

QUEENSLAND HEALTHY STRATEGY

Consultation discussion paper 2022
for young people (12–25 years)



Queensland
Government

Acknowledgement of Country

The Queensland Government acknowledges Aboriginal and Torres Strait Islander peoples as the First Australians. We recognise their cultures, histories and diversity and their deep connection to the lands, waters and seas of Queensland and the Torres Strait.

We honour and pay our respects to Elders past, present and emerging. We acknowledge the role that First Nations young people play in their communities and are committed to empowering and supporting First Nations young people as emerging leaders to build a bright future for themselves, their families and their communities.

Thank you

Thank you to all the young people who shared their stories, ideas and experiences in the development of this discussion paper, including members of the Youth Strategy Engagement Group and the First Nations Strategy Engagement Group. Your feedback has provided the foundation for this important discussion and ensures the voices of young Queenslanders are reflected. We look forward to continuing to collaborate with you throughout development of the new Queensland Youth Strategy.

Minister's message

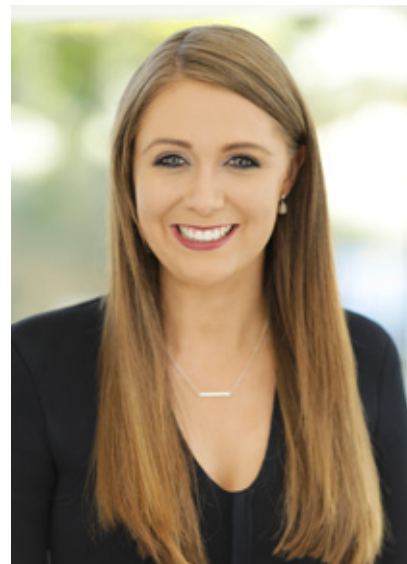
The energy, passion and resilience of young people never ceases to inspire me. You are a group of dynamic, vibrant, and innovative individuals who are seeking opportunities to have your voices heard and effect the change needed to shape your own future.

As we look to the next decade, you will be in leadership positions and Queensland will be hosting the Brisbane 2032 Olympic and Paralympic Games, I want to ensure that you have the opportunity to shape that future.

A key part of that will be ensuring our First Nations young people's voices are heard and that we support them in the Treaty process to take part in truth telling and healing.

To make sure we get this right, statewide consultation is being undertaken to inform the new Queensland Youth Strategy. I encourage you to have your say and share your ideas, experiences and opinions about the issues that are important to you and how the government can continue to engage with you to respond to your needs.

I look forward to hearing your feedback so we can deliver a strategy that sets a clear plan of how we will continue to work with you to build a stronger, brighter future for you, your communities and Queensland.



Meaghan

Meaghan Scanlon MP

Minister for the Environment and the Great Barrier Reef and Minister for Science and Youth Affairs

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Introduction

Young people* make up almost 1 in 5 Queenslanders, representing a powerful voice across our state's population. Your views and ideas are critical to shape the best future for our state.

The Queensland Government's vision is for young people to actively contribute to Queensland's economic, civic and cultural life.

Since the current *Queensland Youth Strategy: Building young Queenslanders for a global future* was released in 2017, we've worked hard to provide young people with opportunities to develop their skills and knowledge through youth leadership and youth engagement initiatives. We continue to support opportunities so you can share your ideas, opinions, and experiences to inform the policies, programs and services that impact you.

The world has changed a lot in the past five years, so it's time to develop a new Queensland Youth Strategy that reflects the new environment.

We're looking for your input into the new strategy to ensure it reflects the current issues and challenges you're facing now and into the future.

We know that young people are concerned about a number of issues including:

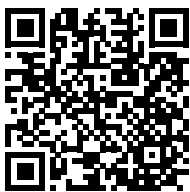
- climate change
- mental health
- housing
- education and employment
- living independently
- opportunities to engage with government.

Consultation on the development of the new strategy provides an opportunity for you to champion the issues that matter to you and help shape your future.

(*For the purposes of the Queensland Youth Strategy, young people are aged between 12 and 25 years.)

Find out more

[Queensland Government Youth Investment](#)



[Youth information and services](#)



Snapshot

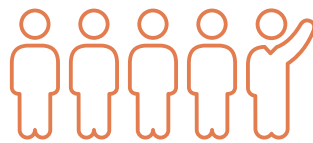
Young people in Queensland



931,800

young people aged 12–25 years
living in Queensland

*Source: Australian Bureau of Statistics
(Estimated residential population as at
March 2022)*



Almost

1 in 5

people in Queensland
are young people



44,204

young people aged 15–24 years
identify as being Aboriginal or
Torres Strait Islander

*Source: Australian Bureau of Statistics,
Queensland: Aboriginal and Torres Strait
Islander population summary 1/07/2022*



Issues and concerns



97%

of Youth Allowance is required to rent a studio or one-bedroom property in Brisbane and 65% of Youth Allowance is required for a shared rental

Source: Rental Affordability Snapshot 2021



43%

of young people aged 18–24 years said climate change was the biggest issue affecting their generation

Source: Triple J's What's up in your world survey



33.3%

of young Queenslanders aged 15–19 years reported the environment as a key national issue

Source: Tiller, E., Fildes, J., Hall, S., Hicking, V., Greenland, N., Liyanarachchi, D., and Di Nicola, K. 2020, Youth Survey Report 2020, Sydney, NSW: Mission Australia



more than
43.6%

of young Queenslanders felt some barriers affected their study or work goals

Source: Tiller, E., Fildes, J., Hall, S., Hicking, V., Greenland, N., Liyanarachchi, D., and Di Nicola, K. 2020, Youth Survey Report 2020, Sydney, NSW: Mission Australia



38%

of young Queenslanders aged 15–19 years reported mental health as a top concern for them

Source: Tiller, E., Fildes, J., Hall, S., Hicking, V., Greenland, N., Liyanarachchi, D., and Di Nicola, K. 2020, Youth Survey Report 2020, Sydney, NSW: Mission Australia





9.5%

unemployment rate for young people aged between 15–24 years in Queensland

Source: QGSO Regional Youth Unemployment August 2022



Get involved

1. Take the online survey at www.des.qld.gov.au/YouthStrategy-YouthSurvey
2. Share your thoughts on our digital Ideas Board at www.des.qld.gov.au/YouthStrategy-IdeasBoard
3. Tell us what you think on social media
  @QueenslandYouth
4. Provide a written submission. This could include a photo, drawing, artwork, letter or similar. If you want to provide a written response, you can:
 - email to: youth@des.qld.gov.au OR
 - mail to: Office for Youth
GPO Box 2454
Brisbane City, QLD 4001
5. Visit us at a community event
Find out more at www.des.qld.gov.au/YouthStrategy-YouthConsultation

The closing date for submissions is **5pm 25 NOVEMBER 2022**.



Translation and interpreting services

The Queensland Government is committed to providing accessible services to Queenslanders including those from all culturally and linguistically diverse backgrounds. Those who require interpreter support due to having English as a second language, please contact call the Translating and Interpreting Service (TIS National) on 131 450 and ask them to telephone department of Environment and Science Library Services on +61 7 3170 5470 .

What we've already heard from young people

Through a range of existing engagement events, activities and other mechanisms, we've heard from young people about the issues that are important to them now and into the future.

PLACE

Climate change is the biggest issue affecting their generation according to 43% of young people aged 18–24 years.¹

Climate change

What you said

- We understand climate change and that the extreme heat waves and floods are happening because of it.
- We will bear the impacts of climate change while having done little to cause it.

What you want

- More information and practical help on how to deal with climate change.

Land, air and water country

First Nations' perspective

What you said

- There are lessons to be learned from First Nations peoples. Traditional management techniques have been shown to help with managing climate change, bushfires and sustainable farming.
- Climate justice and the protection of Country and sacred sites are important for healing.
- Gaps in services affect chances in life, especially in remote communities.

What you want

- Culturally safe spaces for First Nations young people.
- Further incorporating First Nations knowledge and traditional management techniques when looking after land.

¹ Triple J's What's up in your world survey

Places and spaces

What you said

- Online security is very important.
- Reliable digital access is essential in rural, regional and remote areas.



What you want

- To be involved in the design of places and spaces.
- To be offered jobs and training in designing places and spaces.
- More safe spaces to hang out and act our age, including spaces for those who identify as LGBTQIA+, and those who live with a disability including mental health impacts.
- More to do in rural and regional areas, to support the healthy development of young people.
- Access to greenspace and healthy environments for sport and recreation.
- More eco-friendly buildings (for example, use fewer resources and produce fewer emissions and waste).

Transport

What you said

- Transport helps us be independent.
- A lack of transport options in regional and remote areas can cause us to leave our communities.
- Low-cost public transport:
 - ▶ helps with access to jobs and study
 - ▶ is better for the environment (compared to single-occupancy vehicles)
 - ▶ needs to be useable by people with disabilities.

What you want

- Better public transport options in rural areas.
- Low-cost public transport in towns and cities that are easy to walk around.



Have your say

Here's some thought starters to help you think about what other feedback you may want to provide.

- What do you enjoy about living in Queensland?
- How is climate change impacting your lifestyle and the places and spaces you enjoy?
- What more could the Queensland Government do to manage climate change and make Queensland more resilient?
- What specific information about tackling climate change would you find helpful?
- How would you like to engage with government to influence how it's addressing these issues?
- Are there any other issues in relation to this topic that need to be considered in the new Queensland Youth Strategy?



*“The climate crisis—
we as a generation
have to deal with it”*

– Youth Strategy Engagement Group member

SUCCESS

In August 2022, the youth unemployment rate for young people aged 15–24 years in Queensland was 9.5%.³

Education, training and work

What you said

- There needs to be better support and safety for those who are neurodiverse².
- Schools need to have better culturally safe environments for students.

What you want

- Long-term, quality work.
- Jobs in areas we are passionate about.
- Access to life-long job training to keep up with the digital age.
- Education that enables better support for the diverse needs of students.
- Opportunities to gain skills in the fields of innovation and digital environments.
- More support for students looking to start a business.

Transition to adulthood

What you said

- We don't feel prepared for the transition to adulthood including financial skills and moving out of home.

What you want

- The skills and support to become independent.

² Neurodiverse means showing patterns of thought or behaviour that are different from those of most people, though still part of the normal range in humans.

³ Regional youth unemployment, August 2022 (qgs0.qld.gov.au)

Housing

What you said

- It's hard to find housing that is affordable.
- There's not enough safe, secure crisis-housing available that is culturally appropriate.
- Overcrowding in houses is a concern in some remote communities.

What you want

- More inclusive services for those experiencing, or at risk of, homelessness.
- Safe, low-cost, suitable housing to help us be independent.
- Access to safe and secure rental housing.
- Social housing that is free from stigma and is culturally safe.

Cost of living

What you said

- We have to juggle many jobs and study to make ends meet.
- We struggle to afford things we need like food, bills, transport, healthcare or sanitary products.

What you want

- To have enough money for basic things and housing is one of the most important things for our wellbeing.



Young people aged 12–24 years make up more than 20% of people experiencing homelessness in Queensland.⁴

⁴ Australian Bureau of Statistics: Census- population-and-housing-estimating-homelessness



Have your say

Here's some thought starters to help you think about what other feedback you may want to provide.

- What does success look like for you?
- What more could the Queensland Government do to support you to be successful in your life and career choices?
- What specific information about this topic would you find helpful?
- How would you like to engage with government to influence how it's addressing issues that influence your ability to succeed?
- Are there any other issues in relation to this topic that need to be considered in the new Queensland Youth Strategy?



“[Young people want] to think and believe that their goals and aspirations are achievable.”

– First Nations Strategy Engagement group member

WELLBEING

Almost 38% of young Queenslanders aged 15–19 years reported mental health as a top concern for them.⁵

Healthy relationships

What you said

- Stable and healthy relationships are important.
- Domestic and family violence impacts young people's physical and mental health. It affects young people's housing, jobs and study.
- Adequate support for young victims and perpetrators of domestic violence can be difficult to access.

What you want

- A stronger response to sexual assaults.
- Easier and more access to domestic and family violence information and support for victims and perpetrators.
- More education from an earlier age about respectful relationships.



⁵ Tiller, E., Fildes, J., Hall, S., Hicking, V., Greenland, N., Liyanarachchi, D., and Di Nicola, K. 2020, Youth Survey Report 2020, Sydney, NSW: Mission Australia

Mental health

What you said

- Rates of depression and anxiety are increasing.
- Youth suicide needs to be prevented.
- Poor body image and eating disorders are being experienced by many.
- Loneliness got worse through COVID-19.
- It's hard to get help if you're under 18 years old.
- Mental health treatment is expensive and has long wait lists.
- Complex health needs are not taken seriously.

What you want

- Improved access to mental health and addiction services, especially in rural areas.
- Psychologists from different races and backgrounds.
- Better access to health support services before things get bad.
- Culturally safe health services.
- Medical services should send texts or emails rather than letters.
- Better access to health services (e.g. free transport to the clinic location).

Physical health

What you said

- In remote places, there are fewer food options and it is more expensive.
- There's stigma associated with, and less access to, traditional Indigenous foods in remote areas.
- Making good lifestyle choices is hard and expensive.
- There are high rates of diseases (e.g. type 2 diabetes) in some First Nations communities.
- The peer pressure to binge drink and take recreational drugs is high for some.
- There's a lack of information about the health risks of vaping.
- Specialist health services in remote and rural areas are difficult to access.



Have your say

Here's some thought starters to help you think about what other feedback you may want to provide.

- What are the things that impact your wellbeing?
- What impact does mental health and wellbeing have on your life?
- What more could the Queensland Government do to support you with your wellbeing?
- What specific information about this topic would you find helpful?
- How would you like to engage with government to influence how it's addressing wellbeing issues?
- Are there any other issues in relation to this topic that need to be considered in the new Queensland Youth Strategy?

“We shouldn't feel shame in asking for help. There is stigma around seeking help. Young people don't go to the doctor or dentist before things get bad because of high costs.”

– Youth Strategy Engagement Group member



DIVERSITY

Equity and discrimination are in the top 3 issues of national concern for young people.⁶

Equity for all

What you said

- We care about our culture, communities and environment.

Culturally and linguistically diverse young people

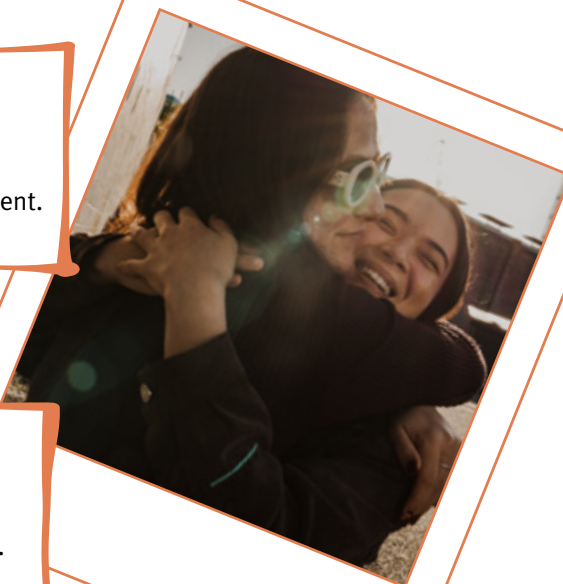
What you said

- Racism and discrimination continue to affect our lives.

LGBTQIA+ young people

What you said

- Support is needed for those trying to come out.
- There's still stigma associated with, and discrimination of, LGBTQIA+ communities.



⁶ Tiller, E., Greenland, N., Christie, R., Kos, A., Brennan, N., & Di Nicola, K. (2021). Youth Survey Report 2021. Sydney, NSW: Mission Australia.

Young people with disability

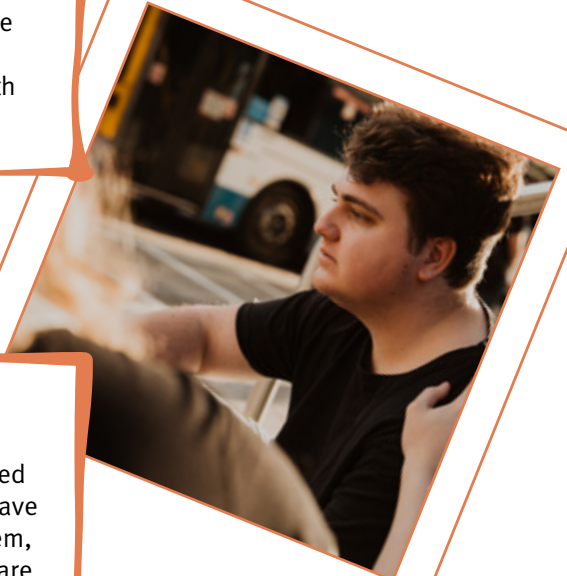
What you said

- Organisations need to be more responsive to the needs of those living with disability.

Young people who have been in the justice system, in care, or parents or carers

What you said

- It's hard to access tailored support for those who have been in the justice system, who are in care, or who are carers themselves.
- There's pressure on young parents to juggle work and study.
- There's money stress and a lack of support.



What you want

- To be accepted, respected and valued at home, in the community and online.
- To be connected to our culture, language, beliefs and identity.
- To be safe and to be treated fairly.
- To have equal access to opportunities irrespective of circumstances.
- For government to reflect the ideas and needs of all young people.
- Wrap-around health, education and employment support services and systems that are easy to navigate.
- Specific services for First Nations young people that fix multiple problems at a time.
- Services that work together across different issues.
- More diverse leaders.



Have your say

Here's some thought starters to help you think about what other feedback you may want to provide.

- How does having a diverse population of young people make Queensland a better place to live?
- What more could the Queensland Government do to improve diversity and inclusion?
- What specific information about this topic would you find helpful?
- How would you like to engage with government to influence how it's addressing diversity issues?
- Are there any other issues in relation to this topic that need to be considered in the new Queensland Youth Strategy?



57.1% of young people witnessed unfair treatment due to a person's race/cultural background, and half had witnessed unfair treatment due to a person's sexuality.⁷

⁷ Tiller, E., Greenland, N., Christie, R., Kos, A., Brennan, N., & Di Nicola, K. (2021). Youth Survey Report 2021. Sydney, NSW: Mission Australia.

FIRST NATIONS YOUNG PEOPLE

First Nations' perspective

What you said

- First Nations young Queenslanders include diverse groups of people who face unique realities and challenges.
- Systems and services don't recognise cultural identity resulting in some First Nations young people feeling a sense of shame and guilt.
- There often isn't access to health and education that is right for First Nations people and culture.
- First Nations young people carry inter-generational trauma from Australia's colonial history.
- Racism and discrimination are still big problems that can have lasting impacts on wellbeing.
- We have powerful voices that must be heard and valued.
- Food security needs to be improved (i.e. culturally appropriate food in rural and remote communities).

44,204 (18.6%) of Queenslanders aged 15–24 years identified as being Aboriginal or Torres Strait Islander on the 2021 Census.⁸

What you want

- A treaty with First Nations peoples.
- Emerging Indigenous leaders want to see a new positive story for their people.
- Truth-telling through teaching the history and impact of colonisation.
- To feel a strong sense of self and cultural identity.
- Short-term fixes and longer-term strategies.
- Clear government goals.
- The government tells young people about the progress on the goals.
- Youth champions in each department.
- Simple systems across government.
- Government teams working together.
- Money towards what is already working.
- Government to have ongoing conversations with young people.
- Skilling teachers to teach true history and to provide culturally safe learning environments.
- Conversations to be culturally safe and use the right facilitator.
- Safe spaces to help people feel included.
- Access to better and nutritious food in communities.

⁸ Australian Bureau of Statistics, Queensland: Aboriginal and Torres Strait Islander population summary 1/07/2022



Have your say

Here's some thought starters to help you think about what other feedback you may want to provide.

- How can the traditional knowledge and perspectives of First Nations young people help make Queensland a better place to live?
- What more could the Queensland Government do to address First Nations issues?
- What specific information about this topic would you find helpful?
- How would you like to engage with government to help influence how it's addressing issues relating to First Nations young people?
- Are there any other issues in relation to this topic that need to be considered in the new Queensland Youth Strategy?



“Decisions made alongside our Traditional Owners and Elders, not just made for them.”

– Youth Strategy Engagement Group member

RESPONSIVE GOVERNMENT

Youth engagement

What you said

- We don't always know when and how we can get involved.
- There should be more inclusive ways to get involved.
- There are too many young people not engaged with government.



What you want

- More chances to speak with government and decision-makers directly, especially in regional areas.
- To have young people's voices reflected in laws and policies.
- To be involved in government programs that impact us.
- To be involved through all stages of government policy, program and service development, from design to delivery.
- Culturally sensitive engagement.
- To be able to speak to government to drive visible and meaningful change.
- Education on how to get involved in government.
- Education on how speaking to government changes society.

Leadership

What you said

- We know what we want and need from government.

What you want

- For government to trust us to speak with maturity on issues that matter to us.
- For government to listen to young people from all different backgrounds.
- Decision-makers who are open and make real action.
- Leaders from all different backgrounds.

Voting

What you said

- We have a right and responsibility to vote.
- We understand that we can have our say and speak to our local, state, or federal members about issues important to us.

What you want

- The knowledge and skills on how to vote.
- To understand the democratic system of government.





Have your say

Here's some thought starters to help you think about what other feedback you may want to provide.

- Have you been involved in any opportunities to engage with government decision making/decision makers?
- What more could the Queensland Government do to improve opportunities for youth engagement in its decision making?
- What more could the Queensland Government do to be responsive to the needs of young people?
- What specific information about engaging with government would you find helpful?
- Are there any other issues in relation to this topic that need to be considered in the new Queensland Youth Strategy?

“People need to feel there will be real, tangible outcomes when they give their opinion/input.”

– Youth Strategy Engagement Group member





www.qld.gov.au/YouthStrategyConsultation