

A Resilience Snapshot in the City of Greater Dandenong 2015, 2017 & 2019 Survey Summary

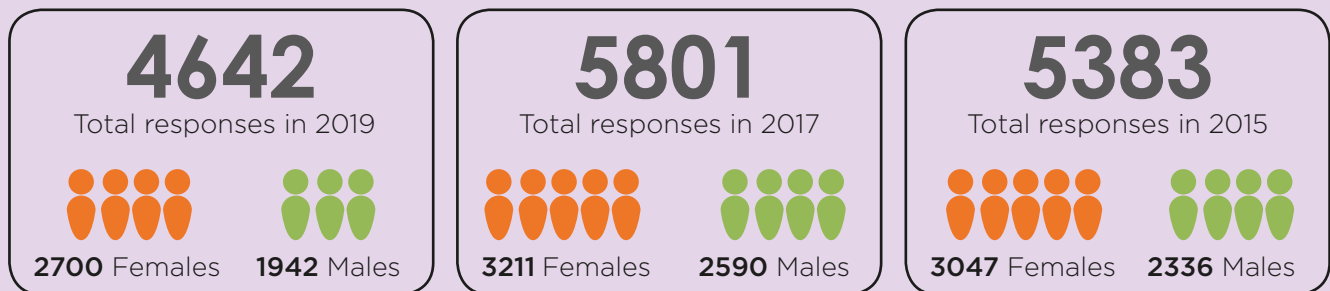


What is resilience?

Resilience is the ability to flexibly cope with the demands of life and bounce back after times of adversity. The Resilience Survey provides feedback on the qualities, opportunities and conditions that characterise high levels of resilience. They act as assets or protective factors in a young person's life.

The City of Greater Dandenong has partnered with local schools and Resilient Youth Australia to conduct the Resilience Survey in 2015, 2017 and 2019. The survey provides a comprehensive picture of the resilience of young people in the City of Greater Dandenong, with the ability to compare results and monitor change over time.

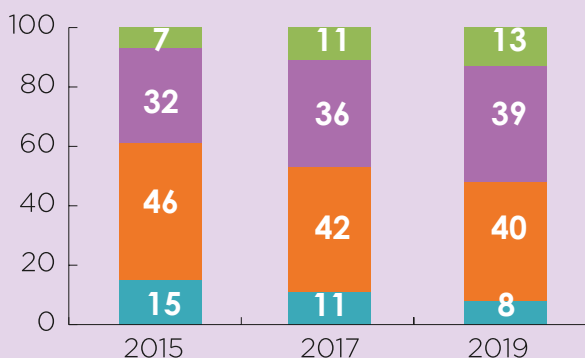
At a glance



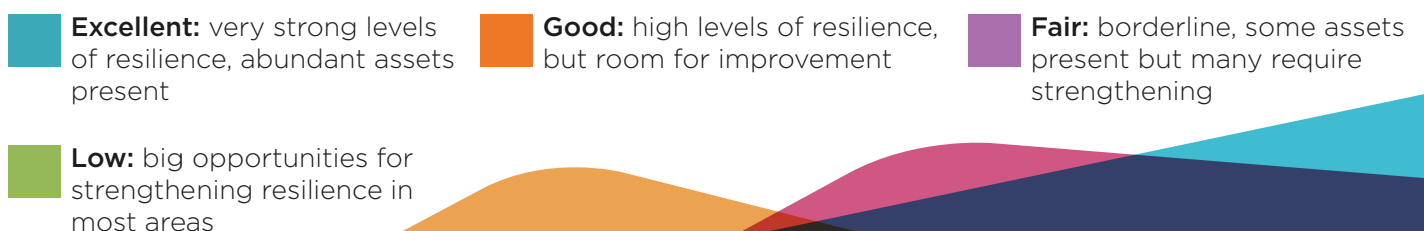
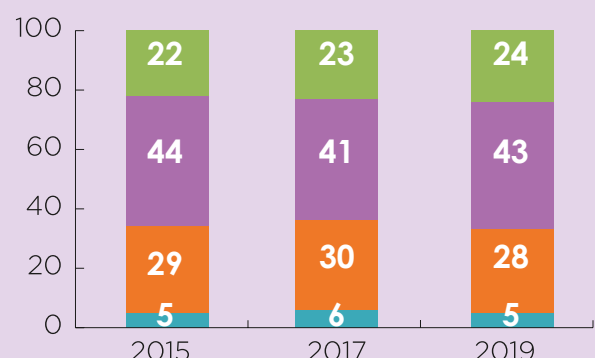
Resilience is highest in primary school, with significant declines in resilience observed when students move from Grade 6 to Year 7; and Year 10 to Year 11.

The information below represents a comparison of the overall resilience levels for primary and secondary students in 2015, 2017 and 2019. Overall resilience levels have declined slightly amongst primary school students, and remained relatively consistent for secondary school students.

Grades 3 to 6



Years 7 to 12



Key Strengths and Challenges by Gender (Grade 3 to Year 12)

Male students

- Strengths**
- Problem solving
 - Feeling good about themselves
 - Feeling good about their future

Female students

- Strengths**
- Social skills
 - School belonging
 - Educational engagement

Changes over time


The Resilience Survey has been conducted with students in the City of Greater Dandenong on a biennial basis since 2015. This allows for comparison of results over time.

The following changes have been noted across grade 3 to year 12, comparing all students surveyed in 2015 to all students surveyed in 2019. These changes reflect both strengths and challenges for young people.

Trends (2015 - 2017)

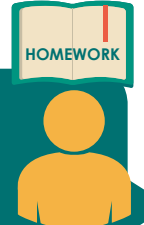
66%

of primary school students are now keeping fit (compared to 77% in 2015)



13%

of primary school students are now doing more than 2 hours of homework each night (compared to 25% in 2015)*




85%

of secondary school students are engaged in learning (compared to 82% in 2015)



62%

of students feel adults listen to them (compared to 75% in 2015)



Key Transition Points

The Resilience Survey has consistently shown a decline in overall resilience levels as young people move from:

- Grade 6 to Year 7
- Year 10 to Year 11



Key Strengths and Challenges by Age

Primary school students

- Are more likely to be keeping fit
- Are less likely to feel constantly under strain
- Feel more optimistic about their future
- Spend more quality time with their parents

Secondary school students

- Are more likely to stand up for what they believe in
- Experience fewer incidents of bullying at school
- Show a greater appreciation of diversity
- Feel safer at home