

THE  
YOUNG MEN'S  
HEALTH FORUM

SYDNEY WEST

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 West 2018

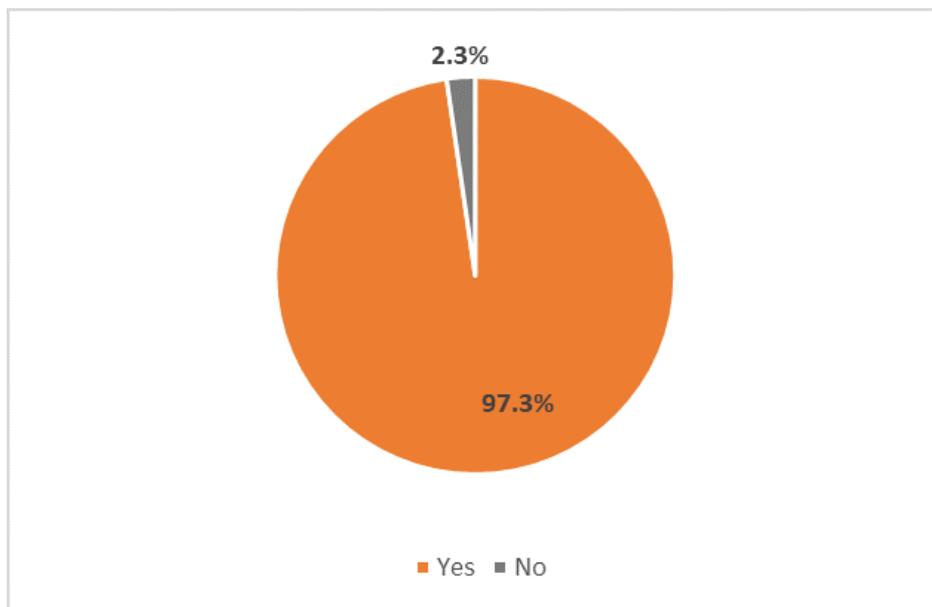
On Monday, 26<sup>th</sup> of March 2018, Conviction Group hosted 240 year 10 students from 20 schools across the Sydney West region. The objective of the forum was to encourage young males to re-evaluate their perspectives on the pivotal issues concerning young men's health, and provide them with the tools to enhance their decision making. Upon arrival, students were separated from their peers and assigned to one of 38 groups which were led by Conviction Group's trained facilitators. Over the course of the day, students heard from 7 keynote speakers; Don Darkin (ResMed), Daniel Merza, Kathy Kelly (Thomas Kelly Youth Foundation), Kieran Billett (ONE80TC), Lyn Worsley (The Resilience Centre), 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, healthy relationships, drugs, violence, leadership, and resilience.



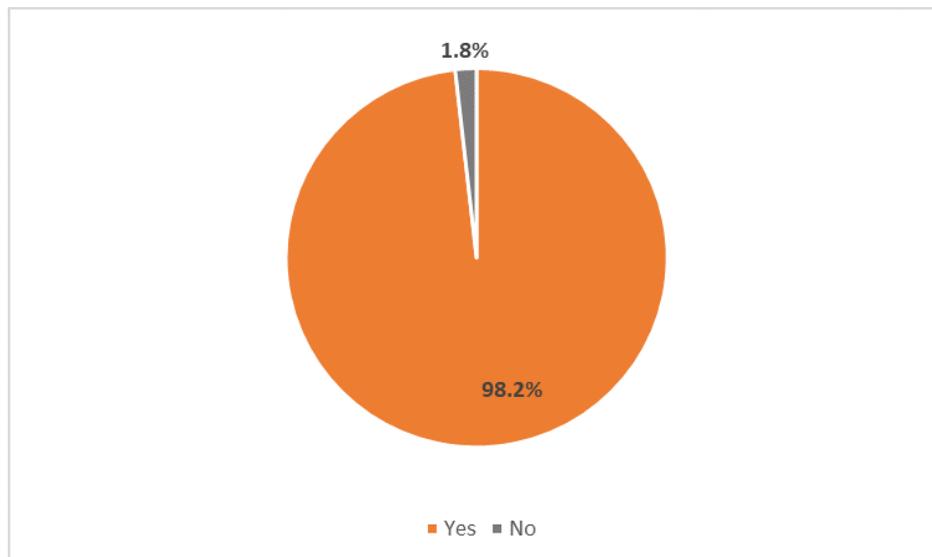
### What is included in this report?

This document reports the feedback provided by the students and teachers that attended The Young Men’s Health Forum - Sydney West 2018. A total of 220 students and 19 teachers completed the survey forms. The raw data has been collated and analysed to provide the following graphical and written summary.

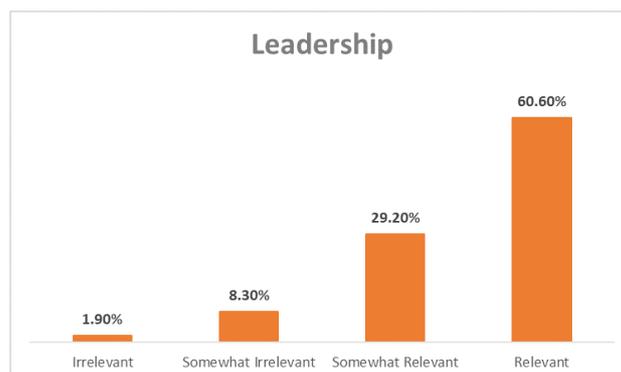
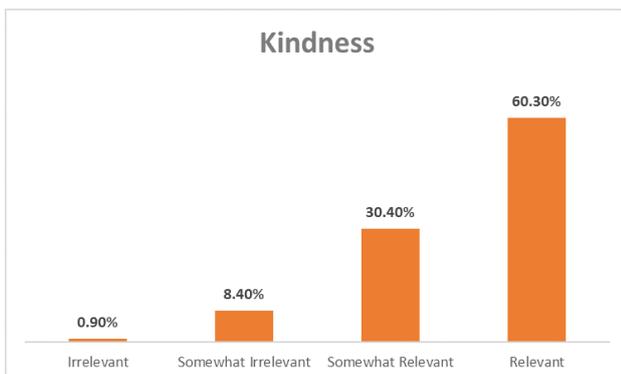
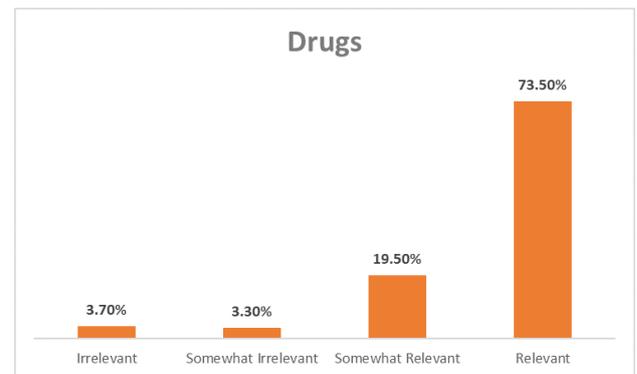
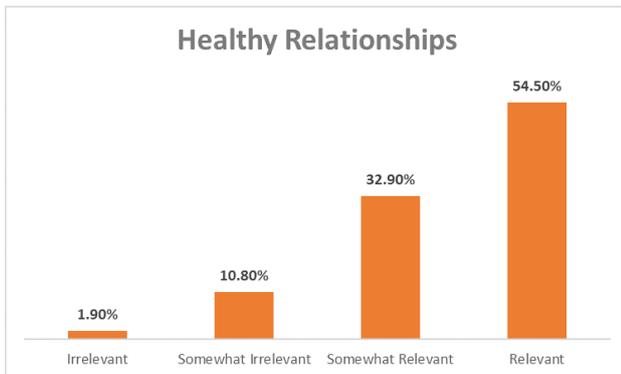
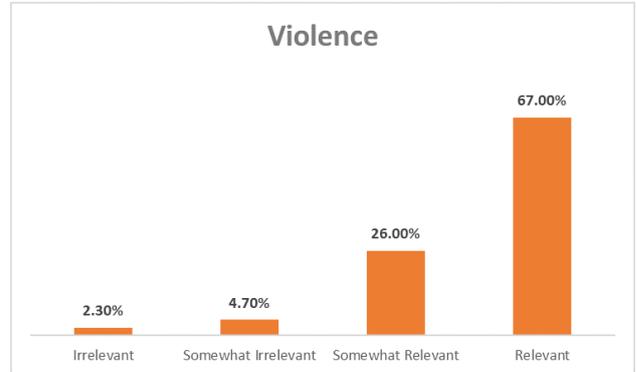
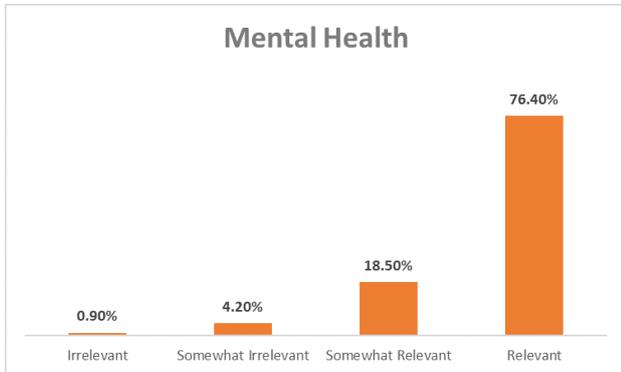
### We asked students if they enjoyed attending The Young Men’s Health Forum:



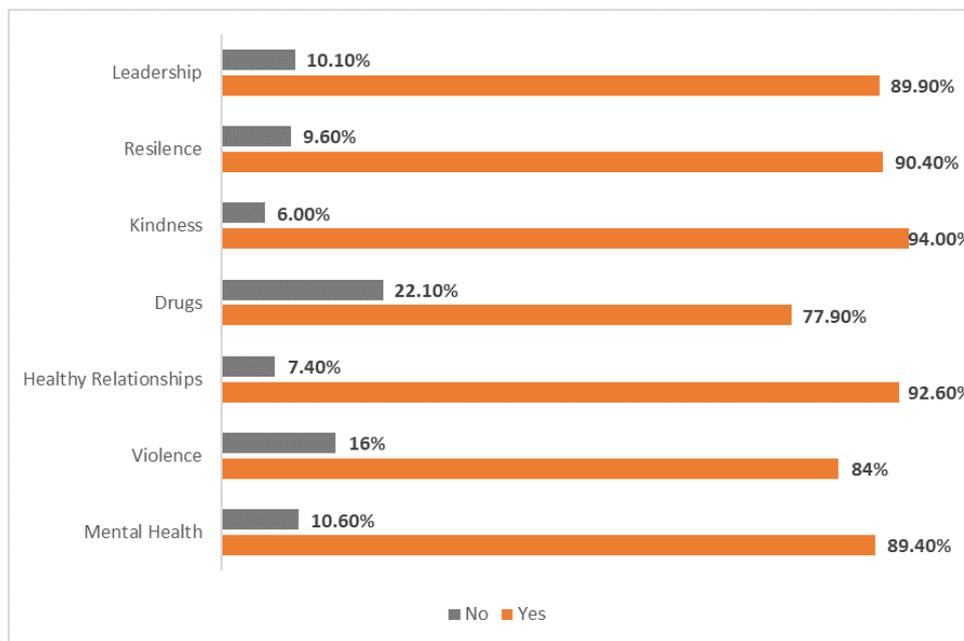
### We asked students if they would recommend The Young Men’s Health Forum to other students:



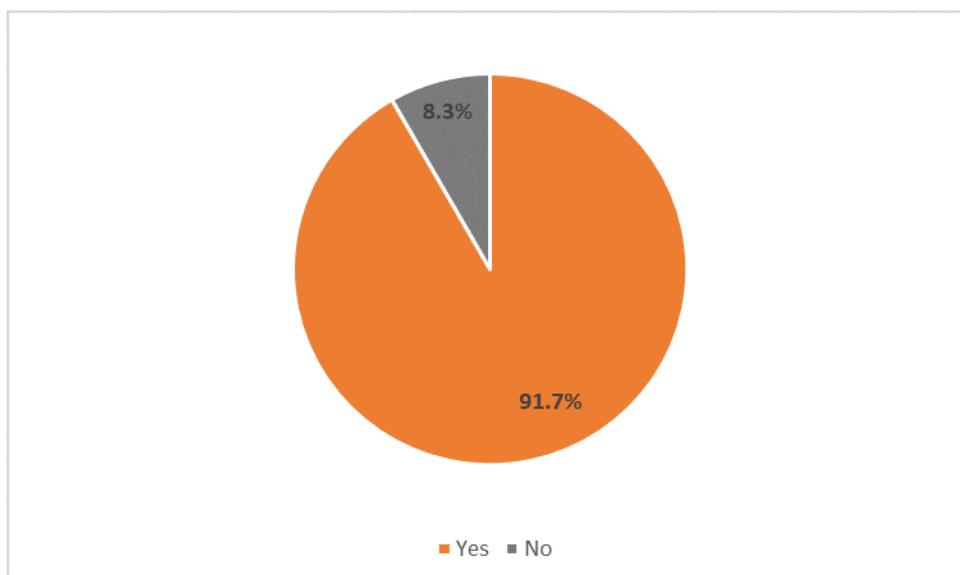
**We asked students to rank each discussion topic with how relevant the issue is to young men:**



**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 have learned about all the negative influences that are around me, how to avoid them, but most importantly, how to gain a positive outcome in life"*

*"I learnt that no matter what challenges are thrown against you in life, always have the courage to stand up to it and never give up"*

*"Don't be afraid to think out loud, ask for help. Follow and walk your path and no one else's. Make the right choices today as it not only decides who we are but also our future"*

*"I learnt some skills that will be beneficial in my life and for sure will come in handy when I next remember it. Without the experience of today, I would've missed much needed aid/support"*

*"I learnt that I am in control of the decisions I make and they can have negative or positive repercussions"*

*"At this forum I have learnt to be myself and to never give up. I've learnt that it doesn't matter what other people think and I should always be confident"*

*"I have learnt to challenge different situations in life. I have also learnt about mental illness and the damage it can cause"*

*"The importance of young people's mental health and the true definition of what it means to be a man"*

*"I have learned to take the best out of life and focus on the positive more than the negative"*

*"I have learned that speaking up about issues in my life is important for my mental health and for other people to know I'm okay"*

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

*“They were effective, gave a chance to reflect and make conclusions together upon the information we were taught. The facilitators were also very helpful information and good to talk with”*

*“My facilitator was really good in everything he did with us. He allowed us to connect with ourselves and others and to understand our lives”*

*“I thought our facilitator was awesome and kept us engaged in the discussion, the small group sessions were great as we got a small break”*

*“Very good, helped reinforce what we heard and to help build friendships. Whilst making us feel comfortable enough to share our inner feelings”*

*“Our facilitator was a kind hearted person. Small groups were a lot of fun and interactive”*

*“Good, useful, helped me make sense of little things”*

*“It was nice to meet new people and facilitator was really nice”*

*“My facilitator was fantastic. He was so comfortable to talk to. He was very friendly in our small group sessions”*

*“Facilitator was awesome, couldn't have been better. Small groups were the highlight”*

*“I liked the idea of discussing the topics, then stating our opinions all while learning at the same time”*

*“They were good because we could talk openly about anything without getting judged. Our facilitator was very nice and listened to everyone as well as giving awesome information”*

*“The facilitators were very kind and I'm happy I was put with my group. Everyone was down to Earth and respectful”*

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

*“Firstly, from start to finish the forum was engaging and meaningful for the young men in the room. The program is well structured, this included smooth transitions that assisted the students’ engagement. The use of keynote speakers was excellent and reinforced the people, stories, perspective elements of Conviction”*

*- Christopher Norris: Year 10 Advisor, Hawkesbury High School*

*“Relevant topics addressed in engaging and candid presentations. The small group activities broke the day up at ideal times. Very well prepared and presented.”*

*- Damian Fenech: Year 10 Coordinator, St. Mark’s Catholic College*

*“It was an interesting and thought provoking forum addressing the direct needs of today's young men. Well run and organised”*

*- Sue Groth: Teacher, Galston High School*

*“Touches on topics that are relatable across all socio-economic groups and cultures. I am fairly sure that all of our attending students will derive benefit from at least one; if not all the topics explored”*

*- David Muscat: Teacher, Mitchell High School*

*“It was an excellent day that delved into a number of issues that teenage boys struggle to talk about. Hopefully it will go a long way to getting students to be aware of the stigma around mental health issues and let boys see that manhood is not about who can lift the heaviest weights but more about being kind and empathetic to those around them”*

*- David Bonora: Year 10 Coordinator, St. Patrick’s Marist*

*“A great opportunity for year 10 boys to hear in a forum the importance of key areas in their health. Guest speakers were all engaging and empowering”*

*- Adam Thomas: Year 10 Leader of Learning, Marian 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 West 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**