

# 2019 survey findings A Resilience Snapshot in the City of Greater Dandenong Grades 5 & 6



## 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?

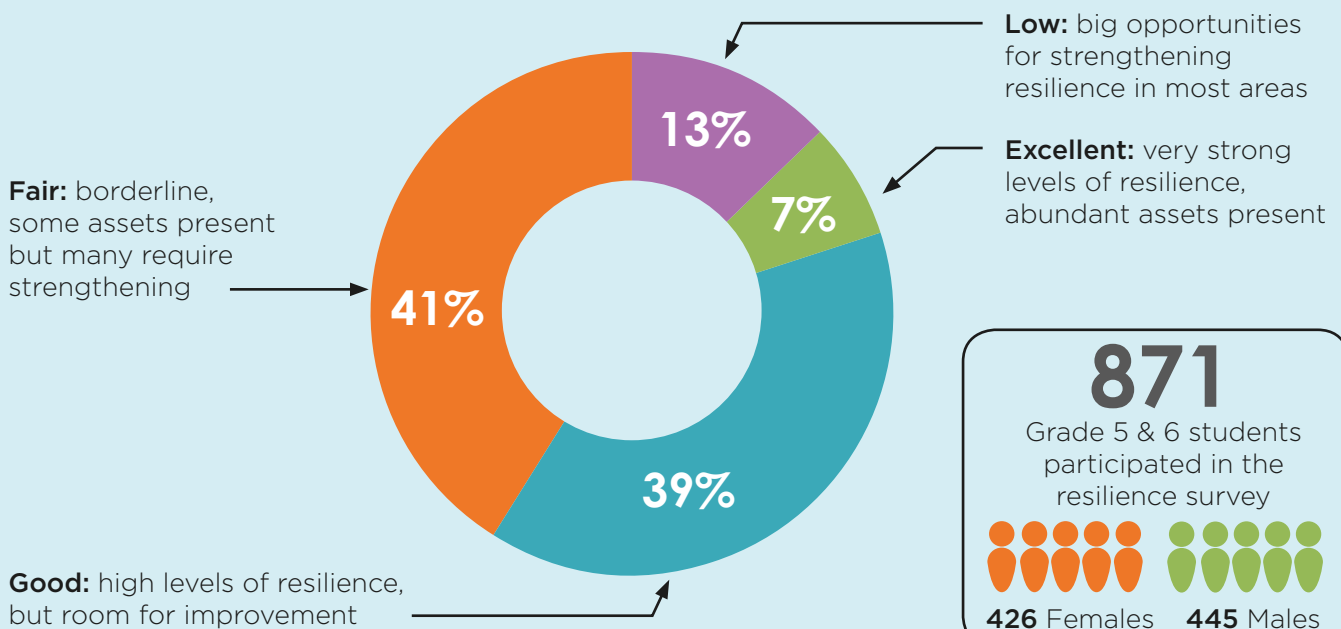
In 2019, the City of Greater Dandenong partnered with Resilient Youth Australia and local schools, capturing over 4600 survey responses across Grade 3 to Year 12. The resilience survey provides a comprehensive picture of resilience in young people in the City of Greater Dandenong.

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.

Grades 5 & 6 present an opportune time to consolidate resilience. Young people are overwhelmingly positive, engaged and enthusiastic. We need to harness this momentum in supporting their transition into secondary education.

## At a glance

A profile of the overall resilience levels for this age group



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

## Key Strengths

## GRADES 5 & 6

87%

feel encouraged  
by teachers



90%

value diversity



93%

are engaged  
in learning



85%

are motivated  
to learn



85%

feel safe  
at home



89%

think it is  
important to  
help other  
people



## Key Challenges

44%

struggle to build  
friendships



44%

text between  
10pm and 6am



41%

are not able to  
trust others



## Suggested Actions

**Building resilience in Grades 5 & 6 is about:**

- Preparing students for the transition from primary to secondary education
- Strengthening family and community connections as a foundation to support transition
- Focusing on maintaining respectful relationships with peers
- Developing communication skills and empathy to help create, maintain and repair friendships
- Developing learning and study skills such as note taking, memory and concentration
- Capitalising on young people's high levels of engagement to develop skills that build academic success such as creativity, problem solving, decision making and persistence

