



#### Nambucca Valley youth

This report is a way for the young people in the Nambucca Valley to communicate the issues they are facing, and to put forward their ideas to improve outcomes for young people.

The project builds on the generations of work by passionate youth workers, organisations, school staff members and broader members of the Nambucca Valley community, working to support and empower youth across the Nambucca Valley.

The Nambucca Valley YOUth Speak® project is part of a larger commitment by local services, organisations, schools, Nambucca Valley Council, and other supporters. Together, we're forging closer partnerships to maximize positive impacts for local youth. This collaborative approach places youth voices, aspirations, and ideas at the forefront, shaping local projects and solutions.

This report delves into the data from a comprehensive youth survey and the Nambucca Valley YOUth Speak® Forum, marking the initial steps of a broader journey. These findings lay the foundation for youth-led initiatives, which will be shared with the community for support. Through this process, we aim to strengthen community ties while addressing youth identified concerns.

As we move forward, the insights gathered will guide our strategies, ensuring they align with the visions of our youth. While this report offers a snapshot of our progress, the Nambucca Valley YOUth Speak® project as a whole is an ongoing journey. To every young person who contributed, your voices are invaluable in shaping a brighter future for our community.

# YOUth Speak Project Flowchart:

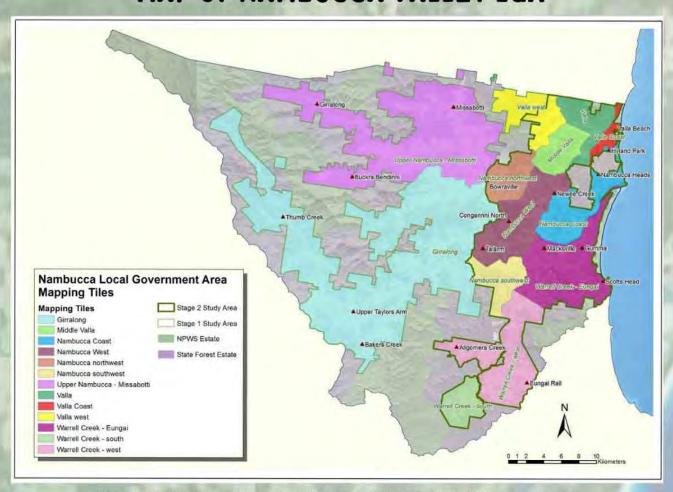




We acknowledge the eternal connection and custodianship of the Gumbaynggirr people to land and waterways in the region where we live, work and play. We pay our respects to Elders, past and present, and to emerging leaders

## NAMBUCCA VALLEY

#### MAP OF NAMBUCCA VALLEY LGA

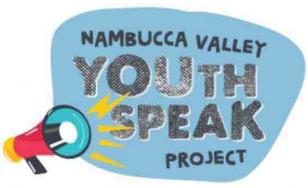


#### KEY DEMOGRAPHIC AND SOCIAL DATA

SOURCE: ABS Census data 2021

Area	Population	Median age	% aged 10-24	Number aged 10 - 24	% Aboriginal	Median household income	% Unemployed
Nambucca Valley LGA	20 407	52	14.7%	2984	8%	\$976	6.8%
Main Centres							
Macksville	3 023	47	16%	484	9.3%	\$942	7.9%
Bowraville	941	41	22.1%	207	24.1%	\$860	10.7%
Nambucca Heads	6 668	57	12.9%	864	10.1%	\$839	7.9%
Valla	1052	48	16.1%	171	3.7%	\$1617	5%
Valla Beach	1455	55	11.5%	168	4.2%	\$1084	6.1%
Scotts Head	994	54	12.5%	123	5.6%	\$1208	4.1%
Comparisons							
NSW		39	18%		3.4%	\$1829	4.9%
Australia		38	18.1%		3.2%	\$1746	5.1%
Coffs Harbour LGA	78 759	44	16.9%	13278	5.8%	\$1363	5.3%
Toormina	6171	45	16.9%	1041	8.7%	\$1059	6.6%





# THE SURVEY

OVERVIEW

#### Aims

The survey questions asked are identical to those asked of youth in the Bellingen Shire, with an aim to identify the biggest issues young people identify as a barrier to achieving their employment and education goals, as well as opportunities they believe would improve outcomes for youth across the Nambucca Valley. The responses allow us as a sector and broader community to strengthen our capacity to support and advocate for young people across the Valley. The survey has captured crucial socio-demographic data and the outlooks of youth on a diverse range of topics including perceived obstacles to education and

employment, general wellbeing, community perceptions

of youth, and attitudes towards the future.

#### Involvement

A total of 594 young people aged 12-24 engaged in the Survey, representing 23% of the youth population in the Nambucca Valley. Responses from young people 12-17 represent 39% of youth in this age bracket. Young people were extensively engaged through varied channels and networks during March 2024 to achieve such a high response rate.

#### **Survey Report**

This report covers an executive summary and findings for each question. Beneath the stats and expressions in the report lie young individuals, each with their own backgrounds, experiences, cultures and values. What is displayed here is a mere scratch of the surface of the lives of these young people.

#### **SNAPSHOT**

39%

Of Nambucca Valley Youth aged 12-17 responded to the survey

72%

Identify alcohol and drugs as a main concern for young people

38%

Identify mental health as a significant barrier to achieving their education and employment goals within the Nambucca Valley



# DEMOGRAPHIC DATA



594

Respondents aged 12-24



50%

49%

1%



Female

Self-Describe



29%

Aboriginal and/or Torres Strait Islander



11%

Identify as a person with a disability



**51%** 12-14 years

46% 15-17 years

**3%** 18-24 years



20% Bowraville

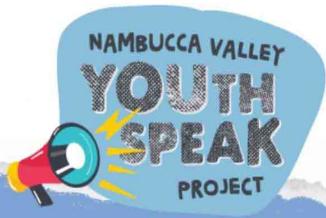
40% Macksville

37% Nambucca

3% Other\*\*

<sup>\*\*</sup> Young people who attend a school or work in a business within the Nambucca Valley but live in either Bellingen Shire or Kempsey Shire local government areas.

# **TOP ISSUES**



#### **ISSUES FOR YOUNG PEOPLE**

74% ALCOHOL & DRUGS

65% MENTAL HEALTH

50% RACISM

47% BULLYING

43% SAFETY, CRIME & VIOLENCE



# BARRIERS TO ACHIEVING GOALS WITHIN THE NAMBUCCA VALLEY

MENTAL HEALTH

38%

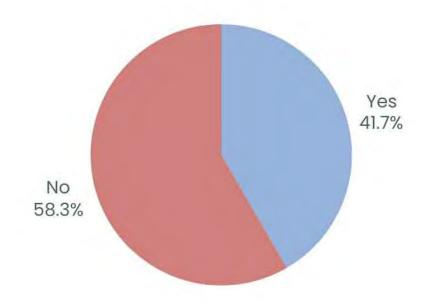
LACK OF JOBS

36%

LACK OF EDUCATION OPPORTUNITIES

28%

DO YOU KNOW **WHERE TO SEEK HELP OR SUPPORT?** 



IF YES, TELL US WHERE!

School Friends

Headspace

**Parents** 

Beyond Blue

Kids Helpline Counsellor

Student Support Officer

Police

Family

#### **HOW WOULD YOU LIKE TO COMMUNICATE YOUTH ISSUES** AND SHARE IDEAS?

54%

23%

51%



Through my place of education

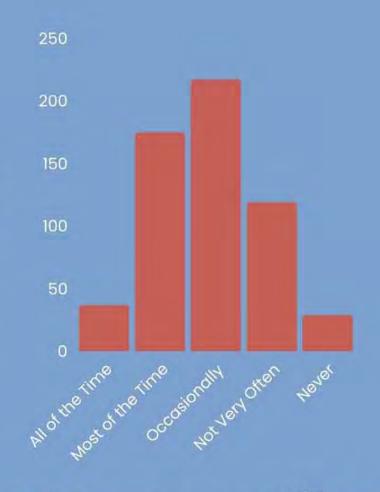


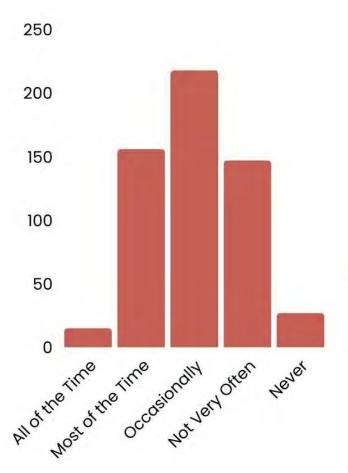
Call/text a youth worker



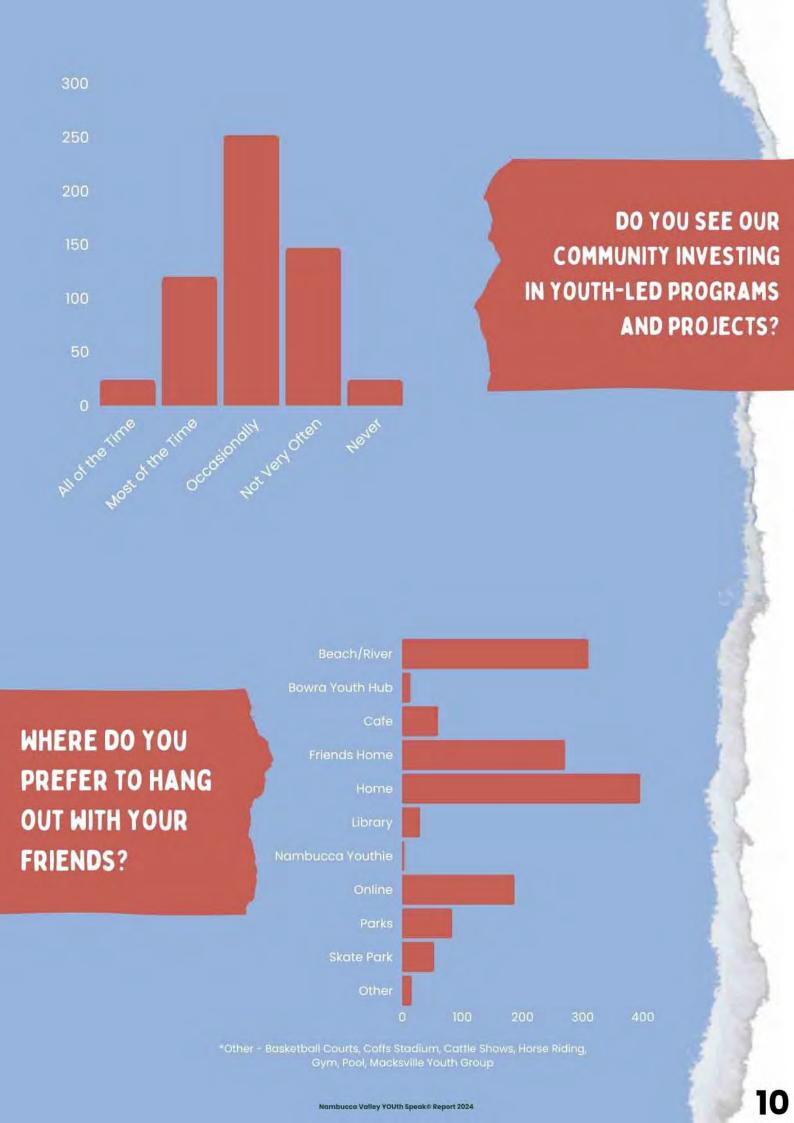
Through an annual YOUth Forum

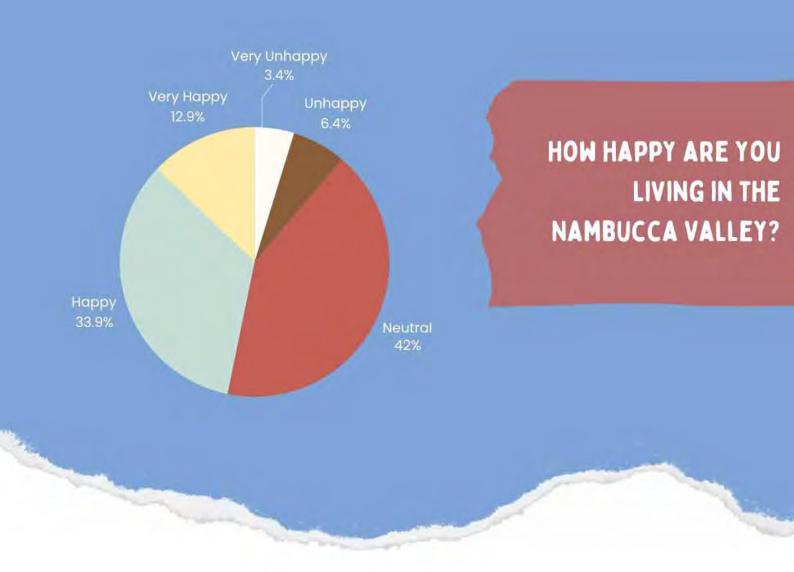
DOES OUR COMMUNITY
OFFER POSITIVE THINGS FOR
YOUNG PEOPLE TO DO
OTHER THAN SPORT AND
SCHOOL EVENTS/
ACTIVITIES?



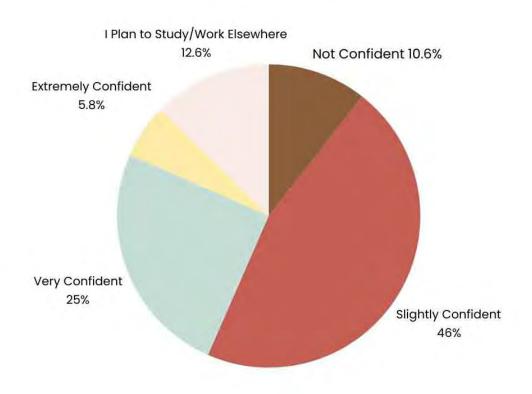


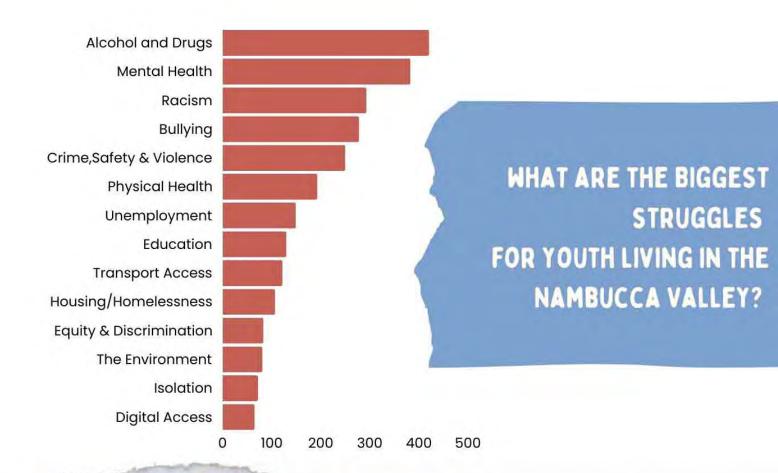
DO YOU FEEL LIKE THE COMMUNITY HAS A POSITIVE IMAGE OF YOUNG PEOPLE IN THE NAMBUCCA VALLEY?



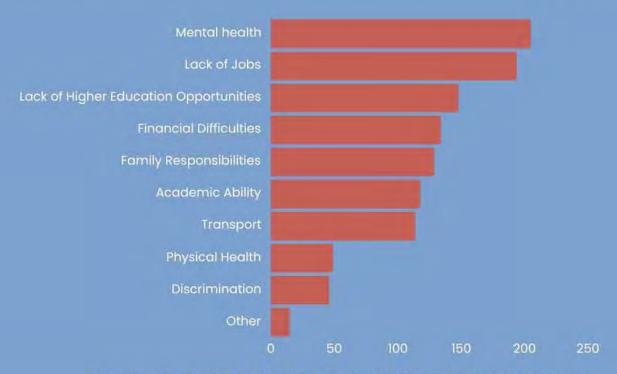


# HOW CONFIDENT ARE YOU IN ACHIEVING YOUR STUDY/WORK GOALS WITHIN THE VALLEY?



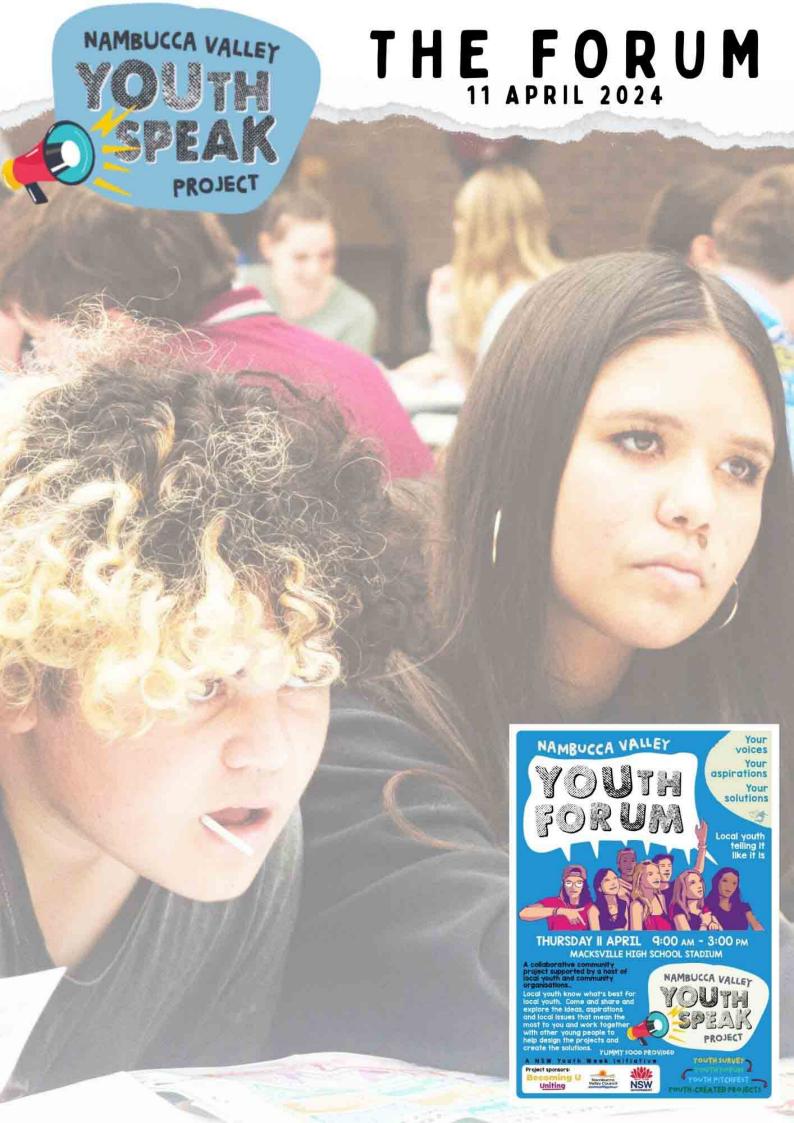


# WHAT ARE THE BIGGEST BARRIERS THAT MAY AFFECT YOU ACHIEVING STUDY/WORK GOALS WITHIN THE NAMBUCCA VALLEY?



\*Other - Lacking motivation, bullying, lack of individualised services for education of disabilities







# THE FORUM OVERVIEW

#### Aims

The Nambucca Valley YOUth Speak® Forum was held on April 11th 2024 at the Macksville High School Stadium. Over the course of the day, young people from across the Nambucca Valley were guided through a process to tease apart the results from the YOUth Speak® Survey, to dig deeper into the issues they identified as concerns for youth in the valley. They were then supported to consider how they would like to have a voice in the future, how they would like to receive information, and what projects they would like to create and lead, to improve outcomes for youth across the Valley. At the end of the day, the young people presented their projects, as a taster for what's to come in the future with the YOUth Speak® Project.

#### Involvement

The forum was well attended by over 200 young people aged 12-18, from Bowraville Central School, Macksville High School, Nambucca Heads High School and Shore Track. The young people sat at tables of 10-12 people, each table with facilitators and scribes, who were community members and service providers including individuals from Anglican Church Nambucca Heads, Becoming U, Bellingen & Nambucca Youth Service, Blue Sky Community Services, Carers NSW, Health NSW, Jaanymili Bawrrungga, Lifetime Connect, Mission Australia, Nambucca Valley Rotary Club, Nambucca Youthie, NSW Office of Regional Youth, Smart Arts, The Valley Hub & Wesley Mission.





We discussed the top five issues that young people identified from the YOUth speak survey. During the forum, young people then unpacked the issues a little further...









1

# ALCOHOL AND DRUGS

WHAT DO YOUNG PEOPLE MEAN WHEN THEY SAY THIS IS AN ISSUE FOR THEM?

AOD abuse in the family home
Bottle shops are open too early
Curiosity without education

Easy access for young people to alcohol, weed and vapes in particular

Feeling unsafe in public because of others under the influence

It's normalised

My friends do it

Peer pressure

People using it as a coping mechanism

Starting at a young age

Vaping

Young people already displaying addictive behaviours

# MENTAL HEALTH

# WHAT DO YOUNG PEOPLE MEAN WHEN THEY SAY THIS IS AN ISSUE FOR THEM?

Anxiety Alcohol and drug use to cope **Bad relationships** Body image concerns Bullying Depression **Emotional** Family mental health issues Feeling alone in experiences Its stigmatised Lack of support for youth Self harm Stress Suicide Worried about friends

## RACISM

# WHAT DO YOUNG PEOPLE MEAN WHEN THEY SAY THIS IS AN ISSUE FOR THEM?

Copying and mocking Indigenous dances
Discrimination
Lack of awareness/education
Lowers self esteem
Racial profiling
Racial slurs
Segregation
Silent Racism
Social Media
Stereotyping

4

# BULLYING

# WHAT DO YOUNG PEOPLE MEAN WHEN THEY SAY THIS IS AN ISSUE FOR THEM?

Being excluded
Body shaming
Cyber bullying
Lowers self esteem
Name calling
Not wanting to go to school
People getting teased for how they look
Physical bullying
Picked on for my disability

5

# CRIME, SAFETY & VIOLENCE

WHAT DO YOUNG PEOPLE MEAN WHEN THEY SAY THIS IS AN ISSUE FOR THEM?

Abuse in my neighbourhood
Can't walk safely in town
Family violence/abuse
Gangs

People in town under the influence
Night time crime
Peer pressure to commit crimes
People breaking and entering
People smashing cars/windows
Sexual assault

Stealing
Threats of violence
Underage drinking
Vandalism

## **MAPPING ACTIVITY**

Each table of young people were provided with enlarged maps of five of the key community centres in the Nambucca Valley local government area: *Bowraville, Macksville, Nambucca Heads, Scotts Head and Valla / Hyland Park.* 

They were then asked to identify and mark on the map the places they felt a positive connection with in green, along with any locations throughout the Valley where they felt unsafe, which they marked on the map in red.

The maps from each of the tables were then collated to provide a deeper understanding of locations across the Valley where young people felt safe and unsafe.

There were some areas where certain individuals or groups of young people felt safe, while for others those same locations felt unsafe. Sometimes individual properties may have been marked, but the intention of the exercise was to help identify overall trends whilst still respecting and acknowledging every individual young person's experience of their community and neighbourhoods.

There are many individual stories behind the places young people decided to mark in red or green. Some of those stories were captured but many more warrant further exploration in future.

# Bowraville

#### **POSITIVE CONNECTION**

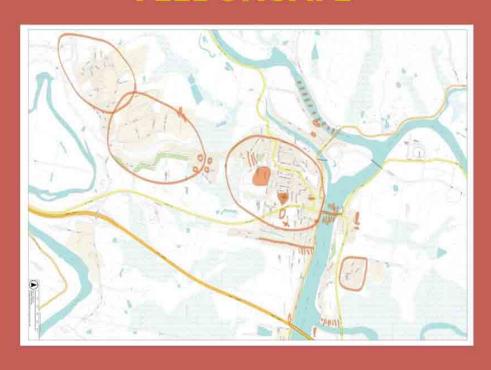




# Macksville

#### POSITIVE CONNECTION





# Nambucca Heads

#### **POSITIVE CONNECTION**





# Scotts Head POSITIVE CONNECTION





# Valla/Hyland Park

POSITIVE CONNECTION





# IN YOUR COMMUNITY, WHO WOULD YOU TURN TO FOR SUPPORT?

In the survey, most young people said they would call the Kids Helpline for support. However, data from the helpline showed low usage. We reframed this question to ask who within the community young people would actually reach out to for help, and these were the responses.

- Boss
- Bus Driver
- Counsellor
- Footy Coach
- Friends
- Friends' Parents
- Headspace
- Neighbour
- Parents
- Pastor
- Siblings
- Teacher
- Youth Workers
- Student Support Officer



## **BARRIERS**

IN TERMS OF EDUCATION AND EMPLOYMENT, WHAT OPPORTUNITIES DO YOU WANT THAT YOU AREN'T SEEING?

Bring TAFE into school
 Help getting ID and all documents needed to get a job
 Help getting license
 More variety for further education opportunities
 Retail Jobs
 Trade Skills

- X Buses don't come often enough
- X Businesses not open outside

of school hours

- X Cost of living
- X I'm too young
- X Lack of information on career paths
- X Lack of scholarships
- X Not enough hands on learning
- X Too much noise and disturbance in the classroom

WHAT ARE THE MOST SIGNIFICANT BARRIERS TO ACHIEVING YOUR EMPLOYMENT OR EDUCATIONAL GOALS?

#### THE BUS





Local Nambucca Valley artist, Jack Hodges, constructed a special prop as a creative way of further capturing youth voice at the forum in the shape of a giant bus. The 6 metre x 2 metre structure was made from recycled cardboard.

The bus symbolizes the journey the community are on together – where we have come from, where we find ourselves and where we want to go.

Using oil pastels and marker pens, young people were asked to decorate the back end of the bus with words and pictures that indicated the sorts of things they want to move away from, to put in the rear view mirror – things they want to see **less of** in their community. The front of the bus was designated for their vision of a better future – the things they want to move towards as a community and see **more of**.

The YOUth Speak® project asked young people to see themselves as the drivers of the bus, thinking about where they want to head towards as a destination, who their allies are in the local community and who the people are that they need to pick up along the way to help them reach that destination.

The bus will also be used in future project stages to capture more youth voices and help present youth perspectives to the broader community.





# LESS OF



# MORE OF



# WHICH PLATFORMS DO YOUNG PEOPLE USE?



youtube



HOW DO YOU WANT TO RECEIVE INFORMATION FROM YOUTH SERVICES AND COMMUNITY ORGANISATIONS?

- Facebook
- Google
- Instagram Broadcast Channel/Account
- Roll Call/Home Room/Assembly
- TikTok



√ Facebook

🗸 Instagram

Local Community Expos

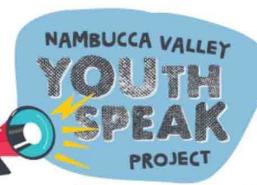
Local Newspapers

School Noticeboard

🏏 Snapchat

✓ TikTok

HOW DO YOU WANT TO SHARE YOUR VOICE WITH YOUTH SERVICES AND COMMUNITY ORGANISATIONS?





The forum concluded with each table being asked to brainstorm a youth-led project or program they would love to bring to fruition in the Nambucca Valley, to work towards solving some of the issues or creating opportunity.

Each table then presented their 'mini-pitch' ideas to the rest of the room, including their fellow peers and all supporting adults.

The following pages capture a summary of each table's mini-pitches and presentation.



#### Outdoor Cinema Event

held twice a year

early session for younger people

early session for older people

free food for all



#### Markets/festival/ animal fair/fete

food stalls face painting henna tattoos

local art

live music

rides, games

local handmade stalls

animal competition

free transport

#### Night Markets at the V Wall

pop up music
food trucks
picnics
mocktails
chill out space
multiple stages
opportunities for hospitality
students to cater
alcohol free event

# Music Event local musicians plus a big headline act free food including hot chips free rides daytime into evening event in summer Where? Macksville Showgrounds

Nambucca Cricket Grounds

# MINI PITCHES

#### Pool party

all day event free entry

free food including:

BBQ, popcorn, slushie, snow cone,
ice cream, milkshake, water

huge jumping castle

free gift bags including:
lip gloss, sunscreen, samples,
vouchers, t-shirt, wrist bands,
glow sticks

evening fireworks

#### MUSIC FESTIVAL

FREE ENTRY

FRI FOOD

POP-UP STALLS

TIE DYEING

MINI GAMES

MUSICAL INSTRUMENT LESSONS

FACE PAINTING

Cultural Event
Arts & culture
Sports
Food hot chips kfc watermelon
Night time event

#### More access to learn-todrive programs like 120 Countdown

personal transport

help with costs of: getting licence, insurance, buying a car, driving lessons

mentors to help learn to drive

le
Ξ

#### Bowraville Youth Event

Live performances:

DJ Kapital J, Tasman Keith, The Kid Laroi

MC: Damo

Food trucks

Ages 12 -25

Drug and alcohol free

IN BOWRAVILLE!

#### Afterschool volleyball

Held at Macksville stadium

Mixed teams - age 15 and up

Training and games

Free food provided at training

Free sign up

Equipment provided

Free transport home

School
Sports
Event
At school for the afternoon (after school)
83 hot food and water
tackle footy
basketball
advertise on facebook
every Tuesday

#### 2 day event

Live music

Circus

Chill out tent

Variety of reasonably priced food

and drinks

Free accessible transport

Good location where people can

swim

#### Night Markets

#### Where?

V Wall, Bellwood Park, Macksville Showground

#### What?

Rides

Food (Churros, hot dogs, chip on a stick, gozleme,

dipping dots, slushies, crepes, burgers)

Live Music (Rhetorical?, Tasman Keith, Lady Gaga)

Art (hands on, social interaction, big chalk mural

graffiti wall, v-wall rock display, footpath comp)

Hair braiding, henna

Light show

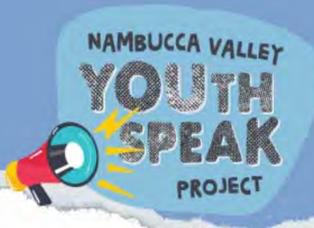
Free transport - shuttle bus

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#### Other youth

#### ideas proposed at forum:

- A pool in Bowraville
- \$2 movie nights or FREE movie tickets take suggestions from youth once a month
- Access for young people to get to Stoney Aqua Park and other things outside or Nambucca's own blow up water park
- After school fishing
- Arcade Games
- Art focused creative outlets like interactive art
- Big Picnic Day
- Bin art project, make bins more appealing for people to use
- Block off the main street for a festival
- Boxing Match
- Carnival Games
- Chill out room with video games
- Circus
- More Coronation Park/Skate Park events
- Dirt bike tracks
- Disco party
- Eat Street at night with food trucks at the v-wall
- Environmental Scavenger Hunt
- Free after school activities (netball, jewelry making, dance classes etc.)
- Free after school sports
- Free food trucks
- Giant game of tips
- Hang out hub in Macksville
- Laser tag/paint ball
- Make your own food cooking workshops
- More events mixing schools so we can meet other youth in the Valley
- More Markets
- Mud run
- Music rooms
- Nambucca Show
- Ninia course
- Outdoor movie theatre
- Restoring bin chicken island
- Rides
- Seed bombing garden beds
- Something fun to jump off into water like the lido in Urunga
- Surfing/Free Access Board hire/teaching
- Terrarium making classes
- Tree planting (enhance street appeal in the main streets and at the v-wall)
- Youth Centre in Macksville with drop in, food, computers, games and a youth worker
- Youth Cinema
  - Youth 'My Kitchen Rules'- in teams cook randomly selected sheets to cater to the whole group.



# WHAT NEXT?

#### A comprehensive snapshot of local youth

Close to 600 young people completed the Youth Speak® Survey with over 200 young people participating in the Forum - an enthusiastic and comprehensive response that combined, represented 39% of the school-aged population of the Valley between 12 and 17 years, broadly encompassing local geographic, demographic and socio-economic diversity. \* It is important to note however, that the Nambucca Valley project to date has not been as successful in engaging and getting input from local youth aged 18-24. This is due largely to the great challenge of engaging and connecting with young people outside of school or services.

#### Upcoming project stages include: (as detailed on the next page)

- · sharing of the findings of this report with local young people and the broader community
- identifying groups of young people passionate about working together on developing project ideas of shared interest and supporting them to develop their ideas and project pitches
- identifying and mobilising the broader Nambucca Valley community to engage in project, meet and hear project ideas and aspirations presented by youth at YOUth Speak® Pitchfest events
- mobilise broader community support and resources and work together with local youth to assist them in developing and delivering project ideas and responses to identified issues

#### Current resources at hand

- Becoming U / Uniting dedicated budget as seed funding for youth-driven community-supported YOUth Speak® projects in 24/25 FY
- Open Streets Project funding (provided by Transport for NSW, secured and coordinated by Nambucca Valley Council) for a youth-led on street festival / night market in Macksville in November with substantial inbuilt youth mentoring / professional development opportunities
- A youth-led event in Bowraville in September (funded by NSW Department of Communities & Justice and Bowraville Local Drug Action Team) with Jaanymili Bawrrungga as lead agency
- Application submitted by BecomingU to NSW Youth Opportunities Program Grant for a First Nations youth-led project working across 3 local high schools and communities

Further sponsorship, grant and philanthropic funding will continue to be sought as more youth project / program ideas begin to emerge.

Local community members, groups and businesses will also play a prominent role in uncovering resources and providing energy and expertise to support youth people to bring their projects to fruition.





COMMUNITY project entry points TERM 1 2024

YOUTH project entry points

YOUTH PARTICIPANTS

Feb Develop YOUth Speak SURVEY:

> Mobilising community and stakeholder mapping Develop youth survey - co-designed with local youth services

Mar Intensive youth engagement - gather survey responses:

Work with schools & services to cature broad youth voice

YOUth Speak Survey REPORT:

Prepare and share report of findings

YOUth Speak FORUM: HELD DURING YOUTH WEEK! Apr

> Mobilise broad youth participation to attend forum. Unpack survey findings and further explore youth identified issues and aspirations. Mobilise local community members, groups, orgs to support forum as table facilitators to support conversation & hear youth voice first hand.

TERM 2 2024

May Preparation of draft YOUth Speak Forum REPORT Jun

Consolidate youth input from Youth Forum and prepare draft report

Jun Reconnect with Youth Forum participants & schools

> Visit schools and groups to share & discuss findings. Support participating students to share findings with broader school community.

Gathering of community partners / table facilitators to Jul share and discuss findings from YOUth Speak survey & forum

> Deep explration of findings and what young people are telling us. Capture refelctions to help finalise report, consider & plan next steps.

Finalise YOUth Speak Youth Survey & Youth Forum Report

TERM 3 2024

Public release of YOUth Speak Project report Aug & tabling of report with Nambucca Valley Council

Aug-Working with partners to engage young people in pitch phase Sep Youth workshops to join forces & develop project ideas

Workshops & hands-on support with project partners for like-minded young people to work together to develop their project ideas and responses to identified issues. Support & assist young people in preparing their pitches and formats to share their ideas to broader community.

Broader community mobilisation around project Aug-

Mobilising local community supporters & allies who are interested Sep in helping young people in bringing their projects & solutions to life. Media publicity and public release of YOUth Speak Report sharing local youth-identified issues and aspirations.

Information sessions for broader community held in 3 town centres.

Sep YOUth Speak PITCH EVENT

> Young people pitch their projects to the local community allies, inspiring broader community support in helping & resourcing young people to bring their aspiration and project ideas to life.

TERM 4 2024

Oct-Delivery of youth-driven, community-supported projects

Support delivery of pitch projects selected for support in 2024: Dec \* direct local community support & involvement and resources

> \*\$17 000 of project seeding funding provided by Becoming U over 24/25 year plus other existing & emerging resources and grants.

Dec Project evaluation and review - planning for 2025 calendar year



# THANK YOUS

The Nambucca Valley YOUth Speak® project is a communityled project welcoming all who are passionate about supporting our local young people to unlock their potential and thrive. We look forward to you joining us on this journey!

Huge thank you to all of the project's community partners and supporters to date who have made this collaborative journey possible including: Becoming U, Bellingen & Nambucca Youth Service, Blue Sky Community Services, Bowraville Central School, Carers NSW, Dowatfeelsgood, Foundation for Regional & Rural Australians, Health NSW, Jaanymili Bawrrungga, Lifetime Connect, Macksville High School, Mission Australia, Nambucca Community and Arts Centre, Nambucca Heads High School, Nambucca Valley Christian School, Anglican Church Nambucca Heads, Nambucca Valley Council, Nambucca Valley Phoenix, Nambucca Valley Rotary Club, Nambucca Youthie, News of the Area, NSW Office of Regional Youth, Shore Track, Smart Arts, The Valley Hub, Uniting, Wesley Mission.



YOUth Speak©, Proudly developed by Ellie Tree, has been supported by Becoming U to be rolled out across the Nambucca Valley, tailoring the project to the needs of the community who live, work and play here.

thank you to all the local young people who have been involved to date - who have shared their voice, ideas, aspirations and inspiration - and have played a hands-on role by participating in the survey, attending the youth forum as well as already sharing their ideas for projects to transform their community and the lives of their peers.

As the action and opportunities ramp up over the coming months, we are keen to continue to support you to create positive change.

For more information on the project:

# END REPORT

