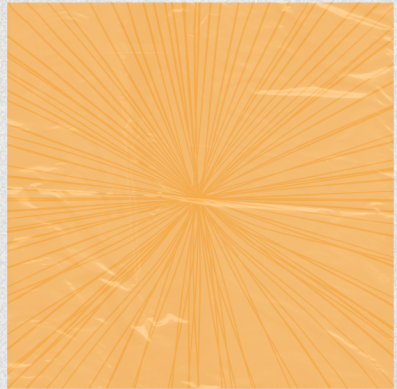


ISSUE ONE
2024

Youth Week
WA



Catalyst

FEATURING
YOUNG WEST AUSSIES.



SUPPORTED BY



Government of **Western Australia**
Department of **Communities**

WHAT IS Catalyst 2024

This publication is a compilation of efforts and work put into Youth Week WA 2024. It also explores the journey of some incredible young people, highlighting the amazing work they have done and continue to do. We hope that Catalyst will inspire its readers to get involved in our community, and to support Youth Week WA in the years to come!

The publication includes

- 1) Recap of Youth Week WA 2024
- 2) Profiles on Young People and their Work
- 3) Opportunities to get Involved

ACKNOWLEDGEMENT

of Country

Kaya!

Galla Kaadijt Noongar Moort, Keyen Kaadak Nidja Boodja.

We want to acknowledge the Traditional Owners of the land on which we have been so privileged to have completed Catalyst, the Whadjuk people of the Noongar nation. We pay our respects to the Whadjuk Noongar Elders, past, present, and emerging. We admire their strengths and resilience in ensuring Noongar cultural values and traditions persevere.

We would also like to extend our respects and acknowledgement to all Indigenous peoples in Western Australia including the other cultural groups within Noongar boodja; the Yamatji peoples; the Wankai peoples; the Garadjeri, Bardi, and Ungarinjin peoples; and the Ngaanyatjarra peoples. We recognise and want to show our appreciation for the contributions of Indigenous youths and their communities to our rich culture as a state.

Youth Week WA is a time when every young person is celebrated, and we cannot ignore that young Indigenous peoples in our community face numerous obstacles and disadvantages that many of their non-Indigenous peers do not. In celebrating Youth Week, we strive to achieve a Western Australia where every young person gets the opportunity to be themselves and be supported by their communities to learn and grow. We hope to make contributions that will bridge this gap for young Indigenous peoples.

FOREWORD

by Fatima Merchant

on behalf of the 2024 Ambassadors



As the 2024 Youth Week Ambassadors, we have had the privilege and honour to engage directly with young people across Western Australia.

Our experiences highlighted the invaluable contributions that they make every day, reaffirming our belief in the immense and transformative power of young people.

Catalyst hopes to capture, share, and celebrate their stories.

This publication reflects on Youth Week, showcasing its crucial role in empowering and celebrating young people. It also platforms and amplifies some amazing young people and youth organisations in WA.

The process of putting together Catalyst has been nothing short of inspiring. We are truly grateful for the enthusiasm, generosity, and authenticity of everyone who contributed. **Thank you.**

This publication could not have happened without the help of Parth Maheshwari, Rebecca Riggs-Bennett, Naoko Uemoto, Jamie McGleave and Zac Northeast. Thank you for your time, efforts, and ongoing guidance.

We hope that the stories shared in this issue of Catalyst can bring value to young people at every stage of their journey – **igniting passions, showcasing opportunities, and driving action.**



I view “Head, Body, Heart” as a phrase that truly encompasses what it means to be human. There is often a pressure to divide ourselves into easily digestible parts, which neglects the beauty of connection. “Head, Body, Heart” is a theme that makes me think not only of the things I think, the things I experience, and the things I feel, but also of the innate humanity that connects these pieces together. ~ **Abigail Gregorio**

I see “Head, Body, Heart” as a reflection of the three key pillars of wellbeing. The three areas work together to keep us healthy and content, underscoring how important it is to check in with each area often and our overall wellbeing holistically! ~ **Amani Kariuki**

What does the theme

HEAD, BODY, HEART

mean to you?

The theme “Head, Body, Heart” resonates with me and the work I create. The most rewarding part of creating art is how people respond to it – whether it makes them feel things, or a more physical response like a laugh. ~ **Blanche Deards**

Now I just think that the Head is where the thoughts are, the Body is where the sensations are, and the Heart is where the instincts are. Underwhelming when separated, but put together they paint a clear picture of who a person is and what they're experiencing at the moment. ~ **Jake De Visser**

It represents a holistic approach to engaging with our communities and the world. It suggests that we should use our intellect to understand, our bodies to experience the world, and our heart to connect with others to achieve fulfilling lives. “Head, Body, Heart” means prioritising us and our lives to the fullest extent. ~ **Tilly Coles Dyke**



Youth Week

WA 2024 RECAP

Introducing Youth Week

Youth Week is WA's largest annual celebration of young people. For 2024, this was celebrated from the 5th of April to the 12th of April.

During this week, young people were uplifted and have had opportunities to express their ideas, raise important issues, make decisions, and have their talents and contributions to the community be recognised.

This year's Youth Week WA saw over 100 events across Western Australia which engaged young people aged 10 to 25 across our state. These events were key opportunities for youth to be rewarded for our hard work, connect with our peers and communities, showcase our talents and innovation, have our voices be heard, develop our skills, and explore our passions.

The theme of Youth Week WA 2024 was 'Head, Body, Heart'. A theme chosen to remind all young people of the importance of self-care and extending this care to those around us. It's so easy to get caught up in the hustles of life and forget to take care of ourselves. This year's theme serves as a nudge for us to slow down, look after our heads, our bodies, and our hearts, so that we can show up for ourselves, for others, and for our communities, as the best versions of ourselves.

~ Nathida Chalermasuk (she/her), 2024 Youth Week Ambassador

The week-long celebration of young West Aussies commenced in the City of Albany, at the 'Winter Wonderland' event. There were various events held across the whole state, with great success in engaging young people aged 10 to 25.

EVENTS

Across Western Australia

South West Youth Festival in Busselton *Jobs South West & City of Busselton*

“The festival was a huge success drawing over 1000 young people attending as far as Manjimup to attend on the day.”



DJ Dance Party *Hopetown Community Resource Centre*

“A celebration of youth empowerment, and a dynamic platform for young people to express themselves.”



Head, Body, Heart Activities: Mindfulness, Music, & Lunch *MercyCare*

“The event shows the youth that they are an important part of our community, that there are people who support them and that they are worth celebrating.”



Brook Fest *Shire of Donnybrook*

“If nothing else, it [the event] shows the youth that they are an important part of our community, that there are people who support them and that they are worth celebrating. I think this is a great takeaway. There are broadly experienced problems with retaining young people in regional communities like ours. Celebrating them and letting them know they are valued by our community is essential.”



Photos supplied by event hosts.

Youth Fest

Shire of Dardanup



“It provides a platform for young people to not only connect with one another but also to engage with emergency services and other community stakeholders.”

Youth Forum & SFX Workshop

in Kingsley by Meerilinga



“It is highly important to highlight our youth in our space to see what is important to them.”

Capel Community Open Day

Shire of Capel



“The event highlighted amazing work of young people in the Shire and provided a forum for young people to meet with local organisations.”



Murray Youth Festival in South Yunderup

Shire of Murray

“The events on offer fostered a sense of community and belonging among young people. By bringing together participants from across the Shire of Murray, it created opportunities for them to connect, make new friends, and strengthen existing relationships.”

Connecting Communities Foothills Fiesta

City of Kalamunda

“Foothills Fiesta created a unique environment where young people of every page and any background could find a place where they were represented, connected and empowered to see the range of opportunities available to them.”



Youth Talent and Leadership Week in Kalamunda

International Society for Krishna Consciousness Perth

“It [the event] provided them [young people] with a platform to showcase their talents, whether it be through giving discourses, leading singing and dancing, or assisting in organising and serving food.”

Photos supplied by event hosts.

EVENTS

KickstART Festival

A central part of Youth Week WA, the KickstART Festival organised by Propel Youth Arts WA. The Festival spans the whole of Youth Week, with events, performances, workshops, and exhibitions across Boorloo.



KickstART Market

Propel Youth Arts WA transformed Forrest Place to celebrate Perth's young makers. KickstART Market provided a platform for young entrepreneurs and creatives to showcase their incredible talents. With 30 stalls showing off unique handmade goods and live performances from young local artists, Market Day was the epitome of celebrating and uplifting young people in Boorloo!

Photos by Mohammed 'Ayo' Busari.

Doomscroll Dialogues

by Duo Mimicri

"Hearing from audience members of all ages after the event deeply empathising with or learning about the emotional qualities of doomscrolling made us feel that we touched on an important issue common to many"



create your own

Gummet Earrings!

by Amy Reid



Promethens

by perhaps, a theatre company.



"I really enjoyed being a part of the WAYJO Artist Panel Discussion! I was able to give and receive valuable advice about a career in the arts/music industry, and hear some really interesting perspectives from great local musicians whom I admire." ~ Lachy Edinger



WAYJO Artist Panel

Photos supplied by artists.



Concluding Youth Week WA

The week long celebration of youth concluded with the **KickstART Closing Party x Golden Sounds**, a collaboration between Propel Youth Arts WA and the TOOL event founded by Mohammed 'Ayo' Busari and James Oladapo.

The Closing Party featured performances from young local talents: Twelve Parsecs, Coco Elise, Sophian, and Spici Water. It was also a time to recognise the impacts of Youth Week WA, and those who contributed their time and efforts to making the week a success.



Photos by Mohammed 'Ayo' Busari.

how to

GET INVOLVED

in Youth Week WA!

① *Become an Ambassador*

② *Host Events*

③ *Join the Planning Committee*

Youth Week Ambassador

The Youth Week Ambassador role is one of the many ways for young people to get involved in Youth Week WA. Being a Youth Week Ambassador means representing the voices of young people in Western Australia throughout the process of planning and executing Youth Week. Another key responsibility of the Ambassador role is promoting Youth Week to young people in WA. Youth Week Ambassadors are also presented with an array of opportunities for self-growth and learning.



2024 Ambassador Izabella Brandis

Kulin is a tiny town of about 200 people, 700 in the whole shire, 3 and a half hours away from Perth. Living in such a small town, you grow very accustomed to the country lifestyle. You see the same people every day,



You see the same people every day, you know them all by name, where they live, perhaps even their favourite footy teams. These same people you see every weekend at local sports matches, you work with them in the canteen, you watch their kids go from babies at the local childcare, to student council president.

Some things in small towns don't change, the people don't change, neither does the culture – in good ways and bad. I used to sit in city traffic, the road packed with hundreds of city slickers, I used to try to speak in a room of people, and instead find myself clinging to the person I knew best. The world won't change for me, but I came to the realisation that I need to change my interactions with the world.

Seeing the opportunity for the Youth Ambassador role felt exciting, it felt like maybe I could achieve something outside of the little box I live in – and that it did. My closest friends and family may find it hard to believe, but networking and public speaking, or just putting myself out there in general was something I really struggled with, the idea that people could perceive me in any way they wanted, could judge, or criticise me, this crippled me with anxiety. Putting my nerves aside and applying for the Youth Ambassador role was one of the best things I could have done.

Going to Youth Week events meant having to speak in front of a camera or a group of people, I had no choice but to do it, pushing me outside my comfort zone in all the right ways. Getting to meet so many new and inspiring people in the same realm as me career-wise was something that I am extremely grateful for, sometimes I feel as though living in such a small town makes me invisible to the outside world. Like there is no possible way that little old me could ever do anything big or meaningful. Being a Youth Ambassador showed me so much more than that.

I am so grateful to have been chosen for this opportunity, I cannot wait to use the knowledge, experience, and connections I have made to better not only myself, but hopefully the world one day.



2024 Ambassador Nathida Chalermasuk

As a young person who is finding her place in the world, there have been a few things that I have learnt along the way. The first lesson I have learnt is to embrace my membership in all of my communities and to freely express who I am. The fear of judgement is very real and valid, but I've found that you will only attract like-minded people if you are unapologetically yourself

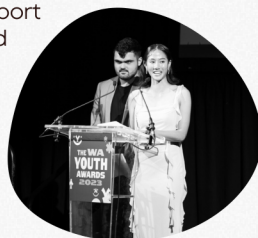


The second lesson I have learnt is, it's okay to not know where to start. In my developing years, I didn't really know what I could do, but I knew what I liked and I knew what my passions were. These things are the foundation to my behaviour and determine what I do. Though I know that discovering them isn't easy for everyone. It's okay to try different things, to think about lots of options. It's okay to be unsure while you explore this part of yourself.

The third lesson that I have learnt, and one that is very dear to my heart, is that even if I felt alone, I wasn't. Social support and community means everything to me. It's the thing that decides whether someone keeps going after unexpected results, or if someone gives up. For young people, in particular, it's a beacon of light that guides us. Engaging with our peers and our community is essential for us to develop a strong sense of self, doing so through social learning and inspiration. It's a right for every young person.

These three lessons formed the reason why I decided to apply to become a Youth Week Ambassador. I wanted to represent my communities and model to my peers that we are capable. I wanted to develop myself further, to empower other young people to find themselves through new experiences, and I wanted to advocate for the importance of youth engagement in our community by amplifying young voices. I hoped that through my role, I would be able to empower at least one young person to be unapologetically themselves.

Throughout my role, I had so many opportunities from writing an oped that was published in The West, to MC'ing the WA Youth Awards, to being a panel member assessing Youth Week Grants applications. I was able to step out of my comfort zone to grow, and make strong connections with like-minded young people and organisations that support us. Most importantly, I was able to lead by example and demonstrate that young people, particularly those who identify as queer, culturally diverse, and disabled, are capable of great things and our contributions to the community are invaluable.



Host Events!

As Part of the KickstART Festival

For the past 14 years, Propel Youth Arts WA has brought the KickstART Festival to Youth Week. The KickstART Festival is central to the celebrations of young people and entails a week of free and inclusive opportunities for youth to unleash their creativity, explore new ideas and connect with peers. The Festival also provides an opportunity for young artists and creatives to showcase and share their talents!

With Aid from the Youth Week WA Grants Program

The Annual Youth Week WA Grants Program is provided by the Department of Communities to support community groups, organisations, and local Governments to deliver meaningful events and activities during Youth Week across the state. For 2024, a total of \$78,000 was shared amongst recipients to ensure that young people across WA were included in the celebration of Youth Week.



Photos supplied by event hosts.

KickstART Festival Artists

"Sometimes it can get lonely cooped up in your own little studio world, so I was super stoked to be able to share my practice with others in my very first workshop!"

~ Amy Reid, Create Your Own Unique Gumnut Earrings!

"We have had a wonderful time presenting 'prometheus.' at this year's KickstART festival! We felt incredibly supported by Propel in preparing for our event, and we are so grateful for the opportunity to share our stories and facilitate young writers' sharing their own [stories]!"

~ perhaps, a theatre company, prometheus

"I feel so blessed to have been able to help curate this years KickstART Festival Closing Party line up with my brand - The TOOL Event. I have also loved being part of the KickstART family for the past 3 years, with the first two years being a committee member and also performing and co-producing my show - An Evening of African Poetry & Storytelling as part of the festival."

~ Mohammed 'Ayo' Busari, Golden Sounds

Youth Week Grants Recipients

"The funding provided an avenue for the event to become a larger whole community event and reach a wider audience of young people by enabling activities and spaces to be created with the needs of an entire community of young people in mind."

~ City of Kalamunda

"We utilised the Youth Week Grant received from the government to enhance and expand the scope of our event. The grant allowed us to organise a more comprehensive program with diverse activities tailored to the interests and talents of young participants."

~ International Society for Krishna Consciousness Perth

"The Youth Week Grant played a pivotal role in enhancing our event by allowing us to expand opportunities and focus on the sports activities suggested by participants of the Murray Youth for Youth forum. By leveraging the funding, we were able to diversify the scope of sports and activities offered, catering to a broader range of young people's interests."

~ Shire of Murray

Young People's Planning Committee

Volunteer with Propel Youth Arts WA!

The Young People's Planning Committee for the KickstART festival play an integral role in shaping a central part of Youth Week WA. The committee members employ their creativity and talents to amplify and represent young voices across WA through curating the theme for Youth Week. They also play a part in deciding the program of the KickstART festival, and shape how youth arts is celebrated.

"Being a part of the KickstART Youth Planning Committee has been a very fulfilling and enjoyable experience. I have gained a lot of knowledge about the work that goes into running a successful festival, and gained more awareness of the wonderfully creative individuals in the Perth arts scene. Witnessing the passion that the people who are connected with KickstART have for their creative practice has inspired me to engage more with my own arts practice, and to try new avenues of creative expression. Working in specialised subcommittees was a really interesting experience; I learned a lot from assisting in the creation of quiet spaces for neurodivergent event patrons."

~ **Madison Payne**



"I had never been a part of something that felt so big, and that made me feel like I was truly contributing towards something for the community. My contributions to the YPC helped me take an inward self-reflection on what I liked to do creatively and how I saw myself as a creative. My favourite part of the experience was being able to see my contributions and ideas transform into reality as we achieved our goals. I really loved being in a space with such like-minded people, as a university student it's quite rare to have such an outlet that could further my creativity externally to my studies. My favourite event out of the whole Youth Week was most definitely the Market Day, where I got to perform street interviews and curate content from such an event."

~ **Aruka Ezeugo**

Youth Profiles

SPORTS

Amelie Reid

Amelie (she/her) is a BMX rider who is currently ranked #1 in Western Australia, Australia, Oceania, and the World racing for their age and gender class. Her dream is to represent Australia at the Olympic Games in 2032.



"I believe sport is a great way to stay fit, make new friendships, socialise, stay happy, and stay out of trouble."

Hana Lowry

Hana (she/her) started playing soccer when she was 7 years old. She made her debut for Perth Glory in 2019, as well as for the Junior Matildas where she took part in the U16 Asian Cup. In 2022, she travelled to Costa Rica for the U20 World Cup. She has just finished up her fifth season with Perth Glory.



Sinead Reading

"I row because I love the feeling of being out on the water, my mind goes quiet and all I focus on is the feeling of the boat and the water. When times were tough rowing helped centre me, it helped create a safe space."

"Set-backs and losses are a huge challenge, I think it's important during these times to have a balance, have supportive people around you and do things you enjoy away from the sport to reset."

Sinead's (she/her) is a rower whose achievements include the 2024 WA State Team (Youth Eight), 2024 Silver (NSW State Championship), 4th U21 Scull (Nationals), and being selected for the 2024 U21 Australian Team.



ENTREPRENEURSHIP

Jack Anderson



Jack (he/him) is the co-founder of Elucidate Education. Elucidate has been able to provide more than 100,000 students with equitable access to the textbooks, online content and educational videos they need to succeed in school over the last two years. You can volunteer with Elucidate Education: <https://www.elucidate.org.au/>

Fitrah Saleh



Fitrah (she/her) is the CEO and Founder of Global Voice Connect, a public speaking training center which enhances vital skills for nearly 100 mentees from Indonesia. She has worked with the Indonesian Consulate, UWA and the PerthUSAsia Centre. She was honoured as the International Tertiary Student of the Year 2023 by CISWA.

“Hailing from Ternate, a small island, studying in Australia during a pandemic was daunting. Amidst frustrations and mental health struggles, I realised the importance of self-empowerment. I chose to stand tall, open the door to creating opportunities and empowering others, especially women, by my own resilience and determination.”



“I’ve always been passionate about entrepreneurship, even if I was too young to know it by name. In primary school, I sold ornately decorated bouncy balls and raised funds for a poverty alleviation charity.”

James Audent



James (he/him) co-founded and runs Zentient, a Perth-based social enterprise.

Zentient aims to bridge the technology gap that exists between the for-purpose and for-profit sectors. It helps these organisations assess and build their digital capability so that they can do more good with less.

MEDICINE

“As an immigrant kid, I found myself in instances where I would be silenced for speaking up. I would see my peers navigate school, government, health, and social systems with ease, while these systems were failing CALD children.

Fortunately, being a debater and having a good support system, I used my “too loud” voice to be heard. But that is only one voice. So I hope to do my bit in breaking the silence among the youth in my communities so we can take this first step to making an inclusive Australia.”

Finn Lip

Finn (he/him) is a medical student who has been involved in a variety of research placements around the world. He is particularly interested in synthetic biology as a novel area of study in the biomedical research sector.

“I think for me a lot of what I love about research is the escapism it gives me. A lot of biomedical research looks at individual systems and networks at a microscopic, cellular level. That shift in perspective is really empowering when it comes to understanding how you go about your day, how your body works, all of it.”



Huda Zaidi

Huda (she/her) is a Muslim Pakistani-Australian medical student who works as Project Support Officer in the Rare Care Centre at Perth Children's Hospital. She is the founder of the Girls Youth Group in her local Pakistani Muslim community.



RADIO

Ethan Murray

Ethan (he/him) runs two shows a week on Radio Fremantle 107.9FM (a community station). He is establishing a special dance party event for young people 'Club Fusion'. His aim is to make a difference for a better world for young people and neurodiverse people, one where people can get together as a whole community.



"Be open minded about new ideas and don't let peer pressure stop you from doing what you enjoy. I have realised that younger people could way more of what they love if only they had self confidence to do it."



"For me and many others, RTRFM has provided countless means to discover the radiance of our creative community — you can be informed about events, new musicians and creatives as well as access detailed biographies about their work."

Atikah Hurley

Atikah (she/her) is a radio presenter at RTRFM for a news and current affairs program called 'On the Record'. Her passion emanates from her father, who was a camera operator who worked in Perth's media landscape.



JOURNALISM

Meleva Thorn

Meleva (she/her) works as a journalist and news anchor for a local Perth online news outlet. She is passionate about journalism focusing on Australian rural issues, as well as multicultural news, and Indonesia-Australia engagement.



"What my dad told me was that I didn't even have to be the best. I just had to be an all-rounder. He wanted me to work hard and play ball. And most importantly — how to fail, and get back up again."



Em Readman

Em (they/them) is a writer whose work is primarily nonfiction and covers themes of queerness, community, family and body and the transient natures of each. Their writing has been featured in Refinery29, Overland, Voiceworks, The Suburban Review, Aniko Press, Swim Meet Lit Mag and others, most

recently the Project See and Be Zine in collaboration with Why Not.

"I think young people are historically and systematically underestimated, particularly when engaging through art on political and community issues. Our ability to build community, engage in complex and nuanced topics and synthesise it into art does not get enough credit. I've seen my friends change consent laws with their art, progress conversations on First Nations and Palestinian liberation, and revoke archaic legislation concerning women's and LGBTQIA+ rights. Even while doing all that, we still take care of each other and nurture our work. That's worth highlighting, again and again."

BEYOND

Western Australia !

Hana Trinh



Hana (she/her) is the project manager of a student-led engineering project 'Mending Broken Hearts'. Their mission is to create a total artificial heart that pushes the limits of mechanical circulatory support technology and ultimately win the international Heart Hackathon competition.



India Aniere

India (she/her) is truly in love with nature and believes we are all inextricably entwined with the natural world. She has dedicated her time trying to save the planet from the current climate crisis, working with United Nations Youth, Millennium Kids and the Agents of Climate Change Project.

Lucy Lönngvist



Lucy (she/her) moved from Perth to Menton, a town situated on the Franco-Italian border, for her studies. It occurred to her that there is not nearly enough exposure to the migration question amongst young West Australians, given our geographically isolated status. She wanted to share her observations working at a refugee camp in hope to inspire other young West Australians to throw themselves into migration studies and fieldwork, and to bring the matter of refugee resettlement solutions to the forefront of political agendas today.

Entering An Enclave of the Undesired (Excerpt)

I was surprised by their generosity, and I would ask what makes them so hopeful. The way I saw it, crossing the English Channel crammed onto a tiny pump-up boat with 80 other people is one of the most monstrously frightening tasks I could embark on. They would tell me that the English Channel is their final leg, a small boat ride away from their final destination. Most of them had been on the move for two or three years, and here they were under one hundred

kilometres away from setting up a new life for themselves in the UK. I don't know how they expect to do it, but I didn't want to dampen their spirits. It's an incredible feat that they make, to be separated from your loved ones, your country, and all sense of familiarity. To not know what direction your heading, who you can trust or whether you will be able to support yourself for the length.

For me, it was upsetting just to leave my family and come to this Camp even though I was settled in the knowledge they are safe in Australia. I don't know how they do it and not lose hope.

We live in a world full of diversity and difference, be it ethnic, cultural or religious, but when faced with those moments of cutting pain, those moments of tragedy, if we strip all these differences back, we are left with a shared humanity, right to liberty, dignity and security which we all have in common. The sooner we realise this collectively, the more receptive we are to sympathise and embrace each other, endowing me with greater hope for the future of the migration question in Australia.

You can find the full text on the Catalyst Instagram

POLITICS

Jovan Findanowski

Jovan (he/him) served as the 28th Youth Premier of WA and led a Youth Government that was committed to empowering the State's tomorrow, today. He works part-time as an Electorate Officer for a State MP.



"My family are my rock. Their love and support keep me going, inspiring me to make a difference. I'm guided by their values and driven to create a better future for all."

Hannah Inwood

Hannah (she/her) was the 27th Youth Premier of WA, an experience which ignited her passion for advocacy, community and voice. She volunteers for the Youth Parliament Taskforce and for the Act-Belong-Commit YoH Fest as a Youth Ambassador.

"Ironically, what has helped me is failing. Though I doubt I will ever be totally comfortable with it, experiencing failure more has let me reframe it as an unfortunate circumstance rather than a disaster."



"My role model is Kym. I often think of her before giving speeches or doing advocacy work and she is a reminder that it is all about more than just myself. It is about making life better for my community, and doing it all with the kindness and joy of my dear friend Kym."

Aimee Oliver

Aimee (she/they) is a disability advocate and support worker. She started her advocacy journey in Youth Parliament, serving as the YP Deputy Opposition Leader in 2022. She was a part of The Y's Youth Advisory Council and the inaugural Youth National Cabinet.



INTERNATIONAL AFFAIRS

"One highlight is being able to study the relations of Indo-Pacific nations and learn more about the political landscapes in different Asian countries, while making life-long friendships along the way."



Tilly Coles-Dyke

Tilly (she/her) is an aspiring political researcher and diplomat, and she has a keen interest in all things related to foreign affairs and international relations.

Tilly recently completed a policy internship at the Department of Jobs, Tourism, Innovation, and Science in Invest & Trade WA, and focused on ministerial missions and delegations



"By combining new communal traditions with individual cultural contributions, I would love to see people connect on a more interpersonal, creative level."



Leilani Wheeler

Leilani (she/her) is a history and archaeology student, who is a firm advocate for inclusion and cultural awareness when interpreting both past and present human history. She

studied in South Korea as a New Colombo Plan scholar, and believes that studying overseas helps youth build resilience and courage for the future.



"I focused on researching land reclamation across inhabited islands in the Maldives. It was an eye-opening experience."

Eden Rigo

Eden (she/her) is a public servant at the Department of Premier and Cabinet. She initiated a program to assist Ukrainian refugees build social connections in Perth and chaired a panel discussing refugee policies with leaders and parliamentarians, a topic close to her heart due to her grandfather's refugee background from Yugoslavia.

LEADERSHIP

Georgie Carey

Georgie (she/her) is the Deputy Mayor of the Town of Mosman Park, after being elected to Council in 2017 at age 21. She served on the Board of the Youth Affairs Council of WA, and has recently has been appointed to the Global Youth Committee of the Global Institute of Women's Leadership.



"My advice is to remember that leadership is a choice. Growing up, I thought I could only become a leader once I reached a certain age or hit a particular milestone —a fancy title, role, or having certain experience. Know that you can choose to be a leader through the choices and actions you take every single day."

Paris McMell



Paris (she/her) is an emerging thought leader, who uses her knowledge and skills to instill confidence and equip young people with the tools they need to lead the change that they want to see in the world. She is a Director and the Board Secretary of the Mundaring Arts Centre Inc.

"My passion is helping young people to live their best lives through interactive speeches & workshops. It's not that different from being a lawyer in court, but I get to speak about much cooler topics!"



Maisara Muzaffar

"I always advise young people to remain true to themselves and to honour their unique identity."

Maisara (she/her) is a staunch advocate for social cohesion and intercultural understanding, working tirelessly to bridge gaps and foster unity. She was the youngest Cultural Ambassador for the City of Canning, and was named the Multicultural Youth of the Year in 2024.



"My advice is to use words and language that may 'kill the vibe' or create an uncomfortable atmosphere, because when it comes to standing up for what you believe in it isn't your responsibility to cater to others comfort."

Victoria (she/her) is a young leader who intends to study politics and law. She wants to be the female role model that she never had, someone who may be in a position of power but doesn't forget her roots. She wants to be a leader who puts her community first and doesn't disappear behind a corporate desk.

Victoria Hill

Olivia Stronach

Olivia (she/her) is the current UWA Guild Access Co-Officer and is a member of the ADHD WA Youth Advisory Group. She hopes that she makes a small dent in making disabilities more accepted so that people feel comfortable reaching out for the support they need!



"Whenever I feel demotivated or tired, my friends are there to keep me going through their enthusiasm. The fact that our work has made a difference to them reminds me of the importance of what we do."

ADVOCACY

Jake De Visser

Jake primarily works in mental health but also discusses career pathways and the experience of being a young person. He has collaborated with various community organisations, including Purposeful & the Youth Affairs Council of WA.

"I would like to see more support for young people looking to be heard independent of organisations or project consultations."



Utsav Thapaliya

Utsav (he/him) is a determined advocate from Nepal. As co-founder of the Stories Project Inc, he is deeply involved in turning the dreams of people with disabilities into tangible achievements, fostering empowerment and inclusivity.

"I strive to make a lasting impact."

Abigail Gregorio



"My life-long goal is more about being able to exist as a kind, caring, and compassionate person."



Abigail (she/her) is a queer, neurodivergent, woman of colour who founded the campaign 'WA Consent', which aims to reform the WA Criminal Code to acknowledge how high levels of intoxication by alcohol or other drugs affect a person's capacity to consent. The campaign now has over 1000 signatures and has been featured in several media outlets such as ABC Radio.

Finlaey Hewlett

Finlaey (they/she) is the host of 'She's Mental' a lived experience mental health podcast. Proudly queer and neurodivergent, they are a passionate youth sector professional.

"Advocacy has always been the long game, and there will always be more change to make and push for - it's important to look after yourself so you can keep doing so!"



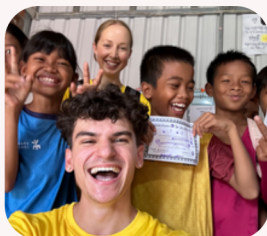
Joshua Patrick

"It took time to develop the confidence to enable me to share my truth rawly and openly."

Joshua (he/him) has diverse lived experience of multiple disadvantages which has made a significant imprint, shaping his perspectives, influencing his opinions on multiple issues and motivating him to use his hardships to advocate to minimise the struggles of other disadvantaged youth, now and in future.



Matthew Little



Matt (he/him) is a young, queer, human rights activist and is a member of the Amnesty International WA Activism Leader Committee. Matt wants to turn his passion into a career.

"Mistakes are like fertiliser for learning and growing. Nothing ventured, nothing gained."



Allie Messenger

Allie (she/they) has a passion for public speaking and story telling, with a focus on her lived experience as a young transwoman who identifies as sexually fluid. They are on the Transforming Families website telling their story.

"You can't force a passion, and they may come along unplanned, but grasp it when you find it."



Gabriel Osbourne

Gabriel (he/him) is a 25 year old transgender man. In 2022 he supported his fellow survivors of the Esther Foundation to speak to the media, access legal representation, share their stories to parliament and access counselling. He later started a not-for-profit organisation, Flying Free to expand this advocacy work and fill a gap in the sector.

"I believe that the system can be better and that I can be a part of that. I don't know what could be more motivating."

Midaiah Harnett

Midaiah (she/her) is a mental health advocate, who has faced many challenges throughout her mental health journey. She has been fortunate to reach stages in her recovery journey that have allowed her to advocate for policy, research, and open dialogue by sharing her story and experience across various public platforms.

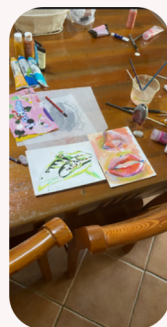
"It was a really monumental moment for me, being able to reflect back and talk about the importance of accepting your mistakes."



Rachael Burns

Rachael (she/her) has a wealth of knowledge in various mental illnesses backed by extensive lived experience. She aspires to fight the stigma and hostility surrounding mental health conditions and advocate for those who are unable to do so for themselves.

"I believe the role of art as an educational, expressive and healing tool is drastically overlooked."



Alicia Keenan

Alicia (they/them) has used their lived experience of homelessness and their knowledge of the current political landscape to create a voice for change in the housing and homelessness sector for young people.

"Dr. Ayesha Khan explained that care is not individualistic, that care is fundamentally reciprocal and a relational practice."



Isabella Choate

Isabella (they/them) is a lived experience advocate, working across disability, mental ill-health, LGBTQIA+, young carer, and grief spaces. They are passionate about approaching discussions from an intersectional lens. Last year, they were awarded the WA Young Person of the Year by YACWA and did a TedX talk on why "Disability isn't a bad word!".



"I envisage a world where young people with disability are thriving — where we proudly and boldly self-advocate, but don't need to."

MUSIC & DANCE

Mohammed 'Ayo Busari'

Ayo (he/him) is a Nigerian-born Musician & Performer who is the founder and lead creative of the Music Project — TAB Family. He's an all-around multidisciplinary creative, expressing himself through different art forms and genres.



"I want to be able to help as many young people and local communities here in Perth. I want the people that I have helped to go on to help others as well."



Shivani Bhat

Shivani (she/her) has been a trained Indian classical Bharathnatyam dancer and Carnatic singer for more than 16 years. She works part-time as a dance instructor and tutors young children. She has performed at numerous cultural events, including being invited to perform for the United Nations. [@shivbsings](#).

"Creativity plays multifaceted roles in society, ranging from individual expression to societal transformation. I believe I can voice emotions and beliefs through my art in endless ways. Dance has played a large role in building my identity. It has served as a universal-language that transcends many barriers, enabling communication and connections between people."

Ownlife

Isaac (he/him) is an electronic music producer, who blends elements of genres from his home studio in the one of the most isolated major cities in the world and connects with his audience online; exemplifying the modern era of digital music production.

"If you want things to change, things have to change."



Photos supplied by contributors.

Akshata Jois

Akshata (she/her) loves creativity, culture and art – she writes, records and produces her own music. She also created Kriti Collective an initiative that facilitates gallery events for multicultural artists. **@kriticollective**

"I really like attending cultural and artistic events around Perth, and exploring new art forms."



"The best advice I received was 'make music that you love'."



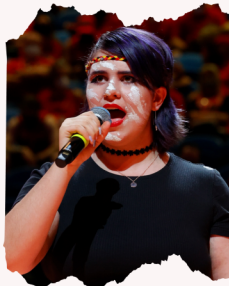
Clare Perrot

Clare (she/her) is an up-and-coming indie singer songwriter/guitarist. She is a huge lover of all genres ranging from soft blues to indie folk, she loves to pair soft twangy vocals with raw powerful lyrics to make everything in life have feeling.

Indigo Ellis

Indigo (she/they) is a passionate singer/songwriter. She has received 2 NAIDOC Music Awards and 2 WA Music Awards for her original composition "Home". As an Ambassador for Valuing Children Initiative, they advocate for young people and raises awareness around mental health. **@indigo_ellis**

"My favourite moment from my journey so far is recently was working with the WA Opera, Gina Williams and Guy Ghouse in "Wundig wer Wilura" and it was amazing."



Maya Spilburg-Slee



Maya (she/her) has cemented herself as an upcoming name to watch in the WA music scene — regularly performing at festivals, touring WA, and releasing seven singles with over 100,000 streams. She was even shortlisted for The Voice Australia in 2016.

"All I wanted to do was sing and tell stories."



Lily Rawson

Lily (she/her) has created songs for over nine years and has a diverse music skill set. Lily manages all aspects of her career, from social media management to securing gigs.

“Ultimately, my aim is to establish a strong presence in the music industry and inspire others with my passion and dedication to my music.”



Shreybae

Shreya (she/her) is a DJ who performs a broad range of music from commercial radio songs and disco to higher energy techno, drum and bass, and UK Garage. She learnt to DJ through a social club at UWA.



“I hope my work will inspire other people to give DJing a go, or even inspire them to discover niche music events in Perth. You won't know if you like a creative hobby unless you give it a go!”

Sofia Gale

Sofia (she/her) is a singer-songwriter who busks and performs locally around Perth. She has released four songs and won a WA Music Award for “In Your Eyes”.



“I feel that my most favourite moments throughout my journey are people being able to feel but also relate to my original music as my hopes for when I write my music is be able to communicate my interpretation of what my songs mean to me, and then in return here what they mean to others.”

VISUAL ARTS

Alysia Tay



"I put my heart and soul into every artwork, but it's not truly complete until the viewer experiences it. It creates a connection between you and I."

Alysia (she/her) is a visual artist and graphic designer. Alysia is passionate about turning people's ideas, stories and experiences into something visually beautiful, and inspiring others to pursue their goals and dreams.

Blanche Deards

Blanche (she/her) is a beginner illustrator who is inspired by finding joy within the little things in life. Her work usually depicts all the things she loves such as boba, cats, picnics, and bad puns.

"I would love to do more art markets, and have more items to sell! Most importantly, I'd like to continue to create art that makes people feel things."



Alex Greenw



Alex (she/her) is an illustrator with a colourful personality and a bright outlook on life. She has always had a deep need to create, for herself first and foremost but also to connect with the wider community.

"Do things scared and knowing they might not work out."

Finnity Kyte

"Finding balance can be super difficult especially when trying to make art a full time career. I try to change things up as much as I can when creating new products for Chipped Tooth to avoid getting burnt out."

Finnity (they/them) started their business in 2020, where they would share their art. Over the years, they have found creating 3D art and sculptures rewarding and have started leaning more into these areas.



Jade De Luca

Jada De Luca (she/her) is a multi-disciplinary artist that likes her tea with an extra sugar and storytelling over a cuppa! She writes poignant travel stories, creates collages based on dreams and inspired by mysticism, and makes art with other artists as her target audience.

“Prioritising softness means encouraging authentic feeling, open dialogue, and vulnerability devoid of judgement — the interplay of all these things prevails over viewing resilience and perseverance as a means to continue things that no longer serve us or harbour negative feelings. Take the pressure off; softness is the real fortitude.”



Layne Brown

Layne (she/her) is a graphic designer and artist under the name Chulip Studio, making illustrations and handmade works focused around original characters and elements in pop culture.

Kristina Turner

Kristina [K.Turner Arts] (she/her) is an illustration artist who mainly works on a tablet, and occasionally dabbles in acrylic and watercolour painting. Her inspirations appear through the things they enjoy, such as fashion and South East/East Asian culture.

“A dream of mine is to own my own design studio and mentor others with everything that I am currently learning.”



“I believe what is missing from the conversation about young people is diversity.”



Tara Wilson

Tara (she/her) is an emerging artist who works predominantly with coloured pencil but also enjoys printmaking, painting and charcoal. She is inspired by her frequent forays 'down south' due to her obsession with the Australian landscape.

“My earliest memories of loving art was in kindy when I became way too overprotective with a scrap paper ‘art journal’ (a few pieces of paper stapled together).”

Alex Greenw



Chulip Studio -
Layne Brown





Chipped Tooth - Finnity Kyte



Jada De Luca

Alysia Tan



Blanche Deards





Tara Wilson

Kristina Turner



CREATIVE WORK

Anne Peters

"What motivates me is the thought of making others feel like they have someone they look up to and talk to."

Anne (she/her) loves performing, devising and doing things behind the scenes. Her goal has always been to be that person people can see in the community and on stage that is different and provide people who are different too to feel like they're not alone.



Ionia Venoutsos

Ionia (she/her) is an emerging performing artist. As a Queer, Greek-Italian woman, she is keen to explore how her identity intersects with her art. Her most recent performance was in Sam Nerida's play Gal Pals. [@ionia_v](#).

"Although it seems daunting, you'll never know the full scope of opportunities out there, till you ask someone who does and is willing to support you."

Hyde Foolish

"For me the goal is really to be able to make a living out of my photography while still maintaining creative control over what sort of photos I produce."



Tristan (he/him) is a photographer, who's main focus is creative portrait work along with some abstract black and white self portraits. A lot of his portrait work includes saturated colours, atypical fashion and the unexpected.

Dorian Winter

Dorian (he/him) is an emerging artist and writer. He is the founder and editor-in-chief of Antler Velvet Arts Magazine, a new international literary and arts journal.



"I think granting the opportunity to enjoy art slowly, whether reading a curated magazine or visiting an art gallery, is something that can bring us together as a society."



Amani Karimki

Black Ocean is a creative writing work exploring themes of emotional hardships and resilience.

“Most people will be able to relate to at least certain aspects of the experiences with grief.”

Is Youth Engagement Imperative for Climate Action Today? (Excerpt)

Youth engagement is imperative for climate action today due to intergenerational equity, the efficacy of youth activism in changing policies and public opinion, and for the development of innovative solutions.

Caleb Adams

“Unheard Voices: What's Missing from the Conversation about Young People” argues that young people are often stereotyped and their voices are unheard in public discourse. It calls for more nuanced conversation that acknowledges the diversity of youth experiences and empowers young people to be active participants in shaping their futures.

Unheard Voices (Excerpt)

Instead of dwelling on problems, the conversation should explore ways to equip young people with the tools they need to thrive. If all the energy spent on negative discourse, and all the money spent running negative stories, all the time wasted on disparaging the “other” were funnelled into solving problems... We could only imagine the good that would be done in the world.

Blank Ocean (Excerpt)

The cold is what you'll remember.

Your therapist and your Mum and your Mum twice more will tell you to switch your shower to fully cold for a reboot. You'll step straight into the freezing stream and sit underneath the showerhead. You'll expect to cry, like they do in the movies. But even when you get shampoo in your eye, you just carve jagged lines down the slate grey tiles with your fingernails.

Apphia How

Apphia would advise other young people interested in sharing their opinions or creative works to ensure that their ideas are backed by credible evidence.

“It's essential to have solid support for our viewpoints.”

Kiara Flanigan



“I Feel Everything & That Is Okay” is a two part free verse poem and self portrait composition that explores the authors connection to self and their journey with discovering and eventually embracing their neurodiversity.

**@oakabellamae
@maecinema**

“I feel empowered by my differences, and am no longer bothered by my so-called deficits.”

You can find the full text on the Catalyst Instagram

Photos supplied by contributors.

The background of the entire page is a light beige color with a subtle, repeating pattern of wavy, concentric lines. In the center of the page, there is a large, faint, light-brown oval shape that serves as a backdrop for the title text.

Organisations FOR YOUTH

OPPORTUNITIES

WADL

The Western Australian Debating League (WADL) is a non-profit organisation focusing on bringing debating to high-school aged students from all across WA. We aim to provide all students with the opportunity to grow and foster their critical thinking and persuasive skills, through debating competitions, development opportunities, and classroom seminars. We want to empower students to be able to argue for what they believe in, and equip them with the tools to do so in a concise, logical manner.



to discover!

"I found my passion for public speaking in 2017, when I followed Greenwood High Schools WADL journey to win the grand finals. These girls were second language English speakers and I found it so inspiring that despite the odds — they overcame their challenges- and I am so proud that I have done the same." ~ Victoria Hill

UN Youth WA

UN Youth WA is an entirely for-youth, by-youth volunteer run organisation that works to foster a community of empowered young citizens across our state! We know that young leaders have the vision and passion to create meaningful change within their communities and throughout the world and aim to equip them with the skills and inspiration to do so.

If you're in high school, follow us on Instagram & Tik Tok **@unyouthwa** to be the first to know our many events we run through metro and regional WA each year. If you're graduated school and under 26, we'd love for you to join our community and volunteer! Details and EOI's are at **volunteer.unyouth.org.au**.



"I think what is overlooked from the conversation about young people is how it's normal to not know what you want to do with your life. I think conversations need to support young adults who don't have all the answers, and normalise that it's okay to not know." ~ Tilly Coles-Dyke

Australia Indonesia Youth Association

AIYA is a not-for-profit, youth-led organisation which aims to better connect young Indonesians and Australians to each other and to Australia-Indonesia related opportunities. Our vision is "A stronger Australia-Indonesia relationship by advancing education and culture through increased youth engagement". **Follow us at @aiya.wa!**



Zero2Hero

Born in WA, zero2hero is a mental health charity that is dedicated to improving the mental health and wellbeing of young people, and preventing suicide in Australia. Each year we educate, engage and empower thousands of young people, to unleash the heroes of today, to become the leaders of tomorrow! With one in four young people currently dealing with mental health issues, zero2hero's work is more important than ever, and we rely on the support of our community to be able to achieve the impact that we do, and there's a role in our mission for everyone.



Rise Network

Rise has been supporting people to follow their dreams and pursue their passions for over 40 years. Our Youth Programs provide services for youth at risk, where young people wanting to engage can 'drop in' to our Stratton Edge Youth Centre. Allowing young people the freedom to come and go as they please from a safe and supported place within their local community.



The Rainbow Project

The organisation is run by Anne Peters, a lesbian, and when expanded will be run by queer people for queer people. The organisation provides a platform for queer people to be themselves and build their confidence in themselves so they can be themselves wherever they go.



People can get involved with my organisation by firstly following the Instagram. If they are someone who does theatre or art workshops for example for queer people, they can directly message to be advertised on their page.

@therainbowprojectaus

Youth Focus

Youth Focus is here for young people, and their mental health. We support young people aged 12 – 25 to thrive, by helping to make sure that your mental health does not get in the way of you being who you want to be. Our services are available at schools, at Youth Focus locations, in community or online.



We are looking for young people to join our local Youth Reference Groups (YRG). You can help inform and shape our youth and service policy development, and be a voice for youth mental health within the community. If you're interested in learning more, visit:

<https://youthfocus.com.au/what-we-do/youth-reference-group/>



Teach Learn Grow (TLG) is a volunteer-led not-for-profit with the vision of an Australia where all students reach their potential. Our mission is to help rural, regional and remote students overcome barriers by improving their educational outcomes and expanding their aspirations. TLG is always recruiting volunteers for our programs that run twice a year — in the June and November university breaks. You can sign up to be a volunteer, then TLG provides you with all the training you need to tutor and mentor primary school students in a rural, regional or remote community. You will be transported for free to a WA town for a week with a group of like-minded people and help TLG to improve the educational outcomes and aspirations of students experiencing disadvantages.

Sign up to volunteer: www.tlg.org.au/apply-wa

"Facing racism shattered my self-confidence quite a bit, but now looking back, I am the person that I am now because of that experience. I overcame this challenge because of my parents. My parents have always been supportive and have always told me to stand up for myself." ~ Maisara Muzaffar



"I would like to see more support for young people looking to be heard independent of organisations or project consultations." ~ Jake De Visser



"We are all still learning and growing, including your role models who you look up to." ~ Matthew Little



Ignite Mentoring

Ignite Mentoring is an organisation run by young people, for high school students. We provide soft skills based mentoring to students in schools across the Perth metropolitan region. The schools visited by our organisation have low ICSEA (Index of Community Socio-Education Advantage) ratings. Through small group mentoring programs facilitated by young, relatable and engaging mentors, our aim is to develop the self-confidence of all of the students that we work with. Anyone aged between 16 - 29 who is not currently enrolled in high school can apply to join Ignite Mentoring. If you are a dedicated individual, passionate about our mission and eager to make a meaningful impact in the community, we would love for you to join Ignite Mentoring! **Sign up to volunteer: <https://www.ignite mentoring.org/volunteers>**



"With each connection forged and each story shared, I'm dedicated to leaving a positive legacy that uplifts and inspires others." ~ Utsav Thapaliya



Youth Homelessness Advisory Council

The Youth Homelessness Advisory Council (YHAC) is a WA youth-led advocacy group for young people with lived experience of homelessness. In order to deliver services and provide solutions that best meet the needs of young people engaged with the homelessness sector, we need to listen to their voices. YHAC's mission is to create positive change within the youth homelessness sector through their advocacy efforts and greater relationships between government decision makers, service providers, the general community and young people themselves.



Youth Disability Advocacy Network

The Youth Disability Advocacy Network, or YDAN, is Western Australia's peak representative body for the rights of young people with disability. YDAN advocates to key decision makers, delivers education and training of young people with disability as well as their communities, and audits venues, events, and organisations to ensure they are accessible. We champion inclusion, equity, self & community advocacy.

Recently, our Unleashed project, focused on amplifying disabled voices, has released a podcast called "Nothing Without Us," and our Disability Empowerment Project, which teaches self-advocacy skills, has released an online publication called "Disabled Enough?". You can find both on the YDAN website, ydan.com.au!



Melville Youth Collective

The Melville Youth Collective (MYC) is a space for young people living in and around the City of Melville to learn about opportunities or events that impact them. Since its inception last year, the MYC has helped facilitate events around the Melville community, with the goal of enhancing youth-led ideas and providing opportunities to actualise them. The MYC can be found at [@melvilleyouthcollective](https://www.instagram.com/melvilleyouthcollective) on Instagram.

A regular event run is the MYC's 'Lab Saturdays', hosted in the AH Bracks Creative Space. These are free workshops that young people can participate in. It's also an opportunity for young creatives to test out their work or host a workshop.



Youth Parliament

“Surround yourself with people who express themselves wholeheartedly, who are unapologetic about who they are and what they stand for - it will mean you feel safe to do so too” ~ Finlaey Hewlett

The WA Youth Parliament (YP) is a program that enables young people to experience the political realm in a way that emulates parliament itself. Young people draft mock legislation, debate said legislation, and vote on the bills. Additionally, the program acts as a place for young people to voice their opinions about a plethora of issues they are passionate about. People can get involved by following us on social media @youthparlwa on Instagram, and The Y Youth Parliament WA on Facebook and sharing our posts and stories. applications will open up again for YP 2025 early next year!

“I aspire to be a lawyer working with Legal Aid. I want to continue to provide empathy and care to those around me and extend these attributes to the wider community.” ~ Abigail Gregorio

I first became involved with disability advocacy after facing my own struggles accessing the supports that I needed for my tertiary education. After figuring out what support was available, ensuring that I was actually granted it has been a whole separate issue. Hopefully, I can make it easier for other students who come after me!” ~ Olivia Stronach

“I imagine proud crips teaching older adults how to use their cane properly, kids teaching their friends to sign — cross-disability and inter-generational learning and sharing. I see community creating moments of disabled joy! I welcome this future.” ~ Isabella Choate



ALL IN

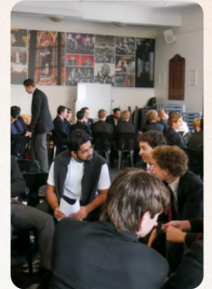
ALL IN is a social enterprise which is on a mission to help young people in Perth explore their full potential. We runs programs and workshops to help young people to become the best versions of themselves. Our transformative personal development programs help young people in Perth who want to learn about leadership and personal development, make an impact, and foster connections by providing students with the space, knowledge & support to become the generation of leaders we need. ALL IN would love to hear from you about how we can expand our reach and make a bigger impact on more young people in WA.

MAN UP

MAN UP is a not-for-profit organisation established in 2019, with the aim to empower young men and redefine masculinity. We deliver peer-to-peer workshops across WA, discussing topics related to young men's mental health and well-being, to change what it means to 'man up'. Now more than ever, men are facing crises regarding their mental health, social wellbeing, and gender roles. The repercussions of these crises are being felt not only by the man himself, reflected in statistics such as 7 out of 9 daily suicides being male, but also by the wider community. In turn, MAN UP focuses on early intervention of family and domestic violence, mental illnesses and suicidal ideation by aiming to transform boys into confident, purpose-driven and emotionally capable men. We strive to educate young men about healthy masculinity, mental health and respectful relationships to foster emotional openness.



"I am continually motivated by listening to others' stories. We are yet to live in a society where you can feel confident the mental health care you will receive is safe and evidence based. I regularly hear from consumers about their experiences, historical and current which remind me of my own. When you truly know how someone else might be feeling it becomes impossible to just walk away." ~ Gabriel Osbourne



We Are Womxn

We Are Womxn is a health promotion organisation that provides evidence-based information tailored to various age groups, starting from Year 5 up to Year 12 and beyond. Our focus is on topics such as consent, healthy relationships, body awareness, and social media, all aimed at helping young individuals navigate the challenges that can affect their social and emotional well-being. We ensure that young people understand their own anatomy and equip them with the knowledge and language to navigate issues related to consent. Our programs also address themes like social media usage, body image, and self-esteem to support young individuals in dealing with the real challenges that impact their mental health. Our goal is to ensure that every young person has access to high-quality education about sexuality, their bodies, and consent, empowering them to develop healthy, confident, and consensual relationships with themselves and others.



Photos supplied by contributors.



@CATALYSTPUBLICATIONWA

Catalyst Publications

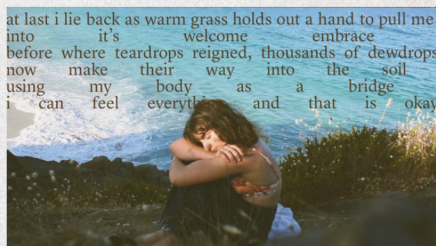
Crafted By ~ Parth Maheshwari

Front Cover Credits:

Dorian Winter



Kiara Flanigan



Clare Perrot



AFTERWORD

by Nathida Chalermvut



Youth Week WA is a time dedicated to celebrating and acknowledging the contributions of young people to our community.

However, we all know that the youth of Western Australia work tirelessly all year round. So, as Youth Week Ambassadors, we wanted to extend the celebrations of young people's talents and create something that would be long-lasting and able to inform the future.

Showcasing the amazing achievements of young Western Australians and giving them platforms to connect with others and opportunities is the goal of 'Catalyst'. We are so elated to have brought this goal to life because we know how amazing the young people in our communities are.

We know that the voices of young people need to be heard. We know that young people deserve to be recognised for our efforts in curating a better future. We deserve to be recognised for the impacts that we have made.

Thank you to every young person who submitted to Catalyst, and for continuing to shape a bright future for Western Australia. **Thank you** to those who amplify and strengthen young voices by giving us opportunities to grow and shine.