

THE
YOUNG MEN'S
HEALTH FORUM

SYDNEY NORTH

2016

FORUM FEEDBACK
SUMMARY REPORT

CONV//CT//ON
PEOPLE / STORIES / PERSPECTIVE GROUP

Who is Conviction Group?

Conviction Group is a non-profit organisation that aims to encourage young males to both re-evaluate their perspectives on the issues surrounding young men's health, and enhance their decision making. Our objective is twofold; to create a cultural change where we liberate the stigma surrounding young men's health; and to challenge students to start and continue an open conversation about the issues pertinent to them. We achieve this objective through our student mentoring programs, school presentations, and The Young Men's Health Forum. Our hope is to help build a generation of strong male leaders and role models for future generations - a generation that will feel comfortable seeking help when needed, and actively help others facing difficult situations.

www.convictiongroup.org.au

The Young Men's Health Forum – Sydney North 2016

On June 10th, 2016, Conviction Group hosted 240 year 10 students from 20 schools across the Sydney North region. Upon arrival, students were separated from their school peers and placed into 30 different groups with our trained small group facilitators. Over the course of the day, students heard from 9 keynote speakers; Hon. Gladys Berejiklian, Peter Overton (NINE NEWS), Don Darkin (ResMed), Peter Fitzsimons, Kathy Kelly (Thomas Kelly Foundation), Sophie Ryan (Sony Foundation), Dr. Scott Griffiths (USYD), Chris Lee (Conviction Group), and Marco Capobianco (Conviction Group). Following each set of speakers, small group sessions were used to reinforce and reflect upon key principles, stimulate discussion, and provide students with the practical tools to address the pivotal issues relating to alcohol fuelled violence, resilience, mental health, body image and leadership.



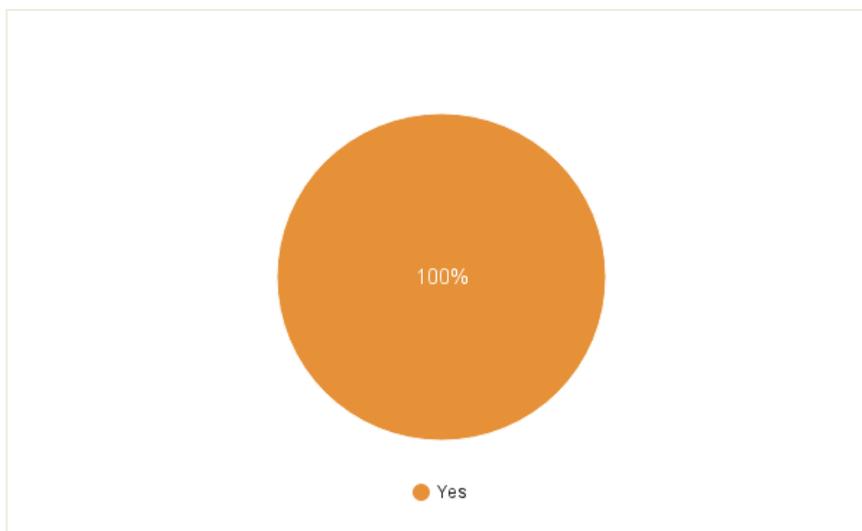
What Is Included In This Report?

This document reports the feedback provided by the students and teachers that attended The Young Men’s Health Forum - Sydney North. The raw data has been collated and analysed to provide a graphical and written summary of the event. Overall, based upon the responses provided, the forum was an overwhelming success.

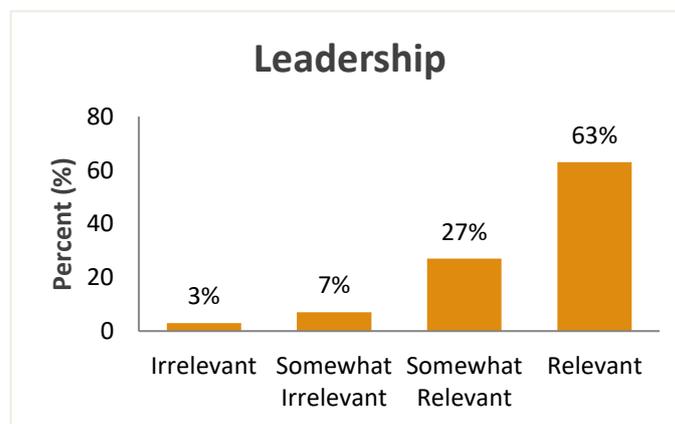
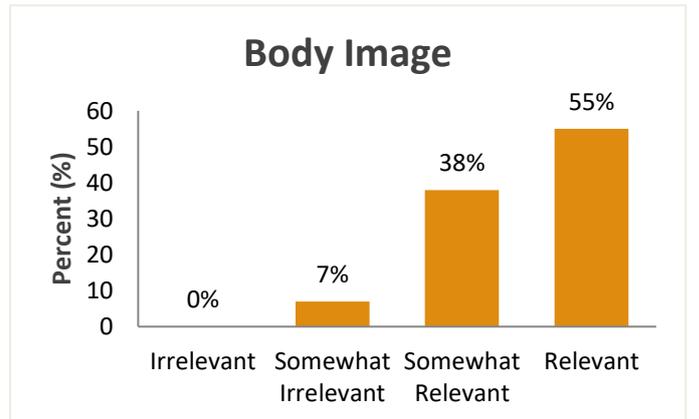
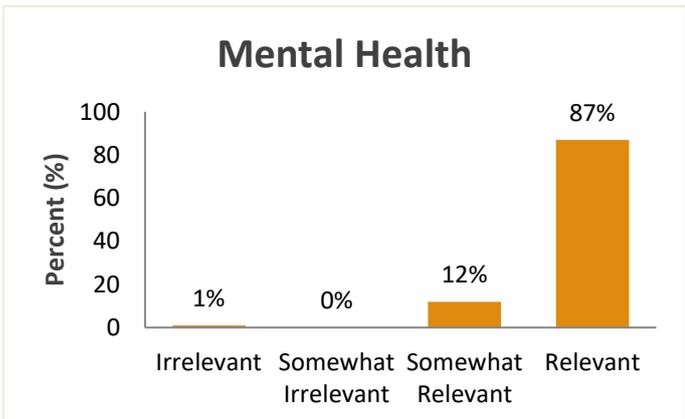
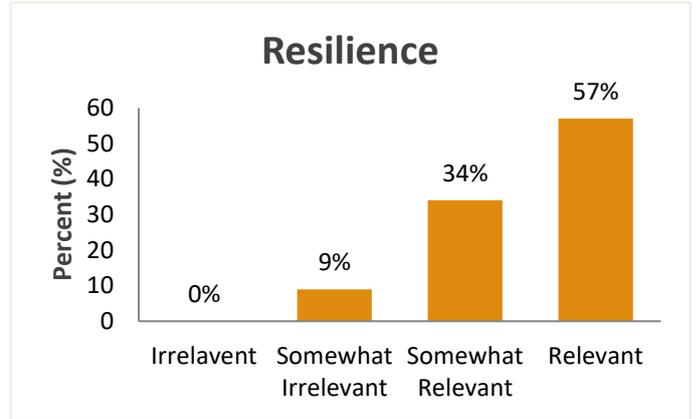
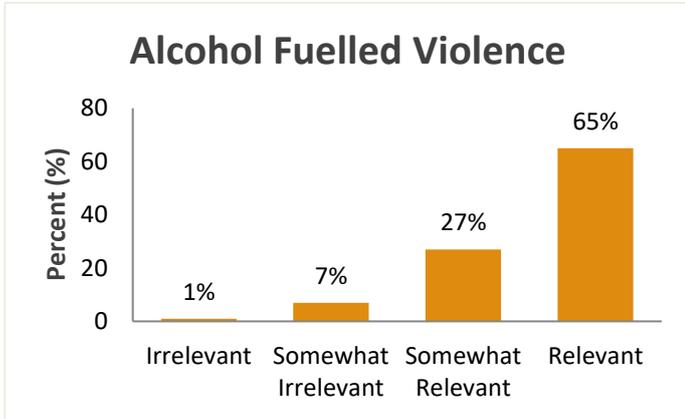
We asked students if they enjoyed attending The Young Men’s Health Forum:



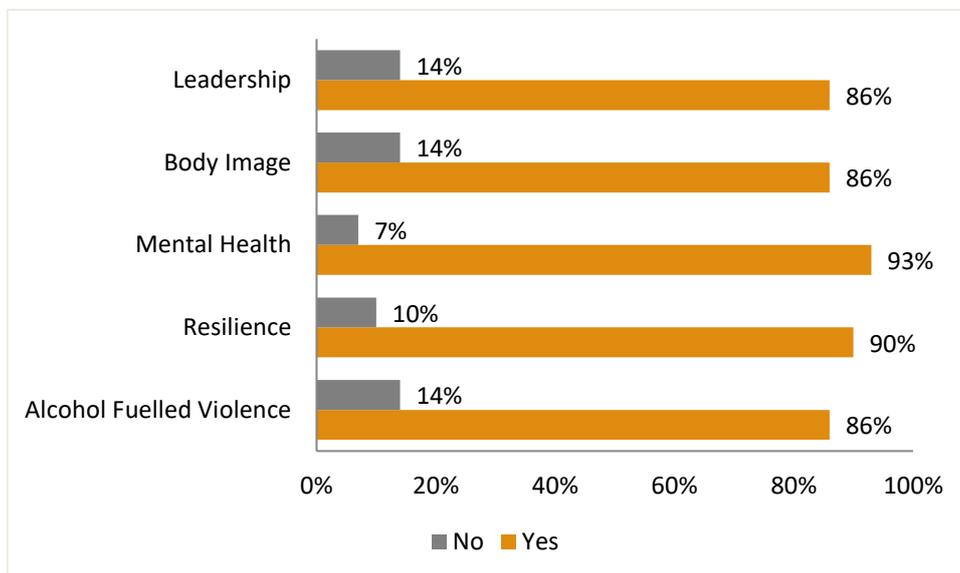
We asked students if they would recommend The Young Men’s Health Forum to other attendants:



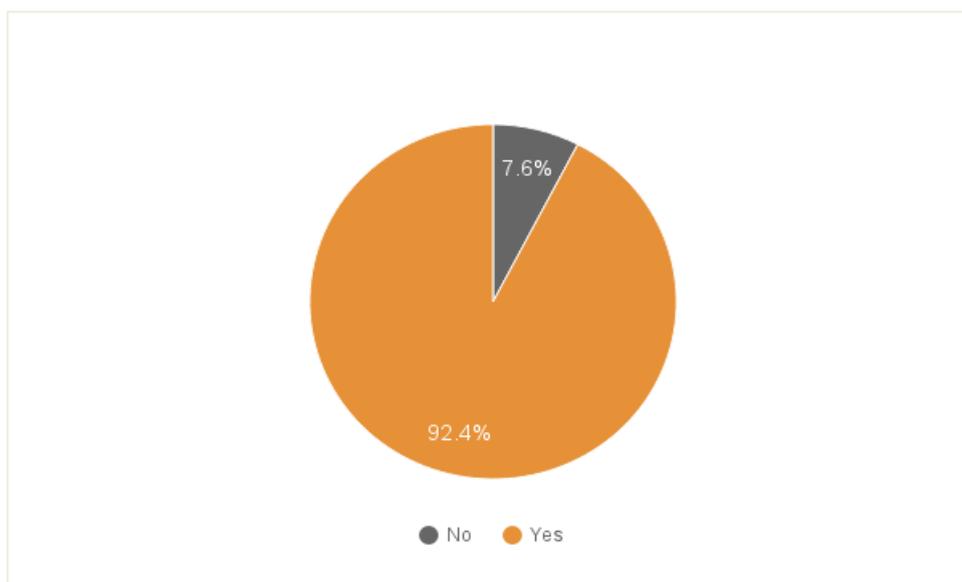
We asked students to rank each discussion topic with how relevant the topic is within young men:



We asked students if the forum had changed their perspective on the following topics:



We asked students if they felt comfortable to keep the conversation surrounding the issues of 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 that success is dependent on effort and that respect and attention can lead to the progression of myself and others"

"I have learnt about the dangers of excessive alcohol use and the importance of thinking things through. I also learnt about the issue of mental health and the importance of seeking help in tough times"

"I learnt how important and serious men's mental health is and that it can be prevented quite easily if men learn to open up more"

"I have learnt to keep going when things get tough and that you should always be open and share your feelings and support your friends and be careful when consuming alcohol"

"Never give up. Don't always idolise strangers e.g. celebrities. Always care and respect others but most importantly care for and respect yourself"

"I learn that I have to watch out for what I do and take care. Also to be who I am and not to change for anyone just do it yourself and you will get where you want to go"

"Always look out for your mates and make sure you stay safe. There's going to be hurdles in life, just get up and get over them"

"I learnt to keep pushing on and to think about my actions but I learnt so much I can't describe it"

"Believe in yourself no matter what others say"

"I have learnt at this forum to do the right thing, no matter what actually happens, we got to do the right thing. I learnt we have to encourage others to do the same and so everybody can live in a good life"

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

“They were important to talk openly and honestly with your group. My facilitator was relatable and made it easy to talk about how we feel and our opinion”

“Very helpful and inspiring, easy to talk to”

“They were very helpful in consolidating ideas and getting a greater understanding of different topics in men's health”

“The facilitators engaged the group and in general the groups were good and I felt could communicate easily”

“I thought the small group sessions were really good and the facilitators were really good at helping explain and understand things better”

“The small group sessions were one of the best parts of the forum and were a great way to chat and reflect”

“Good to break down what the talks were about and look into the issues in a more personal way in these small groups”

“It was fun and enjoyable to see people's perspective and to have these conversations making it comfortable to talk about everything”

“They were really good, facilitator was really engaging and everyone got involved and had a productive time”

“I thought the group sessions were great and gave us a chance to discuss what we were talking about. The facilitators were very good”

We asked teachers for their thoughts on the forum:

“Very informative and moving day that all boys will take something away from. It tells the boys that there is always help out there for them and that all they need to do is have a conversation and speak about their issues”

- Thomas Freeland // De la Salle Ashfield

“It was great that the speakers all had a different story and background. The day was extremely well organised. The students were able to sit and listen to wonderful real life stories, but then have regular discussion breaks with people they didn’t know”

- Kiara Wilson // Killarney Heights High School

“Excellent forum that was relevant to all issues faced by young boys. I liked how it was run by young men the boys could relate to”

- Luke Martin // Davidson High School

“A great opportunity for the boys to feel comfortable to express their concerns outside there peer groups”

- Shane Tapscott // Narrabeen Sports High School

“I was pleasantly surprised about the issues discussed and the energy in the room. The caliber of speaker was phenomenal”

- Bill Manthopoulos // Galstaun College

“The topics were well selected for the audience. Speakers were engaging, each giving a powerful message regarding the choices they make and the consequences, both short and long term, for their actions”

- Katie Meale // St. Pius X College

“The forum targeted all contemporary issues for young males. The speakers were all very engaging and were very relevant to students”

- Jason Rea // Hurstville Boys Campus

Concluding Statement

This report has provided a summary of the feedback provided by the attendants of The Young Men's Health Forum - Sydney North 2016. Based upon the responses given, the forum was well received in a positive manner. The feedback reflects the importance of addressing the issues surrounding 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 primary objective of creating a cultural change and challenging students to start an open conversation 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. Furthermore, we would like to thank our volunteers for supporting us and helping create the safe environment in which students can comfortably contribute to and learn from. We look forward to seeing you next year.

Kind Regards,



Marco Capobianco
Co-founder



Chris Lee
Co-founder