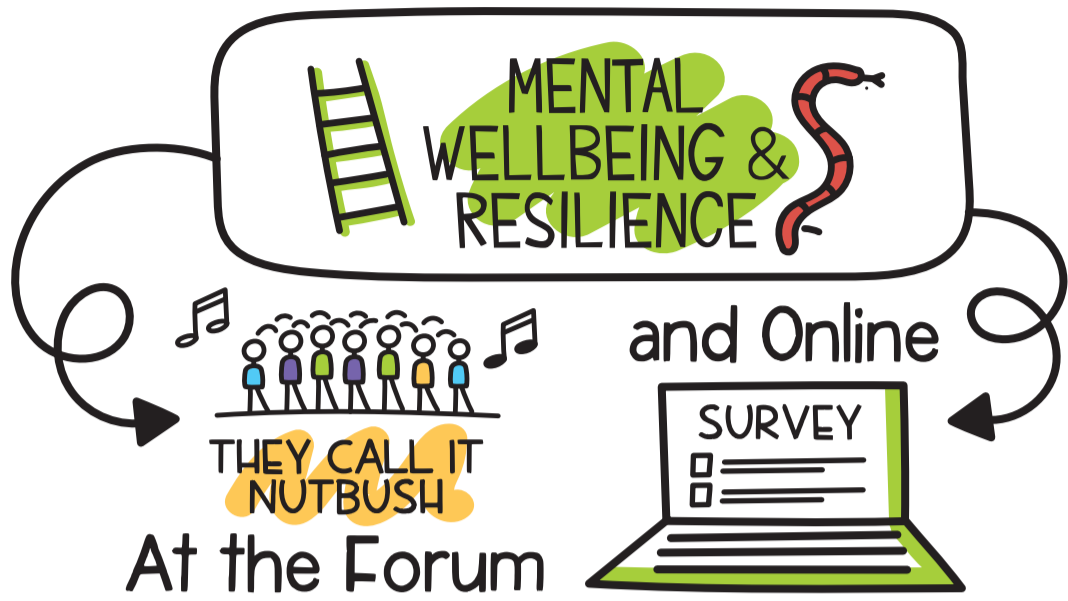


Throughout June 2023,  
242 young Tasmanians  
shared their thoughts & ideas on

# TASMANIAN YOUTH FORUM

## 2023

Speak Up. Be Heard. Drive Change.



Here's some of what you had to say...

**Support us everywhere we are**

MENTAL HEALTH TRAINING FOR SPORTS CLUBS & COMMUNITY GROUPS

REMOVE RELIANCE ON SCHOOL

MORE PERSONALISED LEARNING AT SCHOOL

**Improve access for all of us**

COMMUNITY SPACES TO HANG OUT

WORKPLACES SHOULD BE SAFE SPACES - BETTER SUPPORT REPORTING 'EVENTS'

BETTER SUPPORT AND ADVICE ON COPING WITH CHALLENGES

INCREASE SUPPORT SERVICES IN SCHOOL - THERE WHEN WE NEED IT -

MORE COMMUNITY EVENTS - FREE WITH ACCESS SUPPORT

"Talk about mental health more openly in everyday life, to reduce the stigma and remove the awkwardness."

SOCIAL MEDIA TAKES OUR TIME & FOCUS - HELP US NAVIGATE

CYBER BULLYING NEEDS TO BE BETTER MANAGED

Survey Participant (16, South)

MORE OPPORTUNITIES FOR YOUTH TO TRY NEW THINGS

- NON-COMPETITIVE
- FREE OR CHEAP
- INCLUSIVE

WE NEED TO REDUCE DISCRIMINATION BY EDUCATING PEOPLE

"SPEAK UP! EVEN WHEN YOUR VOICE SHAKES"

WE WANT ACCESS TO MENTAL HEALTH FIRST AID TRAINING

SO WE CAN SUPPORT EACH OTHER

YOUTH ONLINE PORTAL FOR ACCESS TO ALL SUPPORT SERVICES - GOVERNMENT FUNDED -

BUILD PEOPLE UP IN SPORT PLACE TO IMPROVE CONFIDENCE

CALL OUT DISCRIMINATORY BEHAVIOURS

BETTER SPORTSMANSHIP

**Help us support each other**

Read the full Report and more - visit [ynot.org.au](http://ynot.org.au)