

Resilient Kids

Building wellbeing
in our next generation



2022 Northern Rivers Resilience Survey

RESULTS PREVIEW

In October and November 2022, 6,611 children and young people from 75 Northern Rivers schools completed the Resilience Survey, the first step in Healthy North Coast's Resilient Kids program to deliver mental health and wellbeing supports to school-aged children and young people.

The 2022 Northern Rivers response was the largest group ever to complete the Resilience Survey following a natural disaster, providing important data about the wellbeing of young people in our region following the 2022 floods and allowing us to track improvements over time.

The Resilience Survey was designed and administered by Resilient Youth Australia and is Australia's most widely used mental health and wellbeing survey for school-aged children and young people, completed in over 1,500 schools since 2013.

Healthy North Coast will release an in-depth analysis of the Resilience Survey report in April 2023, along with insights gathered from student workshops held from December 2022 to February 2023.

The Resilient Kids program is funded by Healthy North Coast and supported by a \$10 million grant from the National Emergency Management Agency. We acknowledge and thank the students, teachers, principals and staff of participating schools for their contribution to the 2022 Northern Rivers Resilience Survey. The Resilience Survey and the Resilience Survey Outcomes Report were delivered through our research partnership with Resilient Youth Australia Pty Ltd and the University of Adelaide. This update shares a summary of findings from the Resilience Survey Outcomes Report, which may be cited as *Santamaria, A., Ma, N., & Kohler, M. (2022). Northern Rivers Resilient Kids Program: Resilience Survey Outcomes. Adelaide:*



3,691
primary
students

2,920
secondary
students

47%
female

49%
male

5% did not identify as male or female or preferred not to say

12% identified as Aboriginal and/or Torres Strait Islander

Average age of participants was **12 YEARS**

Join our Resilient Kids Online Community Workshop

Thursday 30 March 2023 | 5:30-7:00pm
Students and carers welcome. To register or learn more about the Resilient Kids program, scan the QR code.



hnc.org.au/resilient-kids



Key results

Preliminary survey results indicate that children and young people in the Northern Rivers are generally displaying similar levels of wellbeing when compared to the national average of all 2021 Resilience Survey participants, a cohort of more than nearly 64,000 young Australians aged 7 to 18 across grades 3 to 12. In some areas, though, our young people are at risk of adverse mental health outcomes.

Mental Wellbeing

Most primary students report moderate to high overall life satisfaction and most secondary students report moderate overall life satisfaction, similar to the 2021 Resilience Survey national average for both groups.

However, almost 1 in 3 primary students and more than 1 in 3 secondary students are at risk for depression and anxiety.



Students not identifying as male or female were at greatest risk for both depression and anxiety.

More than 40% of all primary students were at risk of trauma-related stress. Ratings were lower for secondary kids, with less than 20% at risk of trauma-related stress.



Physical Wellbeing

In line with the 2021 Resilience Survey national average, most primary school students engage in physical protective factors regularly including healthy eating, obtaining adequate sleep, and keeping physically fit.

Safety and Risk Factors

Students feel protected, with approximately 70% reporting always feeling safe in their schools and homes.

Approximately 4 in 10 primary students and 3 in 10 secondary students report being bullied at school. This is slightly lower than the national average of 2021 Resilience Survey participants. 2 in 10 secondary students report being bullied online. This is in line with 2021 national survey averages.



10% of secondary students engage often or frequently in risk behaviours including vaping, smoking, drinking alcohol or using illegal drugs.

Social Environment and Social Identity



Primary and secondary school students generally feel connected within their social support structures including teachers, family and peer support. Students generally report being trusting and forgiving towards themselves and others.



Learners' Mindset

Most students report they try hard, enjoy learning, engage in extra-curricular activities and have fun at school. Despite this, almost 30% of primary students and 40% of secondary students display disengagement from learning.

STUDENT QUOTES



We asked students...

What is the one thing you would do to support the wellbeing of young people?

Provide a support service that understands problems young people experience on a regular basis, and ways to deal with such problems.

Grade 9 student

Be kind and respectful to other people no matter there (sic) appearance or beliefs etc, and encourage them to do the same.

Grade 10 student

Stop all and any cycles of domestic or generational abuse that could affect the mental health of any young people who are subjected to it.

Grade 9 student

I would make all the damage of the flood repair itself like nothing ever happened.

Grade 6 student



Next steps

Using data from the Resilience Survey, research evidence and the information gathered from co-design workshops in March 2023, Healthy North Coast will commission a suite of mental health and wellbeing initiatives for children and young people to be delivered from July 2023.