

CYda

SUMMIT

2024

ZINE

# Letter from the Editors



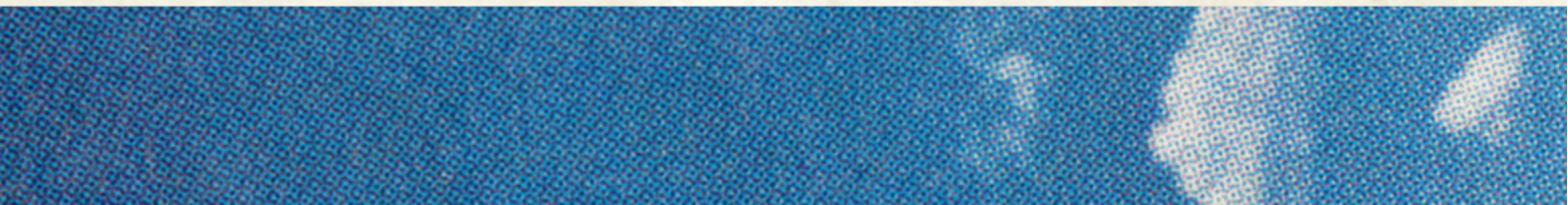
This zine is a collection of artwork and writing by young people with disability, for young people with disability, created at our 2024 National Youth Disability Summit. We were blown away by the sheer amount of amazing pieces submitted by participants for this zine!

We have had the immense privilege of working with this brilliant team of Youth Council members for the past 12 months. We have learnt so much from each and every one of them. It was a combination of their wisdom, lived expertise and creativity that pulled this Summit together.

We would also like to note that there are some slight changes to submissions. This has been done to remove backgrounds to reduce visual clutter, increase contrast for readability, or for copyright reasons.

We would love your feedback on these changes, and the zine overall, so please email us at [youthactionteam@cyda.org.au](mailto:youthactionteam@cyda.org.au) to let us know what we can do better next time!

Solidarity and spoons, Georgia and Ezra



# What is NYDS 2024?

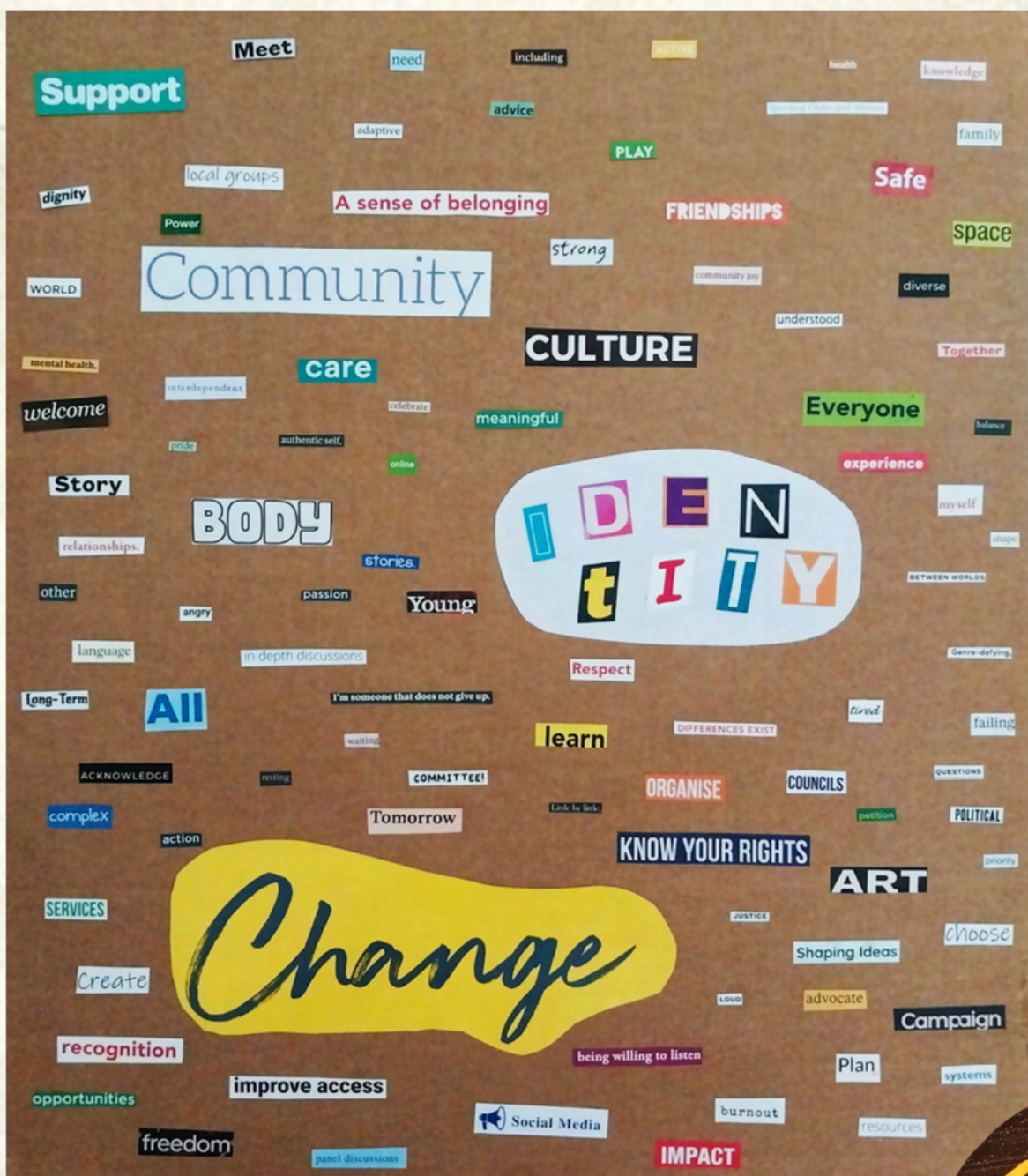
The National Youth Disability Summit (NYDS) 2024 was a two-day hybrid event for young people with disability from all over so-called Australia. This year was the 4th NYDS run by CYDA!

It was co-designed for and by young people with disability (our Youth Council) and it was a great opportunity to connect and talk about identity, community, empowerment, and creating change. Guest speakers this year included Senator Jordon Steele-John, AuDHD advocate Emily Unity, and Olivia Beasley from Deaf Youth Australia. We also had Q&A panels with CYDA's Youth Council members and Youth Trainees, social activities, spaces for creativity, and time for discussions.




We had three main themes at the NYDS this year...

'Identity and Empowerment',  
'Community' and 'Creating Change'





# Y C Team



## Thanh-Tuoc Autran she/they

Hi, Thanh here! I'm a lover of books, a chai enthusiast, and proudly disabled. Over the last year I've had the BEST time co designing this summit with the rest of CYDA's Youth Council. It has been so extraordinary to see the tiny seeds of all our little ideas blossom into such a vibrant and inclusive event.


It's safe to say that through this journey, I was able to make something that my past self craved: a place where people with disability could feel like they wholeheartedly belong.

**My hidden talent is...**  
the word association game  
Connections!

## Caitlin Blanch she/her

I'm Caitlin. I am an 18-year-old chai enthusiast who loves spending time with her animals, socialising, reading, binging Netflix series, and busting a groove!

My lived experience of dynamic disability has given me a unique insight into the systemic, social, and infrastructural norms that impact how I am able to interact with society. My passion for disability equity and justice has inspired my interest in policy reform, systemic and social advocacy, and public speaking.



**My hidden talent is...**  
I can dance the shuffle and  
sprinkler at the same time

## Ezra Burnett he/they

My name is Ez, I'm 22, and I'm a disabled, neurodivergent and trans peer support worker peer support worker and youth advocate living on beautiful Wurundjeri Country.

Working alongside the rest of the Youth Council members was an honour. They are all such amazing people I'm now lucky to call my friends! For me, a highlight of the Summit was listening to Senator Jordon Steele-John speak! I found his words so inspirational and relevant.



nd da  
Ich p  
nicht be

My hidden talent is...  
playing the harmonica



## Isabella Choate they/them

My name is Isabella and I am an intersectional living experience advocate living on Whadjuk Noongar Boodja. I love community building and am hosting WA's first Disability Pride Festival. Being on the 2024 CYDA Youth Council has been an absolute privilege!

I have learnt so much from advocates across the country, and seeing the summit come to fruition has been a wonderful process. My favourite part of the summit was Emily Unity's speech about the different ways we can find community.

My hidden talent is...

that I can paddle (up to) 12m waterfalls!

23

## Emily Sullivan she/her

My name is Em! I am a proud and passionate advocate, and I strive to use my lived experience and expertise to empower and uplift the disability community.

I feel so grateful to be part of CYDA's Youth Council, and it has been a privilege to connect with so many incredible advocates from across the country at the National Youth Disability Summit!



My hidden talent is...  
doing the splits when the beat drops!

<3

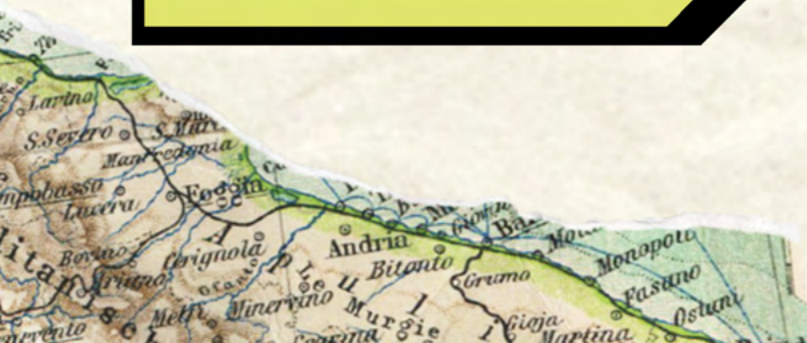
## G Treloar any/all

My name is G, and I am a young, disabled, queer person living on unceded Kurna Country/Adelaide. My favourite part of Summit planning, and being on CYDA's Youth Council, was getting to know and work with such a fabulous and creative group of people.

This was really my first time working in a role that was specific to disability, so it was excellent to hear different perspectives and learn from my fellow YC members!

My hidden talent is...

that I'm pretty good at devil stick juggling!



## Grace Garrahy she/her

My name is Grace, I'm 24 years old, and I'm studying occupational therapy at university! Due to my lived experience of disability, I am passionate about creating meaningful change in the disability advocacy space and empowering young people to be authentically themselves.

I absolutely loved planning for, and helping out with, the co-design process, and organising the activities for the identity and empowerment theme, as that is a topic I am very passionate about!



**My hidden talent is...**

being accompanied by my assistance dog, Sebastian!



## Dureece Moyden he/him

Hello! I'm Dureece, a 26-year-old film student living in Melbourne. Working with CYDA to co-design this year's Summit has been a rewarding experience of learning, connecting with community and working towards improving the wellbeing of everyone in the disabled community. I feel beyond privileged to have been part of this.

**My hidden talent is...**

my knack for teaching English to ESL speakers.







## Louise Weekley any/all

Hey, I'm Louise, I'm 24, a young mum living with cerebral palsy and I identify as part of the LGBTQIA+ community. I live on Kaurua Land and I've been really privileged to work alongside all the amazing individuals on the youth council to co-design the summit. My favourite part was the euphoria I felt listening to Senator Jordon Steele-John speak and connecting with so many like-minded youth.



My hidden talent is...

that I know Auslan.

## Brittney Wilson she/her

My name is Britt, I'm 23 and a full-time wheelchair user with severe ADHD. I think my favourite things about working on the Summit over the last year has been the incredible team I have been given the opportunity to work with, the bonds with my fellow Youth Council members and of course seeing it all come to life in Melbourne (Naarm) with the absolutely beautiful, accepting atmosphere that was created.



My hidden talent is...

writing! I'm hoping to publish a book one day - it has been a dream since I was little.



## Mac Zamani he/him

Hi, my name is Mac. I'm 20 and currently studying youth work and working within the youth advocacy sector here in Naarm. It's been amazing to be back working with CYDA as part of the Youth Council.

I loved seeing CYDA grow over the years, and getting to be able to run the Summit in person! A highlight of the Summit would be seeing other young disabled people being able to connect and find community.



My hidden talent is...

being able to pop a 360 wheelie.



Here are (some of) the amazing CYDA staff members that helped the Youth Council co-design and run this year's NYDS. We couldn't have done it without you all - thank you!

## Maddy Clarke she/her

Hello! My name is Maddy and I helped coordinate the Summit and Youth Council. Community and disability pride is so important to me as a disabled person, and I hope that the conversations you had, the friendships you made, and the community you helped build at the Summit stay with you into the future.



### My hidden talent is...

that I can move my eyebrows like that little girl in the Cadbury ad.



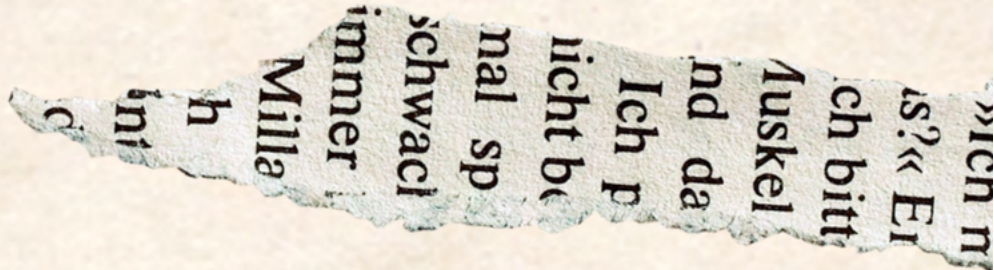
## Daniel Munter he/him

Summit Days were a blur! I helped make sure everything went smoothly, got young people involved, and had amazing chats with so many cool people. I really enjoyed connecting with people, hearing their stories, and seeing the Youth Councils' plan come to life!

### My hidden talent is...

I am very good at staring at the sun for someone with sensory sensitivities.





## Georgia Ferrari she/they

I loved being involved in this year's NYDS. I particularly enjoyed looking around and seeing what everyone was working on during the Connect & Create sessions!

### My hidden talent is...

making hauntingly accurate motorcycle noises.



## Dylan McBurney they/them

I was so fortunate to be involved in the co-design process and running of the Summit. I loved hearing about the positive impact of youth disability spaces that participants shared with me, and getting to apply my theatre/stage management experience to a huge, accessible event!



### My hidden talent is...

I'm way too excited to talk to people about things to hide any of my talents!



## Laura Pettenuzzo she/her

My favourite part of organising the summit was getting to work with the Youth Council!

### My hidden talent is...

knowing all the words to the first Frozen film.

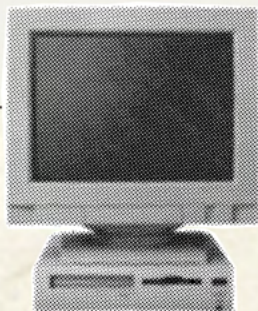


## Naomi Chainey she/her

This was my third CYDA Summit, taking part online as a spoonie staff member ♿️ mainly working on the website and accessibility of communication. It's been a pleasure to witness the next generation of disabled changemakers and advocates finding their voices and getting LOUD!

### My hidden talent is...

I can hold my hands behind my back and pull them over my head.



## David Kavanagh he/him

Hey! I'm David, and I supported Summit behind the scenes and on social media as part of CYDA's Comms team. It was a blast working with Youth Council and the rest of the staff making this event a reality, and I hope you all had an incredible time.



### My hidden talent is...

being able to stress about not being stressed enough. It's great... 🤔



# What is a Zine?

As a part of the NYDS 2024, participants were invited to contribute to a Summit Zine. A zine is just a little magazine! It is a small, self-published work of original text and images. Pronounced like "zeen", zines can be made about anything and everything.

Within this particular zine, you'll be able to find thoughts, feelings, and creative works from young people with disability about the themes and discussions that took place during the Summit this year.



Zine culture has historically been anti-authoritarian, anti-capitalist and intersectional. Zines have provided a creative space for marginalised individuals through the ability to express and pursue common ideas and subjects. One of (if not the) first ever zines created was called Fire!! and made by Black creatives in 1926 during the Harlem Renaissance. Self-publishing played a key part in BIPOC creative resistance, so we need to acknowledge the original zinesters who paved the way for the rest of us!

During the 1930s, zines became really big within the sci-fi fandom space. During the 1960s to 1980s, DIY zines became deeply linked with punk scenes around the world. Zines went on to flourish in the 1990s within the feminist punk movement riot grrrl.

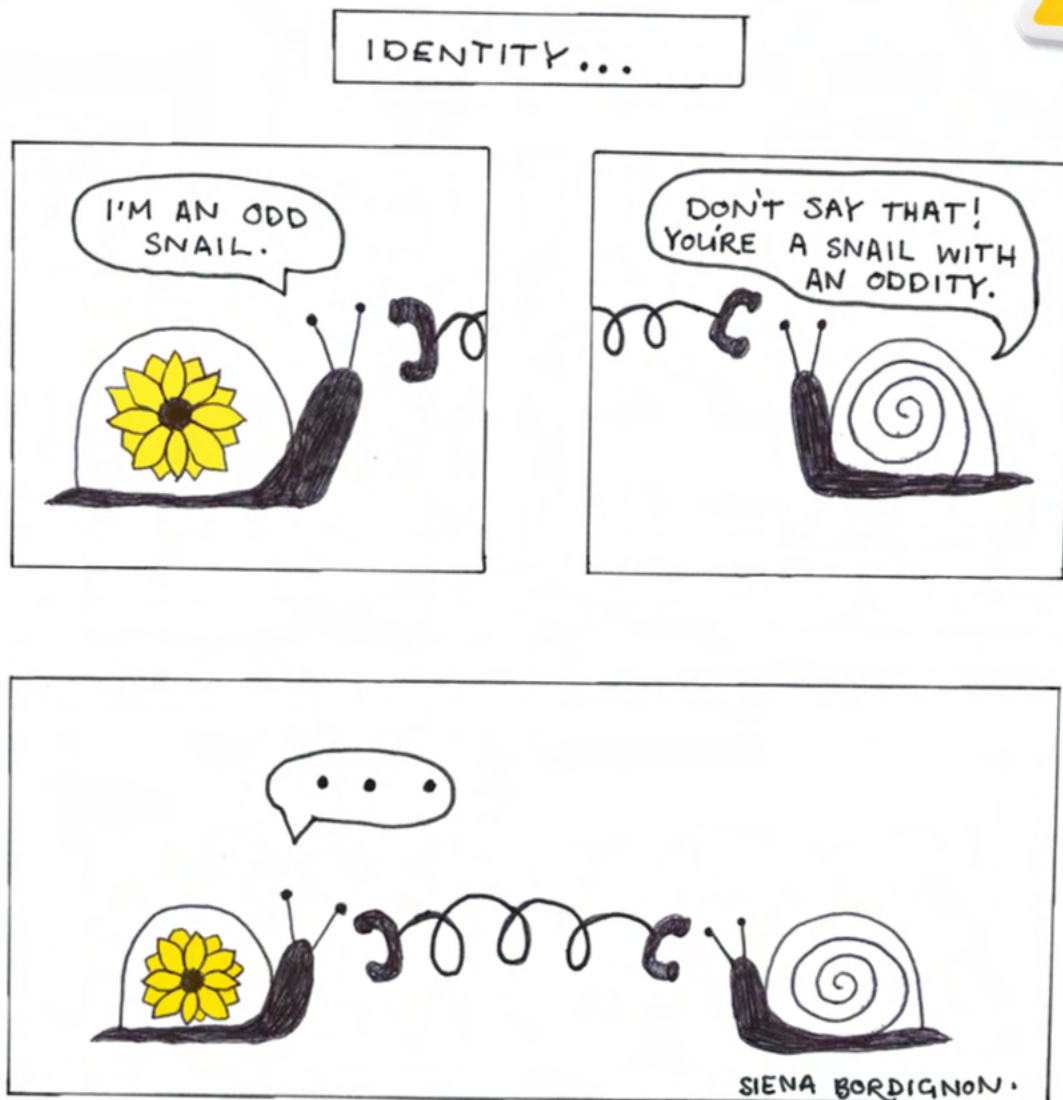
As disabled people, we are automatically more punk than the rest of the population, and that's just a fact! So, we thought it would be appropriate to make a zine for this year's NYDS!

Zine culture has many parallels to the 10 Principles of Disability Justice, as outlined by Sins Invalid. Making a zine encourages anti-capitalist politics, collective access, intersectionality, sustainability and more.



# Identity and Empowerment

Self-advocacy, setting boundaries, telling your story, overcoming internalised ableism, and different relationships with disability pride.







'Fragile, not Weak'

by Chase McIntosh

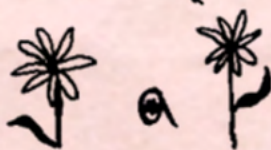


coming into  
disability identity

as a

BIRTH and not

DEATH 



by Rosie Putland

INSPIRED BY @MICCAMOO

# I AM DISABLED



& IT'S

# WONDERFUL

(when it's not hard)

ISABELLA CHOATE

by Isabella Choate

by Zoe Atterbury







your story  
matters



# Identity and Empowerment



## Feeling Lost

'Lost'

by Matt Gee

"I drew this picture 10 years ago when I was first diagnosed with my disability. At the time, I felt lost. I felt lost because my condition will get worse over time. I felt lost because I didn't know what my future would look like. I felt lost because I didn't have people in my life who could relate to what I was experiencing. I felt lost because I had internalised ableism I needed to acknowledge and fix. I felt lost because I was scared. I chose to include the theme of "lost" to this zine because I carry the memory of this feeling with me day to day, and within my work in the disability advocacy space. For me, it is important to remember how I felt at the time, and to continue to empower individuals, groups and organisations to support people with disabilities to feel safe, included and accepted."



## Creative Piece by Poppy S

"This poem was written on 22/5/24 for the Disability Youth Summit while listening to lo-fi hip hop (the best hack for helping my brain say what it needs because of the beautiful mix of the unexpected and rhythmic beat). It gives a glimpse into a neurodivergent brain, it can be read in your head, but if you're neurodivergent too, it might feel cathartic to read it out loud to yourself."

### A poem about my brain (and maybe your brain too)

bring it back  
to the present  
"i am present"  
just not with this,  
just not in that way,  
you want me to be everything  
i am  
distilled into one moment  
and hold it like a freeze frame (deep breath)  
i don't know how to sit with time  
like that, be patient with the sublime,  
like that,  
can't even sit with myself long enough  
to re-define it like that,  
for the wounded parakeet?  
for the newborn baby?  
for the four year old with



messy short hair, and the cut on her knee, in the gold sneakers, and home cut bangs, and pink tutu,

(yes) i can sit with her

till the sun

comes up.

waiting for her

to be ready

for this world

but this moment, this thing,

i can't quite

sit (still) with,

not because it's not important,

but because my brain thinks

oddities are more useful,

that no-one is noticing them,

and i've unofficially been handed this job

by some bizarre haphazard genetic lottery.

maybe

we could walk

under a canopy of trees

and if you don't mind

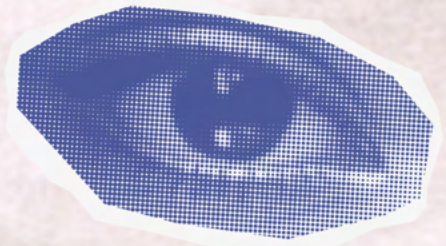
me noticing each ant

and the different direction of each bird's feathers,

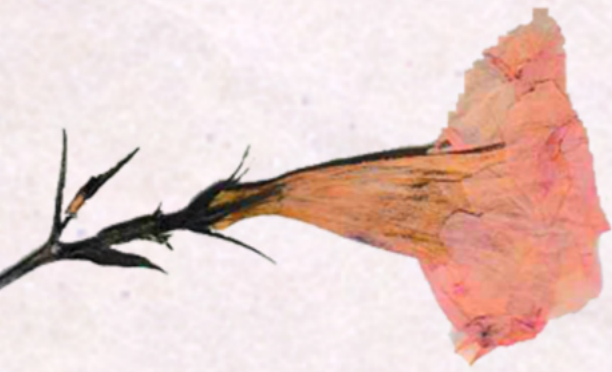
and their flight patterns,

and the smell of rain coming,

and that i'm always waiting to see the moon in the daytime,







(i promise, i am listening)  
while you try to tell me about it again then?

i can't explain it to you,

but i will still try

(trust me, and, sorry!)

"must stop apologising for that."

'what i mean to say is, thank you.'

for waiting, for your patience, for your understanding.

practicing, that.

they say some people with adhd have a

parenthesis addiction,

brackets too,

i have a habit of losing words like a lost dog,

when i need them,

and then they sort of pour out of me

when time and space is too slow,

too quiet, too serious,

(what does it mean? must ask, why!)



because, it feels like some words need to be contained in their own bubble,

to make sense

(do you know what i mean?)



Your Normal, is Normal!



Pronouns:

→ He / They

'Little Jerry-Man'  
by Jade Wilson



# TRANS & MENTALLY ILL



I AM TRANS AND MENTALLY ILL.  
NOT MENTALLY ILL BECAUSE I AM TRANS.





**TRULY INCLUSIVE  
CONVERSATIONS**

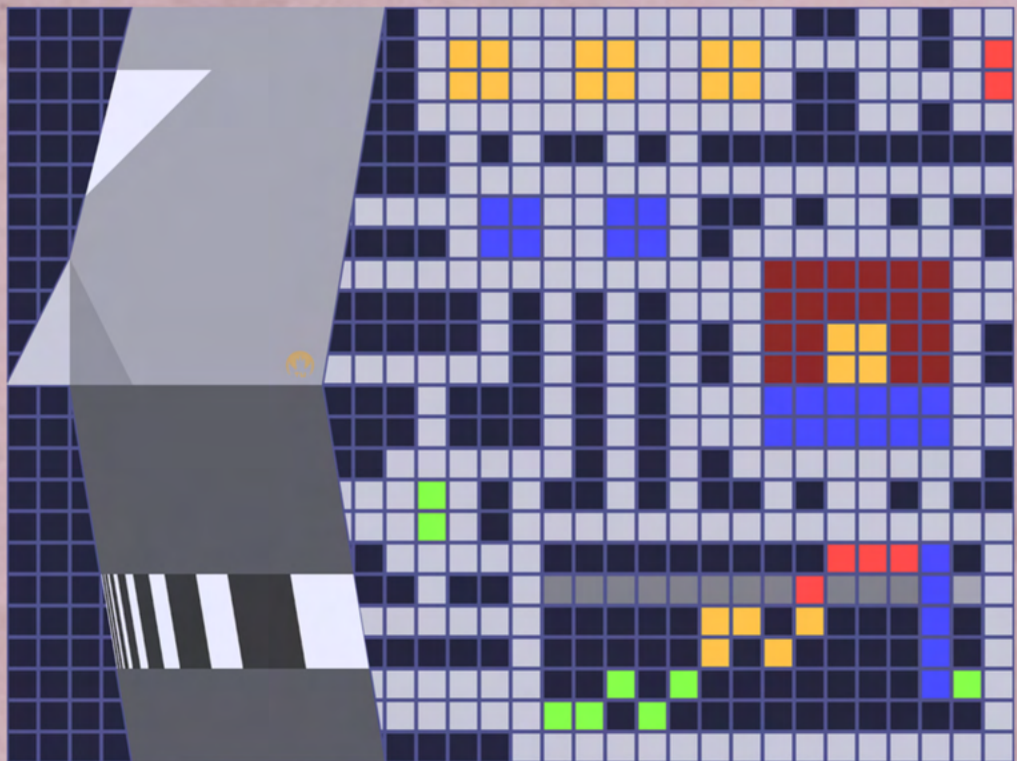


**MUST  
INCLUDE THE  
INTERSECTIONALITY  
OF CULTURAL  
IDENTITY**



## Disability Identity

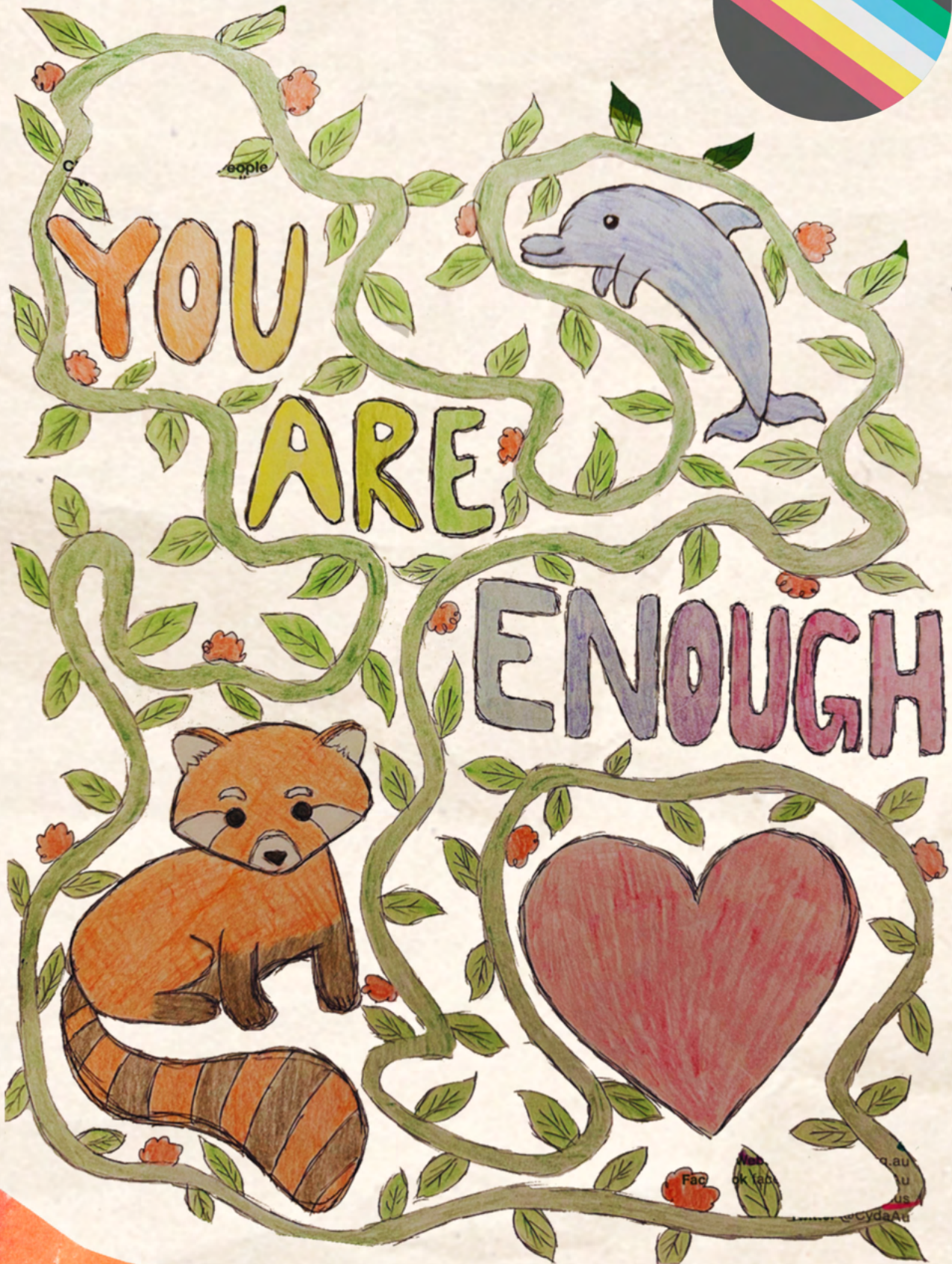
- Disability identity as a birth not a death
- R/ship to identity and disability changing over time
- Intersectionality affects experience
- community
- Needing 'labels' / 'identities' to access information, support, understanding (NDIS, MH support, DSP)
- Individuality, including in same identities like being autistic



'The Backend Spectrum'

by John Cima

*...m rassa ultricies mi quis. Magn  
...us. Egget sit amet  
vita et leo dui  
aculis eu non d  
Cursus sit ar  
...llamcorper  
semper fe  
...ing elit  
... me  
...ta*



Neurodivergent  
"unpalatable"  
Mental illness  
Disabled  
Multicultural  
First Nations  
Marginalised Youth  
Intersectional  
LGBTQ+  
Trans beautiful  
Unique Authentic

# You

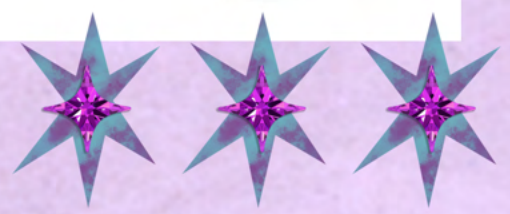
# DESERVE

to feel

# EMPOWERED

No one  
Should make you feel any less!

By Faelan





CYDA  
#NYDS24  
Chloe T. Rattray

"Our role  
is **NOT** to  
be palatable."

JORDON  
STEELE-  
JOHN



by Chloe T. Rattray





# Community

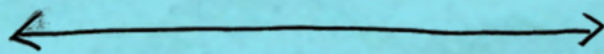
How to find and build a community, get support,  
and make sure no one is left behind.

"I found that once I actually started being more open about my disability and being confident in who I was, it was a lot easier for me to find people around me that could connect with me."

Thanh-Tuoc Autran (she/they) YC member



by Chloe T. Rattray



Help shouldn't require a Downwards Spiral.

It's a

SUPPORT

S Y S T E M

NOT

A



MARKETING  
SCHEME

by Beth Beaver

our newsteeds, dashboards and characters. It's everywhere. Fictional characters, Beyonce, have their own versions of twists. It's basically our daydreams put



by Gee Anderson

"The disability community is so open and welcoming to everyone that are the same or different from you. I feel like there can be a bit of imposter syndrome but if you are willing to be yourself and open to different people, as well as being open to getting hurt it will lead you in the right direction to find your community."

Paris Ingham



'what does disability look like to you?'

challenge people's bias assumptions

ask curious questions

working in disability + using lived experience in work

connecting to disabled joy

challenging internalised ableism

Feeling 'not disabled enough' the label of disability

exploration

belonging

community

validation from other disabled people

people who understand your experiences

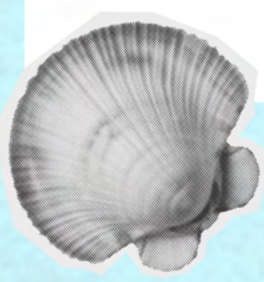
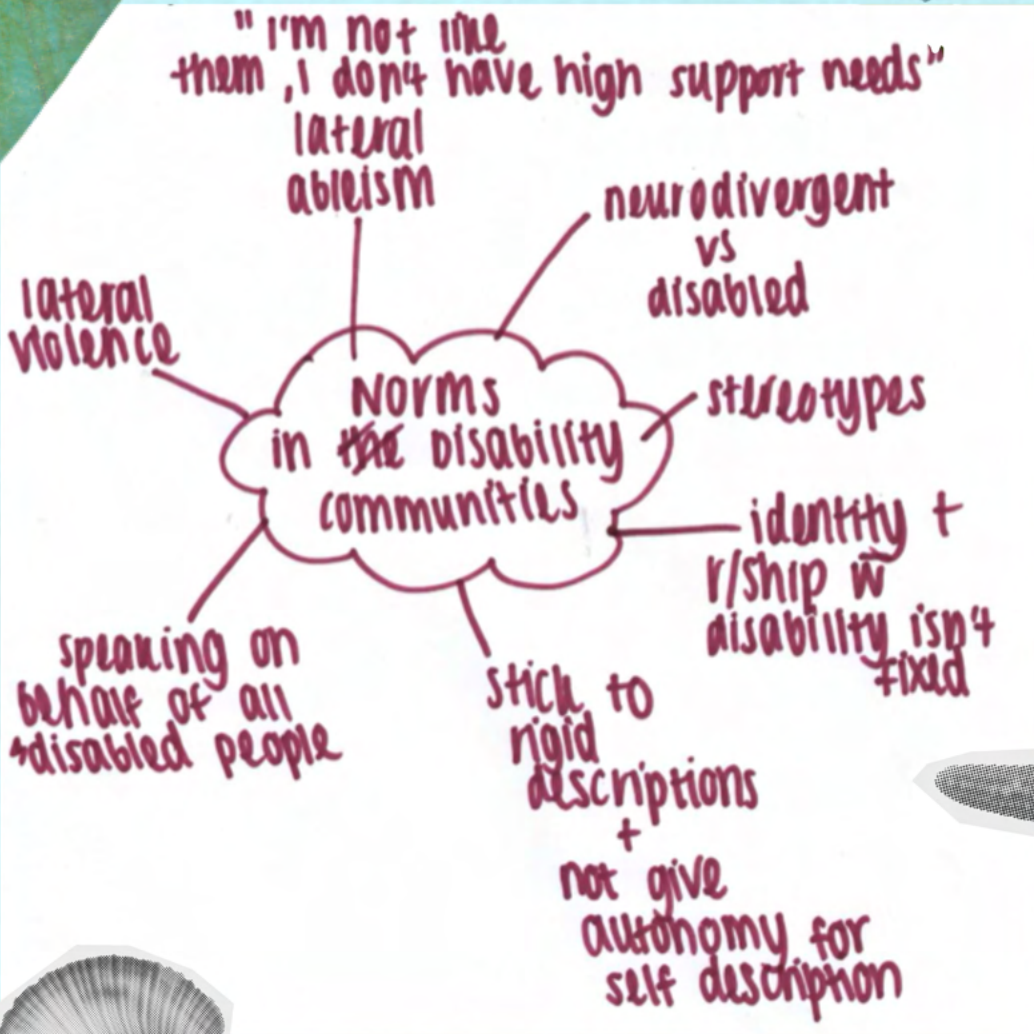
be vulnerable + try out 'disclosing' being disabled

building up pride in your identity

you don't owe people explanations about your capacity

worrying about people judging what you're doing

seeing the expertise of disabled people + using your unique skills



Port Jackson  
Shark

by Grace

# Creating Change

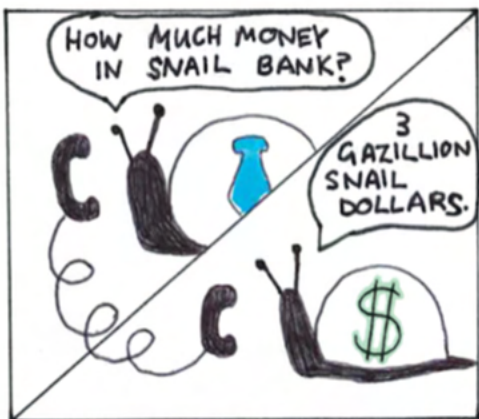
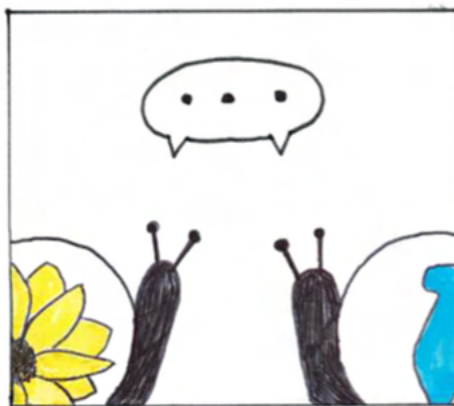
Grassroots and systemic advocacy, challenging ableism, and how to make change in a way that works for you.

"I think that self-advocacy is such a powerful form of change-making in itself because it builds skills to then, in turn, do other advocacy."

*Grace Garrahy (she/her) YC member*

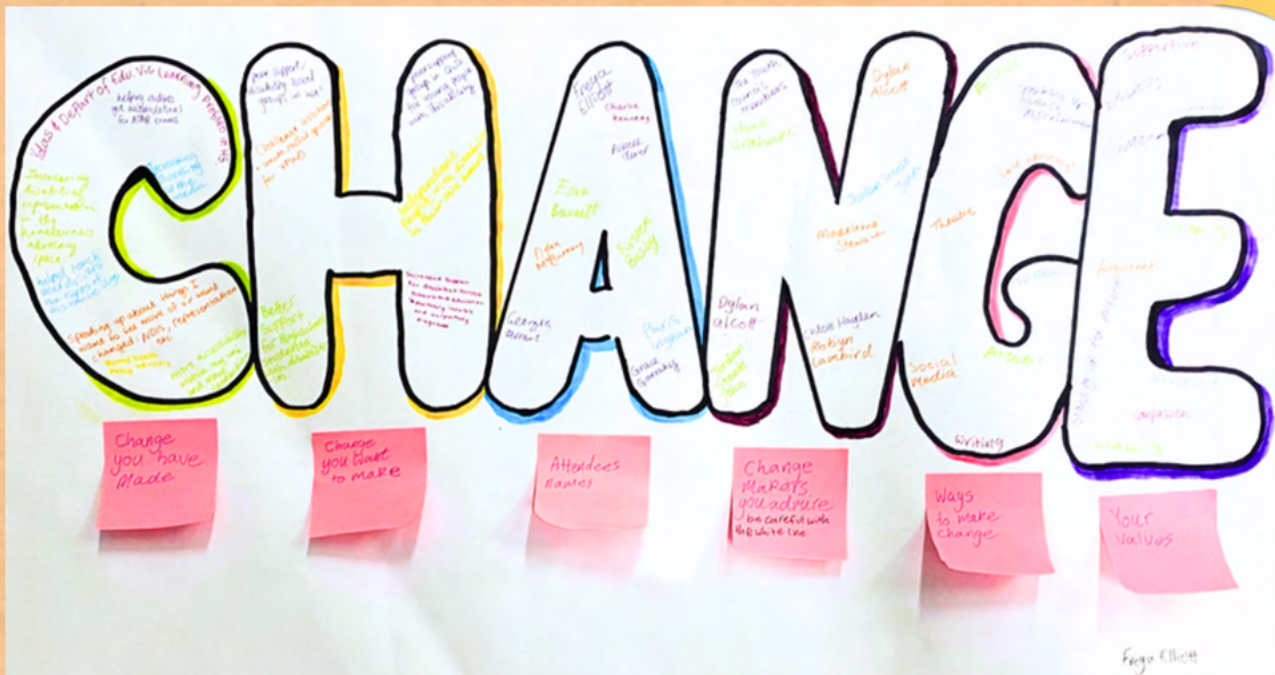


# CREATING CHANGE



by Siena Bordignon





by Freya Elliot

with contributions from other participants

### Letter C: Change you have made

- YDAS and Department of Education Victoria learning profiles in High School.
- Increasing disability representation in the homelessness advocacy space.
- Helped teach uber drivers the rights of assistance dogs.
- Speaking up about things I want to see more of or want changed: NDIS, representation, etc ...
- Mental health policy.
- More accessibility within my uni and more connection.
- Increasing diversity in the media.
- Helping students get accommodation for ATAR exams.



### Letter H: Change you want to make

- Peer support / disability social groups in WA!
- Challenge isolation and create social spaces for young people with disability.
- Better support for high school student with disabilities.
- Peer support group in Queensland for young people with disability.
- Independent people with disabilities in their own homes.
- Increase support for disabilities across schools and education, particularly invisible and un/partially diagnosed.

**Letter A: Attendee names**

Freya Elliot, Charlie Kennedy, Ezra Burnett, Dylan McBurney, Georgia Ferrari, Paris Ingram, Grace Garrah, Kirsten Busby, Aimee Oliver.

**Letter N: Change makers you admire:**

The youth council members, Shae Graham, Madeleine Stewart, Dylan Alcott x2, Jordan Steele-John x2, Chloe Hayden, Robyn Lambird.

**Letter G: Ways to make change:**

Writing, social media, protest, TV news, theatre, self-advocacy, politics, speaking up against discrimination.

**Letter E: Your values**

Compassion, community, standing up for yourself, honesty, forgiveness, humour, authenticity, supportive.



OUR ADVOCACY  
DOES NOT NEED  
TO BE  
PALATABLE  
TO BE  
LISTENED TO

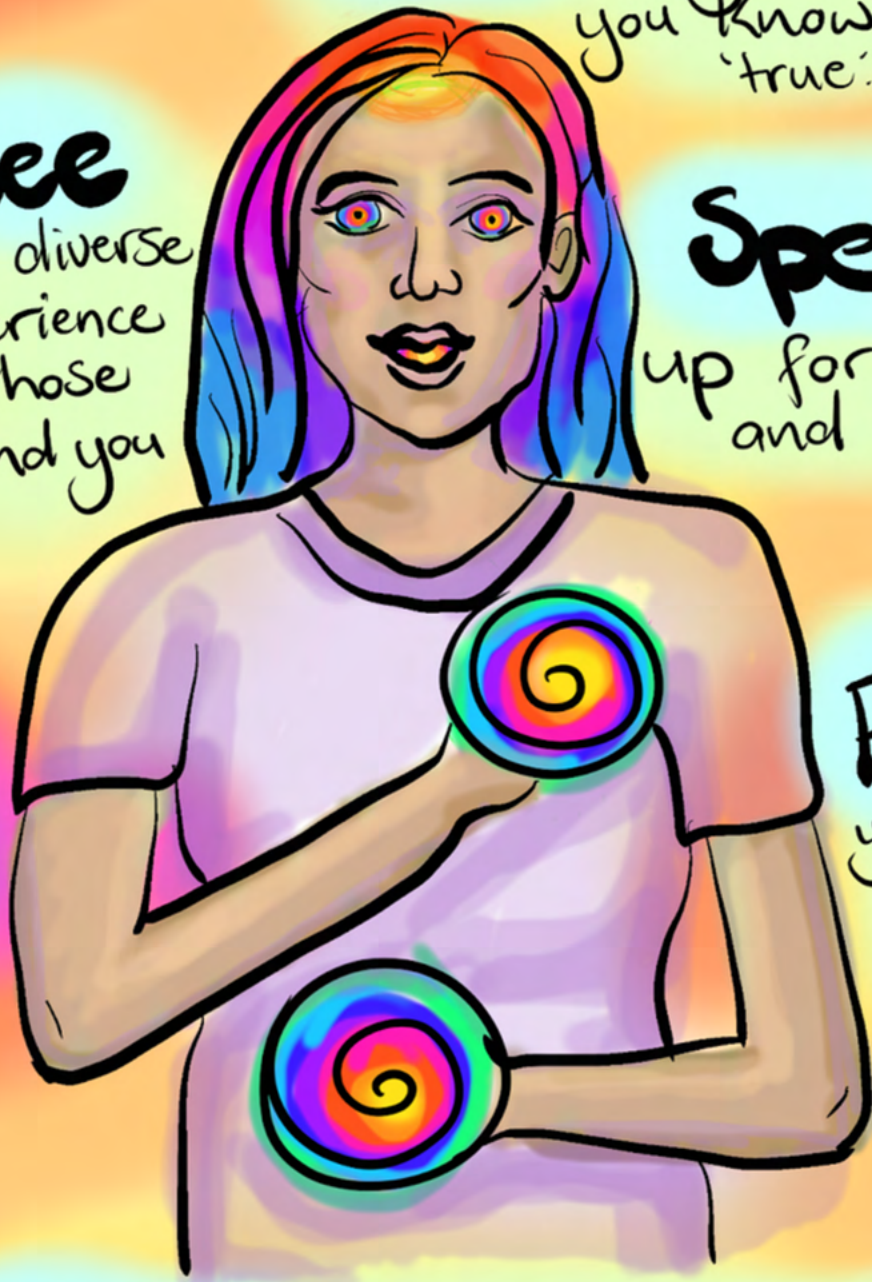
by Rosie Putland



**Think** beyond what  
you 'know' to be  
'true'.

**See**  
the diverse  
experience  
of those  
around you

**Speak**  
up for yourself  
and others



**Feel**  
your heart  
guide  
you.

**Believe** that you can create  
change!

by Tessa Deak

IF YOU'RE LOOKING  
FOR A SIGN, THIS IS IT



"I made a big love heart with the wonderful people I met at my table at the National Youth Disability Summit. The heart came from the rage I felt when [one of the speakers] told over 100 disabled people that [paraphrasing] we need to be palatable, as well as the comment he shared about how easy it is to get funding for NDIS. I and so many other young disabled people have had to listen to people who think they know what is best for us, even though they have not experienced life in this country, in this world, or with a disability for our whole lives. And I'm sick of it. Disabled people have had to mask and become palatable their whole lives, so I think it's time for us to be loud, share our wants and needs, and don't take no for an answer."

by SJ





# CYDA FROG



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**Thanks and acknowledgement:**

Thank you to the young people who attended the 2024 National Youth Disability Summit, and to all those who contributed to this zine. Thank you to the 2024 CYDA Youth Council for their hard work co-designing of the Summit, and to Georgia and Ezra for their work editing the zine.

The National Youth Disability Summit was supported by The Australian Government.



**National Youth  
Disability Summit**



**Children and Young People  
with Disability Australia**