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| Better Futures Practice Development Training |
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# This case study shows

Young people have valuable experience and expertise to share.

# About this case study

The Better Futures practice development training is co-produced and presented by members of the Transitions from Care Youth Expert Advisory Group (YEAG) and staff from the Brotherhood of St Laurence (BSL). The training is given to Better Futures practitioners working with young people transitioning from care in Victoria.

The YEAG, which is made up of young people with care experience, was established to ensure the voice and expertise of young people with lived experience informed the Better Futures and Home Stretch initiatives.

The YEAG gives government advice, feedback and recommendations to inform policy and program development. YEAG members are also involved in co-producing and presenting at the Better Futures state-wide induction training, Better Futures communities of practice and sector forums. The YEAG is supported by CREATE Foundation.

# Benefits

Having the training co-produced and delivered by young people (YEAG members) and BSL meant that:

* The design and delivery of the training was strongly shaped by the lived experience of young people
* YEAG members advocated for the topics they wanted included in the training
* YEAG members nominated the topics they wanted to co-present
* BSL gave advice on safe delivery of topics, such as boundaries during personal experience storytelling
* YEAG members could draw on the experience for future employment opportunities and use BSL staff as referees.

# Success factors

YEAG members participated in all planning meetings, contributed ideas and materials to include in the training and were part of the decision-making at every stage from design and development to delivery.

YEAG members took on valued roles, addressed issues that were relevant to them and influenced real outcomes. Meaningful involvement of young people has set a new standard in training and showcases Advantaged Thinking Better Futures practice framework in action.

To ensure young people were adequately and appropriately prepared to co-produce and deliver the training, YEAG members completed CREATE Foundation’s Speak Up (SUP) program. Through the SUP program, YEAG members were supported to develop their advocacy, leadership and public speaking skills and learn more about the broader care system.

BSL and CREATE Foundation helped negotiate clear boundaries and expectations with all involved before training to ensure:

* Confidentiality of young people’s stories and non-personal questions from participants
* Appropriate handling of disclosure of traumatic events and understanding of how to sensitively move a discussion along
* Understanding that one person’s traumatic story could trigger others.

# What participants say

‘Love hearing the lived experiences of A and T and getting their insight. Thank you.’

‘Would have loved some more experiences from young people about what works and what doesn't’

‘Love that T and A were able to facilitate.‘

‘It was great to hear from A, having someone there to put a lived experience lens was helpful to how we can improve our practice.’

# Learn more

Download a copy of the Better Futures practice framework from [Brotherhood of St Laurence’s Better Futures page](https://www.bsl.org.au/services/youth/better-futures/) <https://www.bsl.org.au/services/youth/better-futures>

See YEAG member [Tobias Lindholm’s story](https://www.youtube.com/watch?v=E7SBkQtFvXo) at <https://www.youtube.com/watch?v=E7SBkQtFvXo>

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