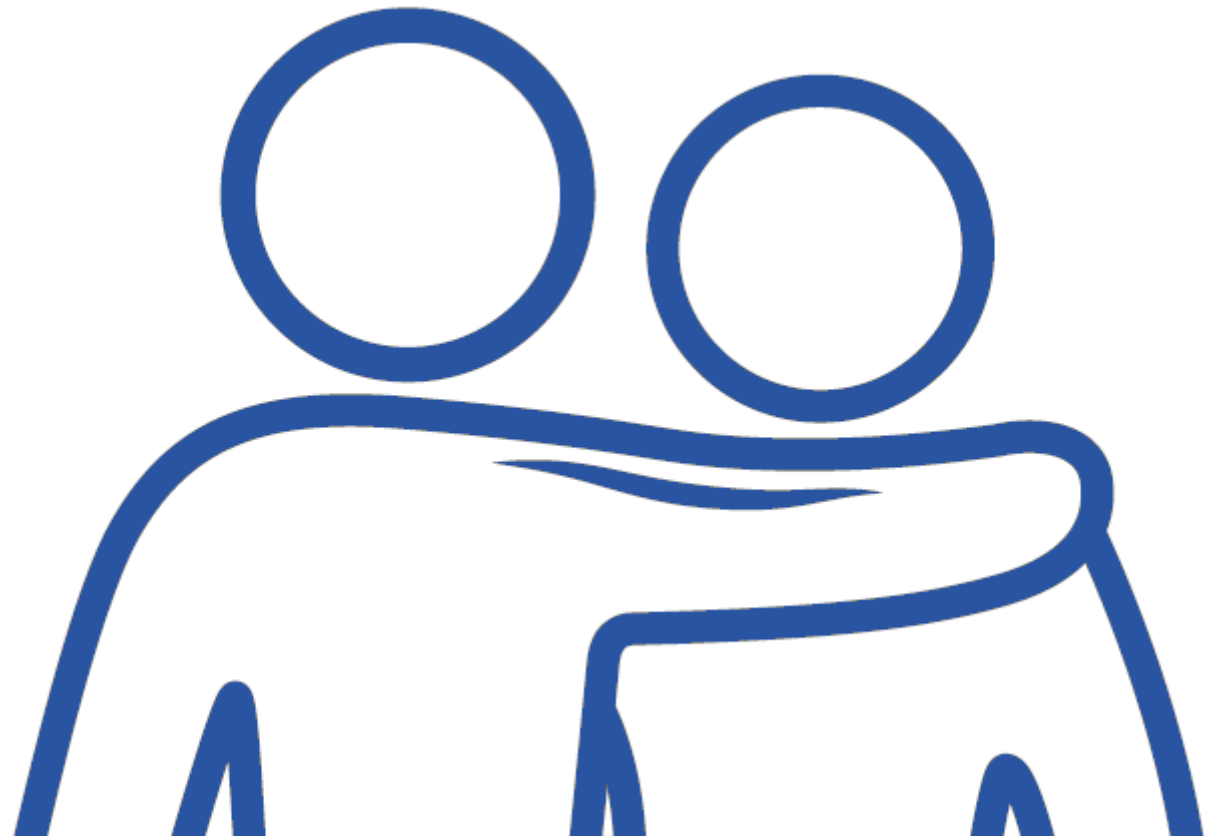


Bayside City Council



Youth Action Plan

2017-2021



Background

The *Youth Action Plan* is part of a suite of action plans that respond to the *Wellbeing for All Ages and Abilities Strategy 2017-2021* (WAAA).

The WAAA outlines the health and wellbeing priorities for Bayside City Council over the next four years. The WAAA has been developed in consultation with the community and through collaboration with key agencies, partners and stakeholders.

The WAAA includes three goals and twelve objectives that have been identified through comprehensive research, analysis and consultation processes. Key themes identified through these processes related to:

- An engaged and supportive community which allows people from all ages and abilities access to services and resources that enhance their wellbeing. Social connectedness and social inclusion were identified as important in sustaining positive mental health and resilience.
- Increased participation in health assessments and being physically active were identified as significant in maintaining and protecting the longevity of good health and wellbeing. Increasing the resilience of young people was identified as important by the Bayside community.
- An environment where people can live, work and play safely was also identified as important with consideration of issues related to crime, family violence, and safety in the home and in public places highlighted.

Plan focus

This action plan focuses on new or revised actions which have health and wellbeing benefits for young people. In addition to the actions outlined in this action plan, Council delivers a diverse range of services that support the health and wellbeing of the Bayside community. Services for young people provided by Council include:

- Counselling;
- Events and group activities;
- School holiday program; and
- Programs delivered in schools.

Bayside's commitment to disability

Bayside City Council is working in partnership with the community to enhance the health and wellbeing of people with a disability. Council values the unique contribution that all people make to their community and recognises the complex physical, social and emotional challenges that can exist for people with a disability. Activities targeting people with disabilities are integrated and reflected across the suite of action plans to address the Disability Act 2006.

Development and delivery of the actions plan

Partnerships are a key principle of the WAAA, with a focus on capacity building, delivering high quality strategies, and reducing duplication and fragmentation of effort. Actions have been developed and will be delivered in partnership with the community and a range of internal and external partners as relevant.

The Bayside Youth Ambassadors and the Bayside Healthy Ageing Reference Group (BHARG) are community based reference groups that regularly provide feedback to inform Council plans and strategies.

The *Youth Action Plan* has been developed in conjunction with these groups. These groups will continue to support the implementation and annual review processes.

Measuring success

This action plan will be reviewed annually, to ensure its' relevance and to respond to the changing needs of the Bayside community. The goals and objectives of the WAAA will be monitored through the separate WAAA Evaluation Plan and will be reported to Council on an annual basis.

How to read the Action Plan

Goals and objectives: The goals and objectives of the *Youth Action Plan* align directly to the goals and objectives of the WAAA.

Actions: Actions outline the activities that Council and/or partners will undertake to achieve the objectives.

Measure: Measures outline how we will assess the achievement of our actions.

Timeline: The estimated start and completion date for each action.

Lead and partners: This area identifies who will be involved in the delivery of actions either in a lead role or supporting role. Council program areas are identified with an asterisk.

Goal 1 An engaged and Supportive Community

Objective 1.1 Improve mental health and resilience

Actions	MEASURE	LEAD + PARTNERS <small>*Denotes Council Program Area</small>	TIMELINE
Deliver mental health education to schools, parents, and community groups	<ul style="list-style-type: none"> • Minimum of 2 Mental Health First Aid training programs delivered each year for 15 participants per program • 2 parent education sessions delivered each year for 100 participants per session • Increased % of young people with positive mental health measured through the Youth Resilience Survey 	<ul style="list-style-type: none"> • Youth Services* (lead) • Bayside Schools • Sporting Clubs 	2018-2021
Increase awareness of positive mental health through R U OK Day and mental health week events	<ul style="list-style-type: none"> • 2 events delivered each year during Mental Health Week and R U OK day 	<ul style="list-style-type: none"> • Youth Services (lead) • Arts & Culture* • Libraries* • Community Wellbeing* 	2018-2021
Identify and deliver a bullying prevention program in partnership with schools	<ul style="list-style-type: none"> • 2 programs delivered each year for 20 participants each program • Decreased % of young people experiencing bullying in schools 	<ul style="list-style-type: none"> • Youth Services* (lead) • Bayside Schools • Headspace 	2018-2021

<p>Identify and deliver education sessions and workshops that assist young people to manage stress, anxiety and depression, in partnership with other stakeholders</p>	<ul style="list-style-type: none"> • 3 education programs delivered each year for 20 participants per program • Pre and post participant feedback • Decreased % of young people experiencing stress, anxiety and depression measured through the Youth Resilience Survey 	<ul style="list-style-type: none"> • Youth Services* (lead) • Headspace • Bayside Schools 	<p>2018-2021</p>
<p>Identify and deliver an education program that improves body image perceptions and self-esteem of young people</p>	<ul style="list-style-type: none"> • 1 education program delivered each year for 15 participants • Pre and post participant feedback • Decreased % of young people experiencing low self-esteem measured through the Youth Resilience Survey 	<ul style="list-style-type: none"> • Youth Services* (lead) 	<p>2018-2021</p>

Objective 1.2 Support opportunities that build social networks and community connections

Identify and deliver intergenerational programs that respond to community needs and interests	1 continuing program delivered	<ul style="list-style-type: none"> Youth Services* (lead) Family Services* Aged and Disability Services* Libraries* Arts and Culture* Community Wellbeing* 	2020-2021
Develop a communication plan to increase awareness of available local services and programs	<ul style="list-style-type: none"> Communication plan developed and delivered Increased community knowledge of available services and programs 	<ul style="list-style-type: none"> Youth Services* (lead) Libraries* Arts and Culture* Community Wellbeing* 	2018 - 2019
Identify inclusive recreation options for young people aged 18 to 25 years who have a disability	<ul style="list-style-type: none"> Existing recreational options mapped and promoted Increased participation 	<ul style="list-style-type: none"> Youth Services* (lead) Recreation and Events* 	2018-2019

Objective 1.3 Strengthen volunteerism

Recognise youth participation in volunteering through provision of biennial youth awards program	<ul style="list-style-type: none"> 30 young people nominated for youth awards 	<ul style="list-style-type: none"> Youth Services* (lead) Youth Ambassadors 	2018- 2021
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Goal 3 Safe and Sustainable Environments

Objective 3.1 Reduce family violence

Actions	MEASURE	LEAD + PARTNERS <small>*Denotes Council Program Area</small>	TIMELINE
Work with Victoria Police and Headspace to identify and deliver family violence prevention programs in schools	<ul style="list-style-type: none"> Increased % of young people with healthy attitudes toward violence measured through the Youth Resilience Survey 	<ul style="list-style-type: none"> Youth Services* (lead) Victoria Police Headspace Bayside Schools 	2019-2021

Objective 3.2 Reduce consumption of alcohol and other drugs

Deliver alcohol and drug education to reduce the impact of misuse by young people	<ul style="list-style-type: none"> 4 education activities provided each year for 100 year 8 students in four secondary schools Decreased % of young people drinking alcohol measured through the Youth Resilience Survey 	<ul style="list-style-type: none"> Youth Services* (lead) Community Wellbeing* Taskforce 	2018-2021
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Objective 3.3 Improve community safety

Deliver graffiti education programs for young people in partnership with Victoria Police

- 3 graffiti education programs delivered to year 5 and year 8 students annually
- 30 participants annually
- Reduction in number of graffiti removal requests

- Youth Services* (lead)
- Victoria Police

2017-2021

Deliver cyber safety education to parents to support the digital safety of children and young people

- Decreased % of number of young people being bullied online measured through the Youth Resilience Survey

- Youth Services* (lead)
- Family Services*
- Libraries*
- Bayside Schools
- Victoria Police

2019-2021

Objective 3.4 Improve environmental sustainability

Identify and deliver an activity that raises the awareness of young people on environmental sustainability

1 activity delivered each year

- Environmental Sustainability* (lead)
- Youth Services*

2018-2021