

Meeting Notes

Mental Health and Suicide Prevention Youth Advisory Group

4pm – 6pm AEST, Tuesday, 13 June 2023

Abbreviations

OfY: Office for Youth

DHAC: Department of Health and Aged Care

NSPO: National Mental Health and Suicide Prevention Office

MEETING SUMMARY	
Agenda	Notes
<u>4pm:</u>	Meeting Start. Acknowledgment to Country was led by s 22 s 22 .
<u>4.07pm:</u>	- Agency does a quick intro for the team and update where they are with the commissions program and session. NSPO introduces the use of Miro board to brainstorm and work shop some of the following questions brought forward: Interactive session to generate solutions/ideas to address the hypotheses in the discussion paper: - Hypothesis #4: Social comparison - Hypothesis #8: Engaging with inappropriate content online - Hypothesis #2: Attention - Hypothesis #6: Learning, working, and disconnecting

	<i>Hypothesis #1: Sleep (time permitting)</i>
<u>4.15pm</u>	Introduction to Miro board, explaining the activity and instructions, brainstorm discuss and favourite. Discussing points that are open to discussion about the unrealistic expectations that social media play onto ourselves and potentially the negative impact it has and is making still. Looking at how the Governments can help, school communities, digital technology organisations, young people and families and other.
<u>4.30pm</u>	Discussing further... Social comparison in social media. Looking into Legal frameworks that it should be a legal requirement for images that are altered to be advertised as such. Workshopping the Activity on Miro.
<u>4.50pm</u>	Topics discussed – reduce exposure to inappropriate content. Looking into safeguards for young people despites other checks and balances in place.
<u>5.20pm</u>	Discussions about the next topic start being discussed about the trouble amongst Youth struggling to concentrate due to the use of social media...
<u>5.35pm</u>	Discussions continue about struggles for constant distraction and implementation of mandatory time outs etc and incentives to get more active and outdoors...
<u>5.45pm</u>	Touching on subjects like cyber bullying and suggestions on where affected areas may need attention...
<u>5.50pm</u>	Meeting wrap up from s 22 .

ATTENDEES		
National Mental Health and Suicide Prevention Office	s 22	
	s 22	
Department of Health and Aged Care	s 22	
Office for Youth	s 22	s 22
Youth Advisory Group for Mental Health and Suicide Prevention	Katherine	s 47F (Katya) s 47F
	Jessica	s 47F
	Saul	s 47F
	Isabelle	s 47F
	Ipshita	s 47F
	Troy	s 47F
	Sankara	s 47F
ACTIONS ITEM		
Action	Responsible Party	Due Date
Follow up mention made in Meeting – that NMHO made about date for final session on 4 th July	NMHO . OfY. s 22 to follow up)	Tuesday 20 th June 23
Follow up post made by OfY s 22 in GovTeams for suggested date of next Meeting	Ofy (s 22 to Follow up)	Tuesday 20 th June 23