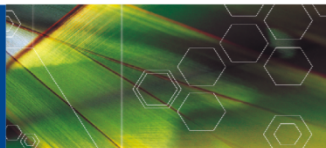




**Massey University**

# Sharing the Participatory Research Experience – From the Other Side

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Te Kunenga  
ki Pūrehuroa

# Hearing Our Voices

- Little life experience, but still experts of our own lives
- Tokenistic consultation
- Policies do not take account of our voices
- At school



# Always a Focus on the Negative

- Blame for things that we don't do, or things that are not our fault
- The Ones that are troublemakers get all the attention and leave us with that image
- Only one negative story needed and then it's generalised onto all of us
- The good side of youth is silenced a lot, not heard enough because all attention is diverted towards the negative examples



# Fast Food???

- Adults go there just as much
- We have no choice, limited budget, and want to go out together to socialize with food
- Healthy food is expensive



# Food & Psychosocial Health

- 'Healthy diet' is one that is healthy for all aspects of your health
- Allows us to tell positive stories and makes us feel good about ourselves



# Using Research to Represent Our Voices and Image

- Allow to ask about things we do well
- Allow us to talk about things that are important to us
- Take action on things if you ask us
- Leave the questions broad



# The End – Questions?



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