

## Why resilience?

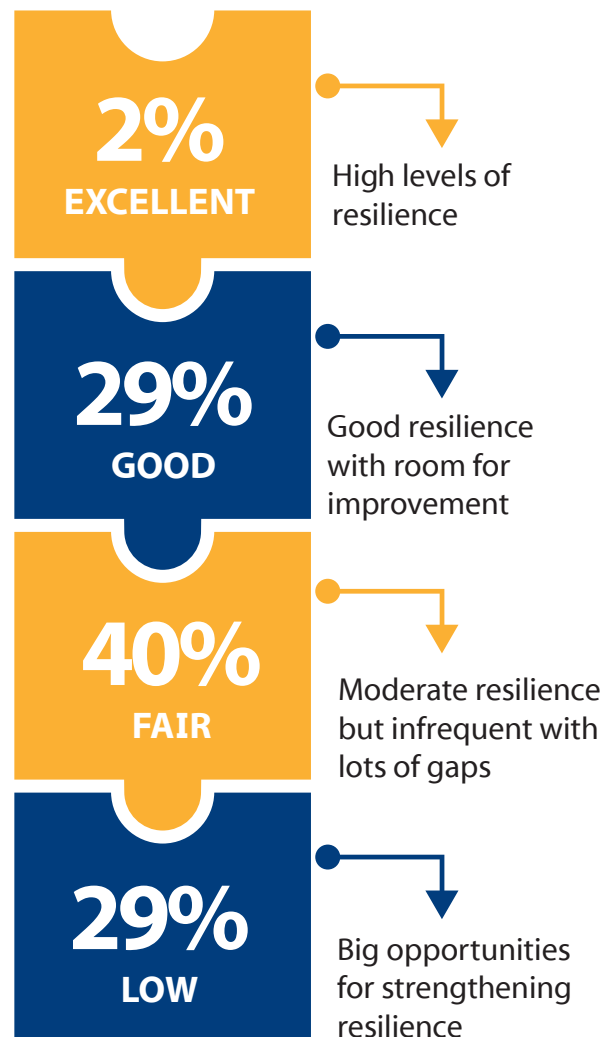
Resilience can be defined as the ability to 'bounce back' and cope with the adversity of life. By supporting our young people to build their strengths we are in turn helping to build their resilience and ensure they have the ability to bounce back and cope with the adversities that they may face.

### What is the Knox Resilience Survey?

Knox City Council, in partnership with the School Focused Youth Service program, has been partnering 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.

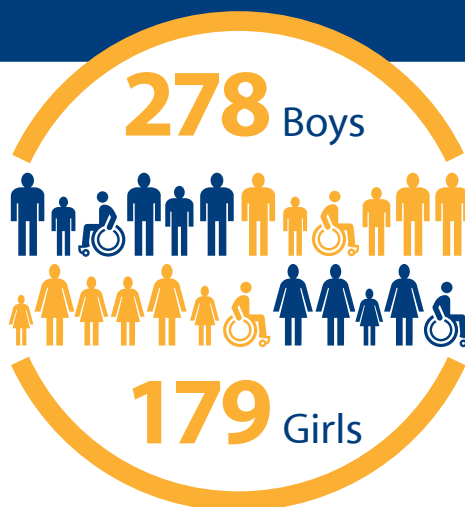


### Snapshot of resilience



### Number of students that participated in the survey

**457**  
Year 12 students participated



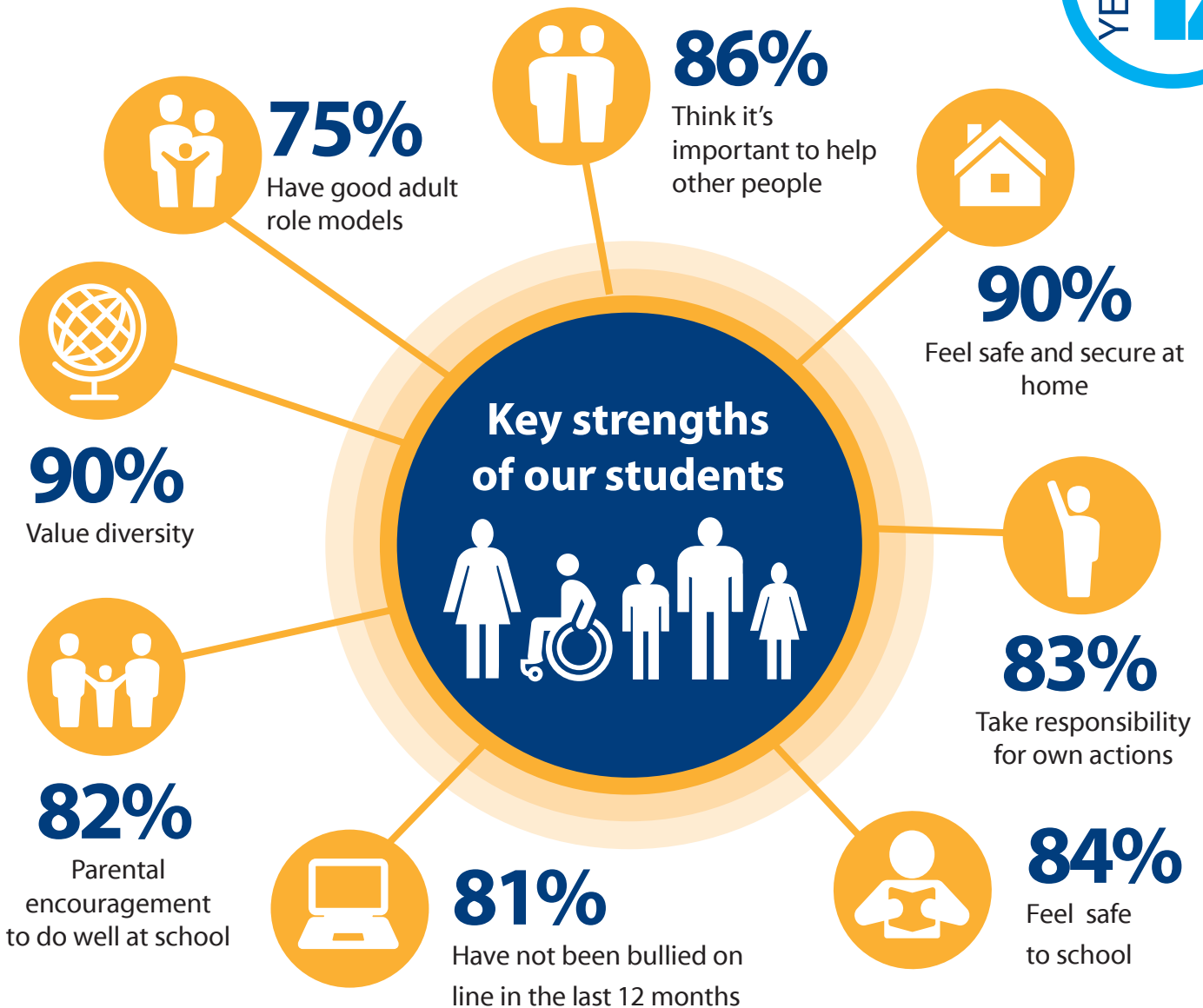
### Overall picture for Knox

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.

**What would young people in Knox do to support each other?**

*"Create a better schooling system...we aren't taught things that can be applied in our real life later on in OUR future, it's all theory."*





## Areas for improvement



What would young people in Knox do to support each other?

"Help everyone get through the tough stages of year 12."