

2017 survey findings A Resilience Snapshot in the City of Greater Dandenong Years 7 & 8



What is resilience?

Resilience is the ability to flexibly cope with the demands of life and bounce back after times of adversity. Building resilience is about developing individual character strengths and relationships with others, as resources to draw upon when required. The more of these resilience strengths a young person has, the more they will develop and fulfil their potential in school and life. They are also less likely to engage in risk taking behaviours.

What is the Resilience Survey?

In 2017, the City of Greater Dandenong partnered with Resilient Youth Australia and local schools, capturing over 5800 survey responses across Grade 3 to Year 12. The resilience survey provides a comprehensive picture of resilience in young people in the City of Greater Dandenong.

The survey provides feedback on more than 80 indicators of resilience across a range of areas. These indicators are the qualities, opportunities and conditions that characterise high levels of resilience. They act as assets or protective factors in a young person's life.

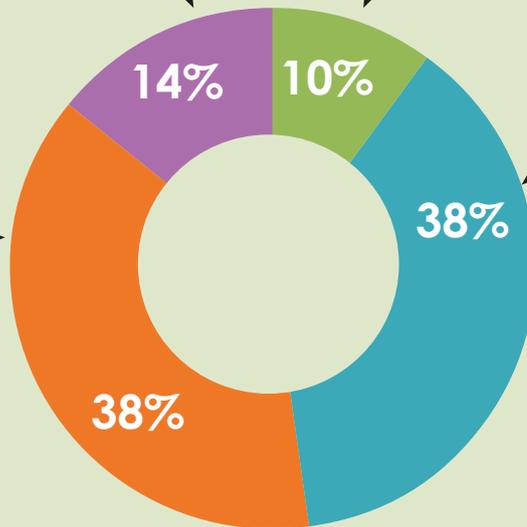
Young people in Years 7 & 8 continue to show strong connection to school and a high level of engagement in learning. However many indicated a lessened connection to community. While most young people report feeling safe at home, bullying and feeling safe in one's neighbourhood were highlighted as concerns.

At a glance

A profile of the overall resilience levels for this age group

Low: big opportunities for strengthening resilience in most areas

Fair: borderline, some assets present but many require strengthening



Excellent: very strong levels of resilience, abundant assets present

Good: high levels of resilience, but room for improvement

1216

Grade 7 & 8 students participated in the resilience survey



725 Females 491 Males

To find out more, visit: www.youth.greaterdandenong.com or www.resilientyouth.org.au

Key Strengths

YEARS 7 & 8

90%
feel safe at home



92%
value diversity



89%
feel connected
to school



94%
say their parents
try to help
them succeed



85%
Engaged in learning



91%
think it's
important to
help other
people



Key Challenges

32%
do not keep physically fit



32%
say they don't
spend quality time
with their parents



46%
don't eat
breakfast at
home each day



60%
text between
10pm and 6am



25%
don't feel they have a
safe neighbourhood



44%
have been bullied at
school in the last 12
months



Suggested Actions

Building resilience in Years 7 & 8 is about:

- Supporting students after the transition from primary to secondary education
- Strengthening positive relationships with adults, family, school and community
- Supporting empowerment through youth-led projects
- Exploring perceptions of safety with young people, and addressing concerns to strengthen connection to place
- Encouraging participation in leisure and recreation activities that promote a healthy mind and body

