# knox

### 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

150 Boys ĬĦŧċĦĦĦŧċĦĦĦ **▗<del>▕</del>▞**▞▞**▞**▗░▜▜<mark>▗</mark> **150** Girls

### **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?

"I would make more after-school programs like an art or music club"







### Knox Youth Resilience Profile 2018 Year 4

73% Feel valued and

Feel valued and appreciated by others



88%

Feel that their teachers urge them to achieve

87%

Consider themselves trustworthy



**78%** 

Have that adults listen to them

Key strengths of our students

88%

Feel school gives them clear rules



79%

Feel optimistic about the future

C

87%

Eat breakfast at home most days



**87**%

Are eager to achieve and motivated to learn



82%

Feel they can concentrate at school

### **Areas for improvement**



**32**%

Are losing sleep though worry



48%

Don't feel they can come up with a solution when they face problems



33%

Feel they struggle to build friendships with others



**36%** 

Don't feel that they are helping to make the community a better place 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 sure people from other countries who are refugees can enter Australia peacefully without going in a detention centre"







For more information visit