

What is the Knox Resilience Survey?

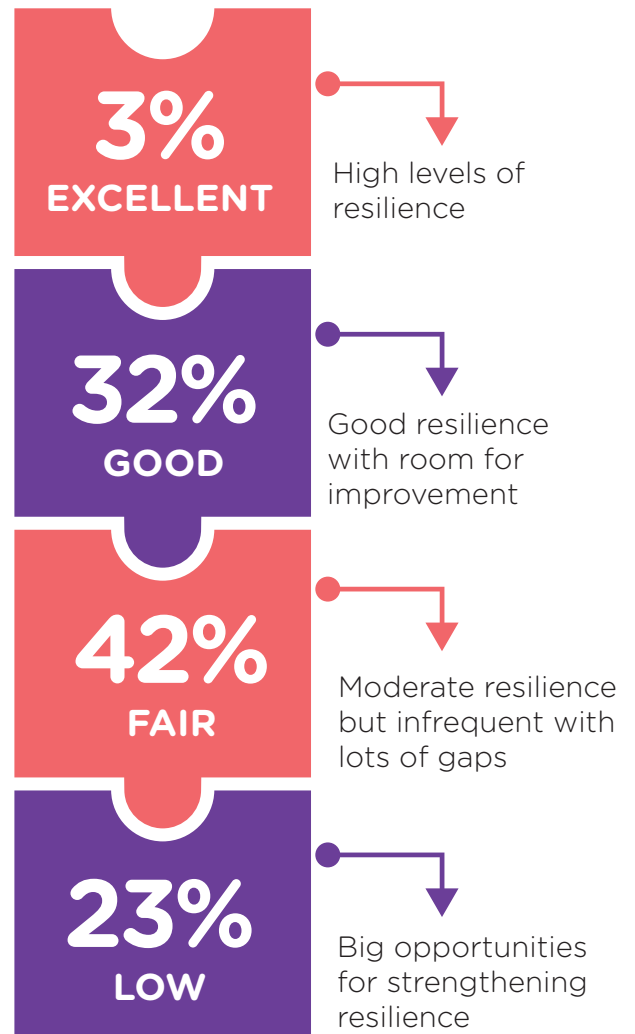
Knox City Council, in partnership with the School Focused Youth Service program, have been working with Resilient Youth and our local schools since 2014 to undertake a survey of our students. The Resilience Survey provides schools, and Council, with an indication of the levels of resilience amongst our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



Why resilience?

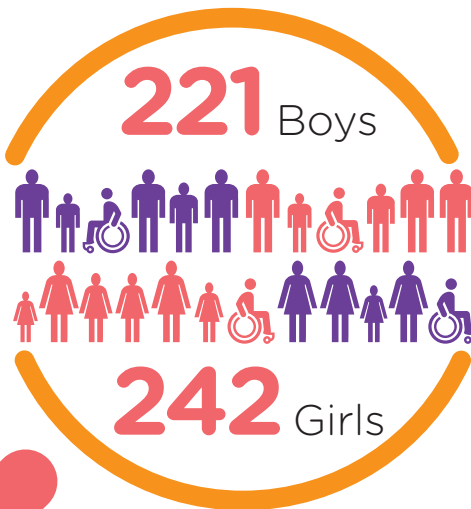
Resilience can be defined as the ability to ‘bounce back’ and cope with the adversity of life. By supporting our young people to build their strengths we are in turn helping to build their resilience and ensure they have the ability to bounce back and cope with the challenges of life.

Snapshot of resilience



Number of students that participated in the survey

463
 Year 9 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?

“Make everyone be able to recognize their self-worth and know how important they are to the world.”

80%

Feel they take responsibility for their own actions



71%

Feel included in family tasks and decisions



70%

Are part of a club, sport or similar



89%

Feel their parents help them to succeed



87%

Think it's important to help others



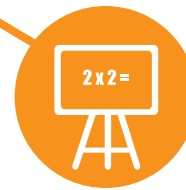
79%

Have empathy, sensitivity and friendship skills



91%

Value diversity



79%

Are engaged in the learning process

79%

Are eager to achieve



89%

Feel safe and secure at home



86%

Consider themselves trustworthy

Areas for improvement



51%

Do not get 8 hours sleep



64%

Don't feel they are helping to make their community a better place



76%

Text between 10pm and 6am



37%

Are losing sleep though worry

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?

"Making sure they are aware that everything they do good or bad makes them become stronger and will develop them as a person."