



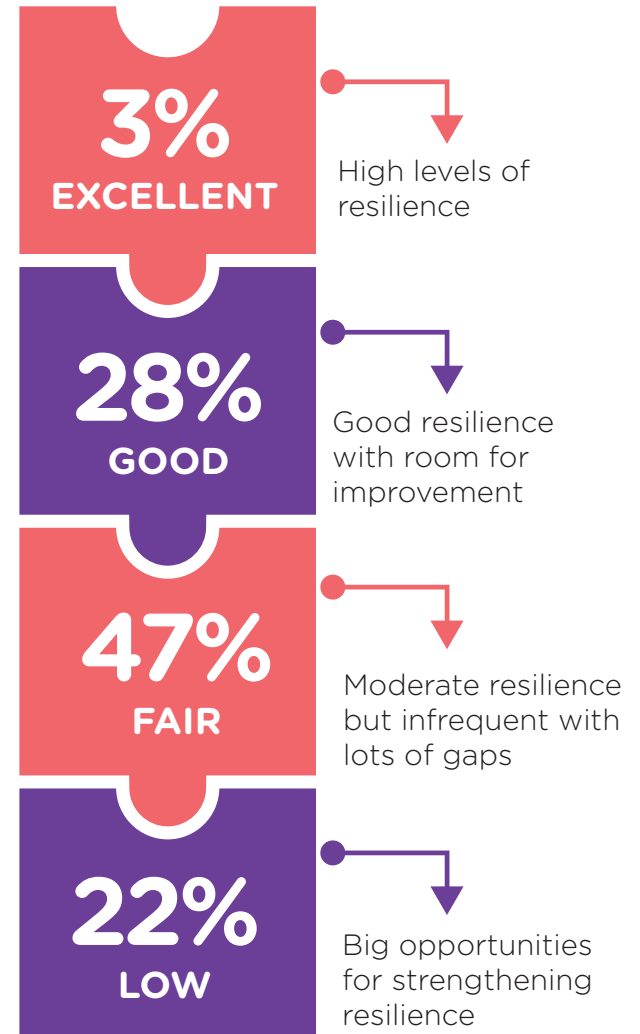
What is the Knox Resilience Survey?

Knox City Council, in partnership with the School Focused Youth Service program, have been working with Resilient Youth and our local schools since 2014 to undertake a survey of our students. The Resilience Survey provides schools, and Council, with an indication of the levels of resilience amongst our students in year 4 – year 12.

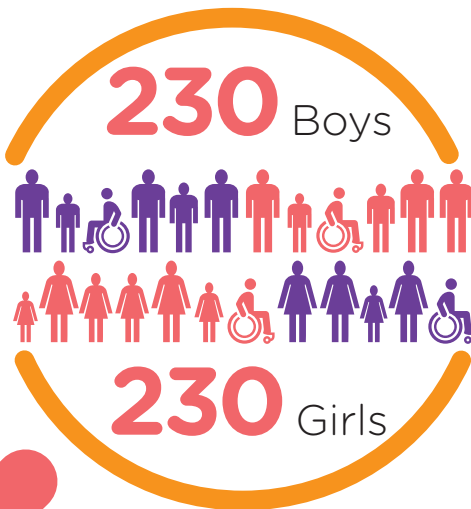
Why resilience?

Resilience can be defined as the ability to ‘bounce back’ and cope with the adversity of life. By supporting our young people to build their strengths we are in turn helping to build their resilience and ensure they have the ability to bounce back and cope with the challenges of life.

Snapshot of resilience



Number of students that participated in the survey



Overall picture for Knox

The peak levels of resilience for students in Knox is during the primary school years. Over the course of their schooling, the majority of students in year 4 – year 7 experience high levels of resilience, this begins to decline during the high school years.

If you could magically do anything simply at the snap of your fingers, what is one thing that you would do to support the wellbeing of young people?

“Make people accept people of other cultures, races and sexualities.”





84%
Feel they take responsibility for their own actions



79%
Feel connected to school



86%
Think it's important to help others



78%
Have empathy, sensitivity and friendship skills



74%
Have not been bullied online in the last 12 months



90%
Feel their parents try to help them to succeed



91%
Feel safe and secure at home



70%
Feel their parents are good at talking with them



81%
Feel they have a safe neighbourhood



75%
Have at least two different groups of friends

Areas for improvement



54%
Do not get 8 hours sleep



64%
Don't feel they are helping to make their community a better place



80%
Text between 10pm and 6am



52%
Reply in anger to texts

If you could magically do anything simply at the snap of your fingers, what is one thing that you would do to support the wellbeing of young people?

“Stop violence and physical, mental, and verbal bullying.”