

## What is the Knox Resilience Survey?

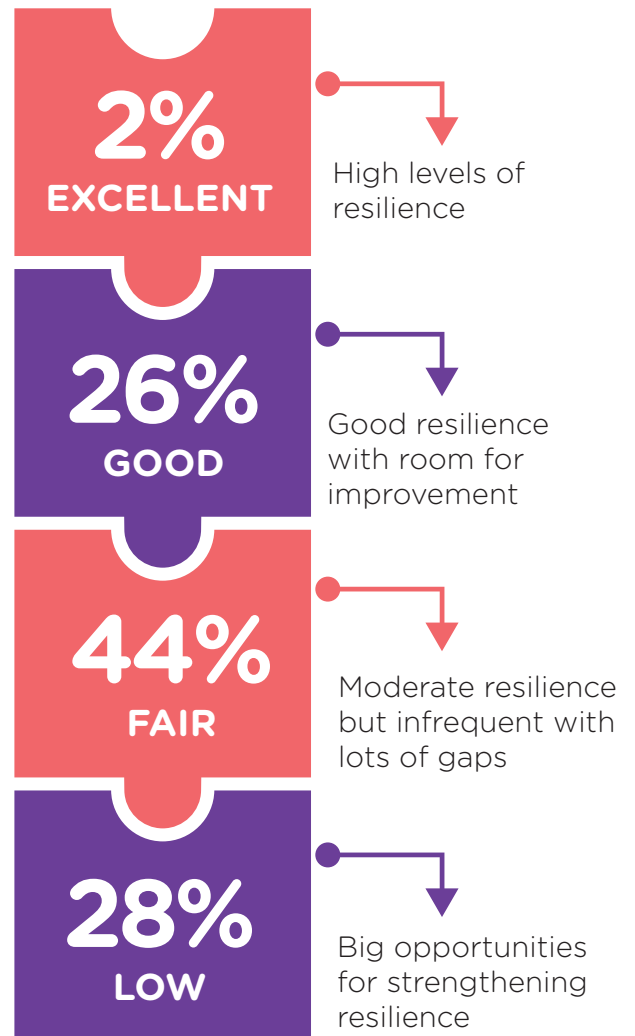
Knox City Council, in partnership with the School Focused Youth Service program, have been working with Resilient Youth and our local schools since 2014 to undertake a survey of our students. The Resilience Survey provides schools, and Council, with an indication of the levels of resilience amongst our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



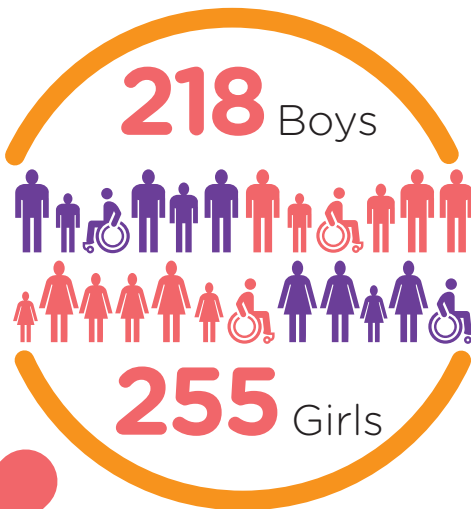
## Why resilience?

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



**473**  
 Year 11 students participated

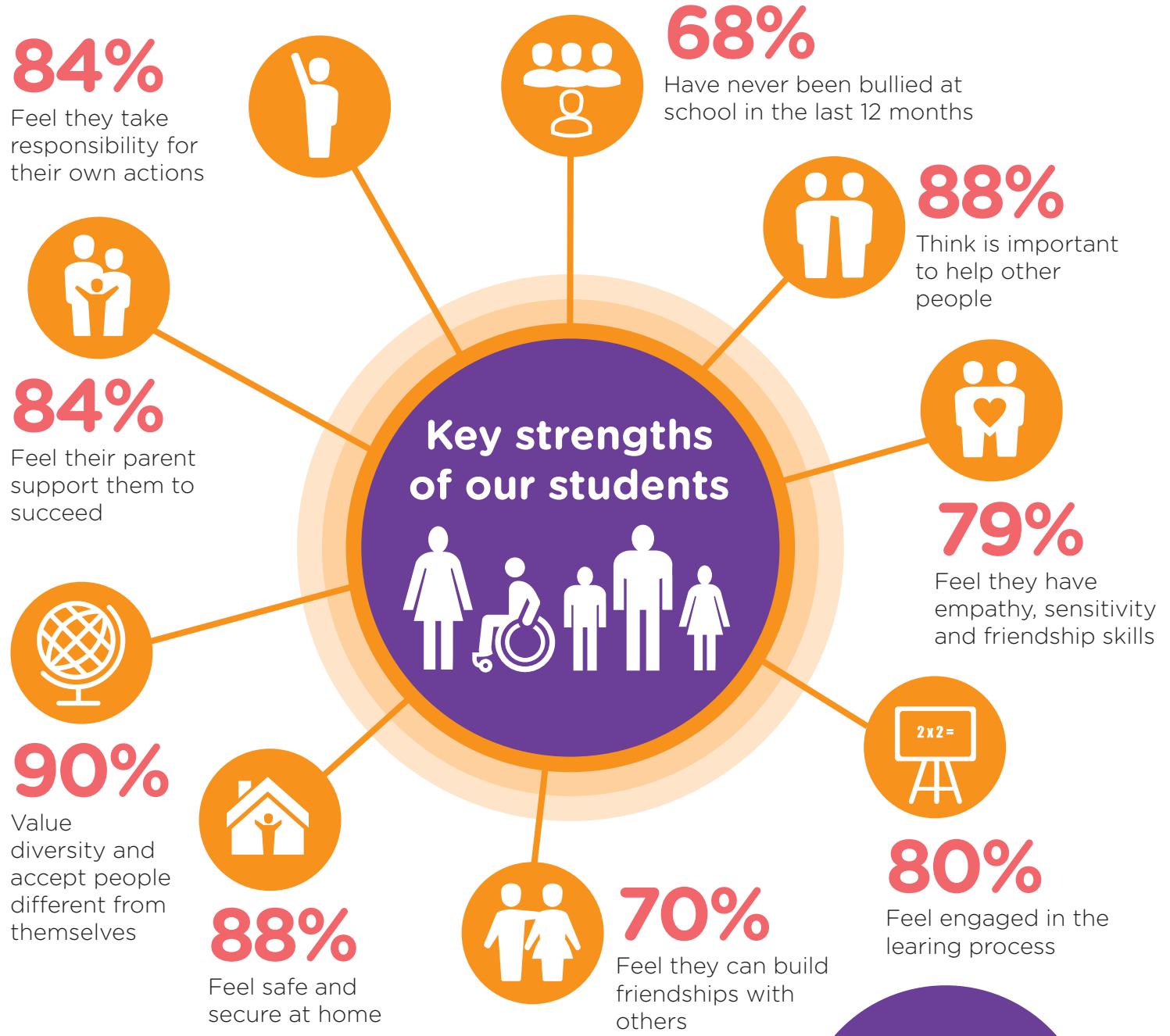
## Overall picture for Knox

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 high school years.

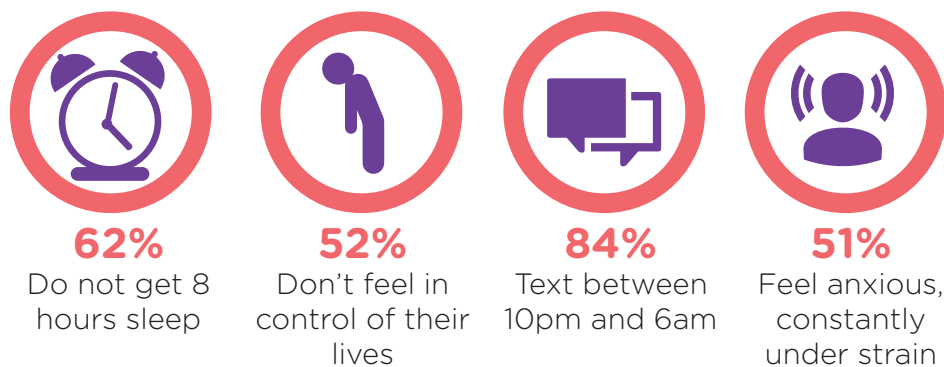
If you could magically do anything simply at the snap of your fingers, what is one thing that you would do to support the wellbeing of young people?

“That everyone is accepted for who they are, without judgment”





**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?

"If an argument is present and different views are shown, I would want with just a snap of my fingers for both to understand the different views and resolve the matter on good terms."