



Solutions Through Their Eyes  
Childhood Summit 2025  
October 24-25<sup>th</sup>



## Summary

The Childhood Summit 2025 highlighted the critical need for adults to actively listen to children, showing empathy and support in response to their concerns about cultural respect, mental health, and online safety. 44 Child Keynote Speakers at the Childhood Summit 2025, aged 7-15 year old, from the city of Logan, Queensland Australia, shared their stories, off what is important to them, growing up in today's world .

We began with First Nations children who underscored the importance of respecting Elders and actively listening to their stories, highlighting the value of fostering empathy and nurturing generational bonds while also combating racism, health concerns and celebrating cultural diversity through community engagement.

Key points on childhood mental health included the need for affordable healthcare, accessible medication, understanding the big picture of how to support child mental health, and a supportive school environment where mental health discussions are encouraged and normalised. The idea of incorporating emotional support dogs and therapy in schools was proposed, along with enhancing access to mental health resources.

At the Childhood Summit, the Child Keynote Speakers addressed the challenges posed by screens and social media, emphasising the need for meaningful education on digital literacy rather than blanket bans. Alternatively, the speakers advocated for empowering children to take control of their online presence with caregiver support and promoting safe online environments. A strong suggestion was implementing digital literacy as a subject in schools.

Overall, the summit called for collective responsibility to listen to and support children, emphasising the creation of community resources and promoting healthy relationships both online and offline. Simple actions, such as community events and proactive parenting, were encouraged to foster a supportive environment for children.

In summary, grown-ups are called to:

1. **Respect and Encourage Dialogue:** Actively listen to children's stories and validate their experiences, especially regarding mental health and cultural identity.
2. **Prioritise Mental Health:** Ensure access to affordable healthcare, promote wellness in schools, and recognise the importance of emotional support systems, such as therapy and support dogs in schools.
3. **Enhance Online Safety:** Education is key—guiding and informing children about digital literacy, working together to set clear rules for online interactions, and fostering safe environments where children feel comfortable expressing themselves—rather than banning all social media.
4. **Build Community Connections:** Participate in and support initiatives that foster a sense of belonging, helping to bridge gaps between different cultures and reducing feelings of isolation among children.
5. **Model Positive Behaviour:** Adults should exemplify respectful behaviour, actively address bullying, and create an environment where children feel safe to speak up and are supported.

By addressing these areas, adults can play a pivotal role in nurturing supportive environments throughout a child's life that prioritises the well-being of children and empowers them to thrive.

# Session One – First Nations Jarjums

*Culture and country shape who we are and keep us strong!*



## Child Keynote Speakers

1. Faith - Racism
2. Iepina - Let's Put An End To Racism Now!
3. Zavana - Addiction
4. Kirra - Respecting Our Elders

This session emphasised the importance of respecting Elders and others by actively listening to their stories, showing gratitude, and fostering empathy. It highlighted the need to nurture generational bonds and speak out against racism, recognising that culture runs deeper than skin colour.

Child Keynote Speakers encouraged us to celebrate cultural diversity through food and communal gatherings, while acknowledging and supporting differences between cultures. Presenters also stressed the importance of building solidarity among Indigenous communities (here in Australia and around the world) by supporting those with similar experiences of racism and encouraging mutual learning about each other's cultures.

Education within the community was identified as crucial in understanding that racism happens and is wrong. Additionally, cultivating empathy for those facing struggles and building self-worth through community programs—such as addiction support initiatives—was recognised as vital, though more effort by grown-ups is needed.



# Session Two – Mental Health in Childhood

*We want to feel okay on the inside and out.*

## Child Keynote Speakers

5. Chelsea - Understanding Mental Health
6. Caleb - In the world of mental health, little changes can make a big difference!
7. Jazzleen - Child Abuse
8. Aristotle - Mental Health
9. Nathaniel M - How Correct Role Modeling Can Stop Bullying

The Child Keynote Speakers highlighted several key points regarding childhood mental health during this session. They emphasised the importance of making doctors' appointments affordable and accessible, ensuring equal opportunities for all children, and providing affordable medication. There was a strong call for all teachers to understand mental health and to foster an environment where speaking up and increasing understanding are encouraged. The idea of emotional support dogs in schools was mentioned as a beneficial resource, along with offering therapy within educational settings to create genuine support systems.

The presenters urged the government to improve access to medication, streamline diagnosis processes, and eliminate unnecessary red tape. Prioritising sleep and reducing the hype around trivial toys were discussed as ways to promote better well-being. The need for parents to stay connected with their children, especially when away from home, was emphasised to reduce feelings of isolation. Other suggestions included encouraging families to consider pets for children, fostering a sense of belonging, and learning to recognise signs of child abuse.

Listening, supporting, and loving children when they speak up was seen as vital. The presenters called for collective responsibility to ensure children feel supported, loved, and safe, and encouraged adults to model good behaviour by stopping bullying and showing responsibility. Early diagnosis of mental health issues, along with increased free mental health assessments, was also stressed. Finally, creating mental health centres where children can relax, hang out, and enjoy activities like pet therapy, colouring, and water parks was proposed as a supportive community resource. Importantly, it was emphasised that this service be available to all – For everyone, not just some.





## Session Three – Screens & Social Media

*We are finding our way in a digital world that never switches off and may mean more to us than people realise!*



### Child Keynote Speakers

10. Teanna - Digital Childhoods: Digital Literacy & Safety for School-Aged Children in Australia
11. Tahlia - Pro's & Cons of the Social Media Ban
12. Mayonne - Less Tech
13. Diba - Social Media Ban

The Child Keynote Speakers addressed several critical issues surrounding screens and social media within the third session at the Summit. They emphasised the importance of giving teens a voice and a platform to express themselves, highlighting the need for adults to trust and guide them. They also discussed the role of allies in combating bullying, pointing out that sometimes all a victim/target needs is one supportive friend. To foster a safer online environment, they suggested blanket bans will not work, instead advocating for meaningful education and guidance to improve the digital literacy of children. As an alternative to a blanket ban, one speaker discussed restricting certain content for children under 13.

The speakers called for increased awareness of online safety beyond one-off, once-a-year school sessions, proposing optional restrictions on online platforms that parents and children can work together to set and implement. They emphasised the importance of making social media safer for everyone by encouraging children to take control of their online plans with caregiver support, such as setting limits, using device reminders to stop and go for a walk, and consulting parents for advice on offline activities. Informing and asking friends to understand these choices was also encouraged.

To enhance digital safety, one speaker proposed making digital literacy a core subject, promoting a petition for digital literacy to be a core subject. Speakers also stressed that safe online environments require clear rules and effective reporting mechanisms. Preventing cyberbullying before it starts and encouraging critical thinking about online information were highlighted as vital.

Additionally, Child Keynote Speakers advocated for child-friendly websites for kids, teachers, and parents, and for grown-ups to lead by example through respectful behaviour—encouraging grown-ups and children to make others feel safe and happy, treat everyone with respect, and help foster a positive community.

The speakers also highlighted simple actions like going for walks and saying hi, increasing parental controls, and the importance of community events like Neighbour Day on May 29th to bring people together. They underscored the need for clear rules and consistent reporting procedures, emphasising that parents should role model good social media use to set a positive example for children.



# Session Four – Community & Connection

*We need to belong, be seen and be supported in the places where we are growing up!*

## Child Keynote Speakers

14. Jaxson - Street Safety, Street Smart
15. Adrian - Keeping Our Communities Safe & Clean for Play
16. Marcus - Connecting with Community
17. Raiden - How We Treat Each Other
18. Gia - (i)solation in Community
19. Jasmina - Teens & Animal Shelters



The Child Keynote Speakers highlighted the importance of fostering a strong sense of community and connection among children and residents within this session. They emphasised the need for safe outdoor spaces where kids can play freely, calling for more parks and playgrounds, and the presence of caring adults—parents, leaders, and police—to ensure their safety. They also encouraged grown-ups to consider how they can support opportunities for children to volunteer in areas they are passionate about, such as animal shelters. The speakers encouraged collective responsibility in maintaining a clean and healthy community by properly disposing of rubbish to prevent the spread of germs.

Creating inclusive and respectful environments was another key point, with an emphasis on kindness both during play and work. Child Keynote Speakers urged everyone to choose respect and kindness, advocating for children to be the **kinder kid**. Improving community spaces like libraries to connect people with common interests—such as chess clubs, digital education, and video gaming—was seen as a way to strengthen social bonds. Lastly, solutions to social isolation were explored, including stepping out of comfort zones to greet neighbours, hosting block parties, and celebrating Neighbours Day to foster a more connected community.





# Session Five - Kids Community of the World

*Culture and story makes our community brighter and stronger*



## Child Keynote Speakers

20. Aryana - Australia - A Better Pace for Multicultural Communities
21. Husna - Help People with Language Support and Other Needs
22. Jasmine - More Like Children
23. Zala - Changing the World for the Better
24. Idris - Keep the City Safe, Like Super Heroes
25. Aamina - Diverse Learners in Today's educational System
26. Hamza - Art or Adventure
27. Eesa - Reducing Pollution & Accessible Transportation for Everyone

Within this session, the Child Keynote Speakers emphasised the importance of building a worldwide kids' community committed to eliminating racism and fostering understanding among cultures. Taking a very collective and holistic approach, they advocated for planting more trees and participating in regular cleanup events to protect the environment. The speakers called for improved transportation options, such as more bus routes, bike paths, and affordable travel choices, to reduce traffic and pollution while promoting cleaner air.

In education, they highlighted the need for fair and diversified testing methods that assess creativity alongside traditional subjects, ensuring the system works for all students of all abilities and interests. Addressing social issues, they urged empowering people to start businesses, give back to their communities, and break the cycle of poverty. They also stressed kindness and peace, encouraging everyone to be considerate of our differences.

The speakers emphasised the importance of catching children before they fall through the cracks through supportive programs like feeding the homeless in Australia and Gaza, and advocating for better support for those living on the street.

Lastly and perhaps most importantly, they highlighted the significance of giving kids a voice, so they can speak for themselves and participate actively in shaping their future.





# Session Six - Bullying & Conflict

*Respect and kindness matter for every child, every day.*



## Child Keynote Speakers

- 28. Kerri - Bullying's Generational Effects
- 29. Nathaniel - Reducing Bullying
- 30. Amani - Bullying
- 31. Cassandra - Bust Out Bullying
- 32. Mathew - Bullying Isn't Ok

Within this session, the Child Keynote Speakers shared important insights on bullying and conflict, emphasising the need for courage and to be brave and kind. They encouraged everyone to speak up if they witness bullying and stressed the importance of adults setting a good example through respectful language and behaviour. Listening to children's reasons for their reactions was highlighted, acknowledging that bullying can sometimes be a response to underlying issues and that bullying back happens.

The speakers advocated for a compassionate approach, suggesting that solutions to bullying should focus on empathy rather than punishment. They urged that we need to understand people do things for a reason, and that there is a need to support and encourage positive behaviour, and help build self-esteem. Recognising that bullies also need kindness and understanding was a key point raised by a number of the speakers.

Regarding prevention and support, the speakers emphasised creating safe spaces where professionals can help both the bullied and the bullies address their problems. Practical advice was offered, such as offering comfort to those being bullied, rejecting hurtful words, and informing trusted adults, like teachers or parents, of what is happening. The importance of not saying everything on one's mind to avoid conflict was also noted.

Finally, the speakers highlighted the importance of holistic thinking about bullying, advocating for kindness, support, and open communication to ensure everyone feels understood and backed. Asking if others are okay and offering support can make a significant difference in tackling conflict and fostering a caring community.



# Session Seven - FAMILY LIFE

*This is the foundations of our childhood.*

## Child Keynote Speakers

- 33. Jeffraaz - The Silent Goodbye
- 34. Kimiana - Balancing Consequences
- 35. Jazlyn - Choose life: not smokes and spirits
- 36. Lily-Paige - Having a Loving Caring Family
- 37. Talia - Roof Over Your Head & A Loving Family

The Child Keynote Speakers highlighted the importance of family life, encouraging us to share our wealth with love and kindness within this session. They urged everyone to offer unconditional hugs, speak kindly about others, and accept people for who they are. Gratitude for our families and respect for boundaries are vital, as is making intentional efforts to bring happiness and love to others. Respecting children's boundaries, in particular, was emphasised.

They highlighted the value of learning today to lead tomorrow, appreciating the depth of what our parents have given us. Promoting healthy choices, they advised helping others stop smoking and drinking, and being conscious that our behaviour impacts those around us, including the children in grown-ups' lives.

Communication plays a crucial role in growth; talking to children about mistakes helps learning, while explaining the reasons behind rules supports development and essential life skills. Balanced consequences and consistent, clearly communicated rules make it easier to foster positive behaviour and build life skills.

Ultimately, the Child Keynote Speakers stressed that children will make mistakes; it is the reaction of adults that truly matters in guiding them.



# Session Eight - Pets, Play, People & Planet

*There are many things that fill-up our worlds.*

## Child Keynote Speakers

- 38. Isla - Environmental Impacts
- 39. Allana - Taking Care of the Planet to Take Care of the Animals
- 40. Addy - All Children Need Pets
- 41. Connor - Bounce into the Future
- 42. T'Karma - NRL Gender Pay Gap
- 43. Eve - Sport Shouldn't Be Taken Too Seriously
- 44. Tia - Social Media through the eyes of a Teenager

Within the final session, Pets, Play, People, and Planet, the Child Keynote Speakers highlighted important themes such as prioritising playing sport over winning, caring for the environment, and speaking out when things aren't right. They stressed that teamwork skills should be appreciated, and that sport for children should promote respect, participation, and inclusion rather than focus on winning, appearances, or ego.

The importance of environmental responsibility was also discussed, with a reminder to dispose of rubbish properly, exemplified by the phrase '**I Bin It Safely,**' and encouraging kids to grow their own fruit and vegetables. The speakers encouraged fun activities like rubbish collection scavenger hunts with rewards and visiting places such as Joomunjie Land, as it promotes reuse, recycling, and most importantly, play. They highlighted shared responsibility in our choices regarding what we buy, throw away, and how we travel.

Participants were encouraged to speak up, seek help if bullied online, and find ways to stay safe on the internet. The conversation also touched on equality, advocating for women to be paid equally, be judged by their skills rather than appearance, and calling attention to issues like the NRL and other sports where women are not paid equally. The speakers urged parents to monitor their children's social media use instead of implementing bans on under-16s, emphasising the importance of open communication and trust. Lastly, setting boundaries such as putting phones away at a set time was recommended to foster better habits.



# Who Can Act – Solutions by Session

Time to rebuild the village for our children.

The children's solutions involve everyone; themselves, parents, families, neighbours, schools, services, everyone...

Below is a summarised list of all the solutions the children discussed and who can be involved.

	Session	Self	Parents/ Carers	School/ Community	Government / Policy	Others
<b>FIRST NATIONS JARJUMS</b>	1	1			1	
Respect Elders	1	1	1	1		
Actively Listen -start listening to stories	1	1				
Show gratitude / Build empathy	1	1				
Nurture generational bonds	1	1	1	1		
Speak out against racism	1	1	1	1	1	1
Culture is deeper than skin	1	1				
Celebrate – food - come together as one	1			1		
Acknowledge different cultures	1	1			1	
Support others with similar experiences (Racism) -> building solidarity among Indigenous communities	1	1	1	1		
Allowing others to learn about each other's cultures and vice versa	1			1	1	
Education within community - Racism is wrong!	1			1	1	1
Having empathy for those who are struggling	1	1				
Building self-worth eg. of community programs / stepped addiction programs / but these programs are not enough	1			1	1	1
	Session	Self	Parents/ Carers	School/ Community	Government / Policy	Others
<b>MENTAL HEALTH IN CHILDHOOD</b>	2					
Doctors' appointments affordable/accessible	2				2	2
Provide equal opportunities to all	2		2	2	2	2
Affordable medication	2				2	2
All teachers understand MH	2			2	2	2
Speaking up and increasing understanding of MH	2	2	2	2	2	2
Emotional support dogs in schools	2			2	2	2
Offer therapy in schools – <b>schools of real support</b>	2			2	2	2
Government needs to help with medication/ access/ diagnosis	2				2	2
Ditch Red tape	2			2	2	2
Prioritize Sleep	2	2	2			
Stop hyping over stupid toys	2	2				
Parents give children a call when you are not at home -reduce isolation	2		2			
Buy children a pet	2		2			
They (children) need to believe they belong in the world	2		2	2		2
Learn the signs of child abuse	2	2	2	2	2	2
Listen to, support & love children when they speak,	2		2	2		2
Work together, all of us, to make sure children are supported, loved, and safe	2	2	2	2	2	2
Show responsibility and stop bullying behaviours yourself -> Model	2		2	2	2	2



good behaviour -> Just be nicer overall						
Adults need to set an example for kids	2		2	2	2	2
Diagnosis of MH early	2				2	2
Free & more MH diagnosis	2				2	2
Mental health centre - to chill, hangout, dogs and cats, colouring, water park to play - <b>For anyone, not just some</b> -	2			2	2	2
	Session	Self	Parents/ Carers	School/ Community	Government / Policy	Others
<b>SCREENS &amp; SOCIAL MEDIA</b>	3					
Teens need voice and platform to express selves	3			3	3	3
Need for adults to trust + guide teens			3	3	3	3
Allies for targets of bullying → one friend is all you need	3	3	3	3		
Restrict content	3			3	3	3
Guidance & education	3			3	3	3
Restrict to under 13?	3				3	3
Do not burn it down but build this wisely together	3	3	3	3	3	3
Increase online safety awareness -> Increase from one-off session per year at school	3			3	3	3
Optional restrictions for parents to work with children to stay safe	3		3		3	
Change Social Media so it's safe for all	3				3	3
Take back control - <b>child sets plan</b> with their parent/caregiver's help 1. Start where you are and set limits eg. from 2 hrs /day to 1hr/2 days goal; 2. Use device set a reminder; 3. Ask parents advice what else to do when not on screens; 4. Tell your friends so they understand why you are not on SM so much	3	3	3			
Make digital safer	3				3	3
Digital literacy should be a core subject -> petition	3			3	3	3
Safe online environments matter – rules/ how to report	3			3	3	3
Stop cyberbullying before it starts	3			3	3	3
Think critically about online information – ask more questions	3	3	3			
A child friendly website for kids, teachers parents (in action by child)	3			3	3	3
Lead with respect -> Be the Kind of Kid who... 1. Makes others feel safe and happy; 2. Treats people with respect; 3. Helps everyone have a good time	3	3			3	
Go for a walk and say hi	3	3	3			
Increase parental controls/options	3			3	3	3
Bring people together for Neighbour Day - May 29 <sup>th</sup>	3			3	3	3
Clear Rules & what to do when Reporting	3			3	3	3
Parents need to role model good use of SM	3		3			
	Session	Self	Parents/ Carers	School/ Community	Government / Policy	Others
<b>COMMUNITY &amp; CONNECTION</b>	4					
Kids want safe outdoor spaces to hang out in -> need adults (Parents, leaders, police) to care and be present to help kids be safe	4		4	4	4	4
More parks and playgrounds	4			4	4	4
Support and create opportunities for children to volunteer in areas where they have passion ie animal shelters	4			4	4	4

Work together & take responsibility to keep our community clean and healthy → put rubbish in the bin → stop germs spreading	4	4	4	4	4	4
Keep play (and work) safe by being kind and inclusive – “we can all choose to act with respect and kindness”	4	4	4	4		4
Be the kinder kid!		4				
More, Zebra crossings in car parks	4			4	4	4
Improve community spaces (like libraries) to enable people with similar hobbies to connect. ie. Chess clubs, digital education, video gaming	4			4	4	4
Solutions to social isolation → step out of comfort zone → Say hi to neighbours; → Host a block party; → Celebrate Neighbours Day	4	4	4	4		
	Session	Self	Parents/ Carers	School/ Community	Government / Policy	Others
<b>KIDS COMMUNITY OF THE WORLD</b>	5					
Eliminate Racism	5	5	5	5	5	5
Help people everywhere - be a super hero	5	5				
Plant more trees	5			5	5	5
Celebrity with other cultures	5		5	5		5
Regular clean up events	5			5		5
Better Transport → more bus routes; → bike paths; → affordable options	5			5	5	5
Less traffic	5			5	5	5
Testing in school is not fair for all → schools need to diversify testing eg. test creativity etc.	5			5	5	5
An education system that works for all	5			5	5	5
Pollution - ban littering	5			5	5	5
Poverty - empower people to start businesses and give back to community	5			5	5	5
Peace - always be kind no matter our differences	5	5			5	
Catch Kids before they fall	5		5	5	5	
Feed homeless Australians & Gaza				5	5	5
4 day weekends / 3 day school - 365,000 weekends	5			5	5	5
Support people on the street - help jobs → get house	5			5	5	5
Kids get to speak for themselves	5		5	5	5	5
	Session	Self	Parents/ Carers	School/ Community	Government / Policy	Others
<b>BULLYING AND CONFLICT</b>	6					
Encourage others to be brave, be kind and speak up if you're being bullied or see someone being bullied	6	6				
Takes courage to be brave and kind	6	6				
Adults need to set a better example of good behaviour such as language and arguing for kids to follow	6		6	6	6	
Listen to the reason why a child is reacting to bullying (bullying back happens)	6		6	6	6	
We need more love and kindness	6	6				
Bullies aren't the only ones at fault and suspensions aren't the only solution or fix	6			6	6	6
Solutions to bullying: 1. Punishment is not the solution; 2. Showing empathy to both bullied and bully; 3. Knowing people do things for a reason; 4. Stand up for and support change in	6	6	6	6	6	6

behaviour and build self-esteem						
Courage	6	6				
Don't say everything on your mind because you might get punched in the face	6	6				
Look at bullying wholistically	6		6	6	6	6
We need safe places (or groups) to talk about problems (with professionals) to help potential bullies and bullied deal with issues	6			6	6	6
For bullied -> Offer help eg. do you want a hug? Are you ok?; -> Reject the words of bullies; -> tell a teacher or manager (at work)	6	6				
Bullies also need kindness and understanding	6	6	6	6	6	
We must help people (bullied and bullies) know they have someone to talk to	6	6	6	6	6	
We must help people feel understood and supported		6	6	6	6	
We never know what someone is experiencing so ask people if they are ok	6	6	6	6		
	Session	Self	Parents/ Carers	School/ Community	Government / Policy	Others
<b>FAMILY LIFE</b>	7					
Share your wealth	7	7	7	7	7	
We all need to make this happen – 1. offer unconditional hugs; 2. speak kindly about me; 3. accept me for who I am	7	7	7	7		
Be grateful for what you have - thankful for your family; Be kind	7	7				
Respect my boundaries	7		7	7		
What will you do? → to make people happy & loved	7	7	7	7	7	7
Learning today & leading tomorrow	7	7			7	
Appreciate the depth of what our parents have given us	7	7				
Help people to stop smoking/drinking	7	7	7		7	
Be conscious that your behaviour affects others (including children)	7	7	7	7		
Talk to children in response to mistakes -> helps learning	7		7	7		
Explain reasons for rules → helps growth, development and life skills	7		7	7		
Consequences balanced helps make communication easier	7		7	7		
We need consistency and clearly communicated rules to help us grow and build life skills	7		7	7	7	
Kids will make mistakes; it's the reaction of adults that matters	7		7	7		
<b>PETS, PLAY, PEOPLE AND PLANET</b>	8					
Put players above winning - sport	8		8	8	8	
Team-work skills need to be valued	8		8	8	8	
Sport needs to be about respect, participation and inclusion, not winning, appearances and ego	8		8	8	8	
Put your rubbish in the bin - <b>It's not that hard!</b>	8	8			8	
All kids need a pet			8	8		
Trampoline park in Logan	8			8	8	8
If you see rubbish put it in the bin- <b>IBIS = I Bin It Safely</b>	8	8			8	
Women need to be paid equally (NRL)	8			8		8
Women need to be judged by how they play not how they look!	8			8		8

Grow fruit & vege garden	8	8	8	8		
visit places like Joomunjie Land – Reuse; Recycle, and Play	8	8		8		
Make rubbish collection fun – scavenger hunt with rewards	8			8	8	8
Shared responsibility in what we buy, throw away and how we travel - we all need to do this	8	8	8	8	8	
Speak up and get inspired	8	8			8	
Speak up and seek help if bullied online	8	8			8	
Find ways to keep yourself safe online	8	8			8	
Parents should monitor the child's use of SM instead of the government banning under 16s	8		8		8	
Parents should talk to their child about am and all the dangers -> good relationship & trust	8		8		8	
Put phone away at a set time	8	8			8	

