

City of Unley

Living Young Action Plan 2023–2027

Text-only Easy Read version

How to use this plan

City of Unley wrote this plan.

When you see the word 'we', it means City of Unley.

We wrote this plan in an easy to read way.

We have written some words in **bold**.

This means the letters are thicker and darker.

We explain what these words mean. There is a list of these words on page 11.

This text-only Easy Read plan is a summary of another plan.

This means it only includes the most important ideas.

You can find the other plan on our website.

Website: www.unley.sa.gov.au/living-young-plan

You can ask for help to read this plan.

A friend, family member or support person might be able to help you.

We recognise Kaurna peoples as the traditional owners of the land we live on – the Adelaide region.

They were the first people to live on and use the:

- land
- rivers
- seas.

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About this plan

The Living Young Action Plan 2023–2027 explains how we will support young people in the City of Unley.

In this document we just call it the Plan.

The Plan will last for 4 years.

There are around 10,000 young people who live in the City of Unley.

Young people also come to the City of Unley to:

- visit
- work
- study.

We made the Plan to help all young people in the City of Unley to:

- be leaders
- learn
- have good health and wellbeing.

We also want to help young people connect with:

- their community
- other people.

How we made the Plan

We worked with the community to make the Plan.

We heard from 100 people.

We asked people to share their ideas about how we can help young people.

We also asked how we can help people who support young people.

For example, we asked about how we can support:

- parents
- carers
- teachers.

We included everyone's ideas in the Plan.

The Plan

Themes are important ideas that we want to focus on.

The Plan includes 3 themes:

- 1. Leadership**
- 2. Learning and making connections**
- 3. Wellbeing**

We have goals for each theme.

We explain our goals on the following pages.

1. Leadership

Young leaders can help us make the City of Unley better.

Our goals include helping young people to:

- share their ideas
- tell us what they think
- change things.

We will also help young people learn the skills they need to:

- find a job
- run a business.

We will make sure there are jobs for young people to earn money.

We will also make sure young people can do **volunteer** work.

When you volunteer, you:

- work but you don't get paid
- do work that helps other people.

We will support young people to take part in:

- leadership activities
- sports
- art activities.

2. Learning and making connections

Young people understand how important it is to:

- meet new people
- learn new things.

Our goals include working closely with organisations that help young people.

We will also make fun activities for young people.

For example:

- school holiday programs
- Reconciliation Week
- Harmony Day.

And we will make activities for young people to do together with older people.

We will work with young people to understand how they like to get information from us.

And we will continue to support:

- parents
- carers who support young people.

3. Wellbeing

We understand that for the wellbeing of young people, it is important to:

- feel like they belong
- start healthy habits.

Our goals include making sure young people can come to public places to study and learn.

This includes:

- libraries
- community centres.

We will also run activities to teach young people about health and wellbeing.

And we will train our staff to support young people with their **mental health**.

Your mental health is about how you:

- think and feel about yourself
- deal with things in your life
- manage your feelings.

We will help young people connect with nature.

And we will work with young people to create new outdoor spaces, like parks.

How we will make sure the Plan works

We will make sure the Plan works well.

To do this, we will check the Plan when it is half way through.

This check will make sure the Plan is working well.

We will also check the programs we use to make sure they support the Plan.

Word list

This list explains what the **bold** words in this document mean.

Mental health

Your mental health is about how you:

- think and feel about yourself
- deal with things in your life
- manage your feelings.

Themes

Themes are important ideas that we want to focus on.

Volunteer

When you volunteer, you:

- work but you don't get paid
- do work that helps other people.

Contact us

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The Information Access Group created this text-only Easy Read document.

For any enquiries, please visit www.informationaccessgroup.com.

Quote job number 5495.