



YOUTH ADVISORY COUNCIL (aka YAC!)

SUMMARY: Meeting #7, Tuesday, March 13

1. Welcome

As always, it was terrific to see those of you able to attend the meeting but we would also like to say a big 'thanks' to a couple of Committee members who were unable to link in to the meeting but made earlier contributions via email!



2. Big Decision...

Prior to the meeting we asked you to have a think about all the physical activities you like to do that don't need any equipment.....We then asked the question:

"If you were told that you could only do one specific physical activity (that didn't require equipment) for the rest of your life, what activity would you choose?"

It was a difficult question & hopefully you would never have to make such a choice – but an interesting exercise nonetheless!

What activities did you choose?

- Running
- Cheerleading
- Swimming (yes, you do need water to swim but we thought that was still a valid answer)



3. Updates

We discussed latest developments on the following projects:

The ASC Physical Literacy Pilot Program: As this project is still very much in the development stage (at the Australian Sports Commission) we decided that it was probably a bit difficult for the YAC to be involved at the level we were thinking and suggested at our last meeting.... Just to refresh.... this idea was for members of the YAC to select an activity, sport or club and work with that organisation to develop and test a program that might attract more children and young people to participate. However, as we don't have a clear understanding of how the program will be organised or the time commitment that will be involved, we propose that the YAC takes on more of a consultancy role and provides feedback to the ASC on elements of the project that they are needing help with. This was something you thought could work well and would be prepared to consider.

The Online Physical Activity Survey: This is now standing by for lift-off at the start of Term 2! Before this happens though (probably in the school holidays) we will send you the letter templates that you can customise/personalise for your school principal or HPE teacher to help us encourage children at your school to answer the survey.

YAC involvement in the AHK Event and Report Card: The Active Healthy Kids Australia team is currently in the process of assembling all the scientific information available about how much physical activity children and young people around Australia are doing. This information will be analysed and the results presented in the 2018 Australian Report Card on children's physical activity that will assign 'grades' that indicate how well or how poorly we are doing across a number of areas (a bit like the report cards and grades you get for subjects at school). This report card will be ready for publication towards the end of the year and will be launched at a big event that we are organising in November called the 'Movement to Move' (www.movementtomove.com.au). We think it's important to include children's thoughts and opinions about physical activity both in the Report Card document and at the event we are organising, so we would like to give you the opportunity to comment and/or participate when the time comes. Thanks for showing your interest - we'll keep you posted!



4. YAC Agenda ITEM: Pushy Parents

To start, we listened to a situation involving pushy parents that had been witnessed by a member of our YAC, followed by a series of film clips from known sports people:

<https://www.playbytherules.net.au/resources/videos/lkbk-caitlin-thwaites-teaser>

<https://www.playbytherules.net.au/resources/videos/lkbk-sam-thaiday-teaser>

<https://www.playbytherules.net.au/resources/videos/let-kids-be-kids-csa2>

We then we asked for your reactions and feelings about what you had heard and seen.....

Firstly, it was a bit of an eye-opener for us that you had all witnessed some examples of pushy behaviour from other children's parents ☹️. These were some of the thoughts you expressed and ideas you came up with about how we can stop it:

- Children could try to stand up for other children (who are the focus of negativity and/or aggression from parents)
- Perhaps a 'three strikes and you're out' rule could apply (and be implemented by umpires)
- People should turn their heads a bit less as it seems to be too accepted.....having a system in place that involves warnings by umpires might help (similar to above). An example was given of a rule that is currently applied in netball when people/parents on the sideline are being aggressive to the umpire. In this instance, the umpire has the right to give the opposition team a free shot at goal. Sounds like a great rule!

Other examples of 'pushy' behaviour were also raised, including:

- Pressure from parents for their children to compete academically
- Pressure from other children (peers) to try a physical activity that you don't feel ready for.



4....ContYAC Agenda ITEM: Pushy Parents

We then spent a few minutes considering why some parents sometimes become so pushy. These were some of the things you said:

- Maybe because they care so much about their children and want them to win
- Maybe because they don't want to look bad if their children don't do well
- Maybe because they know how hard their children have practised and feel that they deserve to do well and don't want them to be disappointed
- Maybe because they wanted to do/learn an activity when they were young but didn't have the opportunity so therefore want their children to succeed instead

We then showed you a document called "Keeping it Fun" that can be downloaded using the following link:

<https://www.dsr.wa.gov.au/docs/default-source/file-support-and-advice/file-participating/keep-it-fun.pdf?sfvrsn=0>

Within the document is a Parent Information Sheet that lists '10 Commitments' that they ask parents to commit to, to help 'keep it fun' for children. We then asked you to come up with some additional ideas for commitments that you would recommend for parents and this is what you said:

- "I will not focus on the scoring but on what my child is doing"
- "I will respect my child's decisions and won't push them into doing something they won't (or don't) enjoy"
- "It is not my game but my lovely child's game"
- "I love my child"

Cont/



4....ContYAC Agenda ITEM: Pushy Parents

Finally, we followed this by linking back to the situation that was explained to us at the beginning of the segment by one of our YAC members who has regularly witnessed, and also felt the effects of, extremely pushy and aggressive behaviour from the parents of one of her competitors. She asked the YAC whether you thought her club should confront these parents and/or what should be done to stop it. This was the advice you offered:

- The parents should be approached straight after the race and told that their behaviour is unacceptable
- All parents should be warned (in a friendly way) before the event that only positive behaviour towards all children competing will be accepted
- The club should issue a warning to parents stating that if unacceptable behaviour is observed, they will be asked to leave the event
- The club could develop guidelines for parents or a policy that states what is considered acceptable behaviour and what is not and explain what the penalty for bad behaviour will be.

5. Goodbye

We look forward to seeing you at our next meeting on Tuesday 10th April....please take a note of the meeting times because they might have changed because daylight savings has finished:

SA: 6-7pm

TAS: 6:30-7:30pm

VIC: 6:30-7:30pm

ACT: 6:30-7:30pm

NSW: 6:30-7:30pm

QLD: 6:30-7:30pm



Meanwhile, wishing you all a very
HAPPY EASTER!