



Founding Legacy Report

Body Safety Australia
2023

Acknowledgment

Body Safety Australia acknowledges and pays respect to the past, present, and future Traditional Custodians and Elders of this nation and the continuation of cultural, spiritual, and educational practices of Aboriginal and Torres Strait Islander peoples.

We acknowledge that sovereignty has never been ceded.

Always was, always will be, Aboriginal land.



Illustration by 28 year old Wiradjuri and Ngiyampaa, Queer Woman,
Charlotte Allingham

YAC Overview

As an organisation that values the inclusion and empowerment of young people, we were excited to announce the creation of BSA's very own Youth Advisory Committee in 2023.

Our founding committee comprised of 12 incredible 16 – 28-year-olds who have a passion for violence prevention, consent education and LGBTQIA+ inclusion and equity. The committee met monthly to:

- Discuss the issues they are passionate about and which impact them
- Provide feedback on our organisation programs and practices
- Explore the ethics and pillars of advocacy from a youth lens

Our YAC Team

BSA YAC Coordinator Nat, Head of Education Lauren and Senior Educator Jay were thrilled to take on all things YAC in 2023. With a strong desire to meaningfully embed youth voice into BSA practice, Nat, Jay and Lauren designed a 9 month plan to hear as much as possible from each founding member about how we can continue to improve our practice and drive our work through a youth lens. Each meeting quickly became a highlight of the month, and an opportunity to listen to, learn from and build rapport with each of the incredible and insightful committee members.



Incredible

Our Founding Youth Advisory Committee Members

Anamika (She/They)

Shrika (She/Her)

Rowan (They/Them/Xe/Xem)

Zavier (They/Them)

Sara-Michelle (She/Her)

Sarah (She/Her)

Krishna (He/Him)

Lee-Elle (She/Her)

Kalaivani (She/Her)

Charli (Fae/Them)

Mitali (She/Her)

Dylan (They/Them)

Rowan

Hi, I'm Rowan (they/them/xe/xem)! I applied to join the YAC after working with Katie, Jay, Mitali and Shrika on the Respect: The Future panel event. I'm an autistic genderqueer lesbian and I'm super passionate about LGBTQIA+ and disability rights, honest conversations about mental health and using my voice to make real change for the kids that come after me.

I've done some ad hoc volunteering before – I'm a mentor for my school's ND Mentors organisation and I've attended events on behalf of my school's queer groups. I'm 16 years old and completing my 1st year of VCE, studying mostly STEM subjects. I've had some great interactions with BSA before and I'm super optimistic about the awesome things we'll be able to achieve together!

Shrika

I'm Shrika and I'm in year 11. I joined the YAC after having an amazing experience doing the consent education panel. I am extremely passionate about social justice and making the world a safer and more inclusive place for everyone. I'm hoping to share my own perspectives as well as educate myself on everyone else's and hopefully enact some positive change. Cant wait xx

Mitali

Hi, I'm Mitali – I am 18 years old and completing my year 12 VCE this year! I have a deep interest in social justice and I hope to study social work after school. I joined the YAC after working alongside Katie, Jay, Rowan and Shrika on the BSA youth panel event on consent. I have a very strong passion for creating lasting and meaningful change. I am super excited to see what we are going to do together!!



Dylan

My name is Dylan, I use they/them pronouns and am based in Naarm/so called Melbourne. Consent and sexual education is hugely important to me, especially when educating children and young people. I'm passionate about sharing my lived experience as a queer, disabled survivor of sexual assault, and my complex history with this as a transgender person. (Don't we love the laundry list of identities that prefaces our advocacy work!) I work at Children and Young People with Disability Australia and I also Stage Manage and produce independent theatre, an industry that is (finally) having exciting and long-awaited discussions on consent. Looking forward to meeting everyone and I'm sure our collaboration will yield great results! Feeling very privileged to be given an opportunity to create positive change in whatever way I can.

Isabella

Hi! I'm Isabella (she/they), a queer and disabled person of colour. I'm very excited to be a part of the youth advisory committee and am particularly keen to help shape and support preventative education around sexuality, consent, gender and queer inclusion, and positive body image. These topics are close to my heart and I feel privileged to be able to use my lived experience to support other young people. As a committee, I hope we are able to support young people across Australia and promote authentic change through advocacy campaigns and supporting Body Safety Australia's programs. Something I want the rest of you to know is that meeting others in the lived experience space and building community are my passions, and I have created the Lived Experience Newsletter to support creating community.

Anamika

I decided to join Youth Advisory Committee as I have always been passionate about childhood education and awareness and the power it holds in shaping the present and the future that is safe, inclusive, creative and equitable. As a young queer brown girl who came to Australia as an immigrant and now plans to build my life and career in this country, I think it is really important for our voices to be heard and placed in spaces of decision making and leadership. The multiple layers of intersectionality framework that can be addressed through the lenses of lived experiences that I hold have been a huge asset in reforming the structure of multicultural leadership in action in my previous and current work. I wish to utilise my skills, knowledge, experiences and stories in learning and networking together and building holistic strategies and frameworks with young minds from diverse backgrounds, multidisciplinary skills and expertise.

I hope to achieve a sense of belongingness, shared learning, advocating through impactful stories and building a platform with young people that can identify, improve and challenge current policies and strategies and evolve in the direction of sustainable, equitable and engaging young minds to lead through their experiences of accessing Australian education and health systems. Relationships are a vital part of any child's growth and development, and with Body Safety Youth Advisory Committee, I wish to achieve a deeper understanding of ways to improve child safety, education and innovative safe spaces for young people to build these connections and thrive with strong relationships.

I want to acknowledge that I am joining this committee as a 27 year old settler in Naarm in Australia who moved here 6 years ago and may not hold the same experience as others in understanding Australian systems deeply. I want to acknowledge that I honor each young individual in this committee with all my heart and your experiences to learn from will be so valuable for me and other young immigrants who come to Australia at a young age and face barriers to accessing basic needs of healthcare, education and employment. I come with a range of experiences with a Master of Public Health, Bachelor of Zoology, Certificate in Film Making and Photography and a heart of a Traveller (in my small red car) and a storyteller. I faced multiple challenges despite all my experiences when I came to Australia which stunted my progression initially and now I feel proud and honoured to be a part of this committee to be able to create shared learning experiences and achievements together.



Lee-Elle

Hi! I am Lee-Elle (she/her), 16 years old and from Perth, WA. I am in Year 11 and passionate about advocacy and LGBTQIA+ equality. As part of this committee, I hope to contribute my ideas and perspectives to help achieve the goals of the organisation and make a positive impact in our community. On the weekends I love baking yummy food, catching up with friends and going to the beach (when I am not studying 🤔). My favourite subjects at school are Business and Politics. I am looking forward to meeting everyone at the first meeting!

Charli

Hi, I'm Charli (fae/them) and I love writing and making art. I am passionate about sexual health and sex education and thought joining the YAC would be a great opportunity to get some experience in that area and meet others who are also passionate about similar topics. I hope to learn from and collaborate with others in the group and use my lived experience of being disabled, queer and trans to make a positive impact on Body Safety Australia.

Krishna

I'm currently a year 11 student in Sydney. As someone who hopes to go into primary or secondary teaching after high school, I'm passionate about educating and shaping the next generation for the better. As such, I joined the YAC to learn how to effectively educate and engage students on topics such as consent and healthy relationships, which I believe are integral in nurturing respectful individuals and creating a better world. I look forward to working with you all!

Kalaivani

I am so thrilled to be a part of the youth advisory committee as being a young person in modern society I have experienced firsthand the impact social media has on stereotypes and ideals which often leaves many people feeling like they aren't good enough. I am also part of the LGBTQIA+ Community and as I go to a catholic school, I have come to realise that there is a lack of education and support available for students who are part of the community.

I hope I can gain the skills and understanding to implement programs in the school system which educate and offer support for all students. I'm also really looking forward to working with the other members of the committee. Something personal is that I love to paint as it allows me to express myself in ways sometimes I can't through words. I aspire to be a civil engineer and a goal for the future would be to create homes that are sustainable and available for those less privileged. I also love working with children!

Hannah

I joined the committee after seeing your work and hearing you speak at the 'Asking For It' premiere a couple of weeks ago and also on the recommendation of BSA team member Jay Jones who I worked with for a couple of months as part of an advisory group to Meta. I think the work you're doing is incredible and as a young woman with a platform (built from writing/advocacy/acting and my role as Editor In Chief at Missing Perspectives, a media company dedicated to platforming the lived experience of women and girls globally), I feel a deep responsibility to have conversations about consent.

I'm also really interested in helping to shape the way young people learn about and engage with this stuff because it wasn't really a part of my education growing up and the overriding principle of all the work I do is to leave the world better than I found it for those coming after me. Thank you so much for having me, especially as I'm from Sydney!

Year in review

Over 9 months, the committee explored themes related to BSA's primary prevention practice. They shared valuable insight regarding how young people can be meaningfully included, seen and heard in this space.

May

Introductions, safety agreements and **Blue Sky Ideas**

June

Introduction to **Project Evaluate** and feedback framework design

July

Project Evaluate progress tracking and group work

August

Project Evaluate progress tracking and group work

September

Project Evaluate progress tracking and group work

October

Project Evaluate reflections and intro to **Project Storybook**

November

Project Storybook group work and exploring advocacy

December

Year in review: reflections and looking forward

Blue Sky Ideas (#1)

The founding committee hit the ground running in May, exploring all things advocacy and hopes for the future. The YAC were asked about their vision for the YAC and what they dream of achieving:

A body positivity/
neutrality campaign

A redesign of the VCE
curriculum

More accessible and
safe housing

Addressing homophobia
in school environments

Combatting deeply
rooted patriarchal notions

Advocacy for trans
youth and their rights

Addressing racism and
improving intersectionality
in schools

Better sex ed that
doesn't reduce sex to
baby making

Mental health education
for students and
teachers

Transformative justice
instead of incarceration
and policing

Combatting climate
change

More accessible health
care for mental health
and neurodivergence

Blue Sky Ideas (#2)

The founding committee hit the ground running in May, exploring all things advocacy and hopes for the future. The YAC were asked about their vision for the YAC and what they dream of achieving:

Supporting young immigrants to achieve equitable outcomes

Autism acceptance, not autism awareness

Addressing beauty standards and their impact on youth

Teaching children what healthy relationships should look like

Addressing purity culture and cancel culture

Teaching children to accept boundaries and to avoid harmful behaviour

Advocate for better learning support for children with disability

Greater awareness and celebration of asexuality

Advocating for the human rights of refugees

Discussions around colonialism, racism, transphobia & queerphobia

Addressing capitalism and advocating for universal basic income

Recognising Indigenous sovereignty

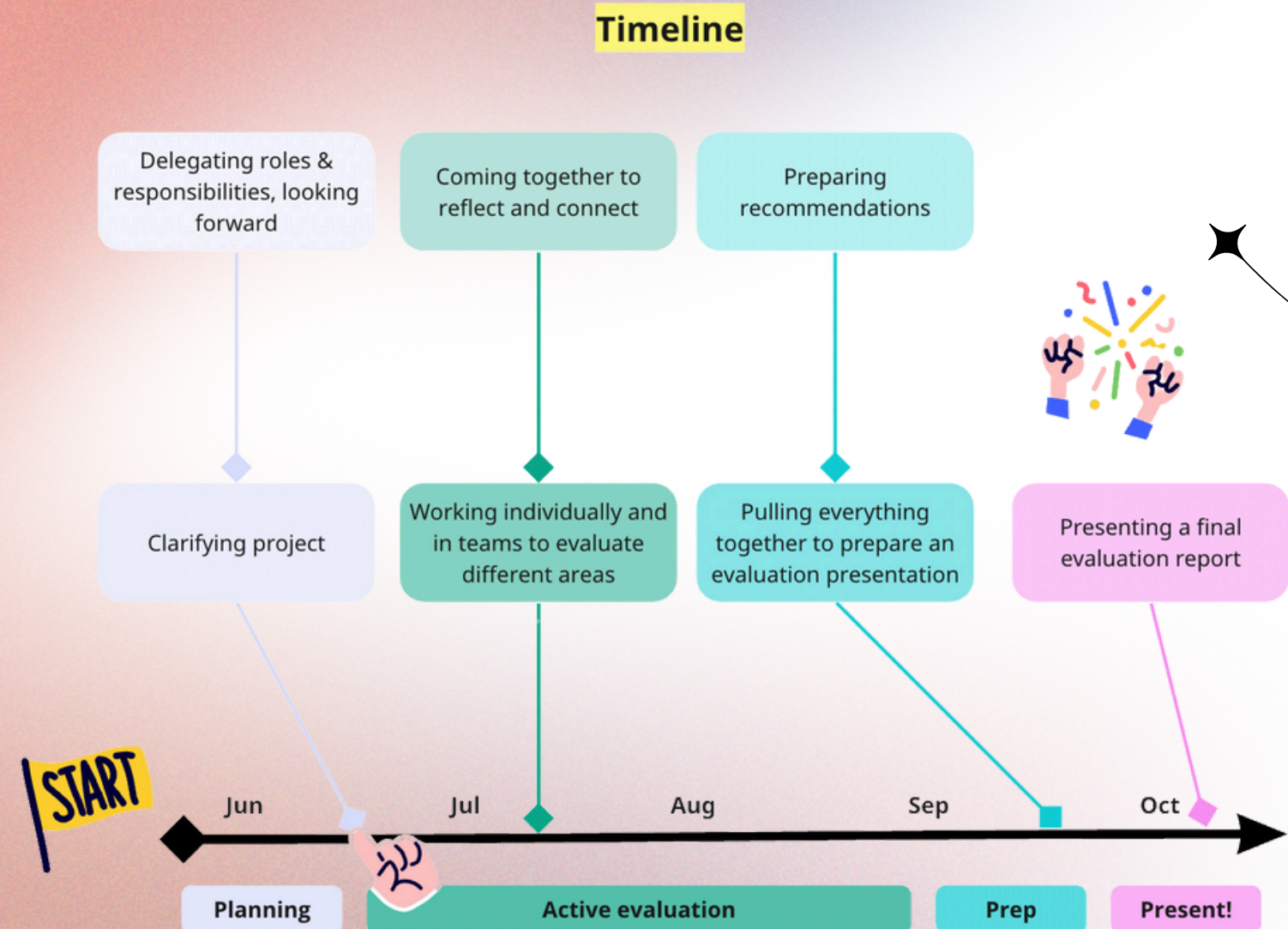
Project Evaluate

The committee were asked to work in groups to do a deep dive evaluation into all things Body Safety Australia.

The project was split into four scopes to be reviewed by the committee over four months including:
Media, Space, Programs and Advocacy,

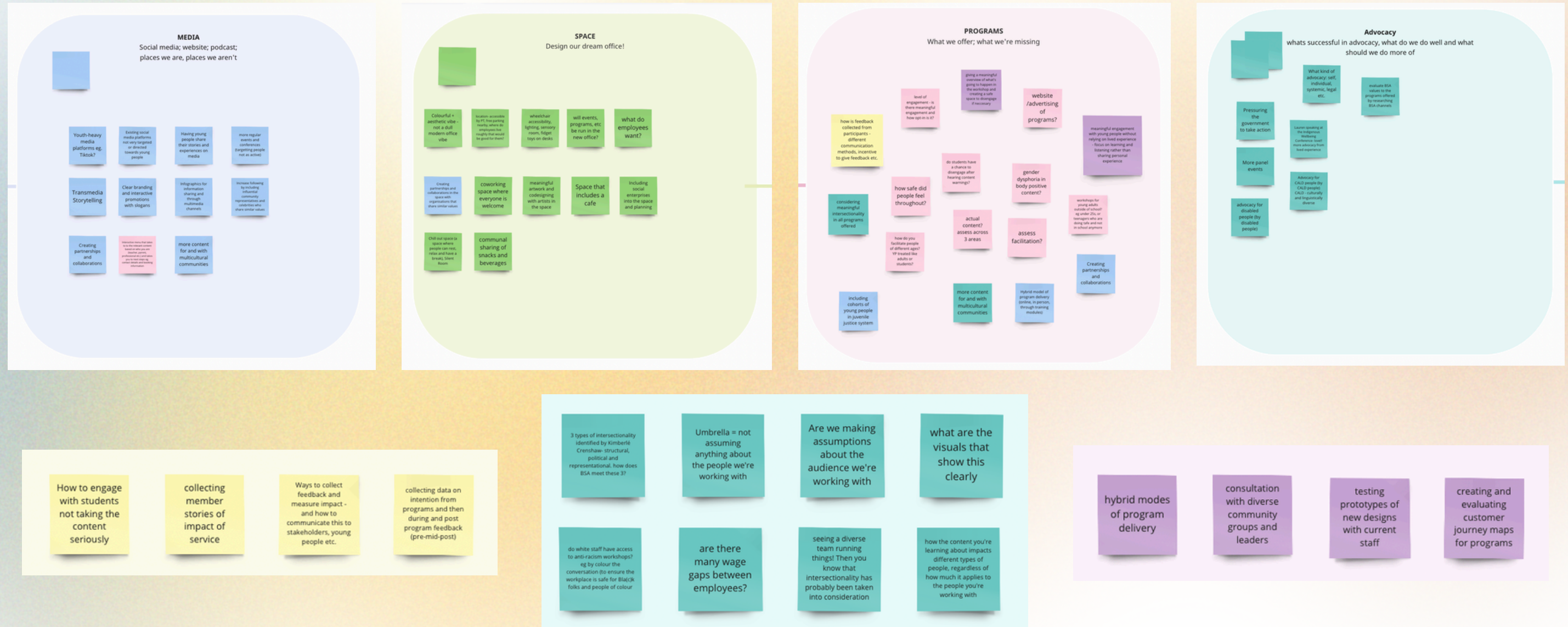
The YAC were provided a feedback framework to inform their evaluation, underpinned by:

Intersectionality
Quality of design
Quality of impact



Project Evaluate

The YAC began this project by brain storming each scope and framework, noting what they would need to consider.



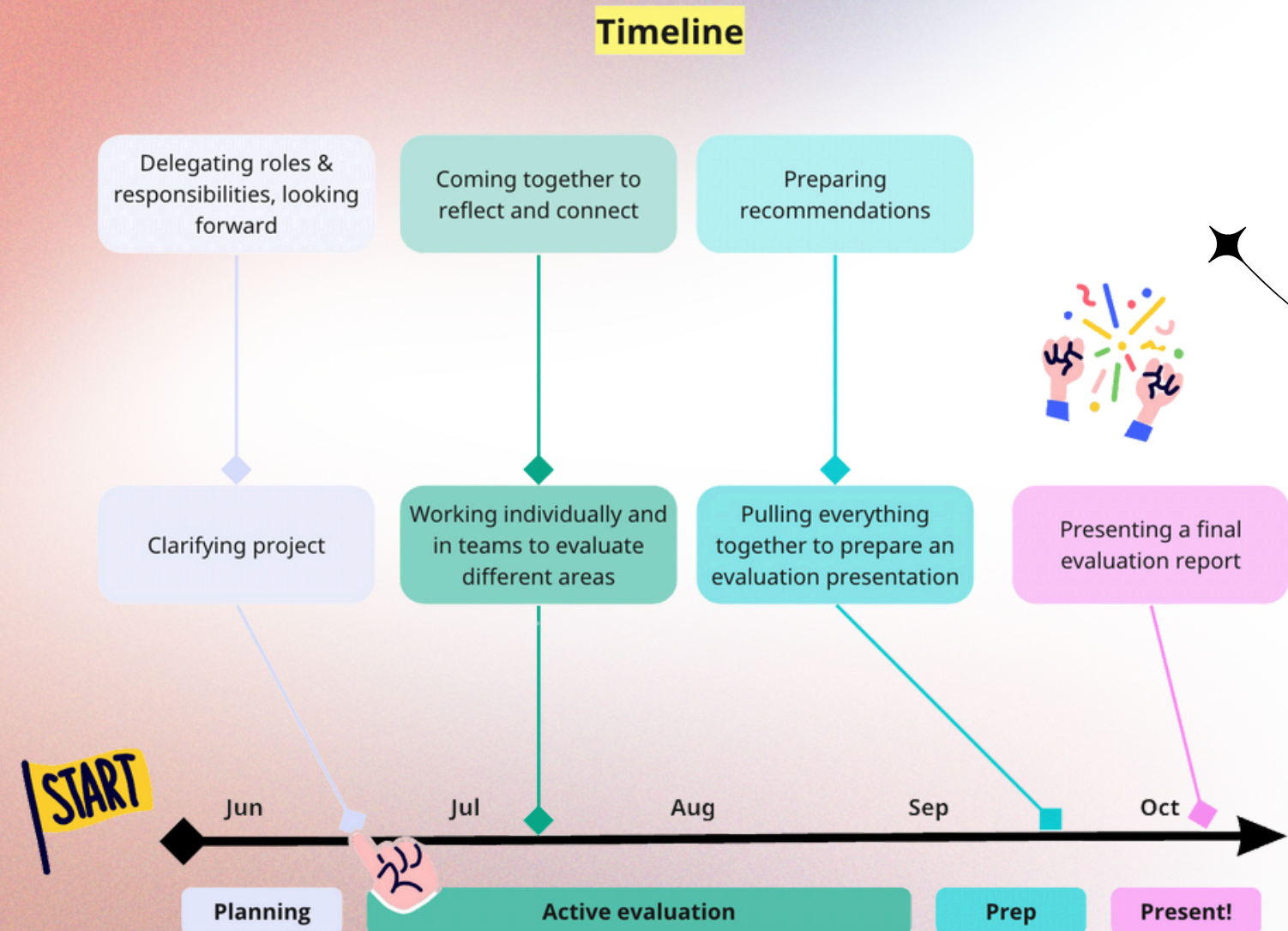
Project Evaluate

After weeks of reflection and collaboration, YAC members were invited to share their reports via an in person meeting, a video presentation or a written document.

All of the themes, ideas and recommendations presented were compiled and brought back to the BSA team for reflection.

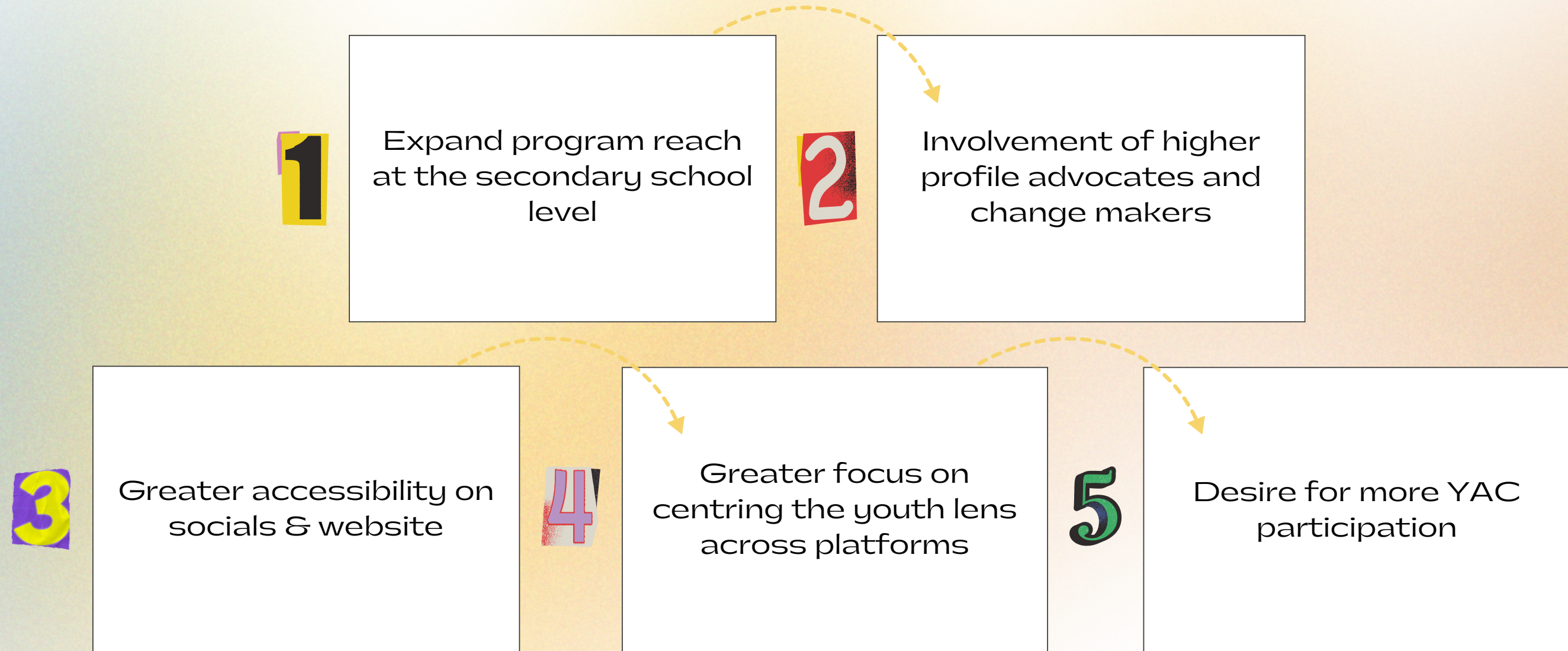
As an organisation that strives to **meaningfully embed youth voice into all decision-making**, these reflections were incredibly impactful in driving this action.

CEO Deanne Carson met with the YAC after all reports were submitted to discuss how the organisation planned to action their feedback moving forward.



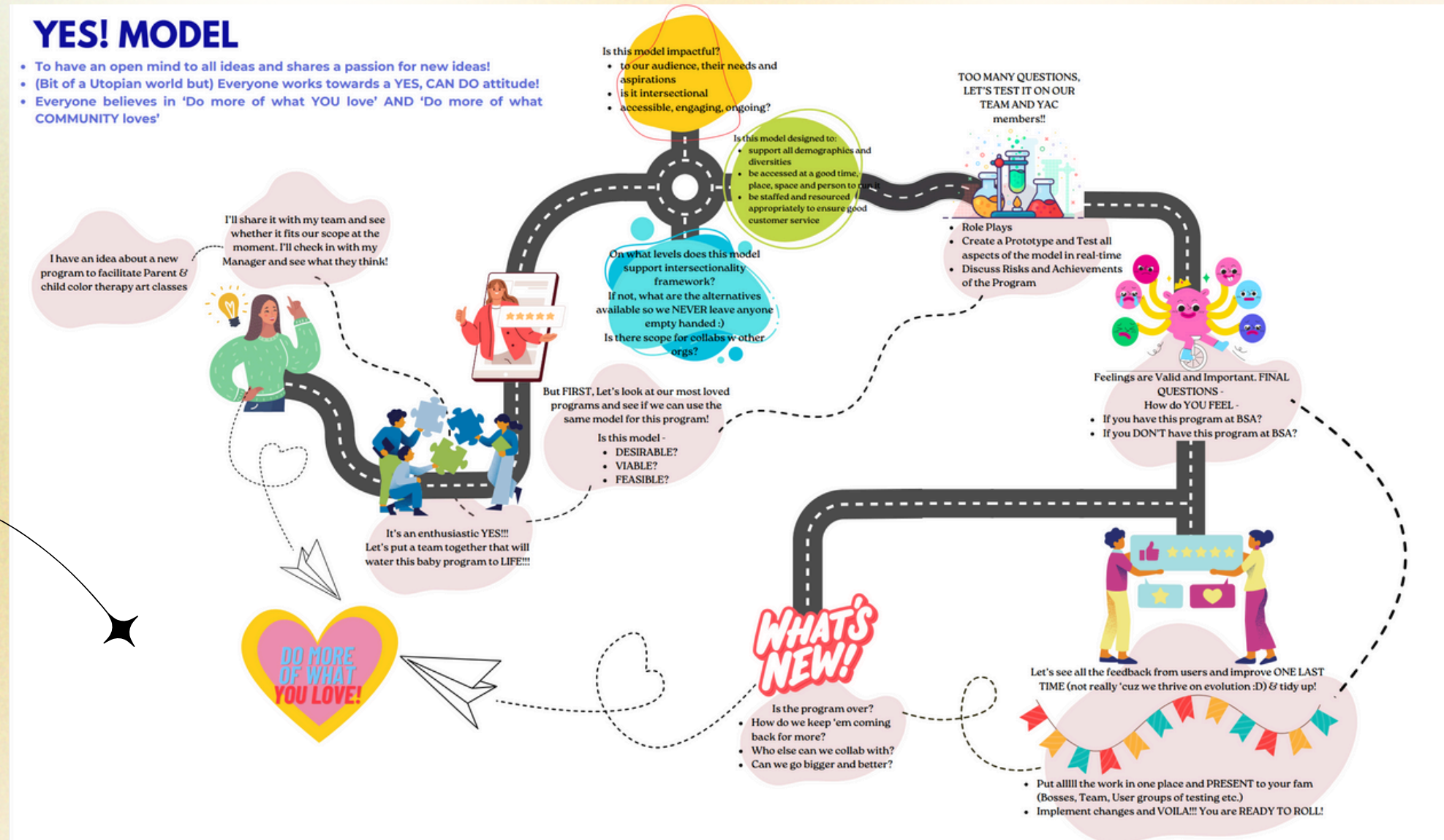
Project Evaluate

A compilation of all YAC feedback drew out five key themes to action in 2024:



Project Evaluate

One YAC member (Anamika) also designed a campaign model to be used for future org projects:



Project Storybook

With a strong direction for youth-driven future practice and an awareness of organisations strengths and opportunities for growth, the YAC were asked to finish the year with one final project: **Project Storybook**.

Project Storybook asked each young person to deeply reflect on the issues they care most about, their vision for the future and their hopes for advocacy moving forward.

All of these ideas were then to be compiled into a storybook presenting advocacy through a diverse youth lens.

To begin this process, the committee was asked:

**What makes the Earth so good?
What would make the Earth better?**



What makes the Earth so good?

	Hazelnut mork hot chocolate	The smell of rain!	tea and coffee :)	Complimenting a stranger or friend and seeing their face light up	Kiwi fruit	flowers	technology - to travel, communicate, learn	people making music	getting to communicate with people across the globe	all the big feelings!
	THE comfort hoodie	The feeling of a full body stretch	Ability to communicate in so many different languages	That feeling when you meet someone for the first time and have instant friendship, deep conversations and a feeling of knowing each other	baby emu's	The ability to be moved and experience emotion through dance and song	Live Music	Feeling of Hope and belief	getting recommended a new show that's actually good	reading a book on the beach
Chosen Family- Friends that become family by solidarity instead of blood.	The smell of a smoking fire, while you yarn with elders and mob alike	hearing people laughing	The big stretch you do in the morning before you get out of bed	different life forms	The 'I'm just Ken' song from Barbie	hugs	watching reunions at airports	Creativity	bees	Grannies food and stories
getting ready to go out with your friends (literally better than the going out part)	Watching a movie and big ugly crying about fictional characters	patting cats	the sun making me warm :)	community and connection	quokkas	candles and insense	Beautiful Scenery	having passions to enjoy	the feeling of accomplishment when fixing something that's broken	Chai- Sticky leaf chai
	david attenborough	David Tennant	Getting lost in a story and someone else's world	Finding a new special interest to deep dive into!	this colour of green	learning from someone who is really passionate about their topic	Italian donuts with vegan nutella sauce from pizzarepublica	Animals	a cute haircut	Being able to travel to different parts of the world
the idea of friends as your chosen family	Differeing worldviews and perspectives being valued	beaches	making a meal with ur loved ones	Evolution	anything glittery	Crystals and other minerals/rocks that are beautiful.	Babies and children	Experiencing and identifying emotional responses	realising your not alone- even when it feels lonely	having a variety of food to choose from
empathy and compersion	A glass of water at 2am	Pockets of gender euphoria!	Mary's Laksas (if you know you know)	Blue skies and Sun	Connecting with likeminded people	The Beach- Ocean- Waterfalls- Lakes - bodys of water	a stranger giving u a compliment	Seeing people smiling authentically	that warm yellowy lightglobe	Sleeping in
	meeting new friends	Comfort food that transports you to another time and place	when you finally take off your uncomfortable clothes	t4t love	pistachio ice cream	soft grass	crying with a friend	colours	not knowing the time	a good satisfying button

What would make the Earth better?

free Palestine		More teachers/educators advocating for children & young people	More safe spaces for inter-generational conversations	More youth representation in decision making spaces	Not jumping backwards around rights	cultural competency training for organisations/schools etc	more intersectional education for our educators	more midday Nap times	pen pals	global cuddle conferences
deIndigenisation	Safe spaces for story telling/sharing	Sex education that talks about pleasure	More organisations standing by their values	global cooperation	Strengthening human rights for all humans	student voice in schools / employee voice in workplaces	more hugs	incorporate more diversity into school curriculums	Abolish systems of harm and oppression including notions of the Patriarchy etc	Appropriate and adequate housing for all people
no more climate change	marginalised voices in positions of power	women's health	Celebration of pleasure (and different ways pleasure can look)	going back to barter system	Waldorf schooling/ UNSchooling/ Nature Schools	FREE housing, education and healthcare	loyalty in all relationships	Respect for people	Appreciating people for being their authentic selves	Humans/Animals never being objectified.
for everyone to desex their cats!	Reduce taxes	clocking off at 5pm	improved and more accessible mental health care	less emphasis on tradition - more moving forward!	More art!	More celebration of neurodiversity	flying cars	Human to human approaches	Dream storage and collection	No more commodifying everything
more cat cafes	asking people what their needs are	Millionaire money shared with poor	More doctors who care! ^	Safe spaces to ask tricky questions and get it 'wrong'	free coffee	love for everyone	Less exams as a measure of learning	Less cancel culture	stopping violence	More time for leisure, self-learning and truly living not surviving.
totally free healthcare, including dental and mental health care	embracing "negative" emotions	less value on money and capitalism		individualised work-life balance	Manipulation and Narcissism not existing.	Stopping competition	embracing creativity	appreciating each other	Move toward healing approaches and away from punitive consequences.	Genuine Love
no more landlords	(and any emotions)	willingness to move forward - no more 'but its always been done like this'		more comprehensive eating disorder treatment	listening more	Freedom to voice deepseeded thoughts and pain without shame and with support	CLOSE THE GAP	Less 'fluff' advocacy, more action	move away from "beauty" as the standard and what defines a persons worth value	No more segregation, marginalisation, isolation, oppression
Land Back	free ice cream		hungry tummies	less cars!	Money does not hold value anymore and human lives do		Moving away from old, outdated scripts and narratives that keep the world and society stuck.	Erase Toxic/Hegemonic Masculinity- Smash The Patriarchy	fewer old white cis men in public??	Experiencing Acceptance

Project Storybook

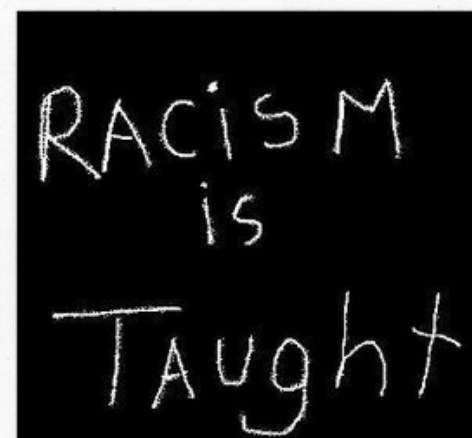
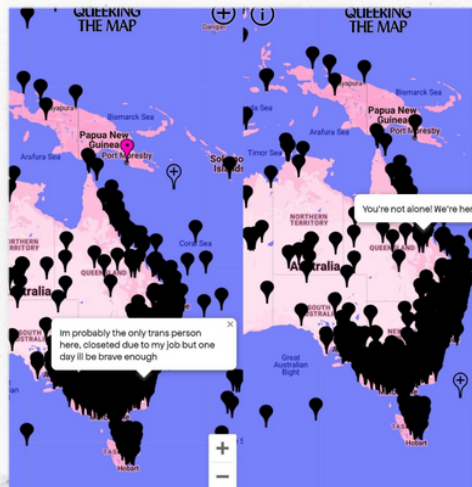
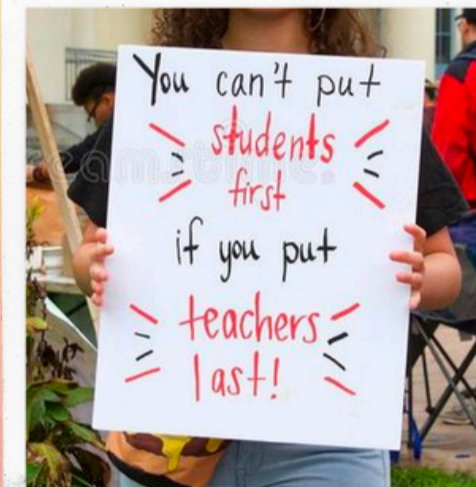
After taking the time to reflect on the positives in the world around them and their sense of hope, the YAC began collating images to reflect:

What does advocacy mean to you?

With a strong visual representation of advocacy, the YAC then drew out the collective themes from each individual submission until a guiding advocacy ethos could be designed.

The new **youth-designed ethos** will underpin organisation practice and the youth advocacy projects of 2024. This way, BSA practice is informed directly by what young people find most important to them.





Project Storybook (#1)

The YAC drew out a number of themes in the series of images they collated, including:

Womens rights

Decolonised education
practices

Disability justice

Creative expression of
community rights and
inclusion

Anti racism policy
change

Bodily autonomy

Understanding the
impact of privilege

Intersectionality

QTIPOC safety and
inclusion

Systematic oppression

Consent

Community
participation

Project Storybook (#2)

The YAC drew out a number of themes in the series of images they collated, including:

Tackling systematic
racism

Community voice and
empowerment

Identity and expression

Representation

Inclusivity in education

Queer rights

The power/importance
of nature

Aboriginal & Torres
Strait Islander
community rights

Decolonisation

Police brutality

Queer leadership

Connection to nature.
Healing practices.

Project Storybook

After reflection, the YAC were asked to consider the list of themes they had identified as informing their collective advocacy vision. They drew these themes into 3 defining pillars; a youth defined ethos of advocacy.

These three themes were:

- 1** **Anti-racism and decolonisation**
- 2** **Equality and advocacy for marginalised groups**
- 3** **Intercultural practice and intersectionality**



YAC Advocacy Ethos

BODY SAFETY AUSTRALIA

ANTI-RACISM & DECOLONISATION



THIS YEAR, BODY SAFETY AUSTRALIA'S YOUTH ADVISORY COMMITTEE HAVE EXPLORED ADVOCACY AND WHAT IT MEANS TO THEM FROM THROUGH A YOUTH LENS. THEY HAVE DEFINED THREE KEY THEMES FOR THEIR ADVOCACY GOALS IN 2024 INCLUDING: **ANTI-RACISM AND DECOLONISATION**

PHOTO TAKEN BY YAC MEMBER OF FIRST NATIONS ARTISTS GROUP @HOUSEOFALEXANDER...

BODY SAFETY AUSTRALIA

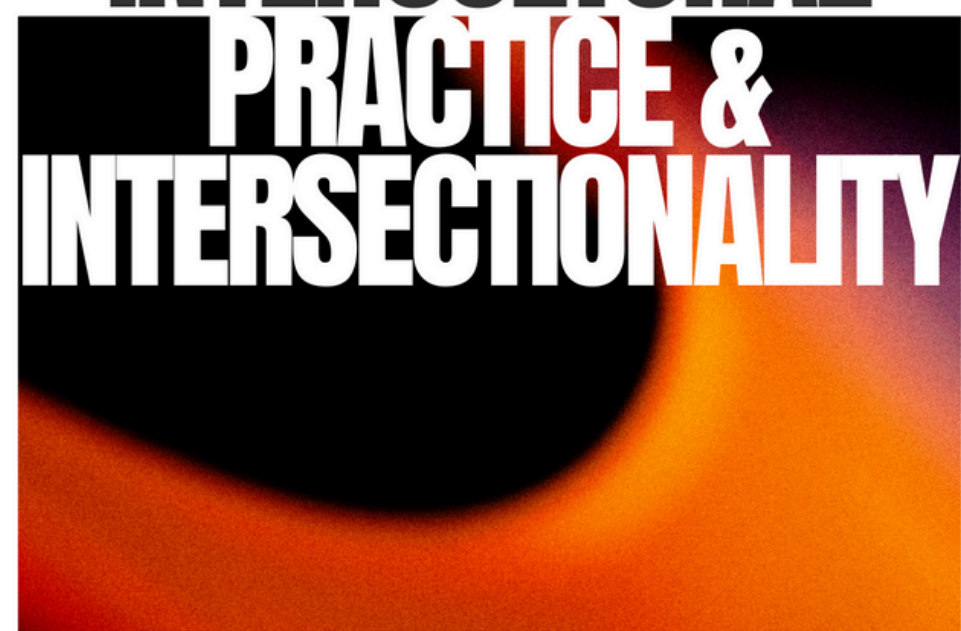
EQUALITY & ADVOCACY FOR MARGINALISED GROUPS



THIS YEAR, BODY SAFETY AUSTRALIA'S YOUTH ADVISORY COMMITTEE HAVE EXPLORED ADVOCACY AND WHAT IT MEANS TO THEM FROM THROUGH A YOUTH LENS. THEY HAVE DEFINED THREE KEY THEMES FOR THEIR ADVOCACY GOALS IN 2024 INCLUDING: **EQUALITY AND ADVOCACY FOR MARGINALISED GROUPS**

BODY SAFETY AUSTRALIA

INTERCULTURAL PRACTICE & INTERSECTIONALITY



THIS YEAR, BODY SAFETY AUSTRALIA'S YOUTH ADVISORY COMMITTEE HAVE EXPLORED ADVOCACY AND WHAT IT MEANS TO THEM FROM THROUGH A YOUTH LENS. THEY HAVE DEFINED THREE KEY THEMES FOR THEIR ADVOCACY GOALS IN 2024 INCLUDING: **INTERCULTURAL PRACTICE AND INTERSECTIONALITY**

On Youtube:



& on Spotify



YAC Reflection

With 9 months of robust conversation and connection, our founding Youth Advisory Committee have offered so much to Body Safety Australia as an organisation. Thanks to our YAC, BSA has a growing awareness of what young people care deeply about and the issues that most impact them, a (Yes!) model for future advocacy campaigns and a youth-designed ethos which will underpin all organisation practice moving forward.

Body Safety Australia is incredibly thankful to each founding member for their contribution and is thrilled to see what a second year YAC might look like. We renew our ongoing commitment to meaningfully include young people in all stages of design and delivery, and to continue empowering young people as key drivers of community change.



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