

# Media Statement

## Commissioner Helen Connolly asks Mid North children What does being healthy mean to you?

It has been a busy six months for Helen Connolly, the South Australian Commissioner for Children and Young People in South Australia. Since the launch of the Commissioner's 'Listening Tour' in June, the Commissioner has connected with over 3,500 children and young people.

The Commissioner is committed to creating opportunities and platforms for reaching, hearing and reflecting on the views of children and young people living in South Australia.

Through her conversation based consultations, she works with children to facilitate ideas and encourages them to name issues that impact on them and identify possible solutions.

Being healthy has emerged as something children, and young people across the State have identified as being important to them. The Commissioner has therefore decided to go a little deeper and ask them what they mean by "being healthy."

"Children and young people have said that when they are involved, they can make a difference in the world around them. They have ideas, experiences and insights that enrich adult understanding and can make a positive contribution to the many discussions surrounding issues that affect them.

According to Helen "It is important as adults that we don't just listen to the opinions of children and young people and simply endorse their views rather we engage them in dialogue and exchange."

During the 'Being Healthy' consultations, Helen will be using fun and engaging methods to encourage discussions by asking children and young people the following questions:

- What does being healthy mean to you?
- What does a healthy kid look like, act like, and feel like?
- What can adults do to help kids be healthy?

By engaging young people in expressing their views on what it means to them in being healthy, Helen hopes to explore some ideas to inform decision-makers and clinicians on what children understand about being healthy.

For further information about the 'Being Healthy' consultation or to arrange an interview with the Commissioner for Children and Young People Helen Connolly, contact Divya DSilva on 0409 918 303 or email at [divya.dsilva@sa.gov.au](mailto:divya.dsilva@sa.gov.au) .

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### **MORE INFORMATION**

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