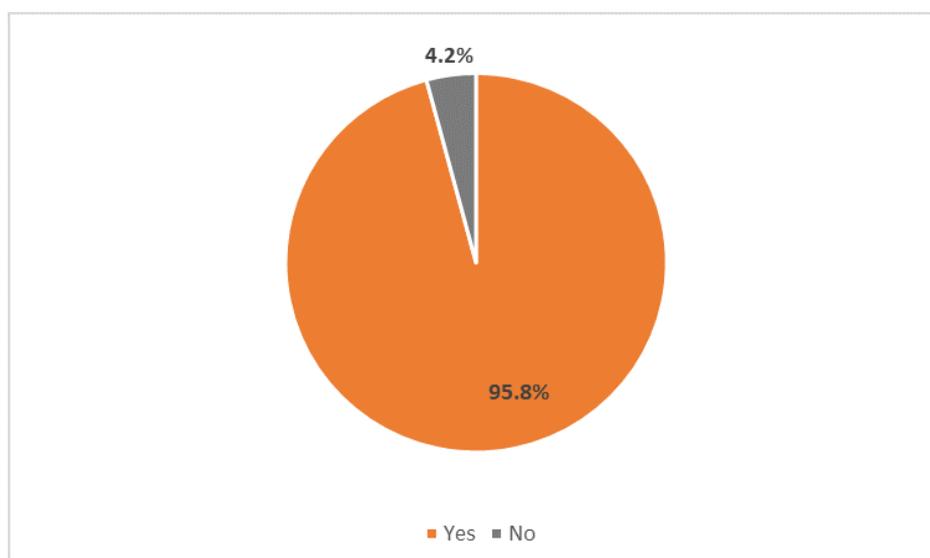
What is included in this report?

This document reports the feedback provided by the students and teachers that attended The Young Men’s Health Forum - Sydney South 2018. A total of 144 students and 19 teachers completed the survey forms. The raw data has been collated and analysed to provide the following graphical and written summary.

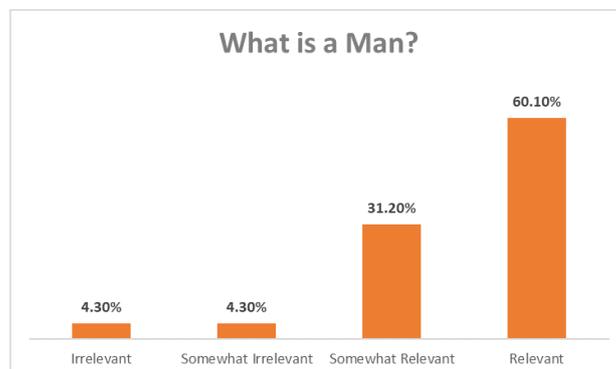
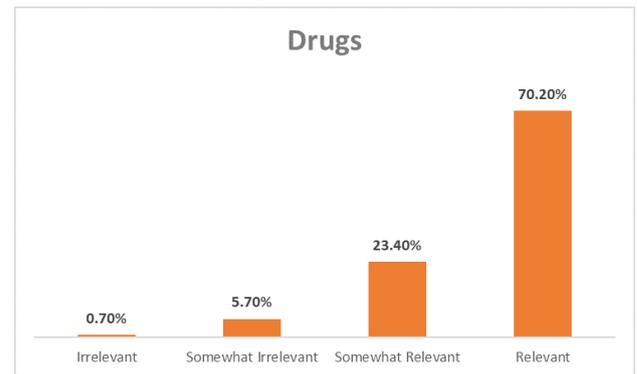
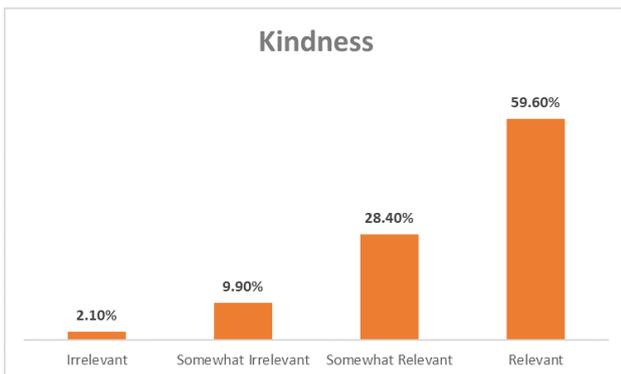
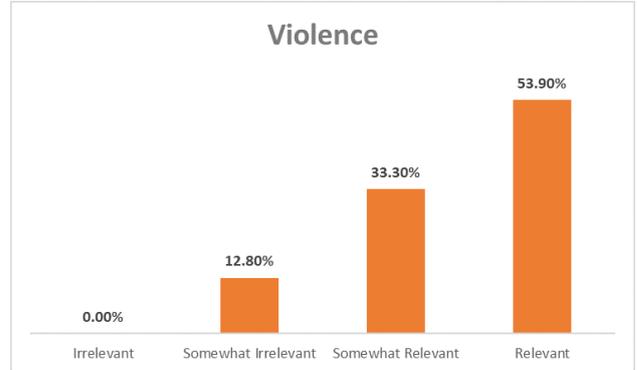
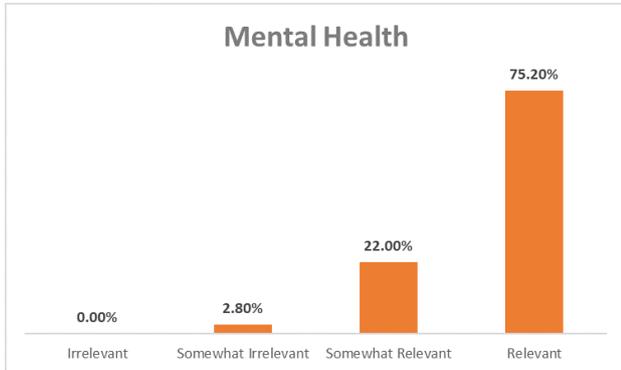
We asked students if they enjoyed attending The Young Men’s Health Forum:



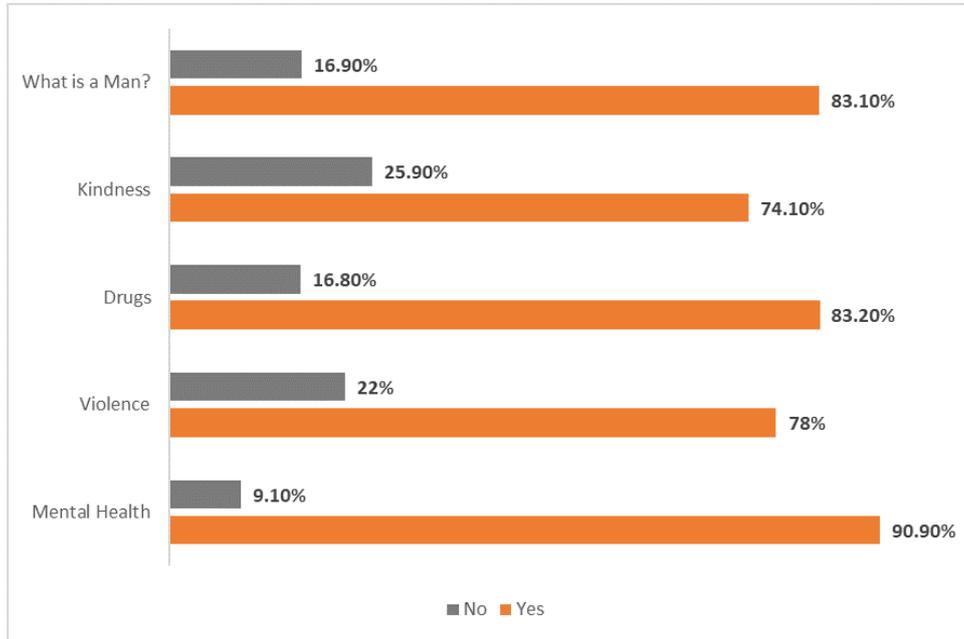
We asked students if they would recommend The Young Men’s Health Forum to other students:



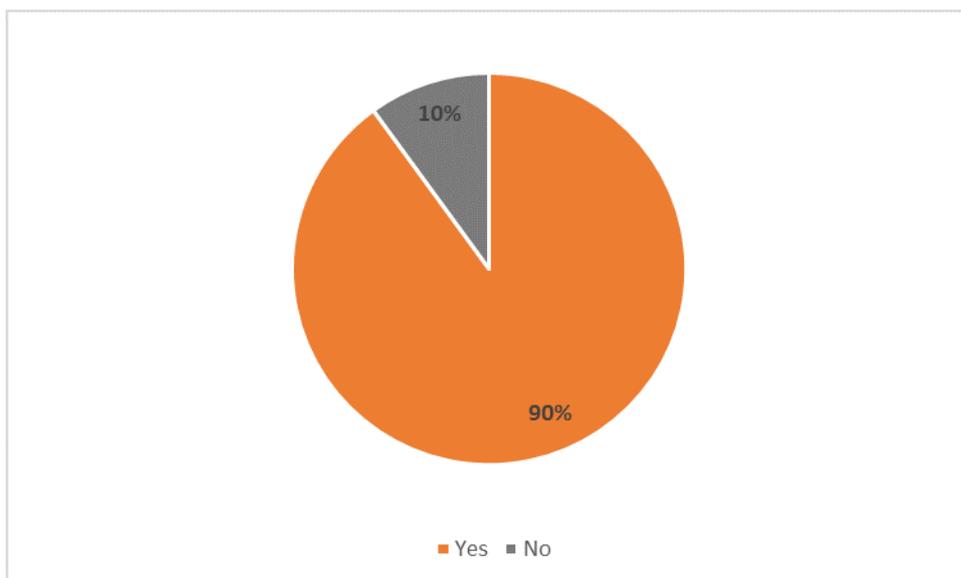
We asked students to rank each discussion topic with how relevant the issue is to young men:



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've learnt many informative statistics and information about being a man and things that men experience over Australia"

"I've learnt about perspectives of people's lives of peoples different situations and how they've gotten through times"

"That it's not worth being sad, you will be eventually happy you just have to find things that you love and surround yourself with people you love"

"I have learnt that others are willing to support and talk to me about my daily struggles"

"I learnt the significance of how crucial decision making can be, and how it can not only affect you but others around you"

"I have learned to be more accepting of myself and I've learned that I don't need drugs to have fun"

"To be yourself and stay away from all the negative things that can impact yours and others lives poorly"

"The forum was a great way for all students to gain advice on what to do in accordance to drugs and excessive amounts of alcohol. Also alternatives on how to deal with depression and all types of mental illness"

"Other people's perspective to life. I always used to think of people using drugs as just plain idiots but I never thought of them as people who need help or are dealing with something deep"

"I have learned how to cope with personal stress and stress around me. I have also learnt the importance in self-identity and opening up to others"

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

“Amazing, both contributed and helped us in every discussion and it was a really fun time to talk with everyone. Sharing personal stories to help one another”

“They were nice and easy to talk to. They made it very easy for us and group sessions were good and chill”

“He was good at bringing up important topics. Never a dull or awkward moment”

“Facilitator was great really helpful and cool and group sessions helped me express my opinion”

“Perfect. I can have a discussion with them instead of speaking in front of a big group”

“It was very good to communicate after the speakers to see what we all thought and talk about our opinions on the issues raised. My facilitator was very friendly and helped us understand the topics more”

“Our facilitator was great at starting conversations and really triggered great deep thoughts”

“Overall I enjoyed my small group sessions and communicating with my facilitator, they listened openly to by opinions and discussed all concerns with us”

“The small group sessions brought us together, collaborating all our ideas and opinions”

“I thought that I could really open up and contribute something meaningful to the group conversation”

“It was fun meeting how people from other schools and the facilitator”

“It was great doing the discussions and my facilitators were really kind, supportive and awesome!”

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

"I like the structure it allows students to digest big issues and discuss with other people"
- Tony Munguia: Year 10 Coordinator, Clancy Catholic College

"Overall, a fantastic forum that explored the issues associated with youth masculinity. Specifically, it engaged with the myriad ways contextual forces shape young men's identity construction"
- Patrick Fisher: Teacher, Georges River College - Peakhurst

"Excellent program. Very informative and rich in terms of mental wellbeing, real-life experiences and relevant to young boys/young men"
- Ajendra Singh: Year 10 Assistant Year Advisor, Fairfield Arts High School

"Very engaging with real stories and open ended questions for boys to think about"
- Nick Wilkinson: Sylvania High School, Boys Mentor and Year Advisor

"The Young Men's Health Forum was an extremely beneficial and enjoyable event for the students and teachers alike. The students were able to discuss and be a part of conversations that are otherwise considered taboo. Well done and thank you for all the lovely facilitators and volunteers that allowed the day to run successfully and smoothly"
- Fatema Saddik: School Counsellor, Australian International Academy

"This was a profoundly important event for our year 10 boys to attend. Within the context of increasingly prevalent toxic masculinity, especially across the varying social media platforms, our students could not have had a more present poignant and apt forum that really hit home the importance of men's wellbeing. Thank you for providing such an open + inclusive forum where our young men felt comfortable to share openly"
- Nathan Fallon: Year 10 Coordinator, The McDonald College

"Thoroughly happy with bringing the boys to an event like this. Wish I had brought many more to get the benefit from the day. Keep up the good work"
- Mark de Gruchy: Year Advisor, Mount Annan 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 South 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