Knox Youth Resilience Profile 2016

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 adversities that they may face.

What is the Knox Resilience Survey?

Knox City Council, in partnership with the School Focused Youth Service program, has been partnering 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.



Number of students that participated in the survey

530 Year 7 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.

What would young people in Knox do to support each other?

Snapshot of resilience

10% EXCELLENT

High levels of resilience

41%

Good resilience with room for improvement

35% FAIR

Moderate resilience but infrequent with lots of gaps

14%

Big opportunities for strengthening resilience

"If I was able to help the less fortunate, I would love to tutor people or become a student who is able to listen to others"





For more information visit **knox.vic.gov.au/youth**



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85%Have good adult role models



90%
Think it's important to help other people



92%Value diversity



91%

Parental encouragement to do well at school





86%

Feel their school cares about kids and encourages them



86%

Have teachers that urge them to develop and achieve



87%Eager to achieve at school



83%Are part of a club, sport or similar

Areas for improvement



53% Text between 10pm and 6am



Not engaged in creative activity (music, art etc)



Not involved in serving others in the community



Have been bullied at school in last 12 months What would young people in Knox do to support each other?

"I would stop family violence; no kid or parents should have to go through it!!"





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