

THE
YOUNG MEN'S
HEALTH FORUM
SYDNEY WEST

2019
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 for 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 West 2019

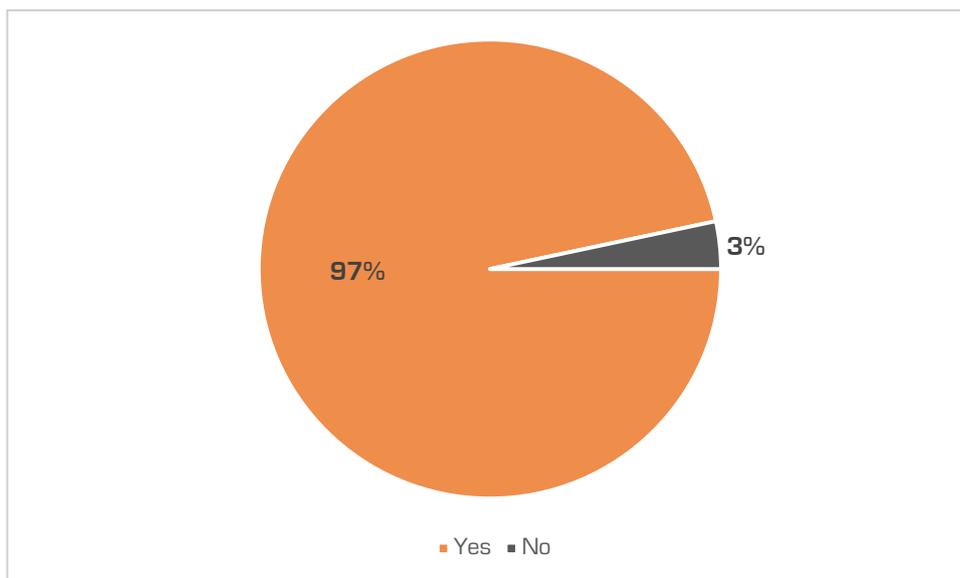
On Friday, 29th of March 2019, Conviction Group hosted 260 year 10 students from 19 schools across the Sydney West region. The objective of the forum was to encourage young males to re-evaluate their perspectives on the pivotal issues concerning young men's health and provide them with the tools to enhance their decision making. Upon arrival, students were separated from their peers and assigned to one of 32 groups which were led by Conviction Group's trained facilitators. Over the course of the day, students heard from 6 speakers; David O'Neil (Castle Hill RSL), Ameer El-Issa (Knafeh Bakery), Lyn Worsley (The Resilience Centre), Matthew Caruana, Chris Lee (Conviction Group), and Marco Capobianco (Conviction Group). Students also heard from a panel open to discussions around text messages that students submitted. The panel consisted of Dr. Jason Pace, Lyn Worsley, Ameer El-Issa and Marco Capobianco. Following a set of speakers and panel discussions, 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 wellbeing, leadership, violence, healthy relationships and resilience.



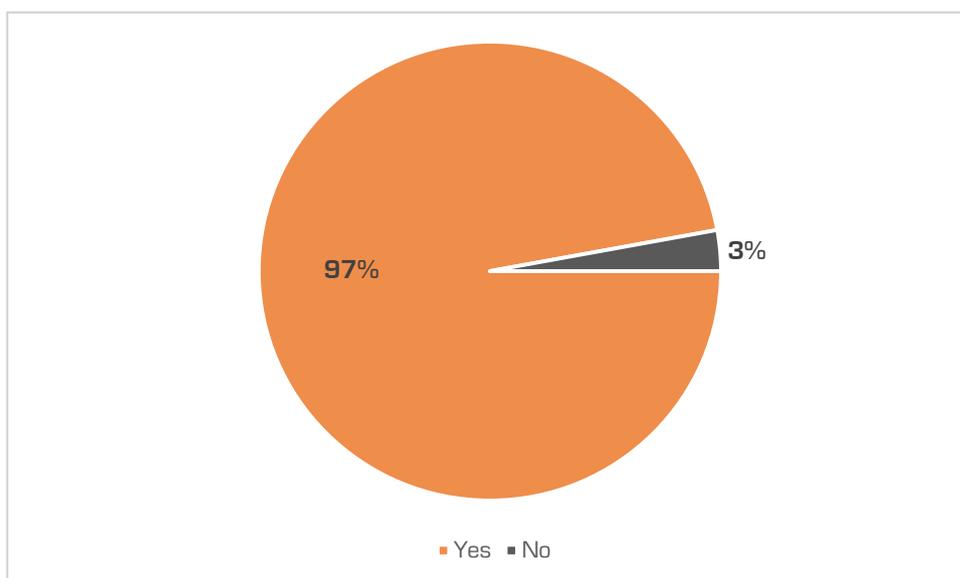
What is included in this report?

This document reports the feedback provided by the students and teachers that attended The Young Men’s Health Forum - Sydney West 2019. A total of 209 students and 16 teachers completed the survey forms. The raw data has been collated and analysed to provide the following graphical and written summary.

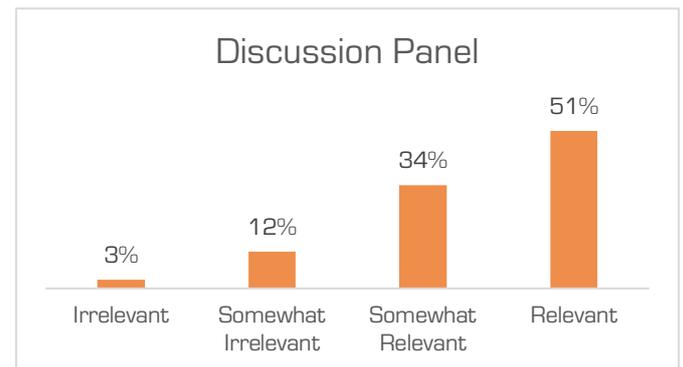
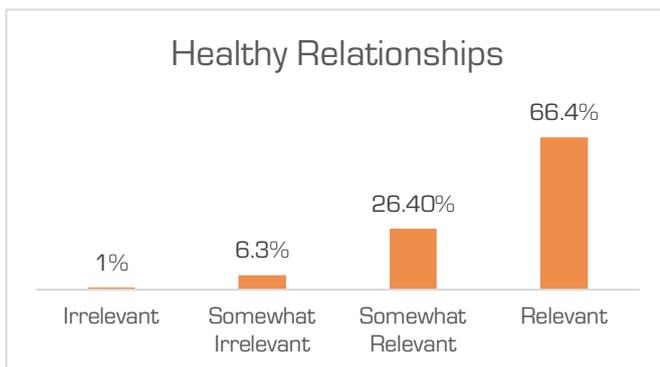
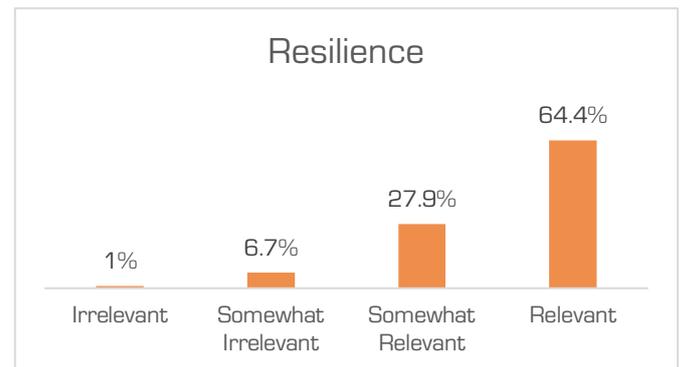
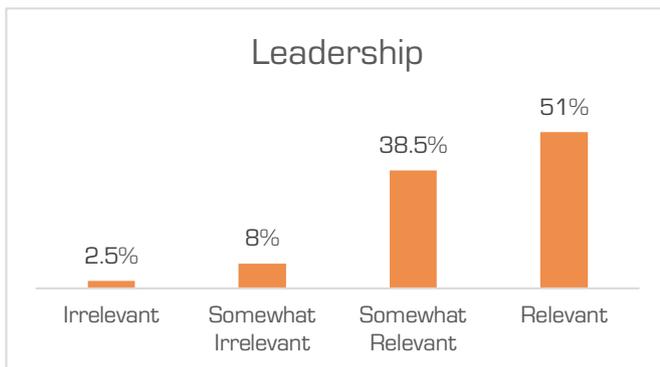
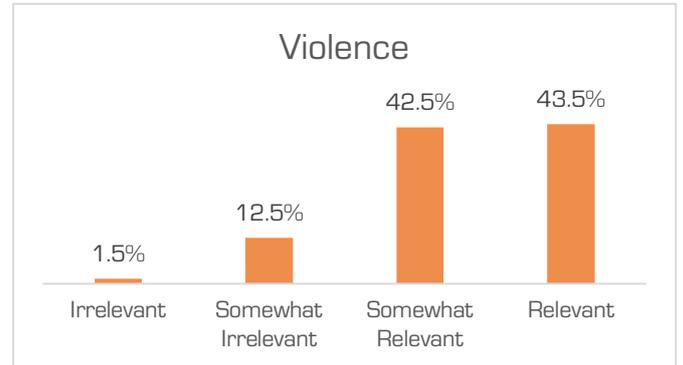
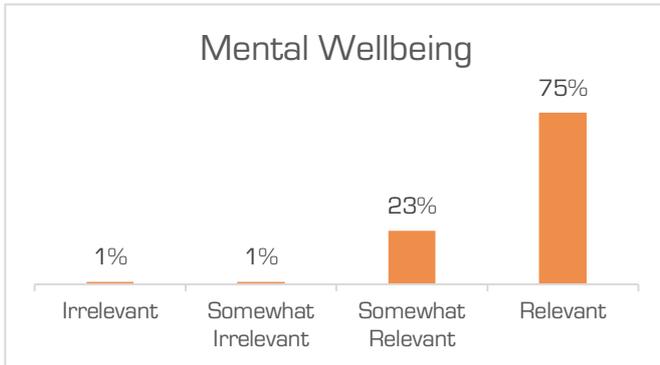
We asked students if they enjoyed attending The Young Men’s Health Forum:



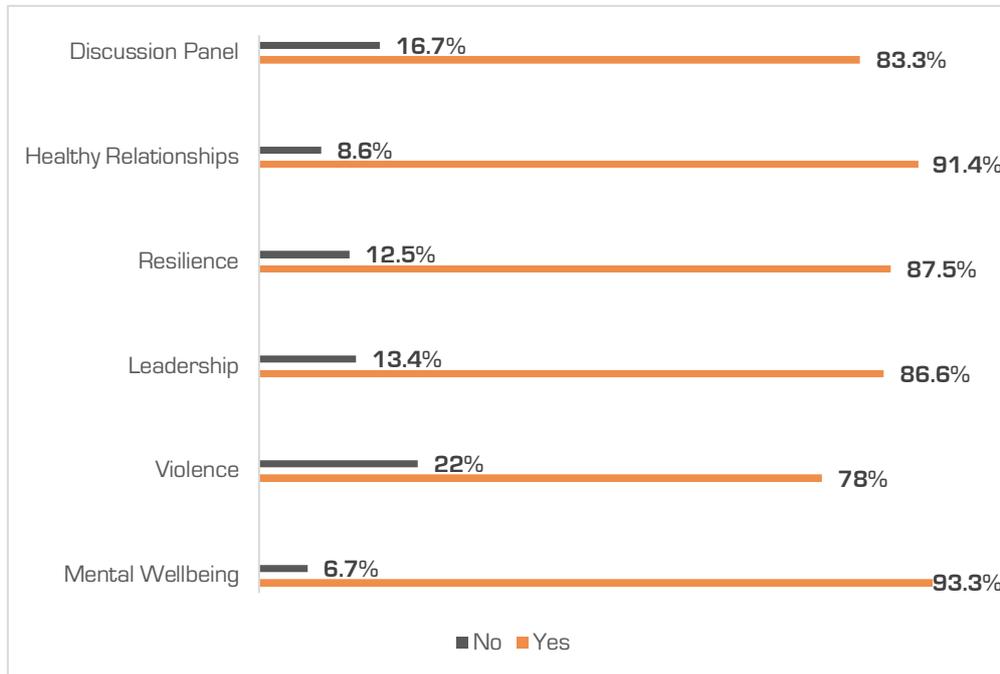
We asked students if they would recommend The Young Men’s Health Forum to other students:



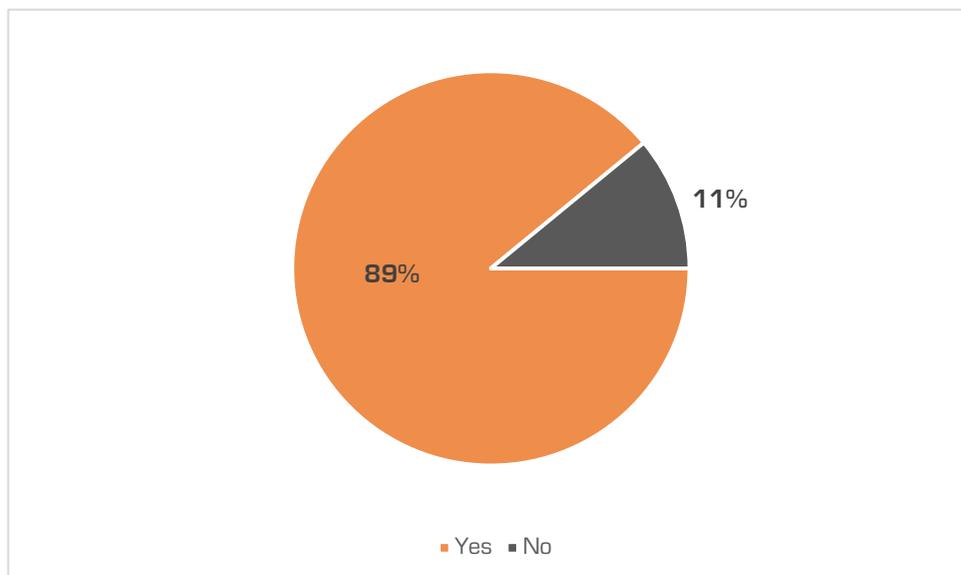
We asked students to rank each discussion topic with how relevant the issue is to young men:



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 learnt that Mental health is a very major problem and that suicide isn't going to get you anywhere"

"I have learnt so much on the matter that it is ok to not be ok. I have also learnt that sometimes you are different, and it is never a bad thing to stand out from the typical crowd"

"The speakers brought up many good life experiences along with life lessons. They have really shown good points on how to better improve my health and also how to be better to people around me"

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"I have learnt a more in-depth understanding of what is mental wellbeing, proper relationships and overall communicating with your mates"

"I have learnt that if you are suffering from mental illness to speak out"

"I have learnt about how to handle my mental wellbeing and have had a lot of tips about what to do in certain hard situations, how to show resilience, how to maintain good relationships and how to succeed in life"

"This forum has further opened my eyes to mental health and self-value. Many great lessons have been shared throughout today"

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

“Really great and chilled, he let us have good input and helped with any problems”

“The facilitator was great, really enjoyed having him. The small group sessions were a good time and very interesting”

“My facilitators were great. They were extremely empathetic and enjoyable to speak to and listen to. The small group sessions were engaging, and I enjoyed myself.”

“This allowed our group to share our own different perspectives on how the day was as a whole”

“It’s was really nice to have a good guy that was aware of how we feel and the students where very nice”

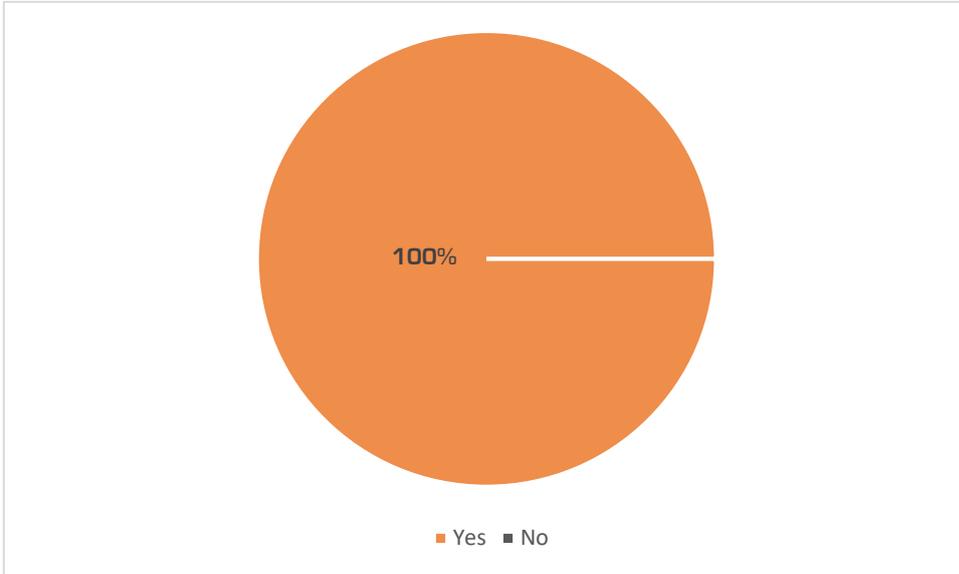
“They were good as they were able to go and break down all of the talks we had to listen to as well as views about other people's decisions”

“I couldn’t have been happier with my leader; the small groups were great to discuss and talk about”

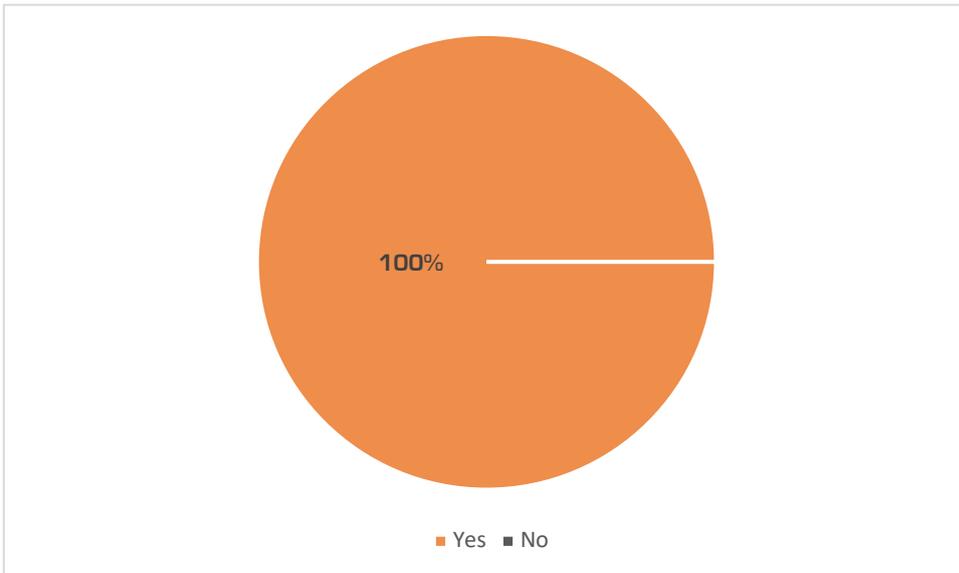
“They were really helpful and effective, as students felt comfortable to talk to us boys about their emotions and experiences”

“Really good. Facilitator was fun and very down to earth but was still understanding of all the things we were saying. Small group sessions generated a lot of discussion and our group got along well”

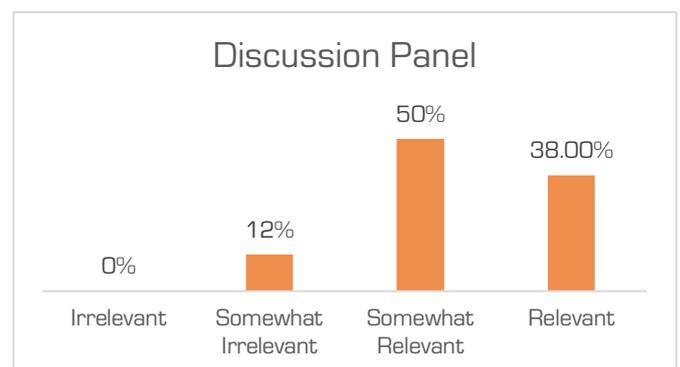
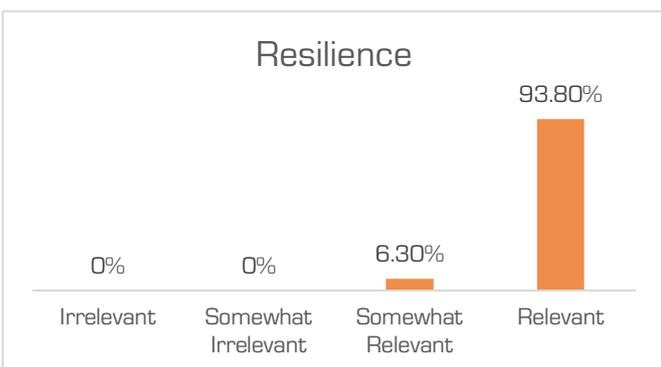
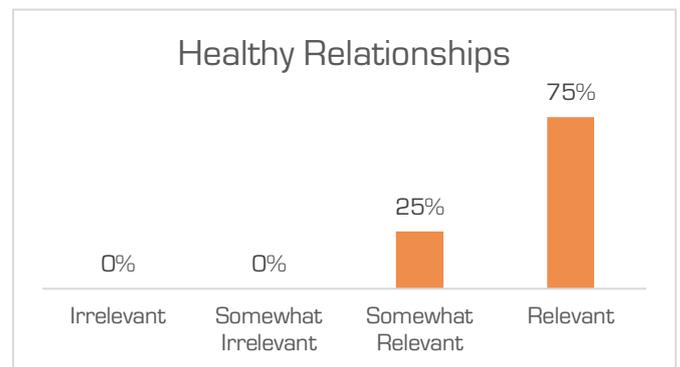
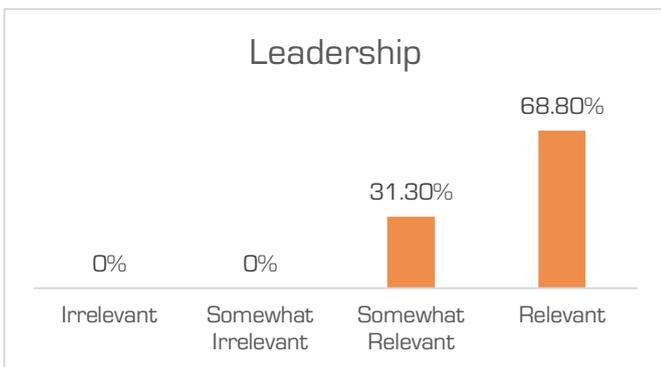
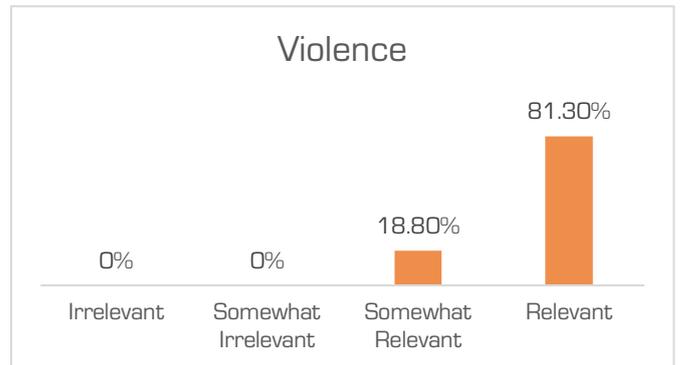
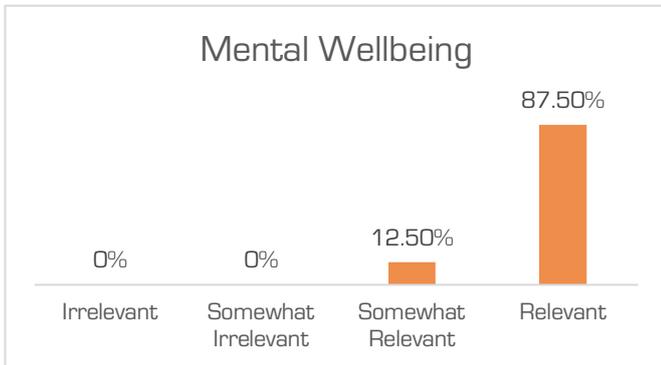
We asked the attending teachers if they enjoyed attending The Young Men’s Health Forum:



We asked the attending teachers if they would recommend The Young Men’s Health Forum to other schools:



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



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

“Great seminar with lots of valuable information. The boys got a lot out of it and the organisation was great. Thanks for a fabulous day!”

Josh Mitchell: Director of Students 10-12, Toongabbie Christian College

“Extremely valuable. Very interesting to witness Year 10 men being so attentive and focussed throughout the day; especially after lunch. This observation alone reflects the importance of the areas covered today and the value these young men see in the manner of the delivery”

Stephen Kinchington: Yr10 Leader of Learning, Marian Catholic College

“A great diversity of relevant topics presented in a supportive and encouraging environment”

Andrew King: Deputy Principal, Colo High School

“It appears to be really engaging and informative to the boys. I liked how the speakers included a psychologist, to help normalise seeking help to the boys”

Olwen Higgins: Year Advisor, Castle Hill High School

“Outstanding presentation of highly relevant issues”

Daniel Simonovski: Head Teacher PDHPE, Plumpton High School

“Overall, I felt this was a well-run event. The tight organisation and orderly manner in which the sessions were run and managed was excellent. The length of the presentations was a good amount of time for the boys. The attempt to engage them by making the presentations interactive was a good strategy. Splitting them into groups, away from their peers, I also believe is helpful, to ensure they have an opportunity to not feel self-conscious about sharing their thoughts...”

Karla Olmos: Year 10 Advisor, Crestwood 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 2019. 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