

# 2019 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 2019, the City of Greater Dandenong partnered with Resilient Youth Australia and local schools, capturing over 4600 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.

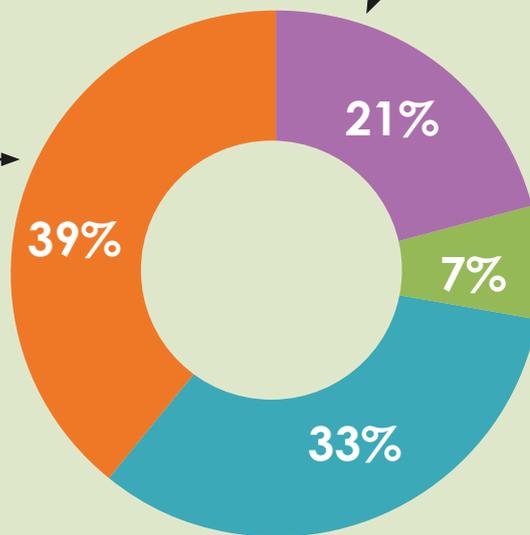
The survey provides feedback on more than 80 indicators of resilience across a range of areas. These indicators are the qualities, opportunities and conditions that characterise high levels of resilience. They act as assets or protective factors in a young person's life.

Young people in Years 7 & 8 continue to show strong connection to school and a high level of engagement in learning. However, as students transition to high school, challenges around physical fitness and healthy eating habits become more pronounced. Challenges around young people feeling good about themselves, and their perceptions of community safety also emerge during this time.

## At a glance A profile of the overall resilience levels for this age group

**Fair:** borderline, some assets present but many require strengthening

**Good:** high levels of resilience, but room for improvement



**Low:** big opportunities for strengthening resilience in most areas

**Excellent:** very strong levels of resilience, abundant assets present

# 1384

Year 7 & 8 students participated in the resilience survey



828 Females 556 Males

To find out more, visit: [www.youth.greaterdandenong.com](http://www.youth.greaterdandenong.com) or [www.resilientyouth.org.au](http://www.resilientyouth.org.au)

## YEARS 7 & 8

### Key Strengths

**86%**  
feel safe at home



**93%**  
value diversity



**84%**  
feel connected  
to school



**90%**  
say their parents  
try to help  
them succeed



**89%**  
engaged in learning



**89%**  
think it's  
important to  
help other  
people



### Key Challenges

**39%**  
do not keep physically fit



**37%**  
say they don't  
spend quality time  
with their parents



**49%**  
don't eat  
breakfast at  
home each day



**66%**  
text between  
10pm and 6am



**24%**  
don't feel they have a  
safe neighbourhood



**49%**  
struggle to  
solve problems



### 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

