# Queensland Youth Strategy

## Building young Queenslanders for a global future

# A message from the Premier and the Minister

As we travel around Queensland, we are always amazed by the passion and energy of our state’s young people.

Queensland’s youth have strong social values, great ideas and impressive plans for our state’s future.

Our young people never cease to inspire us.

They display all the essential qualities to be future leaders of our state and country, as well as across a range of endeavours.

Queensland’s young people have grown up in a digitally connected world – and are open to exploring and taking advantage of opportunities.

However, some of our young people face challenging circumstances and will need help to achieve their full potential.

Young people want and expect to be partners with government in making decisions that affect them.

More than 1200 young people across the state told us this during the consultation stage the Queensland Youth Strategy.

They want to have a say in government policy, programs and services.

Our young people also see education, employment, health and stable housing as keys to building their future.

The Queensland Government’s vision is for young people to be active participants in

Queensland’s economic, civic and cultural life.

To realise our vision we need to listen to young people; and provide opportunities for them to influence and inform decisions that affect their lives.

We look forward to continuing to work with our state’s young people, as well as community organisations, businesses and local government to ensure young Queenslanders are given the chance to realise their full potential.

**Annastacia Palaszczuk MP**

Premier of Queensland and Minister for the Arts

**Shannon Fentiman MP**

Minister for Communities, Women and Youth, Minister for Child Safety,

Minister for the Prevention of Domestic and Family Violence

## Contents

Vision 4

Who are Queensland’s youth? 4

Where are Queensland’s youth? 5

Listening to young Queenslanders 5

What government is already doing 6

Giving young people a voice 6

Building block 1: Supporting our most vulnerable young people 9

Young people in out-of-home care 9

Aboriginal and Torres Strait Islander young people 10

Culturally and linguistically diverse young people 11

Lesbian, gay, bisexual, transgender and intersex young people 11

Young people with disability 12

Young people who are carers 13

Young women 13

Young people from rural and regional communities 13

Building block 2: Housing 14

Building block 3: Healthy futures 15

Building block 4: Educating into employment 16

Join the journey 18

References 19

*Youth is a significant time in our lives, when we transition from childhood to adulthood, and become socially, culturally and legally independent. For the purpose of the Queensland Youth Strategy, young people are aged between 12 and 25 years.*

# Vision

### Young people actively contribute to Queensland’s economic, civic and cultural life

A young person in Queensland today should be able to look to the future and see limitless possibilities. Being young is about exploring opportunities that come with increased independence and having the benefit of choice. Youth is about looking ahead with excitement and seeing potential, not obstacles; this is what drives young people to achieve, seek to change and work to transform the way we live for the better.

Through the Queensland Youth Strategy, we need to make this a reality for all Queenslanders. Crucially, we need to harness the ideas of young people to address issues affecting youth, now and in the future. Young people will continue to be involved in the strategy’s implementation, just as they were with its development during engagement activities undertaken across the state in March and April 2016.

Through the engagement, young people from diverse backgrounds identified many opportunities to support important transitions, such as from education to employment, to stable housing, and from dependence to independence, as well as to improve their overall wellbeing. They also identified that some young people face additional challenges due to circumstances beyond their control, and that they need targeted responses to help them deal with these challenges.

This strategy reflects the issues and opportunities raised in the consultations with young people. Building blocks have been created to work towards solutions, and are expected to change over time as we continue to engage with young people and the sector to reflect their feedback.

The Queensland Government will publish an annual youth statement to report on the progress of the Queensland Youth Strategy, and future priorities for the strategy.

# Who are Queensland’s youth?

* As at 30 June 2014, around 38.6% of Aboriginal and Torres Strait Islander Queenslanders were under 15 years, compared to 19.5% of non-indigenous Queenslanders.[[1]](#endnote-1)
* 16.5% of Queensland’s working age population are aged 15 to 24 years.[[2]](#endnote-2)
* Young people aged 10 to 24 years made up one-third (33.7%) of all net overseas migration arrivals to Queensland in 2014–15.[[3]](#endnote-3)
* Mental health problems and disorders account for 50% of the burden of disease among young people.[[4]](#endnote-4)
* As at June 2016, 8654 young Queenslanders were in out-of-home care.[[5]](#endnote-5)
* 21% of university students report having incomes of less than $10,000.[[6]](#endnote-6)
* 31.3% of Queenslanders aged 18 to 24 years were considered overweight or obese in 2014.[[7]](#endnote-7)
* 23.4% of homeless people are aged 12 to 24 years.[[8]](#endnote-8)

# Where are Queensland’s youth?

* As at June 2015, an estimated 899,477 Queenslanders, or 18.8 per cent of the population, were aged 12 to 25 years.[[9]](#endnote-9)
* 49,292 young people living in Far North Queensland.
* 89,122 young people living in North Queensland.
* 84,075 young people living in Central Queensland.
* 141,367 young people living in the North Coast
* 235,303 young people living in Brisbane
* 193,353 young people living in South East Queensland
* 107,243 young people living in South West Queensland

# Listening to young Queenslanders

### Young people are key agents for social change, economic growth and technological innovation.[[10]](#endnote-10) Young people’s security and prosperity relies on them having the skills and knowledge to lead our communities and drive our economy.

Recognising that young people are experts on issues that impact them, the Queensland Government listened to the voices of young people in shaping the Queensland Youth Strategy.

More than 1200 young people shared their perspectives through an online survey and forums across the state. Specific forums were also held to hear from Queensland’s more vulnerable young people who are:

* of Aboriginal and Torres Strait Islander origin
* from culturally and linguistically diverse backgrounds
* from rural and remote areas
* living with disability
* carers
* lesbian, gay, bisexual, transgender or intersex.

A break down on how young people shared their perspectives:

* 21 future forums were attendee by 570 young people
* 692 respondents to the online survey
* 20% of forum attendees and 13% of survey respondents were Aboriginal or Torres Strait Islander
* 75 youth sector representatives were consulted

# What government is already doing

### The strategy brings a youth focus to the work the Queensland Government is already undertaking across a broad spectrum of policy, program and service delivery areas.

The Queensland Government is proactively responding to the voices of young people and the wider community. For example, the views of young consumers will be incorporated as part of the design process and service elements during the development of the new bed-based mental health facility for young people with severe and complex mental health issues at The Prince Charles Hospital.

We are developing a coordinated approach to responding effectively to issues affecting vulnerable young people. We are improving outcomes for young people, particularly the most vulnerable, through the following initiatives and plans, including:

* Advancing Education: an action plan for education in Queensland
* Moving Ahead, a whole-of-government strategy for increasing the participation of Aboriginal and Torres Strait Islander people in Queensland’s economy
* Skilling Queenslanders for Work
* the Queensland Financial Inclusion Plan
* Queensland Women’s Strategy 2016–21
* Queensland Aboriginal and Torres Strait Islander Social and Emotional Wellbeing Action Plan 2016–18
* the multicultural policy and action plan.

The following are also in development and will include activities to address issues for young people:

* a new state disability plan
* the Queensland housing strategy.

# Giving young people a voice

### Research shows that involving young people in policy development results in better outcomes for young people and the community**.**[[11]](#endnote-11)

The Queensland Youth Strategy will create opportunities for young people to participate in decision-making that will affect their lives now and in the future.

Central to the Queensland Youth Strategy’s success is the ongoing commitment to continuous engagement with young people. As part of this commitment we will ensure young people have a voice in developing relevant government policies and services. This will enable young people to help shape Queensland’s future, and also encourage innovation and community ownership of these policies and services. The approach underpinning our new engagement focus with young people includes:

1. **Informing and communicating**

Young people, the youth services sector and the broader community will know what is being developed, and when and how they can be involved. We will use engagement channels and mechanisms that are appropriate and accessible for young people.

1. **Partnership and networks**

The Queensland Government will work with young people and our non-government partners and networks to implement actions under the Queensland Youth Strategy.

1. **Active participation**

We will involve, listen to and actively support young people and those who work with them, to build the capacity of young people to become agents of positive change in their own communities.

Our engagement approach will enable continuous improvement through listening, testing, implementing, refining and adjusting engagement processes in response to young people’s input. This approach will deliver a responsive and dynamic strategy as government listens to and learns from young people and our partners through a range of online and face-to- face engagement mechanisms.

#### Comment on feedback form (March 2016):

*“There should be forums like this one done several times a year by politicians so young people can have a say in the world”*

#### Success story

#### Young innovators designing road safety campaigns

Young drivers make up 12.5 per cent of all driver licence holders, though account for almost a quarter of all serious casualties on our roads.

Leading by example, the Queensland Government engaged young people to develop a road safety campaign targeted to their peers.

Settle Down Stallion was the winning idea generated at the Department of Transport and Main Roads’ 2015 CO-LAB Youth Innovation Challenge. The winning team of young people then worked with a creative agency to develop their road safety message into a full online media campaign.

Settle Down Stallion was launched on 20 June 2016 and ran until the beginning of August, coinciding with school and university holidays. The campaign successfully used humour to start a conversation about speeding and risky driving behaviour. Campaign messages reached more than 4.7 million people and the video was viewed more than 2.7 million times across social media and YouTube.

Find out more at <jointhedrive.qld.gov.au/settle-down-stallion>

### A number of new actions have been developed for the Queensland Youth Strategy to demonstrate the Queensland Government’s commitment to engaging with young people. These actions include:

#### Youth Reference Group

Establishing a Youth Reference Group will provide opportunities for young people and related partners to influence government decision-making and to participate in developing responses to matters of importance to them. The group will include young people and sector representatives and will have a role in shaping the ways in which the Queensland Government engages with young people.

The group will provide a mechanism for informing the development, and providing feedback, on proposed future policy and program design and implementation by government agencies.

#### Digital engagement

Young Queenslanders will be able to engage online with projects and actions under the Queensland Youth Strategy through a range of online tools, including forums, surveys, ideas walls, polls, engagement events, and social media feeds and sharing.

Other dedicated channels for young Queenslanders include the Queensland Government youth website <www.qld.gov. au/youth>, and government, partner and stakeholder social media channels.

#### Queensland Youth Charter

The Youth Charter will be developed with the Youth Reference Group and with input from other young people and our sector partners. The charter will include principles that will underpin all engagement by government agencies with young people.

#### Queensland democracy in action: Youth Parliament

For more than two decades, young Queenslanders have participated in education programs about Queensland’s parliamentary processes and worked with Members of Parliament to develop and debate youth Bills in mock parliamentary processes.

Given young people’s interest in influencing government decision-making, and in learning about Queensland’s democratic parliamentary processes, from 2017, the Minister for Youth will encourage all Ministers to consider the issues raised in the Bills introduced in the youth parliament.

# How the strategy has been built

### The feedback from young people, the youth sector and government agencies has been prioritised into four initial building blocks:

## Building block 1 – Supporting our most vulnerable young people

Young people, irrespective of circumstances, gender, ethnicity, age, or religion, have the opportunity to actively participate and contribute to Queensland’s global future.

## Building block 2 - Housing

Young people have access to safe, stable, secure and affordable housing, and financial literacy matched to living in a complex global economy.

## Building block 3 – Healthy futures

Young people are healthy, active, strong and resilient, and have the capability to maintain their wellbeing in a rapidly changing world.

## Building block 4 – Educating into employment

Young people have the knowledge and technical skills to successfully navigate current and future economic and technological pathways to employment.

### Further building blocks and/or actions will be created over the life of the strategy based on continued engagement with young people, and respond to issues as they emerge.

Key actions are highlighted in the Queensland Youth Strategy. A complete list of actions is available at <www.qld.gov.au/youthstrategy>.

# Building block 1

## Supporting our most vulnerable young people

### Queensland’s diverse population means some young people require more targeted support to be able to fully participate in Queensland’s economic, civic and community life.

Young people identified a number of groups who can experience barriers to participating fully in the opportunities our state offers, including young people who:

* are in out-of-home care
* are Aboriginal and Torres Strait Islander
* are from culturally diverse communities
* are women
* are carers
* are lesbian, gay, bisexual, transgender or intersex
* have disability
* live in rural and remote areas.

The strategy considers the needs of each of these groups of young people, recognising there may be other groups who could be considered vulnerable, for example, young people in detention, or who are transitioning from hospital, or who are homeless. Across all groups, early assistance and intervention is vital to support young people who are at risk of poor outcomes that affect their ability to fully participate in life in Queensland.

Actions are also included in the additional building blocks of Housing, Healthy Futures, and Educating into Employment. These actions are relevant to all young people, including vulnerable groups.

### Young people in out-of-home care

Young people in and exiting out-of-home care are at greater risk of being homeless, and have a higher likelihood of negative life, education and employment outcomes compared to other young people.

On leaving care, many young people enter early adulthood without the ‘safety nets’ of other young people, such as appropriate housing options.

As at 30 June 2016, 3609 or 41.7% of the 8654 children living in out-of-home care, were Aboriginal and Torres Strait Islander People[[12]](#endnote-12).

#### What we will do

We will improve outcomes for young people exiting out-of-home care. We will also:

* work in partnership with government a non-government agencies to ensure young people leaving care have priority access to housing, health services and education and training opportunities up to the age of 21 years
* deliver the Care2Achieve scholarship for young women leaving care, to support young women in their transition from care with completing their chosen higher educational program, through providing financial support, mentoring and industry connections to increase their career and life opportunities
* deliver the Beyond Expectations pilot project to provide skills and work experience opportunities to young people aged 14 years or older and living in care or recently exiting care
* provide tailored individualised support for young people up to the age of 21 years, leaving care, specifically focused on financial assistance, relationships, education, employment, health and housing, through programs including Next Step After Care.

#### Survey respondent (April 2016)

*“It would be good to have more support for young adults who have exited the care system, for example affordable adult mental health support, equity grants for textbooks, driving lessons”*

### Aboriginal and Torres Strait Islander young people

*We respectfully acknowledge Aboriginal peoples and Torres Strait Islander peoples as two unique and diverse peoples with their own rich and distinct cultures.*

Queensland’s Aboriginal and Torres Strait Islander people are young, with a median age of 21 years, compared to 37.2 years for non-Indigenous people.[[13]](#endnote-13)

Aboriginal and Torres Strait Islander people continue to experience barriers to economic, civic and cultural participation, and are disproportionately represented in the child protection and criminal justice systems.

They are also at a much higher risk of homelessness and poor mental health, and the risk of suicide is higher for young Aboriginal and Torres Strait Islander people than for non-Indigenous people.[[14]](#endnote-14)

#### What we will do

We will work with young Aboriginal and Torres Strait Islander people to inform improvements to services and resources, as well as health, accommodation, and education and employment outcomes. We will also:

* develop and implement the generational strategy and three-year action plan for Aboriginal and Torres Strait Islander children and families experiencing vulnerability. The action plan outlines new approaches to addressing the over-representation of Aboriginal and Torres Strait Islander children and young people in child protection. All actions under the plan will create opportunities for participation of Aboriginal and Torres Strait Islander young people
* deliver the Youth Employment Program to provide a range of services to assist and support young Aboriginal and Torres Strait Islander people who are completing Year 12 into employment, training or further education
* continue the Academic Success Guarantee initiative and appoint an Academic Success Guarantee principal coach who will work with students and parents in state schools to help Aboriginal and Torres Strait Islander students achieve results and attain qualifications.

In 2015, 94.9%of Indigenous state school students achieved a Year 12 certification compared to 86.5 per cent in 2014.[[15]](#endnote-15)

#### Cleveland Youth Detention Centre forum participant (April 2016)

*“It’s like we have to get into trouble to get the services we need”*

#### Success story

#### Queensland Indigenous Youth Leadership Program (QIYLP)

Over the past nine years, more than 400 Aboriginal or Torres Strait Islander young people aged 18 to 25 years have participated in QIYLP. The program helps to develop leadership skills and allows young people to experience the parliamentary process through the Eric Deeral Indigenous Youth Parliament.

Participant feedback shows the program makes young people feel empowered with increased confidence to fulfil their aspirations and goals.

The participants have gone on to careers in social and community development, education, health, the environment, enterprise and job creation, and arts and culture.

### Culturally and linguistically diverse young people

A quarter of Australia’s young people identify as being from a diverse cultural and linguistic background.[[16]](#endnote-16) Being of a culturally and linguistically diverse background, whether first or second generation, adds a level of complexity for young people in accessing education, training, employment, health services and recreational activities.

People living in Queensland come from more than 220 different birthplaces, speak more than 200 languages and identify with more than 100 different religions or belief systems.

#### What we will do

We will provide supports and resources to **inform** **an inclusive, respectful and supportive Queensland** for young people of all backgrounds. We will also:

* recognise and support cultural, linguistic and religious diversity through the multicultural action plan
* fund state primary and secondary schools for students with English as an additional language or dialect according to student need
* make public transport more affordable in South East Queensland through the Fairer Fares package, including reducing fares and travel zones, and reducing fares for asylum seekers and job seekers receiving Newstart Allowance or Youth Allowance across the state.

### Lesbian, gay, bisexual, transgender and intersex young people

Lesbian, gay, bisexual, transgender and intersex (LGBTI) young people told us they want to be able to express who they are, safe in the knowledge they live in an inclusive society. A disproportionate number of LGBTI people experience poor mental health outcomes and higher rates of suicide than their non-LGBTI peers.[[17]](#endnote-17)

Research shows that LGBTI young people who attend schools where protective policies are in place are almost 50 per cent less likely to be physically abused at school or suffer other forms of homophobic abuse, self-harm or attempt suicide.[[18]](#endnote-18)

Approximately 11 in 100 people identify as LGBTI.[[19]](#endnote-19)

#### What we will do

We will **raise awareness** and **provide** **education** programs in communities and schools about the challenges young LGBTI people face. We will also:

* build awareness and education around transgender identities in schools by providing information to principals about gender-neutral school uniforms, school camps, use of toilets and participation in sport
* focus on delivering free advice and support for young people to understand their rights and responsibilities under Queensland discrimination law
* establish a LGBTI roundtable, which will include a young person, to inform government engagement with the LGBTI community.

#### Fortitude Valley forum participant (April 2016)

*“There is a lack of awareness and education around transgender identities…where possible include young people in the design of education programs.”*

### Young people with disability

One in five Queenslanders has a disability,[[20]](#endnote-20) and many of them face significant barriers to taking part in community and social activities.

Young people with disability may require full-time care and depend on assistance from others to participate in their community, and access education and employment opportunities. Some may face physical barriers to participation, including issues with the accessibility of venues and activities.

People aged 15 to 24 years comprise 7.9% of all Queenslanders with a disability.[[21]](#endnote-21)

#### What we will do

We are committed to delivering programs and services for young people living with disability that **deliver choice and positive life outcomes**. We will also:

* progress the rollout of the National Disability Insurance Scheme (NDIS), which will provide eligible young people with disability with access to a wider range of supports to pursue their goals and aspirations, and to participate in everyday life
* review policies and processes in state schools to ensure all students with disability are offered the highest quality education, and evidence-based learning and teaching practices.

#### Beenleigh forum participant (March 2016)

*“It would be good to provide sports equipment that people with a physical disability can use – like basketball hoops with adjustable heights.”*

### Young people who are carers

Young carers help in families where someone has an illness, a disability, a mental health issue or who has an alcohol or other drug problem.

Having carer responsibility affects a young person’s ability to participate in wider community life, bringing with it a higher risk of social isolation. The additional responsibilities at home also make it difficult for young carers to continue their education and can affect their longer-term economic independence[[22]](#endnote-22).

Only 62.5% of young carers graduate from year 12.[[23]](#endnote-23)

#### What we will do

We will raise awareness of the challenges facing young carers and celebrate their successes. We will also:

* develop a suite of printed and online materials for state school staff, including a policy statement, to increase awareness of carer issues and help schools to better support student and parent carers.

#### Mt Gravatt forum participant (March 2016)

*“We get in trouble when we’re late or miss homework, even though we’re just trying to keep our families going. Schools should know who is caring for a family member and cut them a break.”*

### Young women

Achieving gender equality, and making sure young women have the same opportunities to succeed as young men, is essential to Queensland’s social and economic strength.

Evidence shows that gender-balanced leadership is good for business. Organisations with male and female leaders report better financial performance, and are more responsive to clients and the wider community.[[24]](#endnote-24) Despite this evidence, women continue to be under-represented in decision- making and leadership roles,[[25]](#endnote-25) and are under-represented in some fields of work, including the higher-earning fields of science, technology, engineering and mathematics (STEM). Women are also over-represented in lower-paid jobs in the health, community services and education industries.

Women aged 10 to 19 years are almost six times more likely than males of the same age group to be victims of sexual offences.[[26]](#endnote-26)

Also, women under 25 years are more at risk of domestic and family violence than any other age group; and young women from 10 to 24 years are at greater risk of sexual assault than any other age group.[[27]](#endnote-27)

#### What we will do

We will continue to work towards Queensland being a state of **gender equality**. For young women, this will mean having the same opportunities as young men in the workplace, and being **safe in the community and in their homes**. We will also:

* support young women to achieve gender equality through participation and leadership opportunities, economic security, personal safety, and improved health and wellbeing outcomes as outlined in the Queensland Women’s Strategy 2016–21 and its community implementation plan
* support adolescent boys living in Ipswich, Brisbane South and the South West corridor to reduce abusive behaviours perpetrated towards their family members, and reduce the likelihood of such behaviour in future intimate personal relationships, through the ReNew program, led by the Baptist Union of Queensland.

#### Survey Respondent (April 2016)

*“I want equal rights between girls and boys so that everyone is welcome and girls can get the same opportunities as men.”*

### Young people from rural and regional communities

Young people in rural and remote locations consistently experience barriers to accessing education, employment and specialist support services. These challenges can result in young people having to move away from their community.

In September 2016, 34.9% of young people in outback Queensland were unemployed.[[28]](#endnote-28)

#### What we will do

We will work to reduce youth unemployment in rural and regional Queensland. We will also:

* deliver the $100 million, two-year Back to Work Regional Employment Package to support improved employment opportunities in regional Queensland, including a focus on young job seekers in specific rural, regional and remote communities
* provide regional location loadings to approved training providers to support the delivery of training in regional areas through the User Choice, Certificate 3 Guarantee and Higher Level Skills funding program.

#### Toowoomba forum participant (March 2016)

*“Make sure people from regional and rural communities have full access to traineeships and apprenticeships without having to leave their towns.”*

# Building block 2

## Housing

### The Queensland Government recognises that access to safe, affordable and appropriate housing is a fundamental human right, and a key building block to help ensure the best start for young people in their journey to independence.

#### What we heard

Young people and the community sector told us that housing is essential. Young people told us they need:

* access to affordable housing
* extra help for people who are homeless to find a home
* strong financial education before graduating from high school.

#### Deception Bay forum participant (March 2016)

*“There are not enough housing services to help young people.”*

#### What we know

Safe and stable housing is shown to improve young people’s development and their mental and physical health, enabling them to make the most of educational and employment opportunities.[[29]](#endnote-29)

The cost of housing, including rents, purchase prices and deposit, is increasing.[[30]](#endnote-30) As young people are on lower wages for a number of years when starting their working life, and are more likely to be in casual employment, they often struggle to secure rental properties or enter the housing market without financial support from friends or family.[[31]](#endnote-31)

With a low income and high cost of housing, young people are at twice the risk of experiencing a housing crisis than any other age group.[[32]](#endnote-32) Young people who are financially vulnerable, and at a higher risk of homelessness, need to have the financial knowledge to be able to manage a tenancy and household budget effectively.

Young people who have exited out-of-home care or detention are particularly vulnerable to becoming homeless.[[33]](#endnote-33) Providing these young people with housing, as soon as possible and with coordinated support, is the most effective strategy to reduce homelessness.[[34]](#endnote-34)

63% of surveyed homeless young people in Australia had been placed in some form of out-of-home care by the time they had turned 18 years old.[[35]](#endnote-35)

#### What we will do

The Queensland Government will **improve access to safe, accessible and affordable homes** and **deliver programs and resources** to assist our young people to maintain housing security. We will also:

* through the future Queensland Housing Strategy, work with relevant agencies to deliver services and initiatives to improve housing outcomes for young people who are homeless or at risk of homelessness
* through the Queensland Financial Inclusion Plan, establish Good Money stores in Cairns and on the Gold Coast, to provide vulnerable Queenslanders, including young people, with access to safe, affordable financial products and services to improve financial stability and increase capacity to access stable accommodation
* deliver a range of initiatives as part of the National Partnership Agreement on Homelessness.

#### Success story

#### Housing a brighter future for young people

David, who is 17 years old, is one of more than 12,507 young people assisted by the Department of Housing and Public Works Specialist Homelessness Services each year.

David’s parents were going through financial difficulties, which were impacting on their relationship as a family. David decided to leave home but, with nowhere to go, he decided to stay with friends. This lifestyle became difficult to maintain and soon David found himself homeless and no longer attending school.

After sometimes sleeping rough, David came into contact with an outreach worker who linked him to support from a homelessness service dedicated to young people.

The service was able to assist him through a difficult time in his life, keep him housed and safe, and continuing with his education.

David’s story is not uncommon, which is why the Department of Housing and Public Works continues to invest in ways to help young people like David achieve housing stability and pursue aspirations for a bright future.

# Building block 3

## Healthy futures

### Building good health is vital for young people to be strong and resilient and to keep pace with rapid and continuous global changes.

#### What we heard

To support good mental and physical health, young people told us they need:

* access to good nutrition
* opportunities to participate in sport and recreation activities
* help with managing mental health
* knowledge of what to do, if a friend is having mental health issues
* knowledge of how to talk about mental health issues.

#### Mackay forum participant (March 2016)

*“There should be more education about staying healthy…we need to stay fit, have good nutrition and affordable access to sports and recreation.”*

#### What we know

Good nutrition and physical activity supports growth and development and helps young people to maintain a healthy weight. Healthy life choices also build mental health through improved self-esteem and confidence, and can reduce stress and anxiety.[[36]](#endnote-36)

Many Queenslanders experience good mental health and wellbeing. However, half of all serious mental health and substance use disorders start by the age of 14 years, and three-quarters before the age of 25 years.[[37]](#endnote-37) It is vital to start early on the path of physical and emotional health with coordinated and targeted services for young people. This includes early intervention strategies, such as increasing participation in sports, arts and the community.

Overall, the greatest health challenge for Queenslanders is obesity, with one in three young people being overweight or obese.

In 2015, suicide accounted for one-third of deaths (33.9%) among young people aged 15 to 24 years.[[38]](#endnote-38)

#### What we will do

The Queensland Government will deliver resources and programs that **encourage healthy lifestyle choices for Queensland’s young people**. We will work to **improve the skills of those who work with and support young people** to better respond to mental health concerns. We will also:

* support the development of the Conversations for Life App for Young People — a free, step-by-step resource to assist young people to plan a conversation to help someone at risk of suicide or experiencing personal or social pressures
* develop a sports and recreation youth engagement strategy to encourage participation in sport and active recreation
* support regional mental health coaches to lead the planning and implementation of whole-of-school approaches to mental health and wellbeing.

#### Success story

#### Get in the game- get started vouchers

The Get Started Vouchers program is aimed at children and young people (5 to 17 year olds) who can least afford, or may otherwise benefit from, joining a sport or recreation club. Vouchers can be redeemed for costs up to $150 at a Get Started Vouchers registered club.

The children and young people who received the nearly 42,000 vouchers in 2016 were helped to achieve positive fitness and health outcomes, as well increased social skills and self-esteem.

#### Parent quote from the program evaluation survey

*“Get started vouchers…meant a lot to us and we are very thankful. Getting young people into sports is absolutely critical. The improvement in study habits and school behaviour was very welcome.”*

# Building block 4

## Educating into employment

### The Queensland Government is committed to ensuring young people have the knowledge and skills to successfully navigate economic and social pathways to employment in a globalised job market.

#### What we heard

Young Queenslanders identified employment as a key concern. Young people told us they need:

* education that prepares young people for employment and independence
* technology, a key part of life, to be included in all levels of education
* to be securely employed in a stable job to enable financial security into the future.

#### Cairns forum participant (April 2016)

*“Programs and opportunities should be available through school to prepare us for jobs or higher education before we become unemployed.”*

#### What we know

Young Queenslanders are preparing for a very different and diverse labour market from previous generations, with many studying or training for occupations that are likely to be automated within 10 years.[[39]](#endnote-39) It is critical to align education pathways to meet the demands of existing and emerging job markets, including science, technology, engineering and mathematics (STEM) fields and community services.

For today’s young people, it can take up to five years to secure full-time stable employment after leaving education, up from just over one year in the mid 1980s.[[40]](#endnote-40) Early, persistent under-employment or unemployment can have a long-lasting negative impact on a young person’s future.

To navigate more complex career pathways, including entrepreneurship, and take advantage of an increasingly globalised job market, young people will need:

* enterprising skills, including innovation, creativity, communication, project management, financial skills and digital literacy
* improved skills in languages other than English and cross-cultural understanding and expertise
* career management skills and networks to navigate working across a variety of different industries
* technical knowledge and the ability to critically assess information.[[41]](#endnote-41)

60% of young people are currently being trained in industries that will be highly affected by automation. However, health care and social assistance jobs are forecast to increase to more than 250,000 extra positions by November 2020.[[42]](#endnote-42)

#### What we will do

The Queensland Government will prepare our young people for **work in an increasingly digital economy**. We will deliver economic drivers to **expand current and future job markets** and **support entrepreneurial skills**. We will support job seekers who face additional challenges in gaining and maintaining employment. We will also:

* position schools to more effectively support students to develop the knowledge, skills and qualities they need to be job ready for the future through Advancing Education: an action plan for education
* fund eligible organisations to deliver events and activities to build entrepreneurial and start-up skills in young people aged 15 to 24 years through the Advance Queensland Young Starters’ Fund
* provide access to fee-free training for recent Year 12 graduates undertaking high priority qualifications with an approved training provider, through the Certificate 3 Guarantee and User Choice programs.

#### Success story

#### Schools of the future - #codingcounts

The new Queensland Coding Academy provides learning opportunities for students and teachers to develop their coding abilities, to support innovation in teaching coding and robotics, as we implement the Australian Curriculum: Digital Technologies.

The Queensland Coding Academy will work with industry and universities to link students to the real world of work and research.

# Join the journey

### Queensland’s future relies on our young people having the best opportunities for success— academically, socially and economically.

The Queensland Government invites all levels of government, business, industry, not-for-profit organisations and community members to work together to provide these opportunities for success.

The Queensland Youth Strategy is the beginning of a conversation with Queensland’s young people that will continue and will inform the Queensland Government on emerging issues to be dealt with through future actions in relation to, for example, the environment and arts.

#### Measuring our success

Young people, through the Youth Reference Group, will be able to monitor implementation of the commitment made through the strategy and related actions, and advise whether the Queensland Government has been successful in addressing the issues raised by young people.

The Minister for Youth will publish an **annual youth statement** showcasing successes, identifying new priorities and reporting on the implementation of actions identified as priorities by young people.

Stay connected:

* Website: www.qld.gov.au/youthstrategy
* Email: youth@communities.qld.gov.au
* Facebook: Queensland Youth
* Twitter: @qldyouth

# References

1. Australian Bureau of Statistics, Estimated resident population by single year of age, Queensland, cat. no. 3101.0, Canberra, Australian Capital Territory, 2015. [↑](#endnote-ref-1)
2. Australian Bureau of Statistics, 2015, loc. cit. [↑](#endnote-ref-2)
3. Australian Bureau of Statistics, Migration, cat. no.3412.0, Canberra, Australian Capital Territory, 2016. [↑](#endnote-ref-3)
4. Queensland Mental Health Commission, Queensland Suicide Prevention Action Plan 2015–17, Brisbane, Queensland, 2015. [↑](#endnote-ref-4)
5. Department of Communities, Child Safety and Disability Services, Living away from home, Children in out-of-home-care, Brisbane, Queensland, 2016, <www.communities.qld.gov.au/childsafety/about-us/our-performance/ongoingintervention-phase/living-away-from-home>. [↑](#endnote-ref-5)
6. E Bexley, S Daroesman, S Arkoudis & R James, University student finances in 2012, A study of the financial circumstances of domestic and international students in Australia’s universities, Centre for the Study for Higher Education, Melbourne, Victoria, 2013. [↑](#endnote-ref-6)
7. Queensland Health, The health of Queenslanders 2014: fifth report from the Chief Health Officer, Brisbane, Queensland, 2014. [↑](#endnote-ref-7)
8. Australian Bureau of Statistics, Census of population and housing: estimating homelessness, 2011, cat. no.2049.0, Canberra, Australian Capital Territory, 2012. [↑](#endnote-ref-8)
9. Australian Bureau of Statistics, 2015, loc. cit. [↑](#endnote-ref-9)
10. United Nations Youth, Youth participation fact sheet, UNDESA, 2016, <www.un.org/esa/socdev/documents/ youth/fact-sheets/youth-participation.pdf>. [↑](#endnote-ref-10)
11. Foundation for Young Australians, Backing young Australians: Foundation for Young Australians 2016 election platform, 2016, <www.fya.org.au/wp-content/ uploads/2016/05/FYA-Election-Platform-FINAL.pdf >. [↑](#endnote-ref-11)
12. Department of Communities, Child Safety and Disability Services, 2016, loc. cit. [↑](#endnote-ref-12)
13. Australian Bureau of Statistics, Estimates of Aboriginal and Torres Strait Islander Australians, June 2011, cat.no. 3238.0.55.00, Canberra, Australian Capital Territory, 2015. [↑](#endnote-ref-13)
14. Ibid. [↑](#endnote-ref-14)
15. Department of Education and Training, Annual report 2015–2016, Brisbane, Queensland, 2016. [↑](#endnote-ref-15)
16. Multicultural Youth Advocacy Network (Australia), The CALD Youth Census Report 2014, <http://www.cmy.net.au/sites/default/files/publication-documents/ CALD%20Census%20Report\_Digital.pdf>. [↑](#endnote-ref-16)
17. Australian Human Rights Commission, Face the facts: Lesbian, Gay, Bisexual, Trans and Intersex People, 2016, <https://www.humanrights.gov.au/face-facts-lesbian- gay-bisexual-trans-and-intersex-people>. [↑](#endnote-ref-17)
18. Ibid. [↑](#endnote-ref-18)
19. Ibid. [↑](#endnote-ref-19)
20. Queensland Government, Disability statistics, <www.qld.gov.au/disability/community/disability-statistics/>. [↑](#endnote-ref-20)
21. Ibid. [↑](#endnote-ref-21)
22. Carers Queensland, The YSCI young carers support toolkit, <www.carersqld.asn.au/wp-content/uploads/ YCSI-YC-toolkit-Digital-copy.pdf>. [↑](#endnote-ref-22)
23. Australian Bureau of Statistics, Caring in the community, Australia, cat. no. 4436.0. Canberra, Australian Capital Territory, 2012. [↑](#endnote-ref-23)
24. Australian Government Office for Women, Gender balance on Australian Government Boards report 2011–2012, a statistical analysis of the gender composition of Australian Government boards and authorities, Canberra, Australian Capital Territory, 2012. [↑](#endnote-ref-24)
25. Australian Bureau of Statistics, Australian social trends, March 2011, year 12 attainment, cat. no. 4102.0,Canberra, Australian Capital Territory, 2011. [↑](#endnote-ref-25)
26. Queensland Government, Queensland Women 2015, Brisbane, Queensland, <www.communities.qld.gov. au/resources/communityservices/women/qld- women-2015.pdf>. [↑](#endnote-ref-26)
27. Ibid. [↑](#endnote-ref-27)
28. Queensland Government Statisticians Office, Regional youth unemployment, August 2016, Brisbane, Queensland. [↑](#endnote-ref-28)
29. R Levine Coley, T Leventhal, A Doyle Lynch & M Kull, How housing matters, MacArthur Foundation, 2013,<www.macfound.org/media/files/HHM\_Research\_Brief\_-\_September\_2013.pdf>. [↑](#endnote-ref-29)
30. C Susilawati & L R Wong, Barriers to entering affordable home ownership for young people: a preliminary study from the university students’ perspectives, paper prepared for the 20th Annual Pacific-Rim Real Estate Society Conference, Christchurch, New Zealand, 19–22 January 2014. [↑](#endnote-ref-30)
31. Ibid. [↑](#endnote-ref-31)
32. Ibid. [↑](#endnote-ref-32)
33. P Crane, J Kaur & J Burton, Homelessness and leaving care: The experiences of young adults in Queensland and Victoria, and implications for practice, Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA), Canberra, Australian Capital Territory, 2014. [↑](#endnote-ref-33)
34. Ibid. [↑](#endnote-ref-34)
35. P Flatau, M Thielking, D MacKenzie & A Steen, The cost of youth homelessness in Australia study, snapshot report 1, The Australian youth homeless experience, ARC Linkage research project, 2015. [↑](#endnote-ref-35)
36. R Eime, J Young, J Harvey, M Charity & W Payne, ‘A systematic review of the psychological and social benefits of participation in sport for children and adolescents: Informing development of a conceptual model of health through sport’, International Journal of Behavioral Nutrition and Physical Activity, vol. 10, no. 98, 2013. [↑](#endnote-ref-36)
37. Mission Australia, Young People’s mental health over the years: youth survey 2012–14, <www. missionaustralia.com.au/publications/research/young- people/doc\_download/399-youth-surveymental-health-report-2015>. [↑](#endnote-ref-37)
38. Australian Bureau of Statistics, Causes of death Australia 2015, cat no. 3303.0, Canberra, Australian Capital Territory, 2016. [↑](#endnote-ref-38)
39. Foundation for Young Australians, The new work order: ensuring young Australians have skills and experience for the jobs of the future, not the past, Melbourne, Victoria, 2015. [↑](#endnote-ref-39)
40. Australian Clearinghouse for Youth Studies, Face the facts: youth income support in Australia, Hobart, Tasmania, 2013. [↑](#endnote-ref-40)
41. Foundation for Young Australians, 2015, loc. cit. [↑](#endnote-ref-41)
42. Department of Employment, Employment projections:2016 Report, Australian Government, Canberra, Australian Capital Territory, 2016, <http://lmip.gov.au/default.aspx?LMIP/EmploymentProjections>.

    © The State of Queensland (Department of Communities, Child Safety and Disability Services) 2017

    Copyright protects this publication. Excerpts may be reproduced with acknowledgement of the State of Queensland (Department of Communities, Child Safety and Disability Services).

    Department of Communities, Child Safety and Disability Services

    GPO Box 806, Brisbane QLD 4001

    www.communities.qld.gov.au

    Tyler Russell: Winner of the Queensland Youth Strategy design competition

    The Queensland Government invited first-year visual communication students at Queensland University of

    Technology to participate in a competition to create a design for the Queensland Youth Strategy. The Minister

    for Youth, the Honourable Shannon Fentiman MP, chose the winning design, created by Tyler Russell.

    Tyler is a Bachelor of Design (Honours) student majoring in interactive and visual design. She is inspired

    by the social and cultural impact of larger-scale design. She is also an avid blogger, publishing regularly on

    fashion, haute couture and styling. [↑](#endnote-ref-42)