

ANAMATA

FACE THE FUTURE

BE THE CHANGE – TO MAKE THE CHANGE

***ALAC NATIONAL YOUTH FORUM
Tapu te Ranga Marae – Island Bay, Wellington
7th – 9th October 2008***

Executive Summary



EXECUTIVE SUMMARY

PURPOSE

Anamata provided a platform for young people from around Aotearoa to come together and discuss alcohol issues as they see it. Discussions focussed on identifying the key alcohol issues across New Zealand for young people; brainstorming the ways in which we want our future to look; and discussing what our collaborative roles are in making this future happen.

Anamata was designed especially for young people. However, youth workers and other selected participants were also present. Anamata also provided opportunities to caucus in culturally and age appropriate ways. The information gained throughout Anamata will be used by ALAC to assist with business planning in order to ensure appropriate future strategies are in place for working with young people to reduce alcohol related harm.

OBJECTIVES OF ANAMATA

- 1. To gain a 'youth' perspective on alcohol related harm in Aotearoa through open and honest discussions with young people and youth workers*
- 2. To undertake discussion on the types of future strategies that can be implemented to reduce alcohol related harm that have further reach into the 'youth' population*
- 3. To determine the best path forward for ALAC with regards to recommendations arising from Anamata 08.*

APPROACH:

Anamata was facilitated in an honest, non-stressful and fun way and was run as a noho-marae with all participants expected to stay over on the marae. The focus of Anamata was to put key Youth Participation principles and theory into practice ensuring that the best learning environment was created for everyone involved. This meant the inclusion of regular breaks and games; regular breaks for food, and an interactive style of workshops. Anamata had a focus on whakawhanaungatanga (getting to know each other and building relationships), especially on the first day of the forum. From here, everybody was ready to express their thoughts and opinions in an environment where they knew each other and felt comfortable.

PARTICIPANTS:

There were a total of 89 participants. This included, 19 youth workers, 55 young people, and 15 other (ALAC staff, Working Group, Kaumātua and camera crew).

All young people who participated were between the ages of 14 and 24 years. The geographical areas represented included; Auckland, Christchurch, Gore, Hamilton, Invercargill, Lower Hutt, Tāneatua , Taupō, Tokoroa, Waihi, Wellington, Whangārei.

Iwi represented at Anamata 08 included: Ngāpuhi, Ngaruahine, Kāi Tahu, Ngāi Te Rangi, Ngāti Kahungunu, Ngāti Maniapoto, Ngāti Pōneke, Ngāti Porou, Ngāti Ranginui, Rongomaiwahine, Tainui, Te Arawa, Tūhoe, Tūwharetoa, and Waikato.

FACILITATION:

There were five lead facilitators and three co-facilitators at Anamata 08. All facilitators were part of the Working Group and therefore had a working knowledge of the goals, objectives and styles of Anamata. The facilitators were able to encourage and support the youth participants to engage and interact in conversation and discussion. The eight (total) facilitators of Anamata represented a tripartite approach including Māori, Pacific Island and Tauīwi. The five lead facilitators were experienced facilitators and had the ability to relate well to both the participants as well as the kaupapa of Anamata. The three co-facilitators were young people who had either attended Anamata 07 or the Pacific Spirit Youth Symposium, and who wanted experience in facilitating at Anamata 08.

To ensure that Anamata operated in a proficient, professional and safe manner for all involved, debriefs between the facilitators and project co-ordinators were held regularly throughout the forum.

RESULTS – OVERALL SUMMARY

Role of the Media

Anamata participants expressed concern at the level of apparent targeting of young people through the marketing of alcohol, i.e. price, access, promotions, competitions, branding etc. It was also noted that the media contributes to the glorification of alcohol consumption including getting drunk, which entices young people to try alcohol at an early age to fit into 'the youth image' being portrayed. This kind of media was seen by the participants as a large contributing factor to the 'NZ drinking culture'. Participants believe that the media could be used to channel more positive and constructive information around alcohol consumption and could provide insight into a 'healthy drinking culture'.

Peer Pressure

Young people at Anamata expressed peer pressure as an ongoing contributing factor to the early onset of alcohol consumption and the ongoing binge drinking behaviour around alcohol consumption. Fitting in and social interaction plays a big part in youth culture in New Zealand society and during adolescence is of utmost importance to their development. However, the young people at Anamata also expressed that peer pressure is reduced through informative and correct education.

Role Models

A large proportion of discussions held at Anamata 08 focused on the role of parents, guardians, whanau and other adults. Feedback focused on the need to 'break the cycle of generational habits'. Young people at Anamata acknowledged that the drinking culture starts by the examples set by family, friends, other adults, and people of influence. Suggestions to overcome the cycle included: providing accurate education to all ages (break the old cycle and start a new one); to have greater involvement by established organisations such as MADD & SADD etc; and to personally take on the challenge of "Be the change to make the change".

Stereotypes

Participants at Anamata mentioned a range of stereotypes that are placed on society with regards to alcohol consumption that set a premise and a future for New Zealanders to live into. Stereotypes mentioned included: "Jake the Muss", "Being a hard man", cultural stereotypes (including violence), and stereotypes of youth (irresponsible, hazardous drinkers, up to no good). The Māori caucus explored solutions to these stereotypes which included bringing back tikanga Māori and promoting what 'being Māori' is really about. The Māori caucus also acknowledged the need to work at the core structure, i.e whānau & hapū.

Overall Recommendations

Further Exploration

- 1. The role of parents in the reduction of alcohol-related harm for young people, i.e. role modelling, awareness, education, and communication.*
- 2. The impact of negative stereotypes and racism and its relationship to youth alcohol-related harm.*
- 3. The role of media in portraying a 'healthy drinking culture' for young people.*
- 4. Culturally specific interventions to reduce alcohol-related harm – what does this mean and what does it look like?*

Specific Strategies

- 1. ALAC to contribute to an Anamata bebo page to communicate regularly with young people who attended.*
- 2. ALAC to consider develop a Youth Advisory Group using best practice models on youth development and participation.*
- 3. ALAC to provide an opportunity for all Anamata participants to be consulted with as part of the upcoming ALAC Youth Strategy process.*
- 4. ALAC to support communities regionally between Anamata hui to assist with ongoing strategies to reduce alcohol-related harm at a community and region wide level.*
- 5. ALAC to continue to explore other ways to engage with young people throughout the year.*

Future Anamata

- 1. Anamata 09 to be held in the South Island with current Southern participants to have the opportunity to assist the working group in design and implementation.*
- 2. Recruitment of youth workers in the future aims for an even spread of ethnicity.*
- 3. Future Anamata forums continue to be held as noho-marae.*
- 4. Retain the four primary facilitators for any future Anamata forums to help with continuity and keeping the mauri of Anamata.*
- 5. Continue to provide an opportunity for young people to co-facilitate.*
- 6. Investigate ways for Anamata to be more youth driven and designed.*
- 7. Extend Anamata to a five day wānanga during the school holidays.*
- 8. Create a balance between ethnic specific caucus and youth caucus opportunities throughout Anamata.*
- 9. More regular feedback sessions throughout Anamata 09.*
- 10. Use this report, evaluation information, and working group debrief notes to inform the planning of Anamata 09.*