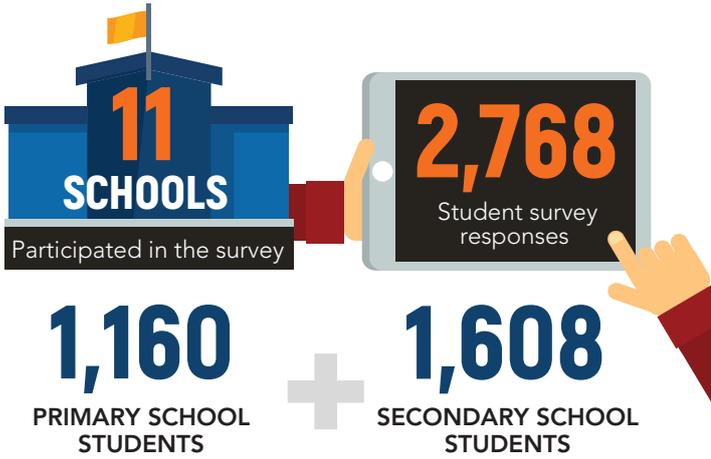




RESILIENCE

Caring for yourself and caring for others

City of Port Phillip surveyed young people about their resilience in 2019.
Here is what they had to say:



YOUNG PEOPLE'S IDEAS FOR BUILDING RESILIENCE

- "Support from friends and family"
- "Have someone to talk to"
- "Have strategies for self-care"
- "Community connection"
- "Self-belief"
- "Reduce screen time and social media"
- "Action on climate change"

STRENGTHS

POSITIVE RELATIONSHIPS

91% have love and support from family

SOCIAL SKILLS

92% can disagree and still be friends

SAFETY

90% are not bullied at school

POSITIVE VALUES

94% value helping others

KEY CHALLENGES

UNDERSTANDING SELF

56% can't talk about things that upset them

HEALTHY BODY

26% don't keep physically fit

HEALTHY MIND

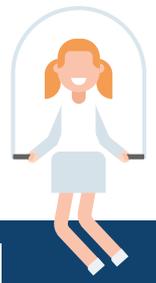
33% have trouble sleeping

POSITIVE IDENTITY

39% can't find a way to solve problems



RESILIENCE



MIDDLE YEARS PROFILE (8 – 11yrs) Primary School

STRENGTHS



POSITIVE RELATIONSHIPS

95% are encouraged by parents



SOCIAL SKILLS

93% are good at keeping friends



POSITIVE VALUES

97% value helping others



KEY CHALLENGES



POSITIVE IDENTITY

33% don't know ways to problem solve



UNDERSTANDING SELF

41% can't talk about things that upset them



YOUNG PEOPLE'S IDEAS

"Help kids feel confident."



"Not as much technology."

"Have a role model in your life."

"Make our environment healthier."



"Follow your dream."

YOUNG PEOPLE PROFILE (12 – 18yrs) Secondary School

STRENGTHS



POSITIVE RELATIONSHIPS

90% are encouraged by parents



SOCIAL SKILLS

91% can disagree and still be friends



POSITIVE VALUES

91% value helping others



KEY CHALLENGES



HEALTHY MIND

45% are critical of themselves
43% reported spending more time alone

HEALTHY BODY

52% don't get enough sleep

POSITIVE IDENTITY

45% don't know ways to problem solve

UNDERSTANDING SELF

48% are not able to talk about things that upset them

YOUNG PEOPLE'S IDEAS

"Help young people to be positive and happy."



"Believe in yourself."

"Support mental health."

"Make sure all young voices can be heard."



"Stop climate change!"

"Help everyone feel accepted."

"Less time on social media."



Become a resilience builder
www.portphillip.vic.gov.au/developmental-assets-survey.htm

