



## What is the Knox Resilience Survey?

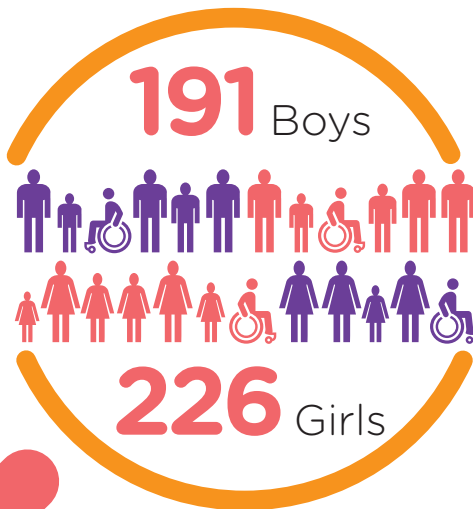
Knox City Council, in partnership with the School Focused Youth Service program, have been working with Resilient Youth and our local schools since 2014 to undertake a survey of our students. The Resilience Survey provides schools, and Council, with an indication of the levels of resilience amongst our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

## Why resilience?

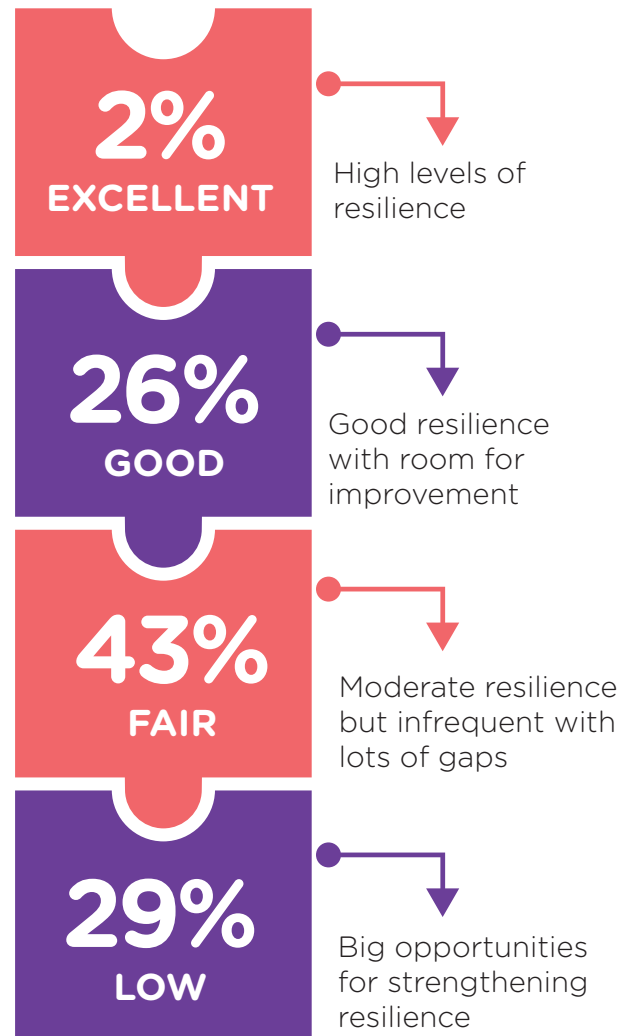
Resilience can be defined as the ability to ‘bounce back’ and cope with the adversity of life. By supporting our young people to build their strengths we are in turn helping to build their resilience and ensure they have the ability to bounce back and cope with the challenges of life.

## Number of students that participated in the survey

**417**  
 Year 12 students participated



## Snapshot of resilience



## Overall picture for Knox

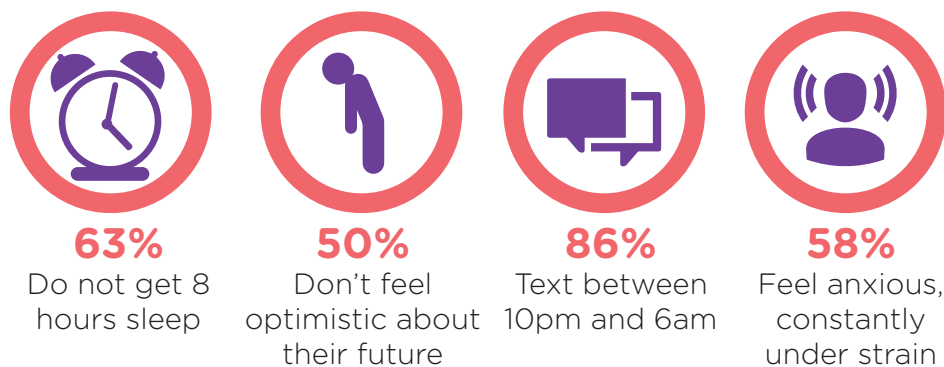
The peak levels of resilience for students in Knox is during the primary school years. Over the course of their schooling, the majority of students in year 4 – year 7 experience high levels of resilience, this begins to decline during the high school years.

**“Make school less stressful.”**

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?



**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?

“Reverse time to allow us to undo any mistakes we make and prevent any unnecessary damage.”