



The State Of Victoria's Children Report 2018

Recent trends in
adolescent health,
wellbeing, education
and safety

**INFOGRAPHIC
SUMMARIES ONLY**

Physical health

Adolescence is a time of intense physiological change for young people.



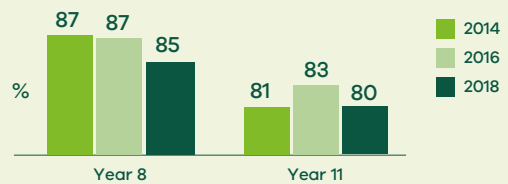
HEALTH

Children who are happy, healthy and confident are better able to fully engage within their environment, helping them to fulfil their potential.

4 in 5

Year 8 and 11 students believe that they are in good health.

Students reporting 'good health' or better.



Source: Victorian Student Health and Wellbeing Survey 2014-2018



PHYSICAL ACTIVITY

Achieving recommended health and fitness goals, and avoiding excessive sedentary behaviour, can promote better health outcomes for young people.

Fewer than 1 in 5

Year 8 and 11 students are meeting national guidelines for 60 minutes of physical activity per day.

3 in 4 Victorian students report that they are exceeding the recommended amount of two hours recreational screen time per day.



17%

MET Daily Physical Activity Guidelines



EXCEEDED Recommended Daily Screen Time

75%



Source: Victorian Student Health and Wellbeing Survey 2018



DIET

Good nutrition supports body and brain development, aids concentration at school, and reduces the risk of health problems.



Around 3 in 5

Year 8 and 11 students meet national guidelines for fruit intake.

Only 1 in 10

Year 8 and 11 students meet national guidelines for vegetable intake.



Source: Victorian Student Health and Wellbeing Survey 2018

Physical health (cont'd)



SLEEP

Sleep is an important protective factor during adolescence, influencing young people's wellbeing and academic performance.

Of the students who rate their academic ability as 'good' or better, fewer report sleep problems.



Of students with depressive symptoms, many report sleep problems.



Source: Victorian Student Health and Wellbeing Survey 2018



ACCESS

Access to health care services is important for promoting and maintaining health, preventing and managing illness, reducing unnecessary disability and premature death, and achieving health equity for Victorian adolescents.



4 in 5 Year 8 and 11 students believe that they can access physical and dental health services when needed.

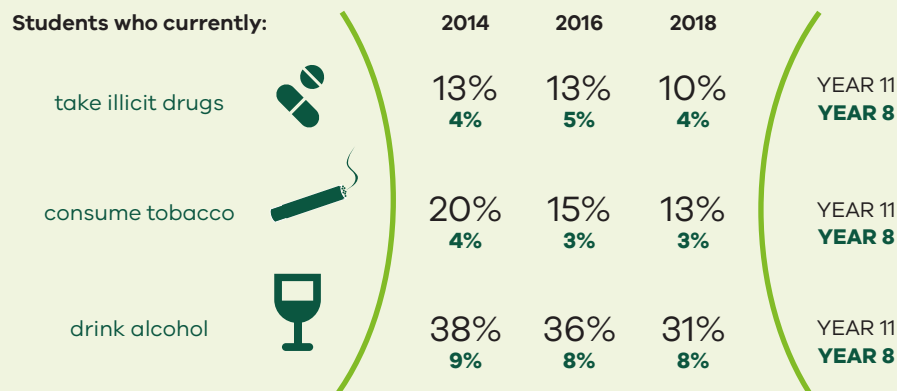
Source: Victorian Student Health and Wellbeing Survey 2018



RISKY BEHAVIOURS

The use of alcohol, tobacco or illicit drugs can have lasting consequences for a young person's health, wellbeing and life outcomes.

The proportion of adolescent students who report recent regular consumption of an illicit drug, tobacco or alcohol has declined over the past five years.



Source: Victorian Student Health and Wellbeing Survey 2014-2018

Social & emotional wellbeing

Adolescence is a crucial period of neurological and social development.

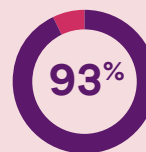


CONNECTION & SATISFACTION

Connection to peers and life satisfaction are important contributors to adolescents' wellbeing.

More than 9 in 10

Year 8 and 11 students report feeling connected to their peers.

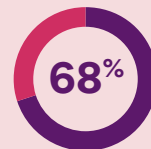


Students who feel connected to peers

Around 2 in 3

are satisfied with their quality of life. This is a significant decline on 2014 levels.

Students who feel satisfied with life



Source: Victorian Student Health and Wellbeing Survey 2018



BULLYING

Adolescents who have been bullied or cyberbullied are more likely to be absent from school, and more likely to experience negative mental health outcomes.

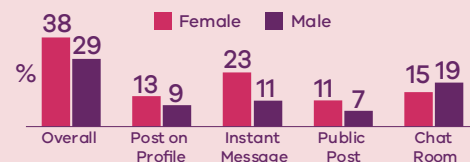
1 in 10

Victorian Year 8 and 11 students were bullied in the previous term.

1 in 10

students were cyberbullied in the past year.

Proportion of students who experienced unwelcome cyber behaviour, by gender and type



Sources: Victorian Student Health and Wellbeing Survey 2018



RESILIENCE

Resilience is an important protective factor for students' wellbeing and academic performance.

Around 3 in 5

Year 8 and 11 students report high levels of resilience – this is a significant decline on 2014 levels.

Students with high resilience



Source: Victorian Student Health and Wellbeing Survey 2018

Social & emotional wellbeing (cont'd)

Mental health remains a challenge for many young Victorians. For adolescents, poor mental health can result in disruptions to school attendance and achievement, and challenges related to social development more broadly.

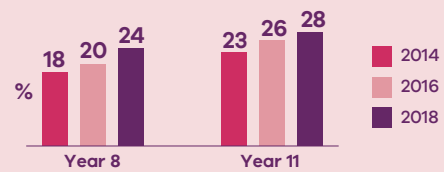


PSYCHOLOGICAL DISTRESS

Poor mental health can result in disruptions to school attendance and achievement, and challenges related to social development more broadly.

Around 1 in 4
Year 8 and 11 students report poor mental health – this is a significant increase on 2014 levels.

Students experiencing high levels of psychological distress, 2014–18



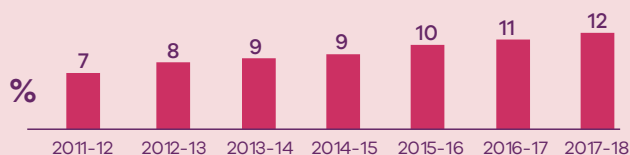
Source: Victorian Student Health and Wellbeing Survey 2014–2018



MENTAL HEALTH SERVICES

To be effective, mental health services should be appropriate to the needs of the young people receiving them, and correctly targeted to those most in need.

In Victoria, the proportion of 12–18 year olds utilising MBS-subsidised mental health services nearly doubled between 2012 and 2018.



Source: Report on Government Services, 2018

Only 2 in 5
Year 8 and 11 students believe they can access mental health services when needed.



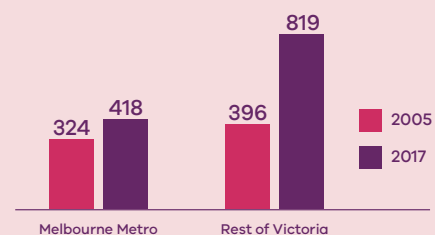
Source: Victorian Student Health and Wellbeing Survey 2018



SELF-HARM

Rates of emergency department presentations for self-harm among adolescents have nearly doubled in the past 13 years, with the largest increases outside of the Melbourne Metro area.

Rate (per 100,000 pop) of self-harm presentations to emergency departments, Melbourne Metro and Rest of Victoria, 15–19 year olds, 2005 and 2017



Source: Victorian Emergency Minimum Data (VEMD), 2005–2017

Education

The transition to secondary schooling in adolescence presents a range of new opportunities and challenges for young people, which require strong social and educational support systems—particularly for those with vulnerabilities.



TRANSITIONS

Over the course of adolescence, young people make multiple transitions – from primary to secondary school, to further education or employment.



Almost 3 in 4 Victorian government school students in Year 7 were positive about their transition to secondary school.

Source: Attitudes to School Survey 2018



More than 4 in 5 Victorian students completed Year 12 in 2017.

Source: Report on Government Services 2019



4 in 5 Victorians who left school before completing Year 12 went on to further education or employment in 2018.

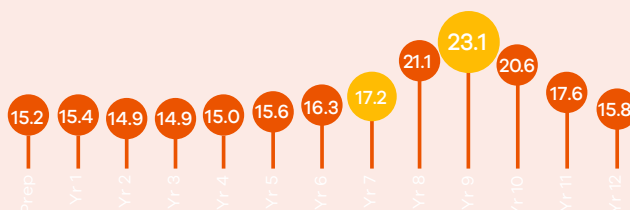
Source: On Track Survey 2018



ABSENCES

Absenteeism increases steadily following the transition from primary to secondary school, peaking in Year 9, before declining in the senior secondary years.

In 2018, students from Victorian government schools were absent for an average of 17 days.



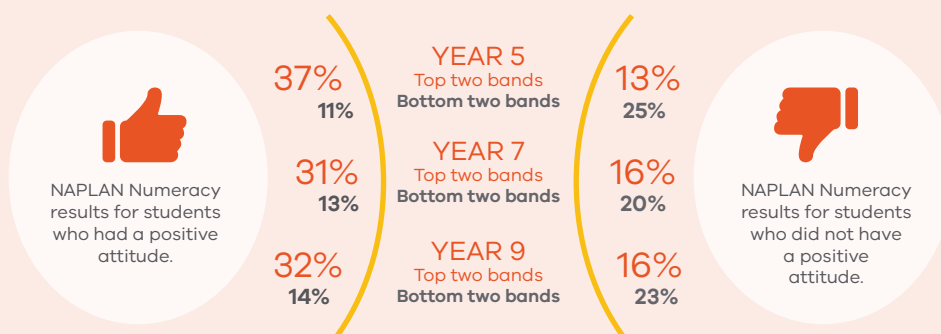
Average number of government school student absence days, by year level, 2018.

Source: Victorian government school administrative data



ATTITUDES

Attitudes to school decline in secondary schooling, particularly for students in Year 9. Students' positive attitudes are associated with higher engagement and achievement.



Source: NAPLAN, Attitudes to School Survey 2018 (DET Analysis)

Education (cont'd)

During the transition to senior secondary and post-compulsory schooling, adolescents exercise further autonomy and choice in relation to their academic progression, subject enrolments and school leaving destinations.

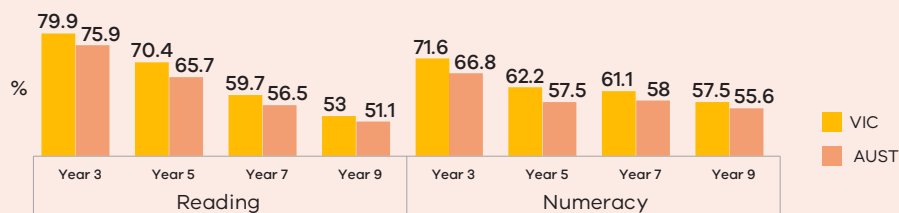


ACHIEVEMENT

NAPLAN achievement in the top three bands is an important indicator of success at school.

Victoria remains a leading jurisdiction in NAPLAN achievement, outperforming the national average across all year levels in 2018.

Students Achieving in top three bands of NAPLAN, Victoria and Australia.



Source: NAPLAN national data collection, ACARA

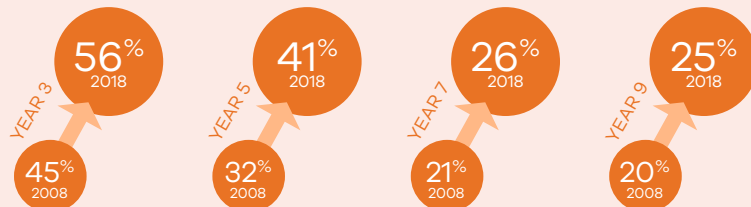


ABORIGINAL

Educational outcomes for Aboriginal students are improving.

Since 2008, the proportion of Aboriginal students achieving in the top three bands of Reading has improved for every year level.

Proportion of Aboriginal students in the top three bands of NAPLAN Reading.



Source: NAPLAN national data collection, ACARA



SUBJECT CHOICE

Social norms and expectations can influence adolescents' choices regarding future learning, including their choice of subjects.

In 2018 female students were:

5.5 x
more likely
to study Dance



3.3 x more likely to study Sociology

2.7 x more likely to study Health & Human Development and Literature

In 2018 male students were:



17 x
more likely to study
Systems Engineering

3.5 x more likely to study Physics

2.5 x more likely to study Product Design and Technology

Source: Victoria VCE enrolments 2018

Safe families & communities

Safe communities and supportive family environments are major protective factors in adolescence, enabling young people to achieve their potential while avoiding risks to their health and wellbeing.



TRUSTED ADULTS

Adolescents who believe their parents, close senior family members or guardians are there for them are more likely to have better health, be happier and do better at school than their peers.



Young people in regional areas (70 per cent) were more likely to report having a trusted adult, compared to those in metro areas (63 per cent).



10%

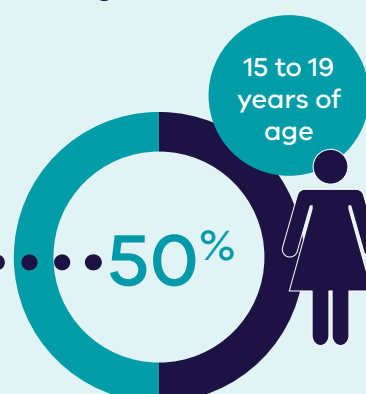
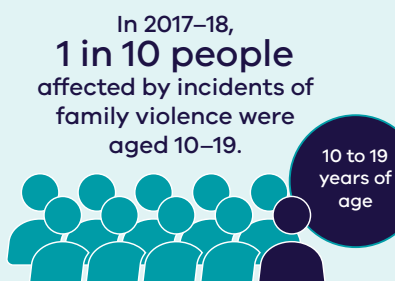
100%

Source: Victorian Student Health and Wellbeing Survey 2018



FAMILY VIOLENCE

Exposure to family violence in adolescence can be a traumatic experience, with strong potential effects on future wellbeing.



Half of all cases within this cohort, involved young women aged 15-19.

Source: Crime Statistics Agency, 2017-2018

Safe families & communities (cont'd)



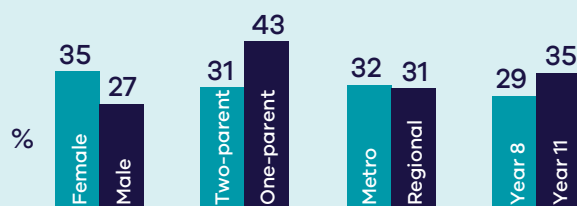
FAMILY CONFLICT

While conflict with family members can be a normal part of adolescent social development, serious family conflict can contribute to poorer physical and mental health outcomes.

Around 1 in 3

Year 8 and Year 11 students reported an experience of serious family conflict in 2018.

Conflicts were more likely to be reported by women and young people in one-parent families.



Source: Victorian Student Health and Wellbeing Survey 2018



LOCAL SAFETY

Risks to a young person's safety expand from familial to community contexts during adolescence. Neighbourhood safety is a substantial factor in shaping the likelihood that an adolescent will be a victim or become involved in anti-social or illegal activity.

In 2018, almost 9 in 10 Year 8 and Year 11 students reported that they felt safe in their local neighbourhood.



Source: Victorian Student Health and Wellbeing Survey 2018

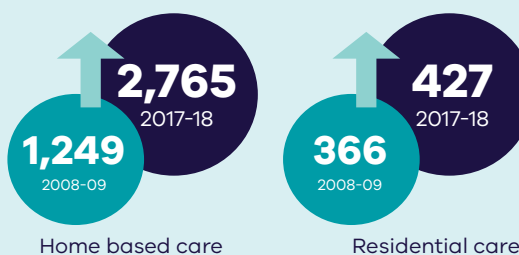


ADOLESCENTS IN CARE SERVICES

For children who cannot reside safely with their parents, care services can provide a turning point by providing stable and secure care, new opportunities and extra supports to help them recover and thrive.

The number of adolescents living in care has nearly doubled over the past ten years.

Most live in home-based care settings rather than residential facilities.



Source: Internal DHHS data



Education
and Training

