

# 2019 survey findings A Resilience Snapshot in the City of Greater Dandenong Years 9 & 10



## 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.

Year 10 is where the lowest reported levels of resilience occur. It coincides with increased feelings of alienation and disconnection, although the origins to this low point may occur earlier. At year 9 & 10, young people report feeling high levels of strain and are struggling to feel good about themselves and their relationships with others.

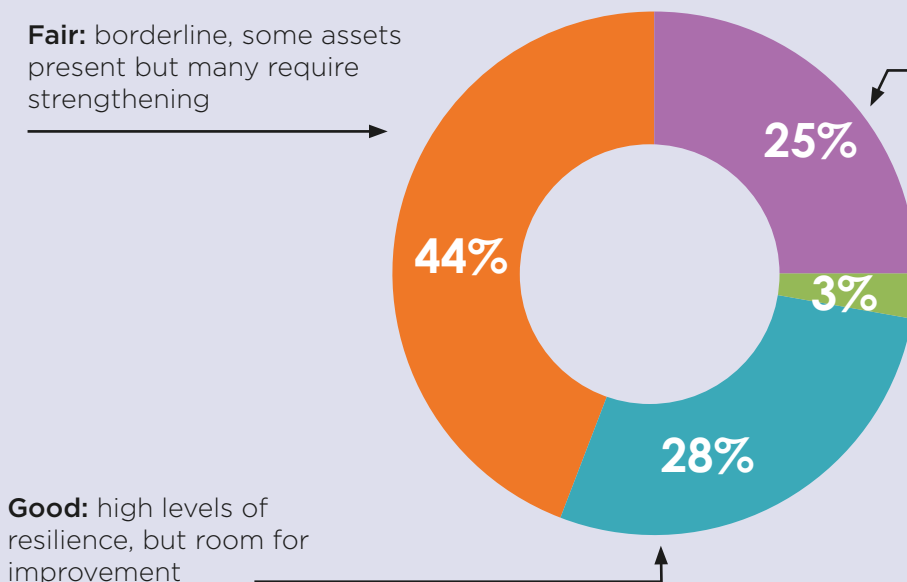
## At a glance

A profile of the overall resilience levels for this age group

**Fair:** borderline, some assets present but many require strengthening

**Low:** big opportunities for strengthening resilience in most areas

**Excellent:** very strong levels of resilience, abundant assets present



**Good:** high levels of resilience, but room for improvement

# 1122

Year 9 & 10 students participated in the resilience survey



692 Females 430 Males

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 9 & 10

**88%**

feel safe at home



**91%**

value diversity



**88%**

think it is important to help other people



**88%**

consider themselves trustworthy



**83%**

engaged in learning



**81%**

are eager to achieve



## Key Challenges

**48%**

do not keep physically fit



**51%**

don't feel good about themselves



**55%**

are not getting 8 hours sleep per night



**79%**

text between 10pm and 6am



**42%**

are constantly under strain



**45%**

do not have adults who care about them



## Suggested Actions

**Building resilience in Years 9 & 10 is about:**

- Creating opportunities for experiential, challenge based learning (in and out of the classroom)
- Developing entrepreneurial qualities and skills, including creative thinking, problem solving, negotiation, goal-setting and self-motivation
- Encouraging participation in leisure and recreation activities that promote a healthy mind and body
- Strengthening relationships with significant adults for support
- Supporting extra-curricular activities, volunteering and community service to foster connection to community
- Developing techniques for managing stress and worry

