

Resilience snapshot

Year 9 at a glance - the overall resilience levels for this group



What is the Resilience Survey?

The Youth Resilience Survey is an evidence based on-line survey which indicates the self-reported strengths of young people. The survey is framed in three resilience pathways: Safe, Healthy and Fulfilling with 10 domains underpinning these categories providing a current picture of how to build resilience in young people.

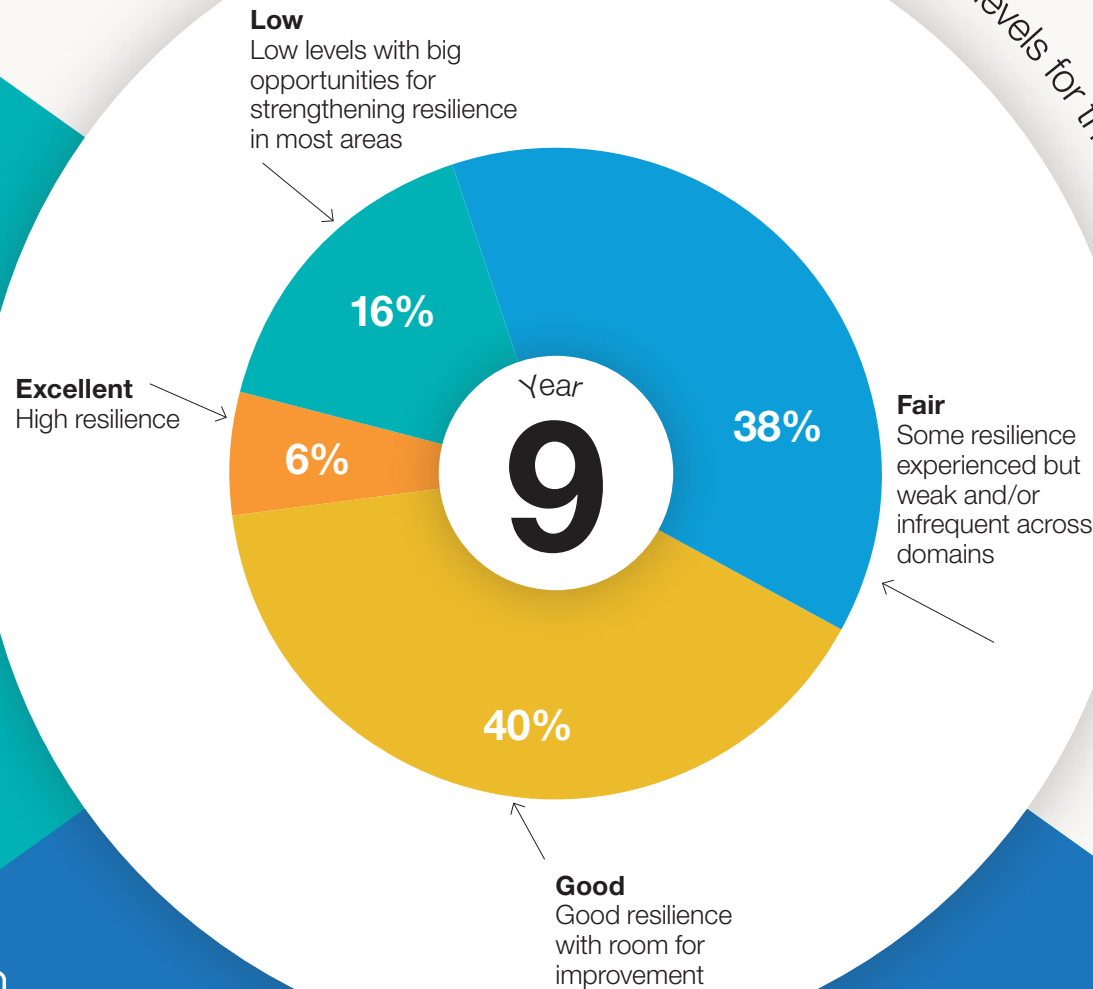
The data, when analysed, provides opportunity for planning programs and events to improve the resilience of young people and enhance connections to schools and the local community.

In 2017, Bayside City Council partnered with Resilient Youth and 24 local schools, surveying over 6,400 students in years 3 to 12. This snapshot provides an overview of the resilience of 593 year 9 students.



What is resilience?

Andrew Fuller, Director, Resilient Youth, describes “resilience as the ability to draw upon the strengths within yourself and from around you to flexibly respond to life while remaining true to yourself and creating positive relationships with others”.



Tips on how to build resilience

- Promote positive respectful relationships
- Encourage participation in leisure and recreational activities that promote a healthy mind and body
- Encourage young people to talk to a trusted adult
- Provide information on stress and anxiety management techniques
- Increase praise and feedback to reinforce positive identity and honesty
- Foster strong relationships with parents and families



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Resilience snapshot

Majority of students in year 9 feel safe at home and report high levels of connection to their school. A large number of students in year 9 are maintaining their physical health through involvement in a club or sport. Some year 9 students face many challenges with feeling stressed, unhappy and depressed and not feeling good about themselves.

Year 9

Strengths

92%



feel safe at home

91%



feel parents help them to succeed

88%



are connected to school

87%



are eager to achieve

82%



are involved in a club or sport

70%



are eating well to stay well

Challenges

39%



feel constantly under strain

38%



do not feel good about themselves

36%



have experienced bullying at school in the last 12 months

32%



feel unhappy and depressed

26%



drink alcohol

23%



have unhealthy attitudes towards violence

593

Responses from year 9 students



351 females



242 males

To find out more, visit bayside.vic.gov.au/youth or resilientyouth.org.au