



Mates and Dates Podcast Series

Mates & Dates is a youth-produced podcast series that aims to ignite conversations among young adults around all aspects of relationships in a relatable and engaging way; whether that be romantic, friendships or self-love (the most important relationship you'll ever have).

Five young adults were selected to co-develop and produce the series. Supported by a media journalist and other professionals with knowledge or expertise in young adult relationships, the podcast team participated in a series of workshops which explored concepts and themes with local youth input. The workshops covered domestic abuse awareness, communication, mental health along with other ideas. The team were also able to develop their podcast production skills. Through this process, a 6 episode podcast series was developed targeting young adults aged 18-24.

The Mates and Dates podcast series is available via [Spotify](#) and [Apple Podcasts](#). An outline of the six episodes is below:



Ep.1 - Knowing Me, Knowing You: Talking Identity with Maria Thattil

In this episode Ed and Dona dissect all things identity and sense of self. How do you know who you are? Is it a destination or a fluid process that is constantly evolving? To unpack all of this, we were joined by Maria Thattil.

After winning Miss Universe Australia in 2020, Maria has advocated for inclusion and equality in her industry and beyond. She uses her platform to write, speak and create content around supporting diversity. That's why we were so excited to chat with Maria about her experiences of being a first generation Australian and representing Australian beauty on a global scale.



Ep.2 - "Can We Talk?": Attachment & Communication with Dragan Wright

If there's one key takeaway from this episode, it's that communication is a skill that requires consistent work and refinement!

This episode discusses Attachment Theory and if you'd like to try out some of the communication approaches discussed in your own relationships, Dragan recommends looking into the 'Imago dialogue'. This is a communication strategy which assigns each person either the role of 'sender' or 'receiver'. The parties take turns to follow the three steps of mirroring, validating and empathising.



Ep.3 - When Relationships Sour: Power Dynamics with Greg Yee

How do we know when a relationship becomes unhealthy? What is gaslighting? What do we do if our friend is in an abusive relationship?

Family, individual and relationship therapist Greg Yee joins Sarah and Ed to broaden the narrow understanding of Domestic Violence. They talk about the harmful repercussions of using power to bypass dealing with shame and insecurities. Listen to Greg explain how to support a person in an abusive relationship and the advice he wished someone had given to his younger self.



Ep.4 - Boyz 2 Men: Masculinity & Mental Health with Al Green

In this episode Ed and Sarah talk about masculinity and why many young men struggle to have vulnerable conversations with mates or family.

They're joined by Al Green from The Man Cave, an organisation which facilitates programs to help reshape what young men in schools perceive to be masculinity. Al shares his experiences from talking to thousands of young men.



Ep.5 - Sex, Phones & Love in Modern Times with Georgia Grace

Grace and Chantelle Otten have dedicated their careers to providing vital sex education we never received!

In this episode, Ed and Gen chat with Georgia, who uses her expertise delivering counselling sessions, group events, courses and other resources, to discuss modern day relationships.



Ep. 6 - Sashay Away: Moving On & Navigating Change with Oliver Levi-Malouf

In this episode, Ed and Sarah consider how relationships evolve as we age. Is there an expectation to change with our partners? How do we maintain wellness while juggling work, study and social life? Why is change so scary but necessary at the same time?

Ed and Sarah are joined by Oliver Levi-Malouf (aka drag queen Etcetera Etcetera) about all these things. They share how being a contestant on RuPaul's Drag Race Down Under changed their life, and speak about the feelings of uncertainty and anticipation that come with being a young adult.

The Northern Sydney Youth Relationship & Family Abuse working group were responsible for the planning, implementation and evaluation of this project, and consisted of membership from the following organisations:

- Ku-ring-gai Council
- Lower North Shore Domestic Violence Network
- North Sydney Council
- Northern Sydney Local Health District (NSLHD) Population Health Promotion
- NSLHD Prevention and Response to Violence, Abuse and Neglect
- NSLHD Youth Health & Out of Home Care
- Willoughby City Council

For information about this initiative, contact NSLHD-YouthHealthPromotion@health.nsw.gov.au