



RESILIENCE SURVEY

## Snapshot Report

Connected, Protected, Respected™

**Core Data** Moreland City Council  
**Comparison Data** Australia 2018  
**Years** 2019  
**Date Generated** 12/5/2019

n (core/comparison):

	7	8	9	10	11	12	
<b>Female</b>	282/5k	117/4k	101/4k	139/4k	93/3k	53/2k	<b>785/22k</b>
<b>Male</b>	163/4k	168/4k	90/3k	92/3k	50/2k	1/2k	<b>564/18k</b>
	<b>445/9k</b>	<b>285/8k</b>	<b>191/7k</b>	<b>231/6k</b>	<b>143/5k</b>	<b>54/4k</b>	<b>1349/40k</b>

[helpdesk@resilientyouth.org.au](mailto:helpdesk@resilientyouth.org.au)

# The CPR of Resilience

The Resilience Survey is Australia's definitive measure of resilience and mental health.

As of January 2019, we have surveyed more than 1000 schools and 260,000 young people aged 7-19 across every state and territory in Australia.

Our survey captures the essential ingredients of a resilient life for young people:

- To be connected to yourself and others.
- To protect yourself and be protected by others.
- To respect yourself and be respected by others.

We call this the CPR of Wellbeing: 'Connected, Protected, Respected'<sup>™</sup> (CPR).

The Resilience Survey puts in your hands up-to-the-minute data on the resilience and mental health of your young people.

Your School Portal gives you the tools to generate any report you need on demand.

This Snapshot Report provides an at-a-glance overview of your students' strengths and challenges, in percentage terms, colour-coded against the Australian norms.

We know that you will find your Resilience Survey data insightful and a practical starting point for your intentional resilience-building efforts.

Best wishes,



Dr Andrew Wicking  
CEO  
Resilient Youth



The Resilience Survey does **NOT** identify individual students; diagnose individual students; assess success or failure; compare individual students, classrooms or schools.

'Connected, Protected, Respected' is the Registered Trademark of Resilient Youth Australia Limited. Developed with Andrew Fuller.

# Our Reporting Areas

## CONNECTED: to be connected to yourself and to others



**Positive Relationships:** Good relationships are associated with significantly increased thriving and with a lower involvement in a range of risky behaviours.

**Social Skills:** The skills that young people need to interact with others in their world, such as navigating cultural differences, building friendships, and resolving conflicts peacefully.

**Understanding Self:** The ability to identify, recognise and describe the things that influence emotions is an essential part of developing social skills and positive relationships.

## PROTECTED: to protect yourself and be protected by others



**Safe:** A young person feeling safe across different life contexts is essential to a sense of being valued by adults and the communities in which they live.

**Healthy Mind and Body:** The ability to manage worry and stress and remain confident is essential, and involves good sleep, healthy diet, regular exercise and staying away from unhealthy substances.

**Positive Learners:** Student motivation and engagement in learning is highly correlated with positive wellbeing and life outcomes.

## RESPECTED: to respect yourself and be respected by others



**Positive Identity:** This reflects a young person's emerging identity, and includes self-esteem, optimism, and a growing sense of purpose in life.

**Positive Values:** Deepening personal values is a crucial aspect of a young person's development, and eventually leads to deep commitments that guide how they think and act.

**Positive Contribution:** Wanting to contribute to their world is an essential part of growing into a personally fulfilled and active member of society.

# 2019 Reporting Area Summary

This section presents the percentage of your students whose scored favourably in each reporting area, broken down by gender and year level for the year 2019. For a student to score favourably in a reporting area, their average response on the questions in that reporting area must be above a particular threshold. The unshaded figures are comparison figures from your chosen comparison data set.

## CONNECTED

Positive Relationships	7	8	9	10	11	12
Female	83	67	67	65	72	75
	80	70	64	63	66	67
Male	81	77	54	61	70	.
	77	67	61	61	63	62
Social Skills	7	8	9	10	11	12
Female	77	62	64	76	67	79
	83	75	72	72	74	73
Male	80	76	58	62	64	.
	79	73	68	67	70	69
Understanding Self	7	8	9	10	11	12
Female	43	33	47	34	31	34
	49	40	32	30	30	30
Male	48	33	27	33	38	.
	46	39	33	31	32	31

## PROTECTED

Safety	7	8	9	10	11	12
Female	84	62	59	60	62	74
	74	62	55	56	57	57
Male	83	79	58	54	62	.
	73	61	53	54	57	56
Healthy Mind	7	8	9	10	11	12
Female	65	37	41	32	28	28
	67	62	57	52	50	48
Male	68	58	50	40	50	.
	71	67	67	64	57	58
Healthy Body	7	8	9	10	11	12
Female	60	41	37	33	23	23
	49	36	29	22	17	14
Male	61	47	49	33	38	.
	46	40	32	27	25	22

Learning Engagement	7	8	9	10	11	12
Female	68	33	29	39	30	34
	61	49	43	42	45	42
Male	56	33	24	28	30	.
	46	38	29	29	31	30

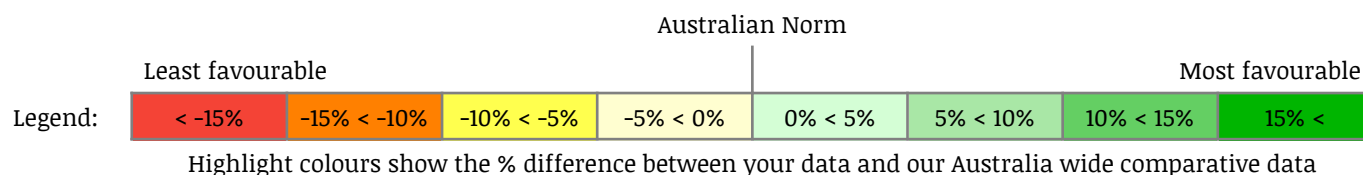
## RESPECTED

Positive Identity	7	8	9	10	11	12
Female	50	28	34	27	22	28
	39	29	24	22	24	25
Male	55	36	29	43	44	.
	41	35	31	30	33	33

Positive Values	7	8	9	10	11	12
Female	60	44	49	47	42	49
	57	46	40	39	39	39
Male	58	48	34	48	56	100
	50	41	36	35	38	39

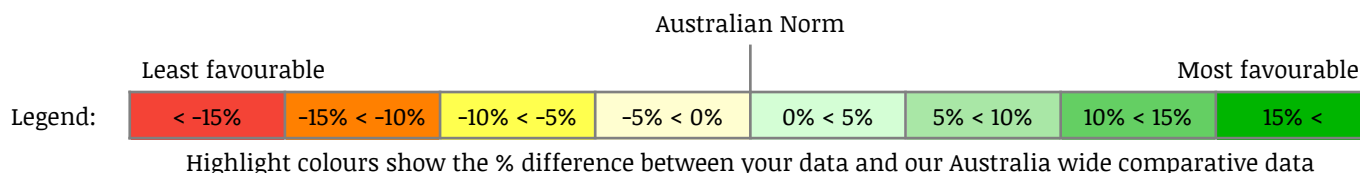
Positive Contribution	7	8	9	10	11	12
Female	45	21	26	21	22	17
	56	43	37	34	32	30
Male	46	27	22	25	34	100
	46	36	29	27	29	31

Risky Behaviours	7	8	9	10	11	12
Female	99	99	97	96	98	100
	91	93	93	91	92	89
Male	99	97	84	84	80	100
	90	89	89	86	87	83



## Year 7 - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	Female 2019	AN 2018	Male 2019	AN 2018
<b>CONNECTED</b>					
Positive Relationships	love and support from family	89	92	91	91
	teacher at school who cares	78	89	72	86
	teachers who encourage	82	85	82	83
	parents/carers who encourage me	96	93	94	92
	spend time with friends	85	78	89	79
	at least one good friend at school (new)	93	.	93	.
	adults who set a good example	91	89	88	86
	adult in my life who can talk to (new)	79	.	82	.
Social Skills	parent/carer who listens to me	87	91	90	89
	good at keeping friends	91	84	96	87
	get along with people who are different from me	87	92	83	86
	can disagree about things and still be friends	91	95	91	91
Understanding Self	can talk about things if they upset me	45	63	54	62
	find it easy to keep out of trouble	75	82	66	74
	think I am doing pretty well	63	70	73	73
	can think of many ways to get important things	68	70	75	70
	doing as well as other kids	75	70	80	72



# Year 7 - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	Female 2019	AN 2018	Male 2019	AN 2018
<b>PROTECTED</b>					
Safety	feel safe at home	94	91	93	90
	feel safe at school	88	82	88	78
	feel safe in the area where I live	88	85	85	82
	school gives students clear rules	89	84	83	81
	school enforces rules fairly	74	77	79	75
	been bullied at school	91	90	94	90
	been bullied online	98	97	98	97
	texting between 10pm/midnight and 6am	79	69	80	74
Healthy Body	eat well to stay well	85	77	88	78
	get at least 8 hours of sleep most nights	71	69	75	71
	keep physically fit	78	78	87	76
Healthy Mind	feeling nervous, anxious, or on edge	82	84	80	85
	not able to control worrying	83	80	85	81
	feeling down, depressed, or hopeless	89	80	91	83
	little interest or pleasure in doing things	81	73	79	73
	trouble sleeping or sleeping too much	72	71	72	74
	feeling tired or having little energy (new)	85	.	90	.
	poor appetite, weight loss or overeating (new)	74	.	82	.
	trouble concentrating	87	84	88	87
	avoid thinking or doing anything about problems	72	82	66	82
	wish problem would go away or be over with (new)	44	.	39	.
	criticise myself for what is happening	68	81	77	83
	spend more time alone (new)	76	.	79	.
Learning Engagement	read for fun	48	44	50	31
	try hard at school	96	94	93	90
	care about my school	88	81	77	72
	do my homework	94	86	91	78
	enjoy learning new things at school	83	82	84	74
	have fun at school (new)	72	.	77	.

Australian Norm

Least favourable

Most favourable

Legend:

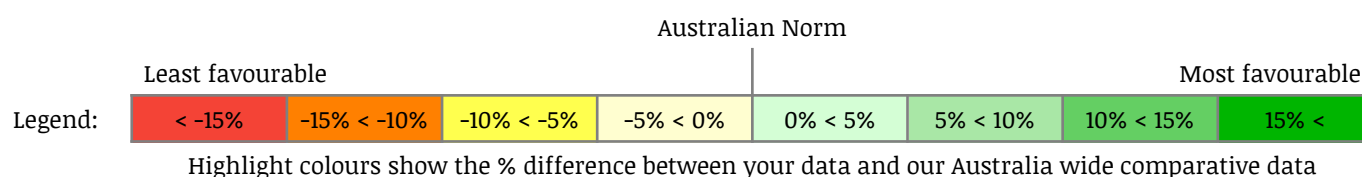
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Highlight colours show the % difference between your data and our Australia wide comparative data

## Year 7 - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	Female 2019	AN 2018	Male 2019	AN 2018
<b>RESPECTED</b>					
Positive Identity	feel good about myself	76	62	85	73
	can come up with ways to solve problems	60	60	77	62
	past experiences will help me in the future	63	65	66	66
	know that I can find a way to solve the problem	63	64	69	64
Positive Values	able to trust other people	64	70	74	73
	am trustworthy	94	91	91	86
	forgive others who are mean to me	61	64	63	61
	forgive myself when I mess up	68	63	72	67
	take responsibility for my actions	88	87	85	83
	think it is important to help other people	95	94	91	88
Positive Contribution	given useful jobs at school	59	68	59	63
	involved in at least one extra-curricular	73	79	83	73
	give my time to help others	77	80	67	66

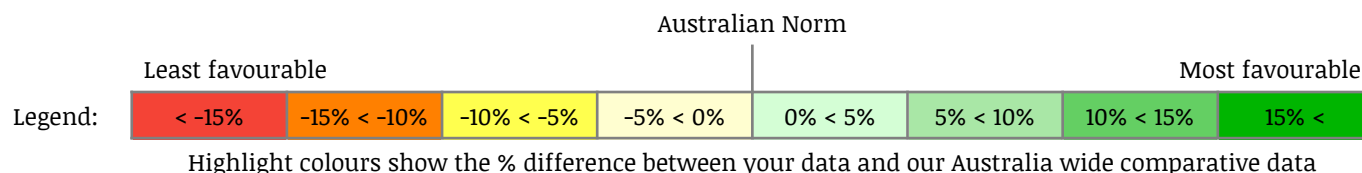
<b>Risky Behaviours</b>					
Risky Behaviours	smoke cigarettes	98	96	98	95
	drink alcohol	98	93	98	88
	use illegal drugs	99	91	99	90
	gamble online (new)	99	.	98	.
	play online games (new)	87	.	63	.
	carried a weapon to protect myself	98	77	94	58
	threatened to physically hurt someone	96	88	83	82





## Year 8 - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	Female 2019	AN 2018	Male 2019	AN 2018
<b>CONNECTED</b>					
Positive Relationships	love and support from family	84	88	92	88
	teacher at school who cares	66	82	61	78
	teachers who encourage	68	73	73	72
	parents/carers who encourage me	86	89	96	90
	spend time with friends	82	74	90	77
	at least one good friend at school (new)	91	.	95	.
	adults who set a good example	74	83	89	82
	adult in my life who can talk to (new)	67	.	75	.
Social Skills	parent/carer who listens to me	77	87	86	86
	good at keeping friends	83	77	92	82
	get along with people who are different from me	85	89	77	83
	can disagree about things and still be friends	89	92	95	89
Understanding Self	can talk about things if they upset me	48	56	56	55
	find it easy to keep out of trouble	70	78	71	67
	think I am doing pretty well	56	62	68	67
	can think of many ways to get important things	56	63	65	67
	doing as well as other kids	68	65	71	68



## Year 8 - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	Female 2019	AN 2018	Male 2019	AN 2018
<b>PROTECTED</b>					
Safety	feel safe at home	85	88	96	89
	feel safe at school	74	76	80	74
	feel safe in the area where I live	83	83	86	80
	school gives students clear rules	69	73	74	68
	school enforces rules fairly	54	61	61	58
	been bullied at school	92	91	92	90
	been bullied online	97	96	97	96
	texting between 10pm/midnight and 6am	58	61	67	65
Healthy Body	eat well to stay well	76	69	86	70
	get at least 8 hours of sleep most nights	53	58	67	63
	keep physically fit	68	69	71	71
Healthy Mind	feeling nervous, anxious, or on edge	68	81	78	84
	not able to control worrying	66	77	81	80
	feeling down, depressed, or hopeless	71	76	83	81
	little interest or pleasure in doing things	68	72	77	73
	trouble sleeping or sleeping too much	64	65	73	72
	feeling tired or having little energy (new)	82	.	88	.
	poor appetite, weight loss or overeating (new)	62	.	78	.
	trouble concentrating	77	83	85	84
	avoid thinking or doing anything about problems	67	82	67	82
	wish problem would go away or be over with (new)	33	.	48	.
	criticise myself for what is happening	57	79	68	81
	spend more time alone (new)	68	.	72	.
Learning Engagement	read for fun	38	38	29	27
	try hard at school	80	90	80	86
	care about my school	66	72	69	65
	do my homework	77	77	77	70
	enjoy learning new things at school	56	71	66	64
	have fun at school (new)	51	.	48	.

Australian Norm

Least favourable

Most favourable

Legend:

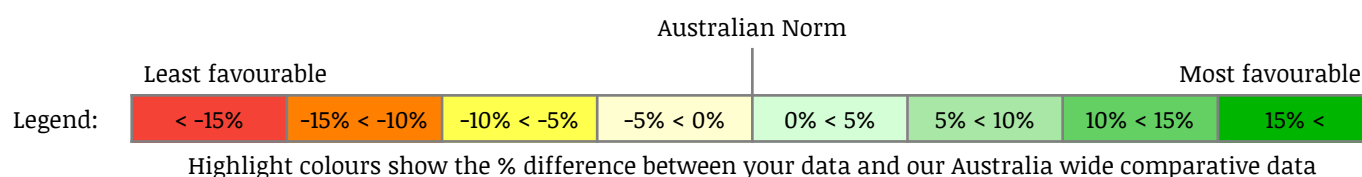
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## Year 8 - Compared to Australian Norms (AN)

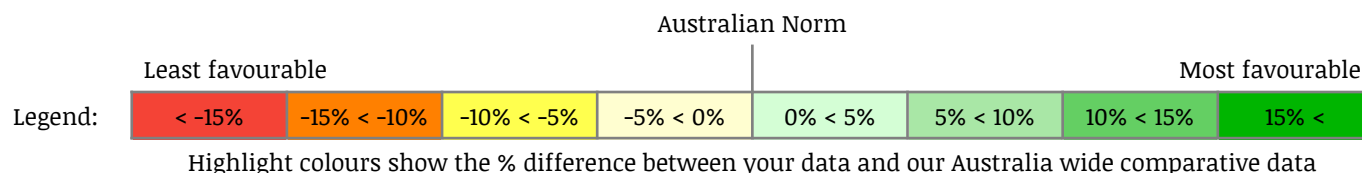
Reporting Area	Focus of Question	Female 2019	AN 2018	Male 2019	AN 2018
<b>RESPECTED</b>					
Positive Identity	feel good about myself	57	50	72	68
	can come up with ways to solve problems	50	53	55	59
	past experiences will help me in the future	56	57	56	60
	know that I can find a way to solve the problem	46	56	53	59
Positive Values	able to trust other people	46	61	66	68
	am trustworthy	91	90	93	83
	forgive others who are mean to me	50	58	59	57
	forgive myself when I mess up	58	55	64	61
	take responsibility for my actions	80	84	88	78
	think it is important to help other people	95	91	93	84
Positive Contribution	given useful jobs at school	29	54	49	52
	involved in at least one extra-curricular	69	73	74	69
	give my time to help others	75	73	55	58

<b>Risky Behaviours</b>					
Risky Behaviours	smoke cigarettes	95	94	97	91
	drink alcohol	88	86	92	80
	use illegal drugs	97	92	98	89
	gamble online (new)	98	.	97	.
	play online games (new)	87	.	57	.
	carried a weapon to protect myself	94	75	91	54
	threatened to physically hurt someone	87	87	80	79



## Year 9 - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	Female 2019	AN 2018	Male 2019	AN 2018
<b>CONNECTED</b>					
Positive Relationships	love and support from family	88	86	83	85
	teacher at school who cares	55	78	50	75
	teachers who encourage	62	68	62	67
	parents/carers who encourage me	93	86	82	88
	spend time with friends	83	70	80	74
	at least one good friend at school (new)	85	.	89	.
	adults who set a good example	83	81	77	77
	adult in my life who can talk to (new)	74	.	63	.
Social Skills	parent/carer who listens to me	83	85	82	81
	good at keeping friends	80	73	81	78
	get along with people who are different from me	74	88	81	80
	can disagree about things and still be friends	86	90	87	87
Understanding Self	can talk about things if they upset me	52	51	47	51
	find it easy to keep out of trouble	68	73	63	66
	think I am doing pretty well	60	56	48	64
	can think of many ways to get important things	65	58	54	64
	doing as well as other kids	66	60	61	63



## Year 9 - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	Female 2019	AN 2018	Male 2019	AN 2018
<b>PROTECTED</b>					
Safety	feel safe at home	93	87	93	88
	feel safe at school	78	72	72	70
	feel safe in the area where I live	84	81	81	78
	school gives students clear rules	64	68	64	62
	school enforces rules fairly	50	53	50	51
	been bullied at school	92	90	84	89
	been bullied online	98	95	94	95
	texting between 10pm/midnight and 6am	39	51	63	58
Healthy Body	eat well to stay well	74	62	79	65
	get at least 8 hours of sleep most nights	53	50	59	56
	keep physically fit	61	64	77	67
Healthy Mind	feeling nervous, anxious, or on edge	61	78	70	83
	not able to control worrying	68	75	77	81
	feeling down, depressed, or hopeless	72	73	78	79
	little interest or pleasure in doing things	76	74	72	74
	trouble sleeping or sleeping too much	60	61	72	69
	feeling tired or having little energy (new)	76	.	82	.
	poor appetite, weight loss or overeating (new)	61	.	72	.
	trouble concentrating	70	81	72	84
	avoid thinking or doing anything about problems	70	81	60	82
	wish problem would go away or be over with (new)	40	.	56	.
	criticise myself for what is happening	54	78	73	81
	spend more time alone (new)	58	.	63	.
Learning Engagement	read for fun	27	34	18	21
	try hard at school	78	87	67	83
	care about my school	70	70	61	62
	do my homework	71	71	71	61
	enjoy learning new things at school	67	67	66	58
	have fun at school (new)	56	.	51	.

Australian Norm

Least favourable

Most favourable

Legend:

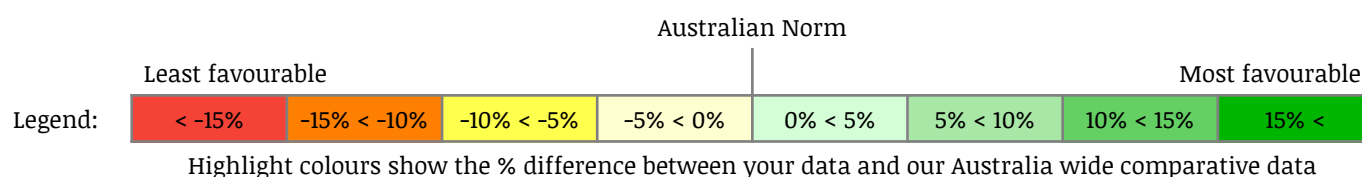
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## Year 9 - Compared to Australian Norms (AN)

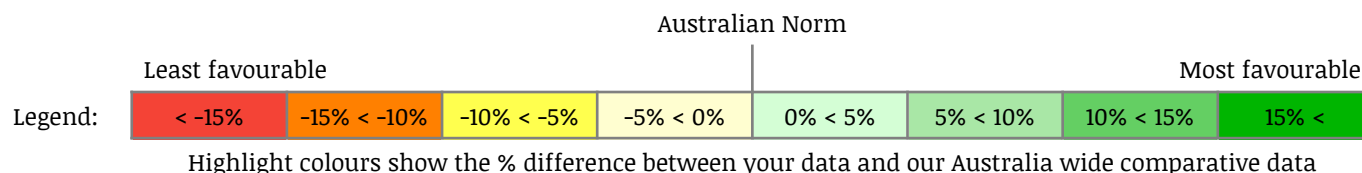
Reporting Area	Focus of Question	Female 2019	AN 2018	Male 2019	AN 2018
<b>RESPECTED</b>					
Positive Identity	feel good about myself	61	43	70	63
	can come up with ways to solve problems	50	49	48	57
	past experiences will help me in the future	50	55	56	58
	know that I can find a way to solve the problem	56	52	43	57
Positive Values	able to trust other people	51	55	59	63
	am trustworthy	95	89	93	83
	forgive others who are mean to me	51	54	51	54
	forgive myself when I mess up	54	48	58	57
	take responsibility for my actions	85	81	77	78
	think it is important to help other people	91	90	82	79
Positive Contribution	given useful jobs at school	34	48	37	47
	involved in at least one extra-curricular	60	68	59	62
	give my time to help others	67	67	63	51

<b>Risky Behaviours</b>					
Risky Behaviours	smoke cigarettes	91	92	82	89
	drink alcohol	85	76	78	73
	use illegal drugs	92	92	86	87
	gamble online (new)	96	.	87	.
	play online games (new)	87	.	62	.
	carried a weapon to protect myself	95	72	84	53
	threatened to physically hurt someone	85	87	69	79



## Year 10 - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	Female 2019	AN 2018	Male 2019	AN 2018
<b>CONNECTED</b>					
Positive Relationships	love and support from family	85	85	90	84
	teacher at school who cares	58	80	59	76
	teachers who encourage	72	68	58	69
	parents/carers who encourage me	86	87	90	87
	spend time with friends	78	69	76	73
	at least one good friend at school (new)	91	.	88	.
	adults who set a good example	84	79	84	77
	adult in my life who can talk to (new)	67	.	65	.
Social Skills	parent/carer who listens to me	84	85	84	82
	good at keeping friends	83	74	83	78
	get along with people who are different from me	77	88	75	79
	can disagree about things and still be friends	93	90	90	87
Understanding Self	can talk about things if they upset me	45	50	49	48
	find it easy to keep out of trouble	80	75	62	69
	think I am doing pretty well	55	52	61	62
	can think of many ways to get important things	61	56	60	62
	doing as well as other kids	67	59	61	62



# Year 10 - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	Female 2019	AN 2018	Male 2019	AN 2018
<b>PROTECTED</b>					
Safety	feel safe at home	93	87	92	87
	feel safe at school	80	78	71	74
	feel safe in the area where I live	83	81	83	77
	school gives students clear rules	72	69	66	65
	school enforces rules fairly	50	52	53	51
	been bullied at school	89	94	82	90
	been bullied online	98	96	95	94
	texting between 10pm/midnight and 6am	56	44	59	51
Healthy Body	eat well to stay well	71	57	78	61
	get at least 8 hours of sleep most nights	53	42	47	48
	keep physically fit	62	58	65	64
Healthy Mind	feeling nervous, anxious, or on edge	59	75	65	82
	not able to control worrying	66	74	66	80
	feeling down, depressed, or hopeless	68	71	74	78
	little interest or pleasure in doing things	70	73	61	72
	trouble sleeping or sleeping too much	53	58	67	68
	feeling tired or having little energy (new)	72	.	79	.
	poor appetite, weight loss or overeating (new)	53	.	59	.
	trouble concentrating	71	80	63	84
	avoid thinking or doing anything about problems	70	82	65	82
	wish problem would go away or be over with (new)	36	.	46	.
	criticise myself for what is happening	60	78	66	80
	spend more time alone (new)	54	.	52	.
Learning Engagement	read for fun	36	36	21	20
	try hard at school	86	90	73	85
	care about my school	78	72	74	64
	do my homework	79	68	52	58
	enjoy learning new things at school	72	67	72	60
	have fun at school (new)	61	.	55	.

Australian Norm

Least favourable

Most favourable

Legend:

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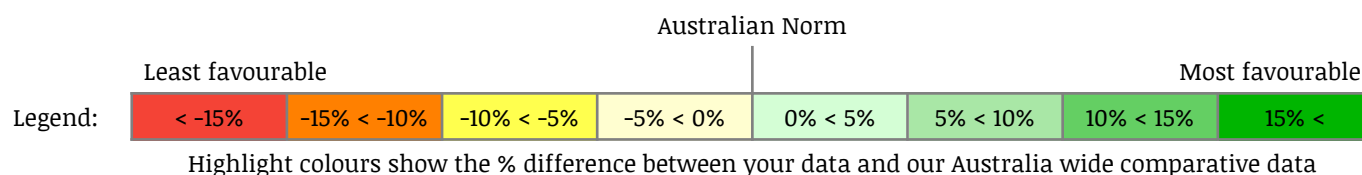
Highlight colours show the % difference between your data and our Australia wide comparative data



## Year 10 - Compared to Australian Norms (AN)

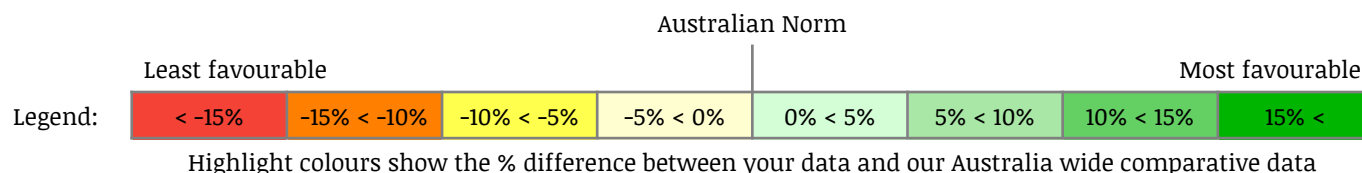
Reporting Area	Focus of Question	Female 2019	AN 2018	Male 2019	AN 2018
<b>RESPECTED</b>					
Positive Identity	feel good about myself	49	40	74	60
	can come up with ways to solve problems	59	49	60	58
	past experiences will help me in the future	62	56	53	58
	know that I can find a way to solve the problem	60	50	60	57
Positive Values	able to trust other people	55	56	54	62
	am trustworthy	92	89	92	82
	forgive others who are mean to me	58	57	55	55
	forgive myself when I mess up	57	45	53	55
	take responsibility for my actions	86	83	85	79
	think it is important to help other people	96	90	87	80
Positive Contribution	given useful jobs at school	39	47	42	46
	involved in at least one extra-curricular	58	64	73	59
	give my time to help others	63	67	63	50

<b>Risky Behaviours</b>					
Risky Behaviours	smoke cigarettes	93	88	84	87
	drink alcohol	83	62	76	65
	use illegal drugs	93	88	80	84
	gamble online (new)	96	.	82	.
	play online games (new)	91	.	54	.
	carried a weapon to protect myself	95	75	79	55
	threatened to physically hurt someone	88	88	72	79



## Year 11 - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	Female 2019	AN 2018	Male 2019	AN 2018
<b>CONNECTED</b>					
Positive Relationships	love and support from family	85	86	86	84
	teacher at school who cares	66	83	68	79
	teachers who encourage	73	73	80	74
	parents/carers who encourage me	88	87	88	88
	spend time with friends	83	67	82	72
	at least one good friend at school (new)	94	.	94	.
	adults who set a good example	90	81	86	77
	adult in my life who can talk to (new)	78	.	70	.
Social Skills	parent/carer who listens to me	82	86	80	83
	good at keeping friends	91	74	88	78
	get along with people who are different from me	83	88	74	81
	can disagree about things and still be friends	91	91	92	88
Understanding Self	can talk about things if they upset me	43	51	52	48
	find it easy to keep out of trouble	76	77	70	70
	think I am doing pretty well	55	53	72	62
	can think of many ways to get important things	54	57	80	62
	doing as well as other kids	61	58	74	62



# Year 11 - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	Female 2019	AN 2018	Male 2019	AN 2018
<b>PROTECTED</b>					
Safety	feel safe at home	92	89	98	89
	feel safe at school	88	80	88	79
	feel safe in the area where I live	84	83	82	80
	school gives students clear rules	73	72	58	68
	school enforces rules fairly	38	52	44	54
	been bullied at school	98	95	96	93
	been bullied online	99	96	100	95
	texting between 10pm/midnight and 6am	47	37	58	44
Healthy Body	eat well to stay well	81	54	86	61
	get at least 8 hours of sleep most nights	42	36	46	43
	keep physically fit	53	51	68	63
Healthy Mind	feeling nervous, anxious, or on edge	60	73	74	80
	not able to control worrying	53	72	74	77
	feeling down, depressed, or hopeless	70	71	82	77
	little interest or pleasure in doing things	69	73	82	72
	trouble sleeping or sleeping too much	52	56	68	64
	feeling tired or having little energy (new)	74	.	82	.
	poor appetite, weight loss or overeating (new)	39	.	58	.
	trouble concentrating	59	81	74	83
	avoid thinking or doing anything about problems	72	82	82	81
	wish problem would go away or be over with (new)	39	.	50	.
	criticise myself for what is happening	48	78	62	80
	spend more time alone (new)	51	.	64	.
Learning Engagement	read for fun	23	35	22	22
	try hard at school	88	91	82	87
	care about my school	72	75	70	67
	do my homework	83	72	70	61
	enjoy learning new things at school	76	69	82	63
	have fun at school (new)	47	.	56	.

Australian Norm

Least favourable

Most favourable

Legend:

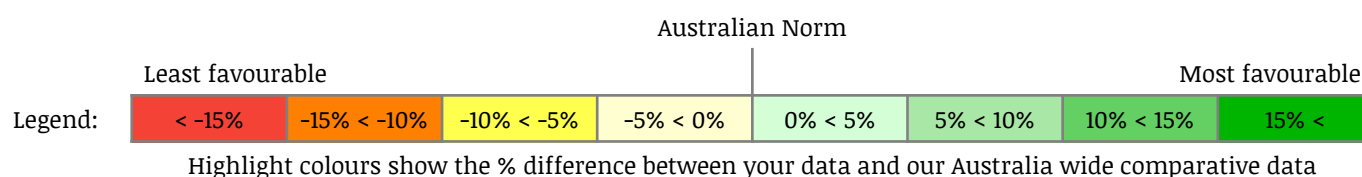
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Highlight colours show the % difference between your data and our Australia wide comparative data

# Year 11 - Compared to Australian Norms (AN)

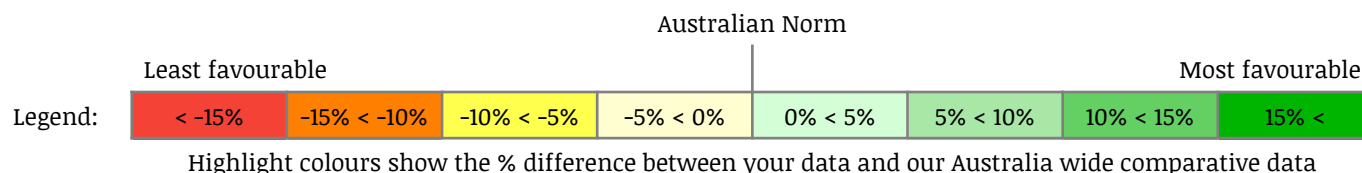
Reporting Area	Focus of Question	Female 2019	AN 2018	Male 2019	AN 2018
<b>RESPECTED</b>					
Positive Identity	feel good about myself	47	40	70	60
	can come up with ways to solve problems	53	50	70	59
	past experiences will help me in the future	53	60	70	60
	know that I can find a way to solve the problem	47	52	52	59
Positive Values	able to trust other people	59	55	78	61
	am trustworthy	97	89	92	84
	forgive others who are mean to me	57	56	52	57
	forgive myself when I mess up	51	45	64	53
	take responsibility for my actions	89	84	88	81
	think it is important to help other people	98	91	92	83
Positive Contribution	given useful jobs at school	40	47	50	47
	involved in at least one extra-curricular	58	58	78	58
	give my time to help others	62	68	58	53

<b>Risky Behaviours</b>					
Risky Behaviours	smoke cigarettes	94	87	76	85
	drink alcohol	72	51	56	54
	use illegal drugs	92	88	74	82
	gamble online (new)	99	.	86	.
	play online games (new)	95	.	56	.
	carried a weapon to protect myself	98	80	84	61
	threatened to physically hurt someone	95	93	70	84



## Year 12 - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	Female 2019	AN 2018	Male 2019	AN 2018
<b>CONNECTED</b>					
Positive Relationships	love and support from family	92	84	.	82
	teacher at school who cares	72	84	.	79
	teachers who encourage	79	75	100	74
	parents/carers who encourage me	92	88	100	86
	spend time with friends	85	68	100	72
	at least one good friend at school (new)	98	.	.	.
	adults who set a good example	91	78	.	76
	adult in my life who can talk to (new)	75	.	100	.
Social Skills	parent/carer who listens to me	81	86	100	84
	good at keeping friends	94	71	100	79
	get along with people who are different from me	81	89	100	81
	can disagree about things and still be friends	94	91	.	85
Understanding Self	can talk about things if they upset me	57	50	100	46
	find it easy to keep out of trouble	79	77	100	73
	think I am doing pretty well	53	51	100	58
	can think of many ways to get important things	60	56	.	61
	doing as well as other kids	53	57	.	62



## Year 12 - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	Female 2019	AN 2018	Male 2019	AN 2018
<b>PROTECTED</b>					
Safety	feel safe at home	94	87	100	88
	feel safe at school	91	80	100	80
	feel safe in the area where I live	79	81	100	79
	school gives students clear rules	77	72	100	68
	school enforces rules fairly	45	51	100	52
	been bullied at school	92	96	.	93
	been bullied online	100	97	100	95
	texting between 10pm/midnight and 6am	60	33	.	40
Healthy Body	eat well to stay well	75	52	.	58
	get at least 8 hours of sleep most nights	47	33	.	38
	keep physically fit	49	43	100	60
Healthy Mind	feeling nervous, anxious, or on edge	43	70	.	78
	not able to control worrying	49	69	100	75
	feeling down, depressed, or hopeless	72	70	.	77
	little interest or pleasure in doing things	68	72	100	73
	trouble sleeping or sleeping too much	45	56	.	62
	feeling tired or having little energy (new)	60	.	100	.
	poor appetite, weight loss or overeating (new)	28	.	100	.
	trouble concentrating	57	80	.	82
	avoid thinking or doing anything about problems	77	81	100	81
	wish problem would go away or be over with (new)	32	.	.	.
	criticise myself for what is happening	47	78	100	80
	spend more time alone (new)	62	.	.	.
Learning Engagement	read for fun	25	35	100	23
	try hard at school	89	91	100	87
	care about my school	83	75	.	65
	do my homework	79	70	.	59
	enjoy learning new things at school	87	67	100	63
	have fun at school (new)	49	.	100	.

Australian Norm

Least favourable

Most favourable

Legend:

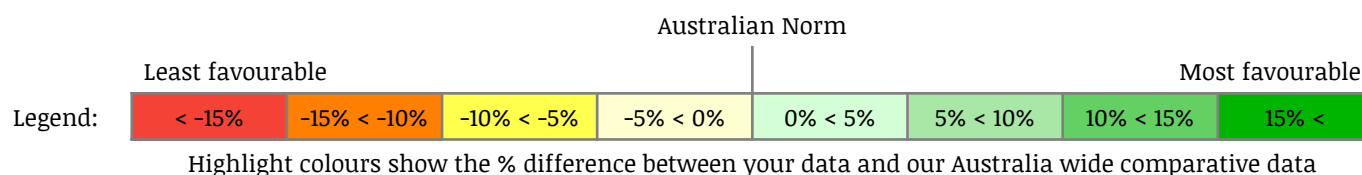
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Highlight colours show the % difference between your data and our Australia wide comparative data

## Year 12 - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	Female 2019	AN 2018	Male 2019	AN 2018
<b>RESPECTED</b>					
Positive Identity	feel good about myself	58	42	100	62
	can come up with ways to solve problems	49	51	.	61
	past experiences will help me in the future	55	60	100	60
	know that I can find a way to solve the problem	51	52	100	58
Positive Values	able to trust other people	57	54	.	62
	am trustworthy	98	91	100	85
	forgive others who are mean to me	60	57	100	58
	forgive myself when I mess up	47	45	100	53
	take responsibility for my actions	94	84	100	82
	think it is important to help other people	100	91	100	82
Positive Contribution	given useful jobs at school	42	47	100	49
	involved in at least one extra-curricular	36	52	100	55
	give my time to help others	74	67	100	53

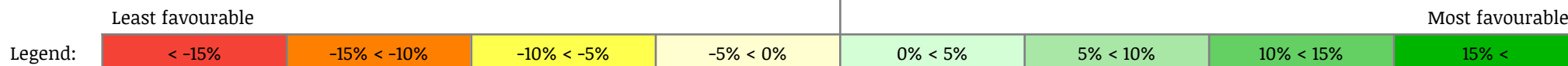
<b>Risky Behaviours</b>					
Risky Behaviours	smoke cigarettes	100	85	.	80
	drink alcohol	66	36	.	36
	use illegal drugs	96	86	100	79
	gamble online (new)	98	.	.	.
	play online games (new)	94	.	100	.
	carried a weapon to protect myself	98	81	.	63
	threatened to physically hurt someone	100	93	100	84



# Schoolwide - Female - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	2019 Yr7	2018 AN	2019 Yr8	2018 AN	2019 Yr9	2018 AN	2019 Yr10	2018 AN	2019 Yr11	2018 AN	2019 Yr12	2018 AN
<b>CONNECTED</b>													
Positive Relationships	love and support from family	89	92	84	88	88	86	85	85	85	86	92	84
	teacher at school who cares	78	89	66	82	55	78	58	80	66	83	72	84
	teachers who encourage	82	85	68	73	62	68	72	68	73	73	79	75
	parents/carers who encourage me	96	93	86	89	93	86	86	87	88	87	92	88
	spend time with friends	85	78	82	74	83	70	78	69	83	67	85	68
	spend time with one good friend (new)	93	.	91	.	85	.	91	.	94	.	98	.
	adults who set a good example	91	89	74	83	83	81	84	79	90	81	91	78
	adult in my life who can talk to (new)	79	.	67	.	74	.	67	.	78	.	75	.
Social Skills	parent/carer who listens to me	87	91	77	87	83	85	84	85	82	86	81	86
	good at keeping friends	91	84	83	77	80	73	83	74	91	74	94	71
	get along with people who are different from me	87	92	85	89	74	88	77	88	83	88	81	89
	can disagree about things and still be friends	91	95	89	92	86	90	93	90	91	91	94	91
Understanding Self	can talk about things if they upset me	45	63	48	56	52	51	45	50	43	51	57	50
	find it easy to keep out of trouble	75	82	70	78	68	73	80	75	76	77	79	77
	think I am doing pretty well	63	70	56	62	60	56	55	52	55	53	53	51
	can think of many ways to get important things	68	70	56	63	65	58	61	56	54	57	60	56
	doing as well as other kids	75	70	68	65	66	60	67	59	61	58	53	57

Australian Norm



Highlight colours show the % difference between your data and our Australia wide comparative data



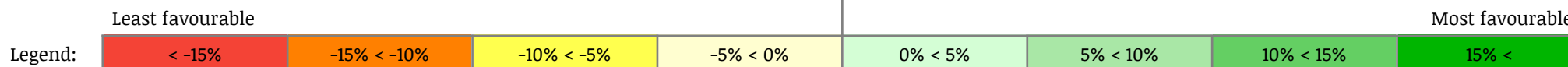
# Schoolwide - Female - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	2019 Yr7	2018 AN	2019 Yr8	2018 AN	2019 Yr9	2018 AN	2019 Yr10	2018 AN	2019 Yr11	2018 AN	2019 Yr12	2018 AN
<b>PROTECTED</b>													
Safety	feel safe at home	94	91	85	88	93	87	93	87	92	89	94	87
	feel safe at school	88	82	74	76	78	72	80	78	88	80	91	80
	feel safe in the area where I live	88	85	83	83	84	81	83	81	84	83	79	81
	school gives students clear rules	89	84	69	73	64	68	72	69	73	72	77	72
	school enforces rules fairly	74	77	54	61	50	53	50	52	38	52	45	51
	been bullied at school	91	90	92	91	92	90	89	94	98	95	92	96
	been bullied online	98	97	97	96	98	95	98	96	99	96	100	97
	texting between 10pm/midnight and 6am	79	69	58	61	39	51	56	44	47	37	60	33
Healthy Body	eat well to stay well	85	77	76	69	74	62	71	57	81	54	75	52
	get at least 8 hours of sleep most nights	71	69	53	58	53	50	53	42	42	36	47	33
	keep physically fit	78	78	68	69	61	64	62	58	53	51	49	43
Healthy Mind	feeling nervous, anxious, or on edge	82	84	68	81	61	78	59	75	60	73	43	70
	not able to control worrying	83	80	66	77	68	75	66	74	53	72	49	69
	feeling down, depressed, or hopeless	89	80	71	76	72	73	68	71	70	71	72	70
	little interest or pleasure in doing things	81	73	68	72	76	74	70	73	69	73	68	72
	trouble sleeping or sleeping too much	72	71	64	65	60	61	53	58	52	56	45	56
	feeling tired or having little energy (new)	85	.	82	.	76	.	72	.	74	.	60	.
	poor appetite, weight loss or overeating (new)	74	.	62	.	61	.	53	.	39	.	28	.
	trouble concentrating	87	84	77	83	70	81	71	80	59	81	57	80
	avoid thinking or doing anything about problems	72	82	67	82	70	81	70	82	72	82	77	81
	wish problem would go away or be over with (new)	44	.	33	.	40	.	36	.	39	.	32	.
	criticise myself for what is happening	68	81	57	79	54	78	60	78	48	78	47	78
	spend more time alone (new)	76	.	68	.	58	.	54	.	51	.	62	.

# Schoolwide - Female - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	2019 Yr7	2018 AN	2019 Yr8	2018 AN	2019 Yr9	2018 AN	2019 Yr10	2018 AN	2019 Yr11	2018 AN	2019 Yr12	2018 AN
<b>PROTECTED (continued)</b>													
Learning Engagement	read for fun	48	44	38	38	27	34	36	36	23	35	25	35
	try hard at school	96	94	80	90	78	87	86	90	88	91	89	91
	care about my school	88	81	66	72	70	70	78	72	72	75	83	75
	do my homework	94	86	77	77	71	71	79	68	83	72	79	70
	enjoy learning new things at school	83	82	56	71	67	67	72	67	76	69	87	67
	have fun at school (new)	72	.	51	.	56	.	61	.	47	.	49	.
<b>RESPECTED</b>													
Positive Identity	feel good about myself	76	62	57	50	61	43	49	40	47	40	58	42
	can come up with ways to solve problems	60	60	50	53	50	49	59	49	53	50	49	51
	past experiences will help me in the future	63	65	56	57	50	55	62	56	53	60	55	60
	know that I can find a way to solve the problem	63	64	46	56	56	52	60	50	47	52	51	52
Positive Values	able to trust other people	64	70	46	61	51	55	55	56	59	55	57	54
	am trustworthy	94	91	91	90	95	89	92	89	97	89	98	91
	forgive others who are mean to me	61	64	50	58	51	54	58	57	57	56	60	57
	forgive myself when I mess up	68	63	58	55	54	48	57	45	51	45	47	45
	take responsibility for my actions	88	87	80	84	85	81	86	83	89	84	94	84
	think it is important to help other people	95	94	95	91	91	90	96	90	98	91	100	91
Positive Contribution	given useful jobs at school	59	68	29	54	34	48	39	47	40	47	42	47
	involved in at least one extra-curricular	73	79	69	73	60	68	58	64	58	58	36	52
	give my time to help others	77	80	75	73	67	67	63	67	62	68	74	67

Australian Norm

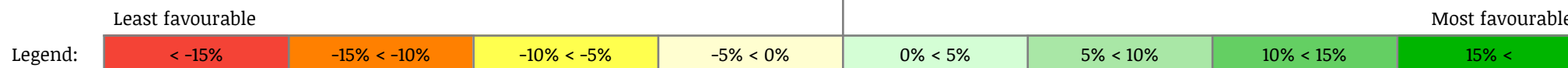


Highlight colours show the % difference between your data and our Australia wide comparative data

# Schoolwide - Female - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	2019 Yr7	2018 AN	2019 Yr8	2018 AN	2019 Yr9	2018 AN	2019 Yr10	2018 AN	2019 Yr11	2018 AN	2019 Yr12	2018 AN
<b>Risky Behaviours</b>													
Risky Behaviours	smoke cigarettes	98	96	95	94	91	92	93	88	94	87	100	85
	drink alcohol	98	93	88	86	85	76	83	62	72	51	66	36
	use illegal drugs	99	91	97	92	92	92	93	88	92	88	96	86
	gamble online (new)	99	.	98	.	96	.	96	.	99	.	98	.
	play online games (new)	87	.	87	.	87	.	91	.	95	.	94	.
	carried a weapon to protect myself	98	77	94	75	95	72	95	75	98	80	98	81
	threatened to physically hurt someone	96	88	87	87	85	87	88	88	95	93	100	93

Australian Norm

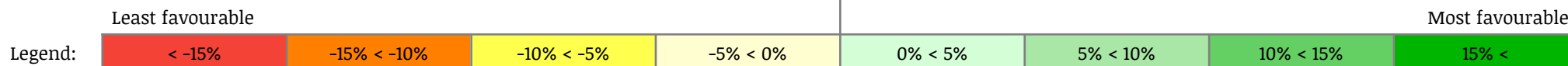


Highlight colours show the % difference between your data and our Australia wide comparative data

# Schoolwide - Male - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	2019 Yr7	2018 AN	2019 Yr8	2018 AN	2019 Yr9	2018 AN	2019 Yr10	2018 AN	2019 Yr11	2018 AN	2019 Yr12	2018 AN
<b>CONNECTED</b>													
Positive Relationships	love and support from family	91	91	92	88	83	85	90	84	86	84	.	82
	teacher at school who cares	72	86	61	78	50	75	59	76	68	79	.	79
	teachers who encourage	82	83	73	72	62	67	58	69	80	74	100	74
	parents/carers who encourage me	94	92	96	90	82	88	90	87	88	88	100	86
	spend time with friends	89	79	90	77	80	74	76	73	82	72	100	72
	spend time with one good friend (new)	93	.	95	.	89	.	88	.	94	.	.	.
	adults who set a good example	88	86	89	82	77	77	84	77	86	77	.	76
	adult in my life who can talk to (new)	82	.	75	.	63	.	65	.	70	.	100	.
Social Skills	parent/carers who listens to me	90	89	86	86	82	81	84	82	80	83	100	84
	good at keeping friends	96	87	92	82	81	78	83	78	88	78	100	79
	get along with people who are different from me	83	86	77	83	81	80	75	79	74	81	100	81
	can disagree about things and still be friends	91	91	95	89	87	87	90	87	92	88	.	85
Understanding Self	can talk about things if they upset me	54	62	56	55	47	51	49	48	52	48	100	46
	find it easy to keep out of trouble	66	74	71	67	63	66	62	69	70	70	100	73
	think I am doing pretty well	73	73	68	67	48	64	61	62	72	62	100	58
	can think of many ways to get important things	75	70	65	67	54	64	60	62	80	62	.	61
	doing as well as other kids	80	72	71	68	61	63	61	62	74	62	.	62

Australian Norm



Highlight colours show the % difference between your data and our Australia wide comparative data

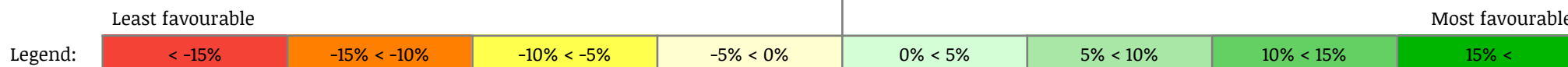
# Schoolwide - Male - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	2019 Yr7	2018 AN	2019 Yr8	2018 AN	2019 Yr9	2018 AN	2019 Yr10	2018 AN	2019 Yr11	2018 AN	2019 Yr12	2018 AN
<b>PROTECTED</b>													
Safety	feel safe at home	93	90	96	89	93	88	92	87	98	89	100	88
	feel safe at school	88	78	80	74	72	70	71	74	88	79	100	80
	feel safe in the area where I live	85	82	86	80	81	78	83	77	82	80	100	79
	school gives students clear rules	83	81	74	68	64	62	66	65	58	68	100	68
	school enforces rules fairly	79	75	61	58	50	51	53	51	44	54	100	52
	been bullied at school	94	90	92	90	84	89	82	90	96	93	.	93
	been bullied online	98	97	97	96	94	95	95	94	100	95	100	95
	texting between 10pm/midnight and 6am	80	74	67	65	63	58	59	51	58	44	.	40
Healthy Body	eat well to stay well	88	78	86	70	79	65	78	61	86	61	.	58
	get at least 8 hours of sleep most nights	75	71	67	63	59	56	47	48	46	43	.	38
	keep physically fit	87	76	71	71	77	67	65	64	68	63	100	60
Healthy Mind	feeling nervous, anxious, or on edge	80	85	78	84	70	83	65	82	74	80	.	78
	not able to control worrying	85	81	81	80	77	81	66	80	74	77	100	75
	feeling down, depressed, or hopeless	91	83	83	81	78	79	74	78	82	77	.	77
	little interest or pleasure in doing things	79	73	77	73	72	74	61	72	82	72	100	73
	trouble sleeping or sleeping too much	72	74	73	72	72	69	67	68	68	64	.	62
	feeling tired or having little energy (new)	90	.	88	.	82	.	79	.	82	.	100	.
	poor appetite, weight loss or overeating (new)	82	.	78	.	72	.	59	.	58	.	100	.
	trouble concentrating	88	87	85	84	72	84	63	84	74	83	.	82
	avoid thinking or doing anything about problems	66	82	67	82	60	82	65	82	82	81	100	81
	wish problem would go away or be over with (new)	39	.	48	.	56	.	46	.	50	.	.	.
	criticise myself for what is happening	77	83	68	81	73	81	66	80	62	80	100	80
	spend more time alone (new)	79	.	72	.	63	.	52	.	64	.	.	.

# Schoolwide - Male - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	2019 Yr7	2018 AN	2019 Yr8	2018 AN	2019 Yr9	2018 AN	2019 Yr10	2018 AN	2019 Yr11	2018 AN	2019 Yr12	2018 AN
PROTECTED (continued)													
Learning Engagement	read for fun	50	31	29	27	18	21	21	20	22	22	100	23
	try hard at school	93	90	80	86	67	83	73	85	82	87	100	87
	care about my school	77	72	69	65	61	62	74	64	70	67	.	65
	do my homework	91	78	77	70	71	61	52	58	70	61	.	59
	enjoy learning new things at school	84	74	66	64	66	58	72	60	82	63	100	63
	have fun at school (new)	77	.	48	.	51	.	55	.	56	.	100	.
RESPECTED													
Positive Identity	feel good about myself	85	73	72	68	70	63	74	60	70	60	100	62
	can come up with ways to solve problems	77	62	55	59	48	57	60	58	70	59	.	61
	past experiences will help me in the future	66	66	56	60	56	58	53	58	70	60	100	60
	know that I can find a way to solve the problem	69	64	53	59	43	57	60	57	52	59	100	58
Positive Values	able to trust other people	74	73	66	68	59	63	54	62	78	61	.	62
	am trustworthy	91	86	93	83	93	83	92	82	92	84	100	85
	forgive others who are mean to me	63	61	59	57	51	54	55	55	52	57	100	58
	forgive myself when I mess up	72	67	64	61	58	57	53	55	64	53	100	53
	take responsibility for my actions	85	83	88	78	77	78	85	79	88	81	100	82
	think it is important to help other people	91	88	93	84	82	79	87	80	92	83	100	82
Positive Contribution	given useful jobs at school	59	63	49	52	37	47	42	46	50	47	100	49
	involved in at least one extra-curricular	83	73	74	69	59	62	73	59	78	58	100	55
	give my time to help others	67	66	55	58	63	51	63	50	58	53	100	53

Australian Norm

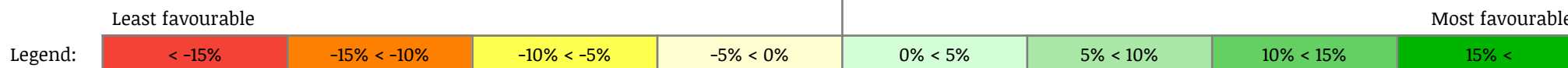


Highlight colours show the % difference between your data and our Australia wide comparative data

# Schoolwide - Male - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	2019 Yr7	2018 AN	2019 Yr8	2018 AN	2019 Yr9	2018 AN	2019 Yr10	2018 AN	2019 Yr11	2018 AN	2019 Yr12	2018 AN
<b>Risky Behaviours</b>													
Risky Behaviours	smoke cigarettes	98	95	97	91	82	89	84	87	76	85	.	80
	drink alcohol	98	88	92	80	78	73	76	65	56	54	.	36
	use illegal drugs	99	90	98	89	86	87	80	84	74	82	100	79
	gamble online (new)	98	.	97	.	87	.	82	.	86	.	.	.
	play online games (new)	63	.	57	.	62	.	54	.	56	.	100	.
	carried a weapon to protect myself	94	58	91	54	84	53	79	55	84	61	.	63
	threatened to physically hurt someone	83	82	80	79	69	79	72	79	70	84	100	84

Australian Norm



Highlight colours show the % difference between your data and our Australia wide comparative data

# Summarise your Data Insights

Focus Cohort(s)

Focus Areas(s)

STRENGTHS

CHALLENGES

SURPRISES

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## Contact Us

Measuring resilience is only the first step to improving it. To further discuss your data and actions you can take in light of the results, talk to your Resilient Youth point-of-contact or contact us below.

- Call Scott on 0407 857 283
- Email us at [helpdesk@resilientyouth.org.au](mailto:helpdesk@resilientyouth.org.au)