



THE RESILIENCE INSIGHTS & INNOVATION LAB

A social design lab for developing innovative health promotion initiatives with young people, for young people.

Are you interested in the design and development of digital technologies? Do you believe we need to be supporting young people to address mental health issues? Are you keen to learn the skills and practices to help you design and build things with others?

Join us to create digital solutions that build resilience in young people.

The Victorian Health Promotion Foundation (VicHealth) have been working with a range of digital innovators and creative organisations to develop a unique, dynamic program that will see young Victorians working with digital innovators to create digital tools to build resilience and wellbeing.

We are inviting a select group of young people aged between 15 and 21 years to participate in an innovation lab over two days on Friday 29 and Saturday 30 May. We would love you to join us.

The workshop will involve you working with digital innovators and entrepreneurs to develop ideas for digital products or services (like apps or social media campaigns) that help build resilience in young people.

We want your expertise and understanding of resilience and digital technology from the perspective of how young people understand and engage with these things.

What will you be doing?

- Learning about co-creation and ways we can creatively work together to make great and useful things.
- Coming together with other young people and digital innovators and entrepreneurs to come up with ideas.
- Identify how young people can best support their own and each other's resilience using digital technology.
- Sharing your ideas with others

At this stage, we are just seeking expressions of interest. This means calling or emailing one of the contacts below who can share more details about the event, help you understand in more detail what is involved and get an understanding of the best way to support your involvement.

What do you need to know?

- You need to be available all day on both Friday 29 and Saturday 30 May.
- The venue will be at a central location in Melbourne's CBD.
- You will develop a range of skills and knowledge and meet and work with some talented creative professionals.
- You will be part of an important project for VicHealth in supporting the health and wellbeing of young Victorians.

To express your interest all you need to do is email or call Daniel or David who are keen to hear from you.

Daniel Donahoo, Project Team Contact, 0414306275 or ddonahoo@projectsynthesis.com

David Hood, Project Team Contact, 0413 124 427 or david@doingsomethinggood.com.au

We look forward to hearing from you.

