

N.T. Youth Health Summit 2021!

WHAT ARE OUR DEMANDS?



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1 Menzies School of Health Research

Interim report: October 2021

The Menzies School of Health Research (Menzies) Youth Health Summit 2021 engaged young people in conversations about what is important for youth health in the Northern Territory (NT) and discussed solutions for a better future. Thirty-eight Aboriginal and Torres Strait Islander and non-Indigenous young people aged 16-25 years were involved in consultations, podcasts, panel discussions or workshop sessions throughout the summit. Over 70 young people and service providers attended the online Youth Health Summit held on 27th August. In response to a snap COVID lockdown, the activities were shifted online and a podcast series ‘Youth Choices! Youth Voices!’ was developed.

Young people’s health priorities and solutions

- We asked young people what health priorities were most important to them in individual consultations and workshops. The priorities identified were mental health, sexual health, access to health services and the environment, which were the same priorities identified in 2019.
- Across all priorities the importance of young people being supported by informed, engaged and skilled health workers, teachers, support people and parents was prominent.
- Young people passionately stated their views and identified clear solutions. They provided a suite of solutions and possess a powerhouse of knowledge and drive for a better future.
- Below we present health priority areas and solutions, with further information to follow in the full report.

N.T. Youth Health Summit 2021!
WHAT ARE OUR DEMANDS?
MENTAL HEALTH

- More awareness through promotion
- #RAISETHEAGE
- Increased awareness of the importance of the return to country
- Ongoing support
- Encouragement to speak with Elders
- Cultural healing centres
- More education in schools, uni, and the workforce



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SEXUAL HEALTH



- Schools to have clinical nurses/testing at schools

- Personal development for staff at schools



- Open communication to the parents
"breaking the barriers"



- STI day within schools - learning opportunities

- 24 hour services for victims of sexual assault

- Free contraception/women's products
(tampons, pads etc.)



sketch



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IMPROVING ACCESS TO SERVICES



- All health services to have transport support

- More money into health services education
(especially online services)



- Clear statements about service privacy and confidentiality

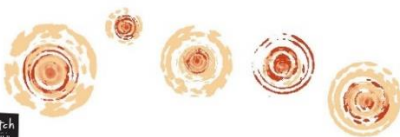


- Fun, engaging and youth friendly media



- Culturally appropriate health services

- Invest in cultural knowledge



sketch



Since the summit

We have received generous support and feedback throughout the 2021 Youth Health Summit, from young people and service providers, demonstrating the importance of youth voices in making change for a healthier future for young people in the NT. Young people have stated their demands. We make this information available to health professionals, policy makers, ministers, and service developers, and encourage them to forge partnerships with young people and amplify their voices to address youth health priorities in the NT.

The youth subcommittee members have visited Parliament House and met with Minister Moss – Minister for Education, Children, Youth, Seniors and Women and Minister Lawler – Minister for Infrastructure, Environment, Water and Climate to discuss the health priorities and solutions identified throughout the Youth Health Summit.

A network of young people and service providers has been established, aiming to address the priorities identified. Future events and opportunities will be created to promote networking of this group. Several project connections have been made with initial meetings about potential collaborations underway. The Summit findings have been used to inform further consultation being planned with young people and will be considered for inclusion in the Youth Friendly Health Services guidelines being developed by NT Health.

A series of 15 podcasts have also been developed and distributed involving young people, health experts, researchers and elders who discussed issues affecting young people in the NT and their hopes for a better future. In the first month there were over 210 streams and views with over 12 hours in watch time recorded. Podcasts are available on; YouTube- [Northern Territory Youth Health Summit 2021 - YouTube](#) & Spotify '[Youth Choices! Youth Voices!](#)' the [NTYHS2021 | Podcast on Spotify](#). All resources are available at: www.menzies.edu.au/YHS21.

We look forward to providing further updates and outcomes in the coming months.

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