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.

Health conditions

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%).

In 2018, around nine in ten students rated their health as GOOD, VERY GOOD OR EXCELLENT.
Between 2016 and 2018, the proportion of secondary school students engaging in risky health behaviours declined.

Risky health behaviours

<table>
<thead>
<tr>
<th>Behaviour</th>
<th>2016</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoked</td>
<td>10%</td>
<td>8%</td>
</tr>
<tr>
<td>Drank alcohol</td>
<td>55%</td>
<td>52%</td>
</tr>
<tr>
<td>Tried illicit drugs</td>
<td>12%</td>
<td>10%</td>
</tr>
</tbody>
</table>

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: 93%

Students who reported experiencing CYBERBULLYING: 30%

Students who reported having a TRUSTED ADULT IN THEIR LIVES: 69%

Find out more
Contact the Performance Insights Team on: (03) 7022 0348 or insights.and.evidence@edumail.vic.gov.au