

## 'About You'. Victorian Students Health & Wellbeing Survey (VSHAWS) 2018

The 'About You' survey has been conducted every two years by the Department of Education and Training since 2014 and explores the 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 2018, almost 13,000 students from Years 5, 8 and 11 from 290 Victorian schools were included in this anonymous voluntary survey (in which parental consent was obtained). This snapshot summarises the key findings.



### Health conditions

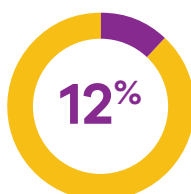


In 2018, around **nine in ten** students rated their health as **GOOD, VERY GOOD OR EXCELLENT.**



#### Had a special health care need

Females were significantly more likely to report a special health care need (24%) than males (13%).



#### Had asthma

Students from language backgrounds other than English (7%) were almost half as likely to report asthma as students from English-speaking backgrounds (13%).

### Physical activity



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

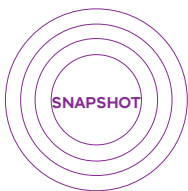
Around **one in four** students engaged in at least 60 minutes of physical activity each day.



Around **two in three** students used electronic media for entertainment for more than two hours each day.



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### Risky health behaviours



Between 2016 and 2018, the proportion of secondary school students engaging in risky health behaviours declined.



### 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.

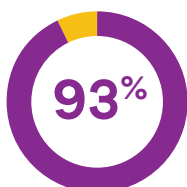


Around **one in five** students showed high levels of depressive symptoms.

### Social experiences



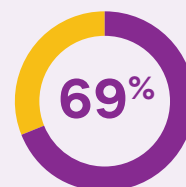
Students who report feeling **CONNECTED TO THEIR PEERS**



Students who reported experiencing **CYBERBULLYING**



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



#### Find out more

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