

Young and Wise: What Young Australians Say They Need to Thrive.



Researchers reviewed scientific studies and reports on consulting Australian young people (0-25 years) conducted between 2018 and 2023, focusing on wellbeing and incorporating feedback from young people themselves.

Introduction

Having a say is fundamental to children's wellbeing. It is their right, and involving them in research, policy, and practice produces better outcomes. Our research synthesises the views and experiences of children and young people into priority themes and actions to influence decision making and inform future consultation.



A sense of belonging is crucial. Feeling connected to family, friends, and community is important at all ages.



Young people want to be heard. They have valuable insights for decision-makers on how to improve their lives.

More support is needed for specific groups. This includes young carers, LGBTQ+ youth, and neurodiverse young people.



Youth should have a voice in politics at all levels of government.



The environment matters. From having places to play outside to addressing climate change, young people care about nature.

What Young People Want:

- More opportunities to relax and socialise outside of school.
- Open conversations about mental health and social media use.
- Schools to prioritise well-being alongside academics.
- Greater trust and confidentiality in support services.
- Recognition of their unique challenges and experiences.

Key recommendations



Give children the best start in life.



Enhance wellbeing literacy.



Cultivate positive mental health.



Foster belonging and connectedness.



Prioritise the environment.



Embed children's voice.

By listening to young people, we can create a better future for all Australians.

