

Briefing

Young people speak out about wellbeing: An insights report into the Wellbeing of Rangatahi Māori and other Young People in Aotearoa

Date due to MO:	2/05/2023	Action required by:	12/05/2023
Security level:	UNCLASSIFIED	Briefing number:	BN2023-004
To:	Hon Dr Ayesha Verrall, Minister of Health		
Copy to:	Hon Peeni Henare, Associate Minister of Health (Māori Health) Hon Barbara Edmonds, Associate Minister of Health (Pacific Peoples) Hon Willow-Jean Prime, Minister for Youth <div style="background-color: black; width: 100%; height: 15px; margin-top: 5px;"></div>		

Contact for Telephone Discussion

Name	Position	
Karen Orsborn	Chief Executive	
Matthew Bloomer	Acting Director Wellbeing System Leadership	

Minister's Office to Complete

- | | | |
|--|------------------------------------|---|
| <input type="checkbox"/> Approved | <input type="checkbox"/> Decline | <input type="checkbox"/> Noted |
| <input type="checkbox"/> Needs change | <input type="checkbox"/> Seen | <input type="checkbox"/> Overtaken by event |
| <input type="checkbox"/> See Minister's note | <input type="checkbox"/> Withdrawn | |

Comment:

Young people speak out about Wellbeing: An insights report into the Wellbeing of Rangatahi Māori and other Young People in Aotearoa

Security level:	UNCLASSIFIED	Date:	2/05/2023
To:	Hon Dr Ayesha Verrall, Minister of Health		

Purpose of report

1. On 15 May 2023, Te Hiringa Mahara will publish *Young People Speak out about Wellbeing: An Insights Report into the Wellbeing of Rangatahi Māori and other Young People in Aotearoa*, and a literature review which informed the insights paper.

Background

2. Te Hiringa Mahara is publishing two papers on 15 May 2023, *Young People Speak out about Wellbeing: An Insights Report into the Wellbeing of Rangatahi Māori and other Young People in Aotearoa* and *A summary of literature reflecting the perspectives of young people in Aotearoa on systemic factors affecting their wellbeing*.
3. The papers provide insights about the drivers of wellbeing for rangatahi Māori and young people, including calls to action to improve wellbeing, and an academic literature review commissioned by Te Hiringa Mahara and conducted by Koi Tū: The Centre for Informed Futures.

Summary of findings

4. The insights report builds on a growing body of work looking at declining youth mental health and wellbeing over the past decade, and an increase in media and public attention on this issue in recent years.
5. The purpose of the work is to shine a light on the systems and social determinants that impact youth wellbeing which in turn, influence mental health. We identify that young people experience further inequity and compromised wellbeing, compared to others.
6. Te Hiringa Mahara commissioned a literature review by Koi Tū of government documents and academic literature, which will be published alongside the insights report. The review explores young peoples' stated aspirations for wellbeing systems in Aotearoa New Zealand, and how these have been documented both by government agencies and in academic literature.
7. In 2022, Te Hiringa Mahara engaged with young people with intersectionality, such as rangatahi Māori, Pacific, rainbow communities, disabilities, state care, and lived

experience of distress or addiction, on the four themes raised in the literature review. During these engagements, young people discussed the kinds of changes they wanted to see to improve wellbeing, resulting in a series of calls to action, featured in the insights report:

8. Key themes outlined in the insights report are detailed below:
 - a. **Uncertain futures:** Young people in Aotearoa today feel they are facing an uncertain future with inherited social, economic, and environmental challenges ahead.
 - b. **Racism and discrimination:** Discrimination, including anti-rainbow discrimination and ableism, racism and the impacts of colonisation are significant issues facing young people, particularly affecting rangatahi Māori and ethnic minority groups.
 - c. **Social media and safety online:** Social media and digital spaces are deeply integrated into many young people's lives, with both benefits and harms.
 - d. **Intergenerational and whānau connections:** Connection to whānau, and to culture develops cultural resilience which is integral to wellbeing.
9. Calls to action for system leaders to improve wellbeing for Rangatahi Māori and young people in Aotearoa are highlighted in the insights report, grouped under each theme. These calls to action are not exhaustive nor do they address all issues faced by young people in Aotearoa.
10. The calls to action are grounded in youth participation, which is a major theme across all drivers of wellbeing in the report; highlighting that young people must be involved in decisions that affect them.

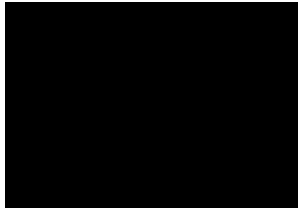
Next Steps

11. A media release, key messages, and a Q&A will be shared with your office before the publication date of 15 May 2023.
12. Subject to minor editorial changes, on 15 May 2023, the insights report and literature review will be published to the Te Hiringa Mahara website, the media release will be sent to news media, and an announcement posted to LinkedIn.
13. As discussed previously with your office, Te Hiringa Mahara will be present at the Ara Taiohi launch event, hosted at Parliament by Hon Willow-Jean Prime on 15 May 2023. The four themes in the youth insights report will be a focal point for the event.
14. Te Hiringa Mahara will host a public webinar on the insights report in June 2023. We will share more information about this webinar closer to the date.
15. The youth insights report will help guide and support our ongoing long-term planned advocacy agenda: improve youth wellbeing and services. We will prioritise advocacy actions that are informed by the calls to action raised in the insights report.

Recommendations

We recommend you:

- | | | |
|----|---|-----------------|
| a) | note , on 15 May 2023, subject to minor editing changes, Te Hiringa Mahara will publish the attached reports on Youth Wellbeing Insights | Yes / No |
| b) | note we intend to release this briefing under our proactive release policy | Yes / No |



Karen Orsborn
Chief Executive
Date: 2/05/2023

Hon Dr Ayesha Verrall
Minister of Health
Date:

