



## **Youth Wellbeing Study Survey: Summary of results so far.**

**Hi there! You're receiving this summary from us because you have completed our youth wellbeing survey at school, and ticked a box to say you'd like a summary of the results. Firstly, thank you so much for taking part in our survey; we really appreciate your help. The information we have from participants is going to help us create resources for young New Zealanders and schools.**

### **Who are we?**

We are the Youth Wellbeing Study (YWS) research team from Victoria University. We are a team of researchers and mental health practitioners, including Associate Prof. Marc Wilson, Dr. Jessica Garisch (Research Fellow, Clinical Psychologist), Dr. Robyn Langlands (Research Fellow, Clinical Psychologist), Dr. Lynne Russell (Senior Research Fellow – Māori Health), Angelique O'Connell (Consultant Clinical Psychologist), Tahlia Kingi (PhD Candidate, Clinical Psychology Student), Emma Brown (PhD Candidate, Clinical Psychology Student), Maddie Judge (PhD candidate) and Kealagh Robinson (Research Assistant). We are supported with Māori cultural advice by our *Kaitakawaenga*, Witeria (Witi) Ashby.

### **What is the Youth Wellbeing Study (YWS)?**

The YWS is a research project run through the School of Psychology at Victoria University, funded by the Health Research Council of New Zealand. We are investigating several aspects of youth or rangatahi wellbeing (e.g. how young people think and behave, whether they feel connected to their family and whānau, etc.). We are particularly interested in understanding why some young people or rangatahi hurt themselves on purpose. As part of the overall project we are creating resources for young people, rangatahi, schools, parents and whānau. There are several parts to the overall project, including the survey, interviews and focus groups with school counsellors, and interviews and focus groups with youth and rangatahi.

### **Where do these results in this summary come from?**

The YWS survey was given to Year 9 and 10 students from sixteen different schools in the wider Wellington region to complete from November 2012 – December 2013. The survey took about 30 minutes to complete, and was run during class time. The same group of students will be invited to complete the survey each year, over the next three to four years. This will allow us to track how students' lives and experiences change over time.

After taking part, students were given debriefing information and a list of contact details for services in the community, should they wish to seek support (a generic copy of the support sheet is attached).

*Below we summarise the results from the first round of the survey.*

### **Who took part in Wave 1?**

- 937 students took part in the survey
- 43% were male and 57% were female
- 70% identified as Pākeha, 8% as Māori, 4% as Pacific Islander, 2% as Chinese, 2% as Indian, 10% as non-listed ethnicity and 5% could not choose a single ethnicity to identify themselves.

### **Reported experiences of the secondary school student sample:**

#### **Are students being bullied?**

Almost half of the participants reported that they had not been bullied in the past year. Of those who had been bullied, most had only experienced bullying occasionally. However, a small number (12%) had experienced bullying at least once a week over the past two months.

#### *Types of bullying:*

- Most common types of bullying were
  - Being teased
  - Called names
  - Being left out of things on purpose

#### *Why student thought they were bullied:*

The most common reasons for being bullied were body size or shape, and working hard at school. However, a large proportion of students also indicated that they did not know why they were bullied.

*If you, or someone you know is being bullied, please get support. Bullying is not okay. Your school guidance counsellor and year level dean will have some ideas for managing bullying. There may also be a peer support or peer mediation group at your school, to help with bullying. It is okay (and brave) to ask for help.*

#### **Struggles some students are having:**

Some students reported engaging in behaviours that are harmful, such as self-injury, and alcohol and drug use. About 1 in 5 students reported that they had hurt themselves on purpose at some point. Similarly, about 1 in 5 students said they had drunk alcohol in the past 12 months. Only a small number of students said they had used drugs (5% had used cannabis, and 3% had used another drug to get high).

*Again, if you are someone you know is struggling with self-injury, or alcohol or drug use, please seek support. Your school guidance counsellor or a support agency (see list of support services attached to this summary) may be able to help.*

### **Positive things that students had to say:**

#### **The majority of the 937 participating students were doing well 😊**

- Many students felt school was an important part of their life.
- 64% of students felt that they were doing well at school.
- Most students felt happy in their family or whānau life and felt as though they were cared for.
- 80% had an adult outside of their family or whānau they could talk to if they were having a problem.
- Many students were involved in an organisation or extra-curricular group.
- Most (four out of every five) students felt good about themselves.

### **Where to from here?**

We will be coming back into the schools who participated in Wave 1 to run the survey again with the same group of students each year, over the next three or more years. Coming back to survey the same students year after year will allow us to see how students' wellbeing changes over time, and what factors interconnect with each other. Each year we will be creating summaries of our findings, and send copies out to people who want them (and post these summaries on our website).

### **Want more information about youth or rangatahi wellbeing?**

At the end of this summary we provide a list of agencies, services and websites related to youth or rangatahi wellbeing and mental health. We also provide links to resources on our website:

<http://www.victoria.ac.nz/psyc/research/youth-and-wellbeing-study>

### **Comments or Questions?**

If you have any comments or queries about the above summary please contact the Youth Wellbeing Study team ([Youth-Wellbeing@vuw.ac.nz](mailto:Youth-Wellbeing@vuw.ac.nz) or phone (04) 463 9657).

For information about Health and Disability advocacy please contact the Health and Disability Commission (advocacy services) on 0800 555 050 or email [advocacy@hds.org.nz](mailto:advocacy@hds.org.nz)

**Thanks again for taking part in the survey.  
Your contribution is very much appreciated! 😊**



## Support information

### **Youthline (Available throughout New Zealand)**

Youthline offers a free, confidential, and non-judgemental telephone counselling service. You can ring 0800 376 633, text 234 (free text service) or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz) or go to [www.youthline.co.nz](http://www.youthline.co.nz)

### **In Wellington:**

**Vibe:** Vibe is a free health and support service for young people or rangatahi aged 10-24. They have offices in Lower Hutt and Upper Hutt. You can visit their website at [www.vibe.org.nz](http://www.vibe.org.nz).

**Evolve:** Evolve is a youth service in central Wellington for young people or rangatahi aged 10-25. You can check them out at [www.evolveyouth.org.nz](http://www.evolveyouth.org.nz), email them at [reception@evolveyouth.org.nz](mailto:reception@evolveyouth.org.nz) or give them a call on (04) 473 6204.

**Child and Adolescent Mental Health Service (CAMHS):** This is a mental health service for young people and their families, run by your local District Health Board (DHB). CAMHS provides assessment and treatment for moderate to severe mental health difficulties. There are three DHB services in the wider Wellington region, each with their own CAMHS service:

*CAMHS, Capital and Coast DHB:* People in need of mental health support can contact Te Haika (ph. 0800 745 477), to seek advice or referral options.

*CAMHS, Wairarapa DHB:* To access mental health support in the Wairarapa, contact the Mental Health Access Centre on 0508 432 432. The Mental Health Access Centre offers contact for urgent and non-urgent referrals, consultation, liaison and education regarding mental health.

*Infant, Child and Adolescent Mental Health Service, Hutt Valley DHB:* This service offers assessment and treatment for children and young people aged 0 – 18 years, with access via a referral from a GP or another health practitioner.

### **In Kapiti**

**Kapiti Youth Support (KYS):** is a free confidential health and support service for anyone aged 10 - 24 living in Kapiti. There are two locations; Paraparauma (ph. (04) 905 9597) and Otaki (ph. (06) 364 7305). Visit their website [www.kys.co.nz](http://www.kys.co.nz)

### **In the Wairarapa**

**Pathways:** Provider of community based support for mental health.

Address: 20 Victoria Street, Masterton

**Supporting Families:** Provides services for families or whānau and individuals who experience mental health difficulties.

Address: 323 Queen St, Masterton. Phone: 06 377 3081. Website: [www.sfwai.org.nz](http://www.sfwai.org.nz)

**Te Hauora Runanga o Wairarapa:** Delivers Kaupapa Maori Health and Support services. All ethnic groups may access the service.

Address: 15 Victoria St, Masterton. Phone: 06 378 0140. Website: [www.tehauora.org.nz](http://www.tehauora.org.nz)

### **Other helpful websites:**

[www.thelowdown.co.nz](http://www.thelowdown.co.nz)

[www.urge.co.nz](http://www.urge.co.nz)

[www.sparx.org.nz](http://www.sparx.org.nz)