

WALKING TALL

Getting children on their feet!

A ONE DAY FORUM ON CHILDREN AND WALKING

This forum is aimed at people working in active travel, physical activity and related areas to come together to:

- **Hear** from experts on children's independent mobility
- **Share** success stories about active travel initiatives
- **Learn** innovative approaches to getting children active in community settings

TUESDAY
19 MAY
2015



PROGRAM

FROM 8.30AM REGISTRATION

- **Please note. Registration requires a security check in. Please allow at least 10 minutes for this process to occur.**
- Early morning networking opportunity – tea and coffee available.

9.30AM WELCOME – DR BEN ROSSITER, EO VICTORIA WALKS

9.35AM KEYNOTE

What is Children's Independent Mobility and why is it important?

Prof Karen Malone & Dr Julie Rudner

Professor Karen Malone, Professor of Education, Centre for Educational Research, University of Western Sydney. Karen is an international expert on children's environments, child friendly cities, children's participation, child centred research and evaluation, socio-cultural understandings of childhood, youth and children's rights.

Dr Julie Rudner, Senior Lecturer, Community Planning and Development Program, La Trobe University, Bendigo. Through research, consulting and teaching, Julie explores the gap between policy and everyday life, with a particular focus on children's, young people's and migrants' use, views and experience of their environments.

Karen and Julie will present a historical overview of children's independent mobility and efforts around the world to monitor its change. They will examine the big issues impacting on children's freedom to walk globally and in Australia and discuss the changing attitudes of media, parents and children.

10.25AM BUILDING COMMUNITY SUPPORT FOR CHANGE: WHAT ARE THE KEY INGREDIENTS?

1. Achieving sustainable behaviour change and securing commitment

Stacey Hall, Project Officer Behaviour Change, Transport Planning and Strategy, Brisbane City Council

Stacey will outline key strategies and tactics adopted to secure ongoing commitment from elected representatives, schools and families for Brisbane City Council's very successful and long running Active Travel School Program.

2. HEALTHY MOVES- making a difference one STEP at a time

Nicole Wood, Travel Smart Officer, Warrnambool City Council

Behaviour change requires a multi-pronged approach where Council, School and Community partnerships play a central role in the development of a "walking culture". Nicole's presentation highlights the strength of Council as an information hub and involving students, teachers and parents in planning action for their school and the wider community.

DISCUSSION

11.15AM MORNING TEA

11.35AM VICHEALTH WALK TO SCHOOL: ACHIEVEMENTS AND OPPORTUNITIES

1. Walk to School research

Rayoni Nelson, Principal Program Officer – Physical Activity, Sport and Healthy Communities, VicHealth

Rayoni will provide an introduction to VicHealth's physical activity work and share evidence related to children's physical activity and active travel, including some insights from current research related to parental fear as a barrier to children's independent travel.

2. Walk to School 2015

Sarah Saunders, Campaigns Manager, VicHealth

Sarah will provide an overview of the key evaluation findings from Walk to School in 2014 and outline opportunities for councils for Walk to School 2015.

DISCUSSION

12.35PM LUNCH (including optional lunchtime walk)

1.25PM ACHIEVING INTEGRATED CHANGE: WHAT ARE THE KEY FACTORS?

1. The Design for Children Walking Equation: Evidence + Partners = Boldness

Simon Woodland, Learning for Sustainability Officer & Nigel Smith, Precinct Designer, Yarra Ranges Council

Using the 'Lilydale – Made of Walking' project as a basis, Simon and Nigel will outline how the trifecta for effective change: listening to children; building responsive infrastructure; and creative behaviour change initiatives delivers impressive results.

2. Portarlington Safe Active Travel Routes to School Pilot Project

Thea Grenfell, Health Promotion Officer, Healthy Together Geelong & Sam Lovejoy, Road Safety Officer, Engineering Services, City of Greater Geelong.

Thea and Sam will provide an overview of the project and its influence on Council's road safety practices. Their presentation will also cover evaluation results, the importance of partnerships and stakeholders, and incorporation of Victoria Walks resources.

DISCUSSION

2.15PM AFTERNOON TEA

2.35PM LETTING CHILDREN LEAD THE WAY: HOW, WHAT AND WHY?

1. Walking neighbourhood hosted by children

Dr Louise Phillips, Lecturer, School of Education, Faculty of Humanities and Social Sciences, University of Queensland

Louise will profile a community arts project that involves children curating and leading walks of local neighbourhoods. Through the walks children demonstrate competence and insight traversing public spaces, actively challenging dominant narratives of children as vulnerable and the public sphere as dangerous for children.

2. Junior Health Champions

Bianca Opasinis, Health Promotion Officer, Healthy Together Whittlesea

Bianca will show how youth-led advocacy achieved impressive results. Student leaders in Epping North produced and presented video case studies outlining pedestrian safety concerns. They then lobbied to the City of Whittlesea Mayor, Councillors and Managers, resulting in multi-level leadership commitment to the issue.

3. Muddy Boots and Sandy Hands

Danielle Bain, Volunteer Coordinator, Muddy Boots and Sandy Hands, Geelong

Children's love for walking is easily cultivated through bush adventures and nature based activities. Danielle will discuss how simple nature based outings can build confidence, creativity and independence.

DISCUSSION

3.45PM WRAP UP & NEXT STEPS

Note: program subject to change