

THE
YOUNG MEN'S
HEALTH FORUM
SYDNEY SOUTH

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 topics 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 South 2019

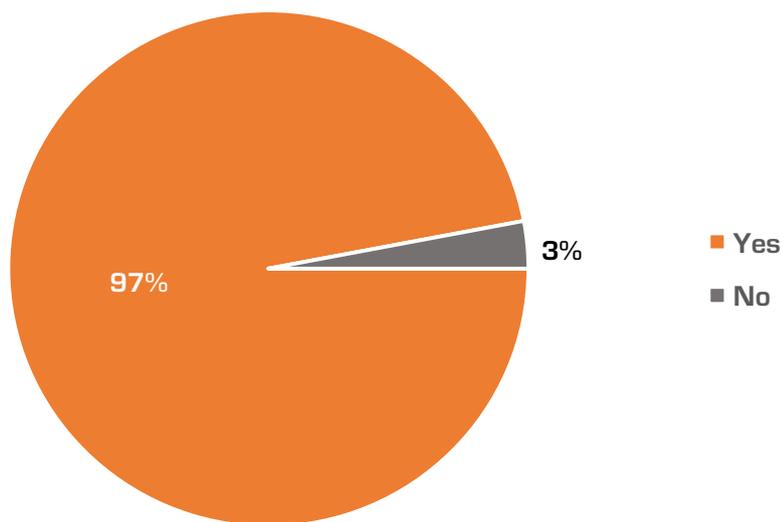
On Friday, 7th of June 2019, Conviction Group hosted 213 year 10 students from 15 schools across the Sydney South region. The objective of the forum was to encourage young males to re-evaluate their perspectives on the topics that concern young men's health and provide them with the tools to enhance their decision making. Upon arrival, students were separated from their peers and assigned to one of 34 groups which were led by Conviction Group's trained facilitators. Over the course of the day, students heard from 5 speakers; Melinda Tankard Reist (Collective Shout), Kieran Billet (ONE80TC), Matthew Mackay (Royal Rehab), 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, Kieran Billet 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 topics relating to mental wellbeing, leadership, violence, healthy relationships and drugs.



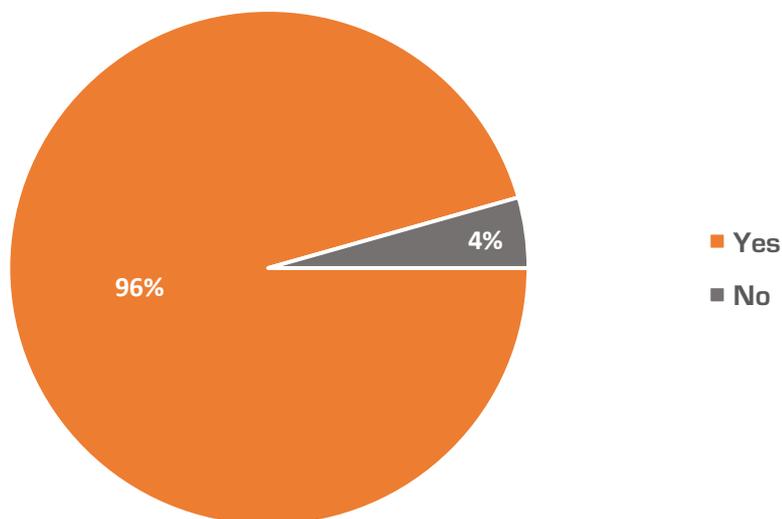
What is included in this report?

This document reports the feedback provided by the students and teachers that attended The Young Men’s Health Forum - Sydney South 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.

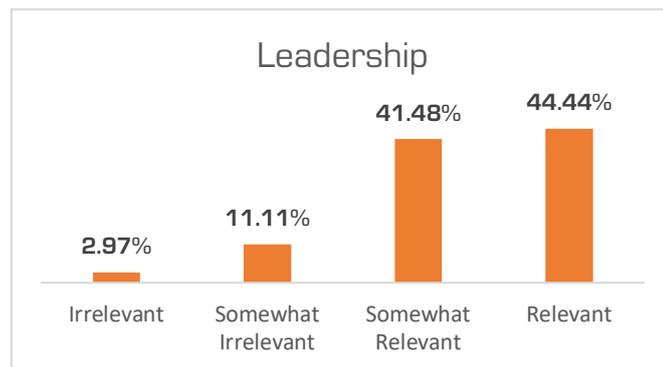
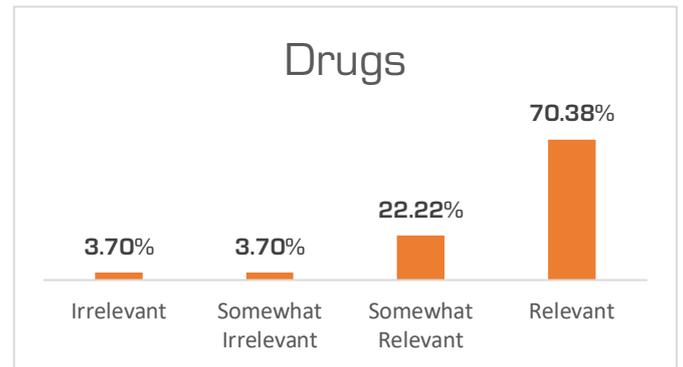
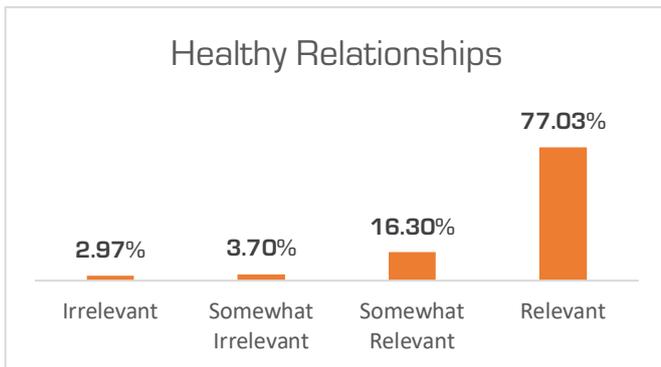
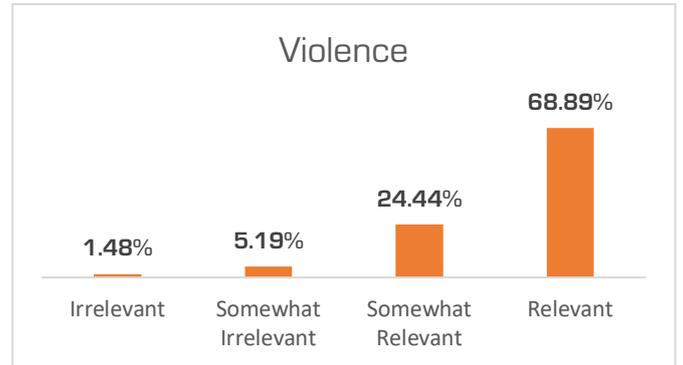
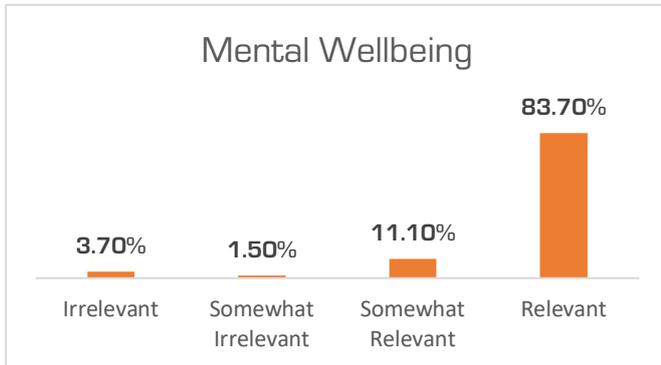
We asked students if they enjoyed attending The Young Men’s Health Forum:



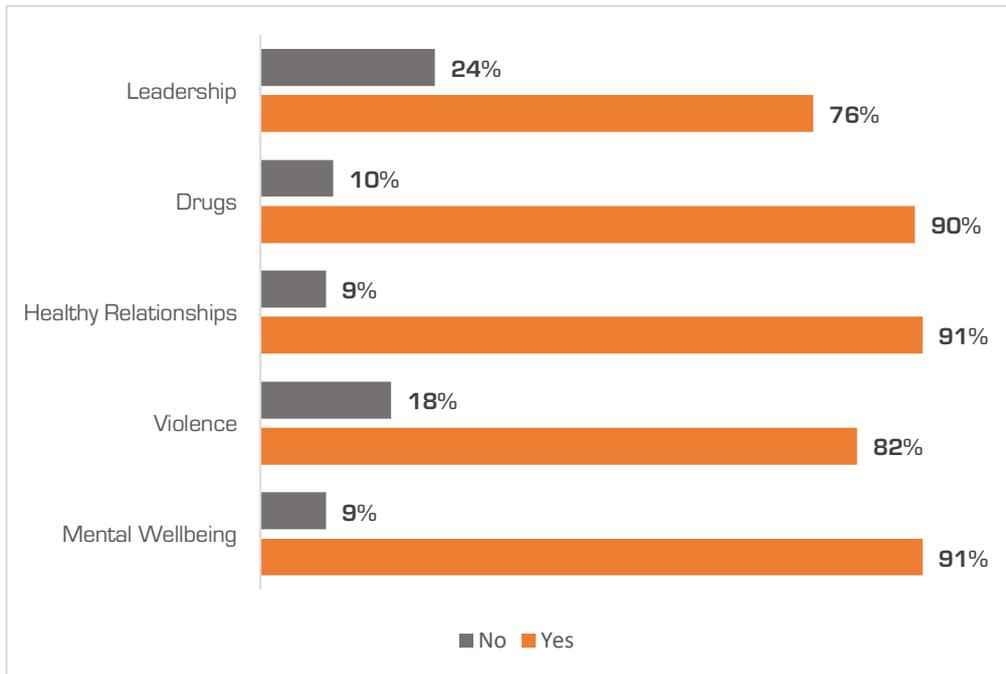
We asked students if they would recommend The Young Men’s Health Forum to other students:



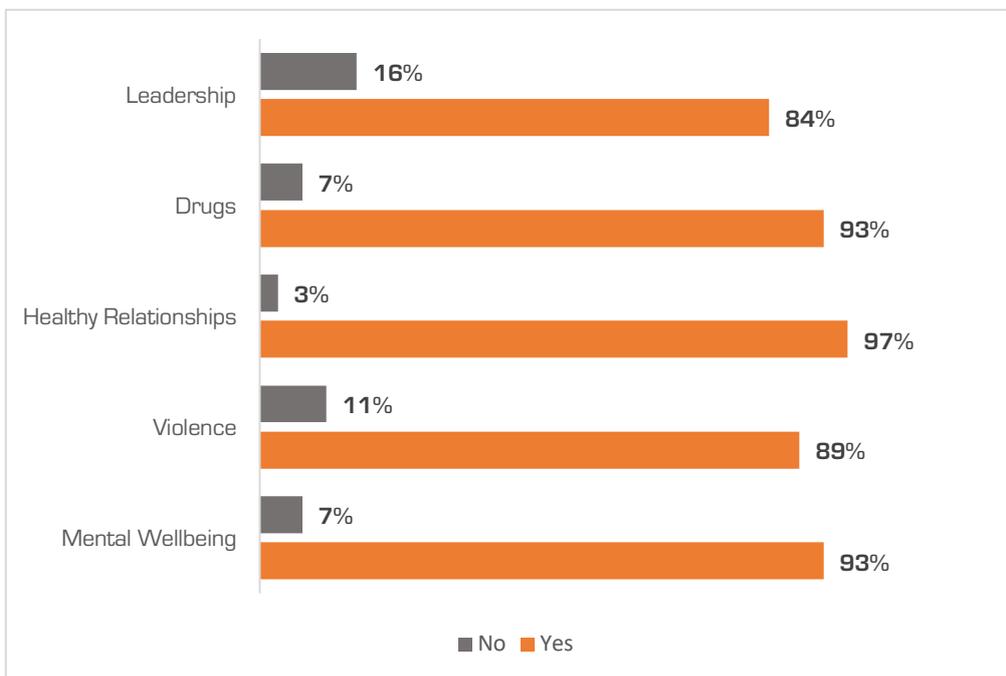
We asked students to rank each discussion topic with how relevant the topic is to young men:



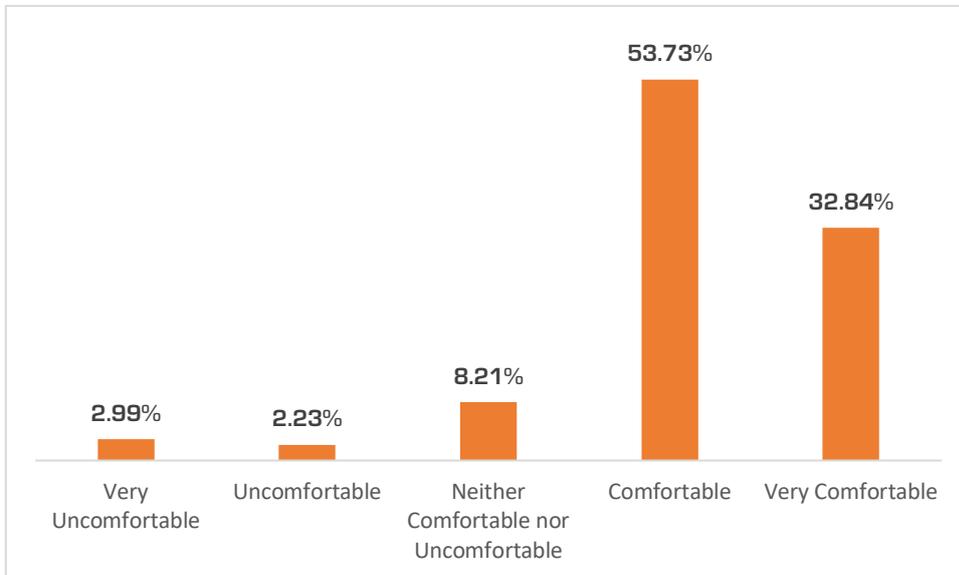
We asked students if the forum had changed/added to their perspective on the following discussion topics:



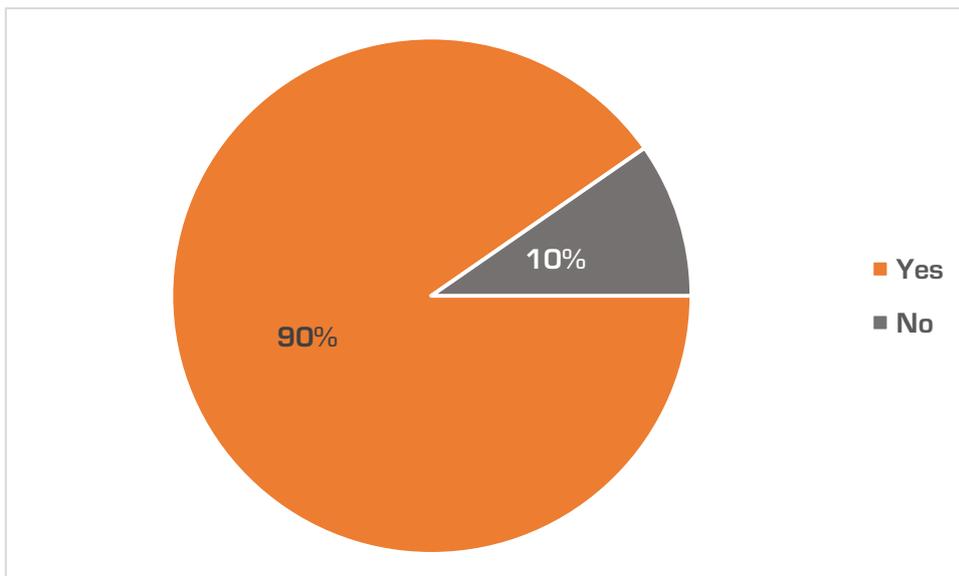
We asked students if the forum helped improve their decision-making on the topics below:



We asked students to rank how comfortable they were in their small group discussions with their facilitator:



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:

“All parts of the forum were very good and had an impact on what I look at as ‘mental health’. I would definitely recommend this to other year 10 boys as mental health is very important”

“There’s way too much to put into a few sentences but if I had to, I’d explain that I didn’t want to come here my year advisor convinced me and I’m so so glad and grateful that I was able to attend such a prestigious program. Thank you guys you’ve taught me what there is to be a man!”

“I’ve learnt about how to open up to other people about mental health issues, and how to self-reflect so I can be a better leader. I’ve also learnt about the impact pornography and the media has on young men’s relationships with women, and how to take charge when seeing girls being treated wrongly.”

“I have learnt that we should help other people who have mental illnesses as it is the highest and most common personal problem. We should also not be afraid to express ourselves and tell people we trust, think before you act, respect women, and have great leadership traits.”

“I learnt about problems many men and boys are faced with and the impact our decisions make on society from inappropriate comments to actions and how we can act better and make a difference.”

“I learned about our mental health and how that can be improved. I learned that violence is not the answer. I learned that girls aren’t used for pleasure. I learned that choices can affect your life and how you feel, and I learned how to be a real leader.”

“From this forum I have grasped an understanding and realisation of what is going on in our communities and what is expected of our youth to help.”

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

“They were great helping us go into detail about what we are learning. They were kind and also very relaxed which made me express what I wanted to say.”

“My facilitator was great. He had a broad understanding on the topics covered today and could effectively engage the group into healthy conversations.”

“I really admire the facilitator because he isn’t getting paid yet is so professional and friendly. I could tell he was extremely passionate about this event.”

“My group was undoubtedly amazing. My facilitator was awesome and so were the students. I’m usually introverted and shy to talk to new people, but the environment established made me feel compelled to address my opinion.”

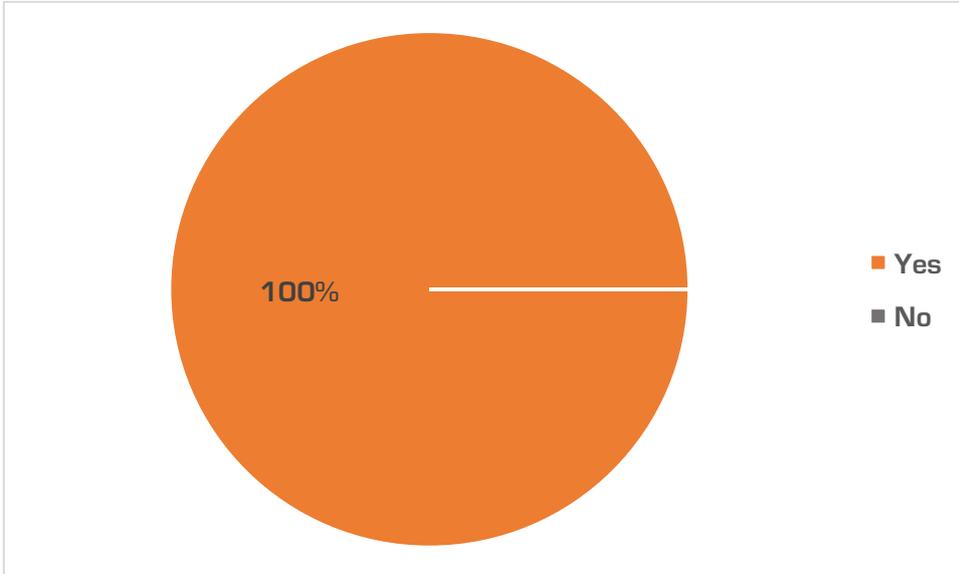
“Yeah, my facilitator was quite well spoken and knew what he was talking about and got us to talk about how we felt about the presentations that were presented to us.”

“My facilitator was good at communicating during the group sessions to create a discussion between us for the topics which we had covered. The group sessions were also enjoyable as I learnt and interacted with new people and discussed our thoughts and opinions of the information presented to us.”

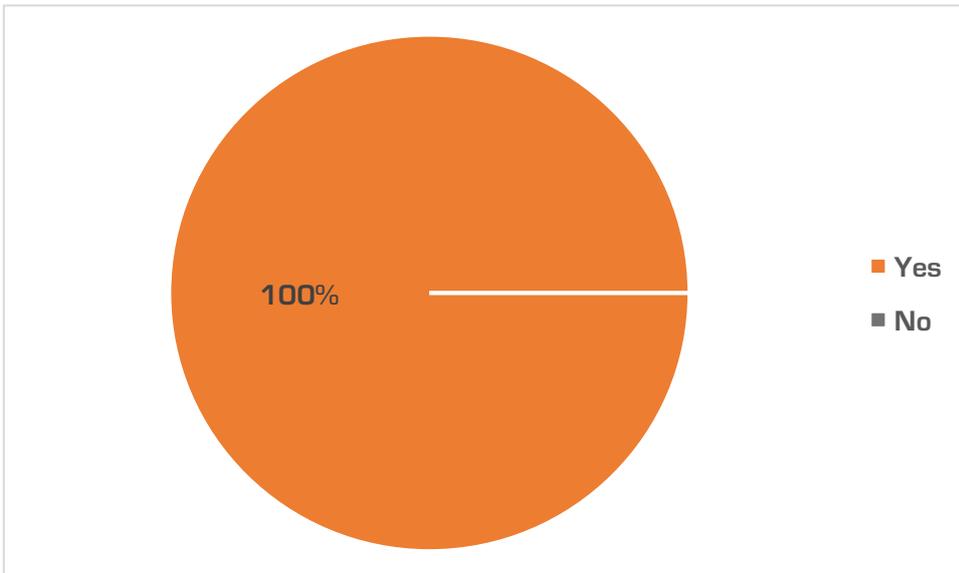
“He was great, he was very welcoming and open with us and very respectful, I really like that about our Facilitator and the people that I met in the small group sessions very awesome, I could really see myself opening and freely talking to them after this.”

“My facilitator was great, throughout the whole day he tried to get all to participate and have fun. My group was good up until we brought up relationships where we all had different beliefs and opinions.”

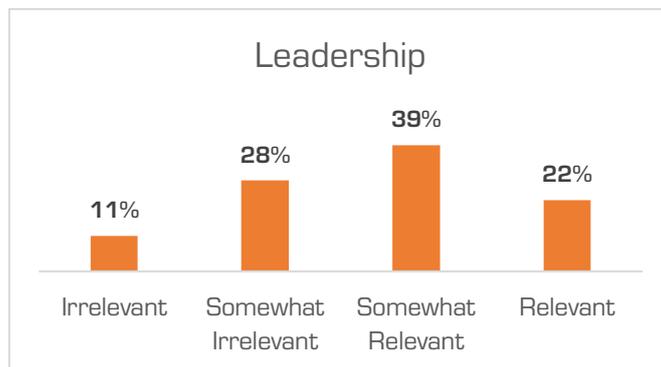
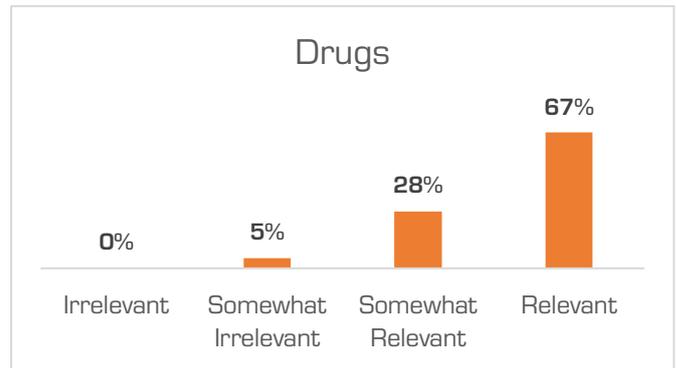
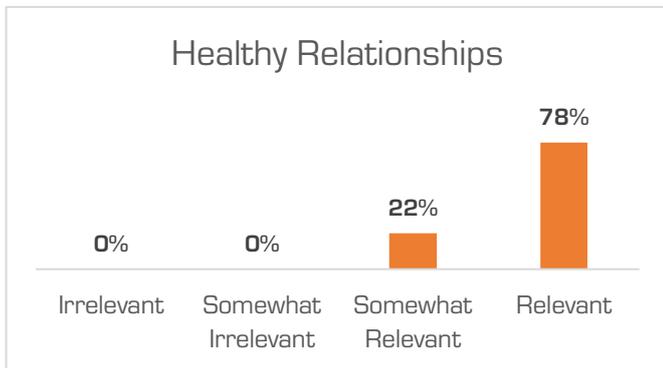
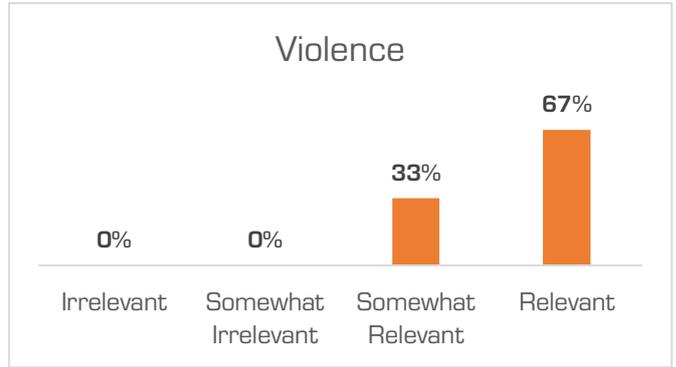
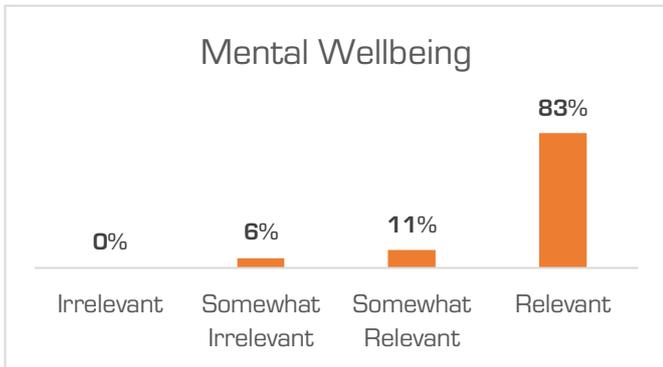
We asked the attending teachers if they enjoyed attending The Young Men’s Health Forum:



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 topic is to young men:



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

“It was a good opportunity to get students away from comfort zone and give them real life challenges from first-hand accounts.”

Daniel: Assistant leader of wellbeing, All Saints Catholic College

“Students were engaged in relevant and challenging topics. Real world life experiences added authenticity and encouraged students to open up and share their thoughts and feelings.”

James: Teacher, Emmaus Catholic College

“Very well organised, with good opportunities for student exploration...”

Ossama: Year 10 Form Teacher, Australian International Academy

“Great initiative that should be heard by more male students. Key note speakers were all fantastic. Extremely well organised.”

Aaron: Year Advisor, Georges River College - Peakhurst

“Overall very good and helpful for these kids- discussing relevant topics which are important in their lives now.”

Timothy: Year Advisor, Wollondilly Anglican College

“The forum provides great insight and perspective into some great topics for the students... Great hospitality and run very smoothly. Credit goes to all who volunteer and organize such a great day for young men.”

Nicholas: Teacher, All Saints College Liverpool

Concluding Statement

This report has provided a summary of the feedback provided by the attendants of The Young Men's Health Forum - Sydney South 2019. Based upon the responses given, the forum was positively received. The feedback reflects the importance of addressing the topics 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 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