knox

Knox Youth Resilience Profile 2017 Year 12

What is the Knox Resilience Survey?

Knox City Council, in partnership with the School Focused Youth Service program, have been working with Resilient Youth and our local schools since 2014 to undertake a survey of our students. The Resilience Survey provides schools, and Council, with an indication of the levels of resilience amongst our students in year 4 – year 12.



Why 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.

Number of students that participated in the survey

Snapshot of resilience



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 high 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?

"Make school less stressful."





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84%

Feel they take responsibility for their own actions



76%

Have never been bullied at school in the last 12 months



to learn

Key strengths of our students



Think is important to help other eldoed



Feel they have empathy, sensitivity and friendship skills



Value diversity and accept people different from themselves



Feel safe and secure at home



65%

Eat breakfast at home most days



Are eager to achieve at school

Areas for improvement



Do not get 8 hours sleep



50%

Don't feel optimistic about 10pm and 6am their future



Text between



58%

Feel anxious, constantly under strain

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?

"Reverse time to allow us to undo any mistakes we make and prevent any unnecessary damage."





