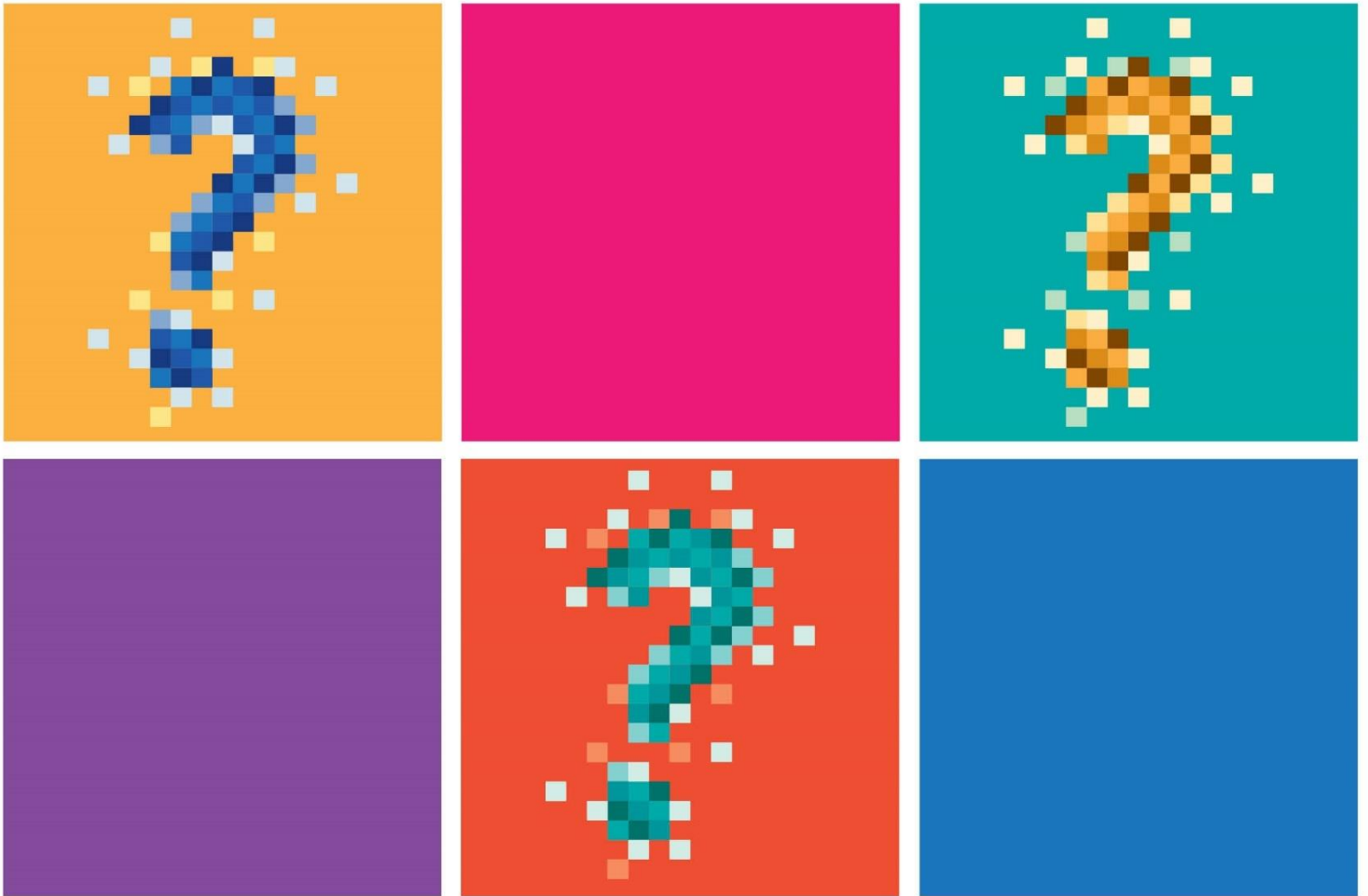


whataboutme.nz

the national youth health and wellbeing survey 2021



COMMUNITY COHORT REPORT

June 2023



Acknowledgements

We would like to thank all young people who contributed their time and energy to building this picture of young people in Aotearoa New Zealand through *What About Me?*

We would also like to thank the community organisations who welcomed us and helped us connect with young people in their spaces.

We would like to thank the members of the Māori, Pacific and technical advisory groups and our other reviewers for their contribution throughout the project.

We hope this report includes information that will help continue to support young people in Aotearoa New Zealand.

June 2023

About Malatest International

Malatest International provides expertise in research and evaluation through whānau and community engagement, te reo, tikanga and mātauranga Māori and Pacific contexts and methodologies.

We ensure that all voices are brought to the table in any research and evaluation project, and offer opportunities to learn from one another, continually building the collective capability within our team, and those with whom we work.

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What About Me? key messages from young people in this community cohort report

Government commissioned the *What About Me?* survey to build on existing information about young people by profiling their wellbeing, resilience, strengths and hopes for the future. Between June and November 2021, *What About Me?* reached 7,209 year 9 to 13 students in school settings across Aotearoa New Zealand.

What About Me? also reached 502 young people aged between 12 and 20 years old, who were recruited and surveyed in community settings (the community cohort). The community cohort includes responses from young people supported by 39 organisations around the country including alternative education providers (Alt-Ed), Youth One Stop Shops, Teen Parent Units (TPU) and other health and social service organisations working with young people in the community.¹

The aim of the community cohort was to hear the voices of young people who are less likely to be heard in surveys focusing on schools. Young people in the community cohort answered the same set of questions as students recruited in school settings.

This report presents an overview of the survey results and does not aim to reach conclusions about 'why' and 'how' various factors influence the lives of young people.

Comparison between community cohort and young people surveyed in school settings

The results from the community cohort provide valuable information to understand the challenges faced by young people in the community and their support needs. However, because the community cohort was not randomly sampled, they cannot be assumed to be representative of all young people supported by community organisations.

The results from the school sample provide useful context for understanding the results from the community cohort. Young people in the school sample were selected from a stratified random sample of schools and from randomly selected classrooms within each selected school.² The school results were weighted and confidence intervals calculated. Findings from the school sample can be broadly

¹ The sample is detailed in Section 2.

² Selection of the in-school sample had two stages. In the first stage we selected a sample of schools through stratifying them by region and decile. The second stage was the selection of students within schools. Details are provided in the technical report.



extrapolated to the wider group of young people attending Aotearoa New Zealand secondary schools.

The overview of the results from the school sample is available on the Ministry of Social Development website³ along with a technical report providing more detail about the sample, the survey questions and surveying methods. Findings from the community cohort were not included in the *What About Me?* overview report because of differences in the way the school and community cohort were sampled.

Who had their say

Data collection for the *What About Me?* survey took place in the 2021 school year when many young people's lives were disrupted by COVID-19. Regional and national lockdowns affected participation in the survey resulting in a lower than planned response in both the community cohort and the school sample.⁴ Low numbers from Auckland reflect the longer time Auckland was in COVID-19 lockdown during the months when we were surveying. This resulted in a lower than planned number of Pacific young people in the community cohort.

The community cohort included a diverse group of young people. Some demographic groups were over-represented, reflecting the profile of young people who are supported by community organisations and the non-random nature of the sample. Compared to young people in the school sample, the community cohort included higher percentages of:

- Rangatahi Māori (48% compared to 23% in the school sample)
- Young people included in the rainbow grouping⁵ (54% compared to 20% in the school sample)
- Young people with a disability (50% compared to 26% in the school sample)
- Young people who had ever been in the care of Oranga Tamariki (16%) or involved with Oranga Tamariki (46%) – compared to 3.1% and 17% respectively in the school sample.
- Young people aged between 16 and 20 (60% compared to 37% in the school sample).

These differences must be considered when interpreting the results as they influence the findings.

³ <https://msd.govt.nz/about-msd-and-our-work/publications-resources/consultations/youth-health-and-wellbeing-survey-results/index.html>

⁴ The intention was to survey 14,000 young people in schools and 2,500 in communities.

⁵ Defined in Section 2.4.



The strengths of young people in the community cohort

One of the aims of the *What About Me?* survey was to highlight the strengths of young people and factors contributing to their resilience. The survey results show areas of strength and resilience of young people in the community cohort. Many felt safe with and loved by their whānau, were able to express their identity and were connected to their culture or religious beliefs.

Friends were very important to young people in the community cohort. They gave high ratings for having friends they could trust (mean 7.6 on a disagree to agree 0-10 scale), feeling safe with their friends (mean 8.1) and spending enough time with their friends (mean 7.1). They also gave high ratings to feeling accepted by their friends (mean 8.4).

Thirty percent of young people in the community cohort contributed through caring for others on a regular basis. Caring for others contributes to family, connects young people with different generations and maintains cultural connections. However, caring roles also meant some young people took time out from education, training or employment. Young people in the community cohort gave a mean rating of 6.2 (on an often to never 0-10 scale) for the extent they agreed their caring roles impacted on these aspects of their lives. The mean rating for young people in the school sample was 7.4. Similar percentages in the community cohort and school sample helped others at least occasionally (43% and 46% respectively).

Young people from the community and school cohort gave similar mean ratings of the extent they were learning skills that would help them in the future, having people they could ask for help and having opportunities to express themselves creatively.

The challenges facing young people in the community cohort

The community cohort faced challenges to a greater degree than young people in the school sample. On average they were more negative on all survey questions about their lives and wellbeing compared to young people in the school sample.

Compared to the school sample, they had less stability in their home base and were on average more worried about being able to afford essentials such as food, rent and transport. These challenges were compounded for some by not feeling accepted in their communities and experiencing discrimination. More young people in the community cohort had been exposed to harm both inside and outside their homes.

The young people in the community cohort provided more negative assessments of their current or past experiences in education settings than the school cohort. Young people in the community cohort provided a mean rating of 6.8 for the extent people expected them to do well (on a 0-10 scale from disagree to agree). The school



sample mean rating was 8.4. Young people in the community cohort gave lower mean ratings (on a 0-10 disagree to agree scale) about the extent they agreed:

- They felt they belonged at school (5.9 compared to 6.9 for the school sample)
- Their teachers treated them fairly (6.9 compared to 7.4)
- They could manage the work they were given (6.5 compared to 7.1)
- Their teachers considered their identity and values (6.8 compared to 7.5).

The challenges facing this community cohort of young people were reflected in the poorer assessments of their life overall, lower levels of hope and poorer physical and mental health than young people in the school sample.

A substantially lower percentage of young people in the community indicated good wellbeing as assessed by the WHO-5⁶ subjective wellbeing score (39% compared to 58% of the school sample). A substantially higher percentage (49% compared to 28% in the school sample) were experiencing serious distress (based on the Kessler-6 score⁷ - feelings in the last 30 days used to identify distress). The WHO-5 and Kessler-6 assessments are reflected in the worrying number of young people in the community cohort who in the last twelve months:

- Had felt so overwhelmed or down they could not cope (69% compared to 49% in the school sample)
- Had felt that life was not worth living (65% compared to 41% in the school sample)
- Had seriously thought about suicide (52% compared to 26% in the school sample)
- Had attempted suicide (32% compared to 12% in the school sample).⁸

Access to healthcare was challenging for young people in the community cohort and 37% said there had been a time in the last twelve months when they had wanted or needed to see a doctor or nurse or other healthcare worker about their health but hadn't been able to (compared to 18% of the school sample).

⁶ WHO. (1998). Wellbeing Measures in Primary Health Care/The Depcare Project. WHO Regional Office for Europe: Copenhagen.

⁷ Kessler R.C., Andrews G., Colpe L.J., Hiripi E., Mroczek D.K., Normand S.L., Walters E.E., & Zaslavsky A.M. (2002) Short screening scales to monitor population prevalences and trends in non-specific psychological distress. *Psychological Medicine*, 32, 959–976.

⁸ Safety precautions for young people completing the survey are summarised in Appendix 2.



Experiences of demographic sub-groups in the community cohort⁹

A strong identity is an important element of resilience. Rangatahi Māori and Pacific young people were more positive about the importance of the values of their ethnic group and maintaining their family traditions and cultural heritage than young people in the community cohort from other ethnic groups. However, rangatahi Māori and Pacific young people had experienced discrimination about ethnicity more often.

Higher percentages of rangatahi Māori in the community cohort were worried about paying for essentials than other ethnic groups.

Religious or spiritual beliefs were important to 47% of young people in the community cohort. Religious and spiritual beliefs were important to a higher percentage of Pacific young people (74% in the community cohort) than other ethnic groups.

Family and community were important to all young people. Brothers and sisters played an important role in caring for the Pacific young people in the community cohort (32% of Pacific young people were looked after by brothers or sisters at least some of the time compared to 13% of rangatahi Māori and 8% of European young people).¹⁰

As in the school sample, rainbow and disabled young people in the community cohort provided lower ratings across many of the questions about their lives and wellbeing than other groups in the community cohort. Compared to other groups in the community cohort rainbow and disabled young people:

- Rated all aspects of connection to culture lower
- Provided lower ratings about feeling pride in who they are and ease of expressing their identity
- Provided lower ratings about feeling accepted at school and to a range of statements about school experiences
- Provided lower ratings about feeling they belonged in their community and safe in the community they lived in
- Were more likely than other young people to report bullying
- Were more likely to report experiencing unwanted sexual touching

⁹ The numbers of some demographic sub-groups in the community cohort e.g. Asian young people were small and differences to other sub-groups are not included in the key messages.

¹⁰ Involvement of brothers and sisters was also described by 25% of Asian young people but the sample size was small.



- Provided the lowest ratings about how they felt in general and their hope for the future
- Provided the most negative scores about general wellbeing (WHO-5) and experiencing serious distress (Kessler-6).

Disabled young people in the community cohort reported feeling substantially less accepted than other young people in the community cohort across all settings (except by their friends). They provided the lowest mean ratings about whether their family and whānau spent enough time with them. Higher percentages of disabled young people in the community cohort worried about paying for essentials than other groups. Disabled young people were more likely than other young people in the community cohort to report being hit or physically harmed by a person they did not live with.

Rainbow young people in the community cohort reported feeling accepted by their friends (mean 8.5) but less accepted by those they lived with (mean 6.3), at school/kura (mean 5.2), at work (mean 6.0) and by others (mean 5.8).

Young females in the community cohort provided higher mean ratings (more positive ratings) to all questions about identity than young males. Their friends were important and they wanted to spend more time with them. They were more likely than young males to say caring responsibilities impacted their school or employment. Higher percentages of females than males in the community cohort were worried about paying for essentials than other groups. Females were more likely to report bullying on social media or being teased or verbally abused than males.

A smaller percentage of young females in the community cohort had been hit, gambled or been in trouble with the police than young males. Smoking, alcohol consumption and drug use were broadly similar between young males and females.

Young females in the community cohort provided lower scores than young males for their health in general (67% of females said their health was good, very good or excellent compared to 74% of males). A higher percentage of young females (42%) than young males (31%) said there had been a time in the last twelve months when they wanted or needed to see a doctor or other healthcare worker, but had not been able to.

Conclusion

Young people in the community cohort were being supported by community organisations but had more negative experiences in or access to fundamental support from the education and health sectors.



Mental health indicators and reports of self-harm, suicidal ideation and suicide attempts highlight the responsibility of Aotearoa New Zealand to ensure this cohort of young people have access to the support they need.

***What About Me?* cohort reports**

The *What About Me?* Overview report was the first report with *What About Me?* findings. It summarised survey findings across the sample of young people reached in school settings. Three additional reports are now available to complement the Overview report:

- Māori Report: All rangatahi Māori sampled in school settings
- Pacific Report: All Pacific young people sampled in school settings
- Community Cohort Report: The cohort of young people reached in community settings, including Alternative Education providers, Teen Parent Units, Youth One Stop Shops and NGOs.

Common themes emerge from all four reports. *What About Me?* results identified areas of strength and resilience for Aotearoa New Zealand's young people. Many had strong friendships, felt safe and loved with their family and whānau, were able to express their identity, connected to their culture and aspired to achieve in their education.

The results also showed the challenges faced by some groups. Across all reports, disabled and rainbow young people were more often struggling with many aspects of their lives. Compared to other young people, they faced more discrimination and were less able to express their identity. On average, females were less positive than males about many aspects of their lives.

Many young people worried about their families having enough money to meet basic needs. Māori and Pacific young people were more likely to be worried about meeting basic needs than other young people.

The *What About Me?* results provide a snapshot of the wellbeing of young people in Aotearoa New Zealand in 2021, at a time when their lives were affected by COVID-19. This series of reports provides an overview of the findings for the school sample, rangatahi Māori, Pacific young people and the community cohort. They do not aim to reach conclusions about 'why' and 'how' various factors influence the lives of young people, but the results highlight many opportunities for deeper analysis and further research. Stats NZ has now made the *What About Me?* dataset available to this work to continue.



1. Background and purpose of this report

In late 2018, government agencies led by the Ministry of Social Development (MSD) commissioned a nationwide health and wellbeing survey of young people aged 12 to 18 years. The survey was commissioned to build on existing information and to fill gaps in what was known about young people by profiling their wellbeing, resilience, strengths and hopes for the future. After consultation with young people, the survey was branded as *What About Me?*

The survey took place at a time when many young people's lives were disrupted by COVID-19. Regional and national COVID lockdowns reduced the number of young people we had hoped would participate in the survey.¹¹ The survey was completed by 7,209 of Aotearoa New Zealand's year 9 to 13 young people in school settings. However, lower numbers than intended from Auckland reflect the longer time Auckland was in COVID-19 lockdown during the months when we were surveying.

An overview report of findings for young people surveyed in school settings, downloadable tables, a technical report and data dictionary that sit alongside the dataset can be found here: <https://www.msd.govt.nz/about-msd-and-our-work/publications-resources/consultations/youth-health-and-wellbeing-survey-results/index.html>.

Findings in this report were collected from young people across a range of community providers

The community cohort comprised an additional 502 young people who completed surveys in 39 community settings between June and November 2021. The settings included alternative education providers (Alt-Ed), Youth One Stop Shops, Teen Parent Units (TPU) and other organisations working with young people in the community.

We identified the organisations by searching publicly available information and inviting organisations in the same regions as sample schools to take part. We asked organisations to invite young people who were less likely to be attending school to complete the survey. Most did so by hosting a visit by our research team and introducing us to a group of young people, for example a pre-existing rainbow group or an Alt-Ed class. A small number of organisations held survey tablets from whataboutme.nz and recruited young people individually.

¹¹ The intention was to survey 14,000 young people in schools and 2,500 in communities.



Comparisons between the community cohort and young people surveyed in school settings

Young people in community and school settings answered the same questions. However, there are some key differences between the two settings that must be considered before comparing the results:

- We had information about the numbers of young people attending secondary schools and their demographic profiles that meant we could construct a representative sample. A representative sample enables results to be weighted, confidence intervals to be calculated, and findings indicative of the wider population of high-school students in New Zealand.
- We could not select a random sample of young people in the community because we did not have a national list of all community providers and the young people they support. The community cohort we reached consisted of young people we recruited through community organisations supporting vulnerable young people less likely to be reached in school settings. The community organisations and the young people were not randomly sampled. The results describe this cohort of 502 young people and cannot be considered representative of all young people supported by community providers.

Numbers of responses to each question

Young people could skip any question they wanted to and not all young people finished the whole survey. The questionnaire also included conditional questions. For example, questions about parenting were only offered to young people who said they were parents. The number of young people who answered each question is noted in each table row.

Comparisons between sub-groups

The number responding to conditional questions and in some demographic sub-groups is low, for example Asian young people. Cells with fewer than 10 responses have not been presented in the tables. Details about how to read the tables and charts in this report are provided in Appendix 1. Information about the sub-groups of young people is provided in the 'Who had their say' section.

Comparisons with other surveys

The community cohort report complements other Aotearoa New Zealand research about young people in community settings.

The Youth2000 series surveys from 2000 and 2009 sampled young people in alternative education facilities in the Auckland and Northland regions asking some



similar questions around health and wellbeing.¹² Considerations for comparing findings with *What About Me?* are summarised in Table 1.

Table 1. Survey approaches for *What About Me?* and the most recent Youth2000 series surveys

Survey	Selection of participants	Age range and completions	Data collection
<i>What About Me?</i> 2021	Random selection of schools and then classes. Data weighted to school populations. Sample included regions.	12-18+ attending secondary school. 7,209 completions in school settings. 502 completions in out of school settings.	Online via tablets completed in-person with groups of young people. National coverage.
Youth 19 – latest in the Youth2000 series from 2019	Random sample of 30% of Year 9-13 students from participating schools. Data weighted and regional results extrapolated.	7,721 secondary school students including 6 wharekura, 92 alternative education students and 84 young people not in education, employment or training (Y-NEETs).	Online survey administered in groups in school settings Auckland, Tai Tokerau and Waikato regions.
Youth'12 - Youth2000 series survey from 2012	Randomly selected schools and randomly selected students within schools (including wharekura, alternative education and Teen Parent Units) participated in surveys.	8,500 students in schools. Students in alternative education settings surveyed separately.	Online survey administered in groups in school settings. National coverage.

¹² A list of similar questions is provided in the Technical Report.





Who had their say

2.1. Asking young people in the community to contribute

The results in this report are from the analysis of survey responses collected from 502 young people who were recruited and surveyed in community settings (the community cohort). The aim of the community cohort was to hear the voices of young people who are less likely to be heard in surveys focusing on schools.

We reached 39 organisations around the country (Table 2). Different regions have different types of organisations supporting young people. Low numbers from Auckland reflect the longer time Auckland was in COVID-19 lockdown during the months when we were surveying. Low numbers in Auckland limited the planned number of Pacific young people included in the community cohort. The results provide a description of wellbeing for the cohort of young people who responded to the survey in community settings.

Table 2. Breakdown of community *What About Me?* cohort

Regional Council ¹³	Participating organisations	Responses
Auckland	2	65
Rest of North Island (excluding Taranaki)	24	312
South Island (excluding Canterbury, Tasman and the West Coast)	13	125
Alternative education		
Alternative education	9	69
Teen Parent Unit	4	15
Rainbow organisation	8	125
Youth One Stop Shop (YOSS)	2	34
Other community organisation e.g. Support groups, youth Centres	16	259
Total	39	502

¹³ Some regions were not able to be included or included as fully as planned due to the impacts of COVID-19 and pressure on community organisations to dedicate time and staff to vaccination efforts.



Compared to young people in the school sample, young people who responded to the survey in the community cohort included a higher percentage of:

- Rangatahi Māori (48% compared to 23% in the school sample)
- Young people included in the rainbow grouping¹⁴ (54% compared to 20% in the school sample)
- Young people with a disability (50% compared to 26% in the school sample)
- Young people who had ever been in the care of Oranga Tamariki (16%) or involved with Oranga Tamariki (46%) – compared to 3.1% and 17% respectively in the school sample.
- Young people aged between 16 and 20 (60% compared to 37% in the school sample).

These differences between the demographic profile of the community cohort and the school sample must be considered while reading the report as they influence the findings in each section. For example, in the school sample young people in the rainbow grouping and young people with a disability had many more negative wellbeing responses than other groups.

Quotations from young people are presented in each section to illustrate some of the key themes in the survey results. The quotations come from young people's responses to the question asked at the end of the survey: 'What would help you have a good life, now and in the future?' Comments in response to this question were provided by 200 young people in the community cohort and an additional 85 said they were not sure.

2.2. Age

The young people who had their say in the community were aged from 12 to 20 years old (Figure 1). We grouped young people in the community into 12 to 15 years old and 16 to 20 years old groups, to be similar to the ages of junior and senior students in the school sample.

Figure 1. Distribution of responses age of young people who had their say (n = 481)



¹⁴ Defined in Section 2.4.

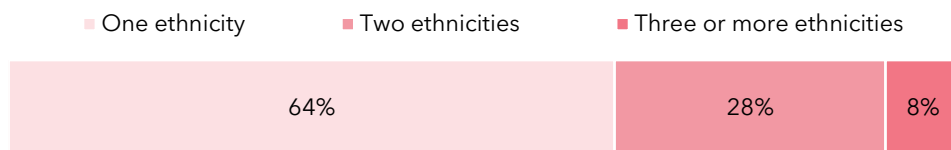


2.3. Ethnicity

Selection of multiple ethnicities

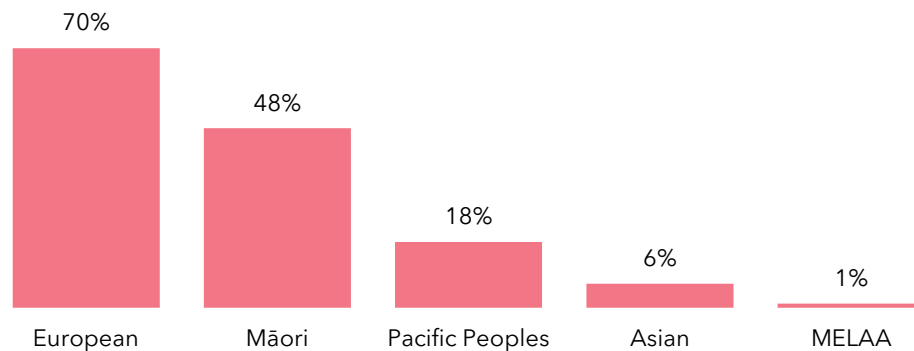
While many young people selected one ethnic group, 28% selected two ethnicities and 8% chose three or more (Figure 2). We used a total count approach to analysing ethnicity where young people were counted in each ethnic group they identified.

Figure 2. Percentage of young people identifying with one or more ethnic groups (n = 457)



The largest ethnic group was European (70% of young people who had their say)¹⁵ followed by Māori (48%) (Figure 3). Around two in ten young people were from Pacific ethnic groups (18%) and 6% were from Asian ethnic groups. The small numbers of young people from Asian and MELAA ethnic groups limit the extent findings can be compared to other ethnic groups.

Figure 3. Total count ethnicity of young people who had their say (n = 457)



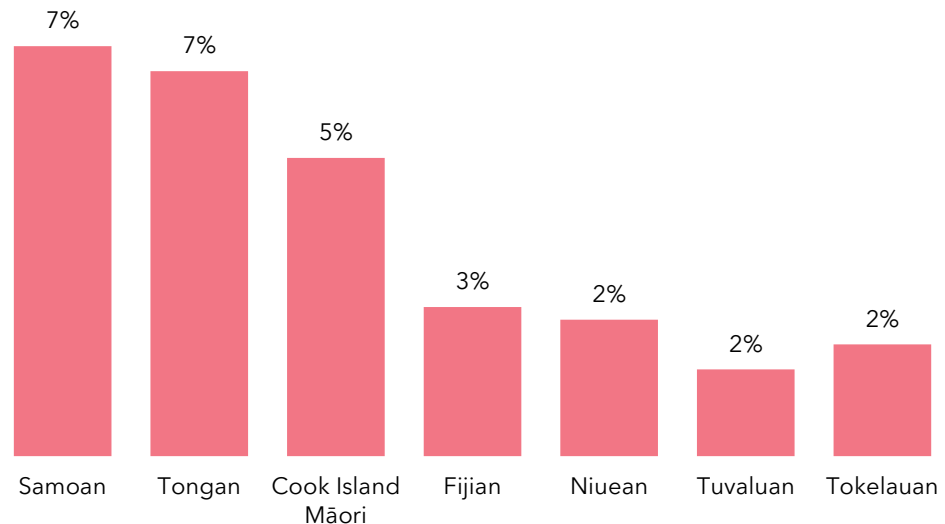
¹⁵ Using the Stats NZ European ethnicity level 1 classification.



The Pacific ethnic groups

Samoaan (7%) and Tongan (7%) were the largest Pacific ethnic groups (Figure 4). Overall, 28% of young people identified as both Māori and Pacific Peoples.

Figure 4. Percentage of young people identifying with different Pacific ethnic groups (n = 82)



Born in Aotearoa New Zealand

Most (90%) of the community cohort were born in Aotearoa New Zealand. The 47 young people not born in Aotearoa New Zealand were most often born in Australia, England, South Africa, United States and Samoa. If a larger number of young people from the Auckland community had been included, it is likely that more young people would have been born in other countries.

2.4. Rainbow

We constructed the rainbow grouping based on advice from Stats NZ and used young people's answers to questions about their gender, sexual identity and sexuality. Overall, 54% of young people in the community cohort were included in the rainbow grouping (n = 212). Young people were included in the rainbow grouping if:

- Their sex assigned at birth and gender identity were different.
- For sexual identity they selected one or more of: gay or lesbian, mostly gay or lesbian, bisexual, pansexual, asexual, Takatāpui, Mahu, Vakasalewalewa, Palopa, Fa'afafine, Akava'ine, Fakaleiti/Leiti, or Fakaafine, Fa'afatama or



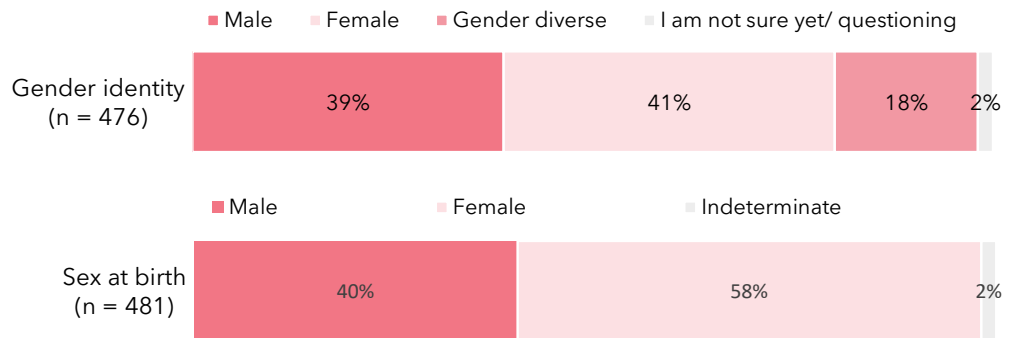
Fa’atama, queer, something else not listed above, I’m not sure yet/questioning.

- Or, for gender they selected one or more of: transgender male, transgender female, takatāpui, Mahu, Vakasalewalewa, Palopa, Fa’afafine, Akava’ine, Fakaleiti/Leiti, or Fakafifine, Fa’afatama or Fa’atama, non-binary, genderqueer or gender fluid, agender, something else not listed above, I’m not sure yet/questioning.

Sex and gender

There were differences between sex at birth and gender identity for young people, especially those who said they were assigned as female at birth (Figure 5). Young people were allocated to male if they selected male or transgender male, and female if they selected female or transgender female.¹⁶ Young people who made other selections were gender diverse.

Figure 5. Young people’s gender identity and sex at birth



Around two-fifths of young people identified as male or female, 18% identified as gender diverse and 2% were not sure yet or questioning their gender identity. The male and female gender groups have been included in the results table of this report. Results for gender diverse young people are included within the rainbow grouping.

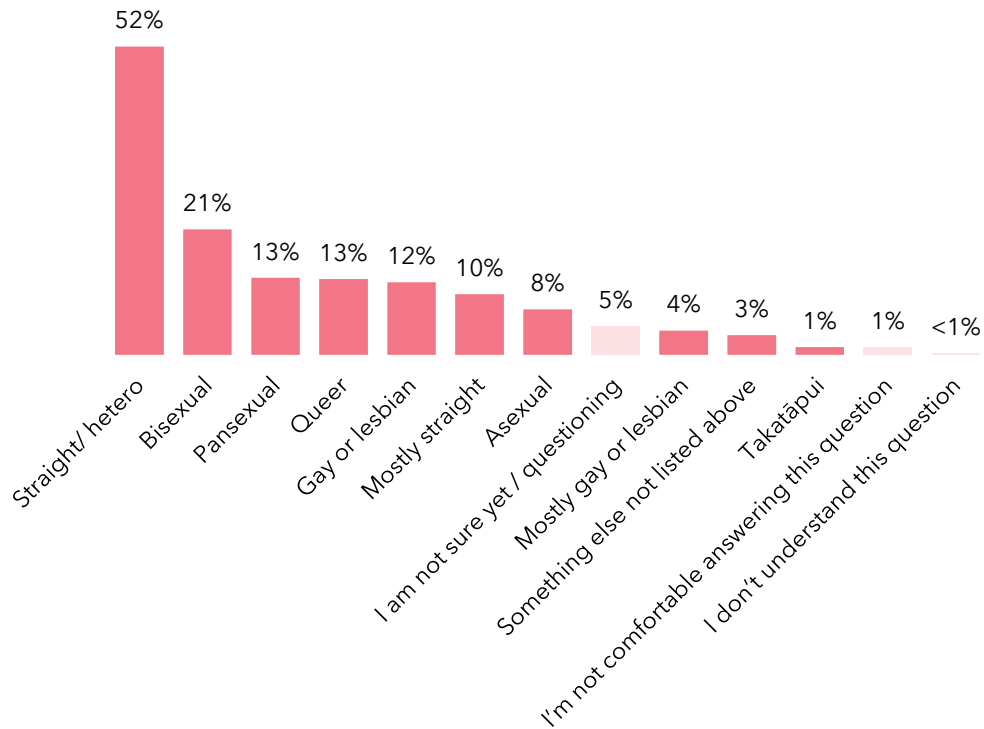
¹⁶ This approach follows the Stats NZ data standard found at: <https://www.stats.govt.nz/methods/data-standard-for-gender-sex-and-variations-of-sex-characteristics/>



Sexual identity

In the community sample, 52% of young people identified as straight or heterosexual, 21% identified as bisexual and 13% identified as pansexual (Figure 6).

Figure 6. Sexual identity of young people (n = 392 responded and could select multiple responses)



2.5. Disability

Disabled young people were identified based on their responses to the Washington Group Short Set (WGSS).¹⁷ The questions were developed to address six areas of functioning which, if restricted, are most often found to result in limitations in social participation. The WGSS was recommended for use by Statistics NZ and the Office for Disability Issues in the questionnaire development process.¹⁸ The questions do not cover all aspects of disability such as distinguishing between physical, neurological, psychological or learning challenges. They are not intended to measure

¹⁷ Further information available at: www.washingtongroup-disability.com/question-sets/wg-short-set-on-functioning-wg-ss/

¹⁸ There is some discussion of the use of the WGSS in other surveys not targeting young people in a Stats NZ paper titled Improving New Zealand Disability Data (2017) available at: www.stats.govt.nz/assets/Reports/Improving-New-Zealand-disability-data/improving-new-zealand-disability-data.pdf

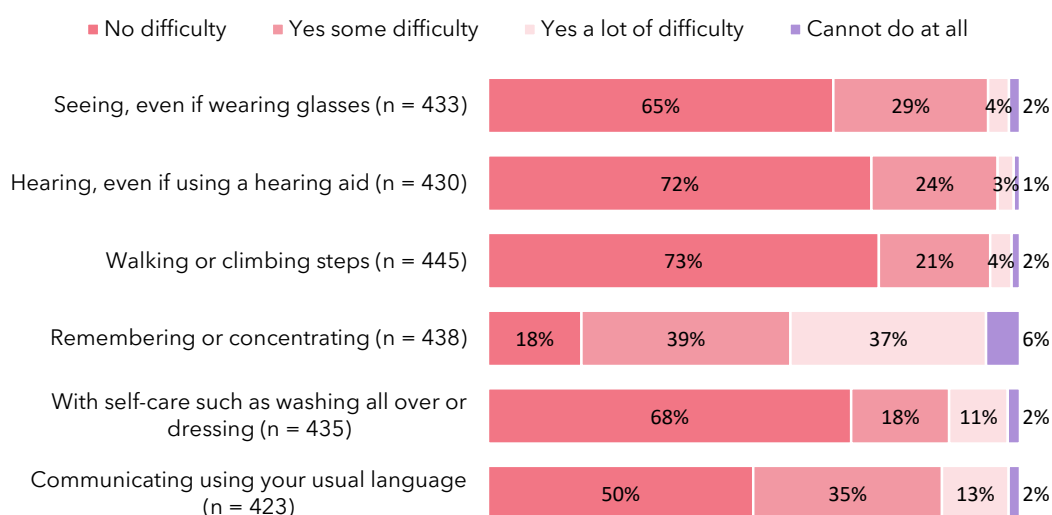


the prevalence of disability in the population but to allow analysis of wellbeing for disabled young people.

There was a difference in how the questions were introduced to young people in *What About Me?* compared to the WGSS design. The design includes the words ‘...because of a health problem’ when asking about difficulties, but these were inadvertently excluded from the *What About Me?* questionnaire. This may have caused young people to respond differently.

Each of the WGSS questions and young people’s responses are shown in Figure 7, highlighting the high percentage who identified difficulty with remembering and concentrating.

Figure 7. All young people’s responses to each of questions from Washington Group Short Set on Functioning



The Washington Group identifies the four following thresholds based on responses to their Short Set:

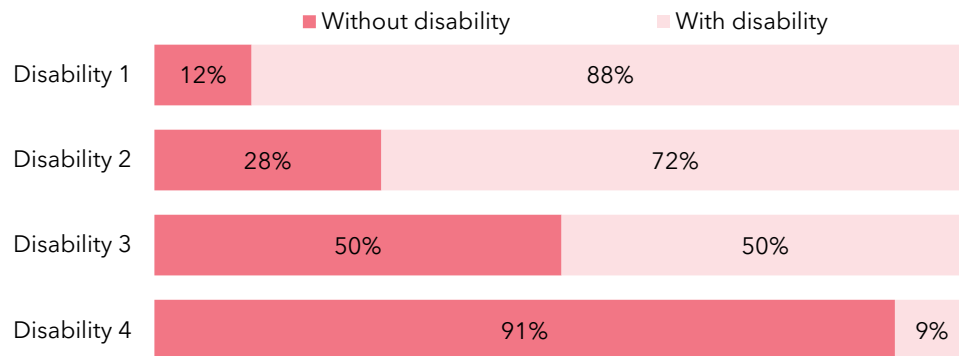
- Disability 1: At least one domain/question answered ‘Some difficulty’ or ‘A lot of difficulty’ or ‘Cannot do at all’.
- Disability 2: At least two domains/questions answered ‘Some difficulty’ or any one domain/question answered ‘A lot of difficulty’ or ‘Cannot do at all’.
- Disability 3: Any one domain/question answered ‘A lot of difficulty’ or ‘Cannot do at all’.
- Disability 4: Any one domain answered ‘Cannot do at all’.

For this report, we used the Disability 3 threshold to identify disabled young people, which is recommended by the Washington Group. Using this definition of disability,



50%¹⁹ of young people were identified as disabled (Figure 8). There were differences in the outcomes recorded using different thresholds. The results for the Disability 3 group were less positive than those for the Disability 2 or Disability 4 groups.

Figure 8. Washington Group disability thresholds for young people’s responses (n = 452)

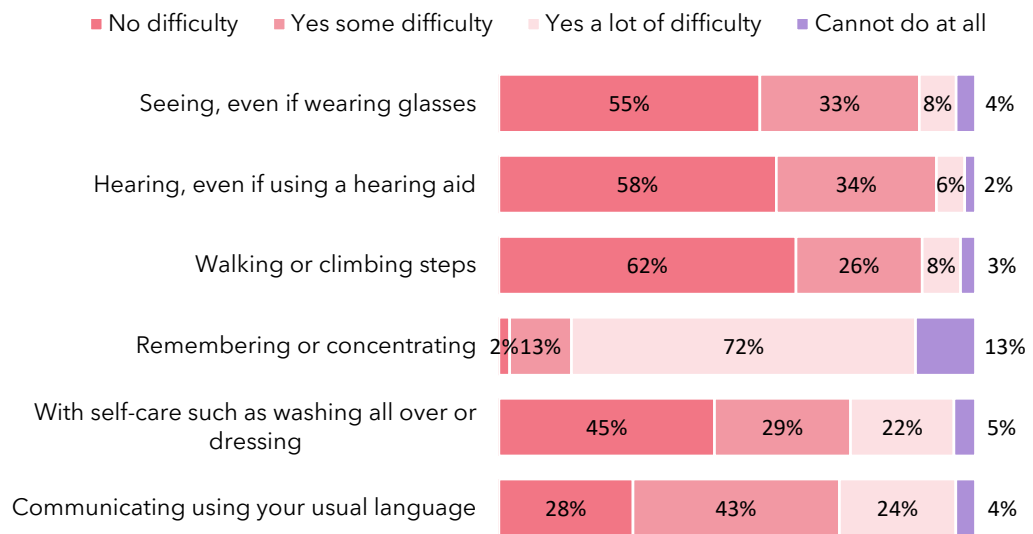


Young people identified as meeting the Disability 3 threshold were more likely to have a lot of difficulty remembering or concentrating compared to the other domains/questions (Figure 9). If results for remembering or concentrating were disregarded, the percentage in the Disability 3 group would drop from 50% to 26%. This may indicate that young people interpret and answer this question differently, influencing the size and composition of the disabled group.

¹⁹ The prevalence of disability for young people identified by the Disability 3 option is higher than the percentage of adults identified as disabled in some other surveys. Youth19 found 8.6% of respondents had a disability using a single question: “Do you have a long-term disability (lasting 6 months or more) (e.g. sensory impairment, visual impairment, in a wheelchair, learning difficulties)?” (www.youth19.ac.nz/publications/disabilities). The 2013 disability survey reported 11% of children aged 0-14 years were disabled and 16% of those aged 15 to 44 were disabled (www.stats.govt.nz/information-releases/disability-survey-2013).



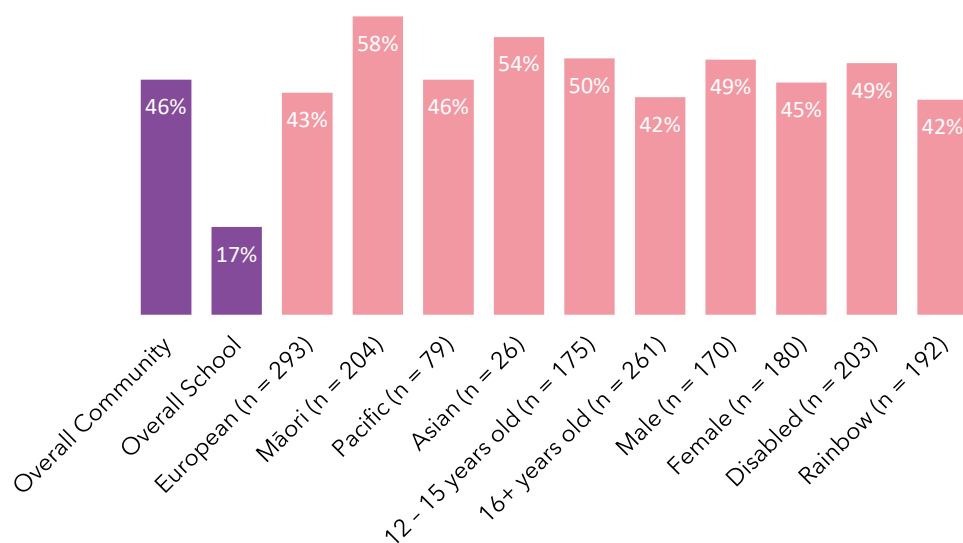
Figure 9. Young people’s responses to Washington Group Short Set on Functioning based on their inclusion within Disability 3 (n = 226)



2.6. Involvement with Oranga Tamariki

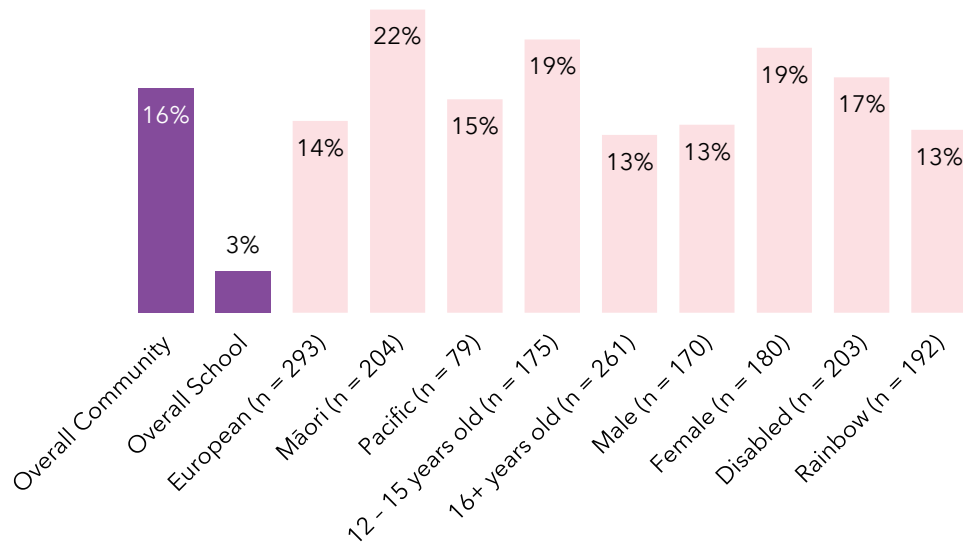
Forty-six percent of young people in the community cohort answered that they or someone else in their family had been involved with Oranga Tamariki (Figure 10). Rangatahi Māori and Asian young people were more likely to have been involved with Oranga Tamariki than other groups of young people.

Figure 10. Percentage of young people who said yes when asked if they or someone in their family had been involved with CYFS or Oranga Tamariki (n = 441)



Young people who said they or their family had been involved with Oranga Tamariki were asked whether they had been in Oranga Tamariki care. Sixteen percent of the young people in the community cohort had ever been in Oranga Tamariki care (Figure 11).

Figure 11. Percentage of young people who had ever been in Oranga Tamariki care (e.g. living with another adult or family organised by CYFS/OT) (n = 441)



2.7. Overview: Who had their say

Table 3 shows the diversity of the group of young people included in the community cohort.



Table 3. Demographics of young people who had their say. Percentages show how many of the young people with the characteristic listed at the start of each row also identified with the characteristics listed in the column headings. For example, the top row shows the overall percentage of respondents who identified as European, Māori, Pacific Peoples, etc. The row labelled 'European' shows the percentage of European respondents who also identified as Māori, Pacific Peoples, Asian, etc.

	European	Māori	Pacific Peoples	Asian	MELAA	12 - 15 years old	16+ years old	Male	Female	Rainbow	With disability	OT Involvement
Overall Community	70%	48%	18%	6%	1%	40%	60%	39%	41%	54%	50%	46%
Overall School	67%	23%	13%	14%	1%	46%	54%	49%	48%	20%	26%	17%
European		40%	10%	5%	1%	37%	63%	37%	38%	60%	57%	43%
Māori	57%		21%	7%	0%	42%	58%	43%	46%	40%	43%	58%
Pacific Peoples	41%	57%		12%	0%	39%	61%	41%	51%	23%	37%	46%
Asian	57%	53%	33%		0%	40%	60%	50%	27%	60%	59%	54%
MELAA	60%	20%	0%	0%		60%	40%	40%	20%	60%	80%	40%
12 - 15 years old	67%	52%	18%	7%	2%		0%	43%	37%	56%	50%	50%
16+ years old	72%	46%	18%	6%	1%	0%		36%	44%	53%	49%	42%
Male	66%	54%	19%	9%	1%	44%	56%		0%	34%	40%	49%
Female	64%	55%	22%	4%	1%	35%	65%	0%		43%	44%	45%
Rainbow	83%	35%	7%	7%	1%	38%	62%	22%	33%		69%	42%
Disabled	82%	41%	13%	8%	2%	39%	61%	31%	36%	72%		49%
OT Involvement	63%	59%	18%	7%	1%	43%	55%	42%	40%	40%	49%	





A strong identity

3.1. Feeling accepted

The survey asked young people whether they felt accepted for who they are in different parts of their life. Young people in both the school and community felt most accepted by their friends and by those they lived with (Table 4).

There was a general pattern of young people in the community cohort feeling less accepted in comparison to the young people in the school sample.

The lowest ratings for acceptance in most settings (except with friends) were given by disabled young people and rainbow young people in the community cohort. The findings highlight the importance of friends.

What would help you have a good life, now and in the future

A strong identity:

"To believe in myself and not listen to others opinion."

"More acceptance and care for trans and queer people."

"Kia patua te whakamaa."



I feel accepted ... (mean on scale of 0 disagree to 10 agree)

	By the people I live with	At school/kura (Current/Past)	Of those currently employed: At work	By others	By my friends
Overall Community	7.1	6.2	7.1	6.6	8.4
Overall School	8.2	7.3	7.9	7.5	8.6
European (n = 151-318)*	6.8	5.7	6.8	6.3	8.4
Māori (n = 95-218)	7.4	6.5	7.5	7.0	8.5
Pacific (n = 35-80)	7.7	7.4	7.5	7.9	8.8
Asian (n = 12-30)	6.6	–	6.8	6.5	9.1
12 – 15 years old (n = 53-185)	7.0	6.0	6.9	6.5	8.3
16+ years old (n = 154-285)	7.2	6.3	7.2	6.7	8.5
Male (n = 88-179)	7.4	6.5	7.8	7.2	8.5
Female (n = 78-191)	7.4	6.7	7.3	6.7	8.3
Disabled young people (n = 97-220)	6.2	4.9	6.0	5.6	8.2
Rainbow (n = 90-211)	6.3	5.2	6.0	5.8	8.5

* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



3.2. Values and whakapapa

Young people in the community cohort who responded to the survey provided mean ratings of 6 or higher (on a disagree to agree scale from 0-10) about the importance of the values of their ethnic group (mean 6.4) and maintaining their family traditions and cultural heritage (mean 6.1).

There was a general pattern of young people in the community cohort providing lower mean ratings about all aspects of the questions about identity than young people in the school sample (Table 5).

Rangatahi Māori, and Pacific young people had stronger connections to their culture than community cohort participants from another ethnic groups. They were most likely to know their whakapapa, rate the values of their ethnic groups and maintaining their family traditions and cultural heritage as important. In contrast, rainbow young people and disabled young people provided lower ratings across all aspects of connection to culture related to their ethnicity or family.

Young females provided higher mean ratings to all questions about identity than young males.



How much do you agree ... (mean on scale of 0 disagree to 10 agree)

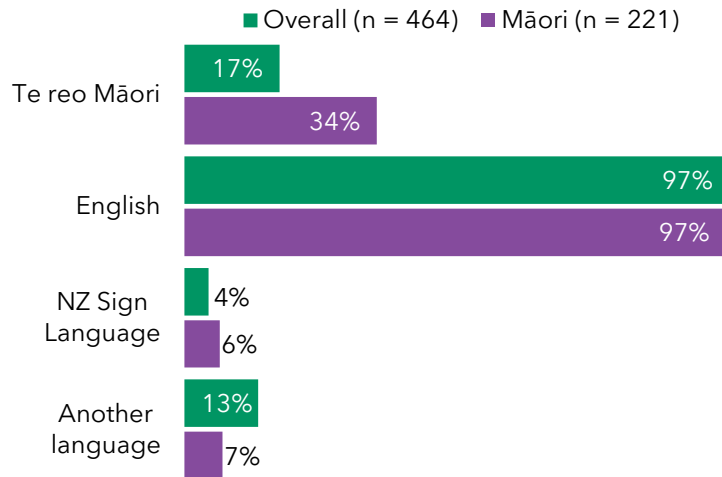
	I know my whakapapa	The values of my ethnic group are important to me	I have someone to ask about my culture, whakapapa or ethnic group	It is important to me to maintain my family traditions and cultural heritage
Overall Community	6.0	6.4	7.0	6.1
Overall School	6.7	7.0	7.7	6.6
European (n = 284-309)*	5.4	5.7	6.4	5.4
Māori (n = 199-213)	6.9	7.8	8.0	7.4
Pacific (n = 72-81)	6.8	8.2	8.3	8.2
Asian (n = 28-29)	5.6	6.4	6.6	6.7
12 – 15 years old (n = 153-169)	5.8	6.7	7.4	6.4
16+ years old (n = 252-271)	6.0	6.2	6.6	5.9
Male (n = 150-166)	6.0	6.5	7.1	6.4
Female (n = 173-185)	6.3	7.2	7.5	6.8
Disabled young people (n = 201-221)	5.4	5.7	6.1	5.3
Rainbow (n = 187-202)	5.4	5.4	5.9	5.0

* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



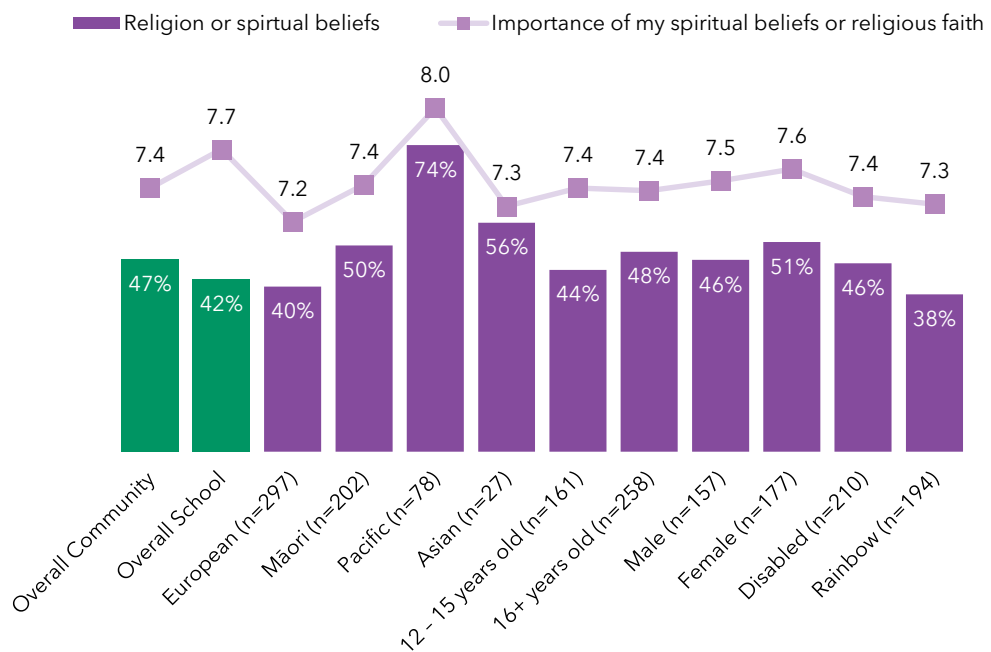
One-third (34%) of rangatahi Māori and 17% of all young people in the community cohort can have an everyday conversation in te reo Māori (Figure 12). Almost all young people can speak English and 13% can speak another language.

Figure 12. Percentage of young people who can have an everyday conversation in different languages (n = 464)



Forty-seven percent of young people in the community cohort said they had religious or spiritual beliefs (Figure 13). A higher percentage of Pacific young people said that they had religious or spiritual beliefs and saw their faith as important than other ethnic groups.

Figure 13. Percentage of young people with religious or spiritual beliefs and their importance and mean score for its importance (mean on scale of 0 not important to 10 important, the importance question for the mean rating was only asked of those who had religious or spiritual beliefs)



3.3. Expression of identity and discrimination

Many young people in the community cohort felt pride in who they were (mean 6.4 on a not at all to all the time scale from 0-10) and found it easy to express their identity (mean 6.5) (Table 6). The lowest ratings were provided by young people in the rainbow group and disabled young people.

Young people in the community cohort rated (on a not at all to all the time 0-10 scale) how often they had been treated unfairly or made to feel different because of their ethnicity, gender or sexual identity or something else about them. Mean overall ratings in the community cohort were 2.9, 3.5 and 4.5 respectively. Mean overall ratings in the school sample were 2.3, 1.7 and 3.1 respectively.

The higher mean overall rating for discrimination because of gender or sexual identity in the community cohort results from the higher representation of rainbow young people in the community cohort and rainbow grouping in the community cohort giving a higher mean rating than rainbow young people in the school sample (5.3 compared to 3.9 in the school sample).

Discrimination because of their ethnicity was more frequently experienced by rangatahi Māori, Pacific and Asian young people in the community cohort compared to European young people.



Table 6. Expression of identity and discrimination



In the last 12 months... How often have you been treated unfairly or made to feel different because of your ...
(mean on scale of 0 not at all to 10 all the time)

	It is easy for me to express my identity (mean on scale of 0 disagree to 10 agree)	I am proud of who I am (mean on scale of 0 not at all to 10 very)	My ethnicity	My gender or sexual identity	Something else about me
Overall Community	6.5	6.4	2.9	3.5	4.5
Overall School	7.3	7.1	2.3	1.7	3.1
European (n = 255-287)*	6.3	6.1	2.5	3.8	4.8
Māori (n = 154-180)	7.0	6.9	3.9	3.3	4.6
Pacific (n = 55-61)	7.9	7.6	3.7	2.5	3.9
Asian (n = 23-27)	6.7	6.3	5.2	4.3	3.8
12 – 15 years old (n = 123-142)	6.4	6.3	2.4	3.5	4.5
16+ years old (n = 220-246)	6.5	6.4	3.1	3.6	4.6
Male (n = 127-146)	6.6	6.7	2.8	2.6	3.7
Female (n = 135-158)	7.0	6.5	3.3	3.0	4.4
Disabled young people (n = 179-193)	5.6	5.6	2.7	4.7	5.5
Rainbow (n = 180-194)	5.5	5.9	2.6	5.3	5.6

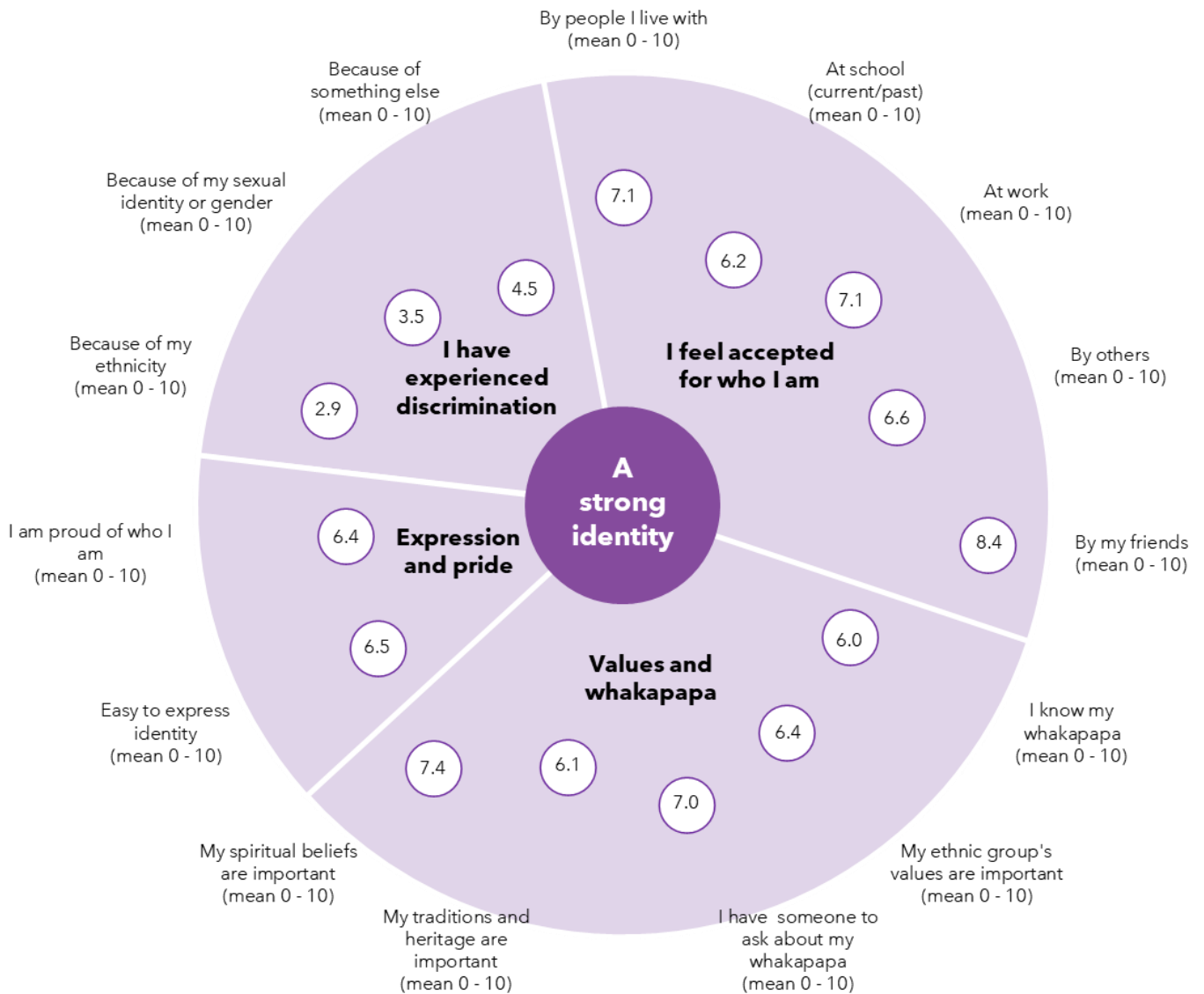
* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



3.4. Overview: Identity

Figure 14 provides an overview of some of the key survey results in the identity theme.

Figure 14. Overall results for the strong identity theme



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.





**Strong relationships
and connections**

4.1. Whānau relationships

In the community cohort, participants could select multiple options when reporting who looked after them. Just under two-thirds (63%) of young people in the school cohort and one-third (33%) in the community cohort were cared by both their mum and their dad. Dads looked after 42% of young people (Table 7). These percentages were lower for rangatahi Māori with 32% being cared for by their dad. Brothers and sisters played an important role in caring for Pacific young people in the community cohort, and 32% of Pacific participants said they were looked after by a brother or sister.

A small percentage (6%) of young people in the community cohort said they were cared for by 'no-one'.

Table 7. Percentage of young people who said they were looked after by different caregivers – participants could select multiple options (n = 448)

	No-one	Mum	Dad	Brother(s) and/or sister(s)	Parent's partner(s) or step-parent(s)	Grand parent(s)	Another adult(s)	Other family and wider whānau
Overall Community	6%	69%	42%	13%	13%	13%	12%	10%
Overall School	1%	84%	70%	16%	14%	13%	7%	6%
European (n = 300)	6%	74%	46%	8%	15%	10%	7%	6%
Māori (n = 196)	6%	59%	32%	13%	16%	17%	17%	15%
Pacific (n = 71)	7%	68%	45%	32%	16%	10%	13%	13%
Asian (n = 24)	13%	58%	25%	25%	17%	8%	8%	8%
12 - 15 years old (n = 171)	2%	72%	43%	16%	19%	15%	13%	12%
16+ years old (n = 268)	9%	68%	43%	10%	9%	12%	11%	9%
Male (n = 169)	4%	66%	44%	11%	17%	11%	12%	11%
Female (n = 179)	6%	69%	40%	16%	9%	18%	16%	12%
Disabled (n = 208)	10%	72%	38%	10%	15%	13%	11%	10%
Rainbow (n = 197)	8%	74%	43%	9%	13%	11%	8%	7%

The overall mean rating for feeling loved by their family and whānau was 7.9 on a disagree to agree scale from 0-10 (Table 8). Rangatahi Māori and Pacific young people gave the highest ratings about how their whānau were doing overall. Asian, disabled and rainbow young people gave lower ratings.

Young people in the community cohort gave lower mean ratings than the school sample when asked if their family and whānau spent enough time with them. The lowest ratings were provided by Asian young people and disabled young people.



How much do you agree that ...
(mean on scale of 0 disagree to 10 agree)

	My family and whānau love me	My family and whānau spend enough time with me	How well my whānau is doing overall (0 extremely badly to 10 extremely well)
Overall Community	7.9	6.6	6.4
Overall School	8.9	7.7	7.5
European (n = 275-318)*	7.8	6.5	6.2
Māori (n = 179-219)	7.9	6.7	6.7
Pacific (n = 65-79)	8.6	7.3	7.0
Asian (n = 21-29)	6.6	5.6	5.5
12 – 15 years old (n = 165-185)	7.6	6.4	6.4
16+ years old (n = 240-285)	8.1	6.8	6.4
Male (n = 157-178)	8.1	6.9	6.8
Female (n = 163-194)	8.0	6.7	6.5
Disabled young people (n = 184-224)	7.4	5.8	5.8
Rainbow (n = 178-211)	7.7	6.3	5.9

* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



4.2. Supporting whānau

One in three young people (30%) looked after a brother or sister, a relative or someone else on a regular basis. Rangatahi Māori, Pacific young people and those aged 12 to 15 years were more likely to have regular caring responsibilities. Most often young people looked after children they lived with (Table 9). Rangatahi Māori and European young people in the community cohort appeared to be more likely to look after children who lived in another house than looking after other groups. Pacific and Asian young people were more likely to look after older family members.

Table 9. The percentage of young people who look after others and the characteristics of those being cared for (n = 476, the question about characteristics was only asked of those who looked after someone on a regular basis)

	Look after someone on a regular basis	Children who you live with	Children who live in another house	Older family members	Someone seriously affected by a disability or long-term illness	Someone else
Overall Community	30%	68%	25%	13%	6%	20%
Overall School	26%	77%	15%	17%	5%	11%
European (n=311)	27%	61%	27%	11%	8%	22%
Māori (n=214)	37%	71%	21%	16%	4%	20%
Pacific (n=80)	36%	72%	14%	21%	3%	17%
Asian (n=29)	28%	63%	13%	25%	0%	13%
12 - 15 years old (n=182)	35%	68%	31%	15%	6%	24%
16+ years old (n=283)	28%	68%	20%	12%	6%	17%
Male (n=173)	31%	70%	20%	14%	6%	20%
Female (n=192)	35%	66%	28%	11%	4%	22%
Disabled (n=221)	29%	60%	28%	20%	9%	25%
Rainbow (n=210)	25%	65%	29%	19%	13%	19%

While caring for others contributes to the family, connects young people with different generations, and maintains cultural connection, it also appeared to impact on their lives by reducing their ability to attend school and work. In the community cohort, young people gave a mean rating of the impacts of caring as 6.2 (on a 0-10 scale of often to never). In the school sample the mean rating was 7.4. Pacific young people and females, more often than other groups of young people, missed education, training or work because of responsibilities for looking after others (Table 10).



	(Of those who look after someone) I often miss work or kura, school, alternative education or other education or training to look after others (mean score on scale of 0 often to 10 never)
Overall Community	6.2
Overall School	7.4
European* (n = 90)	5.8
Māori (n = 90)	6.0
Pacific (n = 31)	6.8
Asian (n = 10)	4.9
12 – 15 years old (n = 66)	6.2
16+ years old (n = 88)	6.2
Male (n = 55)	5.5
Female (n = 77)	6.7
Disabled young people (n = 69)	5.8
Rainbow (n = 55)	5.8

* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.

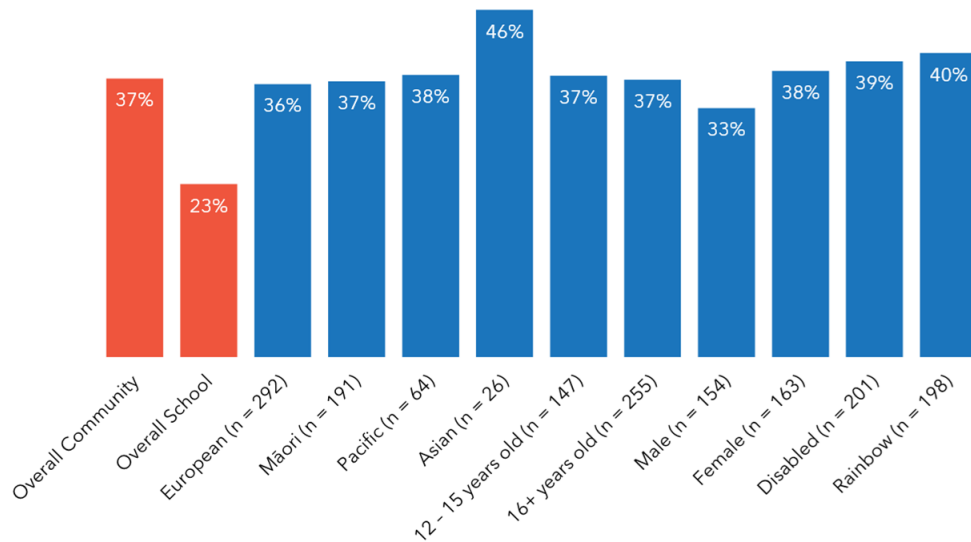


4.3. Friendships and romantic relationships

Young people in the community cohort gave high mean ratings for having friends they could trust, feeling safe with their friends and spending enough time with their friends (Table 11). Rangatahi Māori, Pacific young people, males and older young people appeared more positive about being able to spend enough time with their friends.

Thirty-seven percent of young people in the community cohort had a boyfriend, girlfriend or partner (Figure 15). Most young people who had a girlfriend, boyfriend or partner felt loved by them.

Figure 15. Percentage of young people with a boyfriend, girlfriend or partner (n = 405)



What would help you have a good life, now and in the future

Strong relationships and connections:

"To not be alone, and have my family back together. To be happy again."

"Having my family around more."

"Have more people to talk about my emotional life."

"A close support friend group my age."

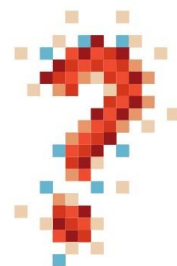
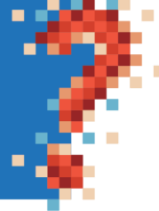


Table 11. Friendships and romantic relationships



How much do you agree ... (mean on scale of 0 disagree to 10 agree)

	I have friends I trust	I feel safe with my friends	I get enough time to spend with my friends	(Of those with one) I feel loved by my girlfriend, boyfriend or partner
Overall Community	7.6	8.1	7.1	9.0
Overall School	8.2	8.5	7.7	8.9
European (n = 103-288)*	7.7	8.0	6.9	8.9
Māori (n = 67-186)	7.7	8.2	7.6	8.7
Pacific (n = 24-62)	8.4	8.9	7.6	8.8
Asian (n = 12-26)	8.2	8.4	7.3	9.0
12 – 15 years old (n = 54-147)	7.7	8.1	6.9	8.9
16+ years old (n = 91-248)	7.6	8.0	7.2	9.0
Male (n = 49-149)	7.8	8.1	7.6	9.1
Female (n = 62-162)	7.2	7.9	6.7	8.8
Disabled young people (n = 77-199)	7.4	7.7	6.7	8.8
Rainbow (n = 78-197)	7.6	8.1	6.9	8.9

* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



4.4. Social media

On average, young people in the community cohort found it easy to access the internet when they wanted to (mean rating 8.4) (Table 12). They rated the importance of social media to their lives as 6.1 (on a not important to important 0-10 scale).

Young people in the community cohort generally felt safe online (mean rating 7.2). The mean rating for young people in the school sample was 7.6.





How much do you agree that ...

	It is easy for me to access the internet when I want <i>(mean on scale of 0 I don't access it, 1 difficult to 10 easy)</i>	Social media is important in my life <i>(mean on scale of 0 not at all important 10 important)</i>	(Of those who used the internet) I am worried by my use of the internet <i>(mean on scale of 0 worried to 10 not at all worried)</i>	(Of those who used the internet) I feel safe online <i>(mean on scale of 0 not safe to 10 safe)</i>
Overall Community	8.4	6.1	6.5	7.2
Overall School	8.9	5.8	6.5	7.6
European (n = 302-312)*	8.3	6.2	6.5	7.1
Māori (n = 199-205)	8.1	6.4	6.6	7.2
Pacific (n = 70-76)	8.6	5.7	6.4	7.5
Asian (n = 28-29)	8.7	6.2	7.3	6.3
12 – 15 years old (n = 160-166)	8.6	6.1	7.0	7.3
16+ years old (n = 257-266)	8.2	6.2	6.3	7.1
Male (n = 164-167)	8.4	5.8	6.6	7.8
Female (n = 168-178)	8.3	6.1	6.3	6.9
Disabled young people (n = 209-215)	8.2	6.1	6.3	6.4
Rainbow (n = 198-201)	8.4	6.6	6.1	6.7

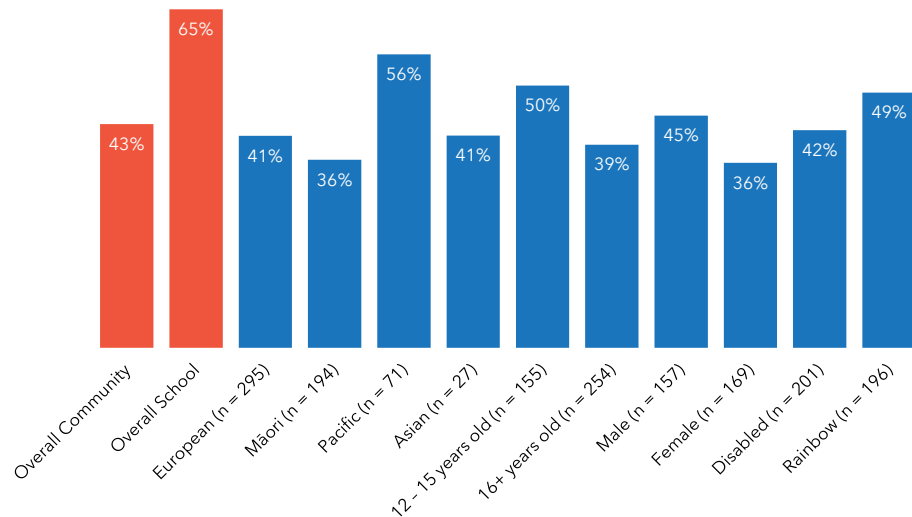
* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



4.5. Community connection

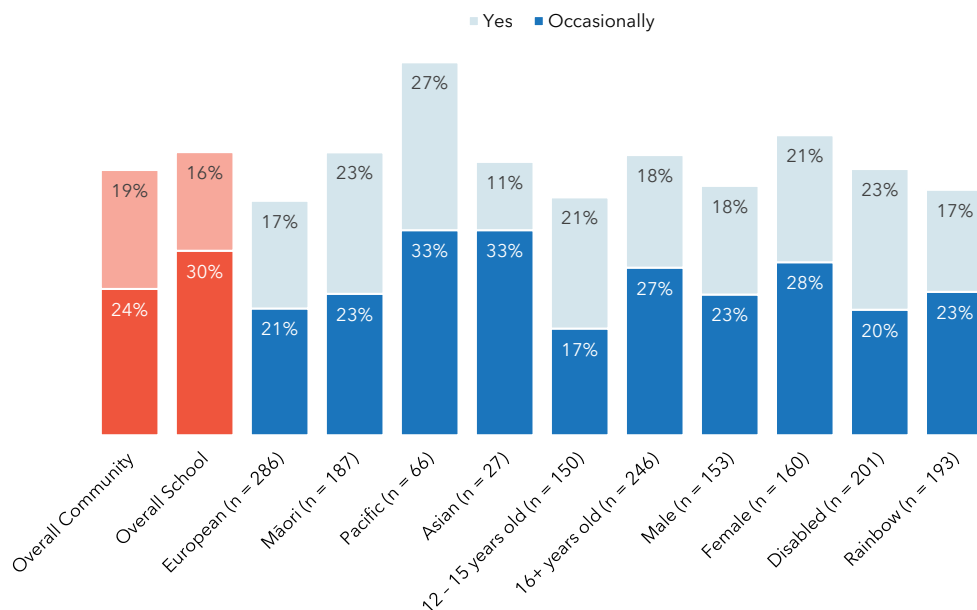
In the community cohort, 43% of young people were in a group, club or team. In the school sample, 65% were in a group, club or team (Figure 16). A higher percentage of Pacific young people, rainbow young people and the younger age groups (12-15 year olds) were in a group, club or team.

Figure 16. Percentage of young people that were part of a group, club or team (n = 412)



Forty-three percent of young people in the community sample and 46% of young people in the school sample said they often or occasionally helped others in their neighbourhood or community (Figure 17). A higher percentage of Pacific young people than other groups said they helped others in their community.

Figure 17. Percentage of young people who helped others in their neighbourhood or community (n = 399)



Young people in the community cohort rated a sense of belonging in the community they lived in as 5.8 (on a disagree to agree 0-10 scale) and safety in that community as mean 6.7 (Table 13).

Although numbers were small (n = 30) there was a pattern of Asian young people in the community cohort providing the lowest ratings for both belonging (mean 4.8) and safety (mean 5.8). Disabled young people also provided a low rating for feeling they belonged in their community (mean 4.8) and feeling safe (mean 5.9).





To what extent do you agree ...
(mean on scale of 0 disagree to 10 agree)

	I feel like I belong in the community/s I live in	I feel safe in the community/s where I live
Overall Community	5.8	6.7
Overall School	7.2	7.9
European (n = 275-280)*	5.4	6.4
Māori (n = 176-179)	6.1	6.8
Pacific (n = 65-67)	7.5	7.7
Asian (n = 26)	4.8	5.8
12 – 15 years old (n = 144)	5.8	6.7
16+ years old (n = 238-243)	5.9	6.7
Male (n = 145-148)	6.2	7.0
Female (n = 156-159)	6.0	6.9
Disabled young people (n = 192-197)	4.8	5.9
Rainbow (n = 189-190)	5.0	6.1

* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



4.6. Knowing where to get help

Many young people in the community cohort (80%) and the school sample (85%) said they had someone to turn to if they were going through a difficult time (Table 16). Of those young people, most would turn to an adult within their family or whānau but youth or social workers appeared more important for young people in the community cohort (Table 14).

Table 14. Who or where young people who said they had someone to turn to if they were going through a difficult time, would they go for help (n = 279)

	Adult family, friend or whānau member	Someone or someplace else	Adult at school	Youth or social worker	Health professional	Online resource	Telephone helpline
Overall Community	72%	28%	23%	22%	14%	11%	8%
Overall School	83%	21%	28%	8%	11%	6%	5%
European (n = 196)	71%	30%	22%	23%	16%	12%	10%
Māori (n = 155)	76%	23%	23%	23%	9%	6%	4%
Pacific (n = 42)	69%	31%	19%	21%	0%	7%	2%
Asian (n = 14)	86%	29%	36%	7%	14%	14%	14%
12 - 15 years old (n = 84)	75%	29%	24%	19%	12%	11%	8%
16+ years old (n = 180)	71%	28%	22%	24%	14%	11%	8%
Male (n = 92)	77%	18%	20%	21%	11%	4%	7%
Female (n = 104)	70%	29%	27%	25%	8%	10%	5%
Disabled (n = 130)	65%	34%	22%	25%	17%	12%	11%
Rainbow (n = 142)	69%	35%	23%	25%	20%	17%	12%

Young people in the community cohort rated ease of getting help if they needed it as 5.7 (on a very hard to very easy 0-10 scale) compared to a mean rating of 6.6 from young people in the school sample.





How much do you agree that ...

	If I was going through a difficult time and needed help, I have someone to turn to (percentage yes)	It is easy for me to get help if I was going through a difficult time and needed help (mean on scale of 0 very hard to 10 very easy)
Overall Community	80%	5.7
Overall School	85%	6.6
European (n = 257-260)*	81%	5.5
Māori (n = 156-157)	77%	5.9
Pacific (n = 52-54)	81%	6.7
Asian (n = 23-25)	61%	6.5
12 – 15 years old (n = 120-125)	76%	5.5
16+ years old (n = 225-228)	82%	5.9
Male (n = 129-131)	74%	5.9
Female (n = 138-140)	82%	5.7
Disabled young people (n = 172-175)	79%	5.1
Rainbow (n = 182-187)	81%	5.2

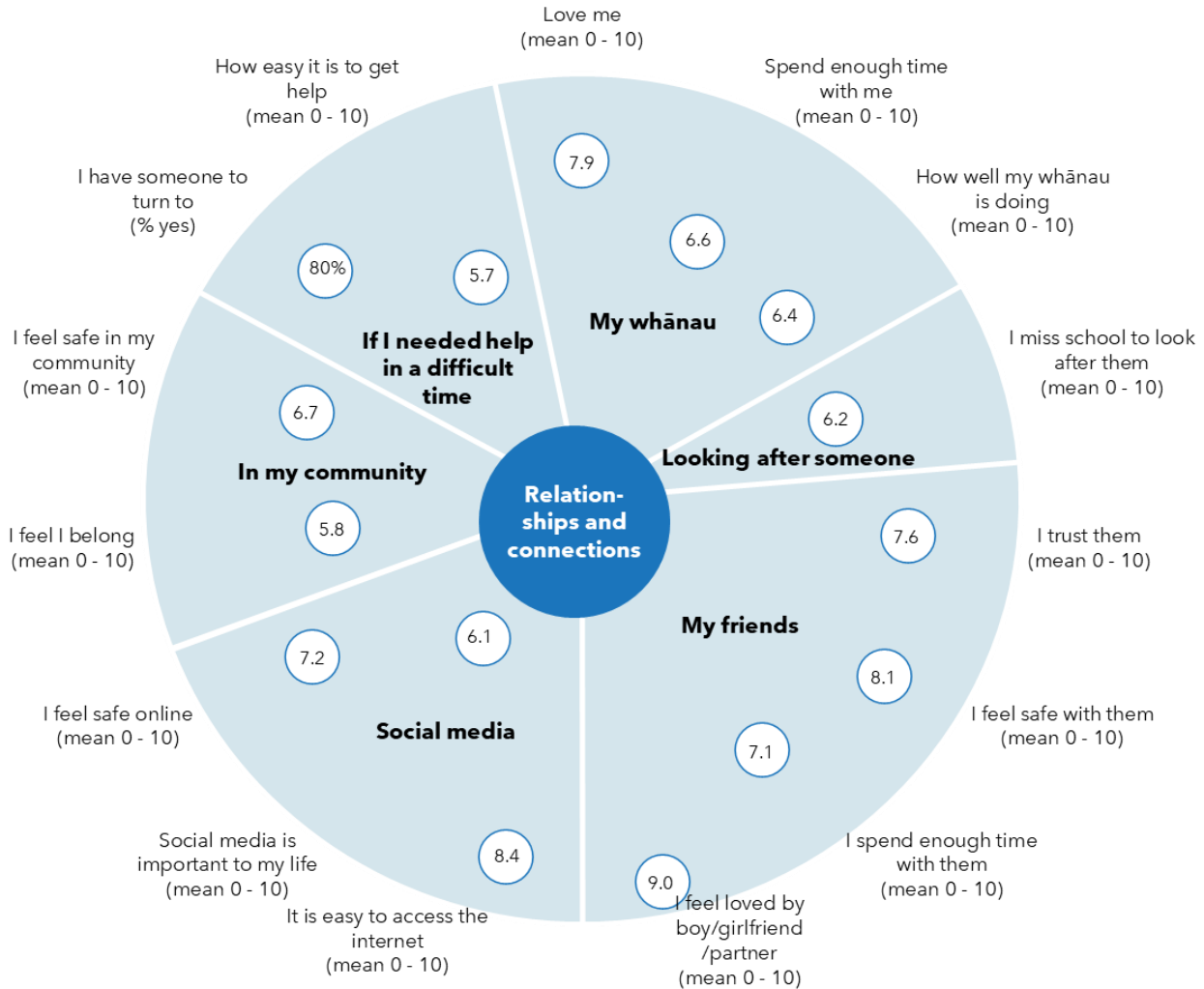
* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



4.7. Overview: Relationships and connections

Figure 18 provides an overview of results for many of the questions in the relationships and connections theme.

Figure 18. Overall results for the relationships and connections theme



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.





A stable home base

5.1. Financial stability

A series of four questions asked young people how often they or their family or whānau worried about affording essentials (food/kai, power/electricity, rent/mortgage, petrol/transport to get to important places). They could answer never, occasionally, sometimes, often or all the time. Results in Table 16 show the percentage who answered sometimes or more often to each question as well as to at least one of these four questions.

In the community cohort, 58% of young people reported they and their whānau sometimes or more often worried about paying for their essentials (Table 16). The percentage of 34% was lower in the school cohort.

Higher percentages of rangatahi Māori, females and disabled young people in the community cohort were worried about paying for essentials than other groups.

What would help you have a good life, now and in the future

A stable home base:

"To have a good job and a house over my head."

"Housing. I live in one bedroom with my mum and brother. She has applied for housing but nothing, not even emergency housing."

"Getting a job with a steady income."



How often I or my family or whānau worry about not having enough money to ...
(Percentage answering sometimes, often or all the time)

	Buy kai/food	Pay for power/ electricity	Pay the rent or mortgage where I live	Pay for petrol or transport to get to important places	At least one answer of sometimes, often or all the time
Overall Community	44%	37%	35%	42%	58%
Overall School	23%	20%	21%	22%	34%
European (n = 309-321)*	43%	35%	34%	41%	58%
Māori (n = 211-221)	51%	40%	36%	50%	63%
Pacific (n = 79-81)	43%	38%	39%	45%	58%
Asian (n = 28-30)	37%	23%	23%	36%	50%
12 – 15 years old (n = 183-190)	41%	40%	36%	41%	57%
16+ years old (n = 276-288)	46%	34%	34%	43%	58%
Male (n = 173-183)	42%	35%	29%	41%	54%
Female (n = 187-195)	46%	39%	40%	46%	62%
Disabled young people (n = 214-223)	46%	41%	38%	47%	63%
Rainbow (n = 209-212)	43%	36%	36%	40%	58%

* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



5.2. Housing quality and stability

Approximately one-third (30%) of young people in the community cohort had moved in the last 12 months compared to 20% of young people in the school sample. In the community cohort, 56% of those who had moved had done so twice or more in the last 12 months compared to 25% of the school sample (Table 17).

Young people in the community cohort reported lower mean ratings about their housing quality (warmth, dampness and mould) than young people in the school sample (Table 18). There were few differences between different groups of young people.

Table 17. Frequency with which young people had moved in the last 12 months – of those who had moved at least once (n = 141)

	Once	Twice	Three times	Four or more times
Overall Community	44%	29%	12%	15%
Overall School	75%	15%	7%	3%
European (n = 88)	44%	30%	11%	15%
Māori (n = 72)	33%	31%	15%	21%
Pacific (n = 18)	39%	33%	6%	22%
Asian (n = 8)	50%	13%	0%	38%
12 - 15 years old (n = 46)	59%	20%	11%	11%
16+ years old (n = 92)	37%	34%	13%	16%
Male (n = 49)	43%	33%	14%	10%
Female (n = 57)	35%	33%	14%	18%
Disabled (n = 75)	37%	32%	12%	19%
Rainbow (n = 61)	49%	25%	8%	18%



How much do you agree you live somewhere...
(mean on scale of 0 disagree to 10 agree)

	In the last 12 months, I moved home (Percentage yes)	Warm	Not damp	Without mould
Overall Community	30%	8.9	8.1	7.8
Overall School	20%	9.4	8.5	8.5
European (n = 308-320)*	28%	8.8	8.1	7.8
Māori (n = 211-220)	34%	8.9	8.1	7.9
Pacific (n = 78-81)	23%	9.0	8.0	7.4
Asian (n = 28-30)	28%	8.6	7.9	7.6
12 – 15 years old (n = 178-186)	25%	8.8	8.3	7.8
16+ years old (n = 278-286)	33%	9.0	7.9	7.8
Male (n = 171-180)	28%	9.2	8.3	8.2
Female (n = 188-193)	30%	9.0	8.2	7.8
Disabled young people (n = 219-221)	34%	8.6	7.8	7.4
Rainbow (n = 205-211)	29%	8.7	7.8	7.4

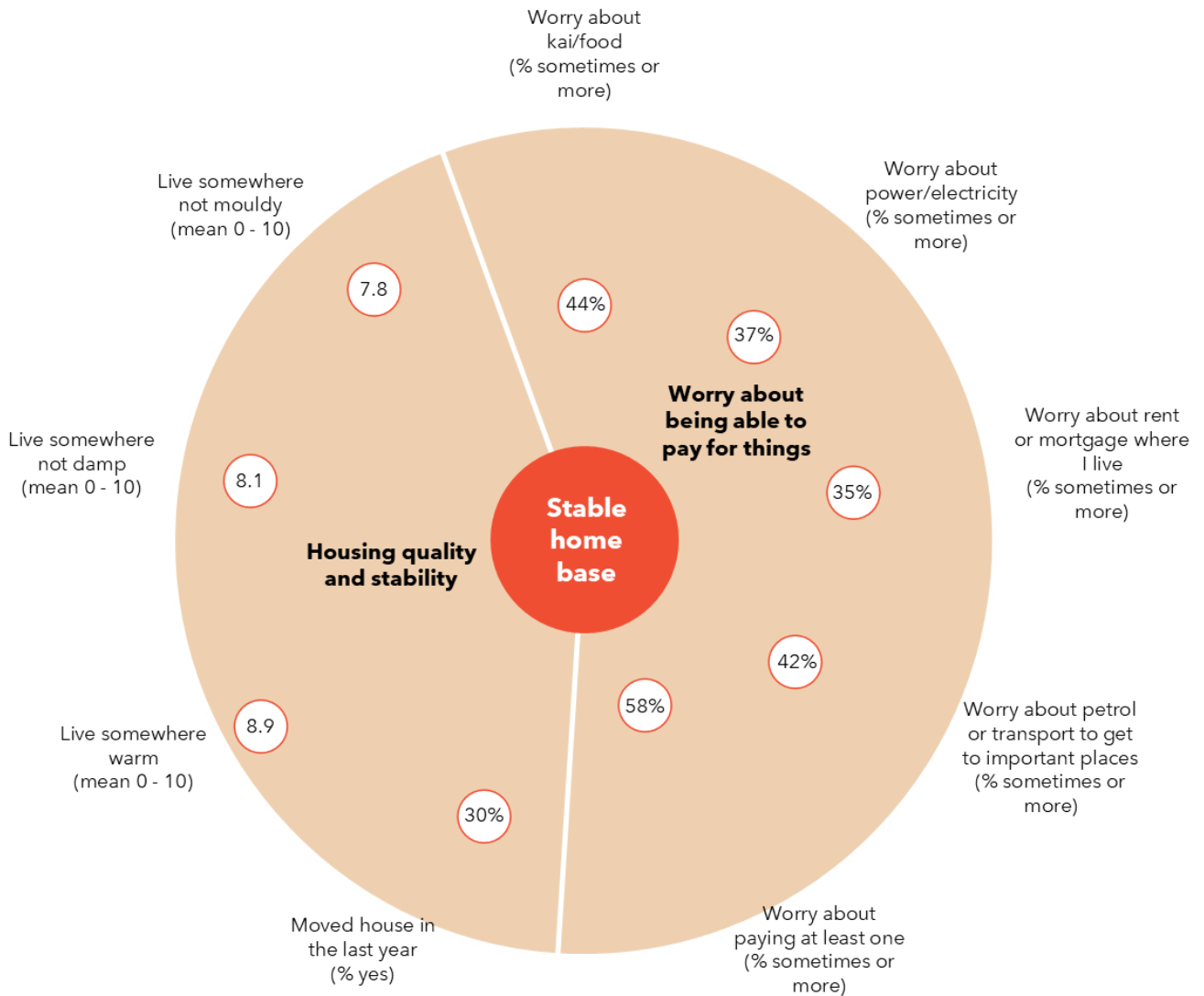
* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



5.3. Overview: Stable home base

Figure 19 provides an overview of young people’s responses to questions in the stable home base theme.

Figure 19. Overall results for the stable home base theme



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.





**Achieving and
contributing**

6.1. Aspiration and achievement in education

Some of the young people in the community cohort were attending school in some form e.g., Alt-Ed or TPU. We have combined responses from young people in the community cohort who said they were still at schools and those who had left.

In the community cohort, 40% of young people wanted a university degree and 9% a Trade Certificate or diploma (Table 20). Pacific young people and those in the rainbow group were most likely to want to go to university. Rangatahi Māori and males were more likely to aspire to achieving NCEA 3.

Table 19. Percentage of young people who have aspirations for different qualifications (n = 267)

	Some NCEA credits	NCEA 1	NCEA 2	NCEA 3	Trade certificate or diploma	University degree
Overall Community	3%	4%	18%	22%	10%	40%
Overall School	3%	2%	7%	15%	9%	62%
European (n = 175)	2%	5%	21%	19%	10%	40%
Māori (n = 122)	7%	6%	17%	30%	11%	28%
Pacific (n = 53)	2%	0%	15%	21%	11%	49%
Asian (n = 13)	8%	0%	8%	15%	23%	46%
Junior (n = 121)	6%	8%	17%	19%	10%	36%
Senior (n = 144)	1%	0%	19%	24%	10%	43%
Male (n = 97)	3%	3%	24%	31%	15%	20%
Female (n = 106)	3%	6%	11%	25%	6%	46%
Disabled (n = 129)	2%	2%	16%	18%	11%	46%
Rainbow (n = 112)	3%	3%	17%	15%	7%	53%

In the community cohort, 77% of young people thought they would achieve the qualification they aspired to compared to 86% of the school sample.

There appeared to be substantial differences in the extent people expected young people to do well between those in the community cohort (where the mean rating was 6.8) and the school sample (where the mean rating was 8.4).



Table 20. Education aspiration and achievement

How much do you agree that ...

	The highest qualification I want to achieve in the future: University degree (percentage who selected university degree)	People expect/expected me to do well at school (mean score on scale of 0 disagree to 10 agree)	I think I will get the qualification I aspire to (Percentage yes)
Overall Community	40%	6.8	77%
Overall School	62%	8.4	86%
European (n = 157-202)*	40%	6.7	77%
Māori (n = 112-137)	28%	7.1	79%
Pacific (n = 50-55)	49%	7.9	83%
Asian (n = 12-15)	46%	5.9	91%
12 – 15 years old (n = 110-144)	36%	6.4	75%
16+ years old (n = 130-159)	43%	6.9	79%
Male (n = 90-112)	20%	6.9	82%
Female (n = 97-122)	46%	6.7	80%
Disabled young people (n = 116-146)	46%	6.4	70%
Rainbow (n = 100-134)	53%	7.0	69%

* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



6.2. Experience of the education environment

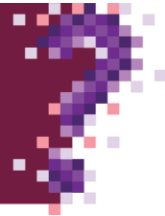
What About Me? included a series of questions about young people's educational environments. Some are included on the following page but questions about safety and acceptance are included in other sections.

Overall, young people in the community cohort provided the highest ratings to the question about having people at school they could ask for help (Table 21). They provided the lowest ratings to feeling they belonged and being able to manage the work they were given.

On average, European, disabled and rainbow young people provided the lowest ratings to feeling that they belonged in their school environments.



Table 21. Experience of last education environment - currently attending



How much do you agree with the following statements about your kura, school, alternative education or Teen Parent Unit, education or training provider ...
(mean score on scale of 0 disagree to 10 agree)

	I feel/felt like I belong(ed)	I feel/felt I am/was learning knowledge and skills that would help me in the future	My teachers treat(ed) me fairly	I can/could manage the work I get/got given	I have /had people there I can/could ask for help	My teachers consider(ed) my identity and values	I have/had opportunities to express myself creatively
Overall Community	5.9	6.8	6.9	6.5	7.3	6.8	6.9
Overall School	6.9	6.9	7.4	7.1	7.6	7.5	7.3
European (n = 199-204)*	5.3	6.4	6.9	6.0	7.1	6.4	6.6
Māori (n = 134-142)	6.3	7.1	7.1	7.1	7.5	7.1	7.1
Pacific (n = 53-55)	7.2	7.0	6.6	7.2	7.8	7.6	7.2
Asian (n = 14-15)	5.1	6.3	7.2	7.2	7.4	6.7	7.1
12 – 15 years old (n = 134-144)	5.6	6.6	6.8	6.6	7.3	6.7	6.6
16+ years old (n = 159-166)	5.9	6.6	6.9	6.1	7.1	6.8	6.9
Male (n = 110-117)	6.1	6.8	7.2	6.7	7.5	7.1	7.2
Female (n = 115-122)	6.3	7.0	7.0	7.0	7.8	7.4	7.1
Disabled young people (n = 147-150)	4.7	5.7	6.3	5.5	6.4	5.7	5.8
Rainbow (n = 132-134)	4.9	5.7	6.7	5.3	6.4	5.9	6.2

* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



6.3. Employment

Overall, 25% of young people in the community cohort had a regular paid part-time job and 7% a full-time job (Table 22). When only the 16 and older age group was considered, 9% had a full-time job and 28% were in regular part-time work. Almost all the 16+ age group (92%) who were not in employment wanted paid work.

Table 22. Percentage of young people in different types of employment (n = 434)

	Regular part-time job	Job in the school holidays	Casual or occasional work	Full-time job	None of the above
Overall Community	25%	9%	18%	7%	52%
Overall School	26%	16%	18%	2%	50%
European (n = 306)	24%	8%	23%	6%	50%
Māori (n = 196)	26%	9%	16%	7%	53%
Pacific (n = 77)	19%	9%	14%	12%	52%
Asian (n = 30)	20%	3%	10%	17%	53%
12 - 15 years old (n = 162)	19%	10%	14%	3%	61%
16+ years old (n = 269)	28%	8%	20%	9%	46%
Male (n = 164)	29%	11%	17%	10%	45%
Female (n = 173)	25%	7%	15%	5%	57%
Disabled (n = 213)	22%	5%	22%	5%	54%
Rainbow (n = 203)	18%	6%	22%	4%	56%

Young people in the community cohort rated all aspects of their work at 6.9 or higher (on a 0-10 disagree-agree scale). The mean ratings of the community cohort were lower than the mean ratings provided by young people in the school sample about the aspects of their work included in the survey (Table 23).

There appeared to be no consistent pattern of differences between the sub-groups of young people in the community in terms of their agreement with different aspects of their employment.



How much do you agree that ... (mean score on scale of 0 disagree to 10 agree)

	My work provides me opportunities to build skills and knowledge for my future	I know my rights at work (e.g. minimum wages and health and safety)	I am treated well by people at work	I am paid fairly for my work	My work leaves me enough time for my studies
Overall Community	6.9	7.4	7.6	7.3	7.3
Overall School	7.5	8.0	8.4	8.1	8.2
European (n = 121-292)*	6.4	7.1	7.2	7.0	7.2
Māori (n = 83-191)	7.2	7.7	7.7	7.3	7.4
Pacific (n = 32-64)	6.3	7.0	7.6	7.2	6.5
Asian (n = 12-26)	6.3	5.8	6.4	6.0	5.8
12 – 15 years old (n = 50-147)	7.2	7.5	7.7	7.5	7.7
16+ years old (n = 147-255)	6.7	7.4	7.5	7.2	7.1
Male (n = 84-154)	7.4	8.1	8.2	7.9	7.8
Female (n = 77-163)	6.9	7.2	7.5	7.3	7.1
Disabled young people (n = 92-201)	6.0	6.7	6.9	6.2	6.5
Rainbow (n = 82-198)	6.1	6.7	7.2	6.7	7.0

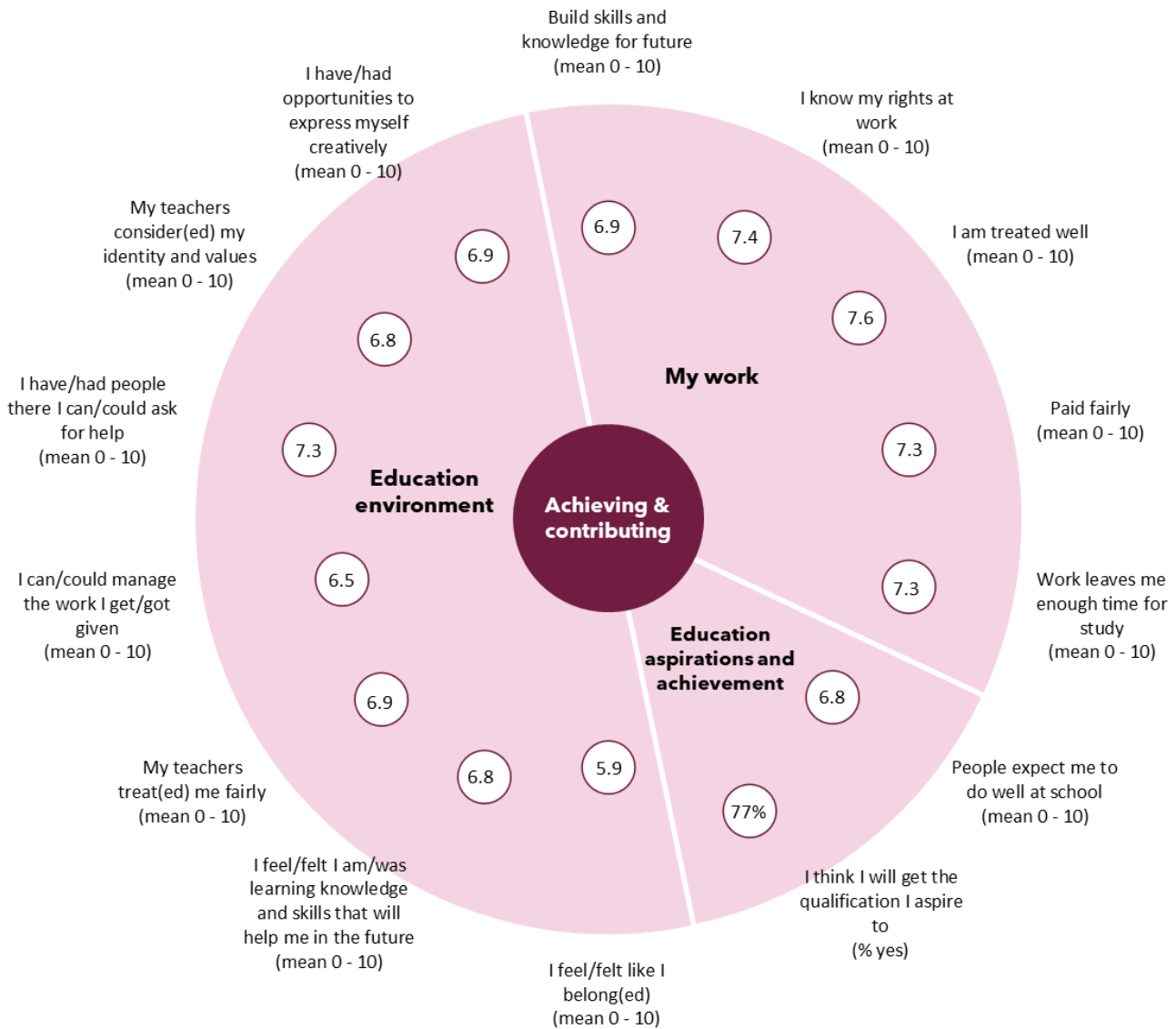
* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



6.4. Overview: Achieving and contributing

Figure 20 provides an overview of the results in the achieving and contributing theme.

Figure 20. Overall results for the achieving and contributing theme



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.





Feeling good physically
and mentally

7.1. Life overall

Young people in the community sample provided an average rating of 5.6 (on a dissatisfied to satisfied scale from 0-10) when asked to rate how they felt about life in general. This was lower than the average rating of 6.8 for the school sample.

On average young people in the community appeared less hopeful about their future (average rating of 6.1 compared to 7.4 for young people surveyed in the school setting on a 0 to 10 scale from not at all to very) (Table 24).

Pacific young people in the community cohort gave the highest ratings about life in general and feeling hopeful about the future. The lowest ratings were given by disabled young people and young people in the rainbow grouping.

What would help you have a good life, now and in the future

Feeling good physically and mentally:

"Provide more well educated views on non-cis gender identities and sexual identities. And take in full account some youth may have early and unconventional signs of mental illness and neuro divergence."

"Better healthcare for transitioning for low income lgbtq folk. Support with prescriptions since many trans people need hormones to live."

"Better disabled healthcare."





	How do you feel about life in general (0 dissatisfied to 10 satisfied)	I feel hopeful about my future (0 not at all to 10 very)
Overall Community	5.6	6.1
Overall School	6.8	7.4
European (n = 280-320)*	5.5	5.8
Māori (n = 174-220)	6.0	6.7
Pacific (n = -60-80)	6.3	7.5
Asian (n = 24-28)	5.4	6.0
12 – 15 years old (n = 138-186)	5.6	6.3
16+ years old (n = 242-288)	5.7	6.0
Male (n = 141-183)	6.1	6.6
Female (n = 158-194)	5.7	6.4
Disabled young people (n = 190-222)	4.9	5.1
Rainbow (n = 193-209)	5.0	5.4

* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



7.2. Mental wellbeing

Young people answered several questions about their mental wellbeing including the WHO-5 (subjective wellbeing over the last two weeks), Kessler-6 (feelings in the last 30 days used to identify serious distress) and other questions about feeling overwhelmed, like life is not worth living, seriously thinking about suicide and suicide attempts over the last twelve-months.

A substantially lower percentage of young people in the community indicated good wellbeing (based on WHO-5 scores) and a substantially higher percentage were experiencing serious distress (based on the Kessler-6 score) when compared to the school sample.

The WHO-5 and Kessler-6 assessments are reflected in the worrying number of young people in the community who in the last twelve months (Table 25):

- Had felt so overwhelmed or down they could not cope (69%)
- Had felt that life was not worth living (65%)
- Had seriously thought about suicide (52%)
- Had attempted suicide (32%).

Nearly two-thirds (61%) of young people in the community sample said they had deliberately hurt or done something that they knew would harm themselves in the last 12 months compared to 34% of young people in the school sample. This question was intended to target self-harm but may have been interpreted more broadly to include other harmful behaviours (for example, drinking alcohol or smoking).

Results suggest that certain groups of young people had particularly high mental health distress, in particular females, disabled and rainbow young people.



In the last twelve months have you ever ... (Percentage yes)

	Good to excellent wellbeing (WHO-5) (percentage with score 13 or more out of 25)	Experiencing serious distress (Kessler-6) (percentage with a score of 13 or more out of 24)	Felt overwhelmed or so down you can't cope	Felt like life was not worth living	Hurt yourself deliberately (Percentage yes once or more)	Seriously thought about attempting suicide	Tried to kill yourself (attempted suicide)
Overall Community	39%	49%	69%	65%	61%	52%	32%
Overall School	58%	28%	49%	41%	34%	26%	12%
European (n = 263-292)*	32%	55%	73%	69%	66%	55%	33%
Māori (n = 156-191)	46%	40%	64%	62%	51%	49%	31%
Pacific (n = 55-68)	60%	25%	55%	46%	49%	45%	29%
Asian (n = 21-27)	26%	54%	58%	52%	58%	48%	40%
12 – 15 years old (n = 126-152)	41%	50%	63%	59%	62%	50%	35%
16+ years old (n = 226-257)	39%	48%	72%	68%	60%	53%	30%
Male (n = 129-152)	49%	34%	54%	51%	44%	39%	25%
Female (n = 141-171)	41%	47%	72%	67%	64%	54%	35%
Disabled young people (n = 176-213)	27%	70%	86%	85%	80%	70%	43%
Rainbow (n = 177-198)	28%	66%	86%	80%	75%	65%	37%

* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



7.3. Physical health

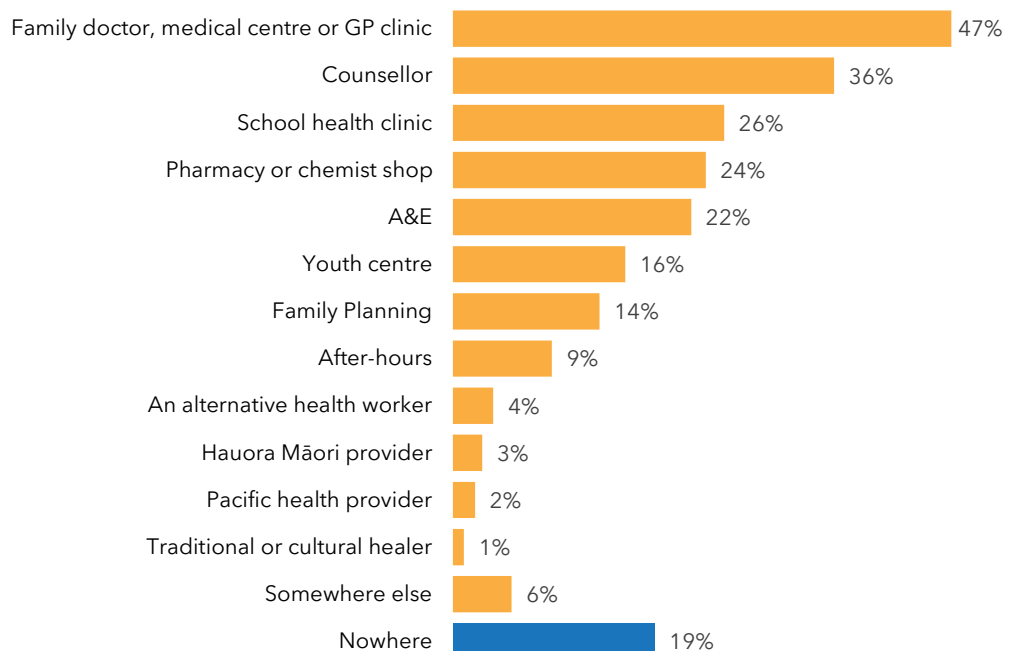
Approximately two-thirds (67%) of young people in the community sample considered their health in general to be good, very good or excellent on a scale running from 1 (poor) to 5 (excellent) (Table 26).

Smaller percentages of disabled young people (54%) and young people in the rainbow grouping (58%) in the community cohort considered their health in general to be good, very good or excellent when compared to other demographic groups.

Access to healthcare was challenging for young people in the community and 37% said there had been a time in the last 12 months when they had wanted or needed to see a doctor or nurse or other healthcare worker about their health but hadn't been able to. A higher percentage of disabled young people (48%) within the community cohort said they had not been able to see a doctor or nurse or other healthcare worker about their health when they had wanted to.

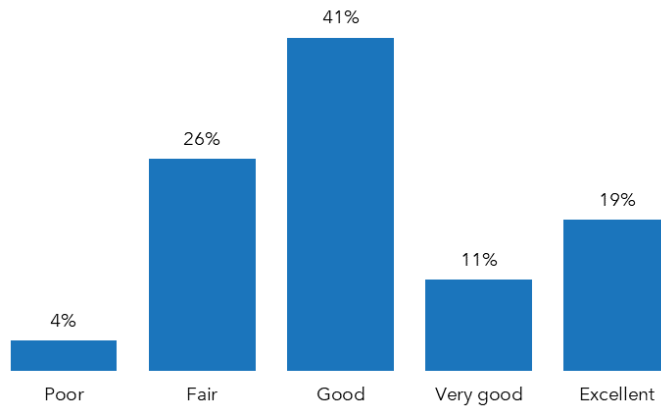
Although the family doctor, medical centre or GP clinic were the healthcare providers most went to, counsellors were also important. Thirty six percent of young people in the community cohort had used a counsellor in the last 12 months (Figure 21).

Figure 21. Percentage of young people who had used different types of healthcare provider in the last 12 months (note: n = 289, respondents could select as many as they wanted)



One in five (19%) young people in the community cohort had not used a health care provider in the last 12 months. Of young people who said they had not used a healthcare provider in the last 12-months, 30% thought their health was either very good or excellent (Figure 22).

Figure 22. Young people who have not accessed a healthcare provider in the last 12 month's responses to how their health is in general (n = 125)





	In general my health is good, very good or excellent <i>(Percentage of good, very good, and excellent)</i>	In the last 12 months, there has been a time I wanted or needed to see a doctor or nurse or other healthcare worker about my health but I wasn't able to <i>(percentage yes)</i>
Overall Community	67%	37%
Overall School	86%	18%
European (n = 252-321)*	63%	40%
Māori (n = 151-216)	70%	41%
Pacific (n = 51-80)	80%	33%
Asian (n = 23-29)	69%	43%
12 – 15 years old (n = 116-176)	71%	41%
16+ years old (n = 219-275)	65%	36%
Male (n = 120-172)	74%	31%
Female (n = 138-186)	67%	42%
Disabled young people (n = 171-225)	54%	48%
Rainbow (n = 181-205)	58%	45%

* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



7.4. Sexual health

In the community sample, 66% of young people aged 16 or older said they had had consensual sex and 34% of the 12-15 year olds (Table 27).

Table 27. Age young people first had sex they consented to

	12-15 years old (n = 48)	16+ years old (n = 160)
Ever had consensual sex	34%	66%
Median age first had consensual sex	13 years old	15 years old

Of those who had had consensual sex, 60% had used contraceptive or protection to stop getting pregnant and 32% had used a condom or dam to protect against sexually transmitted infections (STI) (Table 28).



	I have had sex I consented to (Percentage yes)	Last time I had sex, I/my partner used a condom (or dam) against STD/STI (Percentage yes)	Last time I had sex, I/my partner used contraception or protection to stop getting pregnant (Percentage yes excl. not applicable)
Overall Community	54%	32%	60%
Overall School	22%	50%	72%
European (n = 107-286)*	56%	34%	60%
Māori (n = 84-172)	62%	33%	60%
Pacific (n = 23-58)	48%	44%	61%
Asian (n = 11-26)	58%	43%	64%
12 – 15 years old (n = 30-142)	34%	28%	53%
16+ years old (n = 120-242)	66%	33%	63%
Male (n = 64-146)	61%	42%	70%
Female (n = 73-155)	58%	24%	56%
Disabled young people (n = 74-193)	56%	31%	54%
Rainbow (n = 55-193)	49%	28%	56%

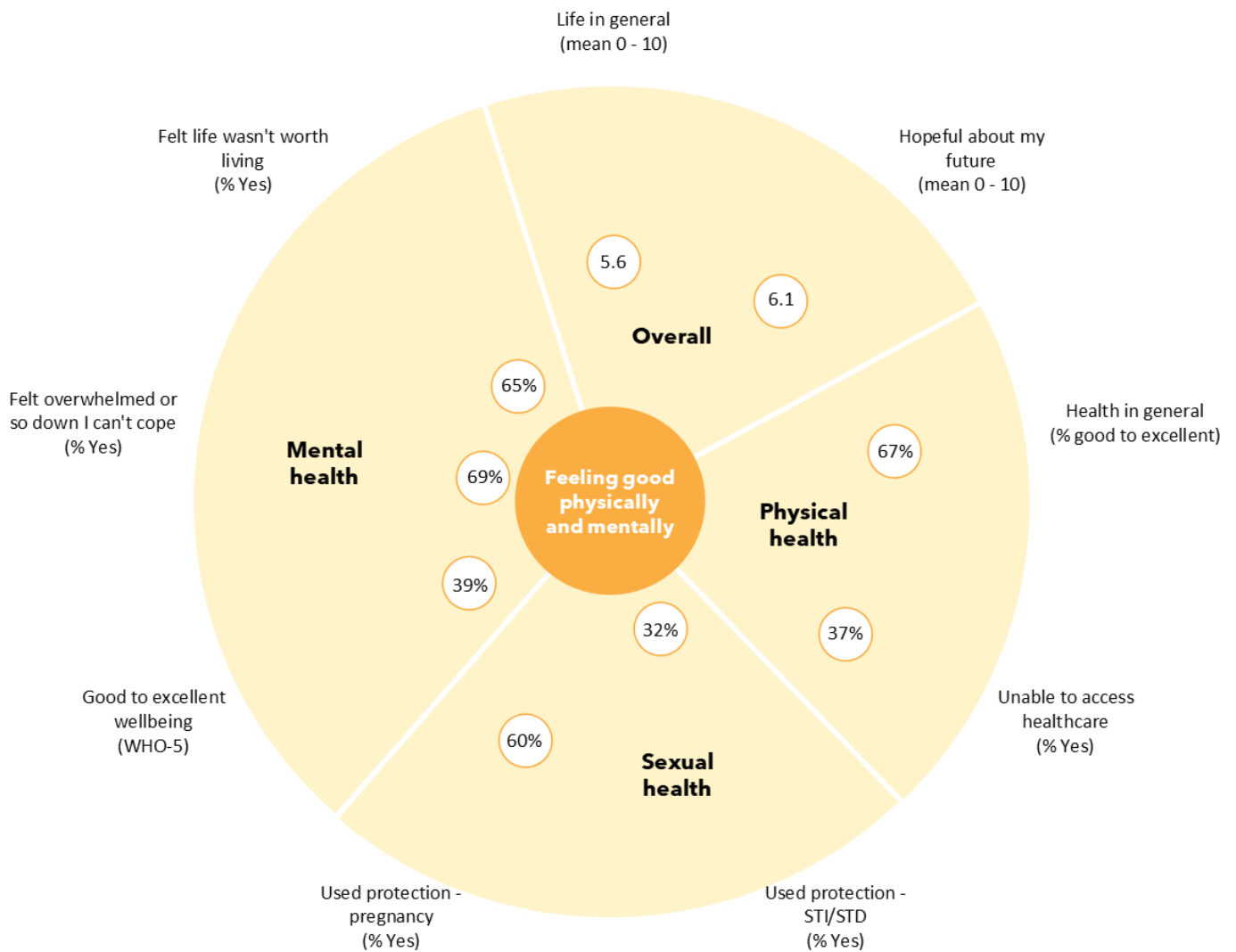
* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



7.5. Overview: Feeling good physically and mentally

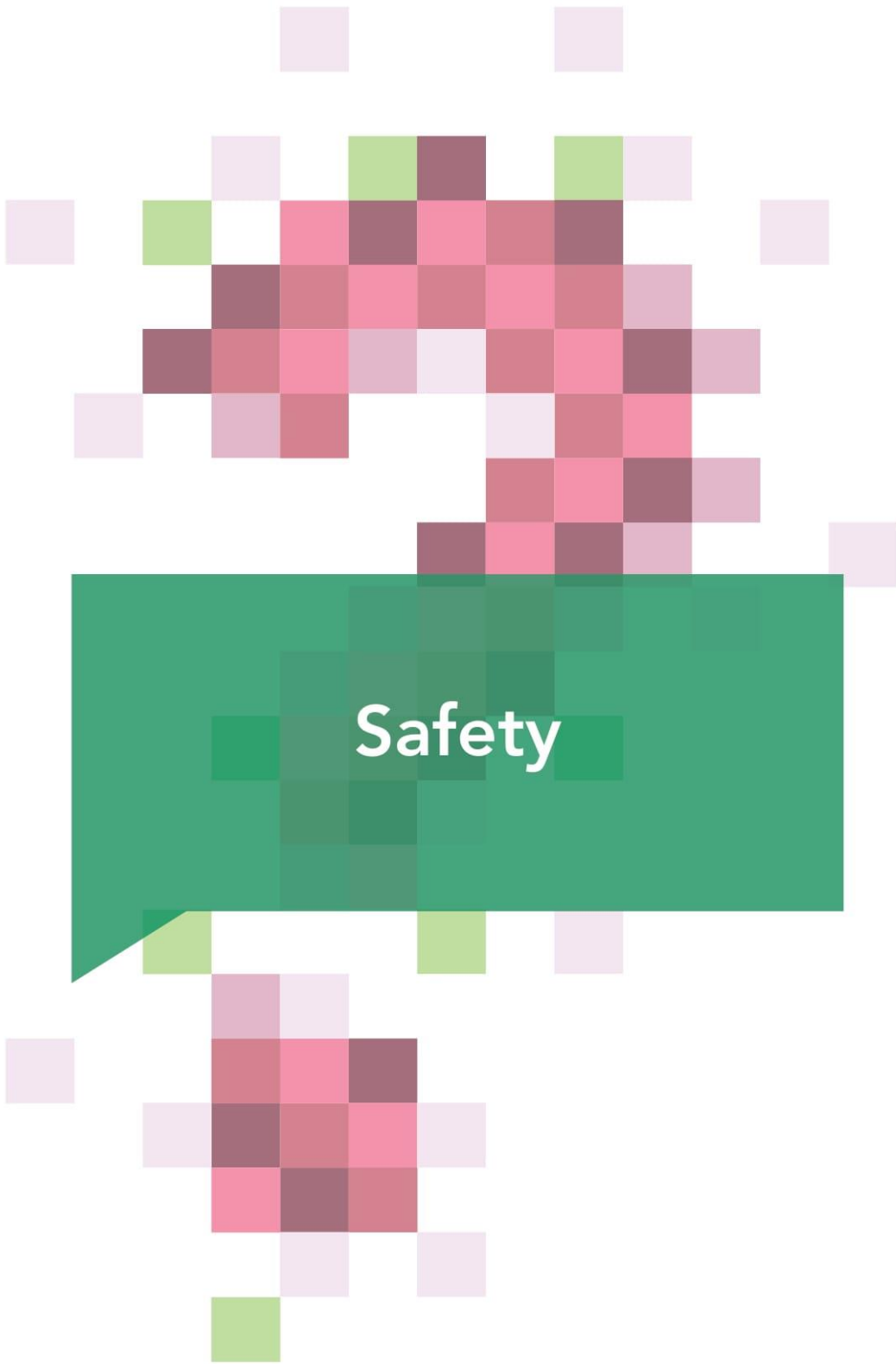
Figure 23 provides an overview of results for the feeling good physically and mentally theme.

Figure 23. Overall results for the feeling good physically and mentally theme



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.





Safety

8.1. Feeling safe where young people spend time

Young people in the community cohort rated the place they usually lived as the place they felt safest, and the mean rating of safety where they usually live was 7.8 (on a disagree-agree scale from 0-10) (Table 29). Rangatahi Māori, Pacific young people and males provided the highest mean ratings for safety where they usually live.

Young people felt less safe at work (mean 7.4), at school (mean 7.0) and the communities where they lived (mean 6.7) than in the place they usually lived.

Young people in the school sample gave higher ratings of safety in all settings than young people in the community cohort.

What would help you
have a good life, now
and in the future

Safety:

"Inclusive and comprehensive education in schools to deter discrimination and bullying."

"No abuse."

"Having my own place so I can set my own safe rules and routine for my baby."



Table 29. Feeling safe where young people spend time

I feel safe ... (mean score on scale of 0 disagree to 10 agree)

	At work	At school/kura I attend(ed)	Where I usually live	In the community where I live
Overall Community	7.4	7.0	7.8	6.7
Overall School	8.1	7.7	8.8	7.9
European (n = 143-320)*	7.0	6.6	7.5	6.4
Māori (n = 90-220)	7.8	7.5	8.1	6.8
Pacific (n = 32-81)	7.8	8.2	8.6	7.7
Asian (n = 11-30)	6.0	6.6	6.7	5.8
12 – 15 years old (n = 49-186)	7.6	6.8	7.8	6.7
16+ years old (n = 136-287)	7.3	7.2	7.9	6.7
Male (n = 82-179)	8.3	7.3	8.3	7.0
Female (n = 77-194)	7.2	7.7	8.0	6.9
Disabled young people (n = 93-222)	6.4	6.0	7.0	5.9
Rainbow (n = 90-211)	6.7	6.0	7.1	6.1

* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



8.2. Safety in personal relationships

Young people from all groups felt safe with their girlfriend, boyfriend or partner but also gave relatively high scores for feeling safe with their friends (Table 30). Disabled young people provided the lowest mean ratings of feeling safe with their friends.





I feel safe ...
(mean score on scale of 0 disagree to 10 agree)

	With my friends	With my girlfriend, boyfriend or partner (For those with one)
Overall Community	8.1	9.1
Overall School	8.5	9.2
European (n = 105-286)*	8.0	9.0
Māori (n = 67-186)	8.2	8.6
Pacific (n = 23-62)	8.9	9.0
Asian (n = 12-25)	8.4	8.8
12 – 15 years old (n = 54-146)	8.1	9.1
16+ years old (n = 93-246)	8.0	9.1
Male (n = 50-148)	8.1	8.8
Female (n = 61-161)	7.9	9.1
Disabled young people (n = 78-197)	7.7	9.1
Rainbow (n = 79-195)	8.1	9.3

* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



8.3. Overview: Safety

Figure 24 provides an overview of results in the safety theme.

Figure 24. Overall results for the safety theme



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.





Reduced harm

9.1. Harm at home

While most young people (81%) had not been exposed to physical harm in their home, a sizable group, of nearly one in five (19%) young people in our community cohort had.

A higher percentage of disabled young people compared to other groups in the community cohort had seen or experienced physical harm in the place they lived (Table 31).

Yelling and swearing was more frequently experienced than physical harm and had been experienced by 70% of young people in the community cohort. A higher percentage of disabled young people said they had been being yelled at or sworn at in places where they usually lived.

A higher percentage of young people reported yelling/swearing and physical hurt/hitting directed at them than at another adult or child in their house (Table 32).

* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.

Table 31. Young people who have not experienced harm at home

	In the last 12 months adults in the places where you usually live HAVE NOT ...	
	Yelled or sworn at me/another child/each other (Percentage who have not)	Physically hurt me/another child/each other (Percentage who have not)
Overall Community	30%	81%
Overall School	41%	87%
European (n = 263-265)*	29%	82%
Māori (n = 162-165)	26%	77%
Pacific (n = 57)	37%	84%
Asian (n = 24-26)	38%	83%
12 – 15 years old (n = 129-132)	29%	81%
16+ years old (n = 228-230)	31%	81%
Male (n = 136)	36%	85%
Female (n = 144-148)	29%	77%
Disabled young people (n = 179-183)	20%	74%
Rainbow (n = 180-184)	26%	80%





In the last 12 months have adults in the places where you usually live yelled or sworn at ...
(Percentage yes)

In the last 12 months have adults in the places where you usually live hit/physically hurt ...
(Percentage yes)

	Another child	Each other	Me	Another child	Each other	Me
Overall Community	28%	40%	52%	7%	6%	12%
Overall School	26%	31%	46%	5%	3%	10%
European (n = 263-265)*	31%	42%	56%	7%	6%	13%
Māori (n = 162-165)	27%	46%	55%	6%	8%	14%
Pacific (n = 57)	26%	35%	47%	7%	4%	9%
Asian (n = 24-26)	27%	38%	35%	8%	0%	13%
12 – 15 years old (n = 129-132)	31%	42%	50%	9%	5%	14%
16+ years old (n = 228-230)	27%	38%	54%	7%	7%	11%
Male (n = 136)	23%	37%	40%	5%	4%	10%
Female (n = 144-148)	24%	41%	56%	6%	8%	15%
Disabled young people (n = 179-183)	39%	47%	64%	9%	9%	17%
Rainbow (n = 180-184)	36%	44%	58%	9%	8%	12%

* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



9.2. Unwanted sexual contact

Overall, 35% of young people reported unwanted sexual contact – close to twice the percentage in the school sample (which was 19%). The percentage experiencing unwanted sexual touching was higher for rainbow and disabled young people. Pacific young people and males were less likely to have experienced unwanted sexual contact.

Young people gave an average rating of 7.9 on a scale running from 0 (very often) to 10 (not at all) when asked if they had ever felt pressured to do things they or someone else saw in porn. There were minor differences only between different groups of young people (Table 33).





	I have ...	
	Been touched in a sexual way or made to do sexual things I didn't want to (Percentage yes)	Been pressured to do things I or someone saw in porn (mean score on scale of 0 very often to 10 not at all)
Overall Community	35%	7.9
Overall School	19%	8.9
European (n = 264-297)*	37%	8.0
Māori (n = 157-190)	39%	7.6
Pacific (n = 58-67)	22%	7.2
Asian (n = 25-28)	40%	7.6
12 – 15 years old (n = 131-153)	33%	8.1
16+ years old (n = 225-254)	37%	7.8
Male (n = 135-154)	22%	8.0
Female (n = 144-168)	41%	7.8
Disabled young people (n = 177-204)	50%	7.5
Rainbow (n = 179-196)	45%	7.8

* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



9.3. Bullying

Overall, 46% of young people in the community cohort said they had experienced bullying in the last 12 months. Bullying was defined as including name calling, teasing, spreading rumours, instant messaging, being left out, being pushed or shoved, physically hit or harmed, and having your stuff taken or damaged.

Of those who said they had experienced bullying, the most common way they were bullied was by being teased or verbally abused. However, nearly half said bullying had been online or through social media (Table 34).

Higher percentages of the younger age group, rainbow and disabled young people reported bullying. Females were more likely to report bullying than males.

What would help you have a good life, now and in the future

Reduced harm:

"Stop smoking."

"Staying out of trouble."

"Noise canceling headphones to block out the slurs."

"Not being judged for being a young mum."





Percentage of young people experiencing bullying who experienced the following types of bullying in the last 12 months ... (Percentage yes)

	I have experienced bullying in the last 12 months (Percentage yes)	A message, or a message I got online	A rumour about me e.g. on social media	Pushed or shoved around	Teased or verbally abused	Physically hit or harmed
Overall Community	46%	47%	47%	22%	67%	31%
Overall School	37%	34%	38%	20%	61%	21%
European (n = 122-270)*	47%	49%	43%	22%	66%	31%
Māori (n = 73-172)	45%	53%	62%	23%	59%	41%
Pacific (n = 20-63)	35%	35%	30%	20%	40%	40%
Asian (n = 12-26)	50%	42%	50%	42%	58%	33%
12 – 15 years old (n = 62-132)	52%	42%	42%	31%	73%	32%
16+ years old (n = 97-240)	42%	51%	49%	16%	63%	30%
Male (n = 43-137)	35%	49%	47%	30%	56%	37%
Female (n = 65-154)	46%	48%	55%	18%	69%	35%
Disabled young people (n = 97-188)	53%	52%	48%	24%	76%	31%
Rainbow (n = 99-187)	56%	51%	40%	25%	74%	28%

* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



9.4. Other harm

Just over half (53%) of the young people in the community cohort had been in a serious physical fight (Table 35). Males, rangatahi Māori and Pacific young people in the community cohort were more likely than other groups in the community cohort to have been in a serious fight.

Table 35. Percentage of young people that have been in a serious physical fight (n = 381)

	Never	Not in the last 12 months	Once or twice	Three or four times	Five or more times
Overall Community	48%	14%	21%	8%	10%
Overall School	69%	12%	13%	3%	3%
European (n = 278)	50%	14%	18%	9%	9%
Māori (n = 175)	37%	11%	25%	11%	15%
Pacific (n = 60)	45%	10%	27%	3%	15%
Asian (n = 26)	54%	8%	15%	4%	19%
12 - 15 years old (n = 137)	44%	11%	25%	8%	12%
16+ years old (n = 242)	50%	15%	18%	8%	8%
Male (n = 141)	37%	13%	26%	10%	13%
Female (n = 156)	49%	12%	22%	8%	10%
Disabled (n = 189)	46%	14%	24%	7%	8%
Rainbow (n = 193)	56%	15%	15%	7%	7%

In the last 12 months, 26% of young people in the community cohort had been hit or physically harmed by a person they did not live with. The percentage was higher for rangatahi Māori, Asian young people, males, and disabled young people.

A small percentage (13%) of young people in the community cohort had gambled for money or precious things in the last four weeks. Although numbers were small, a higher percentage of young Asians in the community cohort said they had gambled.

Police had been involved with 33% of young people in the community cohort compared to 10% in the school cohort (Table 36).



I have ... (Percentage yes)

	Been hit or physically harmed on purpose by a person I don't live with in the last 12 months	Gambled for money or bet precious things in the last 4 weeks	Been in trouble with the police in the last 12 months
Overall Community	26%	13%	33%
Overall School	17%	8%	10%
European (n = 269-318)*	26%	13%	33%
Māori (n = 163-220)	33%	18%	41%
Pacific (n = 56-81)	23%	13%	36%
Asian (n = 24-28)	33%	25%	36%
12 – 15 years old (n = 131-187)	28%	15%	41%
16+ years old (n = 231-285)	24%	11%	28%
Male (n = 134-182)	31%	19%	40%
Female (n = 147-192)	25%	9%	33%
Disabled young people (n = 183-222)	32%	13%	37%
Rainbow (n = 188-209)	23%	10%	27%

* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



9.5. Smoking and vaping

Almost half (49%) of young people in the community cohort had smoked a cigarette and 70% had vaped. Approximately two-thirds (68%) of those who vaped had smoked cigarettes before they began vaping or using e-cigarettes.

A higher percentage of rangatahi Māori and young Asians in the community cohort had smoked or vaped than young people in other demographic groups.

Most of those who had smoked or vaped were not worried about their smoking or vaping (Table 37).



	I have ever smoked a whole cigarette e.g., cigarettes, tobacco, roll-your-owns (Percentage yes)	(Of those who have smoked a cigarette) Have worried about how much I smoke cigarettes (Percentage yes)	Have ever vaped e.g., vaporisers, e-cigarettes (Percentage yes)	I smoked ordinary cigarettes (tobacco) when I first began vaping or using e-cigarettes (Percentage yes)	(Of those who have vaped) Have worried about how much I use e-cigarettes or vapes (Percentage yes)
Overall Community	49%	9%	70%	68%	16%
Overall School	21%	21%	48%	40%	39%
European (n = 145-311)*	49%	7%	70%	69%	15%
Māori (n = 114-207)	61%	9%	82%	70%	15%
Pacific (n = 29-73)	49%	16%	78%	59%	19%
Asian (n = 15-28)	61%	18%	71%	73%	15%
12 – 15 years old (n = 65-167)	43%	7%	66%	66%	13%
16+ years old (n = 123-264)	53%	10%	72%	70%	16%
Male (n = 76-165)	53%	8%	75%	63%	14%
Female (n = 92-177)	55%	11%	74%	69%	18%
Disabled young people (n = 106-216)	53%	11%	74%	79%	17%
Rainbow (n = 77-203)	42%	12%	62%	74%	12%

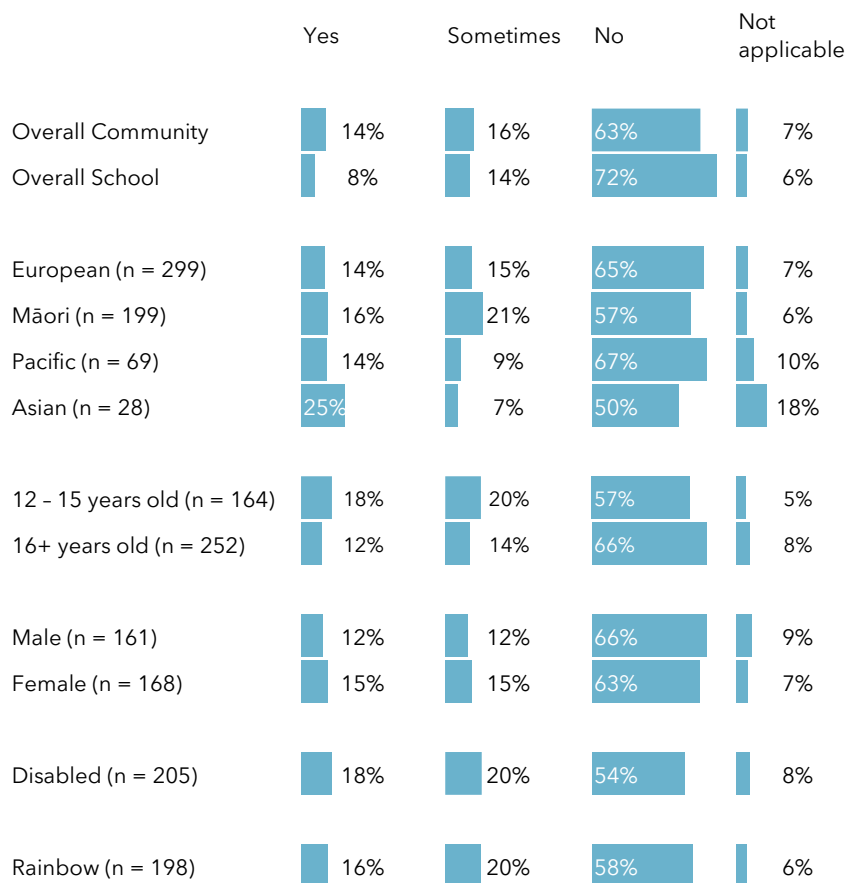
* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



9.6. Alcohol and cannabis

Approximately one-third (30%) of young people were worried or sometimes worried about the drug use or drinking by anyone they live with (Table 38). Higher percentages of Māori, Asian, rainbow and disabled young people were worried or sometimes worried about drug use by someone they live with than young people in other demographic groups.

Table 38. Percentage of young people worried about drug use or drinking by anyone they live with (n = 419)



Overall, 79% of young people in the community cohort had ever drunk alcohol. Binge drinking, defined as consuming five or more drinks on an occasion for men or four or more drinks on an occasion for women, is associated with many health problems.²⁰

Of young people who had ever drunk alcohol (n = 341), 60% (n = 203) had drunk five or more drinks in a four-hour period at least once in the past four weeks. This

²⁰ <https://www.hpa.org.nz/sites/default/files/ABAS%20youth%2015-24%20REPORT%20FINAL.pdf>



reported experience of binge-drinking represented 40% of young people overall in the community cohort.

A similar percentage (57%) had ever used cannabis and the percentage who had ever used cannabis was higher in the older age group (i.e., those aged 16 years or older).

Higher percentages of rangatahi Māori had binge drunk alcohol and used cannabis (Table 39).



I have ... (Percentage yes)

	Drunk alcohol (ever)	(Of those who have drunk alcohol) Had 5+ drinks within 4 hours (during the past four weeks)	Used cannabis (ever)
Overall Community	79%	60%	57%
Overall School	67%	47%	26%
European (n = 249-311)*	81%	60%	58%
Māori (n = 175-206)	87%	69%	71%
Pacific (n = 53-72)	77%	60%	57%
Asian (n = 21-28)	75%	62%	59%
12 – 15 years old (n = 121-166)	75%	60%	50%
16+ years old (n = 211-262)	82%	60%	61%
Male (n = 129-163)	80%	64%	60%
Female (n = 141-176)	82%	62%	63%
Disabled young people (n = 174-214)	83%	57%	61%
Rainbow (n = 153-203)	76%	52%	50%

* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



9.7. Other drugs

Between 18-26% of young people in the community cohort had used each of a variety of other substances. Of those who had used other drugs (n = 112), 37% were worried at least sometimes about how much they used other substances (Table 40).

The percentages reporting use of other substances was higher than the percentage in the school sample.



I have ... (Percentage yes)

	Smoked synthetic cannabis (ever)	Used prescription drugs in a way they were not intended to be used (ever) e.g. Ritalin	Used other drugs that can cause a high or trip (ever) e.g. acid (tabs), P, speed, ecstasy (MDMA), homebake, etc.	Huffed or sniffed glue, bleach, petrol, aerosol cans or similar (ever)	(Of those who used other drugs) Worried about how much I use other drugs (sometimes or yes)
Overall Community	18%	22%	26%	25%	37%
Overall School	5%	9%	9%	18%	24%
European (n = 163-309)*	18%	27%	28%	26%	37%
Māori (n = 119-204)	24%	24%	31%	28%	39%
Pacific (n = 31-72)	22%	15%	27%	23%	35%
Asian (n = 17-28)	32%	32%	29%	39%	41%
12 – 15 years old (n = 80-166)	16%	20%	23%	28%	33%
16+ years old (n = 136-159)	18%	24%	28%	23%	38%
Male (n = 86-164)	22%	26%	30%	24%	34%
Female (n = 99-174)	18%	20%	31%	29%	41%
Disabled young people (n = 125-211)	18%	28%	30%	30%	40%
Rainbow (n = 97-203)	13%	26%	23%	26%	38%

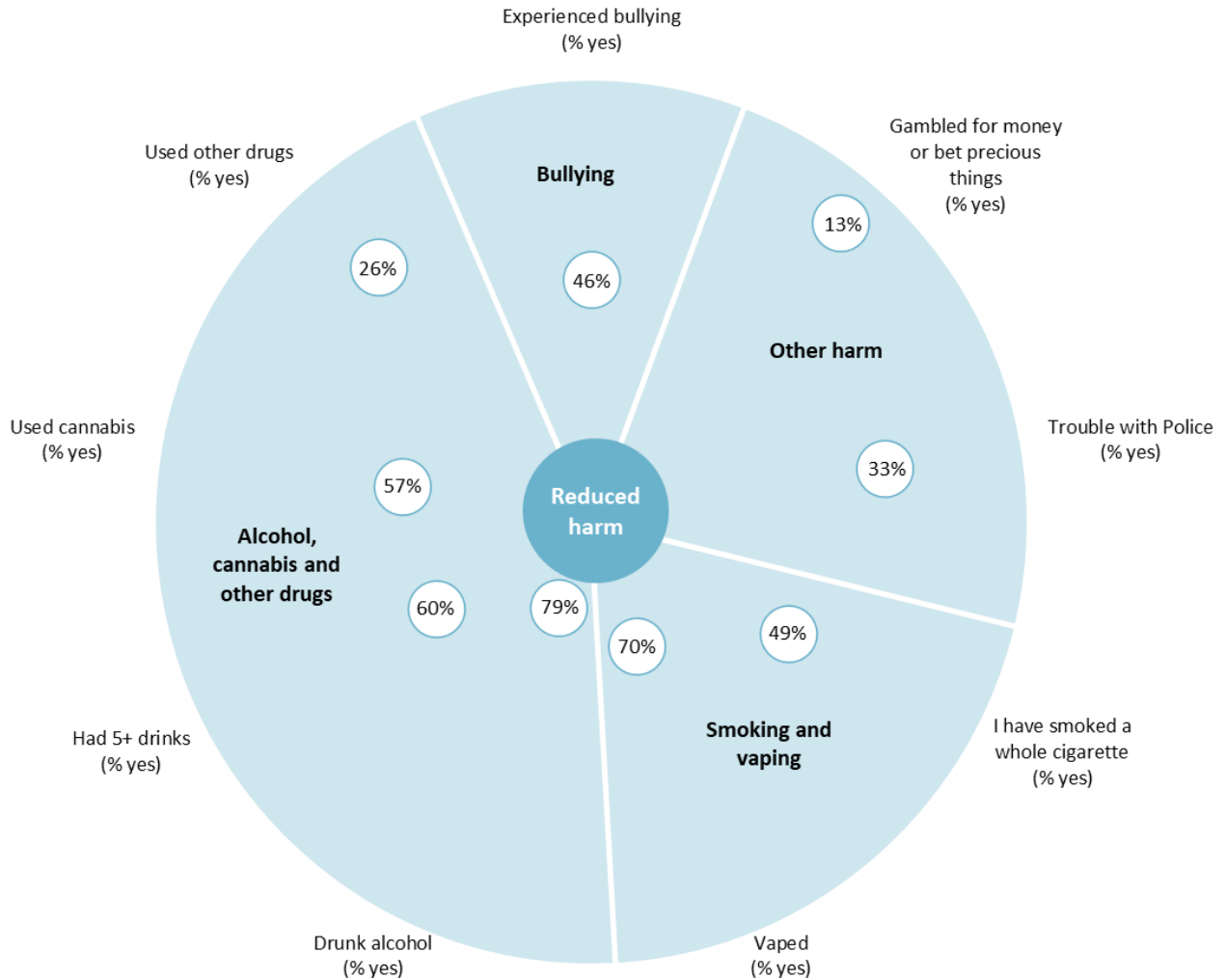
* Note: n value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



9.8. Overview: Experience of harm

Figure 25 shows a selection of the results for the experience of harm theme.

Figure 25. Overall results for the experience of harm theme



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.



Appendix 1:

Details of the methods and how
to read tables in this report



Overview of the survey method

The Youth2000 series of surveys included the first nationally representative health and wellbeing survey of New Zealand secondary school students. The first survey was conducted by the University of Auckland's Adolescent Health Research Group (AHRG)²¹ in 2001.²² This survey series was repeated in 2007, 2012 and most recently in 2019. The survey method we have used for *What About Me?* drew in part on the approaches used successfully in those earlier surveys. In particular, the questionnaire development phase asked stakeholders to consider which questions used in the Youth2000 surveys would be most valuable to include.

A full summary of the survey method can be found in the accompanying technical report. An overview is provided below.

Core components of the survey approach: The core parts of our approach to the survey included:

- A holistic approach to health and wellbeing that considered the different dimensions of young people's lives.
- A youth-centred survey that collected meaningful information about how young people saw their lives.
- Useful and usable information to inform policy development and service delivery and to provide a foundation for tracking progress.
- Strengths-based measures to complement many of the administrative data measures that were deficit based.
- An accessible survey with length and language that did not exclude young people with literacy or language challenges.
- An interactive reporting tool to provide schools and youth services with information about the young people they support.
- A full data set for government to underpin additional analyses.

Questionnaire development: We ran an extensive consultation process with stakeholders across government and with other organisations supporting and advocating for young people. Participants in the consultation process identified the information they most needed, including considering which questions included in past youth health and wellbeing surveys (including the Youth2000 series) would be most important to repeat to assess possible changes over time.

²¹ The AHRG now includes researchers from universities within New Zealand and overseas.

²² Information and publications on the Youth2000 series are collated at: www.fmhs.auckland.ac.nz/en/faculty/adolescent-health-research-group/publications-and-reports/publications-by-topic.html



The survey: Young people completed the survey on tablets. The survey was available in English, te reo Māori in written and audio formats. Earphones were provided to assist young people who found it easier to hear the questions alongside reading them. A video option was available for young people who wanted to read the survey in New Zealand Sign Language. Some tablets were available for young people with visual disability to use with a reader.

Sample: We intended to survey 14,000 young people with 11,500 in-school completions and 2,500 community cohort completions. The final sample size of 7,209 in school and 502 in the community was limited by the impact of COVID-19 on fieldwork.

The survey questions were not compulsory, so each question contains a varying amount of missing data from young people who skipped, answered 'don't know' or who did not progress far enough through the survey, particularly if some groups of young people were more likely to miss answering questions – for example, those who were slower to make their way through the survey and ran out of time.

Survey timing: The intention was to complete survey fieldwork in school terms 2-3 of 2019. However, delays in gaining ethics approval in 2019 and 2020 COVID-19 lockdowns resulted in fieldwork being completed in 2021.

The COVID-19 lockdowns in 2021 impacted the survey fieldwork. School closures meant planned fieldwork had to be cancelled. The impacts of the reduced sample size include:

- A much smaller than planned community cohort, limiting sub-group comparisons and the strength of overall results.
- Incomplete national coverage (see Table 2).

Survey weighting: Results from school settings were weighted to school roll information from the Ministry of Education. Comparable information was not available for community settings. The non-representative nature of the sample and smaller number of responses mean we have not applied weighting.



How to read the tables and figures in this report

Main result tables

Tables show the results for questions grouped into themes, as in the example below.

1. This is the stem and rating scale shared by the questions below. The question column here can be read as: I feel accepted ... by the people I live with. Young people answered by giving a rating between 0 and 10, where 0 represented disagree and 10 agree. The mean of their ratings is reported.
2. The results to each question for all young people in the community are in the 'Overall community' row.
3. The results to each question for all young people in school are in the 'Overall school' row. This is the only location where school responses can be found. All other results are based on responses from young people in the community cohort.
4. Subsequent rows report results for young people sharing a characteristic. The n-values shown are the range between the smallest number of responses and the largest number of responses to questions in the table.

Each cell provides the point estimate for the group of young people identified in the row heading for the question in the column heading.

Example results table

1. I feel accepted ... (mean on scale of 0 disagree to 10 agree)

	By the people I live with	At school/ kura (currently attending)	At work	By others	By my friends
2. Overall community					
3. Overall school					
4. European (n = 105-318)					
Māori (n = 58-218)					



Comparisons between subgroups of young people

The tables report results for different sub-groups of young people in the community:

- Ethnicities²³ – European, Māori, Pacific and Asian
- Gender – Young people who identified male or female as their gender
- Age – 12 to 15 year olds and 16+ year olds
- Rainbow – young people identified as rainbow
- Disability – young people who fitted the criteria for the third definition of disability defined by the Washington Group questions used in the survey.

For each sub-group it is useful to understand the prevalence of each result. Comparisons between groups to identify average differences can also be useful from the perspective of equity. In interpreting results and comparisons between sub-groups, we need to be mindful of the small sample size of some sub-groups, the non-representative nature of the sample and that only simple comparisons between means are outlined.

It is important to understand that the results for each of the subgroups are not standardised to age, gender, ethnicity or any other characteristic. Differences between groups may be driven by differences in their composition. Greater or lesser representation of characteristics such as gender, ethnicity and socioeconomic status influence the results recorded for each group. All young people live in different contexts – such as different living arrangements, family/whānau incomes, gender, sexuality, friendships and whether they are born in Aotearoa New Zealand or not. These different contexts also influence their wellbeing.

It is important not to assume the cause of any possible differences between groups. Identifying the cause of differences observed requires more complex investigation of the data than presented here. The survey dataset is available for statistical experts to carry out some of these analyses.

Overview charts

The overview charts provide a summary of the results for each theme. Abbreviated question text is provided around the outside, and questions are split into sub-themes by the white dividing lines.

The circled numbers give the overall result for the question, which may be a mean result or a percentage. Results are positioned closer to the outside if they are closer

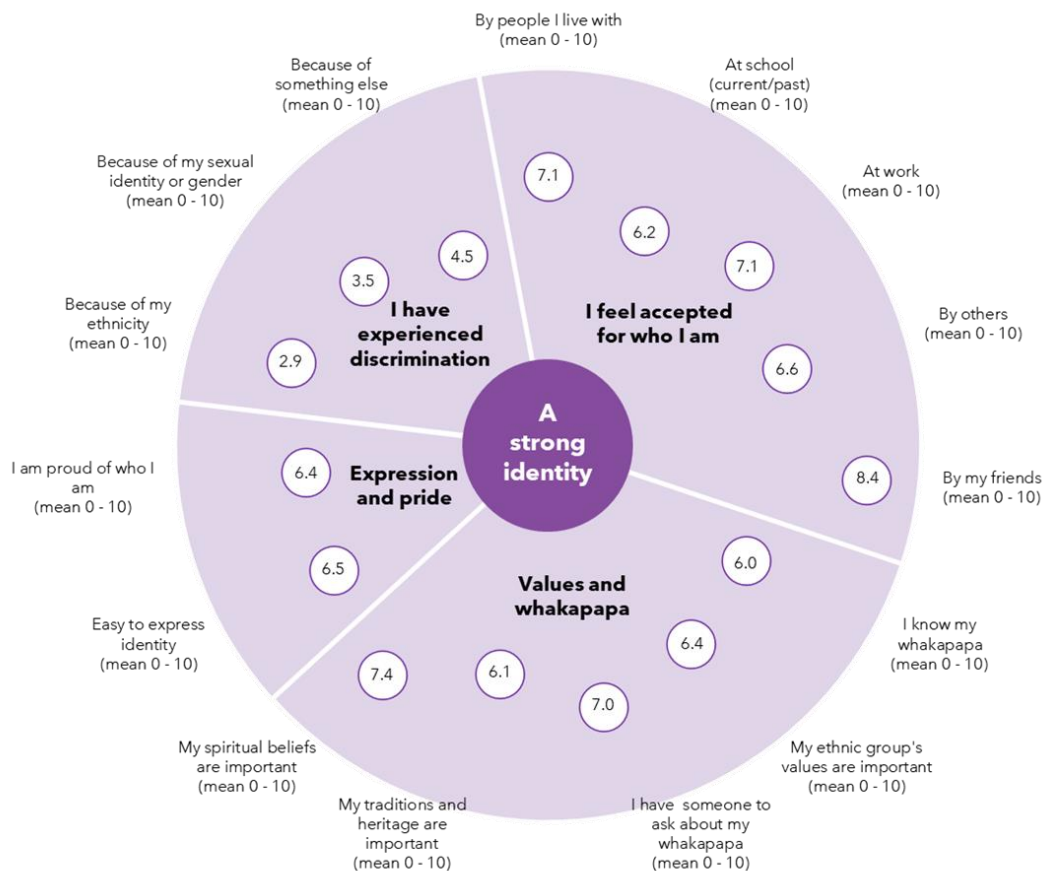
²³ If young people identified with more than one ethnicity, their results were included with each ethnicity they identified. For example, if they identified as both Māori and Pacific, their results will be included in both groups.



to the most positive result (strengths). They are closer to the centre if they are closer to the most negative result (weaknesses).

The overview for the identity theme is shown below. They present overall results only. Note that for the questions on discrimination, low scores were most positive and indicated that the young person did not experience discrimination so they are closer to the outside edge. For the questions on feeling accepted, high scores were the most positive and indicated high acceptance so they are closer to the outside edge.

Example overview chart



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.

Comparisons to results from school settings

The results from young people in school settings are provided in the overview report. Young people answered the same questions in both settings but important limitations apply to any comparison of the results. We sampled schools within region and decile strata using probability proportionate to size and sampled young people randomly within schools. We weighted the results to make them broadly



representative of young people attending secondary school. Young people in community settings were not randomly sampled and the results have not been weighted. They should be seen as results describing a particular cohort of young people reached in the community and cannot be considered representative of all young people supported by community organisations.



Appendix 2:

Approaches to participant safety



What About Me? was reviewed by the Health and Disability Ethics Committee in 2019 and approval was granted for participation by year 9 to 13 students. An extensive safety process was clearly defined and included a pilot study to assess if any additional safety considerations were required.

In the community cohort, all young people included in the survey were supported by an organisation that included appropriately qualified staff available to support young people before, during and after the survey. In most organisations, a member of our team explained the survey, the consent processes and where to get help. In the remaining organisations a staff member was trained to provide the explanation. Prior to the survey, a member of our team asked the organisation to identify any young people who may be at additional risk through completing the survey and to consider whether they should be included in the survey sample.

Approaches to participant safety in community organisations are detailed below (Table 41). There were some differences between schools and community organisations. Safety in schools is outlined in the technical report.

Table 41. Components of the safety plan

Safety plan components	Details
Project design	
Team training	The research team was trained by Youthline to identify and respond to signs of distress. A youth worker was included in the data collection alongside a researcher both for additional safety and to introduce survey participants to someone they could contact locally.
Ethics review	The study protocol has been extensively reviewed by the Health and Disability Ethics committee and the Health Research Council in addition to review from experts in working with at-risk young people.
Pilot study	A pilot study with eight schools was undertaken to assess if there were any additional safety considerations for the main data collection.
School and organisation planning	
Safety and operational plan development	An operational and safety plan was filled out with each participating school and community organisation. The plans ensured each aspect of the approach to managing risk had been agreed with schools/ community organisations in advance and were in place during data collection.
Identification of at-risk young people	Part of the planning process was identifying young people who were at higher risk of requiring support during or after completing the survey. Community organisations identified young people at higher risk based on their professional expertise and/or knowledge of each young person. Individual safety plans were created for these young people.



Safety plan components	Details
Whānau were advised of the survey	In the community settings, young people were encouraged to share the survey information sheet with their whānau.
Safety during survey completion	
Pastoral care available on-site during data collection	In the community settings, the organisation confirmed there would be clinical and/or youth/social worker staff present when data collection was taking place.
Verbal briefing before survey starts	Before commencing the survey consent process, we conducted a verbal briefing to young people about what support was available and how to access it.
'Where to get help' cards	Every young person was given a 'Where to get help' card which had contact details for Youthline, school support and other support services. These contact details included phone, text, email and web-based modes. Copies can be seen on the website www.whataboutme.nz .
Help form in survey	A 'get help' button was visible on every page of the survey. Clicking the 'get help' button exited young people from the survey and to a 'help' form. This was not connected to the survey data. Completing the form generated an email to designated staff so they could follow-up with the young person. The email contact and process were agreed and tested before data collection. The young person could not re-enter the survey.

