



Proactive Release

Submissions on the Child and Youth Wellbeing Strategy

August 2019

The Department of the Prime Minister and Cabinet has released the following submission received during its public consultation on the child and youth wellbeing strategy.

Some of the information contained within this release is considered to not be appropriate to release and, if requested, would be withheld under the Official Information Act 1982 (the Act).

- Where this is the case, the information has been withheld, and the relevant section of the Act that would apply, has been identified.
- Where information has been withheld, no public interest has been identified that would outweigh the reasons for withholding it.

Key to redaction codes and their reference to sections of the Act:

- **9(2)a** – Section 9(2)(a): to protect the privacy of natural persons, including deceased people.

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Child and Youth Wellbeing Strategy – Submission Template

This document is intended for individuals or groups who wish to make a formal submission on the child and youth wellbeing strategy.

Please complete this template and email it to: childandyouthwellbeing@dpmc.govt.nz

A guide to making a submission is available on the DPMC website <https://dpmc.govt.nz/our-programmes/child-and-youth-wellbeing-strategy>

Submissions will close on **Wednesday 5 December**.

Please provide details for a contact person in case we have some follow up questions.

Contact Name:	9(2)□(a)
Email Address:	
Phone Number:	
Organisation Name:	[Please include if you are submitting on behalf of an organisation]
Organisation description: (tell us about your organisation – i.e. who do you represent? How many members do you have? Are you a local or national organisation?)	I am an Art Therapist and counsellor in private practice
Executive Summary: (Please provide a short summary of the key points of your Submission - 200 words)	<p>Changes can be quick if they are well designed. Young people should not face constant horrific loss, or fear of losing, friends to depression. The support needs to start early, at primary school level.</p> <p>Kids need to have avenues to express distress. Get the arts - music, dance, art and drama therapists involve in schools and in the MH system. THERE ARE MANY AVAILABLE AND KEEN TO WORK WITH YOUNG PEOPLE, BUT THERE ARE NO POSITIONS IN PLACE! It works everywhere else in the world, why should NZ - where verbal expression is so challenging for many - be behind?</p> <p>Build many youth centres, nurturing hubs where our kids can feel at home, can come, create, engage and connect – also be assisted to take part in making a difference and volunteer in their communities, care for elders and disadvantaged - do things that</p>

	<p>are good for the soul BEFORE they fall into loneliness and pessimism and seek drugs and alcohol.</p> <p>NZ CAN BE A HAPPY PLACE - but happiness is not about achievements and awards that this country is obsessed with. For every winner there are many more losers, roller coaster of prize-giving is not a right way to bring up healthy children. Yes, it is important to motivate kids but in a nurturing way, not in a fear-of-failure environment.</p> <p>Take pressure off our kids, let them believe that life is fun and good, create places for them to come and have a range of activities, centres specially built for young people where they are welcome without agenda or specific goal and however bad they feel.</p> <p>Look at examples overseas, bring them to NZ, ASAP. Thank you.</p>
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Submission Content

The points above are the points of my submission.

Here is the recommendations again:

INTRODUCE ART/ EXPRESSIVE THERAPIES IN SCHOOLS AND MENTAL HEALTH SYSTEM:

Kids need to have avenues to express distress. Get the arts - music, dance, art and drama therapists involve in schools and in the MH system. THERE ARE MANY AVAILABLE AND KEEN TO WORK WITH YOUNG PEOPLE, BUT THERE ARE NO POSITIONS IN PLACE! It works everywhere else in the world, why should NZ - where verbal expression is so challenging for many - be behind?

BUILD MULTIPLE “YOUTH CENTRES” AROUND NZ WHERE YOUNG PEOPLE CAN USE AS HUBS TO COME AND HAVE A RANGE OF ACTIVITIES

Build many youth centres, nurturing hubs where our kids can feel at home, can come, create, engage and connect – also be assisted to take part in making a difference and volunteer in their communities, care for elders and disadvantaged - do things that are good for the soul BEFORE they fall into loneliness and pessimism and seek drugs and alcohol.

CHANGES IN THE EDUCATION SYSTEM – “RELAX” THE OVER-COMPETITIVE ATTITUDES AND PRACTICES

NZ CAN BE A HAPPY PLACE - but happiness is not about achievements and awards that this country is obsessed with. For every winner there are many more losers, roller coaster of prize-giving is not a right way to bring up healthy children. Yes, it is important to motivate kids but in a nurturing way, not in a fear-of-failure environment.

Take pressure off our kids, let them believe that life is fun and good, create places for them to come and have a range of activities, centres specially built for young people where they are welcome without agenda or specific goal and however bad they feel.

LOOK AT EXAMPLES OVERSEAS. BRING THEM TO NZ. ASAP!

THANK YOU!

Please note that your submission will become official information. This means that the Department of the Prime Minister and Cabinet may be required to release all or part of the information contained in your submission in response to a request under the Official Information Act 1982.

The Department of the Prime Minister and Cabinet may withhold all or parts of your submission if it is necessary to protect your privacy or if it has been supplied subject to an obligation of confidence.

Please tell us if you don't want all or specific parts of your submission released, and the reasons why. Your views will be taken into account in deciding whether to withhold or release any information requested under the Official Information Act and in deciding if, and how, to refer to your submission in any possible subsequent paper prepared by the Department.