



**DIALOGUE WORKSHOP 14 MARCH
2024 - MISSION WELLBEING OF
CHILDREN AND YOUNG PEOPLE**

Information about the process

- Dialogue and Idea Phase at institutes (November 2023 – February 16, 2024)
- Workshop 14 March 2024 for AAU researchers
- Proposals for mission projects – Deadline May 17, 2024 (information will come)
- Selection and Establishment of the First Mission Projects (June 2024 – November 2024)
 - ▶ Partnerships support
 - ▶ Project management support
 - ▶ Funding support



Workshop

Mission: Well-being of Children and Young People

Programme 14 March 2024

Location: AAU Innovation Science & Innovation Hub
Thomas Manns Vej 25, Aalborg

- 9.30-10.00** Breakfast and arrival
- 10.00-10.15** Welcome: AAU as a mission-oriented university, and introduction to the programme, Thomas Bak, TECH Dean and Executive Management strategist & Niels Bech Lukassen, Head of the Mission Secretariat
- 10.15-10.30** The well-being of children and young people as a cross-sectorial and cross-scientific challenge
Professor Maria Appel Nissen, Mission Management
- 10.30-10.40** Joint introduction to the workshops, Jesper Vestergaard, Student Entrepreneurship
- 10.40-11.20** Pitchcraze: 1-2 minutes presentation per pitch in plenum
- 11.20-11.30** Pause
- 11.30-12.30** Workshop part I: 4 thematic workshops. 5 minute pitch, then dialogue, facilitated by Mission Management
- 12.30-13.15** Lunch
- 13.15-14.30** Workshop part II: Develop Project ideas and partnerships
- 14.30-14.45** Pause
- 14.45-15.25** Presentation from the four workshops in plenum
- 15.25-16.00** Concluding info- and question session with refreshments and networking in the Food Hub, next to the auditorium

Contact info If you have any questions, please contact: Mission@aau.dk

The purpose of the workshop is to develop ideas for the Mission Projects.
We will do this by exchanging knowledge, pitches, feedback debating and identifying opportunities for collaboration across Aalborg University



With kind regards

Niels Bech Lukassen, Mission Officer
Maria Appel Nissen, Professor
Sine Agergaard, Professor
Sidse Grangaard, Senior Researcher
Stefania Serafin, Professor

What is a mission?

- **Bold**, inspiring with broad societal relevance
- **Targeted**, measurable, and time-bound
- **Actions** should be ambitious and realistic regarding research and innovation
- **Interdisciplinary**, cross-sector innovation across stakeholders
- **Encouraging** bottom-up solutions
- **Realistic** opportunity to obtain external funding to support these



Mission Roundtable
in Brussels
7.th. march
2024

Mission Management:

- Professor, Ph.d. **Maria Appel Nissen** maan@socsci.aau.dk
- Professor, Ph.d. **Sine Agergaard** Sine@hst.aau.dk
- Seniorforsker, Ph.d. **Sidse Grangaard** sdg@build.aau.dk
- Professor, Ph.d. **Stefania Serafin** sts@create.aau.dk



Mission Unit

- Head of Mission Unit & Mission Officer, Ph.d. **Niels Bech Lukassen** nielsbl@adm.aau.dk



Innovation

- Workshop moderator & Innovation consultant, **Jesper Vestergaard**



The mission unit is a generator and knowledge hub for AAU's strategy to be recognized as a mission-driven university. We help realize the development of mission-driven and mission-oriented research

Mission Partner Board



- The Mission Partner Board - is an external board - appointed by the AAU Strategic Council for Research and Innovation (SRFI). The partners consist of public, private and interest organizations with a main focus within the mission area. The Mission Partner Board consists of 8 members

- Examples of members for children & youth mission:

- **Trine Hammershøj**, direktør Headspace
- **Frans Hammer**, næstformand Danmarks Idrætsforbund (DIF)
- **Anna Bjerre**, founder & direktør GirlTalk
- **Steffen Raun Fjordside**, vicedirektør Børns Vilkår
- **Tina French**, chef børn & unge KMD
- **Asger K. Sørensen**, Dansk Gymnasieelever
- NN KL
- NN Tech company



IMPROVING THE PHYSICAL, MENTAL AND SOCIAL WELLBEING OF CHILDREN AND YOUTH

- A CROSS-SECTORIAL AND CROSS-
SCIENTIFIC CHALLENGE

MARIA APPEL NISSEN

MISSION WORKSHOP MARCH 14, 2024



A GLOBAL CHALLENGE

- Well-being is a positive state experienced by individuals and societies. Similar to health, it is a resource for daily life and is determined by social, economic and environmental conditions. Well-being encompasses quality of life and the ability of people and societies to contribute to the world with a sense of meaning and purpose. Focusing on well-being supports the tracking of the equitable distribution of resources, overall thriving and sustainability. A society's well-being can be determined by the extent to which it is resilient, builds capacity for action, and is prepared to transcend challenges ([WHO Glossary of Terms 2021](#)).

LOCAL CHALLENGES

Most children and young people in Denmark are generally in well-being, however:

- More children and young people are reporting a lack of physical, mental and social well-being – or issues associated with this
- A lack of physical, mental and social well-being among children and young people is associated with socio-economic inequalities
- New forms of vulnerabilities appear and are often explained by an increase in the pressure to perform and conform to prevailing ideals of success

Denmark is a prosperous country where children and young people are protected, supported and offered opportunities to participate in society due to an organised and professionalized welfare state and a rich variety of child- and youth associations, however:

- Some children grow up in poverty or disadvantaged families and/or communities/areas with less resources
- The quality of day care is crucial but tends to suffer
- School satisfaction has decreased since the 80's
- Children's and young people's everyday life, activities, social relations and networks are changing in a globalized, digitalized and individualised society
- The demand for psychiatric examination, treatment and support increases

A KEY SCIENTIFIC CHALLENGE

- From description of 'troubling trends' to a clearer understanding and explanation of the problem, the goal and the solutions:
- **DIVERSITY AND PATTERNS** in the physical, mental and social wellbeing among children and young people over the course of childhood and youth
- **CONTEXTUAL CONDITIONS FOR WELLBEING** e.g. inclusion/exclusion in and across milieus, arenas, institutions, systems and sectors in their lives and over the course of time in a globalised, digitalised and individualised society
- **KNOWLEDGE FOR INNOVATION, EXPERIMENTS WITH A CLEAR GOAL, IMPLEMENTATION, INVESTMENT AND SCALING, POLICY DEVELOPMENT, SOCIAL IMPACT AND CHANGE**

WHY WE NEED CROSS- SECTORIAL AND CROSS-SCIENTIFIC COLLABORATION ANCHORED IN **STRONG PARTNERSHIPS**



A GREATER PURPOSE

- **Rethinking government and shaping the kind of society we want**
- **Developing a new approach to capitalism and economy centered on the goals that matter to people**
- **Restructuring and strengthening our systems, institutions, relationships and investments**
- **Creating impact on a societal level** e.g. that knowledge about children's and young people's wellbeing is put at the center of policy, legislation, strategies and investments that affect their lives

(Inspired by Mazzucato, 2021, xxiv)



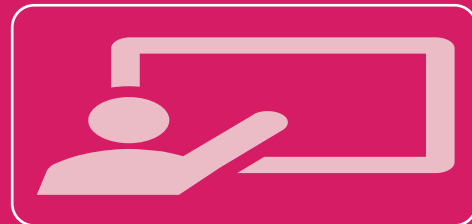
JOINING FORCES FOR
**WELL-BEING OF
CHILDREN AND
YOUNG PEOPLE**

JOINT INTRODUCTION TO THE WORKSHOP

JESPER VESTERGAARD
AAU STUDENT ENTREPRENEURSHIP

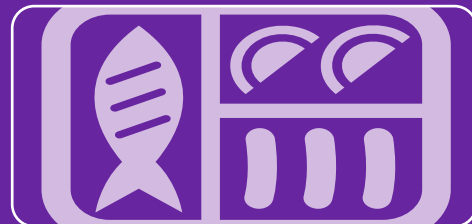


WORKSHOPS



WORKSHOP I – PITCH AND DIALOGUE (approx. 1 hour / 11.30-12.30)

- **5 minutes pitch** from each presenter.
- **Write three key words on a Post-It:** Your research in relation to the workshop theme/the pitches
- **A round of presentation** of key words and the researcher behind! (1-2 minutes)
- **Post-Its are put on a board**

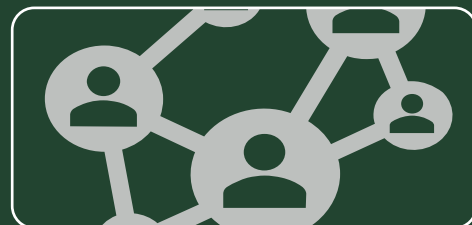


- LUNCH (12.30-13.15)



WORKSHOP II – KEY CHALLENGES, PROJECT IDEAS & PARTNERSHIPS (approx. 1 hour /13.15-14.30)

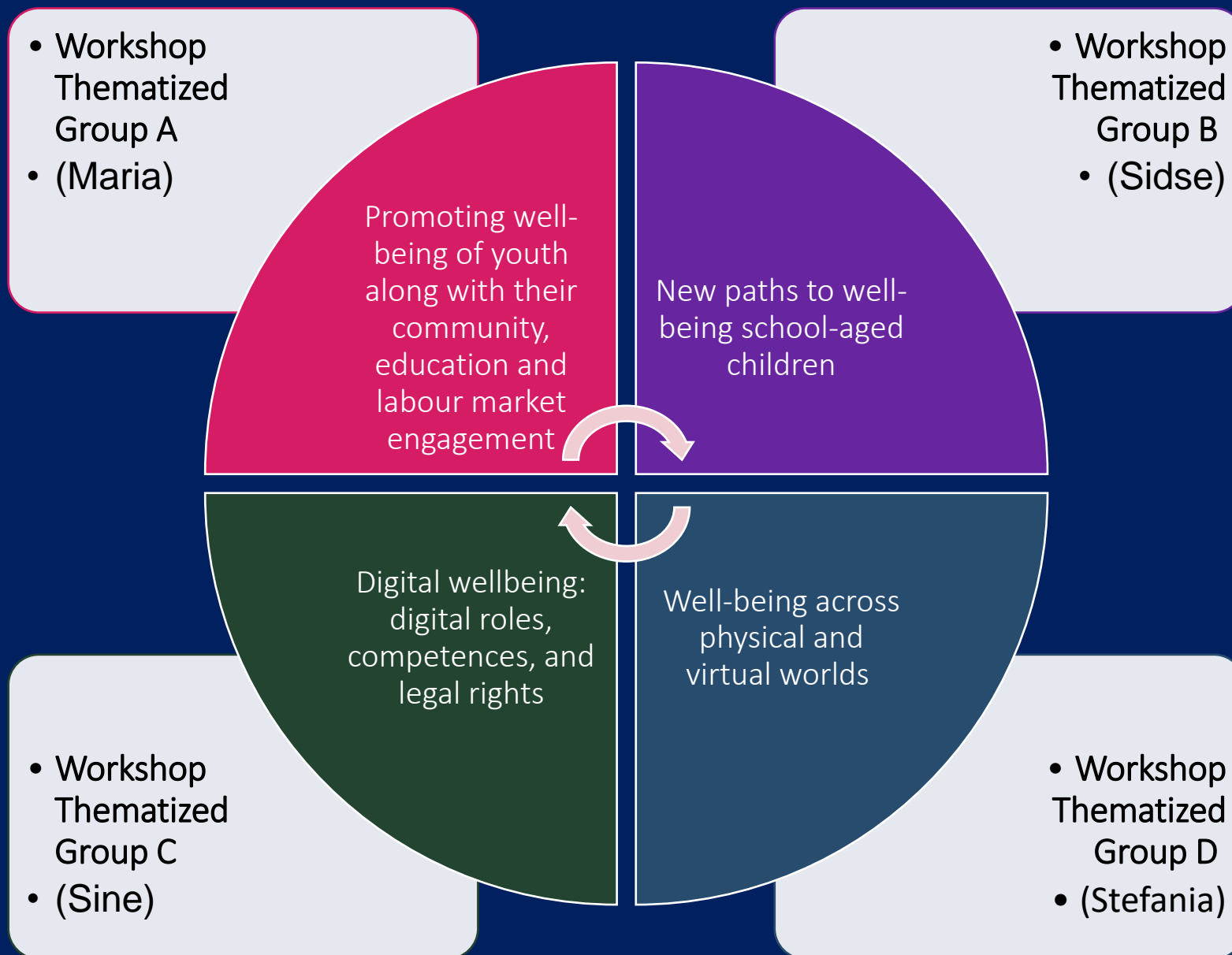
- **Discussion in smaller groups:** based on pitches and Post-It-presentations, challenges, ideas for projects and partnerships for the wellbeing of children and youth are discussed
- **Challenges, Project Ideas, and Partnership are noted on a power point by participants**



PLENARY PRESENTATION FROM 4 WORKSHOPS (14.45-15.25)

- **Power points and discussions from the 4 workshops are presented**

WORKSHOP - 4 THEMES



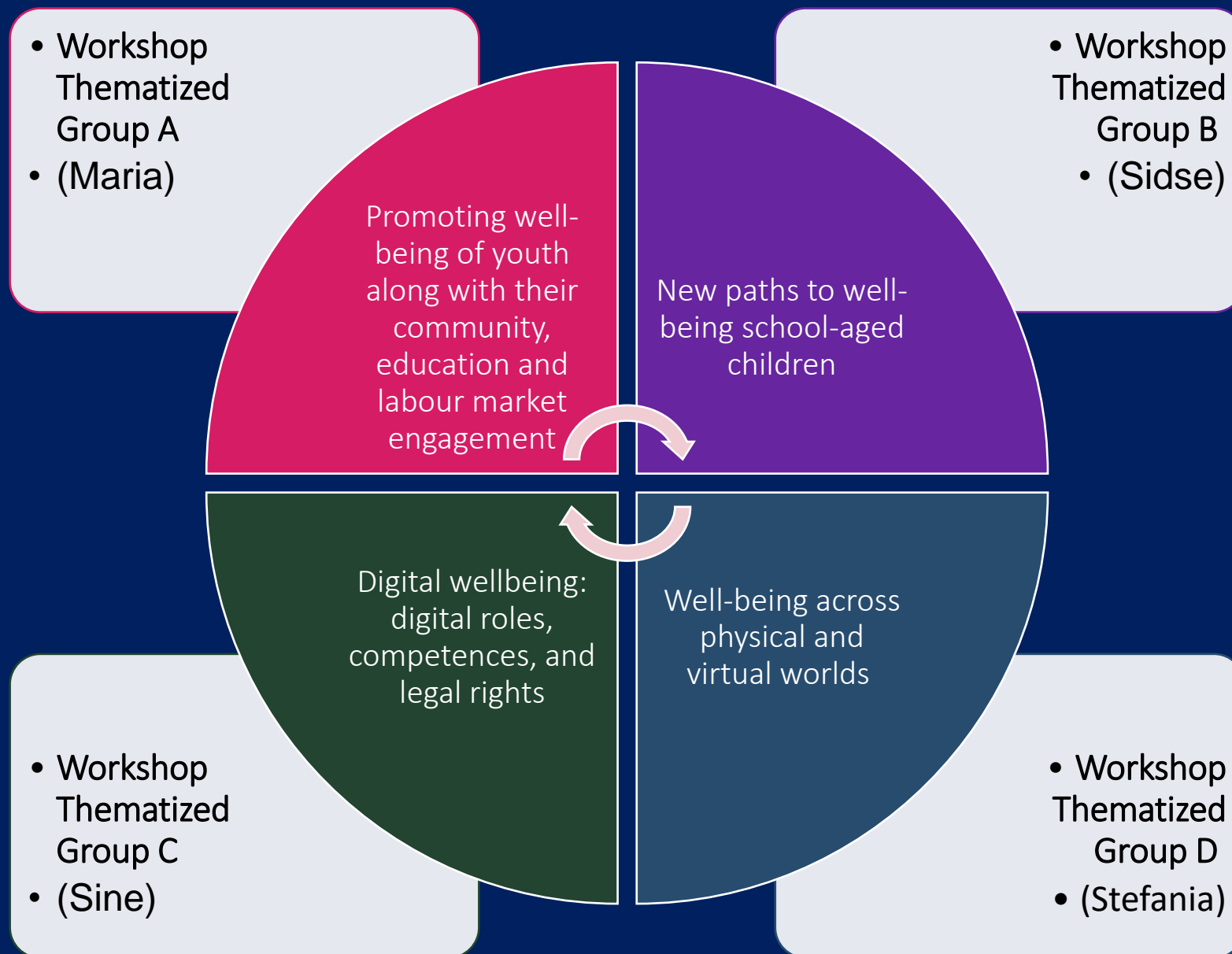
2 MINUTES PITCH CRAZE

- **Co-creation about young people's well-being** (Lars Domino Østergaard)
- **EMPLACE – Building Capacities of Vulnerable Young People** (Vibeke Bak Nielsen)
- **STUDY OUT!** (Victoria Linn Lygum)
- **Harmony in Progress: Innovative Piano Education for High-Functioning Autistic Students** (Cumhur Erkut)
- **When Children and Youth Don't Thrive in School, and School Doesn't Thrive with Today's Children and Youth – About Alternative School Forms and New Paths to Well-being** (Ulla Højmark Jensen)
- **Well-being of Public School Students Before, During, and After Extended Internships with Local Companies in North Jutland (PrakTriv)** (Nanna Ramsing Enemark)
- **Affordable Sustainable School Clothing – Can School Clothing Contribute to Better Social and Physical Well-being for Children and Youth?** (Lars Birch Andreasen)
- **Spatial Perception and Collaborative Enablement (SPaCE)** (Sidse Grangaard)
- **The occurrence of mental health problems and disorders including trajectories among school age children in the North Denmark Region – yearly assessments of changes in mental health and daily functioning** (Marlene Briciet Lauritsen)

2 MINUTES PITCH CRAZE

- **Increased Digital Well-being Among Children and Youth** (Malene Charlotte Larsen)
- **Children and Youth's Digital Lives** (Marie Jull Sørensen)
- **DanJam: The Danish Game Jam for Future Digital Content Creators** (Nicolai Brodersen Hansen)
- **Digital Emotion Regulation** (Niels Van Berkel)
- **Digital participation and well-being among youth living with disabilities** (Ditte Weber)
- **Children's Upbringing Conditions, Inclusion, and Well-being from a Prevention Perspective** (Mie Engen)
- **Belonging Through Listening – New Technology for Understanding the Crucial Importance of Hearing for Learning and Socialization** (Lone Percy-Smith)
- **A Virtual Path Towards Real Well-being** (Ali Adjorlu)
- **Improving mental well being through exercise** (Thorvaldur Skuli Palsson)

WORKSHOP - 4 THEMES





PLENARY SESSION

- PRESENTATIONS FROM THE 4 WORKSHOPS

Workshop A - The wellbeing of Youth

KEY CHALLENGES, PROJECT IDEAS & PARTNERSHIPS

GROUP DISCUSSIONS

- The thriving among students (universities) - and what is at play when they do not thrive?
- the need for a structural focus - how we organize their education/life
- The changing life /environment /conditions of youth
- What about the teachers/professionals around / close to students/youth
- What do we need to get/do more of to improve wellbeing - use the resources we have
- Agents in their own life - being accepted/recognised as a human being - we should ask/listen to them and learn from them
- There is a need to co-create - challenges are related to educational systems
- a need to introduce creative activities, environments etc. that go beyond traditional education

Workshop A - The wellbeing of Youth

KEY CHALLENGES, PROJECT IDEAS & PARTNERSHIPS

GROUP DISCUSSIONS

- the importance of community ('fællesskab') being central to youth - to understand what it is and for whom ('inclusion')
- What is wellbeing among youth - what do they experience as/perceive as well-being - where are they different, and what do they have in common?
- Vulnerability, lack of wellbeing, resilience - diversity and differentiation/variation (e.g age, position, inequalities)
- We need partners - physical environment, nature etc. in/outside education - to related to someone through activities ('a common third')
- there are many approaches to wellbeing - nice! - we need different knowledge and different solutions -
- different methodologies for exploring & learning from youth / the voices of youth
- **A very inclusive workshop - ALL INCLUSIVE 😊**

Workshop Thematized Group B

KEY CHALLENGES, PROJECT IDEAS & PARTNERSHIPS

Institutions - the professionals, their impact on well-being; The role of the school?

What is well-being? - from different perspectives // hvad er et godt børneliv?

The impact on well-being of the children that we talk about their well-being

Global challenge; structural problem - challenge it

How to create resonance?

The family in relation to the school

Gender and well-being?

Digitalisation?

Project idea: Everyday life in the school 330 degrees

Workshop Thematized Group C

KEY CHALLENGES, PROJECT IDEAS & PARTNERSHIPS

PHYSIDAL, MENTAL, AND SOCIAL WELL-BEING IN A DIGITAL AGE

Use of digital media provides a complexity of options/challenges for wellbeing of children and youth

- How does digital media influence children's physical activity, sleep, pain, weight, use of medicine, body ideals etc.
- How has development of digital media led to novel forms of emotional regulation and emotional labour
- How may use of digital media promote social inclusion but also exclusion (connection demand)

Project ideas:

Conceptual and basic research on interplay between well-being and use of digital media

Children's digital footprints and children as digital consumers (legal and ethical issues)

Develop digital media to promote well-being of children and youth

Promote digital media literacy and prevent inequity in literacy

Involving and empowering children and youth, their parents, institutions and communities

Workshop Thematized Group C

KEY CHALLENGES, PROJECT IDEAS & PARTNERSHIPS

PHYSIDAL, MENTAL, AND SOCIAL WELL-BEING IN A DIGITAL AGE

Challenge: Digital media use can be both good and bad in relation to well-being!

RQ: How can we understand the interplay between the social, mental and physical well-being of children and young people and their roles

- as digital users
- as digital consumers
- as digital citizens/data objects
- as digital victims /or violators
- as digital community members
- as digital family members

And how can we use this understanding to improve their well-being?

Workshop Thematized Group C

KEY CHALLENGES, PROJECT IDEAS & PARTNERSHIPS

Workshop group:

- Patrick Bender (psychology) pbender@ikp.aau.dk
- Anne Estrup Olesen (pharmacology) aneso@dcm.aau.dk
- John Rasmussen (Materials and Production) jr@mp.aau.dk
- Tanja K. Christensen (law) tkc@law.aau.dk
- Marie Jull Sørensen (law) mjs@law.aau.dk
- Søren Hagstrøm (pediatrician) soha@rn.dk
- Trine Rolighed Thomsen (Bio) trt@bio.aau.dk
- Nicolai Brøder Hansen (Computer Science) nbhansen@cs.aau.dk
- Niels van Berkel (Computer Science) nielsvanberkel@cs.aau.dk
- Ditte Weber (Planning) ditte@plan.aau.dk
- Nik Kharlamov (Psykologi) nik@ikp.aau.dk

Workshop Thematized Group D

KEY CHALLENGES, PROJECT IDEAS & PARTNERSHIPS

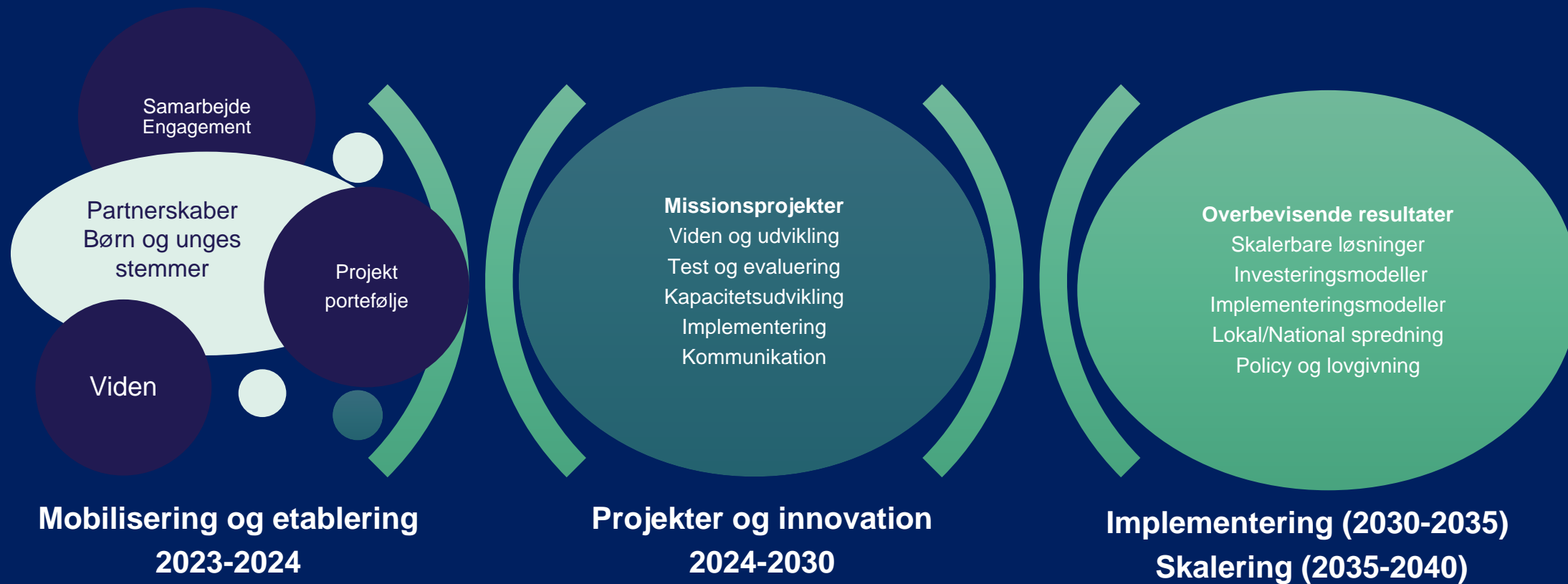
Add another slide if needed!



JOINT ENDING SESSION

- HAVE A REFRESHMENT!
- INFORMATION ABOUT THE PROCES: WHAT'S NEXT?
- CONCLUDING REMARK AND THANK YOU FOR JOINING
- NETWORKING AND GOODBYE

HOW DO WE REACH THE GOAL?



INFORMATION ABOUT THE PROCESS: WHAT'S NEXT?

The Mission Management with the Mission Partner Board is responsible that the progressively developed portfolio of mission projects as well as the individual mission project contributes to the overall mission:

- **Proposals for mission projects – Deadline May 17, 2024 (Guidelines will be sent out)**
- **Presentation of proposals for mission Partner Board**
- **Feedback and dialogue on mission project proposals.**
- **August 2024: Announcement of selected mission projects for startup summer 2024, or for a process of maturation for startup in 2025.**
 - **Partnerships support**
 - **Project management support**
 - **Funding support**

The portfolio of mission projects will progressively be developed.



THANK YOU FOR PARTICIPATING AND FOR



JOINING FORCES FOR
**WELL-BEING OF
CHILDREN AND
YOUNG PEOPLE**