



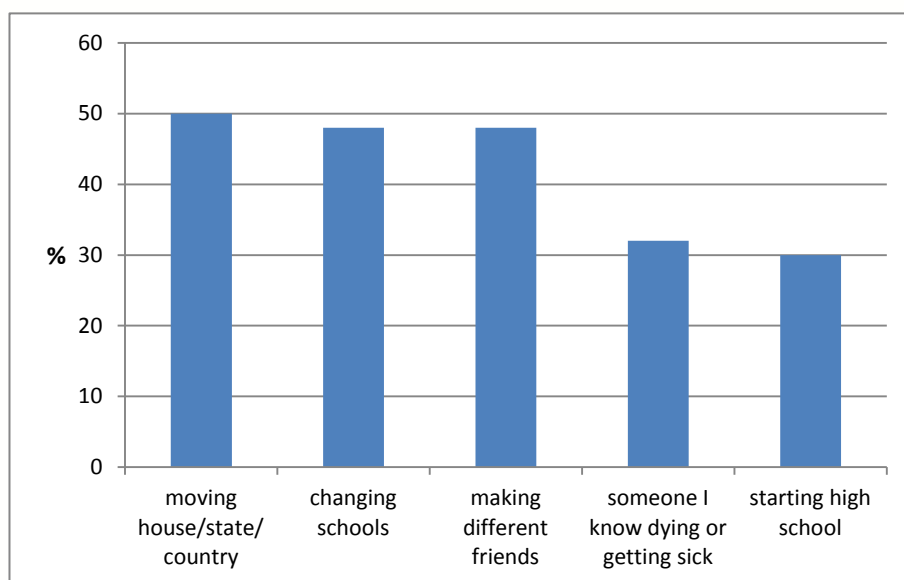
Talking with young people about transitions

The Youth Week Festival at Harrison School on Friday 31 March was a great opportunity to continue talking with young people about 'transitions'.

There is a lot of research about what makes transitions significant, and why some people find changes hard and other seems to coast through. CYPC is interested in what children and young people themselves think. Which changes are significant? What helps? Do you feel you get to have a say?

Over 70 young people completed a survey at the CYPC Youth Week stall. Young people had experienced many different transitions that were significant; the top five are shown below.

Some of the biggest changes in life so far



When thinking about the future, the changes that young people thought about most were: 'working out what I want to do', 'moving out of home', 'earning enough money', 'whether I will find a job' and 'who I'm going to be (identity and appearance). Overwhelmingly, family (59%) and friends (52%) were the supports that young people found most helpful during life transitions. Young people also talked about their own internal strengths (such as staying positive) and other external sources of support (like listening to music, counsellors and teachers).

CYPC will keep talking with children and young people about transitions throughout this year. If you are a child or young person and would like to chat, or know someone who does, please phone the CYPC on 6205 2222, or email us at ACTkids@act.gov.au.

