

# WHAT IS A FUTURE HEALTHY COMMUNITY CHAMPION?

We want to help create a Victoria where no young person is denied a future that is healthy. No matter what their postcode, bank balance, background or ability.

Our community champions are everyday Victorians across the state, aged 18–25.

## Future Healthy community champions care about:

1. Creating neighbourhoods and spaces where people feel safe, welcome and confident to be physically active
2. Redefining how we think about healthy eating and access to delicious, affordable and culturally appropriate food
3. Building meaningful social connections and inclusive environments

This is your chance to have your say and input into a state-wide program to improve young people's health. You will inspire other young people to share their stories and be heard.

We want to share your story and everyday experiences to help shape the solutions of the future.

## And who are we?

The Victorian Health Promotion Foundation (VicHealth). We work with organisations, communities and individuals to make health a central part of our daily lives. The focus of our work is on promoting good health and preventing ill-health.

# WHAT'S INVOLVED?

As a Future Healthy community champion, you'll join a group of 12 Victorians aged 18–25 who will share their real stories and lived experiences to help build a healthier Victoria.

We want to hear how you access delicious, affordable and culturally appropriate food and how you connect with others.

It might be a challenge you are trying to work through, or a personal story about one of these topics. You might have a great idea to support young people to get active, access great food or connect to others.

We want to share your story far and wide across Victoria, to inspire the people and organisations we work with to create solutions to the challenges young people face.

To do this, we'll film your story and take some photographs. By participating, you're agreeing that we can continue sharing your story online and with the Victorian community until 30 June 2024. Final media to be confirmed. The filming will take place in August/September, and we'll work out a time and place that suits you. It will take up to half a day.

We also ask you to be willing to share your story with journalists, to speak at events and to share the Future Healthy message on your own social media channels. We will always contact you in advance to find a time that works for you and we'll make sure you're fully trained and prepared for every opportunity.

# SOUND LIKE YOU?



## Do you answer yes to the following?

- I am between 18 – 25 years old
- I live in Victoria
- I am comfortable sharing my story
- I am comfortable with my image being used and appearing in video.  
*We'll make sure you see these before they are released*
- I am comfortable speaking with journalists and at local events.  
*Don't worry, we'll always be there to support you and provide you with any tools or training you might need*
- I can attend media and social media training (TBC in person or online)

No previous experience is needed. We'll give you the tools you need and you don't need to be working or studying in health.

If your English isn't great, we can support you through translation, support people and making sure you have time to work at your own pace.

We want to hear from young people of all backgrounds, that reflect the diversity of our community.

We want to hear from **YOU**.

# WHAT YOU'LL GET

## Payments

If you become a Future Healthy community champion, you will receive \$1500 for your time in sharing and filming your story. If you attend any events as a Future Healthy community champion, we'll also pay you an hourly rate of \$50.

## Travel

If you need to travel to get to a Future Healthy event or interview, we'll cover your travel costs.

## Learn new skills

We're providing training to assist with your involvement – we mean it when we say no experience is needed. We can teach you how the media works, and how to take part in media interviews – for TV, radio, newspaper and more. We'll also give you the tools to navigate conversations and better present yourself on social media.

## Networking

You can grow your network and make new connections. You'll also be able to provide feedback directly to organisations trying to build a healthier future for you and your friends.

## Meaningful contribution

It's your chance to have your say and input into a state-wide health initiative. Your story will help inspire ideas within the community to improve young people's health.

# I'M KEEN! WHAT DO I DO NOW?



Fill out the application form at [www.chameleon.net.au/futurehealthy](http://www.chameleon.net.au/futurehealthy)

If you need some help, feel free to ask someone to do this on your behalf, or call Chameleon and they'll help you over the phone.

For more information please contact **Chameleon Casting** on 03 9510 1188 or [futurehealthy@chameleon.net.au](mailto:futurehealthy@chameleon.net.au).

Your application and contact details will remain private.

# THEN WHAT?

The second stage in the application process will be an online video. It could be as simple as recording a Zoom interview or having a friend or family member film you on a phone. After sharing your video, we will be in touch in July to let you know the outcome.

We are looking for 12 young Victorians to share their stories, so please don't take it personally **if you miss out** – we can't include everyone. We are excited to hear from you, and all applicants will have an opportunity to support the Future Healthy movement and share their stories and ideas in other ways.

Our final community champions will need to do a simple Police Check and Working With Children Check. We can help you with this.