

## **CAP Health and Wellbeing Summit (2023) - Transcript**

A short video showcasing the Charter Ambassador Program, Health and Wellbeing Summit (including footage of children and young people engaging and sharing about what is important to their own Health & Wellbeing).

### **Text:**

Child Development Council, Health & Wellbeing Summit 2023, Sanctuary Adelaide Zoo (including background music)

### **Ashum Owen (Welcome to Country):**

'Na Marni in Kurna means "Are you good?"; and if you're good you say, "Marni I" so, "Na marni".'

### **Children and young people:**

'Marni I.'

*Phil Allen – Playing Yidaki (didgeridoo)*

### **Professor Barbara Spears AM:**

'Please welcome Taryn Brumfitt, Australian of the Year.'

### **Taryn Brumfitt:**

'When these brands or organisations make you feel bad, you say, "No thanks, I like who I am."'

### **Felicity Graham:**

'My mentors over the years there supporting me, and they are the really big influences on my life.'

### **Bruce Djite:**

'Speak to your friends if you have things on your mind. You know you're better for it...

...Resilience is like a muscle. It's not something that you're born with and the only way to make a muscle stronger is to use them.'

### **Phil Allen:**

'What I want you to put on the stone is something you would like to say about making plans for your health and wellbeing.'

### **Girl:**

'Our story talks about everyone feeling loved and happy and having an equal opportunity in our future.'

### **Boy:**

'Spread positivity, hope and love.'

### **Girl:**

'Positive thinking has a positive outcome.'

### **Boy:**

'Our story is about how family and friends can make an impact in your life.'

**Girl:**

'We want to be heard, loved and protected. We want to have equal opportunities for all.'

**Boy:**

'We want everybody to be happy and healthy and treated equally, and we want like, young students and teenagers to have like, a say in climate change.'

**Boy:**

'When we strive for our goals, for us it's just being happy and content. So, content with our mental health, our body image, and just with our life in general. So staying united through that process, we think, is the best way for us to achieve these goals.'

**Felicity Graham:**

'Your story matters, you matter, your future matters. Don't let anyone walk this life alone.'

**Text:**

Get in touch with the Council (*including background music*)

<https://childrensa.sa.gov.au/charter-ambassador-program/get-in-touch/>

**Special thanks to:**

*Phillip (Phil) Allen*

*Ashum Yarlupina Owen*

*Taryn Brumfitt*

*Dr Larissa McLoughlin*

*Bruce Djite*

*Felicity Graham*

*Professor Barbara Spears AM*

**Credits:**

[www.childrensa.sa.gov.au](http://www.childrensa.sa.gov.au)

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