



## We've been listening

The young people, parents and carers of Victoria have spoken. It's their stories, experiences and insights that help us bring about healthy change for the people who need it most. Their visions for a future that is healthier and brighter.

JumpStart! programs must be for young people and should be informed by, and respond to, what they've told us.

How could you create more opportunities for Victoria's children and young people through food, art and play?

## THE CHALLENGES



### Young person:

"Sometimes the challenge with food is not access to healthy food but rather knowing what to do with it."



### Young person:

"It can be hard to find really fun spaces to share with people like your neighbours at times."



### Young person:

"Someone who is LGBTIQ+ might not have come out to their parents yet. And then they're feeling that social isolation, which they can't really be themselves with their friends. They can't really be themselves with their family."

**69%**   
of young people said **having no sports or activities they enjoy near home** impacts on their **physical activity**

(Future Healthy Wellbeing Survey 2021)

**1 in 2** school-aged kids were **less active** during the second wave of the pandemic

(VicHealth Coronavirus Victorian Wellbeing Impact Study: Follow up survey, 2020)

 **Young person:**

“When we design public spaces, we shouldn’t be thinking about the majority, it should be about the minority.”

 **Young person:**

“I have a particular barrier of when I go out. You know, there’s physical barriers everywhere for a wheelchair for access.”

 **Carer:**

“We need to expose kids to different types of activities to build resilience and we need to think creatively.”



**young people say being socially connected is important for their mental wellbeing**

(Future Healthy Wellbeing Survey 2021)

 **Young person:**

“For those of us who haven’t [grown vegetables] before and want to do it, we don’t really know where to start. Do you just start digging up your backyard?”

 **Young person:**

“Many parents from different cultures struggle to provide healthy food to their kids due to lack of education or lack of access to good food.”

## THE IDEAS

 **Young person:**

“I’d look at what we’re lacking: what facilities we have and how we can use them appropriately to provide better options for the community and for children.”

 **Parent:**

“Spending time in nature brings us a lot of joy. Whether we’re walking in urban environments or out on vast beaches down on the surf coast, these settings provide an opportunity for us [her family] to connect with each other.”



**Over half of Victorians said they’d join a community group or club once coronavirus restrictions eased**

(VicHealth Coronavirus Victorian Wellbeing Impact Study: Follow up survey, 2020)

 **Young person:**

“I wish our society valued creative spaces and had a welcoming, rewarding and safe public community area. I’d love there to be more undercover areas in parks, spaces for music, and art, and studying.”

 **Young person:**

“Sport is not just a way to stay fit and healthy. It’s a good social platform and place to connect with people you’d never otherwise meet along the way.”

 **Young person:**

“Bring in more activities, whether its travelling sport or music or dance opportunities to regional areas.”

 **Young person:**

“We need to provide children and young people with a variety of accessible sport and recreation activities.”

 **Young person:**

“There’s so many more ways we can be physically active, it doesn’t have to be through “stereotypical” traditional sports!”

 **Parent:**

“Of most importance is spaces and places for young people that they can create and own.”

 **Young person:**

“It would be great to have community dinners, which are popular in rural towns where everyone brings a plate, and it is more about social connectiveness and sharing and being out with people.”

 **Young person:**

“People with disability want to stay social, and we want to be involved in groups, join trivia nights, just be interactive within our community.”

**3 in 4**    **young people said having access to healthy food near home is one of the most important things to them**

(Future Healthy Wellbeing Survey 2021)

 **Young person:**

“Ways to make gardening opportunities welcoming for young people outside of school environments should be considered.”

 **Young person:**

“What is needed is lessons on how to make traditional cultural food healthier.”

 **Young person:**

“A program where people come along and they cook with each other and they connect, I think that would be awesome.”

 **Young person:**

“What I’d love to see is our community having community festivals. Let’s have hotpot together. Let’s come together and share our cultures and our experiences together.”

 **Young person:**

“We need to create a space where being different is OK.”

 **Parent:**

“Storytimes at libraries are great activities, it helps bring an appreciation of books and stories from babies and upwards.”

 **Young person:**

“Everyone just being supportive of one another and having spaces where everyone is included, no matter their age, culture, religion or race.”

 **Young person:**

“For some, social access may be limited, so online networks where people can be themselves, express themselves and feel safe and included are very important.”



## Have an idea you want to JumpStart! today?

We know you have the solutions, and that you know your community best. Whether it's a challenge to be overcome, a new opportunity or a way of working – show us in your application how you have responded to the voices of young people.

And what do you get? A whole heap of support – capacity building, training, shared learnings, and a share of \$2million.

If you have an amazing idea to create more opportunities for children and young people through food, art and play then [apply for JumpStart! today!](#)

### Further information

For deeper insights, check out these stories from our [Future Healthy Community Champions](#)

[VicHealth Coronavirus Victorian Wellbeing Impact Study: Follow-up survey, 2020](#)

Future Healthy Wellbeing Survey, 2021. This data was sourced from a VicHealth survey of 757 young people aged 18–25 and 751 parents and carers of kids aged 6–17 in Victoria.

*VicHealth thanks the young people aged 18 and over, parents and carers across Victoria who provided quotes that are used within this document.*