



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):

	3	4	5	6	
<b>Female</b>	28/2k	85/4k	203/5k	163/5k	<b>479/15k</b>
<b>Male</b>	32/2k	92/4k	166/5k	178/5k	<b>468/16k</b>
	<b>60/4k</b>	<b>177/8k</b>	<b>369/9k</b>	<b>341/9k</b>	<b>947/31k</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	3	4	5	6
Female	79	88	88	88
	83	86	85	84
Male	88	84	86	87
	77	80	80	80
Social Skills	3	4	5	6
Female	57	67	81	79
	78	82	82	83
Male	78	64	75	78
	68	74	76	77
Understanding Self	3	4	5	6
Female	43	38	48	46
	50	55	55	57
Male	50	41	44	51
	42	47	49	49

## PROTECTED

Safety	3	4	5	6
Female	93	91	88	85
	85	85	83	81
Male	75	79	84	84
	78	78	79	76
Healthy Mind	3	4	5	6
Female	57	54	63	60
	69	72	73	72
Male	69	46	60	72
	66	68	73	73
Healthy Body	3	4	5	6
Female	36	54	73	69
	56	60	60	59
Male	69	60	69	76
	51	54	55	52

Learning Engagement	3	4	5	6
Female	64	84	80	75
	75	76	74	70
Male	72	65	63	66
	55	56	53	50

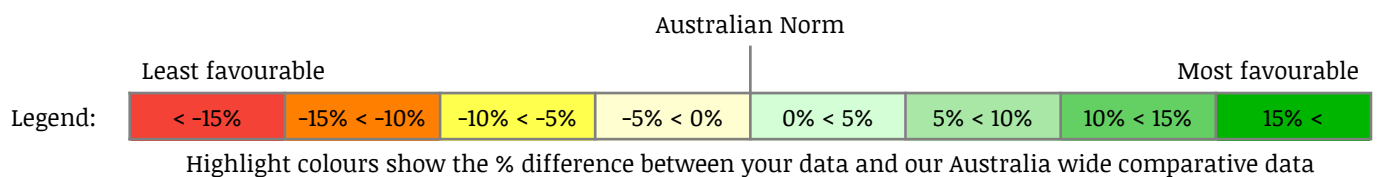
## RESPECTED

Positive Identity	3	4	5	6
Female	57	45	46	45
	45	46	45	46
Male	50	43	52	51
	40	44	43	43

Positive Values	3	4	5	6
Female	61	72	70	72
	63	67	67	66
Male	63	60	66	61
	49	56	55	54

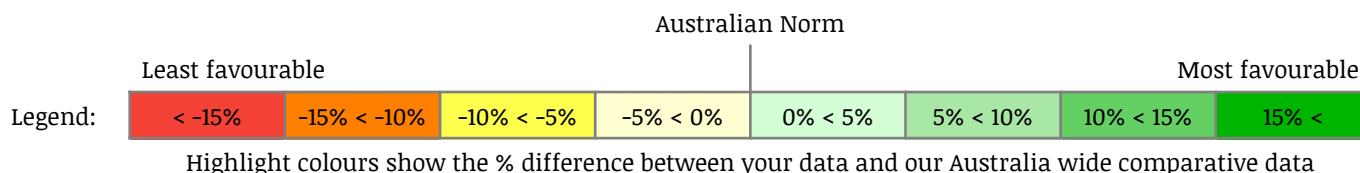
Positive Contribution	3	4	5	6
Female	50	53	56	61
	60	63	64	62
Male	56	47	51	48
	47	50	49	47

Risky Behaviours	3	4	5	6
Female	100	99	99	100
	91	80	84	84
Male	97	98	98	98
	89	79	83	82



## Year 3 - 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	82	96	94	93
	teacher at school who cares	86	91	81	88
	teachers who encourage	79	88	84	84
	parents/carers who encourage me	86	95	84	91
	spend time with friends	71	75	91	73
	at least one good friend at school (new)	75	.	91	.
	adults who set a good example	86	88	94	84
	adult in my life who can talk to (new)	82	.	81	.
Social Skills	parent/carer who listens to me	71	87	88	80
	good at keeping friends	75	89	91	86
	get along with people who are different from me	64	85	66	77
	can disagree about things and still be friends	86	90	97	85
Understanding Self	can talk about things if they upset me	50	69	72	62
	find it easy to keep out of trouble	68	82	72	71
	think I am doing pretty well	86	73	78	69
	can think of many ways to get important things	68	67	66	63
	doing as well as other kids	79	67	75	66



## Year 3 - 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	89	86	88	84
	feel safe at school	79	84	88	79
	feel safe in the area where I live	71	82	53	79
	school gives students clear rules	100	91	88	87
	school enforces rules fairly	96	90	97	84
	been bullied at school	82	83	88	84
	been bullied online	100	98	84	96
	texting between 10pm/midnight and 6am	93	90	75	86
Healthy Body	eat well to stay well	79	87	84	78
	get at least 8 hours of sleep most nights	71	73	59	69
	keep physically fit	68	81	88	79
Healthy Mind	feeling nervous, anxious, or on edge	89	83	81	81
	not able to control worrying	79	80	75	77
	feeling down, depressed, or hopeless	89	81	81	80
	little interest or pleasure in doing things	61	73	78	71
	trouble sleeping or sleeping too much	64	72	75	72
	feeling tired or having little energy (new)	93	.	81	.
	poor appetite, weight loss or overeating (new)	89	.	84	.
	trouble concentrating	89	87	81	85
	avoid thinking or doing anything about problems	71	79	66	79
	wish problem would go away or be over with (new)	21	.	19	.
	criticise myself for what is happening	61	85	75	83
	spend more time alone (new)	68	.	66	.
Learning Engagement	read for fun	46	64	59	53
	try hard at school	86	96	81	90
	care about my school	89	87	88	73
	do my homework	86	82	78	71
	enjoy learning new things at school	89	92	94	82
	have fun at school (new)	75	.	88	.

Australian Norm

Least favourable

Most favourable

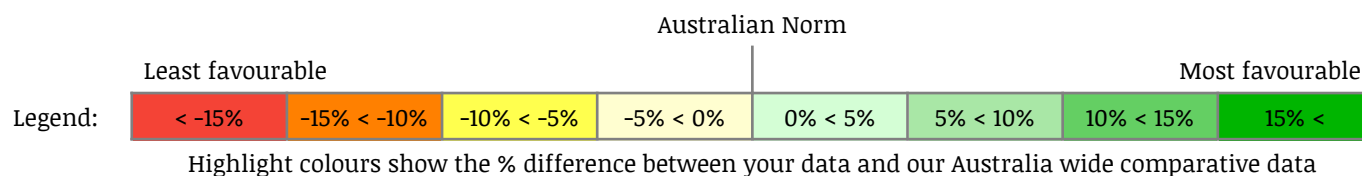
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Highlight colours show the % difference between your data and our Australia wide comparative data

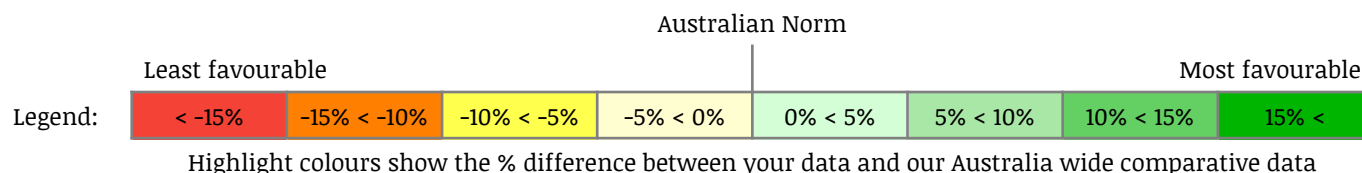
## Year 3 - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	Female 2019	AN 2018	Male 2019	AN 2018
<b>RESPECTED</b>					
Positive Identity	feel good about myself	71	77	78	74
	can come up with ways to solve problems	61	57	56	57
	past experiences will help me in the future	71	64	75	64
	know that I can find a way to solve the problem	71	66	59	61
Positive Values	able to trust other people	68	69	72	66
	am trustworthy	86	86	72	78
	forgive others who are mean to me	75	72	75	64
	forgive myself when I mess up	71	76	69	72
	take responsibility for my actions	79	85	66	77
	think it is important to help other people	89	94	88	89
Positive Contribution	given useful jobs at school	61	78	75	68
	involved in at least one extra-curricular	68	74	81	70
	give my time to help others	96	82	66	66
<b>Risky Behaviours</b>					
Risky Behaviours	smoke cigarettes	96	91	100	90
	drink alcohol	100	89	94	86
	carried a weapon to protect myself	96	69	91	52
	threatened to physically hurt someone	100	85	75	76



## Year 4 - Compared to Australian Norms (AN)

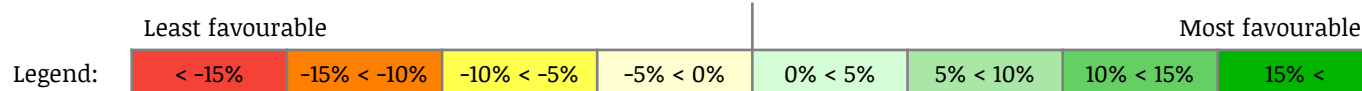
Reporting Area	Focus of Question	Female 2019	AN 2018	Male 2019	AN 2018
<b>CONNECTED</b>					
Positive Relationships	love and support from family	94	96	90	93
	teacher at school who cares	87	93	92	89
	teachers who encourage	84	90	75	86
	parents/carers who encourage me	91	95	85	93
	spend time with friends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



## Year 4 - 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	87	89	90	87
	feel safe at school	87	84	87	79
	feel safe in the area where I live	87	83	86	80
	school gives students clear rules	92	92	89	87
	school enforces rules fairly	94	89	88	83
	been bullied at school	82	86	78	85
	been bullied online	96	98	92	97
	texting between 10pm/midnight and 6am	86	90	87	86
Healthy Body	eat well to stay well	85	87	86	84
	get at least 8 hours of sleep most nights	65	78	66	71
	keep physically fit	79	84	83	82
Healthy Mind	feeling nervous, anxious, or on edge	73	86	76	84
	not able to control worrying	80	82	78	80
	feeling down, depressed, or hopeless	81	84	89	82
	little interest or pleasure in doing things	82	72	70	73
	trouble sleeping or sleeping too much	49	75	54	72
	feeling tired or having little energy (new)	85	.	89	.
	poor appetite, weight loss or overeating (new)	75	.	76	.
	trouble concentrating	86	87	78	86
	avoid thinking or doing anything about problems	64	80	64	80
	wish problem would go away or be over with (new)	31	.	42	.
	criticise myself for what is happening	71	85	80	82
	spend more time alone (new)	62	.	77	.
Learning Engagement	read for fun	66	64	63	50
	try hard at school	95	97	92	92
	care about my school	92	88	85	72
	do my homework	79	84	77	74
	enjoy learning new things at school	88	92	79	82
	have fun at school (new)	80	.	77	.

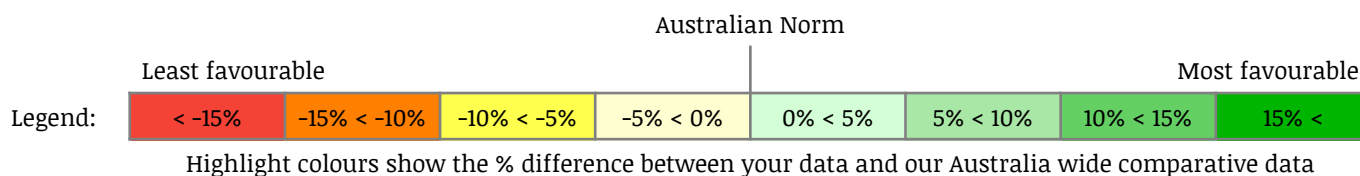
Australian Norm



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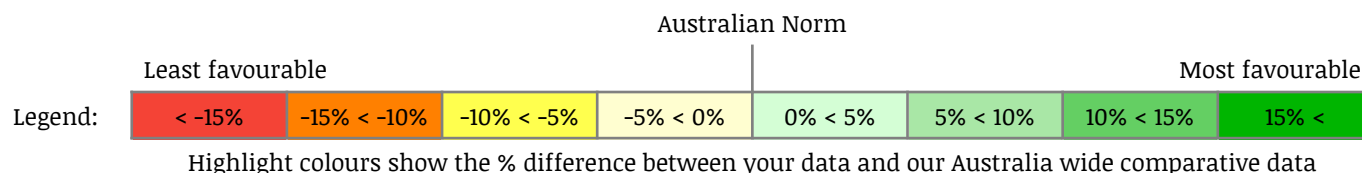
## Year 4 - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	Female 2019	AN 2018	Male 2019	AN 2018
<b>RESPECTED</b>					
Positive Identity	feel good about myself	78	78	87	76
	can come up with ways to solve problems	56	60	63	60
	past experiences will help me in the future	59	68	68	66
	know that I can find a way to solve the problem	64	68	61	65
Positive Values	able to trust other people	75	71	68	71
	am trustworthy	94	90	77	84
	forgive others who are mean to me	73	73	67	66
	forgive myself when I mess up	69	77	77	74
	take responsibility for my actions	87	89	75	80
	think it is important to help other people	99	96	97	91
Positive Contribution	given useful jobs at school	69	79	68	69
	involved in at least one extra-curricular	78	78	78	75
	give my time to help others	82	83	68	69
<b>Risky Behaviours</b>					
Risky Behaviours	smoke cigarettes	96	80	99	79
	drink alcohol	98	78	97	75
	carried a weapon to protect myself	99	75	95	53
	threatened to physically hurt someone	96	76	86	69



## Year 5 - 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	94	94	92	94
	teacher at school who cares	88	93	79	89
	teachers who encourage	86	90	81	85
	parents/carers who encourage me	95	94	96	93
	spend time with friends	87	76	89	77
	at least one good friend at school (new)	93	.	92	.
	adults who set a good example	91	90	90	87
	adult in my life who can talk to (new)	85	.	90	.
Social Skills	parent/carer who listens to me	90	89	87	86
	good at keeping friends	91	88	92	88
	get along with people who are different from me	88	90	81	84
	can disagree about things and still be friends	92	94	87	89
Understanding Self	can talk about things if they upset me	59	70	56	67
	find it easy to keep out of trouble	80	86	66	76
	think I am doing pretty well	66	74	75	74
	can think of many ways to get important things	67	69	71	70
	doing as well as other kids	78	71	74	72



## Year 5 - 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	96	89
	feel safe at school	90	85	87	80
	feel safe in the area where I live	90	85	91	81
	school gives students clear rules	93	90	87	85
	school enforces rules fairly	86	87	77	80
	been bullied at school	86	88	90	87
	been bullied online	98	98	99	97
	texting between 10pm/midnight and 6am	87	86	87	85
Healthy Body	eat well to stay well	89	87	92	83
	get at least 8 hours of sleep most nights	82	79	75	74
	keep physically fit	86	84	90	81
Healthy Mind	feeling nervous, anxious, or on edge	81	86	80	86
	not able to control worrying	79	80	82	81
	feeling down, depressed, or hopeless	88	83	86	84
	little interest or pleasure in doing things	84	74	83	74
	trouble sleeping or sleeping too much	71	75	72	75
	feeling tired or having little energy (new)	93	.	92	.
	poor appetite, weight loss or overeating (new)	84	.	83	.
	trouble concentrating	89	87	86	87
	avoid thinking or doing anything about problems	72	82	60	81
	wish problem would go away or be over with (new)	35	.	34	.
	criticise myself for what is happening	72	84	77	84
	spend more time alone (new)	73	.	71	.
Learning Engagement	read for fun	80	62	64	46
	try hard at school	97	97	89	92
	care about my school	94	86	83	71
	do my homework	86	86	81	77
	enjoy learning new things at school	87	90	80	78
	have fun at school (new)	83	.	72	.

Australian Norm

Least favourable

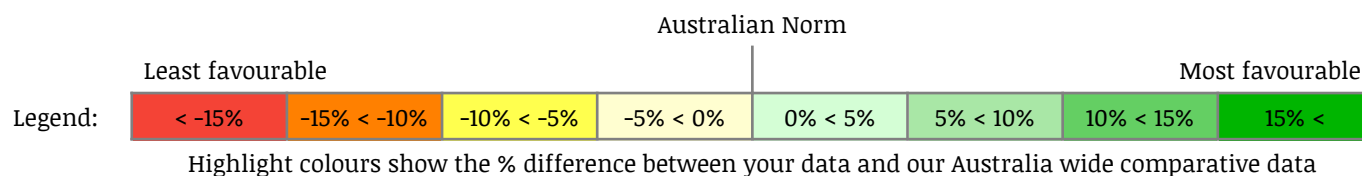
Most favourable

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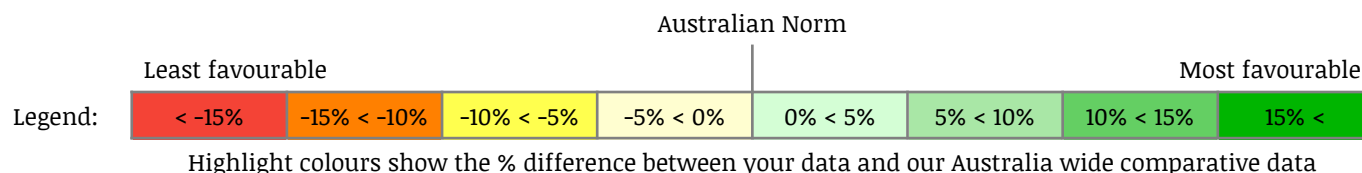
## Year 5 - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	Female 2019	AN 2018	Male 2019	AN 2018
<b>RESPECTED</b>					
Positive Identity	feel good about myself	85	74	89	76
	can come up with ways to solve problems	57	60	69	61
	past experiences will help me in the future	64	65	69	66
	know that I can find a way to solve the problem	63	67	68	65
Positive Values	able to trust other people	73	75	77	74
	am trustworthy	91	92	88	84
	forgive others who are mean to me	74	71	69	66
	forgive myself when I mess up	78	74	78	72
	take responsibility for my actions	88	90	87	82
	think it is important to help other people	97	96	92	91
Positive Contribution	given useful jobs at school	73	76	64	66
	involved in at least one extra-curricular	78	81	89	76
	give my time to help others	80	83	72	69
<b>Risky Behaviours</b>					
Risky Behaviours	smoke cigarettes	99	84	99	83
	drink alcohol	98	83	96	79
	carried a weapon to protect myself	96	77	95	56
	threatened to physically hurt someone	96	79	87	71



## Year 6 - Compared to Australian Norms (AN)

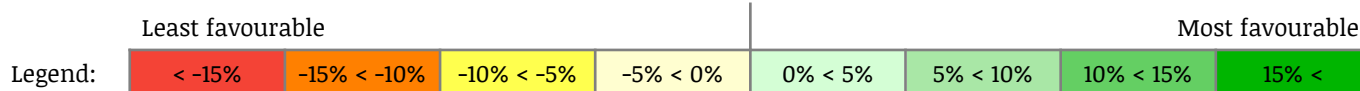
Reporting Area	Focus of Question	Female 2019	AN 2018	Male 2019	AN 2018
<b>CONNECTED</b>					
Positive Relationships	love and support from family	95	94	93	94
	teacher at school who cares	94	93	80	90
	teachers who encourage	88	90	89	85
	parents/carers who encourage me	93	94	95	93
	spend time with friends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



## Year 6 - 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	91	94	91
	feel safe at school	90	85	91	81
	feel safe in the area where I live	87	85	89	83
	school gives students clear rules	92	88	89	82
	school enforces rules fairly	87	82	78	75
	been bullied at school	91	90	89	89
	been bullied online	98	97	94	97
	texting between 10pm/midnight and 6am	80	82	79	82
Healthy Body	eat well to stay well	90	85	92	81
	get at least 8 hours of sleep most nights	85	77	80	73
	keep physically fit	87	82	88	79
Healthy Mind	feeling nervous, anxious, or on edge	80	85	85	86
	not able to control worrying	80	81	86	82
	feeling down, depressed, or hopeless	85	82	87	84
	little interest or pleasure in doing things	82	74	84	74
	trouble sleeping or sleeping too much	66	75	72	75
	feeling tired or having little energy (new)	86	.	91	.
	poor appetite, weight loss or overeating (new)	78	.	81	.
	trouble concentrating	91	86	87	86
	avoid thinking or doing anything about problems	70	82	69	83
	wish problem would go away or be over with (new)	42	.	46	.
	criticise myself for what is happening	74	83	81	82
	spend more time alone (new)	79	.	75	.
Learning Engagement	read for fun	72	55	62	40
	try hard at school	96	96	93	91
	care about my school	93	84	85	71
	do my homework	89	87	79	75
	enjoy learning new things at school	88	88	79	76
	have fun at school (new)	85	.	71	.

Australian Norm

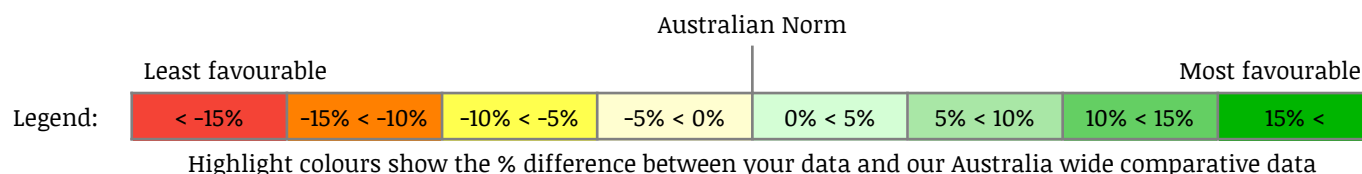


Highlight colours show the % difference between your data and our Australia wide comparative data

## Year 6 - 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	79	72	88	76
	can come up with ways to solve problems	58	62	69	62
	past experiences will help me in the future	66	68	71	66
	know that I can find a way to solve the problem	61	68	66	65
Positive Values	able to trust other people	71	74	79	74
	am trustworthy	96	93	91	86
	forgive others who are mean to me	77	69	63	63
	forgive myself when I mess up	74	73	66	70
	take responsibility for my actions	91	90	86	83
	think it is important to help other people	99	95	94	90
Positive Contribution	given useful jobs at school	69	74	63	65
	involved in at least one extra-curricular	83	81	84	75
	give my time to help others	85	83	76	66

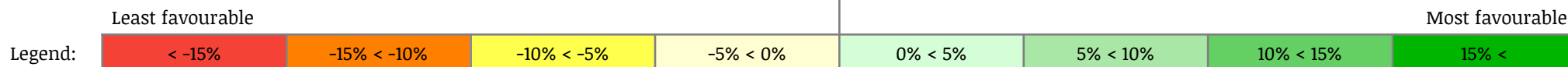
<b>Risky Behaviours</b>					
Risky Behaviours	smoke cigarettes	100	84	99	83
	drink alcohol	98	82	95	78
	carried a weapon to protect myself	98	77	93	56
	threatened to physically hurt someone	94	78	86	71



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

Reporting Area	Focus of Question	2019 Yr3	2018 AN	2019 Yr4	2018 AN	2019 Yr5	2018 AN	2019 Yr6	2018 AN
<b>CONNECTED</b>									
Positive Relationships	love and support from family	82	96	94	96	94	94	95	94
	teacher at school who cares	86	91	87	93	88	93	94	93
	teachers who encourage	79	88	84	90	86	90	88	90
	parents/carers who encourage me	86	95	91	95	95	94	93	94
	spend time with friends	71	75	78	77	87	76	91	77
	spend time with one good friend (new)	75	.	94	.	93	.	94	.
	adults who set a good example	86	88	86	90	91	90	94	90
	adult in my life who can talk to (new)	82	.	92	.	85	.	82	.
Social Skills	parent/carer who listens to me	71	87	76	89	90	89	88	89
	good at keeping friends	75	89	80	90	91	88	93	88
	get along with people who are different from me	64	85	78	90	88	90	83	91
	can disagree about things and still be friends	86	90	84	92	92	94	91	94
Understanding Self	can talk about things if they upset me	50	69	59	70	59	70	56	70
	find it easy to keep out of trouble	68	82	67	85	80	86	78	86
	think I am doing pretty well	86	73	64	75	66	74	67	75
	can think of many ways to get important things	68	67	61	68	67	69	74	71
	doing as well as other kids	79	67	64	72	78	71	72	73

Australian Norm



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

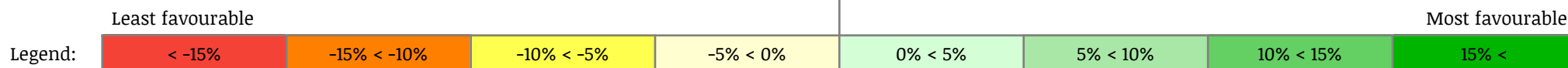
## Schoolwide - Female - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	2019 Yr3	2018 AN	2019 Yr4	2018 AN	2019 Yr5	2018 AN	2019 Yr6	2018 AN
<b>PROTECTED</b>									
Safety	feel safe at home	89	86	87	89	92	89	92	91
	feel safe at school	79	84	87	84	90	85	90	85
	feel safe in the area where I live	71	82	87	83	90	85	87	85
	school gives students clear rules	100	91	92	92	93	90	92	88
	school enforces rules fairly	96	90	94	89	86	87	87	82
	been bullied at school	82	83	82	86	86	88	91	90
	been bullied online	100	98	96	98	98	98	98	97
	texting between 10pm/midnight and 6am	93	90	86	90	87	86	80	82
Healthy Body	eat well to stay well	79	87	85	87	89	87	90	85
	get at least 8 hours of sleep most nights	71	73	65	78	82	79	85	77
	keep physically fit	68	81	79	84	86	84	87	82
Healthy Mind	feeling nervous, anxious, or on edge	89	83	73	86	81	86	80	85
	not able to control worrying	79	80	80	82	79	80	80	81
	feeling down, depressed, or hopeless	89	81	81	84	88	83	85	82
	little interest or pleasure in doing things	61	73	82	72	84	74	82	74
	trouble sleeping or sleeping too much	64	72	49	75	71	75	66	75
	feeling tired or having little energy (new)	93	.	85	.	93	.	86	.
	poor appetite, weight loss or overeating (new)	89	.	75	.	84	.	78	.
	trouble concentrating	89	87	86	87	89	87	91	86
	avoid thinking or doing anything about problems	71	79	64	80	72	82	70	82
	wish problem would go away or be over with (new)	21	.	31	.	35	.	42	.
	criticise myself for what is happening	61	85	71	85	72	84	74	83
	spend more time alone (new)	68	.	62	.	73	.	79	.

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

Reporting Area	Focus of Question	2019 Yr3	2018 AN	2019 Yr4	2018 AN	2019 Yr5	2018 AN	2019 Yr6	2018 AN
<b>PROTECTED (continued)</b>									
Learning Engagement	read for fun	46	64	66	64	80	62	72	55
	try hard at school	86	96	95	97	97	97	96	96
	care about my school	89	87	92	88	94	86	93	84
	do my homework	86	82	79	84	86	86	89	87
	enjoy learning new things at school	89	92	88	92	87	90	88	88
	have fun at school (new)	75	.	80	.	83	.	85	.
<b>RESPECTED</b>									
Positive Identity	feel good about myself	71	77	78	78	85	74	79	72
	can come up with ways to solve problems	61	57	56	60	57	60	58	62
	past experiences will help me in the future	71	64	59	68	64	65	66	68
	know that I can find a way to solve the problem	71	66	64	68	63	67	61	68
Positive Values	able to trust other people	68	69	75	71	73	75	71	74
	am trustworthy	86	86	94	90	91	92	96	93
	forgive others who are mean to me	75	72	73	73	74	71	77	69
	forgive myself when I mess up	71	76	69	77	78	74	74	73
	take responsibility for my actions	79	85	87	89	88	90	91	90
	think it is important to help other people	89	94	99	96	97	96	99	95
Positive Contribution	given useful jobs at school	61	78	69	79	73	76	69	74
	involved in at least one extra-curricular	68	74	78	78	78	81	83	81
	give my time to help others	96	82	82	83	80	83	85	83

Australian Norm

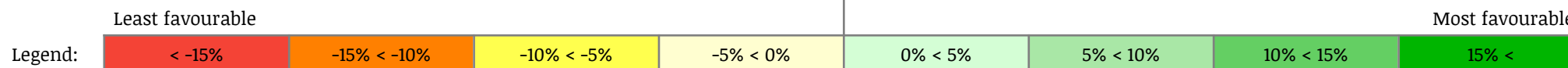


Highlight colours show the % difference between your data and our Australia wide comparative data

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

Reporting Area	Focus of Question	2019 Yr3	2018 AN	2019 Yr4	2018 AN	2019 Yr5	2018 AN	2019 Yr6	2018 AN
<b>Risky Behaviours</b>									
Risky Behaviours	smoke cigarettes	96	91	96	80	99	84	100	84
	drink alcohol	100	89	98	78	98	83	98	82
	carried a weapon to protect myself	96	69	99	75	96	77	98	77
	threatened to physically hurt someone	100	85	96	76	96	79	94	78

Australian Norm

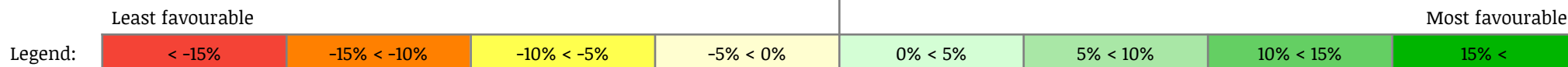


Highlight colours show the % difference between your data and our Australia wide comparative data

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

Reporting Area	Focus of Question	2019 Yr3	2018 AN	2019 Yr4	2018 AN	2019 Yr5	2018 AN	2019 Yr6	2018 AN
<b>CONNECTED</b>									
Positive Relationships	love and support from family	94	93	90	93	92	94	93	94
	teacher at school who cares	81	88	92	89	79	89	80	90
	teachers who encourage	84	84	75	86	81	85	89	85
	parents/carers who encourage me	84	91	85	93	96	93	95	93
	spend time with friends	91	73	90	75	89	77	92	77
	spend time with one good friend (new)	91	.	90	.	92	.	93	.
	adults who set a good example	94	84	80	86	90	87	95	87
	adult in my life who can talk to (new)	81	.	77	.	90	.	84	.
Social Skills	parent/carers who listens to me	88	80	85	85	87	86	93	86
	good at keeping friends	91	86	88	88	92	88	94	87
	get along with people who are different from me	66	77	77	82	81	84	80	86
	can disagree about things and still be friends	97	85	78	88	87	89	89	90
Understanding Self	can talk about things if they upset me	72	62	52	67	56	67	64	66
	find it easy to keep out of trouble	72	71	60	74	66	76	63	76
	think I am doing pretty well	78	69	64	73	75	74	72	73
	can think of many ways to get important things	66	63	67	69	71	70	76	71
	doing as well as other kids	75	66	65	71	74	72	81	72

Australian Norm



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

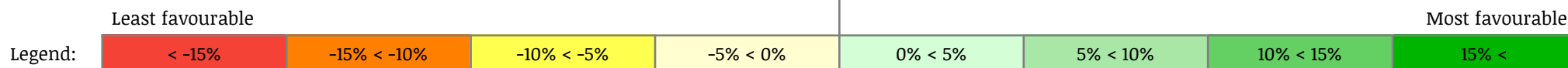
## Schoolwide - Male - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	2019 Yr3	2018 AN	2019 Yr4	2018 AN	2019 Yr5	2018 AN	2019 Yr6	2018 AN
<b>PROTECTED</b>									
Safety	feel safe at home	88	84	90	87	96	89	94	91
	feel safe at school	88	79	87	79	87	80	91	81
	feel safe in the area where I live	53	79	86	80	91	81	89	83
	school gives students clear rules	88	87	89	87	87	85	89	82
	school enforces rules fairly	97	84	88	83	77	80	78	75
	been bullied at school	88	84	78	85	90	87	89	89
	been bullied online	84	96	92	97	99	97	94	97
	texting between 10pm/midnight and 6am	75	86	87	86	87	85	79	82
Healthy Body	eat well to stay well	84	78	86	84	92	83	92	81
	get at least 8 hours of sleep most nights	59	69	66	71	75	74	80	73
	keep physically fit	88	79	83	82	90	81	88	79
Healthy Mind	feeling nervous, anxious, or on edge	81	81	76	84	80	86	85	86
	not able to control worrying	75	77	78	80	82	81	86	82
	feeling down, depressed, or hopeless	81	80	89	82	86	84	87	84
	little interest or pleasure in doing things	78	71	70	73	83	74	84	74
	trouble sleeping or sleeping too much	75	72	54	72	72	75	72	75
	feeling tired or having little energy (new)	81	.	89	.	92	.	91	.
	poor appetite, weight loss or overeating (new)	84	.	76	.	83	.	81	.
	trouble concentrating	81	85	78	86	86	87	87	86
	avoid thinking or doing anything about problems	66	79	64	80	60	81	69	83
	wish problem would go away or be over with (new)	19	.	42	.	34	.	46	.
	criticise myself for what is happening	75	83	80	82	77	84	81	82
	spend more time alone (new)	66	.	77	.	71	.	75	.

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

Reporting Area	Focus of Question	2019 Yr3	2018 AN	2019 Yr4	2018 AN	2019 Yr5	2018 AN	2019 Yr6	2018 AN
PROTECTED (continued)									
Learning Engagement	read for fun	59	53	63	50	64	46	62	40
	try hard at school	81	90	92	92	89	92	93	91
	care about my school	88	73	85	72	83	71	85	71
	do my homework	78	71	77	74	81	77	79	75
	enjoy learning new things at school	94	82	79	82	80	78	79	76
	have fun at school (new)	88	.	77	.	72	.	71	.
RESPECTED									
Positive Identity	feel good about myself	78	74	87	76	89	76	88	76
	can come up with ways to solve problems	56	57	63	60	69	61	69	62
	past experiences will help me in the future	75	64	68	66	69	66	71	66
	know that I can find a way to solve the problem	59	61	61	65	68	65	66	65
Positive Values	able to trust other people	72	66	68	71	77	74	79	74
	am trustworthy	72	78	77	84	88	84	91	86
	forgive others who are mean to me	75	64	67	66	69	66	63	63
	forgive myself when I mess up	69	72	77	74	78	72	66	70
	take responsibility for my actions	66	77	75	80	87	82	86	83
	think it is important to help other people	88	89	97	91	92	91	94	90
Positive Contribution	given useful jobs at school	75	68	68	69	64	66	63	65
	involved in at least one extra-curricular	81	70	78	75	89	76	84	75
	give my time to help others	66	66	68	69	72	69	76	66

Australian Norm

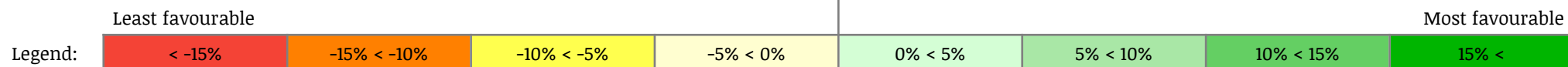


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# Schoolwide - Male - Compared to Australian Norms (AN)

Reporting Area	Focus of Question	2019 Yr3	2018 AN	2019 Yr4	2018 AN	2019 Yr5	2018 AN	2019 Yr6	2018 AN
<b>Risky Behaviours</b>									
Risky Behaviours	smoke cigarettes	100	90	99	79	99	83	99	83
	drink alcohol	94	86	97	75	96	79	95	78
	carried a weapon to protect myself	91	52	95	53	95	56	93	56
	threatened to physically hurt someone	75	76	86	69	87	71	86	71

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)