



## Youth Wellbeing Study Longitudinal Survey: Summary of 2014 results

**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. 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:

Assoc. Prof. Marc Wilson  
*Principle Investigator*

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*

Dr. Maddie Judge  
*Research Fellow*

Kealagh Robinson  
*Research Assistant*

Witeria (Witi) Ashby  
*Kaitakawaenga (Māori cultural  
advice)*

### 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.

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

Over the course of 2014 the YWS survey was given to Year 10 and 11 students from sixteen different schools in the wider Wellington region. The same group of students will be invited to complete the survey each year, over the next two to three years. This will allow us to track how students' lives and experiences change over time. The survey took about 30 minutes to

complete, and was run during class 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?**

- 929 students took part in the survey
- 41% were male, 58% were female and <1% were transgender
- 72% identified as Pākeha, 7% as Māori, 4% as Pacific Islander, 1% as Chinese, 2% as Indian, 9% 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?***

Two thirds of students reported that they had not been bullied in the past year. Of those who had been bullied, most had only experienced bullying occasionally. The proportion of students who report being bullied has decreased since 2013. However, a small number (9%) of students have experienced bullying at least once a week over the past two months.

#### *Most common types of bullying:*

- Being teased
- Called names
- Being left out of things on purpose

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

The most common reasons participant's gave for why they thought they were being bullied were body size or shape, and working hard at school. However, many students also reported 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, more than a third of students said they had drunk alcohol in the past 12 months. Only a small number of students said they had used drugs (11% 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:***

Similar to 2013, the majority of the 929 participating students were doing well 😊

- Most (four out of every five) students felt good about themselves.
- Many students felt school was an important part of their life, and 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 have good friends.
- 80% had an adult outside of their family or whānau they could talk to if they were having a problem.

**Where to from here?**

We will be coming back into the schools who participated in 2014 to run the survey again with the same group of students each year, over the next two to three 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 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! 😊**



## Need some help?

Sometimes people have rough times, and need a little extra support. If you (or a friend) are feeling a bit low, or are stressed about things that are happening in your life, consider trying to get some help from an adult or support service. Below is a list a support services that you (or a friend) could contact if you'd like to talk to someone about how you're going:

**School Support:** You can talk to one of your school Guidance Counsellors. They may be able to help you themselves or may support you to talk to someone else.

**Youthline:** Youthline offers a free, confidential, and non-judgemental telephone counselling service. Just ring 0800 376 633. Or you can text 234 for a free text service even if you have no credit on your phone. If you'd prefer to email, the address is [talk@youthline.co.nz](mailto:talk@youthline.co.nz) or you could check them out at [www.youthline.co.nz](http://www.youthline.co.nz)

**Evolve:** Evolve is a youth service in central Wellington for young people 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 473 6204.

**Vibe:** Vibe is a free health and support service for young people 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).

**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 in Wellington can contact Te Haika (ph. 0800 745 477), to seek advice or referral options.

### Other helpful websites:

- The Low Down is a website that helps young people understand and deal with depression. You can check them out at [www.thelowdown.co.nz](http://www.thelowdown.co.nz)
- SPARX website ([www.sparx.org.nz](http://www.sparx.org.nz)): SPARX offers an e-therapy program, includes a mood quiz to help young people identify depression, and has information on where to get help. The phone line 0508 4 SPARX is staffed by professional counsellors 12 hours a day, seven days a week.
- Embrace the Future is a website that helps to educate young people in strategies and skills which promote and sustain resiliency and positive mental health. You can check them out at <http://www.embracethefuture.org.au/>

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