

# Hoahoa-ngātahi mō te Oranga Taiohi

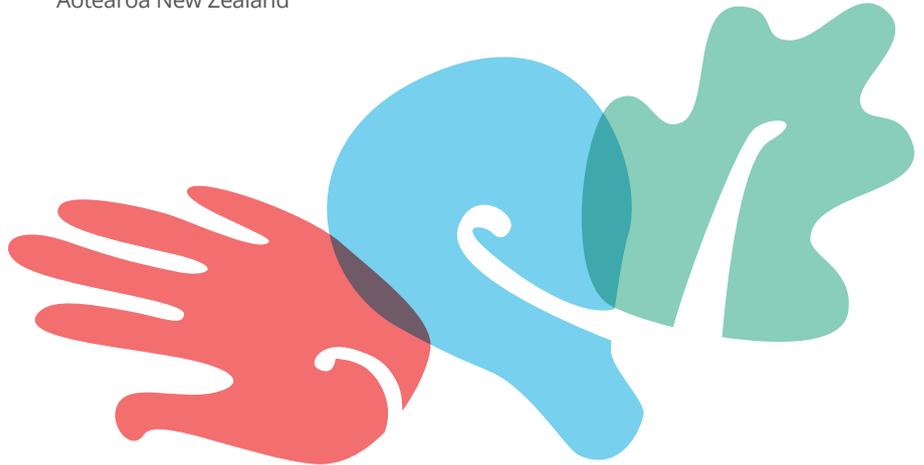
NGĀ WHAKAPĀTARI ME NGĀ WHAI  
WĀHITANGA MŌ TE WHAI WĀHI WHAITAKE

4 o Mahuru 2017  
Te Whanganui-a-Tara  
Aotearoa

# Co-design for Youth Wellbeing Symposium

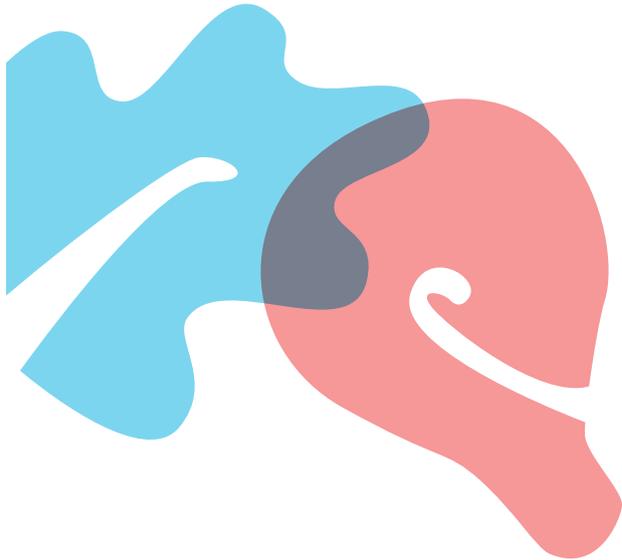
CHALLENGES AND OPPORTUNITIES  
FOR MEANINGFUL PARTICIPATION

4th September 2017  
Pōneke Wellington  
Aotearoa New Zealand



# Nau mai

Nau mai ki te Hui Hoahoa-ngātahi mō te Oranga Taiohi, he huihuinga hei hōpara i ngā whakapātari me ngā whai wāhitanga kei mua i te aroaro e tutuki ai tō tātau wawata kia whai wāhi atu te hunga taiohi ki ngā kaupapa whakahirahira o te ao. Ko te Ara Taiohi me Lifehack ngā kaiwhakahaere o te hui, mā Te Kunenga ki Pūrehuroa me te Wellington City Council hoki e tautoko.



I te roanga atu o te rā ka wetewetehia e tātau ngā take me noho māngai ngā taiohi ki roto i ngā kaupapa e pā atu ki a rātau. Ka horainate pūna mōhio e whakatipu haerehia ana i te motu me te ao mo te hui-ngātahi me haepapa kia whai wāhiatu te taiohi ki o rātau ake kaupapa. Ka tirohia e pēhea ana te āhua o te whai wāhitanga o te taiohi me ngā mahi hoahoa-ngātahi i tēnei wā i Aotearoa, ā, e pēhea ana te whakariterite a te hunga mahi tahi me ngā taiohi i roto i ngā horopaki rerekē, i ngā whakapātari, whai wāhitanga hoki o te whakatutuki i tō rātau paiherenga ki te hoahoa-ngātahi.

Ka tūhono tēnei hui i te hunga whai wāhanga nui ki te whakaawe i ngā āhuatanga mō ngā taiohi me te hunga, whakahaere mai i ngā rāngai me ngā wāhanga rereke o te kaupapa. Ka noho tahi ngā mātanga kaupapahere me ngā tohunga puta noa i te whanaketanga taiohi pai me te oranga taiohi; ka whitiwhiti kōrero ngā kaiwhakarato ratonga me ngā taiohi, ka hāngai te kōrero a ngā kairangahau ki ngā kaituku pūtea, kairato ā-roha me ngā kaituku whakatau a ngā kāwanatanga ā-rohe. Mā te mahi tahi ka tipu i a tātau ngā mōhiotanga me te hōpara i ngā aronga mō te ao anamata mō te kaupapahere me ngā tikanga mahi.

Tēnā rawa atu koe mō te whakauru mai, ā, me rātau hoki i tautoko mai kia tutuki ai tēne hui.

**Ngā mihi nui**

**Anya Satyanand mō te Ara Taiohi me Penny Hagen,  
Toni Reid, Paul McGregor me Charlotte Hayes,  
mō Lifehack**

## MAI I TE ARA TAIOHI

Ka huihui matau ki te matapaki i te hoahoa-ngātahi mō ngā taiohi i roto i tētahi āhuatanga whakapātaritari. He nui ngā tauārai o ētahi taiohi o Aotearoa e whakataumaha ana i te hauora me te oranga. Ka kaha pāngia ā tātau taiohi e te rawakore me te kimi whare, heoi, te āhua nei kua mau kē tātau ki te matapaki i ngā taiohi ki rō kaupapa ture anake. Nā ngā haumitanga pāpori kua tahuritia ngā pūtea mai i ngā mahi ārai ki ngā mahi wawao hōhonu ake.

Ahakoia ēnei whakapātari, he tino rawe ngā hua kei te puta i ngā whakahaere me ngā hunga e whakapau kaha ana ki te hāpai i te oranga taiohi me te whanaketanga o te taiohi. Ka kitea te hīkaka me te kaingākau ki tēnei hui i tō whakaaweawe, i tō mahi tahi me tō tino pūmau ki te tautoko i ngā taiohi kia puta ai hei māngai kaha mō te panonitanga.

Ko te Ara Taiohi te rōpū tiketike mō te whanaketanga taiohi i Aotearoa. Kei te mahi tahi ki te tūhonohono i te rāngai, te hiki i ngā paerewa, te taunaki i te whanaketanga me te hāpai i te toitūtanga mō ngā tāngata me ngā whakahaere e mahi tahi ana me te hunga taiohi. He tino whai hua te mahi pakihwi ki te pakihwi o ē mātau whanaunga i Lifehack mō te Hui Hoahoa-ngātahi mō te Oranga Taiohi, ā, he tukanga whakaongaonga mō te tūhono, whakamāori hoki. Kua kitea tētahi hā ōrite me te tino ū o te tautake hoahoa-ngātahi me te oranga taiohi me te whanaketanga taiohi pai me te YDSA. Ka weroa tātau e ngā putanga o tēnei rā kia whakairohia mai ngā ahunga anamata mō te whanaketanga taiohi pai i Aotearoa.

**Mauri ora!**  
**Ara Taiohi**



## HE MIHI NĀ LIFEHACK

I kōkirihia a Lifehack hei wāhanga o te Kaupapa Hauora Hinengaro Rangatahi a te Pirimia me te Pūtea Pāpāho Pāpori. Kua mutu tērā pūtea ināiane, ā, koinei te hui whakamutunga a Lifehack i mua i te mutunga hei te Whiringa-ā-nuku. E whakaata ana te hui i ngā akoranga kua whanaketia, tauratia, arotaketia hoki e mātau e pā ana ki te auahatanga o te oranga taiohi i Aotearoa i roto i te whā tau kua taha. Kei te ito o aua akoranga ko te hoahoa-ngātahi, mahi tahi ā-rāngai me te whanaketanga taiohi tino pai. Nō mātau te maringanui ki te tākoha i ēnei akoranga puta noa i te hui, ā, me te manawa reka hoki e kitea ana te kanorautanga me te hōhonutanga o ngā mahi a Lifehack puta noa i tēnei hui. He maha ngā tāngata i whai wāhi mai kia eke ai te kaupapa o Lifehack. He maha te hunga kei te hui he tohunga, he taiohi hoki i uru mai ki te kaupapa, ā, kei te ārahi i ngā kaupapa hoahoa-ngātahi me te oranga ināiane i roto i ē rātau hapori e ū ana ki te kaupapa Lifehack. Tēnā rawa atu koutou e ū ana ki tā mātau tirohanga o te taiohi e whaihua ana i Aotearoa.

**Nā mātau katoa o Lifehack**

# Welcome

Welcome to the Co-design for Youth Wellbeing Symposium, a gathering to explore the challenges and opportunities ahead in realising our collective aspiration for young people's meaningful participation in the world. The symposium is being co-hosted by Ara Taiohi and Lifehack with support from Massey University and Wellington City Council.

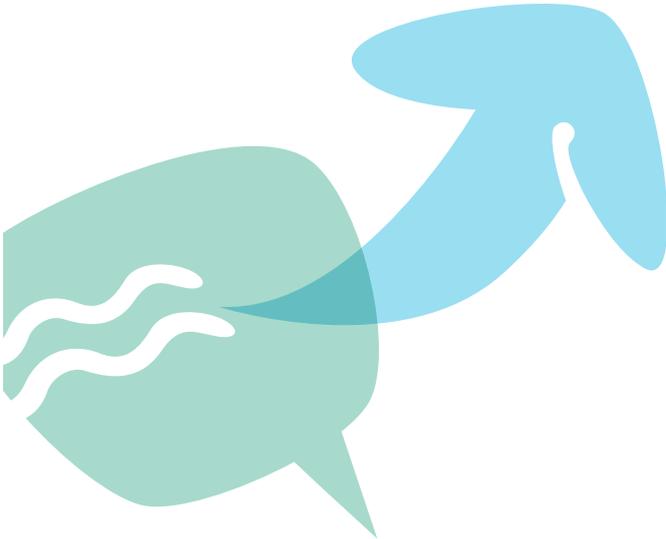
Over the course of the day we'll explore why young people should be agents in the systems that affect them. We'll share the growing knowledge base being developed locally and internationally about great co-design and participatory practice. We will look at how youth participation and co-design are happening right now in Aotearoa and how people working with young people in diverse contexts are negotiating the challenges and opportunities of following through on their commitment to co-design.

This event connects those who play a role in influencing the conditions for youth wellbeing with people and organisations from different sectors and parts of the system. Policy makers will jam with practitioners working across positive youth development and youth wellbeing; service providers will workshop with young people, researchers will get real with funders, philanthropists and decision makers from local government. Together we will grow our collective knowledge base and explore potential directions for the future for policy and practice.

Thank you for joining us, and to all those who have contributed to make the symposium possible.

**Ngā mihi nui**

**Anya Satyanand on behalf of Ara Taiohi  
and Penny Hagen, Toni Reid, Paul McGregor  
and Charlotte Hayes, on behalf of Lifehack**



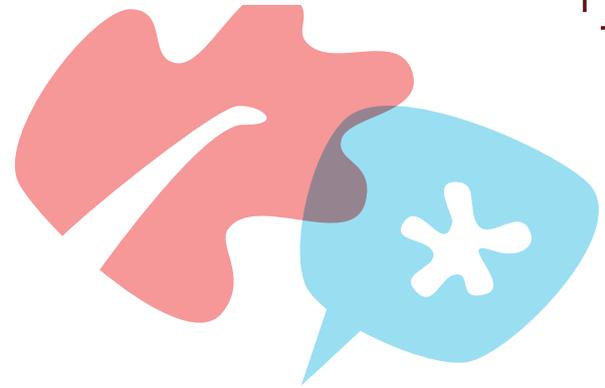
## FROM ARA TAIOHI

We meet to discuss co-design for youth wellbeing against a fairly challenging backdrop. Broadly, Aotearoa's young people face some significant barriers to their health and wellbeing, and social investment has seen resource redirected from universal prevention work to more intensive interventions.

Despite these challenges, organisations and people working to support and promote youth wellbeing and positive youth development are doing incredible things. The enthusiasm and appetite for this symposium is evidence that you're inspired about this, you're collaborative and you're deeply committed to supporting young people to become powerful agents of change.

Ara Taiohi is the peak body for youth development in Aotearoa. We're working to connect the sector, raise the standards, champion youth development and promote sustainability for people and organisations working with young people. Working with our whanaunga at Lifehack on the Co-Design for Youth Wellbeing Symposium has been a hugely rewarding and inspirational process. The language and philosophy of co-design and youth wellbeing reflect the Youth Development Strategy Aotearoa. The outcomes of today will challenge us to carve the future direction for positive youth development in Aotearoa.

**Mauri ora!**  
**Ara Taiohi**



## A THANK YOU FROM LIFEHACK

Lifehack was initiated as part of the Prime Minister's Youth Mental Health Project and Social Media Fund. That funding has now ended and the symposium is Lifehack's last event before we wrap up in October 2017. The event reflects four years of learning as we have developed, modelled and evaluated approaches to innovation in youth wellbeing in Aotearoa. Co-design, cross-sector collaboration and positive youth development sit at the heart of that learning. We are privileged to be able to share this learning more widely through the symposium and grateful that the diversity and richness of the Lifehack mahi is reflected in this event. Many people have been part of making the Lifehack journey possible. Many of those at the event are practitioners and young people who have been part of that journey, and who now lead co-design and wellbeing initiatives in their communities that share in the Lifehack kaupapa. A thank you to all of those who share our vision of flourishing young people in Aotearoa New Zealand.

**From all of us at Lifehack**



# Wāhanga o te Ata

8.30 RĒHITA ME TE INU KAWHE

9.30

**Whakatuwhera me te Mihi:**

Te tūhono i ngā tāngata, te wāhi me te kaupapa

Ka arahia e Te Kura Tuarua o Taraika ki Pukeahu

He mahere mō te rā: Anya Satyanand (Ara Taiohi) rāua ko Penny Hagen (Lifehack)

10.00

**Ngā whakahau, ngā whāruarua hei whakakī me ngā whakapātari mō te hoahoa-ngātahi mō te oranga taiohi**

E toru ngā mātātoa, tirohanga me ngā ahunga poto

Hoahoa-ngātahi Māori: Auahatanga mai rānō?

Ngā whakapātari mō te whakapānga taiohi me te hoahoa-ngātahi: i tua atu i te whakarongo noa iho ki ngā reo o ngā taiohi

Te mahi a te hāpori whānui ki te tautoko i te hoahoa-ngātahi: kei hea tātau ināianeī, ā, he aha ā muri ake?

*Rangimārie Mules*

*Luke Fitzmaurice: UNICEF/Oranga Tamariki/Te Whare Wānanga o Ōtākou*

*Hannah Dunlop (ECAN) rāua ko Sarah Finlay-Robinson (WelTec)*

Whare Tapere

10.30

**Whakatautau**

Whakatautau Kotahi: Bullying from a deaf lens

Whakatautau Tuarua: Teenage Brain

*Whakatautau me te kōrero mai i te Ormiston Junior College AIP 794*

10.45 PARAMANAWA

11.15

**Ngā Kōrero Whakatinana:  
Hoahoa-ngātahi mō te oranga  
taiohi i Aotearoa**

Ngā kōrero o te whakatinana i te hoahoa-ngātahi puta noa i Aotearoa, ngā hua, akoranga me ngā hipanga whai ake. He 25 te roa o ngā wāhanga, ā, e rua ngā tāruatanga. Ka wātea koe ki te haere atu ki ngā Kōrero Whakatinana rerekē e rua i roto i tēnei wā.

<b>Kōrero 1</b>	Te mahi tahi me ngā tāngata tauhou o Aotearoa	<i>Rod Baxter &amp; Bilal Nasier, Redcross</i>	Papa D
<b>Kōrero 2</b>	Te Hoahoa-ngātahi me te wheako manaaki i te waihanga o VOYCE – Whakarongo Mai	<i>Ngā kaihoahoa-ngātahi o Voyce - Whakarongo Mai</i>	
<b>Kōrero 3</b>	He Kōrero Tūhono Takirua	<i>Regan Burt rāua ko Liss Wheeler Tūhono Tautoko Whakaoranga</i>	
<b>Kōrero 4</b>	He Manawa Hou: Te whai i te tūhonohono rakatahi a Kāi Tahu	<i>Rangimārie Mules</i>	
<b>Kōrero 5</b>	Te whakatauiria i te Oranga Hapori Mahi Tahi ā-Ākongā	<i>Ormiston Junior College me Lifehack</i>	
<b>Kōrero 6</b>	Tū Pakari – Te tuku i te kaha rangatira o ngā taiohi o Te Monanui-a-Kiwa ki te hoahoa-ngātahi me te kōkiri i te oranga taiohi	<i>Alex Nicholas, Rebekah Nicholas, Ko Awatea, CM Health</i>	
<b>Wāhanga Kōkiri Oranga:</b> Te whakaatu he aha pēhea te wāhanga oranga Shift mā te whakatinana ( <i>Kotahi anake te wā e whakahaerehia ana tēnei wāhanga</i> )		<i>Chloe Bryan, Katie Adams, Shift</i>	Papa E

12.15

**Te whakapiki i te oranga  
taiohi i Ōrongomai:**

Ngā hua me ngā tūmanako o Oro	<i>Mike Ryan - Upper Hutt City Council</i>	Papa D
Te Hurihuringa me te Aromātai Ngā tino kaiwhakarongo		

12.45 TINA



# Wāhanga o te ahiahi

1.30

## Ngā Tūnga Pahi (Bus Stops): Ngā tikanga whaitake, utauta, pūkenga hoki hei tautoko i te hoahoa-ngātahi me te whai wāhi atu

Ko Tūnga Pahi he pūkenga, tikanga rānei nō te awheawhe iti. He 15 meneti te roa o ia wāhanga, ā, e toru ngā wā ka tāruatia kia tae atu ai ngā tāngata ki Ngā Tūnga Pahi e toru.

<b>Tūnga pahi 1</b>	Te waihanga i te kaha pakeke	<i>Hannah Dunlop (ECAN) rāua ko Sarah Finlay-Robinson WelTec</i>	Papa D
<b>Tūnga pahi 2</b>	Lego mō te whakatauiria tuatahi me te hoahoa-ngātahi	<i>Lee Ryan, Springboard Ideas</i>	
<b>Tūnga pahi 3</b>	Ngā matatika o te mahi hoahoa-ngātahi	<i>Jane Zintl, Ara Taiohi</i>	
<b>Tūnga pahi 4</b>	Te whakatauiria tuatahi aropā - "Te whakamātautau huatau i te taha o ngā taiohi"	<i>Simon Harger-Forde, Innovate Change</i>	
<b>Tūnga pahi 5</b>		<i>Alex Whitcombe Ngā Whānau Hauora</i>	
<b>Tūnga pahi 6</b>	Te Whakamahere me te Whakaneke i te Oranga Taiohi	<i>Paul McGregor, Lifehack</i>	
<b>Tūnga pahi 7</b>	Te Hoahoa i Te Wiki o Te Rangatahi	<i>Shannan Wong, Ara Taiohi</i>	
<b>Tūnga pahi 8</b>	Te whakawhanake i tētahi anga whai wāhi atu taiohi mō te horopaki Aotearoa	<i>Luke Fitzmaurice, UNICEF/Oranga Tamariki/Te Whare Wānanga o Ōtākou</i>	

2.30	<b>He tirohanga pūnaha kunenga mō te hoahoa-ngātahi</b>	Te hoahoa-ngātahi me Oranga Tamariki: panoni pūnaha, hapori me te ara whakamua	<i>Jeremy Lambert, Oranga Tamariki</i>	Whare Tapere	
		Ngā kaiwhakarongo matua Hurihuringa me te takatū mō ā tātau mahi ohu			
3.00	PARAMANAWA AHIAHI				
3.30	<b>Ngā wāhanga tātari: He aha ngā mea e hiahiatia ana hei whakawhānui i ō tātau kaha, āheitanga hoki ki te hoahoa-ngātahi mō te oranga taiohi i ngā āhuatanga rerekē?</b> Ngā wāhanga akoranga e mahi tahi ai tātau i tētahi whakapātari, whai wāhitanga rānei. Ko ngā kitenga nui, tae atu ki ngā mātātōa, pātai me ngā hipanga whai ake ka whakaaturia ki te rōpū whānui me te noho hei putanga mō te rā.	<b>Wāhanga tātari 1</b>	Te waihanga wāhi haumarua mō te hoahoa-ngātahi me ngā rangatahi - He tirohanga Ao Māori	<i>Ngā kaiwhakarite: Dougal Stott rāua ko Carolyn Taueki-Stott, Moana Creative</i>	Papa D
		<b>Wāhanga tātari 2</b>	Te arotake i ngā hua me ngā pānga, me pēhea tā tātau ine i te angitu ki ngā āhuatanga whai wāhi mai?	<i>Kaiwhakarite: Simon Harger-Forde, Innovate Change</i>	
		<b>Wāhanga tātari 3</b>	Te whakatipu i ngā āhuatanga mō te oranga taiohi me te whanaketanga taiohi pai me te hoahoa-ngātahi	<i>Ngā kaiwhakarite: Hannah Dunlop ECAN rāua ko Sarah Finlay-Robinson WelTec</i>	
		<b>Wāhanga Mahinga Oranga</b>	Te Kōrero Pūrākau hei Kōkiritanga	<i>Ngā kaiwhakarite: Handle the Jandal Ko Awatea, CM Health</i>	Papa E
4.45	<b>Te kukume mai i ngā aho me te hoki ki te whakapātari o te rā</b>	He aha ā tātau karere ngātahi nui?		Whare Tapere	
	<b>Pēhea te huarahi</b>	Ngā kaiwhakarongo matua	<i>Dougal Stott rāua ko Carolyn Taueki-Stott</i>		
5.30	TĒNĀ RAWA ATU KOE, HAERE RĀ				
				Whare Tapere	



# Morning sessions

8.30 REGISTRATION & COFFEE

9.30

## Opening & Mihi:

Connecting to people, place and purpose

Lead by students from Wellington High School, Te Kura Tuarua o Taraika ki Pukeahu

Today's collaboration: Anya Satyanand (Ara Taiohi) and Penny Hagen (Lifehack)

10.00

## Imperatives, opportunities and challenges for co-design for youth wellbeing:

Three brief provocations, perspectives & directions

Māori co-design: innovation mai rānō?

Challenges for youth engagement and co-design: beyond just paying lip service to young people's voices

The role of the wider environment to support co-design: where are we now and what's next?

*Rangimārie Mules*

*Luke Fitzmaurice, UNICEF/ Oranga Tamariki/University of Otago*

*Hannah Dunlop, ECAN & Sarah Finlay-Robinson, WelTec*

Theatre

10.30

## Performances

Performance One: Bullying from a deaf lens

Performance Two: Teenage Brain

*Performance & kōrero from Ormiston Junior College AIP 794*

10.45 MORNING TEA

11.15	<b>Action Stories: Co-design for youth wellbeing in Aotearoa</b> Stories of co-design in action from around Aotearoa, outcomes, learnings and next steps. Sessions are 25 minutes long and will be repeated twice. You get to attend two different Action Stories in this time.	<b>Story 1</b> Working with new kiwis <i>Rod Baxter &amp; Bilal Nasier, Redcross</i>	Level D
		<b>Story 2</b> Co-design and care-experience in the creation of VOYCE <i>Co-designers from VOYCE – Whakarongo Mai</i>	
		<b>Story 3</b> The Story of Paired Up <i>Regan Burt &amp; Liss Wheeler, Connect Support Recovery</i>	
		<b>Story 4</b> He Manawa Hou: Kāi Tahu’s pursuit of rakatahi connectedness <i>Rangimārie Mules</i>	
		<b>Story 5</b> Prototyping a Learner-led Community Wellbeing Collaboration <i>Ormiston Junior College &amp; Lifehack</i>	
		<b>Story 6</b> Handle the Jandal - Unleashing Polynesian youth leadership to co-design and mobilise for youth wellbeing <i>Alex Nicholas, Rebekah Nicholas, Ko Awatea, CM Health</i>	
		<b>Wellbeing Action Session:</b> Sharing what a Shift wellbeing session looks and feels like by doing it. <i>(This session runs once only over the whole session time)</i> <i>Chloe Bryan, Katie Adams, Shift</i>	Level E
12.15	<b>Building youth wellbeing in Upper Hutt</b>	Outcomes and aspirations from Oro Reflection & Debrief Keynote listeners <i>Mike Ryan, Upper Hutt City Council</i>	Level D
12.45	LUNCH		



# Afternoon sessions

1.30

## **Bus stops: Practical methods, tools and skills to support co-design and participation**

Bus stops are skills or methods based mini-workshops. They are 15 minutes each and are repeated three times so participants can attend three different Bus stops.

<b>Bus stop 1</b>	Building adult capability: skills for adults	<i>Hannah Dunlop, ECAN, &amp; Sarah Finlay-Robinson, Weltec</i>	Level D
<b>Bus stop 2</b>	Lego for prototyping and co-design	<i>Lee Ryan, Springboard Ideas</i>	
<b>Bus stop 3</b>	The ethics of co-design practice	<i>Jane Zintl, Ara Taiohi</i>	
<b>Bus stop 4</b>	Peer-led prototyping - "Idea Testing with and by young people"	<i>Simon Harger-Forde, Innovate Change</i>	
<b>Bus stop 5</b>	Storytelling for impact and co-creation	<i>Alex Whitcombe, Healthy Families</i>	
<b>Bus stop 6</b>	Mapping & mobilising youth wellbeing	<i>Paul McGregor, Lifehack</i>	
<b>Bus stop 7</b>	Designing for Youth Week	<i>Shannan Wong, Ara Taiohi</i>	
<b>Bus stop 8</b>	Developing a youth participation framework for the Aotearoa context	<i>Luke Fitzmaurice, UNICEF/Oranga Tamariki/University of Otago</i>	

2.30	<b>An evolving systems view on co-design</b>	Co-design within Oranga Tamariki: systems change, communities and the road ahead	<i>Jeremy Lambert, Oranga Tamariki</i>	Theatre
		Keynote listeners Reflection and preparation for our collective mahi		
3.00	AFTERNOON TEA			
3.30	<b>Clinics: What is needed to increase our capability and capacity for co-design for youth wellbeing in different settings?</b> Clinics are where we work collectively on a challenge or opportunity. Key findings, including provocations, questions and next steps will be shared back to the whole group and form an output for the day.	<b>Clinic 1</b> Creating safe spaces for co-design with rangatahi/young people - A Te Ao Māori lens	<i>Facilitators: Dougal Stott &amp; Carolyn Taueki-Stott, Moana Creative</i>	Level D
		<b>Clinic 2</b> Evaluating outcomes and impact, how do we measure success in participatory ways?	<i>Facilitator: Simon Harger-Forde, Innovate Change</i>	
		<b>Clinic 3</b> Growing the conditions for youth wellbeing, positive youth development and co-design	<i>Facilitators: Hannah Dunlop, ECAN &amp; Sarah Finlay-Robinson, Weltec</i>	
		<b>Wellbeing Action Session:</b> Story Telling for Action	<i>Facilitators: Handle the Jandal Ko Awatea, CM Health</i>	Level E
4.45	<b>Drawing the threads together and returning to the day's challenge</b>	What are our collective key messages?		Theatre
		Keynote listeners		
	<b>Pēhea te huarahi</b>	What is the pathway forward now, after understanding where you came from?	<i>Dougal Stott and Carolyn Taueki-Stott</i>	
5.30	HAERE RĀ, THANK YOU AND FAREWELL			
5.30+	MUSIC, KAI AND WIND-DOWN End the day in style with some snacks, a drink, some tunes and more great kōrero			

# Session descriptions

## Performances (In the morning)

Developed by Ormiston Junior College students for their Term 2 Authentic Inquiry Project and as part of the OJC Community Wellbeing Collaboration supported by Lifehack, Auckland Libraries and Changing Minds. This project integrates concepts of Wellbeing with a range of disciplines that the learners directed themselves such as Performing Arts-dance, Technology-multimedia, English-Presenting, Social Studies-community building, Health-Hauora. The process of learning developed from the OJC Learning Design Model: Explore, Experiment, Evaluate, Effect and Express. Through the collaboration with Lifehack, the learners were inspired to understand themselves better and to share their understandings with their peers and community.

### Performance 1

#### Bullying from a deaf lens

People are typically not tolerant of those who are different. As Deaf Learners, we would like to raise awareness of what bullying feels like, looks like, sounds like from a Deaf Lens.

### Performance 2

#### Teenage Brain

Expressing our emotions through different forms of art based on the science of the teenage brain.

## Action stories (After morning tea)

After morning tea you will get to choose two action stories to attend. Action stories are 25 minutes long and run twice over the hour. If something more active is your thing, you can attend the Wellbeing Action session, which runs once only and goes for the full hour.

### Story 1 Working with new kiwis

*Rod Baxter & Bilal Nasier, Redcross*

A third of the 1000 former refugees resettling in Aotearoa each year are young people. To respond to the unique needs of this population, New Zealand Red Cross has created five new Resettlement Youth Worker roles and employed young former refugees to pioneer this work. Bilal Nasier is one of the five and will present with Rod Baxter about the innovations they're experimenting with. Come to this session and you'll takeaway a reimaged HEADDSS-style assessment tool written by young youth workers, for young people in resettlement.

### Story 2

#### Co-design and care-experience in the creation of VOYCE - Whakarongo Mai

*Co-designers from VOYCE - Whakarongo Mai*

Newly established in April 2017, VOYCE - Whakarongo Mai has been developed through a process of co-design with care-experienced children and young people in New Zealand. This session will detail how VOYCE -

Whakarongo Mai was created with care-experienced children and young people to become a voice from, not for children and young people in care.

### **Story 3** The Story of Paired Up

*Regan Burt & Liss Wheeler, Connect Support Recovery*

Earlier this year, ten passionate young people who all have personal understanding of mental distress came together to design a peer support service that would work for them. The result was Paired Up, an initiative that aims to help young people get connected and share guidance around wellbeing through a mixture of platforms, including online, face to face, and pop-up events. The story of Paired Up will be told from two perspectives, from a co-design facilitator (Regan Burt) and a member of the design team (Liss Wheeler).

### **Story 4**

#### **He Manawa Hou: Kāi Tahu's pursuit of rakatahi connectedness**

*Rangimārie Mules*

Manawa Hou is a response to the growing need for iwi to engage the younger generation in innovation, self and wellbeing. This Action Story explores Kāi Tahu's pursuit for greater connectedness, inter-generational exchange and an integrated sense of people, place and culture. Manawa Hou's development marked a shift in thinking for Kāi Tahu, challenging us to search within our culture for innovation.

Mō tātou, ā, mō kā uri ā muri ake nei: for us and our children after us.

### **Story 5**

#### **Prototyping an authentic Learner-led Community Wellbeing Collaboration**

*Ormiston Junior College & Lifehack*

In this session we share learnings from an experiment in working differently within a school setting. Ormiston is an emerging multicultural community in Auckland. This story is about using cross-sector collaboration and learner-led co-design to build student wellbeing, support student-led wellbeing initiatives and build new connections in the community.

### **Story 6**

#### **Handle the Jandal - Unleashing Polynesian youth leadership to co-design and mobilise for youth wellbeing**

*Alex Nicholas, Rebekah Nicholas, Ko Awatea, CM Health*

Hear the story of how a group of South Auckland-based Polynesian youth mobilised over 1000 youth and community members in leadership action to improve youth mental health and wellbeing. Learn the secrets behind their community organising leadership approach, impact on youth wellbeing, learnings and what they're taking on next.

### **Wellbeing Action Session**

#### **Sharing what a Shift wellbeing session looks and feels like by doing it**

*Chloe Bryan, Katie Adams, Shift*

Participate in a fun and interactive workshop that covers the Five Ways to Wellbeing through activities and games.

## Bus stops

(After Lunch)

Bus stops are practically focused mini-workshops. You can choose three bus stops to attend. Each bus stop is 15 minutes and runs three times over the hour.

### Bus stop 1

#### Adult capability – skills for adults

*Hannah Dunlop, ECAN, & Sarah Finlay-Robinson, Weltec*

This bus stop will give you an overview of the skills you need to support meaningful and sustainable youth participation practice. Let's get our geek on about the science of youth participation.

### Bus stop 2

#### Lego for prototyping and co-design

*Lee Ryan, Springboard Ideas*

This is a hands on session with LEGO® SERIOUS PLAY® methodology which is used to explore issues and co-design potential ideas. We will use one activity from a session run in Vancouver where Strategic Play worked together with a small group called "I AM ANTI BULLY" to encourage families to talk about the important topic of bullying.

<https://www.youtube.com/watch?v=n6Lg1htX5nw>

### Bus stop 3

#### The ethics of co-design practice

*Jane Zintl, Ara Taiohi*

Ethics shape the decisions we make about how we operate and ensure that what we do is good for the young people we work with, ourselves, and the communities and world we work in.

Jane Zintl will pitch up decision making help for dilemmas with:

- Boundaries and self care
- Confidentiality and the Privacy Act
- UNCROC, Human Rights and Complaints procedures

### Bus stop 4

#### Peer-led prototyping – "Idea Testing with and by young people"

*Simon Harger-Forde, Innovate Change*

In this session we will share a technique for engaging young people as idea testers - prototyping and testing possible ideas with other young people in ways that work for young people and enable them to be part of the design process.



### Bus stop 5

#### Storytelling for impact and co-creation

*Alex Whitcombe, Healthy Families*

A quick fire session to build your storytelling and participatory design skills through a technique called a 'Walk-thru'. A technique used in social innovation and co-design projects to bring people closer to your work, to highlight the reality of a situation, to maximise the opportunity for collaboration and input on a project. This tool will help keep your project live, spark unexpected suggestions, deepen relationships with your audience and build momentum towards systemic change.

### Bus stop 6

#### Mapping & Mobilising Youth Wellbeing

*Paul McGregor, Lifehack*

A hands on introduction to Lifehack's recently developed Mapping and Mobilising tool which helps teams to map where they and their community sits across three areas central to youth wellbeing: 1. Co-design Capability 2. Service Integration and Responsiveness 3. Community Asset Building.

The tool supports organisations and cross-sector groups from particular communities or settings to map and better understand their current state, where they would like to progress to and key steps for getting there.

### Bus stop 7

#### Designing for Youth Week

*Shannan Wong, Ara Taiohi*

Youth Week is nine days where we try to shift the conversation about young people from deficit to strength. Young people have decided that "Be who you want to be, not who you want to see" is how they want Youth Week 2018 to be celebrated. In this session, Shannan Wong, Youth Week impresario, will take you through some cool co-design processes for you to use with young people in your context to generate ideas about how to amplify and enact this theme.

### Bus stop 8

#### Developing a youth participation framework for the Aotearoa context

*Luke Fitzmaurice, UNICEF/Oranga Tamariki/University of Otago*

This session will start with a brief overview of the research and evidence around youth participation. It will include a discussion of youth voice frameworks used overseas, and the extent to which these are useful in Aotearoa. We will also discuss an alternative youth participation framework designed to encourage practitioners to think more broadly about including young people's voices in their mahi.



## Clinics

(Afternoon)

Clinics are a deeper dive into a collective challenge or opportunity. Clinics only run once, for the full hour. You can choose to attend one of the three clinics, or get more hands on with the Story Telling for Action Workshop.

### Clinic 1

#### Creating safe spaces for co-design with rangatahi/young people: A Te Ao Māori lens

Brave spaces encourage young people to set the conditions for engagement, enabling young people to say how they want to be seen in the world.

In this clinic we will explore how tika, aroha and pono enable us to create brave spaces with rangatahi young people. We will check in on our collective knowledge and where we need to build further understanding, capability or capacity.

*Facilitated by Dougal Stott, and Carolyn Tauaki-Stott  
Moana Creative*

### Clinic 2

#### Young people as experts in what works: empowering young people to define and measure success

Who decides what success looks like when it comes to evaluating youth wellbeing and positive youth development initiatives? Evaluation conjures a mental model of a dry, external process, designed, conducted and audited by adult, technocratic experts. In this clinic we will collectively explore:

How can measuring success become a process we do with young people? What are some of the key barriers to this now, and what capacities do we need to build, and where might we start?

*Facilitated by Simon Harger-Forde, Innovate Change*

### Clinic 3

#### Growing the conditions for youth wellbeing and positive youth development and co-design

We'll explore a vision for youth wellbeing and positive youth development and co-design in Aotearoa and what we need to get there.

Questions that guide this session: What do we need as a community of practice to make this a reality?

- What are the enablers/resources we need?
- How are we tracking now?
- Where do we need to focus next?

*Facilitated by: Hannah Dunlap, ECAN, Sarah Finlay-Robinson, Weltec*

### Wellbeing Action Session

#### Story Telling for Action

*Handle the Jandal, Ko Awatea, CM Health*

Public narrative is a leadership practice that engages people through stories by helping them interpret when and how they can act to bring about change. It's not about persuasion, buy-in or slick marketing slogans. It's about connecting with people's values through emotion that leads to mindful action. If you want to learn tools to be effective in communicating change that inspires people to action, then this workshop is for you.

# He whakamāramatanga whānui

## NGĀ WHAKAAHUA ME NGĀ ATAATA

Hei āwhina i a mātau ki te tuari i te hui me ngā akoranga i ngā e whai ake nei, kei te mahia ngā whakaahua, ataata, tuhinga ā-kite i te hui. Ka whakamahia ēnei mō ngā kaupapa whakatairanga me te waihanga kōrero ngātahi mō te hui. Ki te kore koe e hiahia kia whakaahuatia, ataatia rānei, me whakamōhio mai ki a mātau i te Tēpu Rēhitatanga, kōrero atu rānei ki te kaiwhakaahua.

## Te tiaki i a tātau anō

### NGĀ WHAREPAKU

He wharepaku kei ia taumata.  
E wātea ana ngā wharepaku ira tangata taharua i te Papa C.

### WĀHI WHAKATĀ

He wāhi whakatā/haumarua e wātea ana i te pito o te kahanga Papa C.

**NGĀ TEKEHI** Wellington Combined Taxis 04 384 4444  
Wellington Super-Shuttles 0800 748 885

### WHAKAORA OHOTATA

He kete whakaora waiwai kei te tēpu rēhitatanga.  
Mō tētahi āhuatanga ohotata waea ki 111.

### NGĀ WĀHI WHAKATAHI OHOTATA

Mēnā ka tūpono whakatahia te hui nā tētahi ohotata, ko te wāhi hei huihuinga ko te tūnga waka i mua o te toa kawhe.  
Kia mōhio mai, he kaupapa auahi kore tā te Whare Wānanga.

# General information

## PHOTOS AND VIDEO

To help share the event and our learning beyond the day, there will be photos, videos and visual documentation happening at the event. These may be used for promotional purposes and for creating a shared record of the event. If you would prefer not to be included in photos or video please speak to us at the Registration Desk or let the photographer know. Please note we can't guarantee people won't be included in group shots.

## Looking after ourselves

### BATHROOMS

Toilets are located on each level.  
A gender neutral toilet is available on Level C

### TIME OUT/CHILL OUT

There is a chill out zone/safe space available at the end of Level C corridor.

**TAXIS** Wellington Combined Taxis 04 384 4444  
Wellington Super-Shuttles 0800 748 885

### FIRST AID

A basic first aid is available at registration.  
In an emergency call 111.

### EMERGENCY EVACUATION POINTS

In the event of an emergency the evacuation assembly point is in the carpark in front of Tussock cafe.  
Please note, the University operates a smoke-free policy.

# Kickstart Coffee

We're stoked to be able to enjoy Kickstart Coffee at this event. Free great coffee is yours to enjoy as part of the symposium, with koha towards the Kickstart cause welcome.



## THE STORY OF KICKSTART COFFEE

In November 2016 Lifehack teamed up with Upper Hutt Youth Trust, Upper Hutt City Council, CAYAD, ACC and local community members to run Oro - a place-based youth wellbeing initiative that combined learnings from the previous three years of Lifehack programmes. In addition to many other outcomes, three local youth wellbeing prototypes emerged from the cross-sector community collaboration. Kickstart Coffee was one of them. Six months on it was a fully realised social enterprise.

Kickstart Coffee is an initiative of Upper Hutt Community Youth Trust and is a coffee cart social enterprise aimed at getting vulnerable young people into work while providing a sustainable income stream for the Trust.

When you buy a coffee from Kickstart Coffee you aren't just kickstarting your day with a great tasting, fair trade certified eco-friendly coffee. You are also kickstarting a dream of employment and achievement for a young person and supporting quality youthwork to happen in our community!

Kickstart Coffee is taking bookings for events around Wellington. All profit made by Kickstart Coffee goes straight back into employing youth workers to do grass-roots youth work with vulnerable young people in our community.





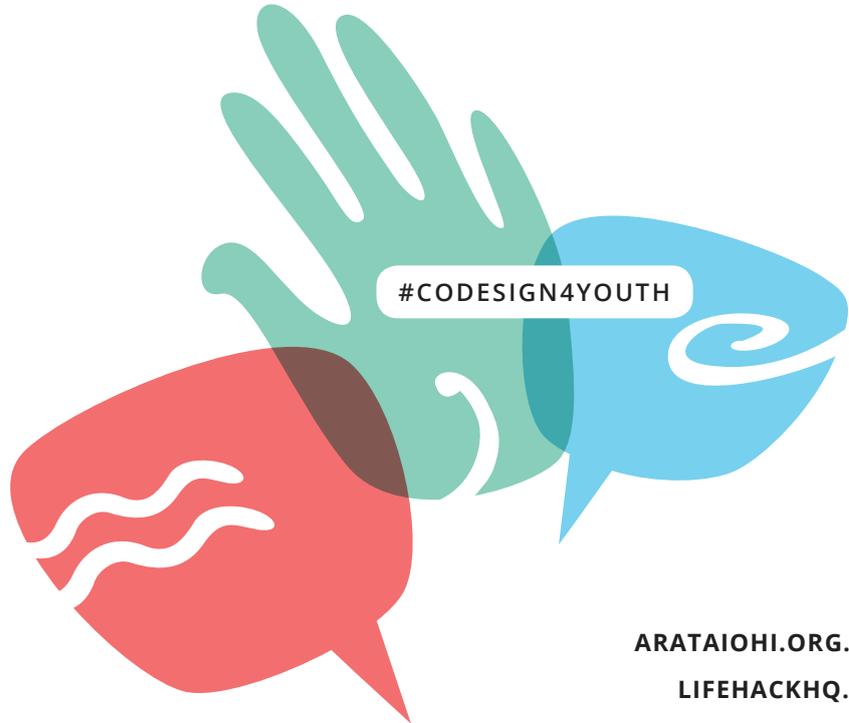
# *Inspiring quotes*

## THANK YOU

This symposium has been possible only thanks to the support and contribution of many collaborators and partners. A special thanks to Massey and Wellington City Council.

## Absolutely Positively Wellington City Council

Me Heke Ki Pōneke



[ARATAIOHI.ORG.NZ](http://ARATAIOHI.ORG.NZ)

[LIFEHACKHQ.CO](http://LIFEHACKHQ.CO)



*The Prime Minister's*  
**Youth Mental  
Health Project**

Lifhack was a Prime Minister's Youth  
Mental Health Project Initiative.