




'About You'. Victorian Students Health & Wellbeing Survey (VSHAWS) 2016

The 'About You' survey is a biannual study that has been undertaken by the Department of Education and Training since 2014 and explores topics related to health and wellbeing of students from Years 5, 8 and 11. Topics covered by the survey include physical health and health risk behaviours, psychological/emotional wellbeing, and school and family relationships.


In 2016, 12,165 students from Years 5, 8 and 11 from 306 Victorian schools were included in this anonymous voluntary survey (in which parental consent was obtained). This snapshot summarises the key findings.

Emotional wellbeing & relationships




Psychological resilience

refers to an adaptive and healthy state of social and emotional functioning. Young people who are psychologically resilient are more likely to respond constructively to challenges and difficulties they face in their lives.



Around **two in three** students showed a high level of psychological resilience.


Quality of life



Around **three in four** students were satisfied with their lives.

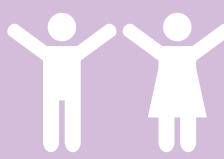
Psychological distress

was measured using an index of depressive symptoms based on the International Youth Development Study, short version moods and feelings scale.

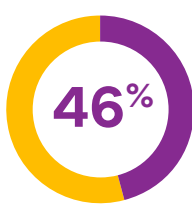


Around **one in six** students showed high levels of depressive symptoms.

Social experiences

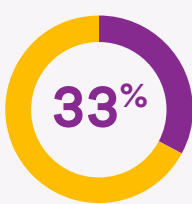


Students who reported experiencing **BULLYING**



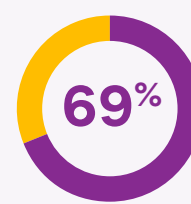
46%

Students who reported experiencing **CYBERBULLYING**



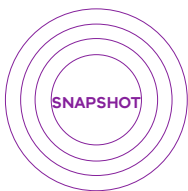
33%

Students who reported having a **TRUSTED ADULT IN THEIR LIVES**



69%

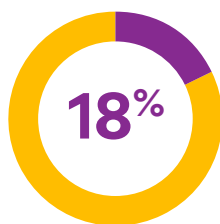
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Health conditions

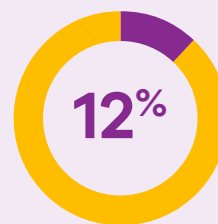


In 2016, around **nine in ten** students rated their health as **GOOD, VERY GOOD OR EXCELLENT.**



Had a special health care need*

**Definition: having or being at increased risk for a chronic physical, developmental, behavioural, or emotional condition and who also require health and related services of a type or amount beyond that required by children generally.*



Had asthma

Students from regional areas were more likely to have asthma compared to metropolitan students.

Diet and nutrition



The National Health and Medical Research Council's Australian Dietary Guidelines give advice on eating for health and wellbeing, based on scientific evidence. For students covered by the survey, the recommended daily intake of fruit and vegetables is 2 servings of fruit, and 5 to 5.5 servings of vegetables.



Around **two in three** students met the fruit intake guidelines.



Less than **one in eight** students met the vegetable intake guidelines.

Consumption of fruit and vegetables declined the older students become.

Physical activity



Participating in physical activity and sport has many benefits for young people. These include benefits for self-esteem, positive social interactions, and a reduction in the symptoms of depression. Physical activity also protects against overweight, obesity and other health issues.

Around **one in four** students met the National Physical Activity guidelines*



**60 minutes or more of physical activity every day*

Around **two in three** students exceeded the National Sedentary Behaviour guidelines*



**No more than two hours a day*



Find out more

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