



GLEN EIRA  
CITY COUNCIL

BENTLEIGH  
BENTLEIGH EAST  
BRIGHTON EAST  
CARNEGIE  
CAULFIELD  
ELSTERNWICK  
GARDENVALE  
GLEN HUNTLY  
MCKINNON  
MURRUMBEENA  
ORMOND  
ST KILDA EAST

# GLEN EIRA YOUTH STRATEGY 2019–2023

HAPPY | HEALTHY | FULFILLING



Glen Eira City Council acknowledges  
Aboriginal and Torres Strait Islanders  
**as the first Australians.**

We recognise that Glen Eira is home to the  
Boon Wurrung people of the Kulin Nation,  
who are Traditional Owners who have lived  
here for thousands of years and who have  
historical and contemporary connections  
**to the land. We pay tribute to their living**  
culture and their unique role in the life of  
**this region.**



GLEN EIRA  
CITY COUNCIL

**YOUTH  
SERVICES**



**Council's youth workers:**

- provide information and assist with referrals  
for: housing; education and employment;  
personal and family relationships; drug and  
alcohol-related issues; health and wellbeing;  
recreation and more;
- run community-based and school-based  
programs; and
- are available on an appointment basis to  
support young people and their families.

The service is confidential and free.

86 Robert Street, Bentleigh, 3204

9524 3676

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[www.gleneira.vic.gov.au/youthservices](http://www.gleneira.vic.gov.au/youthservices)

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# INTRODUCTION

Glen Eira City Council recognises the significant contribution that young people aged 10 to 25 years make to the local community through their vibrancy, passion, innovation and enthusiasm. The Australian Bureau of Statistics 2016 *Census* data shows that young people make up approximately 20 per cent of the Glen Eira community.

The development of the *Glen Eira Youth Strategy 2019–2023* demonstrates Council's ongoing commitment to young people and informs Council's role to support young people living and studying in our City.

The *Glen Eira Youth Strategy 2019–2023* sets out a vision, key priority areas and actions that have been developed in partnership with young people, through a comprehensive community engagement process that was undertaken across primary schools, secondary schools and out in the community in youth friendly spaces. 4,942 young people and community members participated as part of the engagement process to inform the development of this strategy.

The engagement process identified a range of key challenges faced by young people, including school stress, parental pressure, anxiety and depression, alcohol and drugs, online safety, positive body image for young females, respectful relationships for young males, development of social skills, positive self-esteem, and the need for more employment pathways and volunteering opportunities.

Many of the issues facing young people today are complex and require sophisticated responses that are developed in partnership with young people. Young people have ideas and lived experiences that may differ greatly to adults and youth engagement creates important connections between Council and young people so that they can shape their community and their future.

Council's vision for young people in Glen Eira is that they are engaged and empowered to live happy, healthy and fulfilling lives.

The *Glen Eira Youth Strategy 2019–2023* sets out five key priority areas to help our young people to be resilient, healthy, included, engaged and supported.

1	Empower young people to develop resilience, positive self-esteem and healthy relationships.
2	Encourage positive mental health and healthy lifestyle choices and promote the safe use of technology.
3	Celebrate diversity, inspire social inclusion and promote active participation in community life.
4	Connect with young people, so that they can actively shape their community and their future.
5	Provide appropriate support and referral for vulnerable young people and their families seeking advice or experiencing family crisis.

Glen Eira City Council also has an important leadership and advocacy role to play in support of young people and this strategy sets out how Council will work with other levels of government, schools, youth support agencies and parents/carers to harness efforts to produce better outcomes for young people.

Council will develop an annual *Glen Eira Youth Strategy Action Plan* that sets out the initiatives, programs and activities to ensure the implementation of the *Strategy*.

Council will also undertake an annual review of this *Strategy* in collaboration with young people, schools and youth support agencies to ensure its continued relevance for young people and to inform the development of actions in future years. The annual *Action Plan* and outcomes of the review and evaluation process will be published for the community on Glen Eira City Council's website at [www.gleneira.vic.gov.au](http://www.gleneira.vic.gov.au)





# OUR VISION

Young people in Glen Eira are engaged and empowered to lead happy, healthy and fulfilling lives.

# KEY PRIORITY AREAS

The *Glen Eira Youth Strategy 2019–2023* identifies five key priority areas to support youth to lead happy, healthy and fulfilling lives.

A shared commitment across our City is essential to address these five priority areas and Council will collaborate and partner with schools, youth support agencies, community groups and sporting groups to harness local efforts to deliver positive outcomes for young people. Council recognises that young people also need to be engaged so that they have a genuine voice to inform the development of youth programs and services and where possible be empowered to lead youth initiatives.

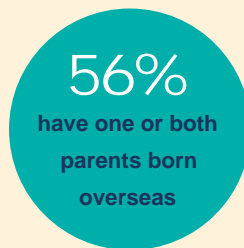


# YOUNG PEOPLE IN GLEN EIRA

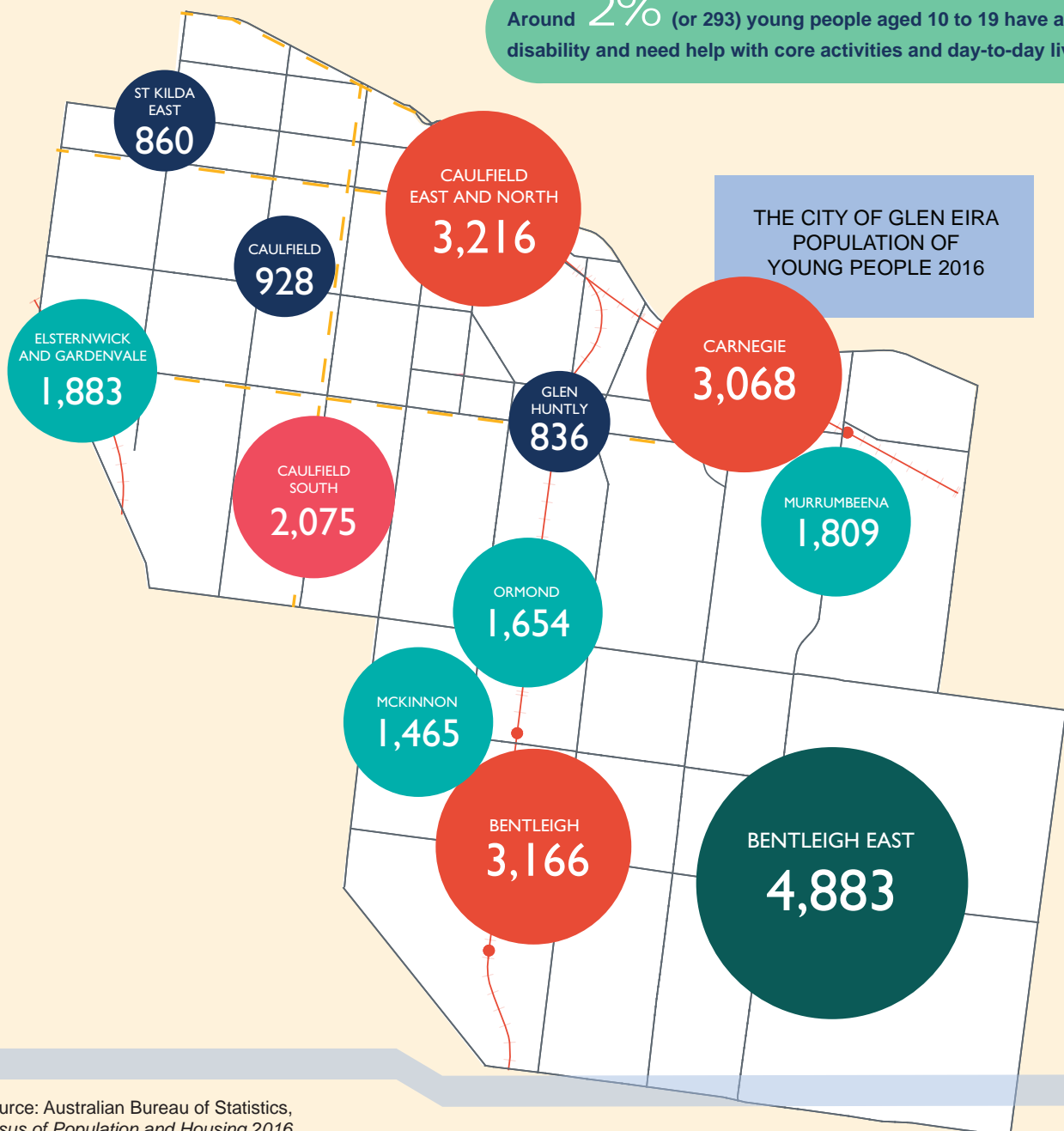


THE MOST COMMON  
COUNTRIES OF BIRTH  
OUTSIDE AUSTRALIA

**INDIA, CHINA**  
**ENGLAND,**  
**SOUTH AFRICA,**  
**GREECE**



Around **2%** (or 293) young people aged 10 to 19 have a severe disability and need help with core activities and day-to-day living.



\* Source: Australian Bureau of Statistics,  
Census of Population and Housing 2016.



21,222 students in Glen Eira  
aged 10 to 25 attending education  
(75.6 per cent)

**3,988** primary school students

**8,715** secondary school students

**844** TAFE students

**7,675** University students

**3,542** or 29.3 per cent of  
those aged 20 to 25 hold a  
Bachelor degree

**520** hold a Masters degree



## Online

**84%** of homes in Glen Eira have  
an internet connection

## Work (15–25 years)



**30%** work part time

**15%** work full time

Around 3% say they are  
unemployed and looking  
for some kind of work.



## Volunteering (15–25 years)

**23%** do volunteer work  
(4,611 young people)

Age groups	2016	2026	2036
10 to 14 years	8,464	8,526	9,109
15 to 19 years	8,164	9,430	9,627
20 to 24 years	10,939	12,006	12,557

\* Source: Australian Bureau of Statistics,  
Census of Population and Housing 2016.

# DEVELOPING THE YOUTH STRATEGY

The youth engagement process adopted by Council to inform the development of the *Glen Eira Youth Strategy 2019–2023* was guided by the *Connecting with Young People* engagement strategy.

*Connecting with Young People* is a community engagement strategy that was developed by Council with the specific aim of empowering young people and Council to work together to improve how Council connects with young people.

*Connecting with Young People* identifies the barriers faced by many young people to actively participate in meaningful engagement and sets out the guiding principles to inform, consult, involve, collaborate with and empower young people to have a genuine youth voice in Council's engagement processes. Through careful planning and providing young people with additional information, resources and support, Council reduced many of the barriers young people face to fully engage in consultative activities.



◀ The *Connecting with Young People* community engagement strategy is available from the Glen Eira City Council website at [www.gleneira.vic.gov.au](http://www.gleneira.vic.gov.au)

The engagement process for the *Glen Eira Youth Strategy 2019–2023* consisted of the following three key steps:

## STEP 1

### Student Youth Resilience Survey

An online youth resilience survey conducted across primary and secondary schools in Glen Eira to measure the resilience of students in educational settings. The online survey explored the self-reported strengths of young people across 10 key domains:

Empowerment, belonging, boundaries and expectations, adult support, hope, healthy mind, healthy body, educational engagement, social skills, positive identity and positive values

## STEP 2

### Tell Your Story online engagement

An online engagement activity delivered through the Glen Eira *Have Your Say* website whereby young people, parents and carers were invited to ‘tell their story’ to explore their thoughts, ideas and aspirations for the future.

A youth-friendly discussion paper called *Your Story* was developed to support young people to participate in the online engagement process.

## STEP 3

### Age appropriate youth engagement

A series of fun and interactive youth engagement activities and events held at train stations, parks, shopping centres and community centres.

Engagement activities included a youth-led *iPad Survey*, giant chat boards, democracy voting, voting pods and workshops.

## STEP 1

# STUDENT YOUTH RESILIENCE SURVEY

Council partnered with Youth Resilience Australia Inc. to deliver a student resilience survey across all primary and secondary schools for students from Years 3 to 12. A total of 4,350 students from 21 schools took part in the survey.

Resilience can help young people cope with life's inevitable obstacles and bounce back during challenging times. Resilient young people are motivated and engaged in learning; feel confident; are connected to the community; and have the social and emotional skills to be successful in life.

The 100 question online resilience survey examined 10 resilience domains — empowerment; belonging; boundaries and expectations; adult support; hope; healthy mind; healthy body; educational engagement; social skills; positive identify and positive values.

Students were also given the opportunity to share their own opinions on how to improve wellbeing.

The student resilience survey has also been administered to more than 170,000 young people and 800 schools across Australia, providing Council and the school community with benchmark data and comparisons to identify areas for improvement.

The survey showed that while our young people had some challenges, they also had many areas where they were strong and resilient. More information about the survey can be found on Council's website at [www.gleneira.vic.gov.au](http://www.gleneira.vic.gov.au)



## STEP 2

### TELL YOUR STORY — EXPLORING IDEAS ONLINE

To ensure young people were able to easily tell ‘their story’, Council produced the *Your Story* discussion paper that provided young people with some background information on young people in Glen Eira and the key youth issues identified in the student resilience survey. A community engagement webpage was set up on the Glen Eira *Have Your Say* website and young people were invited to participate. A total of 57 young people took part in the online engagement activity.

The thoughts and concerns of young people were explored through this consultative process and young people were asked about the future and what programs, services and development opportunities were required to help them achieve their future aspirations.

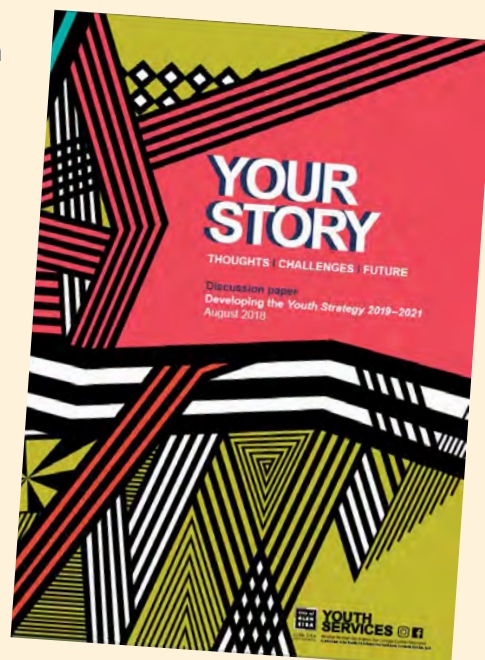
**Thoughts:** What is the best thing about being a young person? What makes you happy? What do you think is great about young people?

**Concerns:** What are the three biggest challenges facing you and young people in Glen Eira? If you have felt stressed and worried about something, when have you usually asked for help? If you are feeling a bit down, what do you do and who do you talk to?

**Future:** What do you hope your life will look like in 10 years? What support might help you to achieve this future life? What youth programs, services, skills development or opportunities are you currently not getting or accessing?

Parents, carers and the broader community were also invited to participate in the online engagement activity.

More information about the *Your Story* discussion paper can be found on Council’s website at [www.gleneira.vic.gov.au](http://www.gleneira.vic.gov.au)





## STEP 3

# AGE APPROPRIATE YOUTH ENGAGEMENT

Council developed a range of fun, exciting and youth-friendly engagement activities that were specifically designed to capture feedback from young people in community places and spaces that are familiar and friendly to young people.

## Youth iPad Survey

A youth-led outreach engagement program where young people participated in face-to-face interviews at train stations and shopping centres. Views on youth issues, supports required, social connections and aspirations were gathered via an online *iPad Survey*. A total of 281 young people participated in the survey.

## Giant chat boards, democracy voting and voting pods

A place-based pop-up engagement event was held at Duncan Mackinnon Reserve to engage with young people, parents and carers before and after Saturday sports activities. A total of 202 responses were received.

- A democracy voting activity was used to capture the opinions of what people thought were the three biggest challenges facing young people in Glen Eira.
- A voting pod activity (voting using table tennis balls) was a fun way to engage young people to open a conversation about youth related issues. (ie. “How many hours a day are you on your screen/s?”)
- Two giant chat boards were set up to encourage participants to think about a question and to write-up their own personalised response. Each board posed a different question: “What event, activity or space do you wish was available locally for young people in Glen Eira?” and “What is one thing Glen Eira Council or the community could do to support young people to thrive?”

## Workshops

Community workshops for young people, adults and carers were held at both Carnegie Library and Community Centre and Duncan Mackinnon Reserve. A total of 52 people attended the community workshops.

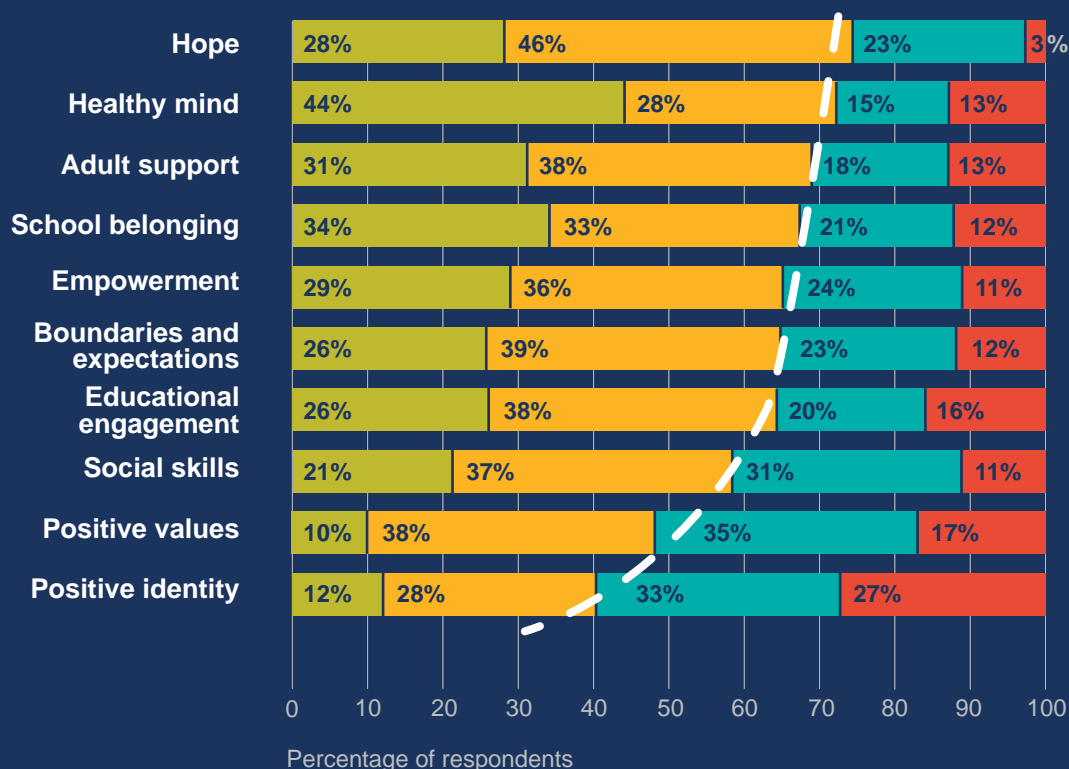
The workshops provided participants with the opportunity to discuss topics relating to young people and to share their insights and experiences relating to challenges facing young people. Personalised feedback was gathered via worksheets, butchers paper and *Poll Everywhere*, which is a live interactive audience participation platform.

# OUTCOMES OF THE STUDENT RESILIENCE SURVEY

Students from 21 primary and secondary schools from across Glen Eira took part in the *Student Resilience Survey*. A total of 4,350 responses were received from Glen Eira students who completed the 100 question online *Resilience Survey* and many shared their own opinions on how to improve wellbeing.

The graph below provides a summary of the outcomes of the *Student Resilience Survey*.

The results of the *Survey* found that student in Glen Eira are most confident in the areas of hope, healthy mind and adult support. The results showed that many young people are optimistic, have a healthy mind and body and access to adult support. However, it is important to note that young people who are hopeful and set high expectations for themselves may also experience a sense of anxiety and parental pressure.



**Abundant:** students are regarded as having high or very high levels of resilience.

**Moderate:** students often experience resilience with room for improvement.

**Borderline:** students experiencing some resilience with considerable room for strengthening.

**Depleted:** students experiencing low and infrequent resilience. Significant opportunities for strengthening, most vulnerable students.

## RESILIENCE DOMAINS THAT ARE MOST CHALLENGING

Areas of student resilience where there are opportunities for improvement included positive identity, positive values and social skills. Some students, particularly females, do not have a positive self-identity and self-image. Some young people, particularly males, reported high levels of bullying. Young people do however want more opportunities to contribute to their community and help solve social problems.

### Positive identity

Some young people, particularly females, don't feel good about themselves.

They don't feel a sense of purpose, in control of their life or optimistic about their future.



### Social skills

Young people may feel like they don't know how to plan ahead and make good choices.

Some young people, particularly males, report high levels of bullying.



### Positive values

Some young people don't feel like they are able to trust and forgive others and themselves.

They don't feel like they are contributing to their community or trying to solve social problems.



## KEY IMPROVEMENT AREAS

The results of the *Student Resilience Survey* highlighted four key improvement areas to build youth resilience across the City. The table below provides a description of the four improvement areas and how they should be addressed.



### **Positive identity**

Strengthening positive self-identity and self-image with a focus on young females. Exploring the potential vulnerability hotspot where many males are feeling good about themselves and some females have low positive identity.



### **Social skills and anti-bullying**

Exploring positive values, bullying and social skills development with a focus on young males and respectful relationships.



### **Connection to community**

Creating opportunities to increase youth empowerment through involvement in community activities, volunteering and by creating a youth voice.



### **Healthy body and healthy relationships**

Working directly with families and schools to explore the connections between adult support and perceived parental/school pressure. Raising awareness about the connections between positive relationships, sleep, healthy eating, technology-use and youth resilience.

# WHAT OUR COMMUNITY TOLD US

Young people, parents and carers provided valuable information and feedback to assist with the development of the *Glen Eira Youth Strategy 2019–2023*. A total of 281 young people participated in the *Youth iPad Survey*, 202 responses were received through the age appropriate engagement activities and 52 people attended the youth and community workshops.

Five common themes emerged from the responses and the community feedback:

**1** Resilience; **2** Health; **3** Inclusiveness; **4** Engagement and **5** Support.

A snapshot of the feedback is outlined below.

## 1 RESILIENCE

“I hope my future will be happy and that I will have the opportunity to make many other people happy.”  
(Female, 16)

“Schools can help students bounce back from difficulties, by giving advice on how to be resilient.”  
(Secondary school student)

“Young people need to be supported during this critical stage of development to develop resilience, mindfulness and self-efficiency.”  
(Parent)

“I have no idea what my future will look like. Being happy in what I am doing, having strong social support and mentally coping is important to me.”  
(Male, 16)

“Adults don’t understand all the social expectations of the modern world and being normal etc..”  
(Male, 17)

“Adults don’t understand when to stop and help out without the young person needing to say so.”  
(Male, 13)

“More support and school programs. Helping with teenagers issues and how to cope with high school stress.”  
(Parent)

“More parent programs.”  
(Parent)



## 2 HEALTH

**“We need more awareness on mental health.”**

(Female, 17)

**“Academic and parental pressures contribute to unhealthy mental states.”**

(Female, 19)

**“Social media and cyber bullying really impacts us.”**

(Male, 16)

**“We are seeing more need for in-reach to schools to support discussions around issues like mental health, family violence and building community connections.”**

(Parent)

**“Delay the time we need to be at school to ensure that we can get enough time to sleep.”**

(Secondary school student)

**“Community-based programs — fitness programs, movies in the park, walking groups — away from technology.”**

(Parent)

**“Casual/ recreational drug use is obscenely common, even though it shouldn’t be accepted.”**

(Female, 21)

**“I would like Council to provide more education around being safe online.”**

(Parent)

### 3 INCLUSIVENESS

**“Lots of people in the school actually have huge trouble to fit in with others, having trouble in making friends.”**

(Male, 14)

**“Adults need to understand how identity, education and experience overlap through technology.”**

(Prefer not to say, 20)

**“Young people want a safe and harmonious place, where your name, skin colour, religion do not matter.”**

(Male, 21)

**“Focus on socialising and sport to ensure young people remain connected to each other and their community because isolation is a concern.”**

(Parent)

**“I would like more opportunities to be able to volunteer in this area to feel more involved in the effort as a whole and also get experience with Council operations.”**

(Male, 14)

**“No, my sexuality isn’t just a ‘trend’.”**

(Female, 14)

**“Belonging to a group of any description assists the youth to take pride in their association/club.”**

(Parent)

**“More programs are needed that encourage the youth and migrant people to join in.”**

(Parent)

# 4

## ENGAGEMENT

**“Some adults tend to think that they always know better than us simply because they are older. While it is true that they have more life experience, it does not always mean that they know better than us.”**

(Female, 14)

**“I wish that some adults would stop acting like they know us better than we know ourselves.”**

(Female, 14)

**“Give them confidence and let kids solve their own problems.”**

(Primary school student)

**“More leadership and recreational opportunities that are diverse — creative, physical and intellectual.”**

(Parent)

**“I feel like we get in a lot of trouble and that our voice isn’t heard enough.”**

(Female, 12)

**“Sometimes adults treat us with prejudice based on our age — listen to us not as children, but people with valid opinions.”**

(Female, 15)

**“Young people need motivation in their life to achieve something.”**

(Parent)



# 5

## SUPPORT

**"It's really hard to find work and support yourself."**

(Female, 18)

**"Real life coping strategies and self-awareness program with self-confidence and individuality recognition."**

(Parent)

**"I need help with getting a job, sites where I can learn about taxes, moving out and how to be independent."**

(Female 18)

**"Everyone expects us to know what we want to do with our lives when we often have no idea."**

(Female, 14)

**"Council could provide more engagement and support to disadvantaged youths."**

(Parent)

**"More services like headspace but easier to access. Mental health plan only gives 10 visits and is tricky to organise."**

(Community forum)

**"Assure kids can talk to someone about their difficulties and problems and to try not to hide it and be ashamed of it."**

(Secondary school student)

**"More capacity to work one on one with young people needing support."**

(Parent)

# WHAT COUNCIL IS DOING NOW

**Glen Eira City Council's Youth Service delivers a range of programs and services that support young people aged 10 to 25 who live, work, study and socialise in the City of Glen Eira.**

## **Youth worker support, information and referral**

Council provides one-on-one youth worker support for young people on a range of youth issues including emergency housing crisis, personal and relationship issues, drug and alcohol abuse, mental health and family violence. Youth workers also connect these vulnerable young people with specialist support services so that they can access the care and counselling services they need.

## **Community-based youth programs**

Council provides a range of community-based youth programs that are free, inclusive and provide young people with the opportunity to learn and develop skills. Current programs include Youth Leadership Team, #Youthvoice, *Glen Eira Pride*, *Press Start Program* and *Girl Up*.

## **School-based programs**

Council develops and facilitates school programs for upper primary and secondary schools to strengthen youth resilience and address current youth issues as identified by schools and young people. Current programs include *Healthy Relationships*, *Leadership and Teamwork*, *Sleep and Technology*, *Mental Health* and *Moving Up* (Year 6 to 7 Transition Program).

## **Youth events**

Council provides free youth events and opportunities like *Sounds of Glen Eira* youth concert and the *Youth Art Exhibition* that showcase the talents of young people.

## **Teen School Holiday Program**

Council provides fun and engaging activities every school holiday period that promote new recreational and social opportunities for young people such as high ropes courses, race-around-the-city, cooking programs and sports days.

## **Parent information nights**

Council provides information for parents and carers about current issues affecting young people in Glen Eira and how to form effective relationships with young people to address issues.

## **Youth engagement**

Council regularly engages with young people to give them a voice through annual engagement surveys and events such as the *Student Resilience Survey*, *Youth iPad Survey* and the use of participant evaluations. The Youth Leadership Team also presents to Council each year on local youth issues.

## **Youth networks**

Council co-ordinates and facilitates youth networks that increase collaboration and information sharing between local youth service providers. Networks include: *Bayside*, *Glen Eira* and *Kingston Youth Network*, *RESPECT Network* and the Youth Suicide Prevention Protocol Steering Committee.



# KEY PRIORITY AREAS AND OBJECTIVES

The *Glen Eira Youth Strategy 2019–2023* identifies five key priority areas and 20 objectives to address the challenges facing young people and to help them to lead happy, healthy and fulfilling lives.

In order to achieve success, a shared commitment is required from Council, local schools, youth support agencies, community groups, sporting groups, parents and carers.

An annual *Glen Eira Youth Strategy Action Plan* will be developed to set out the annual program of youth programs, initiatives and activities to progress the objectives set out under each of the five priority areas.

Council will review the progress towards addressing the five key priority areas on an annual basis and report the outcomes at the end of each year.

## FIVE KEY PRIORITY AREAS



# PRIORITY 1: RESILIENT

**Empower young people to develop resilience, positive self-esteem and healthy relationships.**

## WHY IS THIS IMPORTANT

Resilient Youth Australia defines resilience as the ability to draw upon the strengths within yourself and from around you to flexibly respond to life while remaining true to yourself and creating positive relationships with others.

Empowering young people to be resilient gives them the ability to recognise and draw upon their strengths and create positive, lasting relationships with others.

The top three issues of personal concern to young people are coping with stress, school or study problems and body image — *Mission Australia, 2017*.

Development of positive identity reflects a young person's emerging identity and includes self-esteem, optimism and a growing sense of purpose in life — *Resilient Youth Australia, 2018*.

The results of the *Student Youth Resilience Survey* showed that some students, particularly females do not have a positive self-identity and self-image. Young males reported challenges in the areas of, trying to solve social problems, empathy, sensitivity, friendship skills and being involved creatively.

### **Outcomes of the Student Youth Resilience Survey**

- 30 per cent of young people reported that they feel constantly under strain.
- 36 per cent of young females reported that they don't feel good about themselves.
- 22 per cent of young males don't feel like they have good empathy, sensitivity or friendship skills.
- 47 per cent of respondents reported feeling bullied in the last 12 months.

## OBJECTIVES

- Address the impacts of school stress and parental pressure by providing new opportunities for young people and families to strengthen relationships.
- Deliver new programs and initiatives that promote positive body image for young females and teach young males about the importance of respectful relationships.
- Provide school and community-based programs that empower young people to have healthy relationships, build social skills and develop empathy between peers.
- Adopt a city-wide approach to anti-bullying in both school and community settings and support young people to respond to bullying behaviour.

# PRIORITY 2: HEALTHY

**Encourage positive mental health and healthy lifestyle choices and promote the safe use of technology.**

## WHY IS THIS IMPORTANT

Adolescence and young adulthood is a significant period of transition in a person's life. Many modifiable behavioural risk factors that may affect their future health and wellbeing either emerge or accelerate during this time. Addressing health concerns and choices early can improve the immediate quality of life for young people and prevent enduring problems in adulthood.

The ability to manage worry and stress and remain confident is pivotal and includes sleeping well, eating well, exercise and staying away from unhealthy substances — *Resilient Youth, 2018*.

In 2014–15, just over a quarter (27 per cent) of Australian children and adolescents were overweight or obese — *Australian Bureau of Statistics, 2015*.

There is a heavy 'burden of risk' falling onto schools regarding the mental health of young people. Better local service provision is needed, from prevention to tertiary intervention — *Youth Affairs Council Victoria, 2018*.

The latest research from the office of the Australian eSafety Commissioner reveals 81 per cent of Australian parents with children aged two to five report their children are using internet-enabled devices. Up to one-in-five young Australians have also reported being cyberbullied.

### Outcomes of the Student Youth Resilience Survey

- 32 per cent of respondents to the *Youth resilience Survey* indicated that they are not getting eight hours of sleep each night.
- 45 per cent of respondents to the *Youth Resilience Survey* text between 10pm and 6am.
- 21 per cent have received hurtful messages in the last 12 months.
- 24 per cent of young people responded that they do not keep physically fit.

## OBJECTIVES

- Develop new initiatives that support young people and families to safely manage technology and better understand positive and negative aspects of the digital world.
- Support young people to make positive life choices about the health issues affecting young people such as drugs and alcohol.
- Promote the benefits of good nutrition, healthy sleep behaviours and regular physical activity to achieve optimum health.
- Improve the awareness of mental health and support young people to access information and support.

# PRIORITY 3: INCLUDED

**Celebrate diversity, inspire social inclusion and promote active participation in community life.**

## WHY IS THIS IMPORTANT

Council plays a significant role in creating a sense of belonging and inclusion for all members of the community, especially for young people from culturally and linguistically diverse backgrounds (CALD) and LGBTIQ young people.

Research shows that feeling lonely for long periods can cause serious problems, and there are links between young people's experience of loneliness and poor mental and physical health — *Action for Children, 2017*.

Building trust, forgiveness, empathy and communication skills assist young people to develop deep relationships at home, at school and in the community — *Resilient Youth Australia Limited, 2018*.

The CALD youth population has grown at a fast rate over the past five years. This has been driven by immigration, growing numbers of international students, family members of people already living in Australia and a small number of humanitarian-migrants.

### **Outcomes of the Student Youth Resilience Survey**

- 40 per cent of respondents to the youth resilience survey indicated that they do not feel a sense of purpose in their life.
- Only 34 per cent of young people said they were involved in serving the community.
- 93 per cent of young said that it is important to help other people.
- 45 per cent of young people said they are not involved creatively in music, art or culture.

## OBJECTIVES

- Provide opportunities for young people to increase social connectedness through participation in youth festivals and events, arts and culture programs, recreation and sporting clubs and other community activities.
- Explore ways to increase community connections and inclusion of young people from culturally and linguistically diverse backgrounds and the international student population.
- Work with the local community and schools to promote the inclusion of LGBTIQ young people, young people with a disability and young people who identify as Aboriginal or Torres Strait islander people.
- Increase local volunteering opportunities for young people across the City and connect young people with volunteering opportunities.

# PRIORITY 4: ENGAGED

**Connect with young people, so that they can actively shape their community and their future.**

## WHY IS THIS IMPORTANT

Connecting with young people through meaningful engagement processes is important to ensure that services are targeted to the specific needs identified by the young people themselves. Young people possess unique ideas and lived experiences that may differ greatly to adults.

Young people told us that they care about their community and want to make a difference for themselves and the next generation. They want to feel engaged with Council and feel heard, valued and supported in taking an active role in shaping their community and their future.

The Victorian Government has outlined three action areas for youth engagement: Amplifying the voice of Victorian youth in government priority setting; increasing youth participation in youth-focused policy; Empowering individual young people in their own care — *State of Victoria, 2016*.

Young people have the contemporary, real-world knowledge and experience of issues and opportunities impacting them and their communities — *Youth Affairs Council Victoria, 2018*.

Glen Eira City Council has developed the *Connecting with Young People* engagement strategy to strengthen relationships between Council by creating new ways for young people to communicate their needs, issues and ideas for the City of Glen Eira.

### Outcomes of the Student Youth Resilience Survey

- 19 per cent of respondents don't feel they are playing a useful part in life.
- 25 per cent of young indicated that they feel like adults do not listen to them.
- 40 per cent of young people said they do not feel a sense of purpose in their life.
- 25 per cent of respondents said that they feel as though they are losing confidence in themselves.

## OBJECTIVES

- Ensure young people have a genuine voice and input into Council plans, programs and services through the *Connecting with Young People* community engagement plan.
- Strengthen the connections between Councillors, young people and the community to enable a genuine youth voice to the Council priority areas for young people.
- Increase Council Youth Service online and social media presence to build supportive relationships and provide young people with new ways to communicate and provide feedback to Council.
- Engage young people in the planning, design and delivery of Council youth programs and initiatives.



# PRIORITY 5: SUPPORTED

**Provide appropriate support and referral for vulnerable young people and their families seeking advice or experiencing family crisis.**

## WHY IS THIS IMPORTANT

Transitioning through the teenage and young adult years can be challenging for many young people. Ensuring young people have access to the support they need can reduce risk behaviours, prevent issues from escalating and increase overall youth wellbeing.

Current research shows that young people aged 15 to 19 years need age appropriate mental health support and drug and alcohol programs, safe and affordable accommodation and wraparound holistic support services — *Mission Australia, 2017*.

Among 18 to 24 year-olds looking for work, 28 per cent reported anxiety in the previous year and more than 40 per cent said they were affected by stress — *Foundation for Young Australians, 2018*.

In 2016, youth suicide accounted for over one-third of deaths (35.4 per cent) among people aged 15–24 years. It was the leading cause of death of children aged five to 17 years — *Australian Bureau of Statistics, 2017*.

### **Outcomes of the Student Youth Resilience Survey**

- 31 per cent of respondents indicated that they do not feel good about themselves.
- 29 per cent of young people feel like they do not have an adult who cares about them.
- 37 per cent of respondents do not feel in control of their life.
- 30 per cent of young people indicated that they feel they are not doing as well as other kids their age.

## OBJECTIVES

- Ensure young people have free, youth-friendly access to one-on-one youth worker support at Council's Youth Centre to address individual youth issues including mental health, drug abuse, emergency accommodation, family violence, social isolation and employment pathways.
- Develop new partnerships and initiatives with schools and youth agencies to address the increasing demand for educational and career pathway advice and improved access to information about employment opportunities.
- Collaborate with schools, community groups and youth support agencies (ie. Headspace) to deliver information to young people to reduce the stigma about seeking help and promote the range of support services available to young people in Glen Eira.
- Advocate to State and Federal Governments for appropriate levels of funding to ensure young people in crisis have access to responsive support services and care.

# MONITORING, REVIEW AND REPORTING

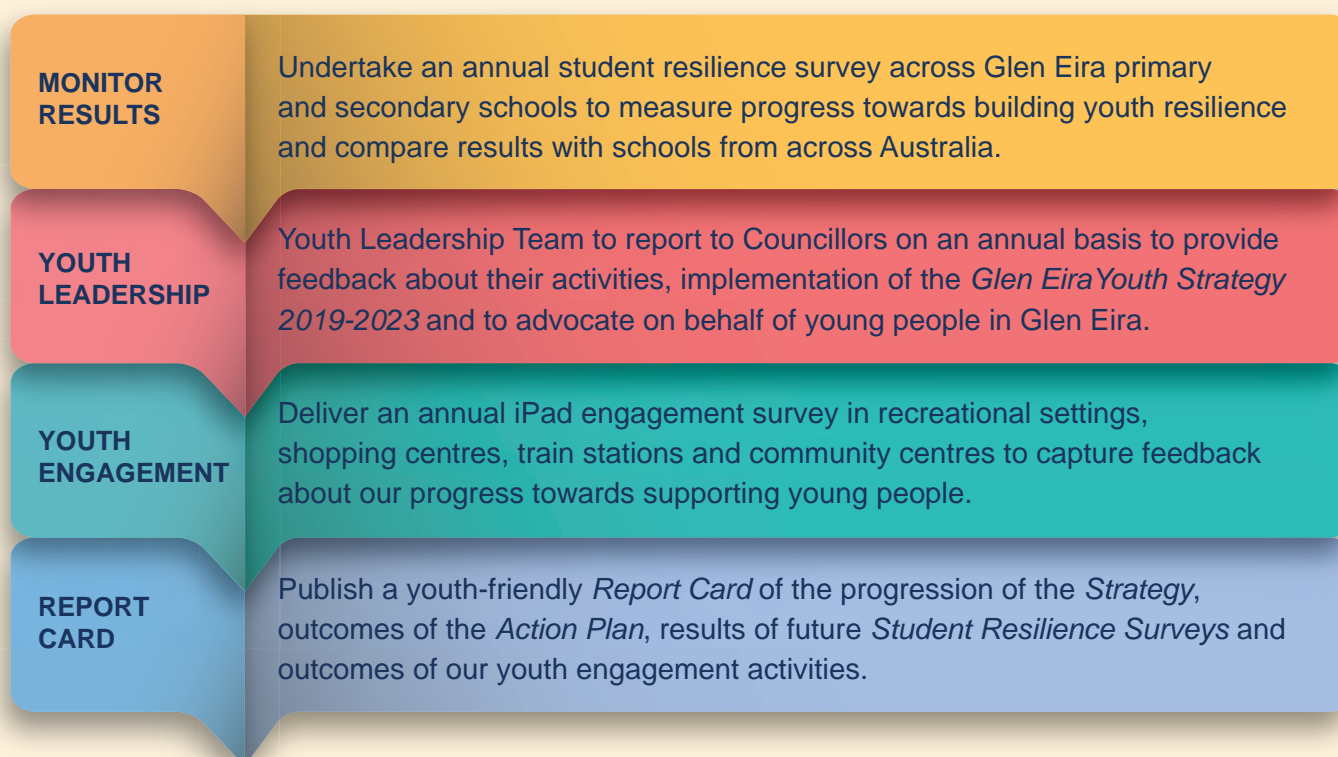
The successful implementation of the *Glen Eira Youth Strategy 2019–2023* is dependent upon a number of factors including:

- shared ownership and responsibility;
- a commitment to the identified key priority areas and objectives;
- implementation of the annual *Glen Eira Youth Action Plan*;
- processes for monitoring progress, review and reporting.

Council, youth support agencies and schools need to be actively involved and engaged to remain on track in both their individual and collaborative efforts, acknowledge and celebrate key achievements and remain responsive to new and emerging youth priorities and needs.

Young people are an integral part of the review and evaluation process for this *Strategy*. Council has established a Youth Leadership Team to empower young leaders within the local community to improve youth engagement, develop youth-led initiatives and advocate on behalf of young people. This team which consists of 10 young people aged between 15 and 25 years is aimed at developing youth leadership skills. Young people nominate to be a part of this team via Council's website and volunteer for a 12-month period. Participants receive training in leadership, advocacy and event management.

The following diagram outlines the process of annual review and reporting to Council, young people and the community



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## ACKNOWLEDGEMENT

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## SUMMARY OF YOUTH PROGRAMS



### GLEN EIRA PRIDE

*Glen Eira Pride* is a same-sex attracted, sex/gender diverse or questioning support group for young people aged 14 to 25. The support group is an opportunity to meet like-minded people and help promote LGBT+ awareness and inclusion in the City of Glen Eira.



### GIRL UP GLEN EIRA

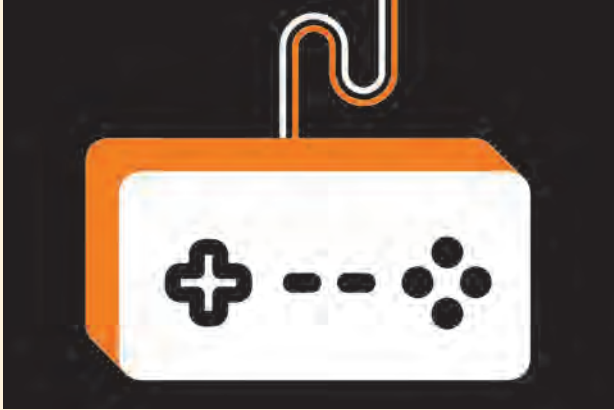
The *Girl Up Glen Eira* program aims to play an integral role in re-shaping the way girls feel about themselves and their future.

The committee work on large-scale projects that build on the positive identity of young girls in Glen Eira.



### PLUGGED IN

*Plugged In* is a music and sound engineering program where young people learn how to set up and run their own recording sessions at the Youth Centre's purpose-built studio.



## PRESS START

*Press Start* is positive social gaming experience where young people aged 10 to 18 learn healthy gaming habits; connect with new people; and play and discuss multi-player games.



## YOUTH LEADERSHIP TEAM

The Youth Leadership Team is a committee of volunteers who are interested in developing their leadership skills.

The group advocate on behalf of young people and organise youth events that are held across the City including youth concerts, functions and arts and cultural programs.



## #YOUTHVOICE

*#YouthVoice* is a crew of young content creators aged 10 to 25 who interview, film and create social media posts to project important youth issues, opinions and achievements.





GLEN EIRA  
CITY COUNCIL

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### National Relay Service

If you are deaf, hearing-impaired, or speech-impaired, we ask that you call us via the National Relay Service and then ask for (03) 9524 3333.

Online: <https://internet-relay.nrs.vic.gov.au>

Teletypewriter (TTY): 13 36 77

Speak and Listen: 1300 555 727

### Social media

#### Glen Eira City Council:

[www.facebook.com/GlenEiraCityCouncil](http://www.facebook.com/GlenEiraCityCouncil)

#### @cityofgleneira:

[www.instagram.com/cityofgleneira](http://www.instagram.com/cityofgleneira)

#### Glen Eira arts, gallery and events:

[www.facebook.com/gleneiraarts](http://www.facebook.com/gleneiraarts)

#### Glen Eira Leisure:

[www.facebook.com/GESACOnline](http://www.facebook.com/GESACOnline)

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#### Glen Eira Maternal and Child Health:

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#### Glen Eira sustainable living:

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#### Glen Eira Youth Services:

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[www.instagram.com/gleneirayouthservices](http://www.instagram.com/gleneirayouthservices)

