knox Profile Y

What is Resilience?

Resilience can be defined as the ability to 'bounce back' and cope with the adversity of life. By supporting our young people to build their strengths we are in turn helping to build their resilience and ensure they have the ability to bounce back and cope with the challenges of life.



What is the Resilience Survey

Knox City Council, with support from the Victorian Department of Education and Training, have been working with Resilient Youth and our local schools since 2014 to undertake a survey of local students. The Resilience Survey provides schools, and Council, with an indication of the levels of resilience amongst our students in year 4 – year 12.

Snapshot of resilience



Number of students that participated in the survey



5/6 Year 10 students participated

Overall picture for Knox

The peak levels of resilience for students in Knox is during the primary school years. Over the course of their schooling, the majority of students in year 4 – year 7 experience high levels of resilience, this begins to decline during the Secondary school years.

If you could magically do anything simply at the snap of your fingers, what is one thing that you would do to support the wellbeing of young people?

LOW

"I would change the way that older people listen to younger people. I would want them to listen to them with respect just like they expect from us"

Big opportunities for strengthening

resilience



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Knox Youth Resilience

Profile 2018 Year 10

79%

Have empathy, sensitivity and friendship skills



73%

Are part of a club, sport or similar



Feel that they are trustworthy



Feel they have a safe neighbourhood



89%

Value diversity in our community

Key strengths of our students



76%

Are engaged in learning at school



88%

Feel their parents try to help them succeed



Are eager to achieve at school



Think that it is

important to help other people



67%

Have support from adults other than parents

Areas for improvement



58%

Don't feel that they are helping to solve social problems



55%

Do not get 8 hours sleep



63%

Don't feel that they are helping to make the community a better place



79%

Text between 10pm and 6am

If you could magically do anything simply at the snap of your fingers, what is one thing that you would do to support the wellbeing of young people?

"I would change the view of beauty and what the media thinks beauty is. I would put women and men of all shapes, colours and sizes in the media and make it normal."







For more information visit