

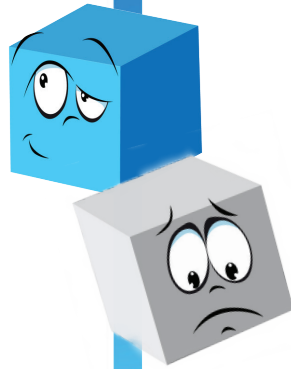
The Cardinia Shire Youth Forum Survey Results

Who responded?

2320 young people

12 - 14 years 62%
15-17 years 33%
18-24 years 5%

Female 50%
Male 47%
Gender other than male/female 3%



Top ten concerns

1. School or work related stress (35%)
2. Stress (31%)
3. Being unhappy (29%)
4. Anxiety (22%)
5. Body image (18%)
6. Life changing events (15%)
7. Bullying (15%)
8. Financial/money (9%)
9. Being overweight (9%)
10. Peer pressure (9%)

Overall 22% (1 in 5) of respondents stated they didn't have any issues of concern

Causes of stress

School	63%
Other/media	29%
Family	25%
Friends	22%
Work	14%
Bushfires	6%

*Other – World events such as ISIS, terrorism, racism, war and conflict, discrimination and tragic stories, social media, relationships/family breakdown and homework

Things that are important to young people

Friends 62%	Education 48%
Family 65%	Sport 41%
Feeling happy 53%	Being safe at home 39%
Being healthy 51%	Being accepted 35%
Being successful 48%	Safety 31%

Who young people turn to for advice?

1. Friends 62%
2. Immediate family 45%
3. Extended family 25%
4. School teachers 20%
5. Adult outside the family 14%
6. Doctor 7%
7. Social media 7%
8. School counsellor 7%
9. Youth workers 5%
10. Other - website information 4%

What stops them attending activities/school/work?

Lack of confidence 25%
Anxiety 17%
Other 13%
Money 10%
Depression 10%
Bullying 8%
No transport 5%
Isolation 4%
Having a disability 2%

*Other – being sick or other medical reasons, lack of motivation and sleep deprivation and homework (50% of respondents said nothing was stopping them)

What's wanted in the local area?

1. Social Activities - cinemas, sport related, music festival/ gigs/concerts
2. Services – counselling, support groups (GLBTIQ), youth centres
3. Education/employment – job opportunities, educational programs/course and university
4. Other – Improving the environment, better access and speed of internet, improved access to transport.

What they do now in their spare time?

1. Hanging out with friends (51%)
2. Internet (48%)
3. You Tube (46%)
4. Instagram (41%)
5. Hanging out with family (39%)
6. Facebook (36%)
7. Gaming (33%)
8. Music (band/lessons/playing) (31%)
9. Outdoor sports activities (31%)
10. Snapchat (27%)

Changing one thing to help young people in Cardinia Shire

1. More activities
2. More sporting groups and activities
3. Ensuring people feel safe
4. Increase equality and decrease discrimination
5. Stop bullying
6. Other (improving internet access and speed and limit use of internet and social media)

Council's actions to address these issues

- Programs and activities
- Working with community
- Community education

For more information about the results please visit our cardinia.vic.gov.au/youth