



WALK IN NEW LIFE

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AVALON YOUTH HUB PODCAST

Making Sense Of Adolescence

Avalon Youth Hub Podcast – the Youth Advisory Group initiative.



It sees young people plan, create and manage the production of podcasts. Young people talking about topics they want and need covered. Interviewing role models and influencers who are relevant. Addressing tough topics around mental health, anxiety, COVID-19 and transitions to adulthood among many others.

AVALON YOUTHHUB PODCAST

This podcast has been created out of the NSW Youth Opportunities Grant which we were successful with. This has been purely a youth lead, youth driven podcast and we are very proud of our Youth Advisory Group members who put this together, a couple are from Barrenjoey.

The podcast is a 10 part series on young peoples views of certain situations and topics. The first episode is “Coming out of COVID”. Episodes to closely follow are based on the topics, Anxiety, Bullying, Men’s Mental Health, Body Image and Social Media Safety. We are also featuring some special guests on the podcasts, to name a few - Gus Worland, Cooper Chapman and Alex Hayes as well as Surf film producer Spencer Frost. With more to come...

We would love you to share the content on your social media channels. I’ve attached the podcast logo and the link to listen to podcast.

<https://www.avalonyouthhub.org.au/avalon-youth-hub-podcast/>