



### Understanding transitions

Transition points are important times in everyone's lives, often involving a change in environment, relationships, roles and expectations. Transitions can be key times of new opportunity and potential, but also times of uncertainty when vulnerability is increased.

CYPC is interested to learn from children and young people how they experience, interpret and respond to the changes in their lives. What kinds of things make transitions easier and what factors transition some young people towards difficult pathways? Do young people get to have a say about the changes in their lives?

Over 400 young people so far have completed a short survey telling CYPC about changes in their lives. They have been open, honest and generous. Young people are saying that changes in their families, relationships and school are the hardest. Many young people get some say in the changes in their lives, but many feel disempowered, with little or no say.

Young people said that family and friends are by far the most helpful supports when things are changing. Other helpful things included activities (like dancing, online games, sport), using internal strength (like believing in yourself, being resilient, staying positive) and professional help (like counselling and support groups).

CYPC will keep talking with children and young people in the coming months about changes in life, and how communities can provide the supports that children and young people need and want. For more information, please phone the CYPC on 6205 2222, or email ACTkids@act.gov.au.

