

What is 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.



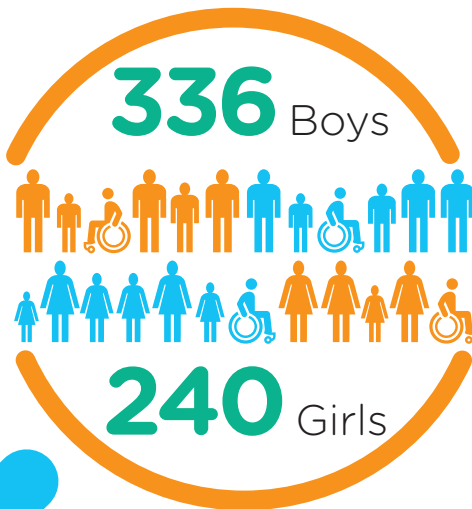
What is the Resilience Survey

Knox City Council, with support from the Victorian Department of Education and Training, have been working with Resilient Youth and our local schools since 2014 to undertake a survey of local students. The Resilience Survey provides schools, and Council, with an indication of the levels of resilience amongst our students in year 4 - year 12.

Snapshot of resilience



Number of students that participated in the survey



576
 Year 10 students participated

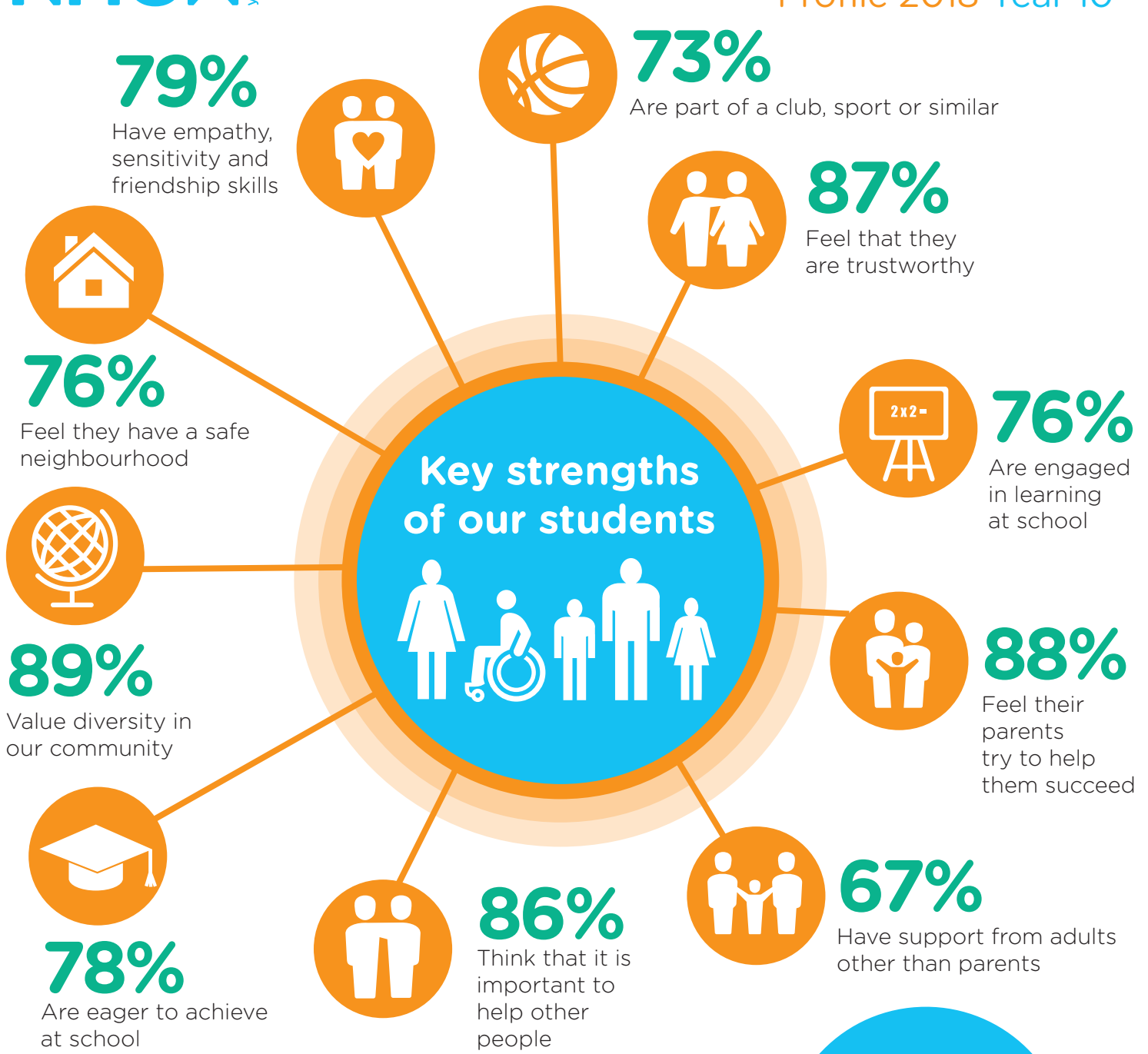


Overall picture for Knox

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 Secondary 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?

"I would change the way that older people listen to younger people. I would want them to listen to them with respect just like they expect from us"



Areas for improvement



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?

"I would change the view of beauty and what the media thinks beauty is. I would put women and men of all shapes, colours and sizes in the media and make it normal."