

2019 survey findings A Resilience Snapshot in the City of Greater Dandenong Grades 3 & 4



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.

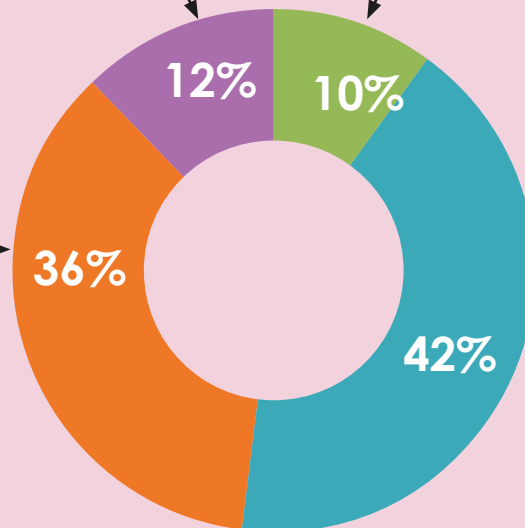
At Grades 3 & 4, young people are showing high levels of engagement in learning, along with strong, supportive relationships with adults including teachers. However, their wellbeing is challenged by sleep deprivation, concerns over bullying and an ability to solve problems.

At a glance

A profile of the overall resilience levels for this age group

Low: big opportunities for strengthening resilience in most areas

Fair: borderline, some assets present but many require strengthening



Excellent: very strong levels of resilience, abundant assets present

Good: high levels of resilience, but room for improvement

449

Grade 3 & 4 students participated in the resilience survey



225 Females



224 Males

To find out more, visit: www.youth.greaterdandenong.com or www.resilientyouth.org.au

Key Strengths

GRADES 3 & 4



86%

are motivated to learn



80%

feel safe & secure at home



85%

say their parents try to help them succeed



88%

care for and serve others



80%

care about school



91%

are engaged in learning



Key Challenges

56%

have been bullied in the last 12 months



44%

struggle with problem solving



35%

are not getting 8 hours sleep per night

Suggested Actions

Building resilience in Grades 3 & 4 is about:

- Continuing to strengthen positive and supportive relationships with adults
- Focusing on maintaining respectful relationships with peers
- Developing communication skills and empathy to help create, maintain and repair friendships
- Building social and emotional intelligence and exploring personal values

