Co-design of the Youth Empowerment Tool

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Background/Purpose:
headspace Wollongong Youth Reference Group and Peer Education and Youth Advisory Committee (PEYAC) from South Eastern Sydney Local Health District were part of the codesign process for the Youth Empowerment Tool (YET). The tool is an online space that gives young people reliable and accessible information on sexual and reproductive health. Young people involved contributed to ensuring that the content and design is user friendly, empowering and visually appealing.

Approach:
A competitive set was completed at the start of 2020 and after initial research, two groups were identified to help with the design brief and design of the project. A total of 36 young individuals from a diverse range of backgrounds contributed, with quantitative and qualitative data being captured.

Outcomes/Impact:
The design phase was established in 2020, with the project being launched in April 2021. The YET tool is hosted on the Caddyshack Project website as part of their suite of activities. YET is promoted via regular emails and Caddyshack social media channels. The two groups are accessed in ongoing cycles to continue refreshing and co designing the content.

Innovation and Significance:
Codesign empowers young people by involving them to express their voice in designing Sexual and Reproductive Health information that is meaningful and topically timely. Areas of particular consideration include consent and gender and sexuality diverse people. This was established from feedback from the surveys supplied from the young people. As these two focus groups were involved this created a target audience, a by-product of the project is to improve their health literacy, which can address health inequalities and access better health outcomes.

Disclosure of Interest Statement (example):
The authors have no disclosures to declare.