

# Are you ready to Take Action?

Take Action is a place to go when you want to make a change but you don't know where to start. It's an online advocacy resource to help you speak up about the things that matter to you and help make the world a better place.

[Take-action.org.au](http://Take-action.org.au)

## Thanks to our amazing sponsors!

### MAJOR SPONSORS



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### LOCAL GOVERNMENT SUPPORT



### SPECIAL THANKS TO OUTBURST!



*Outburst!* is the Western Sydney Youth Action Group. It's a team of passionate young people active in their local communities and committed to making Western Sydney a better place for young people. They are the advisory committee on What's Up West? and provide invaluable insights and assistance. You can find out more about them (including how to join) at [youthaction.org.au/outburst](http://youthaction.org.au/outburst)



## WESTERN SYDNEY YOUTH CONFERENCE

NOVOTEL PARRAMATTA

THURSDAY 31 OCTOBER – FRIDAY 1 NOVEMBER

# WHAT'S UP WEST? 2019



#wuw19  
@youthactionnsw

GET INSPIRED.  
GET SKILLED.  
GET CONNECTED.

# WELCOME

Every 2 years Youth Action hosts What's Up West? and every 2 years I am reminded that the MOST amazing part of what we do is you, the young people.

As I look around the world right now it is clear that young people are leading the change we need to see in the world. YOU ARE A PART OF THAT!! In your local communities, and schools, in Australia and around the world. I know these 2 days will help you to find the things that matter to you and then use your amazingness to speak out about them.

Have a great couple of days at WUW19. I hope you come away feeling that your time really is now, and that you know how to use it. I can't wait to work with you to create change and see what comes next!!



**Katie Acheson**  
CEO, Youth Action



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## ACKNOWLEDGEMENT OF COUNTRY

Youth Action acknowledges and pays respect to the traditional owners of the land, past, present and future, across NSW. We are committed to a positive future for Aboriginal young people and their communities. What's Up West? 2019 is being held on the land of the Darug Nation, and we acknowledge their traditional custodianship.

#WUW19  
@youthactionnsw  
[youthaction.org.au/wuw19](http://youthaction.org.au/wuw19)

## 'Our Time is Now' is all about inspiring and empowering YOU to change your life, your community and the world.

Our sessions will motivate you to find your passion and provide the skills you'll need to stand up and be heard.

We'll all be together for the group sessions and you can choose the breakout sessions that best fit your interests. Don't panic if you can't get to all the ones that interest you. They're all going to be awesome and we'll provide lots of follow-up information after the conference is finished.

After two action-packed days, you'll be part of a growing community of young leaders, ready to speak out and tackle Western Sydney and the world's toughest challenges.

#WUW19  
@youthactionnsw  
[youthaction.org.au/wuw19](http://youthaction.org.au/wuw19)

# PROGRAM DAY 1

## Thursday 31 October

TIME	SESSION	LOCATION
9.30am	<b>Welcome to Country + performance</b> Jannawi Dance Clan <b>Official opening</b> Ray Williams, MP	Lennox Ballroom
10.25am	<b>Creating Change – My Story</b> Isaiah Dawe CEO and Founder, ID. Know Yourself	Lennox Ballroom
11.10am	<b>Advocacy 101 – Finding the Issue That Rocks Your Boat and Makes You Want to Speak Up</b> Katie Acheson and Jacqui McKenzie	Lennox Ballroom
11.50am	<b>SafeWork NSW presentation</b>	Lennox Ballroom
12 noon	Lunch	Foyer
12.50pm Breakout session 1	<b>Your Community, Your Call*</b> City Of Parramatta	Lennox 1
	<b>A Friend in Need – Looking After Each Other &amp; Yourself</b> headspace	Madison 1
	<b>Creating Community from Diversity</b> Youth Action	Lennox 2
	<b>How to Be Different: Understanding Stereotypes</b> Meredith Turnbull	Lennox 3
	<b>Mobilising for Rights</b> Save the Children	Madison 2
1.45pm Breakout session 2	<b>Your Community, Your Call*</b> City Of Parramatta	Lennox 1
	<b>A Friend in Need – Looking After Each Other &amp; Yourself</b> headspace	Madison 1
	<b>Creating Community from Diversity</b> Youth Action	Lennox 2
	<b>How to Be Different: Understanding Stereotypes</b> Meredith Turnbull	Lennox 3
	<b>Mobilising for Rights</b> Save the Children	Madison 2

\*This is a continuous session for young people who live or study in the Parramatta LGA

# PROGRAM DAY 2

## Friday 1 November

TIME	SESSION	LOCATION
9.30am Breakout 3*	<b>Discovering Your #ownvoice</b> Erin Gough <b>Life Skills: Budgeting</b> YLab	Madison 1
	<b>Life Skills: Health System</b> High Street Health <b>Everyday Advocacy</b> Youth Action	Lennox 1
	<b>Culture and Bias</b> MYAN Youth Ambassadors <b>Life Skills: Budgeting</b> YLab	Lennox 3
	<b>Sustainability – How to Change Your Habits to Help Save the Earth</b> City of Parramatta <b>Life Skills: Health System</b> High Street Health	Lennox 2
	<b>When Things Go Wrong at Work</b> SafeWork NSW   Legal Aid NSW   Fair Work Ombudsman Outburst! Youth Action group <b>Life Skills: Employability</b> MTC	Madison 2
11.10am Breakout Session 4	<b>Discovering Your #ownvoice</b> Erin Gough	Madison 1
	<b>Everyday Advocacy</b> Youth Action	Lennox 1
	<b>Culture and Bias</b> MYAN Youth Ambassadors	Lennox 3
	<b>Sustainability – How to Change Your Habits to Help Save the Earth</b> City of Parramatta	Lennox 2
	<b>Why Volunteer?</b> Centre for Volunteering	Madison 2
12 noon	<b>LUNCH</b>	
12.45pm	<b>Digital Storytelling</b> Flashpoint Labs	Lennox Ballroom
2.15pm	<b>Thanks and closing</b>	Lennox Ballroom

\* Breakout session 3 (9.30am) combines a workshop with a life skills session. They follow straight on from each other in the same room. When choosing one of these sessions you are choosing both the workshop and the Life Skills session together. Breakout session 4 (11.10am) is just a single session.

# SESSION DETAILS

## GROUP SESSIONS

### CREATING CHANGE - MY STORY

Isaiah Dawe, ID.  
Know Yourself

Isaiah Dawe was taken into the child protection system as a baby and by the time he turned 18 he had been through 17 different foster homes.

A Butchulla and Garawa saltwater Murri man, he lost contact with his Indigenous family and his culture. In 2019 Isaiah launched ID. Know Yourself, a culturally-focused mentoring program for Aboriginal young people within the Out of Home Care system.

idknowyourself.com  
@daweisaiah

### ADVOCACY 101 - FINDING THE ISSUE THAT ROCKS YOUR BOAT AND MAKES YOU WANT TO SPEAK UP

Katie Acheson and Jacqui McKenzie, Youth Action

There's lots of issues in the world that are worth engaging with. So which one's YOUR issue? This session will help you look at the things that make you wild, or wildly happy, and work out how to harness your passion to make a difference.

youthaction.org.au  
@youthactionnsw

### DIGITAL STORYTELLING - PHOTOGRAPHY AND FILM-MAKING WITH SOCIAL IMPACT

Flashpoint Labs

If a picture is worth a thousand words imagine the difference a photo or film could make to your cause. Flashpoint Labs specialise in change-making photography and film workshops to help get your message out there.

This will be a practical session conducted in small groups. If you have a phone please bring it along and be ready to get up and move around as you brainstorm the best way to advocate your cause using a single image.

Flashpointlabs.org  
@flashpointlabs

## BREAKOUT SESSIONS

### YOUR COMMUNITY, YOUR CALL

City of Parramatta

Working directly with a number of departments from the City of Parramatta this is your chance to provide feedback on plans and activities and talk about what you want your community and its spaces to look like.

This session is for people who live or study in the Parramatta LGA.

cityofparramatta.nsw.gov.au  
@cityofparramatta

### A FRIEND IN NEED - LOOKING AFTER EACH OTHER AND YOURSELF

headspace

What can you do if you ask R U OK? and the answer is no. How can you help your friend and look after yourself at the same time? And if it's really bad, where can you get help? This session will give you practical advice on looking after yourself and your friends.

headspace.org.au  
@headspace\_au

### CREATING COMMUNITY FROM DIVERSITY

Freya Conomos, Youth Action

Greater Western Sydney is one of the most culturally and ethnically diverse communities in Australia. This session is YOUR chance to tell us what's going well, what's tricky and what ideas you have to build your community into the future.

youthaction.org.au  
@youthaction

### HOW TO BE DIFFERENT: UNDERSTANDING STEREOTYPES

Meredith Turnbull

This workshop will explore the cause and effect of stereotypes and how to break free from the expectations they create. We will focus on your experiences as a young person living in Western Sydney.

mt@meredithturnbull.com.au  
@turnbulletin

### MOBILISING FOR RIGHTS: CHILD/YOUTH RIGHTS, ART AND EMERGING TECHNOLOGIES

Save the Children

Come and explore child and youth rights in the context of your own life. The Mobilise program takes an art-based approach to sharing knowledge and learning from young people's perspectives on child and youth rights.

savethechildren.org.au  
@savechildrenaus

### DISCOVERING YOUR #OWNVOICE

Erin Gough, author

Discover how to use your individual story to entertain and inform others, from an author who has done just that.

Erin Gough is a young adult author who explores questions of identity, and celebrates individuality and community. Her most recent novel Amelia Westlake won the Ethel Turner Prize for Young People's Literature, NSW Premier's Literary Awards 2019.

eringough.com  
@erinonfridays

### EVERYDAY ADVOCACY

Jacqui McKenzie, Youth Action

The world is a busy place, so how can you be heard and get your message out there? This session will teach you practical skills to take action on the things that matter to you.

youthaction.org.au  
@youthactionnsw

### WHY VOLUNTEER?

Centre for Volunteering

Want to help others but don't know where to start? This session will help you find volunteering opportunities, as well as discussing the benefits of volunteering and why it's important to have volunteering on your resume.

volunteering.com.au

### SUSTAINABILITY - HOW TO CHANGE YOUR HABITS TO HELP SAVE THE EARTH

City of Parramatta

The challenges of human's impact on the environment can seem overwhelming but small changes can make a huge difference. Here the sustainability experts from the City of Parramatta will equip you with some practical, easy things you can do to lessen your footprint immediately.

cityofparramatta.nsw.gov.au  
@cityofparramatta  
@liveableparramatta

### WHEN THINGS GO WRONG AT WORK - YOUR RIGHTS AND RESPONSIBILITIES IN THE WORKPLACE

SafeWork, Legal Aid NSW, Fair Work Ombudsman and Outburst! Youth Action group

It can be hard to know what your rights are in the workplace especially if you're worrying about keeping your job. In this panel, initiated and run by Outburst! Youth Action group, you'll learn what your rights are, how to stay safe at work and what to do if there's a problem.

### CULTURE AND BIAS

MYAN NSW Youth Ambassadors

Culture, stereotypes, bias. This workshop is a self-reflection exercise, a deep dive into your identity and culture. We confront not only the stereotypes people may hold of us, but also the stereotypes we may have of other people. We discuss discrimination and how to stand up against it. Come with an open mind and ready to reflect!

facebook.com/myannsw  
@myannsw

### LIFE SKILLS 101: BUDGETING

YLab

How do I manage my money?

ylab.global

### LIFE SKILLS 101 - HEALTH SYSTEM

High Street Health

From Medicare to specialists, how to manage your way through the health system.

wslhd.health.nsw.gov.au/  
Events/High-Street-Youth-Health-Services

### LIFE SKILLS 101 - EMPLOYABILITY

MTC

From first jobs to full time work, here's what you need to know about getting employed.

mtcaustralia.com.au