

TEST-IT WORKSHOPS: SYSTEMS THINKING WITH YOUNG PEOPLE

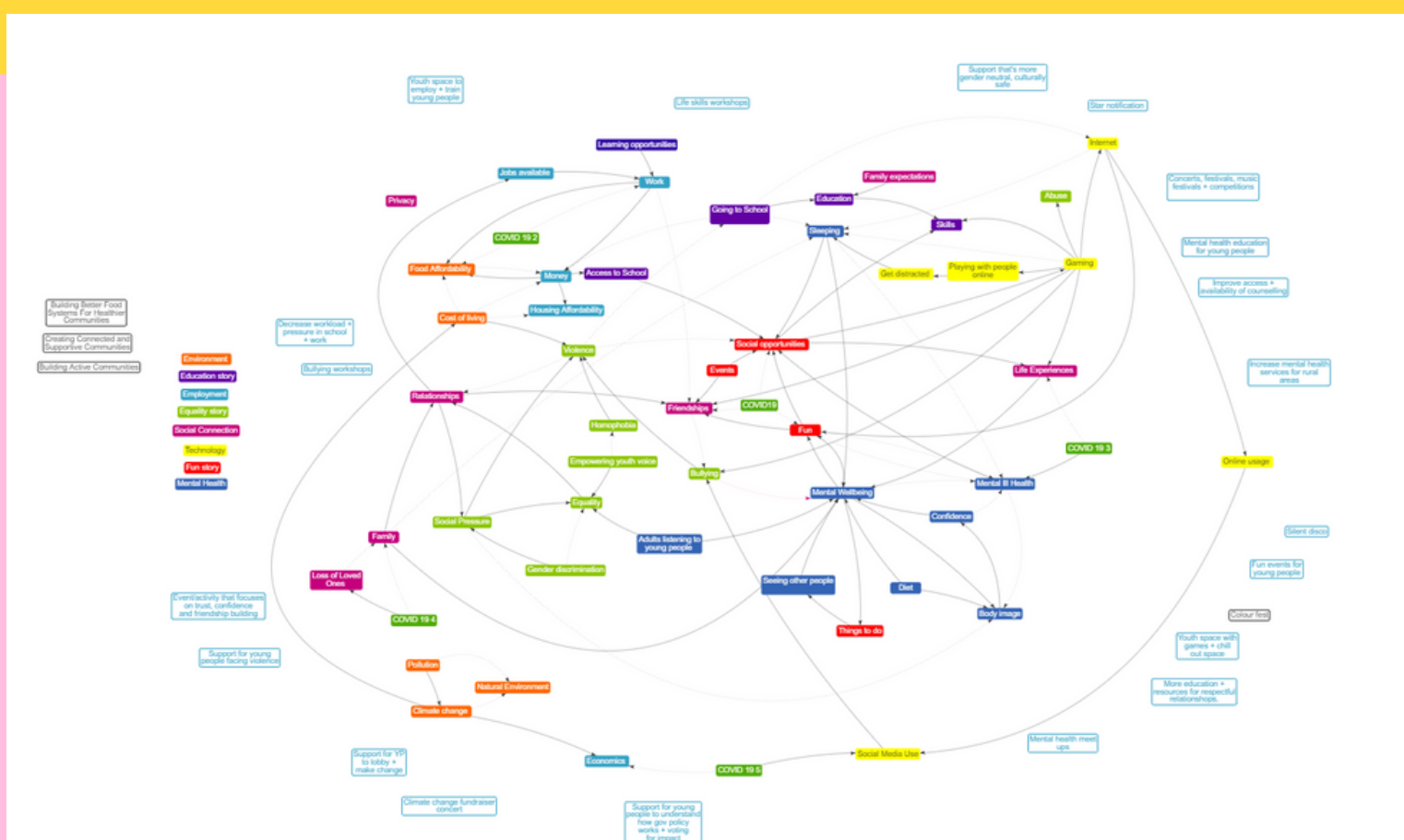


ACHIEVEMENTS

- 10 young people from across East Gippsland completed four System's Thinking Workshops as a component of our Connecting the Dots module in November 2021.
- Participants of the workshops gave feedback throughout each session to shape the design of the workshops for future use with young people in East Gippsland.
- A component of our System's Thinking workshops was to build the capacity of the participants to be involved in facilitating future workshops and leading actions towards change.

LEARNINGS & NEXT STEPS

- The System's Map created by the participants and the findings from the workshops has been used to guide and inform the delivery of the VLGP in East Gippsland.
- The workshop System's Map, along with some other workshop assets and subsequent System's Maps have been shared with networks across East Gippsland for use in their work.
- The workshop System's Map will be uploaded to the East Gippsland Shire Council website to be accessible by the public and external stakeholders.



THIS GIRL CAN WEEK 2022

Partnership between East Gippsland Shire Council, GippSport and Bairnsdale Regional Health Service



ACHIEVEMENTS

In partnership, we delivered a timetable which included a variety of free activities across each day of This Girl Can Week 2022:

- Stand Up Paddle Boarding in Lakes Entrance
- Gym and pool drop-in sessions in Bairnsdale and Lakes Entrance
- Group fitness class in Bairnsdale
- Beach yoga and games in Mallacoota
- Mitchell River walk in Bairnsdale
- Livingstone Creek walk in Omeo
- Women and girls skate clinic in Omeo

Women and girls of various ages, backgrounds and fitness levels participated.

INVOLVEMENT OF CHILDREN & YOUNG PEOPLE

- East Gippsland Youth Ambassadors lead the decision making, regarding many of the activity types and locations.
- The Youth Ambassadors also supported promotion of the activities and timetable.
- Children and young people attended and actively participated in the activities.
- Young women and girls gave feedback on the activities, stand-up paddle boarding and the women and girls skate clinic were most popular.



LEARNINGS & NEXT STEPS

- Future This Girl Can Week activities must further combat and minimise the barriers that exist for women and girls to engage with East Gippsland Shire recreation centre pools and gyms.
- We aim to reinforce and embed This Girl Can Week in the future and continue to build on 2022 achievements and outcomes.



IDAHOBIT GAMES AFTERNOON

ACHIEVEMENTS

- East Gippsland Shire Youth Ambassadors partnered with EG FReeZA and the local Healthy Equal Youth Project team to deliver a fun, inclusive afternoon of giant games, badge-making, music and free food at the Bairnsdale library - in recognition of IDAHOBIT.



INVOLVEMENT OF CHILDREN & YOUNG PEOPLE

- East Gippsland Youth Ambassadors lead the planning and delivery of this activity. The Youth Ambassadors made decisions about each aspect of the afternoon.
- The Youth Ambassadors partnered with other youth-led groups to deliver this youth project.

LEARNINGS & NEXT STEPS

- The Youth Ambassadors are interested in delivering a similar event next year.
- Although the event was well attended, future events will need increased targeted promotion to ensure a wider range of young people are aware of the event.

THIS GIRL CAN

#ThisGirlCanVIC



As part of Hume Girls Can - join us for a beginners bike skills workshop to gain the confidence you need to ride your bike.

During this 90 minute session we will cover basic skill exercises to help you build confidence on your bike. All ages and abilities welcome!

Where: Mickleham North Community Centre, 82 Saint Georges Boulevard, Mickleham, VIC 3064

When: Sunday 18 September 1:30 to 3pm

We will also be running a preparation session on 13 September which will cover bike/helmet safety check, chain care and a tyre check.

To book in contact NatashaP@hume.vic.gov.au, scan the QR code or visit: <https://www.eventbrite.com/cc/hume-girls-can-1067319>



Hume Girls Can advocates for all women – cis, trans, non-binary and gender diverse – to get active in supportive and welcoming environments.

**CHANGE
OUR
GAME**



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As part of Hume Girls Can - join us for a beginners bike skills workshop to gain the confidence you need to ride your bike.

During this 90 minute session we will cover basic skill exercises to help you build confidence on your bike. All ages and abilities welcome!

Where: Greenvale Community Centre, 25 Blossom Drive, Greenvale, VIC 3059

When: Saturday 8 October 1:30 to 3pm

We will also be running a preparation session on 29 September which will cover bike/helmet safety check, chain care and a tyre check.

To book in contact NatashaP@hume.vic.gov.au, scan the QR code or visit:
<https://www.eventbrite.com/cc/hume-girls-can-1067319>



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Where: Aitken Hill Community Centre, 20 Waterview Blvd, Craigieburn VIC 3064

When: Friday 7 October 10am to 12pm

We will also be running a preparation session on 30 September which will cover bike/helmet safety check, chain care and a tyre check.

To book in contact NatashaP@hume.vic.gov.au, scan the QR code or visit:
<https://www.eventbrite.com/cc/hume-girls-can-1067319>



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**CHANGE
OUR
GAME**



Access Rainbow Readiness (LGBTIQA+)

Nillumbik Shire Council
Youth Development Team

HIGHLIGHT

Established a new monthly youth rainbow social group



Approach/involvement of children and young people

- 25% young people completing our Youth survey (2021) identified as LGBTIQA+
- LGBTIQA+ inclusion highlighted as a focus area in Nillumbik Youth Strategy 2022-2026
- Nillumbik Youth Council advocating for LGBTIQA+ inclusion
- LGBTIQA+ inclusion discussed at Youth Summit - *"LGBTIQA+ young people face stigma and bullying. We want Nillumbik to be a more inclusive space for the LGBTIQA+ community"*
- Youth Rainbow Social Group established out of recommendation from Youth Summit



Success/outcomes/learning/next steps

A background paper and Rainbow Ready Roadmap Audit were undertaken to understand and better support the needs of Nillumbik's LGBTIQA+ community, including:

- Review of available local, state and national data
- Benchmarking with Victorian Council's
- Review of Council's current delivery and gaps
- Recommendations for how Council can improve inclusive and equitable practices within an LGBTIQA+ context including immediate and long term objectives



The following activities and actions have already started to take place across Council to support LGBTIQA+ young people as a result of the project:

- Access, Equity & Inclusion Policy adopted by Council
- Fourth flagpole installed to raise the progress rainbow flag
- Flag raising event for IDAHOBIT 2022
- Internal working group to support the delivery of events and activities for IDAHOBIT and Wear ir Purple day
- Launched new Youth 'Rainbow Social Group'
- Pronouns added to email signatures for staff at Council
- Rainbow lanyards and pronoun badges rolled out to all Council staff
- Gender diversity training for L2P volunteers





YOUTH HEALTH CREW

Strathbogie Shire Council

Annette Walton – Youth Development Officer annette.walton@strathbogie.vic.gov.au



Strathbogie
SHIRE COUNCIL

The Youth Health Crew is an innovative program which gives young people the skills to act as well informed ambassadors in regard to all facets of health and well being. By empowering young people with knowledge they will be able to support young people and encourage access to professional support services as required.

The Idea for a youth health crew came from several different directions at once. Firstly young people in the community were finding that they were regularly supporting their friends through day to day health and well being issues but did not have the knowledge to answer the questions that they were being asked. Secondly youth workers, school teachers, welfare and allied health workers were concerned that young people were not being fully or correctly informed within their peer groups of what services, opportunities were available in the community.

It is also noted that young people were dealing with, and carrying the stress caused by supporting their friends and family members in some very mature situations which privately they were being challenged by and that they also needed some support.

Approach to and involvement of children and young people

Our first job was to brainstorm what the:

- **Youth Health Crew would look like?** Young People aged 13 – 24 * Male, Female, Non Binary * Young People from diverse backgrounds in the community * Young people who were already supporting others in the community * Young People who were advocates for other young people in the community.
- **What will the health crew do?** Support their peers *Attend Concerts, festivals and sporting events and provide information and conversation to the members of the broader community. *Review and advise SS and ESC on relevant issues in the youth community and help to guide our ongoing planning. * Have fun and promote a healthy lifestyle, healthy relationships .
- **What sort of training would we access? As** we did not know where to start, we had to ask ourselves questions. What situations would the young people be exposed to? What skills did they need? What could we afford to offer? Who should be involved?
- **How many young people would we include in the pilot program?** 44 young people have now attended Youth Mental Health First Aid Training, 19 Leadership training and development and Conflict resolution. The ESC has also rolled out a pastoral care program to all students which will offer this training as well. There are currently 17 young people in the pilot program and the young people included are all young people who were involved in the original conversations. 3 young people are now 19 and they will be continuing in the program as local champions.
- **What else needs to be provided in the community to support the training and opportunities we were creating?** Youth Health Clinic * Accessible Pharmacy * Bulk Billing Doctors * Referral and Advice Services * Continuing Youth Events
- **How do we support the Health Crew?** Open ongoing conversations and supervision. (These young people are NOT substitute workers, they are young people who care for others and whose friends go to them for information. We are giving them access to the correct information and asking them to share with their friends, where and how they can access the supports they need similar to someone who administers first aid) ongoing access to the latest info, brochures, service updates.

Success/outcomes/learnings/next steps

So far we have offered:

- Youth Mental Health First Aid – 44 young people
- Strathbogie Shire Council has also offered Mental Health Training to 52 adults employed by the Shire.
- Leadership, Communication and Conflict Resolution – 19 young people
- Established a Pilot Program - 17 young people

Our next steps are to access:

- Guest Speakers,
- Peer Support Training and
- Sexual Health,
- other current training in the not too distant future.
- As well as establishing a chill space at our community markets.



WELLINGTON WAYS TO WELLBEING

Wellington Shire Council

Meg Capurso – Youth Liaison Coordinator
Sarah Cook – Youth Project Officer
Melissa Bransdon – Project Officer



WELLINGTON
SHIRE COUNCIL
The Heart of Gippsland



The Wellington Ways to Wellbeing are five simple strategies to look after your mental health. Our project aimed to:

1. empower young people to use these strategies in their regular self-care practice, and
2. change the community's narrative around the term 'mental health' – from mental illness (deficit) to mental wellbeing (growth)

The program gave student leadership groups at three local secondary schools a framework around which to focus their work on mental wellbeing. Young people were given creative freedom to decide which 'ways' to focus on and how to promote them within their unique school settings.

Maffra Secondary College approached the Wellington Ways to Wellbeing with gusto. Their large whole school student leadership team which consisted of representatives from each year level as well as three special interest committees made the Wellington Ways to Wellbeing part of every thing they did throughout 2022.

Their final project for Term 4 was a School Carnival, which they themed around WWW with each stall assigned one of the ways to focus on. Students were able to learn fun and simple ways to do the Ways to Wellbeing in an exciting carnival environment.

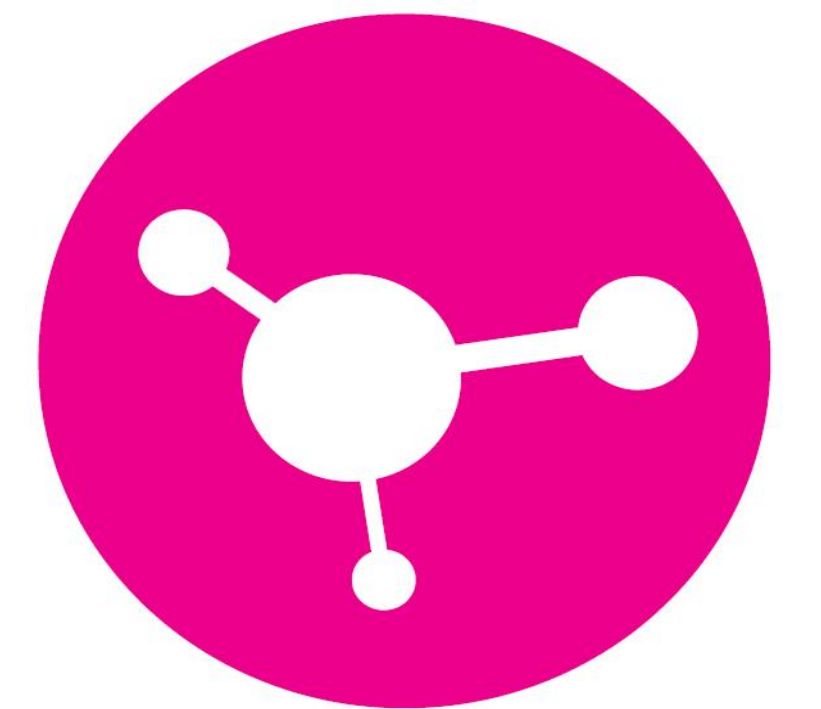
This event also raised money for Wear It Purple Day so 'helped others'.

The school decided to elect a Wellington Ways to Wellbeing Ambassador for 2023, a new leadership role who will be the main liaison for the project and help offer a wellbeing lens to all activities.

We plan to continue with WWW for the lifetime of the VicHealth project, building upon our learnings as we go. In 2022, we learnt that we need to offer greater support to students to make the links between their events and the Wellington Ways to Wellbeing much stronger – to help them explicitly communicate these strategies to build awareness of them.

Next steps:

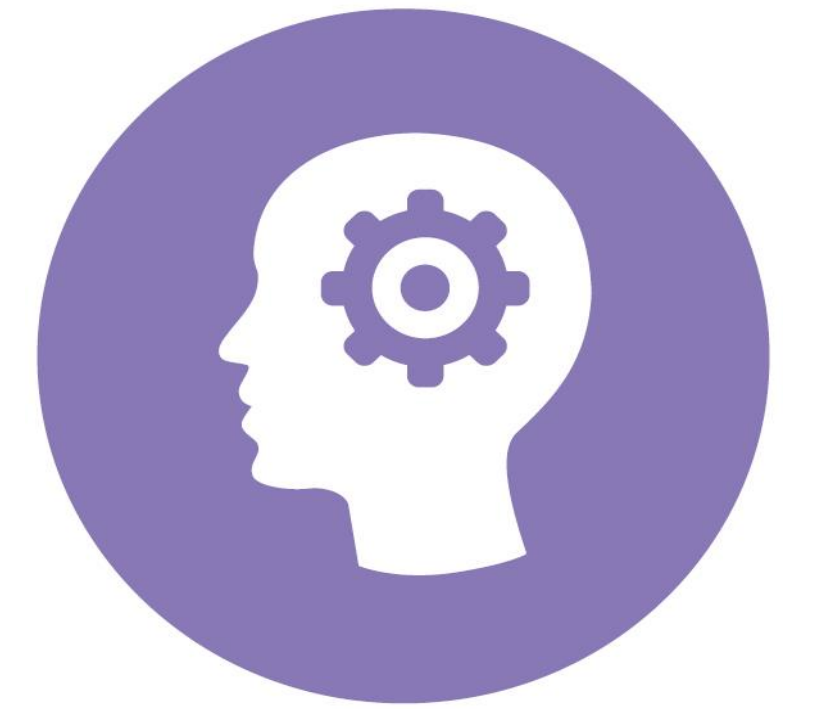
- Sign all of our 5 our secondary schools up to Wellington Ways to Wellbeing
- Expand into a few primary schools, targeting Grade 5 and 6
- Continue to embed knowledge of the Wellington Ways to Wellbeing strategies within our schools and broader community.



CONNECT



BE ACTIVE



**KEEP
LEARNING**



BE AWARE



HELP OTHERS



Yarram Secondary College had a colour run as part of their Wellbeing Day.



All the students at the Wellington Ways to Wellbeing Gala, where we celebrated all the student's achievements.



Gippsland Grammar held regular hot chocolate days to promote social connection.