

If you were thinking about presenting some work you have done in the youth mental health space at the 4th IAYMH conference, you'll need to submit an abstract to be considered. Traditionally, abstracts are a way of summarising the key points/areas of a research project. While they're often used for research, this doesn't always have to be the case, and they can be used to summarise other types of projects as well.

An abstract will usually include an introduction that speaks to the rationale of the project (or why it needed to be done/the gaps it addressed), objectives (what you were hoping to achieve by doing this/how it was going to help young people), the methods (how you did it, including what type of young people you used, e.g., LGBTIQ or a certain age bracket), results or policy implications (what you found or what changed because of it) and a conclusion (a brief summary of the project and the aforementioned areas that the abstract should cover).

Submitting an abstract to present at a conference can be exciting, but also a bit daunting- especially if you've never done it before! At the 4th IAYMH conference, we would love for more young people to present work that they have been involved in or done. When we have young people presenting, it says that the work is important to young people. We want to hear about it!

To guide you in writing your abstract, we've put together some key points that you can choose to follow:

1. Keep it simple. You don't need to be a researcher to have an expertise. Your expertise is that you're a young person.
2. Focus on how the research will help young people. It doesn't need to be complex or a big study to be interesting. We want to know the benefits to young people because of it, and so does everyone else who is going to listen to it!
3. Avoid jargon. It's great if you have some research experience, but there will be young people in the audience that don't, so presentations need to cater to them as well.
4. Read the brief guides posted by the IAYMH. Stick to them. They are how abstracts will be assessed. These are available once you have signed up to submit an abstract here: <http://www.iaymh2017.com/call-for-abstracts/>
5. We want young people to present! Your experience is valued. There are young people reviewing abstracts- write your abstract as if you were appealing to them.
6. If you're presenting research, talk to the researchers you've worked with and get them to have a read over your submission.
7. Have one clear idea. You won't have time to explore lots of ideas in a short presentation.
8. Link it back with the conference theme. For the 4th IAYMH, this is 'Future-Proofing Youth Mental Health'. You can find more information here: <http://www.iaymh2017.com/about-iaymh/>

Good luck!