

Why resilience?

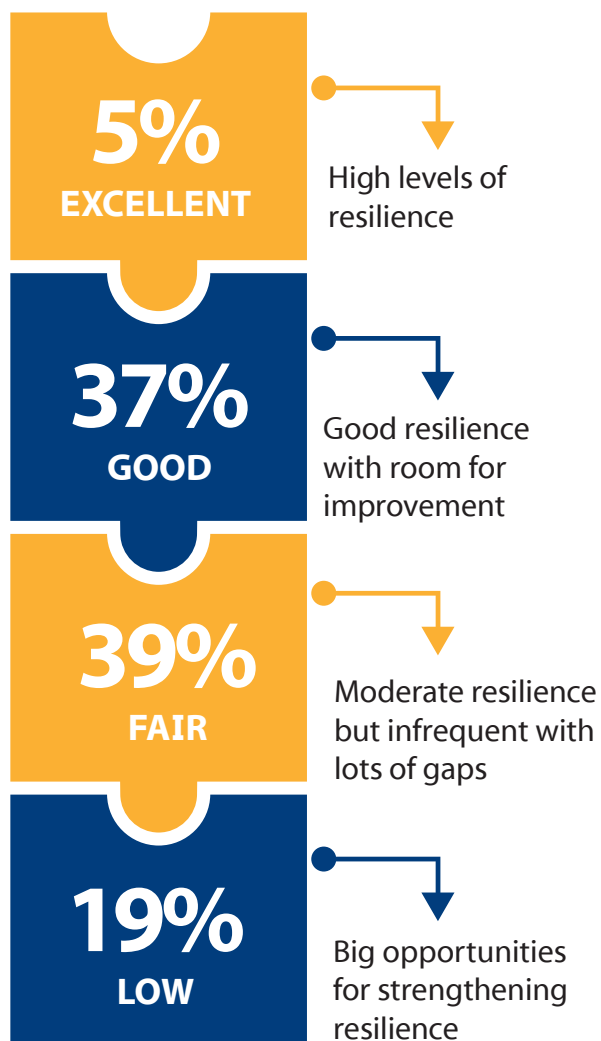
Resilience can be defined as the ability to 'bounce back' and cope with the adversity of life. By supporting our young people to build their strengths we are in turn helping to build their resilience and ensure they have the ability to bounce back and cope with the adversities that they may face.

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.

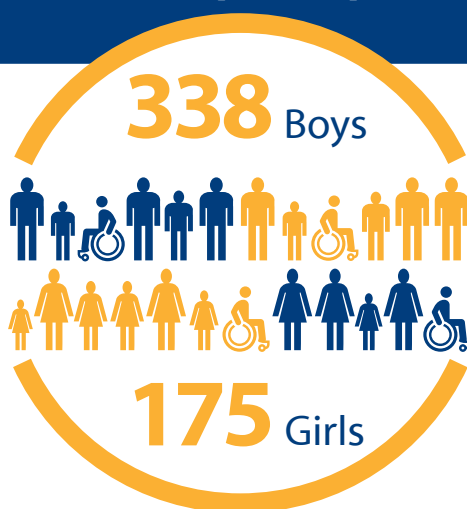


Snapshot of resilience



Number of students that participated in the survey

513
Year 8 students participated



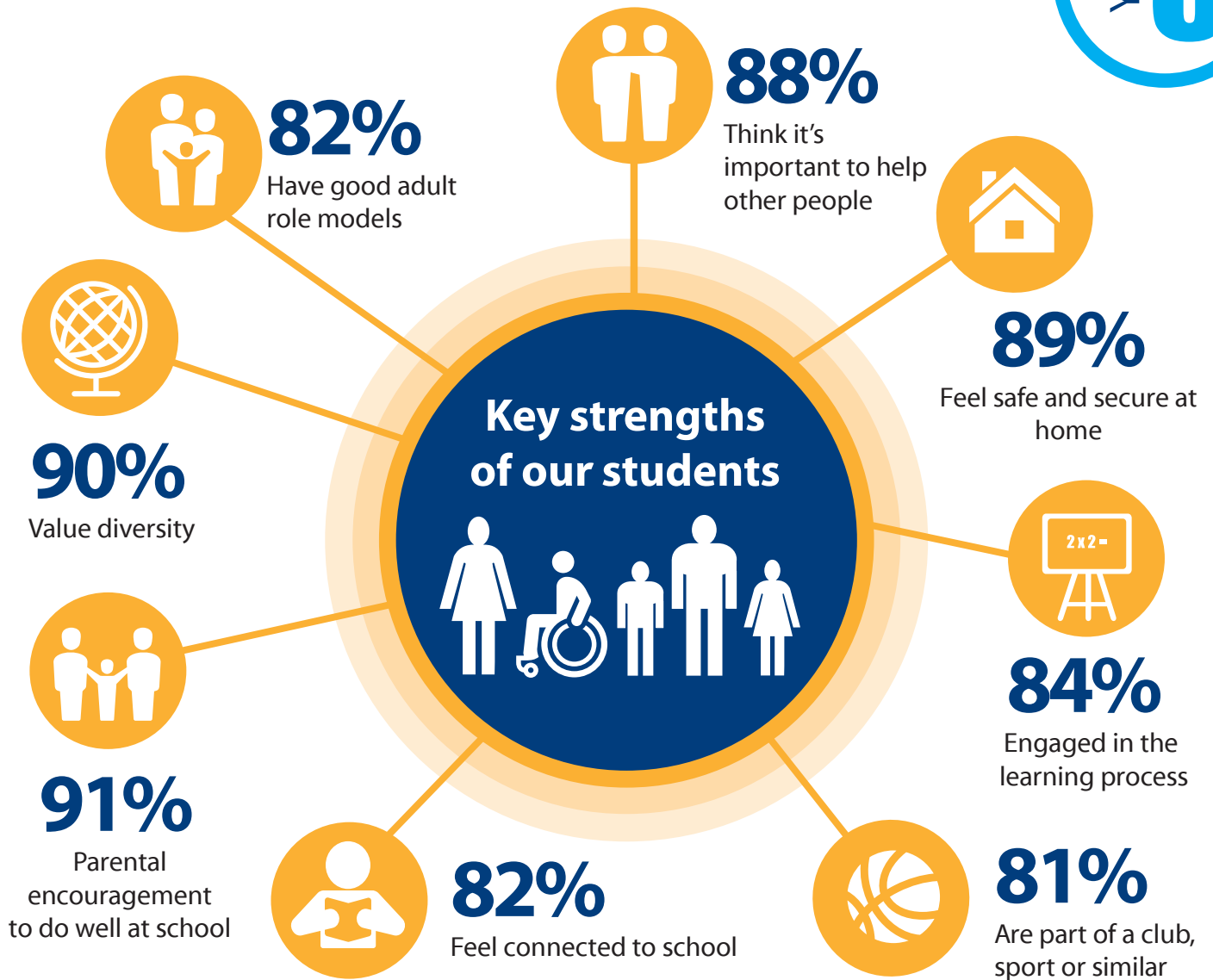
Overall picture for Knox

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.

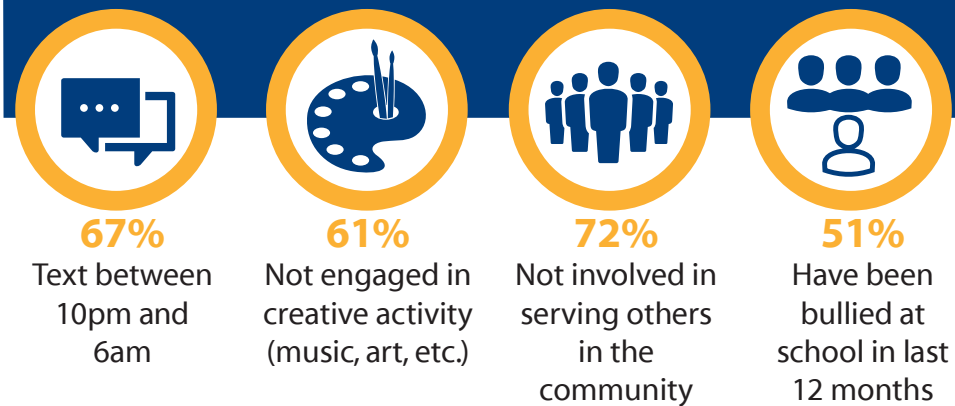
What would young people in Knox do to support each other?

"I wish I could stop all of the bullying that goes on in school, even though I know that that is a much bigger problem than I am willing to accept. I don't necessarily receive it myself, but I see it happening to some of my friends and I don't always have the guts to stand up for them, but the reality is, I shouldn't have to because it shouldn't be happening."





Areas for improvement



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

"If we're talking about rational things, it would be that we would be given all work in class and finish it off as homework, rather than being given a tiny bit of work in class and the rest as homework. This way, kids are responsible for the amount of homework they get and it is possible to have more free time."