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

11 SCHOOLS Participated in the survey

1,160 PRIMARY SCHOOL STUDENTS + 1,608 SECONDARY SCHOOL STUDENTS

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

YOUNG PEOPLE PROFILE (12 – 18yrs) Secondary School

**STRENGTHS**

**POSITIVE RELATIONSHIPS**
93% are good at keeping friends

**SOCIAL SKILLS**
95% are encouraged by parents

**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 (8 – 11yrs) Primary School

**STRENGTHS**

**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 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.”

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Become a resilience builder