



YOUTH X YOUR VOICE IN PALMERSTON

ABOUT THE FORUM

On September 14th 2020, over 60 Year 10 students from Palmerston College and Taminmin High came together at the Palmerston Recreation Centre for a day of connecting, talking about issues that impact them, finding out how to be involved in the community and be young leaders.

Organised by a small working group of the Palmerston Youth - Local Action Group, this event was a platform to deliver on Goal One in the Palmerston Youth Action Plan: Young people are supported to be leaders in their community and have a say in their future.

The day was supported by a number of key stakeholders including the City of Palmerston, YMCA, Northern Territory Government (Territory Families – Greater Darwin Region, Department of Chief Minister) and the Australian Red Cross.

WHAT YOUTH LEARNT

Young people heard about a range of youth topics delivered in engaging ways in breakout sessions in the morning. These interactive sessions included:

Sexual health – (Clinic 34) Information about how prevalent STIs are in the NT and in young Territorians, lack of symptoms, testing options in Darwin and Palmerston, condom use and availability.

Mental health – (Headspace Darwin) Dealing with stress in a changing environment and supporting mental health and wellbeing.

Leadership – (Timmy Duggan) Leadership qualities and ways to build leadership skills.

Youth opportunities in Palmerston – (City of Palmerston) A range of opportunities to get involved were discussed with young people and their views on upcoming City of Palmerston planning was sought and received.

Employment – (Mc Donald's) Gave tips about leadership and links to employment. This directly resulted in interview times being set up for employment for some participants.

PALMERSTON YOUTH ACTION PLAN

**GOAL 1 - YOUNG PEOPLE ARE SUPPORTED TO BE LEADERS IN THEIR
COMMUNITY AND HAVE A SAY IN THEIR FUTURE**



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YOUTH TOLD US.....

The Youth X Forum provided a chance for young people to have their voices heard and give their ideas about how to improve Palmerston and the rural area. They were consulted about specific topics and provided feedback as to how Palmerston can be strengthened to better support young people. Feedback from young people was honest, direct and diverse.

Ideas about making Palmerston and the rural area better included.....

Providing activities in safe spaces for young people:

- Sport (including volleyball, basketball and football)
- Art, music and electronic games.
- Cooking and planting.
- More community events.

Opportunities for schools to support students:

- Access to free support and tutors, at schools.
- Reduce school rivalry - Increase connections between schools.

Free activities so everyone can join in:

- Increase facilities for vision impaired people.

Social support and other ideas from young people:

- Need places for teens – youth to sleep.
- LGBTI club.
- More security in Palmerston.
- More relaxing places, calming places for people.
- Workshops about how to adult (tax, fill in forms etc)
- Reduce crime so we can feel safer.
- Have meet ups, Youth Advisory Groups where young people can talk about what's happening.

**“IT WAS GREAT TO WORK TOGETHER ACROSS
OUR SERVICES AND DELIVER THIS SUCCESSFUL
EVENT IN PARTNERSHIP”
- AMANDA STEVENSON**



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HOW TO SUPPORT YOUTH MENTAL HEALTH AND WELLBEING

- More accessible mental health services are needed for young people.
- Wellness centre (meet up with someone and talk to them if you're not doing the best) sit and chill together
- Headspace in Palmerston open 24/7.
- Therapist clinics in the malls/shopping centre.
- More counsellors and services in the rural area.
- Buddy sessions – talking to someone our own age, if we don't feel comfortable talking to an adult
- Animal therapy (talk to an animal instead of a person)
- People to have more knowledge about mental health, easier understanding for parents.
- Have people to talk to, connect with to let us know we are not alone.
- Workers more socially aware, willing to hear our opinion.
- Have a 'Compliment Station', booth at the markets.
- The Environment was identified as a platform to support mental health and wellbeing.
- Providing relaxing places and 'calming' places for young people to de-stress and do activities like yoga that support wellbeing.

RURAL NEEDS

Living Rural – Transport, lack of services and activities were the 3 key issues identified by young people who lived in communities beyond Palmerston.

Buses are needed to provide transport on a more regular basis and link small communities like Bachelor and Darwin River with larger communities is a real need. Young people are left isolated with little opportunities to connect, engage and participate with others in person.

More services that support young people were needed in the rural area. This could be provided at the school or in other spaces however need to be accessible and available for young people.

“PEOPLE WHO JUST CAN'T DO SCHOOL BECAUSE THEY STRUGGLE TOO MUCH DESERVE A CHANCE TO PASS YEAR 12 SOMEHOW” - STUDENT



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SUGGESTED LOCATIONS FOR CONDOM DISPENSERS IN PALMERSTON.....

SCHOOLS

- School Rooms
- Teacher
- Café/Canteen
- Trusted Adult
- School Nurses

PARKS

- Parks
- In every Toilet
- Public Toilets
- Pool
- Library
- Skate Park
- Basketball Court

BUSINESSES

- Hungry Jacks
- McDonalds
- Woolies
- KFC
- UberEats

PLACES

- Palmerston
- Interchange
- Servo (Petrol Station)
- Hospital
- Rec Centre
- Buses
- Vending Machine

PLACES

- Post Office
- Slot (Humpty Doo)
- Mall
- Health Clinic
- Vinnies

WHERE TO FROM HERE

Voices captured at Youth X will guide the work of the Palmerston Youth – Local Action Group, a group of key stakeholders in Palmerston working together to improve outcomes for young people.

The priorities identified by young people will feed into the review of Palmerston's current Youth Action Plan and the development of the priorities of the upcoming plan. Exploring ways to strengthen opportunities for young people to participate in decisions that affect them is an ongoing goal that will continue to be delivered by this group.