



INTERACTIONS  
INSTITUTE



# WORKSHOP 90 MINUTE

## THE CONNECTION — PARTICIPATION AND WELLBEING

We face a global mental health crisis where adverse childhood experiences are a significant cause. In response, there is now widespread implementation of early intervention through school-based wellbeing and social and emotional learning programs. This workshop explores the vital role of young people's participation and sense of belonging in fostering wellbeing in childhood and youth.

### **Objectives:**

- Understand the importance of early years wellbeing interventions
  - Understand the scope and goals of these initiatives
  - Learn about the research evidence that links young people's participation to greater wellbeing
  - Analyse relevant case studies
- Explore wellbeing through a cultural perspective
- Develop strategies for integrating participatory wellbeing into education and community programs



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## WORKSHOP FACILITATOR



Dr Zazie Bowen

Zazie is an anthropologist and writer, passionate about education ethnography and research with young people. After working in schools, preschools, and playgroups in Australia, Pacific, Africa and India, Zazie undertook doctoral research into young people's peer play as a cultural expression and a mode of understanding young people's social and environmental perspectives and experiences. She has hosted international conferences on childhoods and on gender in South Asia and South-east Asia at the Australian National University leading to the publication of a book and two special issue journals. She is dedicated to transformative intergenerational collaborations.