

Calling on young people to join our discussion on Health and Mental Health in Western Australia



Commissioner for Children and Young People

My name is Jacqueline McGowan-Jones and I am the Commissioner for Children and Young People for Western Australia.

My office and I work hard to make a better world for all children and young people. We:

- stand up for children and young people's rights
- listen to what children and young people have to say
- tell everyone about the great ideas children and young people have and the great things they do.

You should have the things you need to be safe and well, to learn and grow. You should also have a say in the things that matter to you. I share what I learn with people in charge so that they make things better for children and young people.

Health and mental health

Did you know that children and young people have a right to good health?

When we're healthy we can feel good and we can do more of the things we want to do.

I want to find out what we need to have good health.

This is what I've learnt so far:

- We should all have clean water, healthy food, safe places to live and play.
- We should know what helps keep us healthy and not get sick or hurt.
- People should be able to get good help with their health or mental health when sick or hurt.
- People should be able to get help early so they don't get sicker.
- Everyone should be able to get help, even if you don't have much money, live a long way away, or the doctors don't speak the same language as you and your family. Help should be right for your age, and you and your family should be welcome and safe.
- Health and mental health people should explain what they are doing to help you and make sure you have a say. They should make sure there is someone you can tell if you feel uncomfortable or unsafe.
- Children and young people should have a say in how hospitals or other health services work.

Now I want to know what you think

On the next page are some questions I'm asking the young people of WA.



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Questions for young people

- 1** Who would you ask, or where would you go to find out something about your health? How would you know if what you learnt was right? What would help you work it out?
- 2** Being 'healthy' might mean things like being active, eating enough veggies, and doing things that help people. What are the things that stop children and young people from being able to do these things?
- 3** Do you think there is a lot of pressure to have things like unhealthy food or drinks, vapes or other drugs? Should there be less ads about these kinds of things? What else should be done?
- 4** People and places that help with health and mental health are meant to listen to children and young people to hear what is important to them. (Like hospitals, doctors, teachers, nurses, counsellors). What is the best way for them to find out what children and young people think?
- 5** What could the people in health and mental health do that helps you feel better and feel safe?
- 6** What would help children and young people speak up if they felt unsafe or upset by something when they are getting help for their health or mental health?
- 7** Do you think children and young people are able to get the help they need with their health or mental health? What other kinds of help are needed?

Your ideas

Please tell me any ideas you have for how we make health and mental health better for children and young people. Your voices matter.

You can submit your response online or email us at: info@ccyp.wa.gov.au



Share your ideas

