

MPOWER Youth Culture, Mental Health and Wellbeing

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Background:

We live in a world filled with more opportunities for growth and connection than ever before, yet many young people feel disconnected from themselves and each other.

Our current education system, largely unchanged since the industrial revolution, often misses the mark in teaching self-awareness and mental well-being. Similarly, our mental health and prison systems can exacerbate trauma rather than alleviate it. There's a growing need to incorporate self-knowledge into our educational journeys.

As a teacher, I recognize the crucial importance of providing young people with the right tools for their mental and emotional development. It's essential to embrace innovation and creativity to truly support and uplift our youth. This approach can be daunting for educators who are accustomed to traditional methods, but it's a necessary step forward.

Approach:

At One Vision Productions, we engage with youth on their level, using their preferred mediums and tapping into their interests and passions. Our MPOWER program uses youth culture within a highly creative platform, inspiring young people to take ownership of their lives. It's a groundbreaking online personal empowerment toolkit that offers comprehensive resources that cover the key fundamentals of youth mental, emotional and social well-being. The program includes lessons on ancient wisdom, mind mastery techniques, emotional regulation, the power of forgiveness, the path to self-actualisation, and how to live up to one's creative potential.

MPOWER covers the essentials of mental well-being in the most innovative way possible, equipping young people with the skills to thrive through the toughest times. Our transformative online tutorials are accessible to individuals, schools, students, teachers, parents, social workers, youth centers, and remote communities through tailored online platforms.

Outcome:

By embracing change and challenging the status quo, we can create a brighter, more connected future for our youth. Outcomes include Improved sense of well being and connection; Increased school attendance; diversion from youth detention/ prison.

Innovation and Significance:

It uses youth culture as the vehicle to make lasting change in lives of young people.

Disclosure of Interest Statement:

One Vision Productions receives funding from the Australian Government, State Governments, Local Governments and philanthropy to provide programs for young people in NSW and across Australia.