

# 2019 survey findings A Resilience Snapshot in the City of Greater Dandenong Years 11 & 12



## What is resilience?

Resilience is the ability to flexibly cope with the demands of life and bounce back after times of adversity. Building resilience is about developing individual character strengths and relationships with others, as resources to draw upon when required. The more of these resilience strengths a young person has, the more they will develop and fulfil their potential in school and life. They are also less likely to engage in risk taking behaviours.

## What is the Resilience Survey?

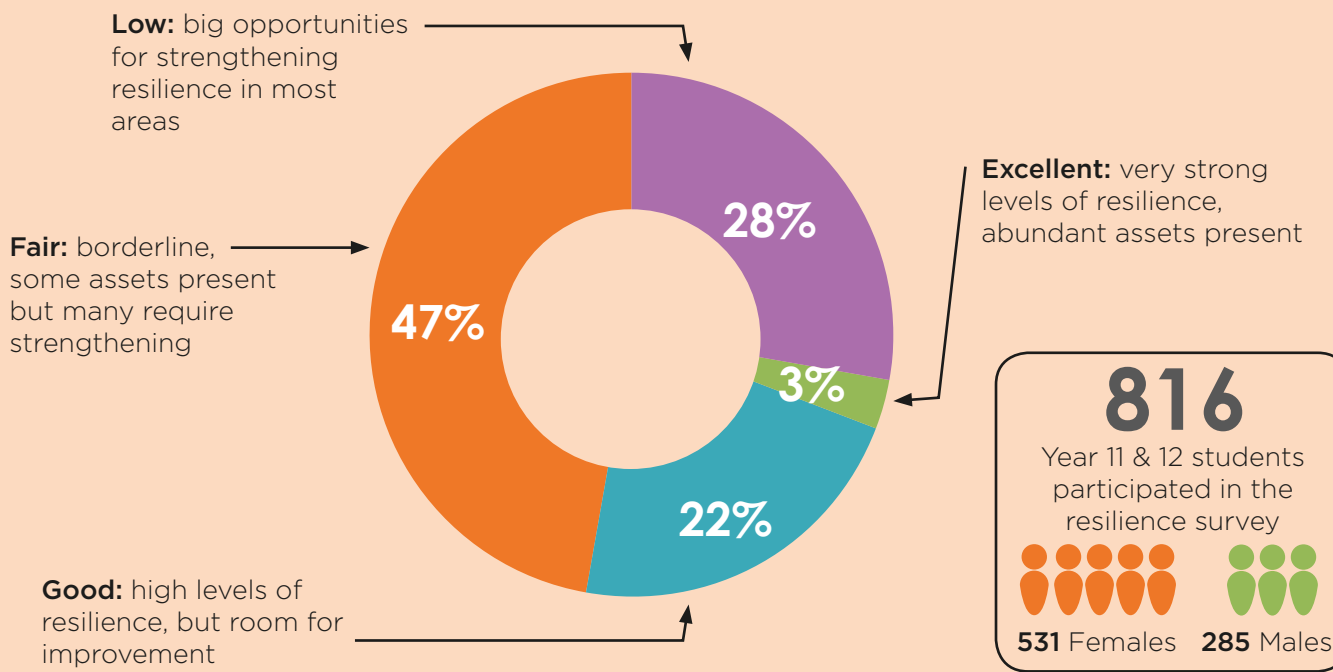
In 2019, the City of Greater Dandenong partnered with Resilient Youth Australia and local schools, capturing over 4600 survey responses across Grade 3 to Year 12. The resilience survey provides a comprehensive picture of resilience in young people in the City of Greater Dandenong.

The survey provides feedback on more than 80 indicators of resilience across a range of areas. These indicators are the qualities, opportunities and conditions that characterise high levels of resilience. They act as assets or protective factors in a young person's life.

By Years 11 & 12, students are reporting a strong connection to school and high levels of engagement in learning. However, they are struggling to maintain positive habits that support health and wellbeing. Despite reaching the final years of their secondary school education, more than half of students in year 11 & 12 indicate that they are not optimistic about their future.

## At a glance

A profile of the overall resilience levels for this age group



To find out more, visit: [www.youth.greaterdandenong.com](http://www.youth.greaterdandenong.com) or [www.resilientyouth.org.au](http://www.resilientyouth.org.au)



## Key Strengths

## YEARS 11 & 12

**78%**



haven't been bullied at school in the last 12 months

**93%**



value diversity

**86%**



feel safe to home

**88%**



think it's important to help other people

**81%**



engaged in learning

**70%**

say teachers urge them to achieve



## Key Challenges

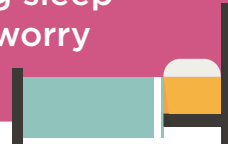
**60%**



do not keep physically fit

**49%**

are losing sleep through worry



**70%**



are not getting 8 hours sleep

**57%**

do not feel good about themselves



**85%**

text between 10pm and 6am



**58%**

are not optimistic about the future



## Suggested Actions

Building resilience in Years 11 & 12 is about:

- Helping young people to manage organisation and time
- Developing techniques for managing stress and worry
- Supporting young people to manage energy through sleep, nutrition and exercise
- Encouraging positive habits that support health and wellbeing
- Exploring a range of pathways available to achieve future goals

