A YOUTH VISION FOR PORIRUA CITY

For further information, contact:

Dr Ramona Tiatia,

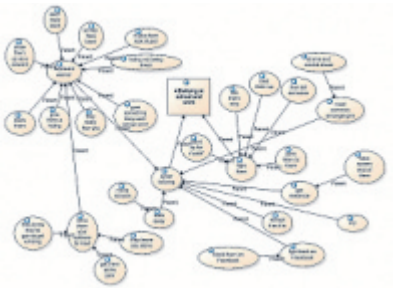
Department of Public health, University of Otago, Wellington

04 3855-999 xtn 4897 or

Ranei Wineera-Parai,

Porirua Social Sector Trial Manager.

What young people do when life gets them down and tough to handle.



What children and young people said about bullying and cyber-bullying at their school, sports clubs and workplaces.

In this third and final edition by the Porirua Social Sector Trial (PSST) we hear more about the Blitz Youth study carried out by the University of Otago with 100 children and young people and 100 parents, youth leaders and providers.

Lead researcher, Dr. Ramona Tiatia said a significant finding was that only 28 percent of providers in the study felt that they were operating at a high standard when it came to collaborating with other agencies.

"This low level of co-operation between agencies confirms why many whanau find it hard to get the right information and assistance they need to deal with various long-term complex issues in Porirua, like those which the PSST are trying to address," said Dr. Tiatia.

The Blitz study found that whanau and providers want more affordable activities and amenities to deal with youth boredom. Parents of adult children living with mental and physical disabilities were frustrated with the lack of available day facilities and that they also need better access to public areas, parks and beaches.

For the children and youth in the study, cyber bullying and alcohol were issues they were regularly dealing with. Prayer was a problem-solving strategy that many older youth said helped them, while youth sleeping rough said community gardens and food banks were important resources they liked to use. Based on these and other findings, the Tumai Hauora mo nga Rangatahi ki Porirua report was produced by the PSST and identifies recommendations to help improve outcomes for children and youth.

Manager of the PSST, Ms Wineera-Parai says young peoples' health and wellness has been at the forefront of the sector trials since they started three years ago. "Helping to establish the digital mobile language translator at Porirua Union Health Service is a good example of agencies willing to be flexible in how they work. It means young people, including refugee youth have better links to existing youth clinical services", says Ms Wineera-Parai.

PSST's efforts to develop multi-purpose community spaces has led to greater numbers of children and youth being involved in more health/education/justice inter-agency initiatives than existed before. Some of the interesting projects included:

- ✓ Crayons to Perfume an education programme for young women that teaches them the principles of self-care, values and personal awareness
- ✓ The Raptors Touch Club who were a recipient of PSST health sponsorship and also winners of the 2016 Health and Wellbeing Regional Wellington Airport Award
- ✓ Hawkes Norths Rugby team who retained the Lyttleton Exchange U12 trophy for 2016 after they gained PSST sponsorship
- ✓ Te Roopu Awhina and Tairangi School's collaborating on a sector trial between teachers and social workers in the provision of a one-on-one/parenting and student assistance programme establishing a community hub in the old dental clinic
- ✓ Children's Week events supported across 15 primary schools by PSST and the Porirua City Children's Day held at Te Rauparaha Arena
- ✓ Lego to Links helps young men and their parents cope with transitional changes associated with primary-school-to-intermediate-to-college

"The health of a city's children and youth directly determines its current and future economic and social growth. We know that if we continue to work together, our young people will always call Porirua home," said Ms Ranei Wineera-Parai.

13 years old female
"A place where you can do your homework or to study and go to parks."

16 years old male
"A flying fox from the bush."

15 years old female
"Paintballing for the young people instead of going out to the Hutt."

I am 16 years old. I am male.
"Free boats for people to go fishing."

WE-7408124AD