

**Youth Health
+ Wellbeing Survey**



**MINISTRY OF SOCIAL
DEVELOPMENT**
TE HĀRATŌ WHAKAHĀTŌ ORA



Youth Health & Wellbeing

A comprehensive youth survey in 2025

Technical Report – Appendices

November 2025



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Appendix A: School Safety Plan Template



School safety plan for the Youth Health and Wellbeing Survey 2025

This plan provides a record of the key information related to the planning and operation of the Youth Health and Wellbeing Survey at each school. Completed versions will be shared with each school and provide a record of the safety planning for each.

School information:

School name:	
School address:	

	Name	Phone	Email
Principal			
School YHWS 2025 champion Role: _____			
Guidance counsellor / Nominated referral person within the school			
General phone line			

Survey session/s:

Survey date:	
Location for survey session/s:	
Timeslot for each survey session:	
Additional details for survey sessions (e.g. intention for which students go to each session):	



Safety planning

The following key details for the safety plan are recorded here to show they have been discussed with school staff and appropriate processes agreed.

Ipsos team member(s) on site for data collection	Name:
Youth Worker name on site for data collection	Name:
Youth Worker organisation	Company:
Youth Worker qualifications	
<p>Process for in-person disclosures agreed with school (describe here).</p> <p><i>This plan must include the physical location and direct contact details for pastoral care staff that may need to be informed if there is a disclosure to the Youth Worker:</i></p>	<p>To reduce the burden on pastoral care staff, we are providing a Youth Worker to be present on survey collection day. The Youth Worker will be available for the students taking part to talk with if anything in the survey causes them to become upset.</p> <p>In the unlikely event that a young person shows visible signs of distress during the survey, the Youth Worker will:</p> <ul style="list-style-type: none"> - Approach the young person to see if they would like to take a pause. - Remind them that they can stop taking part at any stage. - Remind them of the 'information card' and signpost to where they might be able to get more help if they would like to talk further. <p>The Youth Worker will be able to sign post these young people to:</p> <ul style="list-style-type: none"> - Places outside of school where they can get support (e.g. Youthline and local resources like youth one-stop shops). We have purposefully tried to recruit local Youth Workers wherever possible to ensure that they connect young people to local support services. - Pastoral care teams within the school: Wherever they can, the Youth Worker will encourage the young person to tap into the school's existing resources, and if the school would like, the Youth Worker will seek permission of the young person to pass their details on to the school pastoral care team so they can follow up with the young person. They will not do this without the young person's permission to do so, unless the young person or someone else is in immediate danger.* <p>At [SCHOOL NAME] the pastoral care team is called: [NAME] and they are located at [LOCATION]</p> <p>*Standard research practice is if the young person/participant makes any disclosure that suggests that they or another person are in immediate danger, then the Youth Worker will inform the young person that they need to tell the authorities, i.e. the police and/or school, even if the young person would rather they did not disclose this.</p> <p>All young people who take part in the survey will be handed an information card at the beginning of the survey. This information card thanks young people for taking part and provides some options for different people and organisations that they can talk with, e.g. they could talk with:</p> <ul style="list-style-type: none"> • a friend • a whānau or family member • Youthline (0800 376 633) or free text 234 • or free call or text 1737 to anytime to talk with a counsellor • School/kura guidance counsellor, school/kura nurse or teacher (for school/kura cohort) • Rainbow youth & OutLine <p>This card will include a QR link and URL that participants can use to visit the YHWS website where they can view a list of local support services in their area. This information card will be translated into Te Reo, Samoan and Tongan.</p>
Pastoral care staff confirmed available on data collection day (record name(s) and role(s))	Name:
School confirms they are satisfied with safety arrangements	Confirmed with: Date:
Record any special safety arrangements or considerations for the school here (i.e. student allergies, emergency evacuation procedures)	Notes:





Planning for individual student safety

School/kura staff (teachers, pastoral care team or similar) familiar with the students at their school will assess each sampled young person and determine whether they are capable and competent enough to provide their own informed consent.

We will advise school/kura staff to consider whether each young person is able to “understand the information relevant to their decision to participate in research, assess it, retain it, make a decision and communicate that decision”. Within the school/kura setting, it will be relevant for school/kura staff to consider any learning difficulties alongside other factors, that may diminish a persons’ capacity to provide informed consent.

For each student school/kura staff who know the student well will be asked to assign each child to one of these statements:

1. “I certify that these children/this child are/is well known to me and that I consider it safe and appropriate for them to participate in the National Youth and Wellbeing Survey. I believe that they have the competence necessary to answer the questions contained therein.”
2. “I certify that these children/this child are/is well known to me and that I DO NOT consider it safe and/or appropriate for them to participate in the National Youth and Wellbeing Survey. I DO NOT believe that they have the competence necessary to answer the questions contained therein.”

Date of discussion	
School/Kura staff involved in the discussion (record names and roles)	
Ipsos staff involved	
Any students assigned to statement 2? <i>List them in the individual student plans</i>	





Youth Health + Wellbeing Survey



Additional notes:





Appendix B: Participant Information Sheet

Appendix B.1: Participant information sheet – English


Youth Health+Wellbeing Survey


**MINISTRY OF SOCIAL
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TE HĀKAITI WHAKAHĀTO ORA

You've been invited to participate in the Youth Health and Wellbeing Survey 2025

This is the largest survey of young people in Aotearoa New Zealand and we want to your voice to be included. Please join us on your school's survey day to answer some questions about your life and experiences.

You will receive a \$25 digital Prezzy card as koha for your time!





Your school will let you know what time to report to the survey room. The survey session will take about 90 minutes. You might miss more than 1 school period.



In the survey room, a survey team member will ask your name to check you in.



You'll be given earbuds and a tablet to use for the survey. **The earbuds are yours to keep**



Have a seat. Once everyone is checked in, the survey team will brief you on how to do the survey and where you can get help.



During the survey, raise your hand if you have any questions or need assistance.



When you finish, return your tablet and you're free to go! Your digital Prezzy card will be emailed to you within 48 hours.

Other things to note:

- If you can't make your assigned session time, you can swap to another session on the survey day.
- It is **YOUR CHOICE** whether you take part. You can skip questions or stop the survey at any time!
- Some questions may be personal or sensitive to you. Support is available during and after the survey.
- All participants will also receive a "where to get help" information card.
- If you are in Years 9-11, your parent may opt you out of taking part.



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Youth Health + Wellbeing Survey



What is it?

The Youth Health and Wellbeing Survey 2025 (YHWS 2025) is the largest and most comprehensive survey of young people aged 13-19 in Aotearoa, New Zealand. With up to 10,000 participants, we aim to capture all the diverse voices and experiences of young New Zealanders. This helps researchers and the government understand the lives and challenges young people are facing and ways to improve them. The survey is funded by the Ministry of Social Development and the data collection is done by Ipsos Limited. As a thank you for taking part, you will receive a koha of headphones and a \$25 digital Prezzy card.

What will the survey ask about?

- You and your identity
- Family and whānau and home
- Learning work and plans for the future
- Your communities and things you do
- Relationships with others, including bullying and sexual relationships
- Physical health including healthy eating and period pain
- What you think and feel including mental health and your values and hopes
- Being safe and being harmed, including risky behaviours such as alcohol and drug use, violence and pornography.
- Getting the support you need

You can always skip any questions that you don't want to answer, and there will be people around to help if you get stuck!

Why me?

This is your chance to share your thoughts and help create a better future for young people. You are one of a small number of people to be selected to participate. Your experiences and views are unique – it's important that this survey represents you and people like you.





Do I have to take part?

Taking part is your choice! We encourage you to discuss this survey with your family, whānau or aiga and gain their support for your participation. You do not have to give a reason for not taking part. Even if you choose to take part now you can always change your mind later, just let us know! As a thank you for taking part, you will receive a koha of headphones and a \$25 digital Prezzy card.

How do I take part?

Your school will let you know when and where the survey will happen. On the survey day, your teachers will tell you where to go. Our survey team will greet you and help you find a comfortable spot with a tablet and headphones.

You will complete the survey digitally on a tablet, if you want you can use headphones to hear it read to you, or to listen to some music while you fill it out. We expect the survey session to take up to 90 minutes, with time for a break in the middle! You can skip any question you don't want to answer, and you can stop the survey at any time. If you decide you don't want to complete the survey when you get there – just let one of the survey team know – don't worry, you will still keep your headphones and digital Prezzy card!

To receive your digital Prezzy card, you will need to provide your name and an email address. This will be stored separately to your survey responses.

What is a digital Prezzy card?

A digital Prezzy card functions as a virtual gift card that you can use like an EFTPOS card. It's accepted anywhere Visa is accepted electronically, including in-store purchases through Google Wallet or Apple Wallet, as well as online. When you provide your email address, you'll receive an email from Prezzy with instructions on how to activate and register your card. You should receive this email within 48 hours of your survey session. For more information, we recommend visiting www.prezzycard.co.nz/faq

Will anyone know what I said?

No! Your survey answers are completely anonymous. This means no names or identifying information will be connected to your survey answers. Nobody, including the survey team, researchers, the government or your teachers will know what your answers are! **People will know that you have been asked to take part in the survey, but they won't know anything else about it unless you tell them!**





What happens with my survey information?

Your responses will be anonymised by Ipsos before being securely sent to StatsNZ. This means Ipsos will remove all identifying information, so your individual responses cannot be linked back to you. StatsNZ will keep this anonymised data indefinitely in a secure Data Lab for the Ministry of Social Development. Only certified researchers working on projects for the public good can access this data, and they will only receive the anonymised version. Within two years of data collection, Ipsos will delete all original data, including any personal information. For more information visit www.msd.govt.nz/YHWS

Your school will also get a copy of the survey findings, and some bigger reports will be published online at www.msd.govt.nz/YHWS for anyone who wants to read them. None of the reports or findings will make it possible to identify you or any individual who takes part in the survey. If you are 16 or older, at the end of the survey you can choose to put your survey answers into the Stats NZ Integrated Data Infrastructure (IDI). The IDI is a large research database containing information about people and households.

It is your choice whether you want to link your survey responses to the IDI.

If you say yes, but then change your mind you can withdraw your data from the IDI by contacting Ipsos using the details below by 31 October 2025.

If you are under the age of 16 your survey responses will not be linked. For more information, please visit <https://www.stats.govt.nz/integrated-data/integrated-data-infrastructure/> or watch this youtube video: <https://www.youtube.com/watch?v=uINWUfydbYA>

Are there downsides to taking part?

Because the survey session can take up to 90 minutes you might need to catch up on classwork. It is possible you may feel uncomfortable or upset about some questions – remember you can skip questions if you need.

There will be a support worker to help you during the survey. You will also get a card about places near you to get support.



What about my parents?

We encourage you to talk about the survey with your family, whānau, or aiga. You don't need their permission to take part, but if you are in Years 9-11 your parent or caregiver can opt you of the survey by contacting the school or the survey team.

I want to take part and need support to do it!

Let the survey team know if you have specific requirements to help you take part (like e-readers, a quiet space, or having more time to finish the survey). You or your parents can contact the Ipsos survey team (contact details below) to help sort this out.

Wait – I have more questions!

If you have more questions – no worries! Our website www.msd.govt.nz/YHWS has more information about the survey. You can also contact us here if you have questions, complaints or concerns:

- Ipsos yhws2025@ipsos.com, freephone 0800 478 783, or free txt 8009 and type 'YHWS' at the start of your message.
- Ministry of Social Development youthsurvey@msd.govt.nz, or visit www.msd.govt.nz/YHWS for information and to see key findings as they are published.
- Māori Advisor www.msd.govt.nz/maori leave a message at freephone 0800 478 783

If you want to talk to someone who isn't involved with the survey you can call an independent health and disability advocate on 0800 555 050, or email advocacy@advocacy.org.nz

You can also call the Health and Disability Ethics Committee (HDEC) that approved this study on 0800 4 ETHICS, or email hdecs@moh.govt.nz



Appendix B.2: Participant information sheet – Te reo Māori



Te Uiui Hauora me te Oranga Taiohi

Ko te Uiui Hauora me te Oranga Taiohi 2025 (YHWS 2025) te uiui nui rawa, hōhonu rawa hoki o ngā taiohi kei waenga i te 13-19 tau i Aotearoa. Atu i te 10,000 ngā kaiwhakauru, otirā ka whai mātou ki te kapo i ngā reo me ngā wheako kanorau katoa o ngā taiohi o Aotearoa. Ka āwhina tēnei i ngā kairangahau me te kāwanatanga kia mārāma ki te oranga, ngā wero kei mua i ngā taiohi, me ngā huarahi ki te whakapai ake. He mea tautoko tēnei uiui e Te Manatū Whakahiato Ora, ā, ka whakahaeretia te kohinga raraunga e Ipsos Limited. **Hei whakamihī atu ki tō urunga mai, ka whiwhia ngā taringa oro me te kāri Prezzy matihiko \$25.**

He aha ngā pātai i roto i te uiui?

- Ko koe me tō tuakiri
- Tō whānau me tō kāinga
- Te ako, te mahi me ngā whakaritenga mō te anamata
- Ō hapori me āu mahi
- Ngā hononga ki ētahi atu, tae atu ki te whakaweti me ngā hononga hōkaka
- Te hauora ā-tinana tae atu ki te kai tōtika me te kōhārihari ikura
- He aha ō whakaaro me ō aurongo tae atu ki te hauora hinengaro, ō mātāpono me ō tūmanako
- Te noho haumaruru me te tūkinotanga hoki, tae atu ki ngā whanonga mōrearea pēnei i te kai waipiro me te tarutaru, te haupatu me te karihika.
- Te rapu i te tautoko e hiahia ana

He pai noa te karo i ngā pātai kāore koe i te hiahia whakautu, ā, ka wātea he tangata ki te āwhina i a koe ina pā he uauatanga!

He aha ahau i tohua ai?

Koinei te wā mōu ki te tuku i ō whakaaro me te āwhina ki te hanga i tētahi anamata pai ake mā te taiohi. Ko koe tētahi o te tokoiti i tohua kia whai wāhi mai. He ahurei ō wheako me ō whakaaro – he mea nui kia whakaata te uiui nei i a koe me te hunga pēnā i a koe te āhua.



Me whai wāhi ahau?

Kei a koe te tikanga! E akiaki ana mātou kia kōrerorero koe i tēnei uiui ki tō whānau, me te rapu tautoko i a rātou mō tō whai wāhitanga. Ehara i te mea me tuku take koe o tō korenga e whai wāhi mai. Ahakoa ka whakaae koe ki te whai wāhi mai ināianei, kei a koe te tikanga mēnā ka huri ō mahara, me whakamōhio noa mai! Hei whakamihi atu ki tō urunga mai, ka whiwhia ngā taringa oro me te kāri **Prezzy matihiko \$25**.

Me pēhea au e whai wāhi ake?

Mā tō kura koe e whakamōhio ki hea, ā, hei āwhea tū ai te uiui. I te rā o te uiui, mā ō kaiako e whakamōhio ki a koe ki te wāhi, otirā ka whakatauhia koe e te tira uiui, ka kai pea, ā, ka kimi wāhi pai hei noho, me te papahiko me ngā pokitaringa.

Ka whakakīhia matihikotia e koe te uiui ki tētahi papahiko. Ki te hiahia koe, ka taea te whakamahī pokitaringa e rongō ai koe i tētahi atu e pānui ana i te uiui ki a koe, e pai ai rānei te whakarongo ki ētahi puoro i a koe e mahi ana. Ka eke pea ki te 90 mineti te roa, nā reira ka whai wāhi ki te whakatā i waenganui!

He pai hoki te karo i ngā pātai kāore koe i te hiahia whakautu, me te whakamutu i te uiui, ahakoa te wā. Ki te whakatau koe kāore koe i te hiahia whakaoti i te uiui i tō taenga ake – me whakamōhio noa i tētahi o te tira uiui – kaua e manukanuka, ka mau tonu ō pane whakarongo me tō kāri Prezzy matihiko!

Hei whiwhi i tāu kāri Prezzy matihiko, me tuku mai i tō ingoa, tō imēra. Ka noho motuhake tēnei ki ō urupare uiuinga.

He aha te Kāri Prezzy Matihiko?

He kāri koha matihiko te kāri Prezzy, ā, ka taea te whakamahī hei kāri EFTPOS. Ka whakaaetia ki ngā wāhi katoa e whakaae ana ki a Visa-ā-hiko, kia tae-ā-tinana atu ki te toa, mā te Google Wallet, Apple Wallet rānei, me te hoko-ā-ipurangi nei.

Hei te wā, ka tukuna tāu imēra, ka imērahia koe e Prezzy me ngā tohutohu ki te whakahohe me te rehita i tāu kāri. Tōna tikanga, ka whiwhi imēra i roto i ngā haora 48 i muri mai i tō wāhanga uiui. Mō ngā pārongo, toro atu ki a www.prezzycard.co.nz/faq.





Ka mōhio anō ētahi ki aku kōrero?

Kāore! He kirimuna katoa ngā whakautu ki te uiui. Ko te tikanga o tēnei, kāore e tiria he ingoa, he mōhiohio tautohu rānei e hono ana ki ō whakautu uiui. Kāore tētahi tangata, tae atu ki te tira uiui, ngā kairangahau, te kāwanatanga, ō kaiako rānei e kite he aha ō whakautu! **Ka mōhio te tangata i whai wāhi koe ki te uiui, engari e kore rātou e mōhio ki ētahi atu kōrero, māna, nāu kē i whāki!**

Ka ahatia aku mōhiohio uiui?

Ka kirimunatia ō urupare e Ipsos i mua o te tuku haumarua ki Tatauranga Aotearoa. Ko te tikanga o tēnei, ka tango a Ipsos i ngā mōhiohio tautuhi katoa, kia kore e taea te tūhono i ō urupare takitahi ki a koe anō. Ka puritia e Tatauranga Aotearoa ēnei raraunga kirimuna mō tētahi wā, ki tētahi Taiwhanga Raraunga haumarua mā Te Manatū Whakahiato Ora. Ka taea anake e ngā kairangahau whai tohu e mahi ana ki nga kaupapa painga tūmatanui te whakauru ki ēnei raraunga, otirā ka whiwhi noa iho rātou i ngā kōrero kirimuna. I ngā tau e rua i muri mai i te kohinga raraunga, ka mukua katoatia e Ipsos ngā rararunga taketake, tae atu ki ngā pārongo whaiaro. Mō ngā pārongo atu, toro atu ki a www.msd.govt.nz/YHWS

Ka whiwhi hoki tō kura i tētahi kape o ngā hua o te uiui, me ētahi pūrongo nui ake ka whakaputaina ki te ipurangi ki www.msd.govt.nz/YHWS mā te hunga ka hiahia ki te pānui. E kore koe, tētahi tangata takitahi rānei ka whai wāhi ki te uiui e tautuhia i roto i ngā pūrongo, i ngā hua rānei.

Mēnā he pakeke ake koe i te 16 tau, i te mutunga o te uiui ka taea e koe te kōwhiri kia whakaurua ō whakautu ki te uiui ki te **Integrated Data Infrastructure (IDI)** a Tatauranga Aotearoa. Ko te IDI he patengi raraunga rangahau nunui, e mau ana ki ngā mōhiohio mō te tangata me ngā kāinga noho.



Māu te tikanga ki te hono i ō urupare uiui ki te IDI. Ki te whakaae koe, engari ka huri ō mahara, ka taea e koe te tango i ō raraunga i te IDI mā te whakapā atu ki te Ipsos ki ngā taipitopito i raro i mua i te 31 o Ōketopa 2025.

Mēnā kei raro koe i te 16 tau, e kore ō urupare uiui e tūhonotia. Mō ētahi atu mōhiohio, tēnā haere ki <https://www.stats.govt.nz/integrated-data/integrated-data-infrastructure/> me mātaki rānei i te ataata YouTube ki: <https://www.youtube.com/watch?v=uINWUfydbYA>

He mea kino anō o te whai wāhi ake?

Nā te roa pea o te wāhanga uiui (kia 90 meneti te roa) tēnā pea he māhi ā kura, ā akomanga rānei hei whai. Tērā pea ka manawarau koe, ka pāpouri rānei i ētahi o ngā pātai – kia mahara ake, he pai noa te karo i ētahi o ngā pātai.

Hei te wā uiui, he kaimahi ki reira hei āwhina. Ka whiwhi anō hoki he kāri rātonga, wāhi e pātata ana ki a koe rapu tautoko ai.

Ka pēhea ōku mātua?

Ka akiaki mātou i a koe ki te kōrero i te uiui nei ki tō whānau, tō aiga rānei. Ehara i te mea me whai whakaetanga kia whakauru atu, heoi mēnā kei ngā tau 9-11 koe, kei ō mātua, ō kaitiaki rānei te whakatau kia whakakorengia tō kuhunga atu mā te whakapā atu ki te kura, ki te tīma uiui rānei.

Kei te hiahia au ki te whai wāhi ake engari me whai tautoko ahau!

Whākina atu ki te tīma mēna he hiahia motuhake nōu hei āwhina i a koe ki te whai wāhi (pēnei i te pānui-ā-hiko, pānui i tētahi wāhi āio, kia whakaroa ake rānei te wā hei whakaoti). Ka taea e koe, ō mātua rānei, te whakapā atu ki a Ipsos (ngā kōrero whakapānga kei raro nei) hei āwhina.





Taihoa – he nui noa atu aku pātai!

Mēnā he pātai anō āu – kua e māharahara! He mōhiohio anō kei tā mātou paetukutuku www.msd.govt.nz/YHWS mō te uiui. Ka taea hoki te whakapā mai ki a mātou i konei mēnā he pātai, he amuamu, he āwangawanga rānei āu:

- **Ipsos** yhws2025@ipsos.com, waea utukore 0800 478 783, pātuhi utukore rānei ki 8009 me te 'YHWS' i te timatanga o tō karere. Haere rānei ki www.ipsos.com/en-nz/yhws
- **Manatū Whakahiato Ora** youthsurvey@msd.govt.nz, haere rānei ki www.msd.govt.nz/yhws mō ngā mōhiohio me te kite i ngā kitenga matua i te wā ka whakaputaina.
- **Kaitohutohu Māori** waiho rānei he karere ki 0800 478 783 waea utukore.

Ki te hiahia koe ki te kōrero ki tētahi kāore i te whai wāhi ki te rangahau ka taea e koe te waea atu ki tētahi kaikōkiri hauora me te hauātanga motuhake ki 0800 555 050, te imēra rānei ki advocacy@advocacy.org.nz

Ka taea hoki te waea atu ki te Health and Disability Ethics Committee (HDEC) nā rātou te rangahau nei i whakamana, ki 0800 4 ETHICS, imēra rānei ki hdecs@moh.govt.nz



Appendix B.3: Participant information sheet – Samoan



Youth Health + Wellbeing Survey



Su'esu'ega o le Soifua Maloloina ma le Soifua Manuia o Tupulaga

O le Su'esu'ega o le Soifua Maloloina ma le Soifua Manuia o Tupulaga 2025 (YHWS 2025) o se su'esu'ega pito i tele ma atoatoa mo talavou laiti e 13-19 tausaga i totonu o Aotearoa, Niu Sila. E oo atu i le 10,000 tagata e auai, ma matou te faamoemoe e pu'eina uma manatu eseese ma a'afiaga o tupulaga talavou Niu Sila. E fesoasoani lea i le au su'esu'e ma le malo ina ia malamalama i olaga ma lu'itau o loo feagai ma tupulaga talavou ma auala e faaleleia atili ai. O lea su'esu'ega o loo faatupeina e le Matagaluega o Atina'e Lautele (Ministry of Social Development) ma o le aoina o faamaumauga e faatinoina e le Ipsos Limited. O se agaga fa'afetai mo le auai, ole a e mauaina se mea alofa o mea faalogo male \$25 numera Prezzy Card.

Oa mea e fesili atu ai le Su'esu'ega?

- O oe ma lou faasinomaga
- Aiga potopoto
- A'oa'oga galuega ma fuafuaga mo le lumana'i
- O lou afio'aga ma au galuega o loo fai
- Mafutaga ma isi tagata, e aofia ai mafutaga tau faapalopalo ma tau feusua'iga
- Soifua maloloina faaletino e aofia ai le taumafa mea'ai mo le soifua
- maloloina ma le tiga o ma'i masina
- Oni ou manatu ma lagona e aofia ai le soifua maloloina o le mafaufau ma ou tulaga faatauaina ma faamoemoeaga
- O le saogalemu ma le afaina, e aofia ai amioga lamatia e pei o le ava malosi ma le faaaogaina o fualaau faasaina, sauaga ma ata faaponokalafi.
- Mauaina o le fesoasoani e te mana'omia

E mafai lava ona e faamisi soo se fesili e te le mana'o e taliina, ma o le a iai tagata e fesoasoani pe a e le mautinoa!





Aisea ua filifilia ai a'u?

O lou avanoa lenei e faasoa atu ai ou manatu ma fesoasoani e fausia se lumana'i manuia mo tupulaga talavou. O oe o se tasi o tagata to'alaiti e filifilia e auai. O ou aafiga ma ou manatu e taua tele – e taua ona ave'a o lenei su'esu'ega e fai ma ou sui ma tagata e pei o oe.

Pe tatau ona ou auai?

O lou auai o lau filifiliga lava! Matou te fautuaina oe e faatalanoa lenei su'esu'ega ma lou aiga poo aiga potopoto ma ia maua ai la latou lagolago mo lou auai. E te le tau tuuina atu se mafua'aga pe a e le auai ai. E tusa lava pe e te filifili e auai i le taimi nei e mafai lava ona suia lou mafaufau mulimuli ane, tau lava o le logo mai o i matou! O se agaga fa'afetai mo le auai, ole a e mauaina se mea alofa o mea faalogo male \$25 numera Prezzy Card.

Pe faafefea ona ou auai?

O le a faailoa atu e lau a'oga le taimi ma le nofoaga e fai ai le su'esu'ega. I le aso o le su'esu'ega, o la matou 'au faigaluega fa'atalanoa, E galulue e fa'afiafia oe ma fesoasoani ia te oe e su'e se nofoaga fa'alelei, ma se laulau oloo iai le kompuita laititi ma meafalogo.

E te faamae'aina le su'esu'ega faatekinolosi i luga o le masini tablet. Afai e te mana'o ai, e mafai ona e faaaoga mea faalogo e te faalogologo ai i le su'esu'ega o faitau atu ia te oe pe faalogologo i musika a'o e faatumu le su'esu'ega. E ona oo atu i le 90 minute, ma o le a faia sina malologa i le ogatotonu! E mafai ona e faamisi soo se fesili e te le mana'o e taliina, ma e mafai ona e taofia le su'esu'ega i so'o se taimi. Afai e te filifili e te le mana'o e fa'amae'a le su'esu'ega pe a e o'o i ai - tau lava o le ta'u atu i se tasi o le au faigaluega fa'atalanoa - aua e te popole, e ave pea mo oe mea faalogo ma lau numera Prezzy card fa'amealofa!

Ina ia maua lau numera Prezzy Card fa'amealofa, e mana'omia le tu'uina atu o lou igoa ma se tuatusi imeli. O le a faamaumau eseina ma ou tali ua uma on fa'atalanoaina

Pe e iloa e se isi a'u tala na fai?

Leai! O au tali mo le su'esu'ega e matua malupuipua lava. O lona uiga e leai ni igoa poo ni faamatalaga e faailoa e fesoota'i atu i au tali i le su'esu'ega. E leai se tasi, e aofia ai le au su'esu'e, tagata su'esu'e, le malo poo ou faia'oga o le a iloa au tali! O le a iloa e tagata o lea sa talosagaina oe e te auai i le su'esu'ega, ae latou te le iloa se isi lava mea se'i vagana ua e ta'u atu ia i latou!





O le a le mea e tupu i a'u faamatalaga mo le su'esu'ega?

O au tali o le a malupuipua e Ipsos a'o le'i tuuina saogalemu atu i le StatsNZ. O lona uiga o Ipsos o le a ave'esea uma faamatalaga e iloagofie ai le tagata, o lea e le mafai ai ona toe fesoota'i atu au tali ta'itasi ia oe lava. O le a teuina e le StatsNZ nei faamatalaga malupuipua mo se taimi umi i totonu o se nofoaga o Faamaumauga saogalemu mo le Matagaluega o Atina'e Lautele. E na'o tagata su'esu'e faamaonia o loo galulue i poloketi mo le manuia lautele e mafai ona latou faa'oga nei faamaumauga, ma o le a latou mauaina na'o faamatalaga ua faalilolilo. E lua tausaga na aoina ai fa'amaumauga ma fa'amatalaga, O le matagaluega o Ipsos, O lea ua fa'amaea ma le toe fa'aogaina fa'amatalaga patino I lea su'esu'ega. Mo nisi faamatalaga asiasi i le www.msd.govt.nz/YHWS

E maua fo'i e lau a'oga se kopi o le iuga ole su'esu'ega, ma nisi lipoti tetele o le a faasalalauina i luga o le initaneti i le www.msd.govt.nz/YHWS mo soo se tasi e fia faitau i ai. E leai ma se lipoti poo se iuga na maua e mafai ai ona faailoa oe poo soo se tagata o le a auai i le su'esu'ega. Afai e 16 ou tausaga pe sili atu, i le faai'uga o le su'esu'ega e mafai ona e filifili e tuu au tali i totonu o le Stats NZ Integrated Data Infrastructure (IDI). O le IDI ose faamaumauga tele mo su'esu'ega o loo iai faamatalaga e uiga i tagata ma auai.

O lau lava filifiliga pe ete mana'o e faafesoota'i au tali mo su'esu'ega i le IDI. Afai e te ioe, ae toe sui lou mafaufau e mafai ona e aveese au faamatalaga mai le IDI e ala i le faafesoota'iina o le Ipsos e faa'oga ai faamatalaga ae le'i oo i le aso 31 Oketopa 2025.

Afai e i lalo ifo o le 16 ou tausaga o le a leai se fesoota'iga o au tali mo su'esu'ega. Mo nisi faamatalaga faamolemole asiasi i le <https://www.stats.govt.nz/integrated-data/integrated-data-infrastructure/> pe matamata i le youtube video leni: <https://www.youtube.com/watch?v=uINWUfydbYA>

Pe e i ai ni faaletonu i le auai?

Ona o le fa'atalanoaga e mafai ona o'o i le 90 minute ona toe foi ai lea o lou alo e fa'auma on mataupu aoga. Atonu e te lagona le le-to'a pe le-fiafia i nisi o fesili – manatua e mafai ona e faamisi fesili pe a e mana'omia. O le I ai se tagata faigaluega e lagolagoina ma fesoasoani ia te oe ile taimi ole fa'atalanoanga. E te maua foi se lau pepa ua fa'aupu e uiga i nofoaga e mafai ona maua ai le fesosoani.





Ae faafefea la o'u matua?

Matou te fautuaina oe e talanoa e uiga i le su'esu'ega ma lou aiga, whānau, poo aiga. E te le mana'omia le latou faatagaga e te auai ai, ae afai o oe e iai le Tausaga 9-11 e mafai e ou matua po'o le o tausia oe , ona faia le filifiliga , ia aua ona e auai ile le su'esu'ega e ala i le fa'afeso'ota'i o le a'oga, po'o le au faigaluega Fa'atalanoa a Ipsos.

Ou te fia auai ma mana'omia le fesoasoani e fai ai!

Ia e fa'aailoa atu i le 'au faigaluega fa'atalanoa , pe iai ni ou mana'oga fa'apitoa e fesoasoani ai, ia te oe e te auai (pei o E-faitau, se avanoa filemu, po'o le fa'apopo o le taimi e fa'auma ai le su'esu'ega). E mafai e oe, po'o ou matua ona fa'afeso'ota'i le au Faigaluega Fa'atalanoa a Ipsos (Mo fa'amatalaga fa'afeso'ota'i , oloo fa'amaumuina e i lalo) e fesoasoani i le fa'avasegaina o lena mea.

Faatali – E iai isi a'u fesili!

Afai e tele au fesili – aua le popole! O la matou upegatafa'ilagi www.msd.govt.nz/YHWS e iai nisi faamatalaga e uiga i le su'esu'ega. E mafai fo'i ona e faafesoota'i matou i'inei pe a iai ni au fesili, faasea poo ni atugaluga:

- Ipsos yhws2025@ipsos.com, telefoni vili fua 0800 478 783, poo le txt free 8009 ma ta i lalo le 'YHWS' i le amataga o lau feau tusitusia. Pe asiasi i le www.ipsos.com/en-nz/yhws
- Matagaluega o Atina'e Lautele youthsurvey@msd.govt.nz, pe asiasi i le www.msd.govt.nz/YHWS mo faamatalaga ma taga'i i sailiiliga autu a o lomía.
- Faufautua Māori www.msd.govt.nz/yhws/maori pe tuu se fe'au i le telefoni 0800 478 783

Afai e te mana'o e talanoa i se tasi e le'o a'afia i le su'esu'ega e mafai ona e vala'au i se tagata faufautua tuto'atasi mo le soifua maloloina ma mana'oga faapitoa i le 0800 555 050, pe imeli le advocacy@advocacy.org.nz

E mafai fo'i ona e vala'au le Health and Disability Ethics Committee (HDEC) na faamaonia lena su'esu'ega i le 0800 4 ETHICS, pe imeli le hdecs@moh.govt.nz



Appendix B.4: Participant information sheet – Tongan



Youth Health + Wellbeing Survey



Savea ki he Mo'ui Lelei mo e Tu'unga Lelei 'o e Mo'ui 'a e To'utupu

Ko e hā ia?

Ko e Savea ki he Mo'ui Lelei mo e Tu'unga Lelei 'o e Mo'ui 'a e To'utupu (Youth Health and Wellbeing Survey 2025 – YHWS 2025) 'a e savea lahi taha mo kakato taha 'o e to'utupu ta'u 13-19 'i Aotearoa, Nu'u Silá. 'E a'u hake ki he toko 10,000 'e kau maí, pea 'oku mau taumu'a ke fakakau mai 'a e kotoa 'o e ngaahi le'o kehekehe mo e a'usia kotoa 'a e to'utupu 'o Nu'u Silá. 'Oku tokoni eni ke mahino'i 'e he kau fakatotoló mo e pule'angá 'a e mo'ui mo e ngaahi pole 'oku fehanga'angai mo e to'utupu pea mo e ngaahi founga ke fakalelei'i ai kinautolú. 'Oku fakapa'anga 'a e savea ko 'ení 'e he Ministry of Social Development pea tñaki 'a e fakamatalá 'e he Ipsos Limited. Ko e fakamālō atu 'i ho'o kau mai, te ke ma'u ha me'a 'ofa, ko e me'a fanongo telinga mo ha kaati Prezzy faka'ilekitulonika, fe'unga moe \$25.

Ko e hā 'a e me'a 'e fakafehu'i 'e he savea?

- Ko koe mo ho 'ilo'i'angá
- Fāmili, kāingá mo e 'apí
- Ako ngāué mo e ngaahi palani ki he kaha'ú
- Ko ho ngaahi komiunití mo e ngaahi me'a 'okú ke fakahokó
- Ngaahi vā mo e ni'ihí kehé, kau ai 'a e fakamamahí (bullying) mo e ngaahi vā 'o e fehokotaki fakasinó (sexual)
- Mo'ui lelei fakasinó kau ai 'a e kai mo'ui lelei mo e mamahi'ia 'i he puke fakamāhiná
- Ko ho'o fakakaukaú mo e ongo'í kau ai 'a e mo'ui faka'atamaí mo e ngaahi me'a 'okú ke fakamahu'inga'í mo ho'o ngaahi 'amanakí
- Ko e malu mo e haó mo e fakalavea'í (harmed), kau ai 'a e ngaahi 'ulungaanga 'e ala fakatu'utāmaki hangē ko hono faka'aonga'i 'o e kava mālohí mo e faito'o konatapu, tā fakamamahí mo e ponokalafí (pornography).
- Ko hono ma'u atu 'o e tokoni 'okú ke fiema'ú

'E malava pē ke ke hiki fakalaka meí ha fa'ahinga fehu'i pē 'oku 'ikai ke ke fie tali, pea 'e 'i ai 'a e kakai ke





Ko e hā 'oku fakakau ai au?

Ko ho faingamālie eni ke vahevahe mai ai ho'o ngaahi fakakaukā ke tokoni ki hono fa'u ha kaha'u lelei ange ma'á e to'utupú. Ko e taha koe 'i ha kakai tokosi'i 'e fili ke kau mai. 'Oku makehe ho'o ngaahi a'usiá mo e fakakaukā – 'oku mahu'inga ke fakafonga'i 'e he savea ko 'eni koe mo e kakai hangē pē ko koé.

'Oku pau keu kau atu ki ai?

Ko e fili pē ia 'a'au pe te ke kau mai! 'Oku mau tapou atu ke ke talatalanoa ki ho fāmili, pe kāingá fekau'aki mo e savea ko 'eni ke nau pou pou'i ho'o kau maí. 'Oku 'ikai fiema'u ke ke 'omai ha 'uhinga ki he 'ikai ko ia ke ke kau mai. Tatau ai pē kapau te ke fili ke ke kau mai 'i he taimi ni te ke lava pē 'o liliu ho'o fakakaukā 'amui ange, ko ho'o fakahā mai pē ke mau 'ilo'i! Ko e fakamālō atu 'i ho'o kau mai, te ke ma'u ha me'a 'ofa, ko e me'a fanongo telinga mo ha kaati Prezzy faka'ilekitulonika, fe'unga moe \$25.

Ko e hā 'a e founa ke kau atu ai?

'E fakahoko atu 'e ho'o 'apiakó ke ke 'ilo'i 'a e taimi mo e feitu'u 'e fakahoko ai 'a e saveá. 'I he 'aho 'e fakahoko ai 'a e saveá, 'e talitali mo tokoni'i koe 'e he 'emau timi saveá ke ke ma'u ha feitu'u fakafiemālie 'oku 'i ai ha tepileti mo e ngaahi hetifouni.

Te ke fakafonu kakato 'a e saveá 'i he 'initaneti 'o ngāue'aki ha tepileti. Kapau te ke fiema'u, te ke lava 'o faka'aonga'i 'a e me'a fanongo ki he telingá ke fanongo ai ki hono lau atu 'o e saveá kiate koe pe fanongo ki ha ngaahi fo'i fasi lolotonga ho'o fakafonu 'a e saveá. 'E lava ke a'u eni ki ha miniti 'e 60, ka 'e 'i ai 'a e ki'i taimi mālōlō 'i he vaeua'angá!

Te ke lava 'o hiki fakalaka meí ha fa'ahinga fehu'i pē 'e ikai te ke fie tali, pea 'e lava ke ke ta'ofi 'a e saveá 'i ha fa'ahinga taimi pē. Kapau 'oku ke fakapapau'i 'oku 'ikai ke ke fie fakakakato 'a e savea 'i ho'o a'u ki ai – 'ai ke 'ilo 'e ha taha 'o e timi saveá – 'oua te ke hoha'á, te ke kei tauhi pe ho'o ngaahi hetifouni mo e kaati faka'ilekitulonika Prezzy!

Ke ma'u atu ho'o kaati faka'ilekitulonika Prezzy, 'e fiema'u ia ke ke 'omi ho hingoa mo ha tu'asila 'imeili. 'E tauhi mavahe 'eni ki ho'o ngaahi tali ki he savea.



Ko e hā 'a e kaati faka'ilekitulonika Prezzy?

Ko e kaati faka'ilekitulonika Prezzy 'oku ngāue ia ko ha kaati me'a'ofa faka'ilekitulonika te ke lava 'o ngāue'aki hangē ko ha kaati EFTPOS. 'Oku tali ia 'i ha feitu'u pē 'oku tali faka'ilekitulonika ai 'a e Visá, kau ai 'a e ngaahi fakatau 'i he falekoloá 'o fakafou 'i he Google Wallet pe Apple Wallet, pea pehē ki he 'initaneti. 'I he taimi 'oku ke 'omi ai ho tu'asila 'imeilí, te ke ma'u ha 'imeili mei he Prezzy mo ha fakahinohino ki he founga ke fakamo'ui mo lesisita ai ho'o kaati. 'Oku totonu ke ke ma'u 'a e 'imeili ko 'eni 'i loto 'i he houa 'e 48 mei ho'o savea. Ki ha toe fakamatala lahi angé, 'oku mau fokotu'u atu ke 'a'ahi ki he www.prezzycard.co.nz/faq

'E lava ke 'ilo'i 'e ha taha 'a e me'a na'á ku lea'aki?

'Ikai! 'E 'ikai 'aupito 'ilo'i koe ia mei ho'o ngaahi tali ki he saveá. 'Oku 'uhinga ení 'e 'ikai ha ngaahi hingoa pe fakamatala 'e ala 'ilo'i ai koe 'e fakafehokotaki ki ho'o ngaahi tali ki he saveá. 'E 'ikai 'aupito ha taha, kau ai 'a e timi saveá, kau fakatotoló, pule'angá pe ko ho'o kau faiakó 'e 'ilo ki ho'o ngaahi talí! 'E 'ilo'i 'e he kakaí ho'o kau ki he saveá, ka 'e 'ikai ha me'a kehe te nau 'ilo ki ai tukukehe kapau te ke fakahā ia kiate kinautolu!

Ko e hā 'a e me'a 'e hoko ki he 'eku fakamatala 'i he savea?

'E to'o 'a e 'ilo'i'angá (anonymised) mei ho'o ngaahi talí 'e he Ipsos ki mu'a ke toki 'ave atu ia 'i ha founga malu ki he StatsNZ. 'Oku 'uhinga ení 'e to'o 'e he Ipsos 'a e fakamatala kotoa pē ki he 'ilo'i'angá (identifying information), 'o 'ikai lava ai hano fakafehokotaki 'o ho'o ngaahi tali fakafou'ituitui kiate koe. 'E tauhi ta'efakangatangata 'e he StatsNZ 'a e fakamatala 'oku 'ikai hano 'ilo'i'angá 'i ha Leepi Fakamatala malu ma'á e Ministry of Social Development. Ko e kau fakatotolo pē kuo fakamafai'i 'oku nau ngāue ki he ngaahi polosekingaahi ngaue ki he lelei 'a e kakaí te nau lava 'o ma'u 'a e fakamatala ko 'eni, pea te nau ma'u atu pē 'a e konga kuo to'o mei ai 'a e 'ilo'i'angá. 'I loto 'i he ta'u 'e ua mei hono tānaki 'o e fakamatalá, 'e tamate'i 'e he Ipsos 'a e ngaahi 'uluaki fakamatala kotoa pē, 'o kau ai ha fa'ahinga fakamatala fakatāutaha. Ki ha fakamatala lahi ange hū ki he www.msd.govt.nz/YHWS

'E toe ma'u atu foki 'e ho'o 'apiakó ha tatau 'o e ngaahi ola 'o e saveá, pea pulusi mo ha ngaahi lipooti lalahi ange 'i he 'initaneti 'i he www.msd.govt.nz/YHWS ke lau 'e ha taha pē te ne fie lau. 'E 'ikai malava ke 'ilo'i koe mei he ngaahi lipooti pe ngaahi olá pe ha fa'ahinga taha fakafou'ituitui pē 'oku kau ki he saveá. Kapau 'okú ke ta'u 16 pe lahi ange, te ke lava 'o fili 'i he ngata'anga 'o e saveá ke fakahū ho'o ngaahi tali ki he saveá ki he **Stats NZ Integrated Data Infrastructure (IDI)**. Ko e IDI ko ha tauhi'anga fakamatala lahi ia ki he fakatotoló (research database) 'oku 'i ai 'a e fakamatala fekau'aki mo e kakaí mo e ngaahi 'apí.





Ko e fili pē ia 'a'au pe te ke fiema'u ke fakafehokotaki 'a ho'o ngaahi tali ki he saveá ki he IDI. Kapau te ke tali 'io, ka e toki liliu 'a ho'o fakakaukau te ke lava 'o fakafoki 'a ho'o fakamatalá meí he IDI 'aki ha'o fetu'utaki ki he Ipsos 'o ngāue'aki 'a e ngaahi fakaikiiki 'i laló 'o 'oua 'e tōmui ange 'i he 'aho 31 'o 'Okatopa 2025.

Kapau 'oku 'i lalo ho ta'u motu'á 'i he 16 'e ikai ke fakafehokotaki ho'o ngaahi tali ki he saveá. Ki ha fakamatala lahi ange kātaki 'o hū ki he <https://www.stats.govt.nz/integrated-data/integrated-data-infrastructure/> pe mamata ki he vitiō YouTube ko 'eni: <https://www.youtube.com/watch?v=uINWUfydbYA>

'Oku 'i ai ha ngaahi uesia kovi 'o e kau mai?

Koe'uhi 'e lava ke a'u 'a e savea ki he miniti 'e 90, 'e lava pe ke ke fai ho'o ngāue fakakalasi na'e 'ikai ke ke ma'u. 'E malava pē ke 'ikai te ke ongo'i fiemālie pe loto 'ita fekau'aki mo ha ngaahi fehu'i 'e ni'ihī – manatu'i te ke lava 'o hiki fakalaka meí ha ngaahi fehu'i kapau te ke fiema'u.

'E 'i ai ha tokotaha ngāue tokoni ke tokoni atu kiate koe he lolotonga 'a e savea. Te ke ma'u foki mo ha kaati fekau'aki mo e 'ū feitu'u ofi atu kiate koe ke ma'u ai ha tokoni.

Fēfē 'a 'eku ongo mātu'a?

'Oku mau tapou atu ke ke talatalanoa fekau'aki mo e saveá ki ho fāmilí, pe kāingá. 'Oku 'ikai fiema'u 'e koe 'enau fakangofua ke ke kau mai, ka 'o kapau 'oku ke 'i he Ta'u 9-11 'e lava ke ta'ofi koe 'e ho'o mātu'á pe tokotaha tauhi mei he saveá 'aki ha'o fetu'utaki ki he 'apiakó pe timi saveá.

'Oku ou fie kau ki ai pea fiema'u foki ha tokoni ke fakahoko ia!

'Ai ke 'ilo'i 'e he timi saveá 'o kapau 'oku 'i ai ha'o 'ū fiema'u pau ke tokoni atu 'i ho'o kau mai (hangē ko e 'ū me'a laukonga faka'ilekituloniká, ha feitu'u lōngonoá, pe ma'u ha taimi lahi ange ke faka'osi ai 'a e saveá). 'E lava 'e koé pe ko ho'o mātu'á ke fetu'utaki ki he timi savea 'a e Ipsos (fetu'utaki fakaikiiki 'i lalo) ke tokoni ki hono fakalelei'i 'eni.



Tatali – ‘oku ‘i ai ‘eku ngaahi fehu‘i lahi ange!

Kapau ‘oku ‘i ai ha‘o ngaahi fehu‘i lahi ange – ‘oku ‘ikai ko ha palopalema ia! ‘Oku ‘i he ‘emau uepisaiti www.msd.govt.nz/YHWS ha fakamatala lahi ange fekau‘aki mo e saveá. Te ke toe lava foki ‘o fetu‘utaki mai kiate kimautilu ‘i heni kapau ‘oku ‘i ai ha‘o ngaahi fehu‘i, lāunga pe hoha‘a:

- **Ipsos** yhws2025@ipsos.com, telefoni ta‘etotongi 0800 478 783, pe text ta‘etotongi ki he 8009 mo taípe‘i ‘a e ‘YHWS’ ‘i he kamata‘anga ho‘o pōpoakí. Pe hū ki he www.ipsos.com/en-nz/yhws
- **Ministry of Social Development** youthsurvey@msd.govt.nz, pe hū ki he www.msd.govt.nz/YHWS ki ha fakamatala pea mo mamata ai ki he tefito‘i olá ‘i hono pulusí.
- **Tokotaha Fale‘i ki he Kakai Māori**, www.māori.govt.nz, pe tuku ha fekau ‘i he telefoni ta‘etotongi 0800 478 783

Kapau ‘okú ke fie talanoa ki ha taha ‘oku ‘ikai kaunga ki he saveá te ke lava ‘o telefoni ki ha tokotaha taukapo tau‘atāina ki he mo‘ui leleí mo e faingata‘a‘ia fakaesinó (health and disability advocate) ‘i he fika 0800 555 050, pe ‘imeili advocacy@advocacy.org.nz

Te ke toe lava foki ‘o telefoni ki he Health and Disability Ethics Committee (HDEC) ‘oku nau fakangofua ‘a e fakatotolo ko ‘ení ‘i he 0800 4 ETHICS, pe ‘imeili hdec@moh.govt.nz



Appendix C: Whānau Information Sheet

Appendix C.1: Whānau information sheet – English



Youth Health + Wellbeing Survey



What is it?

The Youth Health and Wellbeing Survey 2025 (YHWS 2025) is the largest and most comprehensive survey of young people aged 13-19 in Aotearoa, New Zealand. With up to 10,000 participants, we aim to capture all the diverse voices and experiences of young New Zealanders. This helps researchers and the government understand the lives and challenges young people are facing and ways to improve them. The survey is funded by the Ministry of Social Development and the data collection is done by Ipsos Limited. As a thank you for participating, your child will receive a koha of headphones and a \$25 digital Prezzy card.

What will the survey ask about?

- Your child and their identity
- Family, whānau and home
- Learning work and plans for the future
- Your communities and things they do
- Relationships with others, including bullying and sexual relationships
- Physical health including healthy eating and period pain
- What they think and feel including mental health and their values and hopes
- Being safe and being harmed, including risky behaviours such as alcohol and drug use, violence and pornography
- Getting the support they need

Your child can always skip any questions that they don't want to answer, and there will be people around to help if they get stuck!

Why my child?

This is your child's chance to share their thoughts and help create a better future for young people. Your child is one of a small number of people to be selected to participate. Their experiences and views are unique – it's important that this survey represents them, and people like them.





Does my child have to take part?

Taking part is up to your child and you! We encourage you to have a conversation with your child about taking part. If you are happy for your child to take part, you do not need to do anything. You and your child do not have to give a reason for not taking part. Even if they choose to take part now, they can always change their mind later, they just need to let us know. As a thank you for participating, your child will receive a koha of headphones and a \$25 digital Prezzy card.

If your child is in Years 9-11 and you do not want them to take part, you can opt your child out of the survey by clicking here [i.ipsos.co.nz/yhws/optout](https://www.ipsos.co.nz/yhws/optout) or by contacting the research team using the details at the bottom of this page. You must opt out at least 24 hours before the survey day at their school.

If your child is in Years 12 or above, it is their choice whether or not they take part.

How does my child take part?

Your child's school will let you know when and where the survey will happen. On the survey day, your child's teachers will tell your child where to go. They will then be greeted by the survey team, who will help them find a comfortable spot with a tablet and headphones.

Your child will complete the survey digitally on a tablet. If they want, they can use headphones to hear the survey read to them or listen to some music while they fill out the survey. This could take up to 90 minutes, so there will be time for a break in the middle!

Your child can skip any question they don't want to answer, and they can stop the survey at any time. If your child decides they don't want to complete the survey when they get there – they just need to let one of the survey team know – don't worry, they can still keep their headphones and digital Prezzy Card!

To receive their digital Prezzy card, your child will need to provide their name and an email address. This will be stored separately to their survey responses.



What is a digital Prezzy Card?

A digital Prezzy card functions as a virtual gift card that can be used like an EFTPOS card. It's accepted anywhere Visa is accepted electronically, including in-store purchases through Google Wallet or Apple Wallet, as well as online. Your child will receive an email from Prezzy with instructions on how to activate and register their card. They should receive this email within 48 hours of the survey session. For more information, we recommend visiting www.prezzycard.co.nz/faq

Will anyone know what my child said?

No! Your child's survey answers are completely anonymous. This means no names or identifying information will be connected to their survey answers. Nobody, including the survey team, researchers, the government or their teachers will know what their answers are! People will know that your child has been asked to take part in the survey, but they won't know anything else about it unless your child tells them.

What happens with my child's survey information?

Your child's responses will be anonymised by Ipsos before being securely sent to StatsNZ. This means Ipsos will remove all identifying information, so their individual responses cannot be linked back to them. StatsNZ will keep this anonymised data indefinitely in a secure Data Lab for the Ministry of Social Development. Only certified researchers working on projects for the public good can access this data, and they will only receive the anonymised version. Within two years of data collection, Ipsos will delete all original data, including any personal information. For more information visit www.msd.govt.nz/YHWS

Your school will also get a copy of the survey findings, and some bigger reports will be published online at www.msd.govt.nz/YHWS for anyone who wants to read them. None of the reports or findings will make it possible to identify your child or any individual who takes part in the survey.

If your child is 16 or older, at the end of the survey they can choose to put their survey answers into the Stats NZ Integrated Data Infrastructure (IDI).



What is the NZ Integrated Data Infrastructure (IDI)?

The IDI is a large research database containing information about people and households. It is your child's choice whether they want to link their survey responses to the IDI. If they say yes, but then change their mind, they can withdraw their data from the IDI by contacting Ipsos using the contact details in this information sheet by 31 October 2025.

If your child is under the age of 16, their survey responses will not be linked. For more information on the IDI please visit <https://www.stats.govt.nz/integrated-data/integrated-data-infrastructure/> or watch this YouTube video: <https://www.youtube.com/watch?v=uINWUfydbYA>

Are there downsides to taking part?

Because the survey session can take up to 90 minutes to finish, your child might need to catch up on classwork. It is possible your child may feel uncomfortable or upset about some questions – remember they can skip questions if they need. There will be a support worker to help your child during the survey. They will also get a card about places to get support.

What about my role as a parent?

We encourage you to talk about the survey with your child, and you may like to check in with them once they have completed the survey.

My child wants to take part and needs support to do it!

Let the survey team know if you have specific requirements to help your child take part (like a quiet space or having more time to finish the survey). You or your child can contact the Ipsos survey team (contact details below) to help sort this out





Any questions?

Our website www.msd.govt.nz/YHWS has more information about the survey. You can also contact us here if you have questions, complaints or concerns:

- Ipsos yhws2025@ipsos.com, freephone 0800 478 783, or free txt 8009 and type 'YHWS' at the start of your message.
- Ministry of Social Development youthsurvey@msd.govt.nz, or visit www.msd.govt.nz/YHWS for information and to see key findings as they are published.
- Māori Advisor maoriadvice@msd.govt.nz leave a message at freephone 0800 478 783

If you want to talk to someone who isn't involved with the survey you can call an independent health and disability advocate on 0800 555 050, or email advocacy@advocacy.org.nz

You can also call the Health and Disability Ethics Committee (HDEC) that approved this study on 0800 4 ETHICS, or email hdec@moh.govt.nz

Appendix C.2: Whānau information sheet – Te reo Māori



Youth Health + Wellbeing Survey



Te Uiui Hauora me te Oranga Taiohi

Ko te Uiui Hauora me te Oranga Taiohi 2025 (YHWS 2025) te uiui nui rawa, hōhonu rawa hoki o ngā taiohi kei waenga i te 13-19 tau i Aotearoa. Atu i te 10,000 ngā kaiwhakauru, otirā ka whai mātou ki te kapo i ngā reo me ngā wheako kanorau katoa o ngā taiohi o Aotearoa. Ka āwhina tēnei i ngā kairangahau me te kāwanatanga kia mārāma ki te oranga, ngā wero kei mua i ngā taiohi, me ngā huarahi ki te whakapai ake. He mea tautoko tēnei uiui e Te Manatū Whakahiato Ora, ā, ka whakahaeretia te kohinga raraunga e Ipsos Limited. **Hei whakawhetai mō tō urunga mai, ka whiwhi tō tamaiti i te koha he pane whakarongo me te kāri Prezzy matihiko \$25.**

He aha ngā pātai i roto i te uiui?

- Tō tamaiti me tōna tuakiri
- Te whānau me tō kāinga
- Te ako, te mahi me ngā whakaritenga mō te anamata
- Ō hapori me ā rātou mahi
- Ngā hononga ki ētahi atu, tae atu ki te whakaweti me ngā hononga hōkaka
- Te hauora ā-tinana tae atu ki te kai tōtika me te kōharihari ikura
- He aha ō rātou whakaaro me ō rātou aurongo tae atu ki te hauora hinengaro, ōna mātāpono, me ōna tūmanako
- Te noho haumaruru me te tūkinotanga hoki, tae atu ki ngā whanonga mōrearea pēnei i te kai waipiro me te tarutaru, te haupatu me te karihika
- Te rapu i te tautoko e hiahiatia ana e rātou

He pai noa te karo a tō tamaiti i ngā pātai kāore ia i te hiahia whakautu, ā, ka wātea he tangata ki te āwhina i a ia ina pā he uauatanga!

He aha i tohua ai taku tamaiti?

Koinei te wā mā tō tamaiti ki te tuku i ōna whakaaro me te āwhina ki te hanga i tētahi anamata pai ake mā te taiohi. Ko tō tamaiti tētahi o te tokoiti i tohua kia whai wāhi mai. He ahurei ōna wheako me ōna whakaaro – he mea nui kia whakaata te uiui nei i a ia anō me te hunga pēnā i a ia te āhua.





Me whai wāhi taku tamaiti?

Kei a kōrua ko tō tamaiti te tikanga! E akiaki ana mātou kia kōrero koe ki tō tamaiti mō te whai wāhi mai. Me whiwhi tō tamaiti i tō whakaaetanga e whai wāhi mai ia ki te uiui. Kia mōhio mai, ahakoa ka whakaae koe kia whai wāhi mai tō tamaiti, kei a ia te kōrero whakamutunga. Ā, ahakoa ka whakaae ia ki te whai wāhi mai ināianei, kei a ia te tikanga mēnā ka huri ōna mahara, me whakamōhio noa mai. Hei whakawhetai mō tō urunga mai, ka whiwhi tō tamaiti i te koha he pane whakarongo me te kāri Prezzy matihiko \$25.

Mēnā e rata ana koe kia whai wāhi mai tō tamaiti, me whakakī koe i tētahi puka whakaaetanga mā te pāwhiri i konei [i.ipsos.co.nz/yhws/consent](https://ipsos.co.nz/yhws/consent). Me tuku koe i te puka whakaaetanga tuihono hei te 24 hāora i mua o te rā uiui ka tū ki tōna kura. Tērā rānei, ka taea te whakakī i tētahi puka ōkiko o te puka whakaaetanga, ā, me kawe e tō tamaiti ki tāna wā whakahaere uiui.

Ki te kore koe e hiahia kia whai wāhi ia, kua e whakakī i te puka whakaae.

Me pēhea taku tamaiti e whai wāhi ake?

Mā te kura a tō tamaiti koe e whakamōhio ki hea, ā, hei āwhea tū ai te uiui. I te rā o te uiui, ka manaakihia rātou e te tīma rangahau, ā, ka āwhinahia rātou kia noho hāneanea me te papa matihiko me ngā taringaoro.

Ka whakakihia matihikotia e tō tamaiti te uiui ki tētahi papahiko. Ki te hiahia tō tamaiti, ka taea te whakamahi pokitaringa e rongō ai ia i tētahi atu e pānui ana i te uiui ki a ia, e pai ai rānei te whakarongo ki ētahi puoro i a ia e mahi ana. Ka eke pea ki te 90 mineti te roa, nā reira ka whai wāhi ki te whakatā i waenganui!

He pai hoki te karo i ngā pātai kāore rātou i te hiahia whakautu, me te whakamutu i te uiui, ahakoa te wā. Ki te whakatau tō tamaiti kāore ia i te hiahia whakaoti i te uiui i tana taenga ake – me whakamōhio noa i tētahi o te tira uiui – kua e āwangawanga, ka taea tonu e rātou te pupuri i ā rātou taringaoro me te kāri Prezzy matihiko!

Hei whiwhi i tā rātou kāri Prezzy matihiko, me tuku mai tāu tamaiti i tōna ingoa me tāna imēra. Ka noho motuhake tēnei i ngā whakautu o te rangahau.





He aha te Kāri Prezzy Matihiko?

He kāri koha matihiko te kāri Prezzy, ā, ka taea te whakamahi hei kāri EFTPOS. Ka whakaaetia ki ngā wāhi katoa e whakaae ana ki a Visa-ā-hiko, kia tae-ā-tinana atu ki te toa, mā te Google Wallet, Apple Wallet rānei, me te hoko-ā-ipurangi nei. Ka whiwhi imēra tāu tamaiti nō Prezzy me ngā tohutohu ki te whakahohe me te rēhita i tāu kāri. Mō ngā pārongo, toro atu ki a www.prezzycard.co.nz/faq.

Ka mōhio anō tētahi ki ngā kōrero a taku tamaiti?

Kāore! He kirimuna katoa ngā whakautu a tō tamaiti ki te uiui. Ko te tikanga o tēnei, kāore e tiria he ingoa, he mōhiohio tautohu rānei e hono ana ki ā rātou whakautu uiui. Kāore tētahi tangata, tae atu ki te tira uiui, ngā kairangahau, te kāwanatanga, ā rātou kaiako rānei e kite he aha āna whakautu!

Ka mōhio te tangata i whai wāhi tō tamaiti ki te uiui, engari e kore rātou e mōhio ki ētahi atu kōrero, māna, nā tō tamaiti kē i whāki!

Ka ahatia ngā mōhiohio uiui a taku tamaiti?

Ka kirimunatia ngā urupare a tō tamaiti e Ipsos i mua o te tuku haumaruru ki Tatauranga Aotearoa. Ko te tikanga o tēnei, ka tango a Ipsos i ngā mōhiohio tautuhi katoa, kia kore e taea te tūhono i āna urupare takitahi ki a ia anō. Ka puritia e Tatauranga Aotearoa ēnei raraunga kirimuna mō tētahi wā, ki tētahi Taiwhanga Raraunga haumaruru mā Te Manatū Whakahiato Ora. Ka taea anake e ngā kairangahau whai tohu e mahi ana ki nga kaupapa painga tūmatanui te whakauru ki ēnei raraunga, otirā ka whiwhi noa iho rātou i ngā kōrero kirimuna. I ngā tau e rua i muri mai i te kohinga raraunga, ka mukua katoatia e Ipsos ngā rararunga taketake, tae atu ki ngā pārongo whaiaro. Mō ngā pārongo atu, toro atu ki a www.msd.govt.nz/YHWS

Ka whiwhi hoki tō kura i tētahi kape o ngā hua o te uiui, me ētahi pūrongo nui ake ka whakaputaina ki te ipurangi ki www.msd.govt.nz/YHWS mā te hunga ka hiahia ki te pānui. E kore tō tamaiti, tētahi tangata takitahi rānei ka whai wāhi ki te uiui e tautuhia i roto i ngā pūrongo, i ngā hua rānei.





Mēnā he pakeke ake tō tamaiti i te 16 tau, i te mutunga o te uiui ka taea e ia te kōwhiri kia whakaurua āna whakautu ki te uiui ki te **Integrated Data Infrastructure (IDI)** a Tatauranga Aotearoa.

Ko te IDI he patengi raraunga rangahau nunui, e mau ana ki ngā mōhiohio mō te tangata me ngā kāinga noho. **Kei tō tamaiti te tikanga ki te tūhono i āna urupare uiui ki te IDI.** Ki te whakaae ia, engari ka huri ōna mahara, ka taea e ia te tango i āna raraunga i te IDI mā te whakapā atu ki a Ipsos mā ngā taipitopito i raro i mua o te 31 o Ōketopa 2025.

Mēnā kei raro tō tamaiti i te 16 tau, e kore āna urupare uiui e tūhonotia. Mō ētahi atu mōhiohio, tēnā haere ki <https://www.stats.govt.nz/integrated-data/integrated-data-infrastructure> / me mātaki rānei i te ataata YouTube ki: <https://www.youtube.com/watch?v=uINWUfydbYA>

He mea kino anō o te whai wāhi ake?

I te mea ka āhua 90 mineti te roa o te uiui, ka mate pea tō tamaiti ki te whaiwhai haere i āna mahi kura. Tērā pea ka manawarau tō tamaiti, ka pāpourī rānei i ētahi o ngā pātai – kia mahara ake, he pai noa tana karo i ētahi o ngā pātai. Ka wātea he kaimahi rangatahi ki te āwhina i tō tamaiti i te wā o te uiui. Ka whiwhi kāri hoki ia mō ngā wāhi tūtata ki a ia ki te rapu tautoko.

Ka pēhea taku tūnga hei mātua?

Ka akiaki mātou i a koe ki te kōrero i te uiui nei ki tō tamaiti, ā, ka hiahia pea koe ki te tiro tiro i a ia kia oti ana te uiui.

Kei te hiahia taku tamaiti ki te whai wāhi ake engari me whai tautoko ia!

Kei te hiahia taku tamaiti ki te whai wāhi ake engari me whai tautoko ia!

Me whakamōhio ki te tira mēnā he hiahia motuhake āu hei āwhina i tō tamaiti ki te whai wāhi mai (pēnei i ngā pūpānui, he wāhi ngū, he wā roa ake ki te whakaoti i te uiui rānei). Ka āhei koe, tō tamaiti rānei, ki te whakapā atu ki te tira uiui a Ipsos (taipitopito whakapā kei raro) ki te āwhina ki te whakariterite i tēnei.



Taihoa – he nui noa atu aku pātai!

Mēnā he pātai anō āu – kua e māharahara! He mōhiohio anō kei tā mātou paetukutuku www.msd.govt.nz/YHWS mō te uiui. Ka taea hoki te whakapā mai ki a mātou i konei mēnā he pātai, he amuamu he āwangawanga rānei āu:

- **Ipsos** yhws2025@ipsos.com, waea utukore 0800 478 783, pātuhi utukore rānei ki 8009 me te 'YHWS' i te tīmatanga o tō karere. Haere rānei ki www.ipsos.com/en-nz/yhws
- **Manatū Whakahiato Ora** youthsurvey@msd.govt.nz, haere rānei ki www.msd.govt.nz/yhws mō ngā mōhiohio me te kite i ngā kitenga matua i te wā ka whakaputaina.
- **Kaitohutohu Māori** whakapā@hwh.govt.nz, waiho rānei he karere ki 0800 478 783 waea utukore

Ki te hiahia koe ki te kōrero ki tētahi kāore i te whai wāhi ki te rangahau ka taea e koe te waea atu ki tētahi kaikōkiri hauora me te hauātanga motuhake ki 0800 555 050, te imēra rānei ki advocacy@advocacy.org.nz

Ka taea hoki te waea atu ki te Health and Disability Ethics Committee (HDEC) nā rātou te rangahau nei i whakamana, ki 0800 4 ETHICS, imēra rānei ki hdecs@moh.govt.nz



Appendix C.3: Whānau information sheet – Samoan



Youth Health + Wellbeing Survey



Su'esu'ega o le Soifua Maloloina ma le Soifua Manuia o Tupulaga

O le Su'esu'ega o le Soifua Maloloina ma le Soifua Manuia o Tupulaga 2025 (YHWS 2025) o se su'esu'ega pito i tele ma atoatoa mo talavou laiti e 13-19 tausaga i totonu o Aotearoa, Niu Sila. E oo atu i le 10,000 tagata e auai, ma matou te faamoemoe e pu'eina uma manatu eseese ma a'afiaga o tupulaga talavou Niu Sila. E fesoasoani lea i le au su'esu'e ma le malo ina ia malamalama i olaga ma lu'itau o loo feagai ma tupulaga talavou ma auala e faaleleia atili ai. O lea su'esu'ega o loo faatupeina e le Matagaluega o Atina'e Lautele (Ministry of Social Development) ma o le aoina o faamaumauga e faatinoina e le Ipsos Limited. O se fa'afetai atu mo lau auai mai, o le a maua e lau tama/teine se meaalofo o ni headphone ma se kata Prezzy numera e \$25.

Oa mea e fesili atu ai le Su'esu'ega?

- Lou alo ma lona fasinomaga
- Aiga ma aiga potopoto
- A'oa'oga galuega ma fuafuaga mo le lumana'i
- Lou afio'aga ma galuega o loo latou faia
- Mafutaga ma isi tagata, e aofia ai mafutaga tau faapalopalo ma tau feusua'iga
- Soifua maloloina faaletino e aofia ai le taumafa i mea'ai soifua maloloina ma tiga o ma'i masina
- O ni o latou manatu ma lagona e aofia ai le soifua maloloina o le mafaufau ma o latou tulaga faatauaina ma faamoemoega
- O le saogalemu ma le afaina, e aofia ai amioga lamatia e pei o le ava malosi ma le faaaogaina o fualaau faasaina, sauaga ma ata faaponokalafi
- Mauaina o le fesoasoani latou te mana'omia

E mafai lava e lou alo ona faamisi soo se fesili latou te le mana'o e taliina, ma o le a iai tagata e fesoasoani pe a latou te le malamalama!





Aisea ua filifilia ai la'u tamaititi?

O le avanoa lenei o lou alo e faasoa ai ona manatu ma fesoasoani e fausia se lumana'i manuia mo tupulaga talavou. O lou alo ua na o se tasi o nai tagata e to'alaiti ua filifilia e auai. O mea uma na latou faatinoa ma manatu e taua tele – e taua le avea o lenei su'esu'ega ma o latou sui, ma tagata e faapei o i latou.

Pe tatau ona auai la'u tamaititi?

O le auai e pule ai lava oe ma lou alo! Matou te fautuaina oe e fai se talanoaga ma lou alo e uiga i lona auai. Afai e te talia le auai o lou alo, e leai se mea e te toe faia. E te le tau ta'uina mai se mafua'aga e te le auai ai ma lau tamaititi. E tusa lava pe latou te filifili e auai i le taimi nei, e mafai lava ona suia o latou mafaufau i se taimi mulimuli ane, ae tatau ona latou faailoa mai ia i matou. O se fa'afetai atu mo lau auai mai, o le a maua e lau tama/teine se meaalofo o ni headphone ma se kata Prezzy numera e \$25.

Kapau 'okú ke fiefia ke kau atu ho'o tamasi'i, pea kuo pau ke ke fakafonu ha foomu fakangofua 'aki hono lomi'i heni [i.ipsos.co.nz/yhws/consent](https://www.ipsos.co.nz/yhws/consent). Kuo pau ke ke 'omai 'a e foomu fakangofua 'i he 'Initaneti 'o 'ikai toe si'i hifo he houa 'e 24 kimu'a 'i he 'aho 'o e saveá 'i honau ako'angá. 'Ikai ko ia pē, te ke lava 'o fakakakato ha tatau tohi 'o e foomu fakangofua' pea kuo pau ke 'omi ia 'e ho'o tamasi'i ki he' enau fakataha saveá.

Afai e te lē mana'o e auai lau fanau, aua le fa'atumuina se pepa o le maliega.

Pe faafefea ona auai la'u tamaititi?

O le a faailoa atu e le a'oga a lou alo le taimi ma le nofoaga e fai ai le su'esu'ega. I le aso o le su'esu'ega, o le a ta'u atu e faia'oga o lou alo ia te ia le mea e alu i ai ma. O le a fa'afeiloa'i i latou e se au faigaluega fa'atalanoa, Ma fa'amasani ia latou, ina ia maua se lagaona fa'afilemu .E fa'aogaina faatasi o komepiuta laititi ma mea fa'aloge.

O le a faatumu e lou alo le su'esu'ega faatekinolosi i luga o se masini tablet. Afai latou te manana'o ai, e mafai ona latou faaaogaina mea faalogo e faalogologo ai le su'esu'ega o faitau atu ia i latou pe faalogologo fo'i i se musika a'o latou faatumuina le su'esu'ega. E ona oo atu i le 90 minute, ma o le a faia sina malologa i le ogatotonu!





E mafai e lou alo ona faamisi soo se fesili latou te le mana' o e taliina, ma e mafai ona ia taofia le su'esu'ega i soo se taimi. Afai e filifili lou alo e le mana' o e faauma le su'esu'ega pe a oo atu iina – na' o le faailoa atu lava i se tasi o le au su'esu'e – Aua le popole ua fa'atangaina ona ave, ma teuina mo lou alo , ,mea fa'alogo ma mea alofa numerera prezzy card!

Ole a le mea ole numerera Prezzy Card ?

O le numerera Prezzy card e galue o se mea alofa fa'apitoa e mafai ona fa'aoga pei o se card EFTPOS. E talia i so'o se mea e fa'aoga ai le Visa i luga ole laiga, e aofia ai fa'atauga ile faleoloa ile Google Wallet ,po'o le Apple Wallet. fa'apea fo'i i luga ole initaneti. O le a maua e lou alo , se imeli mai ia Prezzy, ma fa'atonuga ile fa'agaioina ma le resitalaina o le card . Mo nisi fa'amatalaga, matou te fautuaina le asiasi i le www.prezzycard.co.nz/faq

Pe i ai se tasi na te iloa le tala a la'u tamaititi?

Leai! O tali a lou alo mo su'esu'ega e matua malupuipua lava. O lona uiga e leai ni igoa poo ni faamatalaga faailoa e fesoota'i atu i a latou tali mo fesili ole su'esu'ega. E leai se tasi, e aofia ai le au su'esu'e, tagata su'esu'e, le malo poo latou faia'oga o le a iloa a latou tali!

O le a iloa e tagata o lea sa talosagaina lou alo e auai i le su'esu'ega, ae latou te le iloa se isi mea se'i vagana ua faailoa atu ia i latou e lou alo!

O le a le mea e tupu i faamatalaga mo su'esu'ega a la'u tamaititi?

O tali a lou alo o le a malupuipua e Ipsos a' o le'i tuuina atu i le StatsNZ. O lona uiga o Ipsos o le a ave'esea uma faamatalaga e iloagofie ai le tagata, o lea e le mafai ai ona toe fesoota'i atu a latou tali ta'itasi ia i latou lava. O le a teuina e le StatsNZ nei faamatalaga malupuipua mo se taimi umi i totonu o se nofoaga o Faamaumauga saogalemu mo le Matagaluega o Atina'e Lautele. E na' o tagata su'esu'e faamaonia o loo galulue i poloketi mo le manuia lautele e mafai ona latou faaoga nei faamaumauga, ma o le a latou mauaina na' o faamatalaga ua faalilolilo. I totonu o le lua tausaga talu ona aoina o nei faamaumauga, o le a tapeina lava e Ipsos ia ulua'i faamaumauga uma, e aofia ai soo se faamatalaga patino. Mo nisi faamatalaga atili asiasi i le www.msd.govt.nz/YHWS

E maua fo'i e lau a'oga se kopi o su'esu'ega, ma nisi lipoti tetele o le a faasalalauina i luga o le initaneti i le www.msd.govt.nz/YHWS mo soo se tasi e fia faitau i ai. E leai ma se lipoti poo ni faai'uga na maua e mafai ai ona iloa lou alo poo soo se tagata na auai i le su'esu'ega.





Afai e 16 pe sili atu tausaga o lou alo, i le faai'uga o le su'esu'ega e mafai ona latou filifili e tuu a latou tali i totonu o le Stats NZ Integrated Data Infrastructure (IDI). O le IDI ose faamaumauga tele mo su'esu'ega o loo iai faamatalaga e uiga i tagata ma auai.

O le filifiliga lava a lou alo pe latou te mana'o e faafesoota'i a latou tali mo su'esu'ega i le IDI. Afai latou tou te fai mai ioe, ae toe sui o latou mafau, e mafai ona latou aveese a latou fa'amatalaga mai le IDI. Fa'afeso'ota'i i le Matagaluega ole Ipsos, o loo i totonu ole pepa fa'amatalaga ma numera telefoni ae lei oo ile 31 Oketopa 2025.

Mo nisi faamatalaga faamolemole asiasi i le <https://www.stats.govt.nz/integrated-data/integrated-data-infrastructure/> pe matamata i le vitio YouTube lene: <https://www.youtube.com/watch?v=uINWUfvdbYA>

Pe e i ai ni faaletonu i le auai?

Ona o le su'esu'ega e mafai ona oo atu i le 60 minute e faamae'a ai, atonu e mana'omia e lou alo se fesoasoani i ana meaa'oga. E ono lagona e lou alo le le-to'a pe le-fiafia i nisi o fesili – manatua e mafai ona latou faamisi fesili pe a mana'omia. O le a iai se tagata faigaluega mo le autalavou e fesoasoani i lou alo i le taimi o le su'esu'ega. O le a latou maua foi se pepa e uiga i nofoaga lata ane ia te oe e maua ai le lagolago.

Ae faapefea la'u matafaioi o se matua?

Matou te fautuaina oe e talanoa e uiga i le su'esu'ega ma lou alo, ma atonu e mana'omia lou siaki faatasi ma i latou pe a mae'a le su'esu'ega.

E mana'o la'u tamaititi e auai ma e mana'omia le fesoasoani mo le faiga!

Faailoa i le ausu'esu'e pe iai ni ou mana'oga faapitoa e fesoasoani ai i lou alo e auai (pei o e-readers, se avanoa filemu, poo le mana'omia o se taimi umi e faauma ai le su'esu'ega). E mafai e oe poo lou alo ona faafesoota'i le ausu'esu'e a le Ipsos (faamatalaga faafesoota'i o loo i lalo) e fesoasoani e faavasegaina lea tulaga.





Faatali – E iai isi a'u fesili!

Afai e tele au fesili – aua le popole! O la matou upegatafa'ilagi www.msd.govt.nz/YHWS e iai nisi faamatalaga e uiga i le su'esu'ega. E mafai fo'i ona e faafesoota'i matou i'inei pe a iai ni au fesili, faasea poo ni atugaluga:

- Ipsos yhws2025@ipsos.com, telefoni vili fua 0800 478 783, poo le txt free 8009 ma ta i lalo le 'YHWS' i le amataga o lau feau tusitusia. Pe asiasi i le www.ipsos.com/en-nz/yhws
- Matagaluega o Atina'e Lautele youthsurvey@msd.govt.nz, pe asiasi i le www.msd.govt.nz/YHWS mo faamatalaga ma taga'i i saililiga autu a o lomía.
- Faufautua Māori maori@ipsos.com, telefoni vili fua 0800 478 783 pe tuu se fe'au i le telefoni 0800 478 783

Afai e te mana'o e talanoa i se tasi e le'o a'afia i le su'esu'ega e mafai ona e vala'au i se tagata faufautua tuto'atasi mo le soifua maloloina ma mana'oga faapitoa i le 0800 555 050, pe imeli le advocacy@advocacy.org.nz

E mafai fo'i ona e vala'au le Health and Disability Ethics Committee (HDEC) na faamaonia leni su'esu'ega i le 0800 4 ETHICS, pe imeli le hdecs@moh.govt.nz



Appendix C.4: Whānau information sheet – Tongan



Youth Health + Wellbeing Survey



Savea ki he Mo'ui Lelei mo e Tu'unga Lelei 'o e Mo'ui 'a e To'utupu

Ko e hā ia?

Ko e Savea ki he Mo'ui Lelei mo e Tu'unga Lelei 'o e Mo'ui 'a e To'utupu (Youth Health and Wellbeing Survey 2025 – YHWS 2025) 'a e savea lahi taha mo kakato taha 'o e to'utupu ta'u 13-19 'i Aotearoa, Nu'u Silá. 'E a'u hake ki he toko 10,000 'e kau maí, pea 'oku mau taumu'a ke fakakau mai 'a e kotoa 'o e ngaahi le'ō kehekehe mo e a'usia kotoa 'a e to'utupu 'o Nu'u Silá. 'Oku tokoni eni ke mahino 'i 'e he kau fakatotoló mo e pule'angá 'a e mo'ui mo e ngaahi pole 'oku fehangahangai mo e to'utupu pea mo e ngaahi founga ke fakalelei 'i ai kinautolú. 'Oku fakapa'anga 'a e savea ko 'eni 'e he Ministry of Social Development pea tānaki 'a e fakamatalá 'e he Ipsos Limited. Ko e fakamālō atu 'i ho'ō kau maí, 'e ma'u 'e ho'ō tamasi 'i ha koha ko e headphone mo ha kaati Prezzy faka'ilekitulōnika 'oku 'i ai ha pa'anga 'e \$25.

Ko e hā 'a e me'a 'e fakafehu 'i 'e he savea?

- Ko ho'ō tamá mo hono 'ilo 'i'angá
- Fāmilí, kāingá mo e 'apí
- Ako ngāuē mo e ngaahi palani ki he kaha'ú
- Ko ho ngaahi komiunitii mo e ngaahi me'a 'oku nau fakahokó
- Ngaahi vā mo e ni'ihi kehé, kau ai 'a e fakamamahí (bullying) mo e ngaahi vā 'o e fehokotaki fakasinó (sexual)
- Mo'ui lelei fakasinó kau ai 'a e kai mo'ui lelei mo e mamahi'ia 'i he puke fakamāhiná
- Ko 'enau fakakaukaú mo e ongo'í kau ai 'a e mo'ui faka'atamaí mo e ngaahi me'a 'oku nau fakamahu'inga'í mo 'enau ngaahi 'amanaki
- Ko e malu mo e haó mo e fakalavea'í (harmed), kau ai 'a e ngaahi 'ulungaanga 'e ala fakatu'utāmakí hangē ko hono faka'aonga'í 'o e kava mālohí mo e faito'ō konatapu, tā fakamamahí mo e ponokalafi (pornography).
- Ko hono ma'u atu 'o e tokoni 'oku nau fiema'ú

'E malava pē ke hiki fakalaka 'a ho'ō tamá meí ha fa'ahinga fehu 'i pē 'oku 'ikai ke ne fie tali, pea 'e 'i ai 'a e kakai ke tokoni atu kapau te nau ki 'i puputu'ú!





Ko e hā 'oku fakakau atu ai 'eku tama?

Ko e faingamālie eni ke vahevahe mai ai 'e ho'ō tamá 'ene ngaahi fakakaukāu ke tokoni ki hono fa'u ha kaha'u lelei ange ma'á e to'utupú. 'Oku kau 'a ho'ō tamá ki ha 'i ha kakai tokosi'i 'e fili ke nau kau mai. 'Oku makehe 'enau ngaahi a'usiá mo e fakakaukāu – 'oku mahu'inga ke fakafofonga'i 'e he savea ko 'enī kinautolu, mo e kakai hangē ko kinautolú.

'Oku pau nai ke kau atu 'eku tama?

'Oku 'a ho'ō tamá pē mo koe 'a e fili ko ia ke kau mai! 'Oku mau tapou atu ke ke talatalanoa mo ho'ō tamá fekau'aki mo e kau mai. 'Oku fiema'u 'e ho'ō tamá 'a ho'ō fakangofuá ke nau lava 'o kau mai ki he saveá. Kātaki 'o fakatokanga'i ange 'e tatau ai pē kapau te ke loto ke kau mai 'a ho'ō tamá, ko e fili ko ia ke kau mai 'oku 'a ho'ō tamá pē ia. Tatau ai pē kapau te nau fili ke kau mai 'i he taimi ni, 'e kei lava pē 'e ho'ō tamá 'o liliu 'ene fakakaukāu 'amui ange, ko e koloa pē ke nau fakahā ke mau 'ilo'i. Ko e fakamālō atu 'i ho'ō kau mai, 'e ma'u 'e ho'ō tamasi'i ha koha ko e headphone mo ha kaati Prezzy faka'ilekitulōnika 'oku 'i ai ha pa'anga 'e \$25.

Kapau te ke loto ke kau mai 'a ho'ō tamá, 'e fiema'u leva ke ke fakafonu ha foomu fakangofua 'aki ha'ō lomi'i eni [i.ipsos.co.nz/yhws/consent](https://www.ipsos.co.nz/yhws/consent). Kuo pau ke ke 'omai ha foomu fakangofua 'o 'ikai toe tōmui ange 'i ha houa 'e 24 ki mu'a 'i he 'aho 'e fakahoko ai 'a e saveá 'i honau 'apiakó. Ko e founda 'e tahá, ko ha'ō fakafonu kakato ha tatau pepa 'o e foomu fakangofuá pea kuo pau ke 'omai leva ia 'e ho'ō tamá ki he 'enau taimi saveá.

Kapau 'oku 'ikai ke ke loto ke nau kau mai, pea 'oua na'a fakafonu ha foomu fakangofua.

'E anga fēfē 'a e kau atu 'a 'eku tama?

'E fakahoko atu 'e he 'apiako 'a ho'ō tamá ke ke 'ilo'i 'a e taimi mo e feitu'u 'e fakahoko ai 'a e saveá. 'I he 'aho 'e fakahoko ai 'a e saveá, 'e fakafe'iloaki leva kiate kinautolu ha timi saveá, 'a ia te nau tokoni'i kinautolu ke ma'u ha feitu'u fakafiemālie mo ha tepileti mo e ngaahi hetifouni.

'E fakafonu kakato 'a e saveá 'e ho'ō tamá 'i he 'initaneti 'o ngāue'aki ha tepileti. Kapau te nau fiema'u, te nau ala faka'aonga'i 'a e me'a fanongo ki he telingá ke fanongo ai ki hono lau atu 'o e saveá kiate kinautolu pe fanongo ki ha ngaahi fo'i fasi lolotonga 'enau fakafonu 'a e saveá. 'E lava ke a'u 'a e savea ki he miniti 'e 90, ko ia 'e 'i ai ha taimi ke ki'i mālōlō ai 'i he vaeua'angamālie!

'E lava ke hiki fakalaka ho'ō tamá mei ha fa'ahinga fehu'i pē 'e ikai ke ne fie tali, pea 'e lava ke ne ta'ofi 'a e saveá 'i ha fa'ahinga taimi pē. Kapau 'e fakakaukau 'a ho'ō tamá 'oku 'ikai ke ne fie fakafonu 'a e saveá 'i he 'ene a'u atu ki ai – ko 'ene fakahā atu pē ia ki ha taha 'i he timi saveá ke ne 'ilo'i – 'oua te ke hoha'á, te nau kei lava pe ke tauhi 'enau ngaahi hetifouni mo e kaati faka'ilekitulōnika Prezzy!

Ke ma'u 'enau kaati faka'ilekitulōnika Prezzy, 'e fiema'u ia ke 'omi 'e ho'ō tama honau hingoá mo ha tu'asila 'imeili. 'E tauhi mavahe 'eni ki he 'enau ngaahi tali ki he savea.





Ko e hā 'a e Digital Prezzy Card?

Ko e kaati faka'ilekitulonika Prezzy 'oku ngāue ia ko ha kaati me'a'ofa faka'ilekitulonika te ke lava 'o ngāue'aki hangē ko ha kaati EFTPOS. 'Oku tali ia 'i ha feitu'u pē 'oku tali faka'ilekitulonika ai 'a e Visá, kau ai 'a e ngaahi fakatau 'i he falekoloá 'o fakafou 'i he Google Wallet pe Apple Wallet, pea pehē foki ki he 'initaneti. 'E ma'u 'e ho'o tamasi'i ha 'imeilí mei Prezzy fakataha mo e fakahinohino ki hono faka'aonga'i mo lesisita 'enau katá. Ki ha toe fakamatala lahi angé, 'oku mau fokotu'u atu ke 'a'ahi ki he www.prezzycard.co.nz/faq

'E 'ilo ha taha ki he me'a na'e lea'aki 'e he 'eku tama?

'Ikai! 'E 'ikai 'aupito 'ilo'i 'a e ngaahi tali 'a ho'o tamá ki he saveá. 'Oku 'uhinga ení 'e 'ikai ha ngaahi hingoa pe fakamatala ki he 'ilo'i'angá 'e fakafehokotaki ki he 'enau ngaahi tali ki he saveá. 'E 'ikai 'aupito ha taha, kau ai 'a e timi saveá, kau fakatotoló, pule'angá pe ko 'enau kau faiakó 'e 'ilo ki he 'enau ngaahi tali! 'E 'ilo'i 'e he kakaí 'a e kau atu 'a ho'o tamá ki he saveá, ka 'e 'ikai ha me'a kehe te nau 'ilo ki ai tukukehe kapau 'e fakahā atu ia 'e ho'o tamá kiate kinautolu!

Ko e hā 'a e me'a 'e hoko ki he fakamatala 'a 'eku tamá 'i he savea?

'E to'o 'a e 'ilo'i'angá (anonymised) mei he ngaahi tali 'a ho'o tamá 'e he Ipsos ki mu'a ke toki 'ave atu ia 'i ha founga malu ki he StatsNZ. 'Oku 'uhinga ení 'e to'o 'e he Ipsos 'a e fakamatala kotoa pē ki he 'ilo'i'angá (identifying information), 'o 'ikai lava ai hano fakafehokotaki 'o e ngaahi tali fakafo'ituitui kiate kinautolu. 'E tauhi ta'efakangatangata 'e he StatsNZ 'a e fakamatala 'oku 'ikai hano 'ilo'i'angá 'i ha Leepi Fakamatala malu ma'á e Ministry of Social Development. Ko e kau fakatotolo pē kuo fakamafai'i 'oku nau ngāue ki he ngaahi ngaue ki he lelei 'a e kakaí te nau lava 'o ma'u 'a e fakamatala ko 'ení, pea te nau ma'u atu pē 'a e konga kuo to'o mei ai 'a e 'ilo'i'angá. 'I loto 'i he ta'u 'e ua 'o e tānaki fakamatalá, 'e tāmata'i ai 'e he Ipsos 'a e fuofua fakamatalá, kau ai ha fa'ahinga fakamatala fakafo'ituitui pē. Ki ha fakamatala lahi ange hū atu ki he www.msd.govt.nz/YHWS

'E toe ma'u atu foki 'e ho'o 'apiakó ha tatau 'o e ngaahi ola 'o e saveá, pea pulusi mo ha ngaahi lipooti lalahi ange 'i he 'initaneti 'i he www.msd.govt.nz/YHWS ke lau 'e ha taha pē te ne fie lau. 'E 'ikai malava ke 'ilo'i 'a ho'o tamá mei he ngaahi lipooti pe ngaahi olá pe ha fa'ahinga taha fakafo'ituitui pē 'oku kau ki he saveá. Kapau 'oku ta'u 16 pe lahi ange ho'o tamá, te ke lava 'o fili 'i he 'osi 'a e saveá ke fakahū 'enau ngaahi tali ki he saveá ki he Stats NZ **Integrated Data Infrastructure (IDI)**.

Ko e IDI ko ha tauhi'anga fakamatala lahi ia ki he fakatotoló (research database) 'oku 'i ai 'a e fakamatala fekau'aki mo e kakaí mo e ngaahi 'apí. **Ko e fili ia 'a ho'o tamá pe te nau fiema'u ke fakafehokotaki 'enau ngaahi tali ki he saveá ki he IDI.** Kapau te nau tali 'i'ó, kae toe liliu 'enau fakakaukaú, te nau lava 'o to'o 'enau fakamatala mei he IDI 'aki ha'anau fetu'utaki ki he Ipsos 'o ngāue'aki 'a e ngaahi fakaikiiki fetu'utaki 'i he la'ipepa fakamatala ko 'ení kimu'a 'i he 'aho 31 'o 'Okatopa 2025.



Ki ha fakamatala lahi ange kātaki 'o hū ki he <https://www.stats.govt.nz/integrated-data/integrated-data-infrastructure/> / pe mamata ki he vitiō YouTube ko 'enī:
<https://www.youtube.com/watch?v=uINWUfydbYA>

'Oku 'i ai ha ngaahi uesia kovi 'o e kau mai?

Koe'uhi 'e ala a'u hake 'a e saveá ki ha miniti 'e 90 ke fakakakato, 'e ala fiema'u ke tulituli atu ho'o tamá ki he 'ene ngāue fakaakó. 'E malava pē ke 'ikai ongo'i fiemālie 'a ho'o tamá pe loto 'ita fekau'aki mo ha ngaahi fehu'i 'e ni'ihī – manatu'i te nau lava 'o hiki fakalaka meī ha ngaahi fehu'i kapau te nau fiema'u. 'E 'i ai ha tokotaha ngāue ki he to'utupú ke tokoni atu ki ho'o tamá lolotonga 'a e saveá. Te nau toe ma'u atu foki mo ha kaati fekau'aki mo e ngaahi feitu'u ofi atu kiate koé 'e ma'u atu ai ha tokonī.

'E fēfē 'a hoku fatongia ko e mātu'a tauhi fānau?

'Oku mau tapou atu ke ke talanoa fekau'aki mo e saveá ki ho'o tamá, pea te ke ala fie vakai'i atu foki kinautolu hili ha'anau fakakakato 'a e saveá.

'Oku fie kau atu 'a 'eku tamá pea fiema'u foki mo ha tokoni ke fakahoko ia!

Fakahā atu ke 'ilo'i 'e he timi saveá kapau 'oku i ai ha'o ngaahi fiema'u pau ke tokoni'i 'a e kau mai 'a ho'o tamá (hangē ko ha e-readers, 'ēlia 'oku fakalongolongo, pe ko hano 'oatu 'o ha taimi lahi ange ke fakakakato ai 'a e saveá). 'E lava 'e koe pe ko ho'o tamá 'o fetu'utaki ki he timi savea 'a e Ipsos ('oku 'i lalo 'a e ngaahi fakaikiiki ki he fetu'utaki) ke tokoni atu ki hono fakalelei'i 'enī.

Tatali – 'oku 'i ai 'eku ngaahi fehu'i lahi ange!

Kapau 'oku 'i ai ha'o ngaahi fehu'i lahi ange – 'oku 'ikai ko ha palopalema ia! 'Oku 'i he 'emau uepisaiti www.msd.govt.nz/YHWS ha fakamatala lahi ange fekau'aki mo e saveá. Te ke toe lava foki 'o fetu'utaki mai kiate kinautolu 'i heni kapau 'oku 'i ai ha'o ngaahi fehu'i, lāunga pe hoha'a:

- **Ipsos** yhws2025@ipsos.com, telefoni ta'etotongi 0800 478 783, pe text ta'etotongi ki he 8009 mo ta'ipe'i 'a e 'YHWS' 'i he kamata'anga ho'o pōpoaki. Pe hū ki he www.ipsos.com/en-nz/yhws
- **Ministry of Social Development** youthsurvey@msd.govt.nz, pe hū ki he www.msd.govt.nz/YHWS ki ha fakamatala pea mo mamata ai ki he tefito'i olá 'i hono pulusí
- **Tokotaha Fale'i ki he Kakai Māori** www.mta.govt.nz, telefoni ta'etotongi 0800 478 783 tuku ha fekau 'i he telefoni ta'etotongi 0800 478 783





Kapau 'okú ke fie talanoa ki ha taha 'oku 'ikai kaunga ki he saveá te ke lava 'o telefoni ki ha tokotaha taukapo tau'atāina ki he mo'ui lelei mo e faingata'a'ia fakaesinó (health and disability advocate) 'i he fika 0800 555 050, pe 'imeili advocacy@advocacy.org.nz

Te ke toe lava foki 'o telefoni ki he Health and Disability Ethics Committee (HDEC) 'oku nau fakangofua 'a e fakatotolo ko 'eni 'i he 0800 4 ETHICS, pe 'imeili hdec@hdec.org.nz



Appendix D: Whānau Information Sheet with Consent Form



Youth Health + Wellbeing Survey



What is it?

The Youth Health and Wellbeing Survey 2025 (YHWS 2025) is the largest and most comprehensive survey of young people aged 13-19 in Aotearoa, New Zealand. With up to 10,000 participants, we aim to capture all the diverse voices and experiences of young New Zealanders. This helps researchers and the government understand the lives and challenges young people are facing and ways to improve them. The survey is funded by the Ministry of Social Development and the data collection is done by Ipsos Limited. As a thank you for participating, your child will receive a koha of headphones and a \$25 digital Prezzy card.

What will the survey ask about?

- Your child and their identity
- Family, whānau and home
- Learning work and plans for the future
- Your communities and things they do
- Relationships with others, including bullying and sexual relationships
- Physical health including healthy eating and period pain
- What they think and feel including mental health and their values and hopes
- Being safe and being harmed, including risky behaviours such as alcohol and drug use, violence and pornography
- Getting the support they need

Your child can always skip any questions that they don't want to answer, and there will be people around to help if they get stuck!

Why my child?

This is your child's chance to share their thoughts and help create a better future for young people. Your child is one of a small number of people to be selected to participate. Their experiences and views are unique – it's important that this survey represents them, and people like them.





Does my child have to take part?

Taking part is up to your child and you! We encourage you to have a conversation with your child about taking part. Your child requires your consent to participate in the survey. Please note that even if you agree for your child to take part, the choice to participate is ultimately up to your child. And even if they choose to take part now, your child can always change their mind later, they just need to let us know. As a thank you for participating, your child will receive a koha of headphones and a \$25 digital Prezzy card.

If you are happy for your child to take part, then you will need to fill in a consent form by clicking here [lipsos.co.nz/yhws/consent](https://ipsos.co.nz/yhws/consent). You must provide the online consent form at least 24 hours before the survey day at their school. Alternatively, you can complete a hard copy of the consent form and your child must bring this with them to their survey session.

If you do not want them to take part, do not complete a consent form.

How does my child take part?

Your child's school will let you know when and where the survey will happen. On the survey day, your child's teachers will tell your child where to go. They will then be greeted by a survey team, who will help them find a comfortable spot with a tablet and headphones.

Your child will complete the survey digitally on a tablet. If they want, they can use headphones to hear the survey read to them or listen to some music while they fill out the survey. The survey session could take up to 90 minutes, so there will be time for a break in the middle!

Your child can skip any question they don't want to answer, and they can stop the survey at any time. If your child decides they don't want to complete the survey when they get there – they just need to let one of the survey team know – don't worry, they can still keep their headphones and digital Prezzy card!

To receive their digital Prezzy card, your child will need to provide their name and an email address. This will be stored separately to their survey responses.



What is a digital Prezzy Card?

A digital Prezzy card functions as a virtual gift card that can be used like an EFTPOS card. It's accepted anywhere Visa is accepted electronically, including in-store purchases through Google Wallet or Apple Wallet, as well as online. Your child will receive an email from Prezzy with instructions on how to activate and register their card. They should receive this email within 48 hours of the survey session. For more information, we recommend visiting www.prezzycard.co.nz/faq

Will anyone know what my child said?

No! Your child's survey answers are completely anonymous. This means no names or identifying information will be connected to their survey answers. Nobody, including the survey team, researchers, the government or their teachers will know what their answers are! People will know that your child has been asked to take part in the survey, but they won't know anything else about it unless your child tells them!

What happens with my child's survey information?

Your child's responses will be anonymised by Ipsos before being securely sent to StatsNZ. This means Ipsos will remove all identifying information, so their individual responses cannot be linked back to them. StatsNZ will keep this anonymised data indefinitely in a secure Data Lab for the Ministry of Social Development. Only certified researchers working on projects for the public good can access this data, and they will only receive the anonymised version. Within two years of data collection, Ipsos will delete all original data, including any personal information. For more information visit www.msd.govt.nz/YHWS

Your school will also get a copy of the survey findings, and some bigger reports will be published online at www.msd.govt.nz/YHWS for anyone who wants to read them. None of the reports or findings will make it possible to identify your child or any individual who takes part in the survey.

If your child is 16 or older, at the end of the survey they can choose to put their survey answers into the Stats NZ Integrated Data Infrastructure (IDI).



What is the NZ Integrated Data Infrastructure (IDI)?

The IDI is a large research database containing information about people and households. **It is your child's choice whether they want to link their survey responses to the IDI.** If they say yes, but then change their mind, they can withdraw their data from the IDI by contacting Ipsos using the contact details in this information sheet by 31 October 2025.

If your child is under the age of 16, their survey responses will not be linked. For more information on the IDI please visit <https://www.stats.govt.nz/integrated-data/integrated-data-infrastructure/> or watch this YouTube video: <https://www.youtube.com/watch?v=uINWUfydbYA>

Are there downsides to taking part?

Because the survey can take up to 60 minutes to finish, your child might need to catch up on classwork. It is possible your child may feel uncomfortable or upset about some questions – remember they can skip questions if they need. There will be a youth worker to help your child during the survey. They will also get a card about places near you to get support.

What about my role as a parent?

We encourage you to talk about the survey with your child, and you may like to check in with them once they have completed the survey.

My child wants to take part and needs support to do it!

If you have specific requirements to help your child take part (like e-readers, a quiet space, or having more time to finish the survey), please include this in the consent form and submit this at least 24 hours before the survey day. You or your child can also contact the Ipsos survey team (contact details below) to help sort this out.



Any questions?

Our website www.msd.govt.nz/YHWS has more information about the survey. You can also contact us here if you have questions, complaints or concerns:

- Ipsos yhws2025@ipsos.com, freephone 0800 478 783, or free txt 8009 and type 'YHWS' at the start of your message.
- Ministry of Social Development youthsurvey@msd.govt.nz, or visit www.msd.govt.nz/YHWS for information and to see key findings as they are published.
- Māori Advisor [0800 478 783](tel:0800478783) leave a message at freephone 0800 478 783

If you want to talk to someone who isn't involved with the survey you can call an independent health and disability advocate on 0800 555 050, or email advocacy@advocacy.org.nz

You can also call the Health and Disability Ethics Committee (HDEC) that approved this study on 0800 4 ETHICS, or email hdecs@moh.govt.nz

To provide consent please click here: i.ipsos.co.nz/yhws/consent



Youth Health + Wellbeing Survey



CONSENT FORM FOR OPT-IN WHĀNAU (available online and in hard copy)

If you **DO** want your child to participate in the study, please complete the below sections and if online: submit the form at least 24 hours before the survey session. Your child can also bring a signed hard copy on the day of the survey.

Please read and then sign to indicate you consent to the following:

- I have read the Information Sheet, and I fully understand what it says.
- I have been given enough time to think about whether my child will take part in this survey.
- I understand that taking part in the survey is voluntary (my child's choice) and that they may opt out (withdraw) at any time.
- I consent to the research staff collecting and processing my child's information.
- I understand that my child's participation in this survey is confidential and that no information, which could identify them personally, will be used in any reports on this study.
- I know who to contact if I have any questions about the study in general.
- I understand that if my child is 16 or older, then they will have the option to share their survey responses with Stats NZ.

I, _____ (your name) give permission for my son/daughter/dependent _____ (child's full name) to be involved in the Youth Health and Wellbeing survey.

My child is in Year _____ (insert year level) at _____ (insert school name)





Does your child need any special arrangements to take part? (part of the consent form)

Special arrangements are listed below (please tick all that apply):

Additional time might be required	0
Access to medical equipment/devices	0
Access to food/medication/sensory objects	0
Please provide more detail if you ticked yes to any of the above or if there is something else that we can do to support your child's participation?	0

Please add your contact details if we need to discuss these arrangements:

Phone number:

Email:

Thank you, if needed we will follow up with you directly to ensure that your child is able to participate in this survey.





Appendix E: 'Keen to Talk to Someone' Card

Appendix E.1: 'Keen to talk to someone' card – English

Keen to talk to someone?

Here are some options for you

- Your school guidance counsellor, nurse or a teacher you trust
- Whānau/family member or friend
- Youthline (0800 376 633 or text 234)
- Free call or text 1737 anytime to talk to a counsellor
- Reach out about gender and sexuality at outline.org.nz
- For local support services, check out www.msd.govt.nz/YHWS

Want to talk with someone about the survey

- Contact the research team at Ipsos at yhws2025@ipsos.com, freephone 0800 478 783, or free txt 8009 and type 'YHWS' at the start of your message

Check out the YHWS 2025 Website for support options close to you and for key findings from Dec 2025


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Appendix E.2: 'Keen to talk to someone' card – Te reo Māori

Kei te hiahia koe ki kōrero ki tētahi?

Anei ētahi kōwhiringa māu

- Tō kaitohuora ā-kura, te nēhi, tētahi kaiako rānei e whakaponotia ana e koe
- Te whānau, he hoa rānei
- Youthline (0800 376 633, pātuhi rānei 234)
- Waea utukore, pātuhi rānei ki 1737 ahakoa te wā, ki te kōrero ki tētahi kaitohuora
- Toro atu ki te kōrero mō te ira tangata, te hōkakatanga hoki ki outline.org.nz
- For local support services, check out www.msd.govt.nz/YHWS

Kei te hiahia koe ki te kōrero ki tētahi mō te uiui?

- Whakapā atu ki te tira rangahau Ipsos ki te waea utukore: 0800 478 783, pātuhi utukore 8009 ka pato i a 'YHWS' i te timatanga o te karere, ka imēra rānei ki yhws2025@ipsos.com

Te Reo

Tirohia te Paetukutuku o YHWS 2025 mō ngā kōwhiringa tautoko tūtata ki a koe te ngā kitenga matua o te uiui atu i te Tihema 2025


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Appendix E.3: ‘Keen to talk to someone’ card – Samoan

Samoan

Pe ete mana'o e talanoa i se tasi?

O nisi nei o filifiliga mo oe

- Lau faufautua ta'ita'i i le a'oga, tausima'i poo se faia'oga e te faatuatuaina
- Tagata o le aiga poo se uoa
- Youthline (0800 376 633 pe text le 234)
- Valaau fua pe text le 1737 i soo se taimi e talanoa ai i se tagata faufautua
- Fesoota'i atu e uiga i itupa ma feusua'iga i le outline.org.nz
- Mo au'aunaga lagolago faalotoifale, siaki le www.ipsos.com/en-nz/yhws

Pe e te fia talanoa ma se tasi e uiga i le su'esu'ega?

- Faafesoota'i le ausu'esu'e i le Ipsos i le telefoni le totonu: 0800 478 783, text le totonu 8009 ma lolomi le 'YHWS' i le amataga o lau fe'au, pe imeli le yhws2025@ipsos.com

Siaki le Upegatafa'ilagi a YHWS 2025 mo ni fesoasoani e lata ane ia te oe. O mea taua na maua mai i le su'esu'ega o le a avanoa ia Tesema 2025







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Appendix E.4: ‘Keen to talk to someone’ card – Tongan

Tongan

Fie talanoa ki ha taha?

Ko ha ngaahi me'a eni ke ke fili mei ai

- Ko ho'oto kotaha fale'i 'i he 'apiakó, neesí, pe ko ha faiako 'okú ke falala ki ai
- Mēmipa 'o e fāmili pe kaungāme'a
- Youthline (0800 376 633 pe text ki he 234)
- Telefoni ta'etotongi pe text ki he 1737 'i ha fa'ahinga taimi pē ke talanoa ki ha tokotaha fale'i
- 'Ilo fekau'aki mo e tu'unga tangatá/fehiné mo e tō'onga fehokotaki fakasinó 'i he outline.org.nz
- For local support services, check out www.msd.govt.nz/YHWS

Fie talanoa ki ha taha fekau'aki mo e savea?

- Fetu'utaki ki he timi fakatotoló 'i he Ipsos 'i he telefoni ta'etotongi 0800 478 783, text ta'etotongi 8009 mo e taípe'i 'a e 'YHWS' 'i he kamata'anga ho'oto fekaú, pe 'imeili ki he yhws2025@ipsos.com

Vakai'i 'a e Uepisaiti 'a e YHWS 2025 ki ha ngaahi ma'u'anga tokoni ofi kiate. 'E ma'u atu 'a e ngaahi ola tefito me'i he savea 'i Tisema 2025







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Appendix F: School Principal Information Sheet and Consent Form

Appendix F.1: School principal information sheet and consent form – English



INFORMATION SHEET FOR SCHOOL PRINCIPALS

We would like your permission to invite students in your school aged 13 to 19 to take part in the Youth Health and Wellbeing Survey 2025.

What is the Youth Health and Wellbeing Survey?

The Youth Health and Wellbeing Survey 2025 (YHWS 2025) is the largest and most comprehensive survey of young people aged 13-19 in Aotearoa, New Zealand. It has been conducted approximately every three years for the past 25 years. Commissioned by the Government and executed by Ipsos, this survey will capture the voices of 10,000 students from schools nationwide, ensuring diverse youth perspectives are included in shaping policy. This is a chance for students in your school to have their say and make sure people like them are represented in the results.

What will the information be used for?

The survey is crucial for understanding youth experiences. The information collected will help the Government, educators and other organisations to advance youth policies and services.

Previous data has significantly contributed to policy changes, including:

- Provision of free health services in Alternative Education
- Increase in the delivery of free school-based health services to students in the most economically challenged schools.
- Initiation of free period products in secondary schools.
- The roll out of primary mental health funding for adolescents.
- Increased support for LGBTQI+ youth populations and other underserved groups in schools, health services and communities.
- Legislation to protect adolescents from vaping.

Over 100 peer-reviewed journal articles and hundreds of school and policy reports have derived from this research, further demonstrating its impact on shaping informed decisions for youth welfare.



Why my school?

Your school is one of 240 chosen across New Zealand to participate in this important survey, aimed at capturing the diverse voices and experiences of young New Zealanders. From these schools, 10,000 students will be randomly selected to participate. Conducting the survey within the school environment is a deliberate choice, providing young people with a safe space, free from home distractions, where they can comfortably share their honest perspectives. By participating, your students' unique thoughts and experiences will greatly contribute to a comprehensive understanding of young people nationwide.

Why should my school take part?

It's critical for school students to take part in order to gather valuable data that will empower educators to ensure the best outcomes for their young people. Participation can also enhance citizenship among young people and support policymakers to make informed decisions.

How will my school benefit?

We will share the collated survey results back with you and, where possible, highlight the similarities and differences between your school and the overall population of young people. Additionally, your school will receive a \$300 digital Prezzy card as koha and will be entered into a draw to win a classroom set of tablets.

Do students have to take part?

Taking part is up to the individual student and their parents. If a student decides they would like to take part now, but then changes their mind, they can withdraw from the study at any time. They can also skip any question they don't want to answer and can stop the survey at any time.

How will it work?

On the survey day selected students go to the designated area e.g. school hall at the agreed survey session time. The research team will greet them, explain what the survey involves, and answer any questions throughout the survey process. Students will fill out the survey privately on a tablet provided by the researchers. The entire survey session will last around 90 minutes. Participants will be gifted headphones and a \$25 digital Prezzy card, delivered to their email address. In the survey itself, students will be asked about a variety of topics relating to their lives, including their family, whānau and home, friends, relationships, community, education, work, and plans for the future. There will be a support worker present that students can talk with if they choose. They will also receive an information card with contact details for places where they can go to get support.



How will the research team help?

We are flexible and will ensure that the way the survey is run at your school works for you, your staff and your students.

- Together we will select a survey date and survey session times that work with your school calendar and timetable
- We will provide necessary materials and support staff to conduct the survey, to minimise burden on your staff
- We will try and encourage parent and student communication to come directly to the research team

What do I need to do?

Sign and return the consent form. You or a deputy principal need to sign and return the consent form to the Ipsos research team using the contact details below.

What do my staff need to do?

Inform students that they have been selected.

We will ask you to work with a school administrator to randomly select the students that will take part and ensure that parents of these selected students are notified about their child's selection. We'll supply you with all necessary communication materials, so it's simply a matter of you distributing it via your preferred channels, such as the newsletter or school portal.

Identify students who may not be able to take part.

We would like a staff member/staff members who know the selected students well to determine for each selected student whether they think it is safe and appropriate for them to take part. We will require parental consent for any students that staff have concerns about.

Provide a space for the survey session and agree the times for the sessions.

We would like to host the survey sessions at your school, in a private, designated room or area e.g. a school hall that will need to be reserved for the survey day. We will also need to agree what times the 2-3 survey sessions should be held on that day.

Inform wider school of survey.

We will need someone at the school to ensure that all teaching staff and students know when the survey is taking place at their school.



Who is running the survey?

The research will be used across the Government and the Ministry of Social Development (MSD) is funding this research. Ipsos is an independent market research company, and they are carrying out the survey data collection on behalf of MSD.

What about confidentiality?

The survey is completely anonymous. This means that no names or identifying information will be connected to their survey answers. Nobody, including the research team or anyone in the government will know their answers. People at school will know if the student has been invited to take part. They will not know any more details about the student's participation, unless the student tells them.

Information will be stored securely and used to compare findings with other research, so we can monitor the health of young people over time. It will be held at Stats NZ, or a similar safe place and will be available to academics, government agencies and others to help them with their work with young people. Once Ipsos has transferred the data, they will delete all survey information from their records within 2 years of completing fieldwork.

Any questions?

Our website <https://www.ipsos.com/en-nz/yhws> contains more information about the survey. If you have any questions, concerns or complaints about the survey at any stage, you can contact us here:

- **Ipsos** yhws2025@ipsos.com, freephone 0800 478 783, or free txt 8009 and type 'YHWS' at the start of your message.
- **Ministry of Social Development** youthsurvey@msd.govt.nz, or visit msd.govt.nz/yhws2025 for information and to see key findings as they are published.
- **Māori Advisor** [0800 478 783](tel:0800478783) leave a message at freephone 0800 478 783

You can also call the Health and Disability Ethics Committee (HDEC) that approved this study on 0800 4 ETHICS, or email hdec@hdc.org.nz. If you want to talk to someone who isn't involved with the survey you can call an independent health and disability advocate on 0800 555 050, or email advocacy@advocacy.org.nz

If you agree to this study being undertaken in your school, please sign the accompanying consent form and return it to us at your earliest convenience.





Youth Health + Wellbeing Survey



CONSENT FORM FOR SCHOOL PRINCIPALS (available online and in hard copy)

If you **DO** want your school to be involved in the study, please read and then sign to indicate you consent to the following:

- I consent to young people from my school being invited to take part in this research project.
- I am satisfied with the information I have been given.
- I have been given the opportunity to discuss this study with a researcher.
- I have been given enough time to think about whether my school will take part in this survey.
- I consent to the research being undertaken on school grounds.
- I understand that participation by young people is entirely voluntary and that they can withdraw from the research at any time without giving a reason.
- I agree that a young person's decision to participate or not will in no way affect their standing in the school.
- I consent to the research staff collecting and processing information related to my school's participation.
- I understand that neither young people nor the school will be identifiable in any reports arising from the research.
- I know who to contact if I have any questions about the study in general.

Declaration by Principal

I hereby consent to students from my school being invited to take part in this research project.

Name:

School Name:

Signature:

Date:



Appendix F.2: School principal information sheet and consent form – Te reo Māori



**Youth Health
+ Wellbeing Survey**



Uiui Hauora me te Oranga Taiohi

RAU MŌHIOHIO MĀ NGĀ TUMUAKI KURA

Kei te rapu whakaaetanga mātou ki te tono i ō ākonga kura, kei waenga i te 13 ki te 19 tau te pakeke, kia whai wāhi mai ki te Uiui Hauora me te Oranga Taiohi 2025.

He aha te Uiui Hauora me te Oranga Taiohi?

Koinei te uiui nui rawa, hōhonu rawa hoki o ngā taiohi kei waenga i te 13-19 tau i Aotearoa. He mea waiwai tēnei uiui kia mārama pai ki te āhua o te ahunga o te taiohi. Ka āwhina ngā mōhiohio i kohia i te Kāwanatanga me ētahi atu whakahaere ki whakatutuki i ngā whakapainga hira. He āheinga tēnei mā ngā ākonga o tō kura kia tukua mai ō rātou whakaaro, me te āwhina ki te waihanga i tētahi anamata pai ake mā te taiohi.

He aha i tohua ai taku kura?

Atu ki te 10,000 taiohi kei ngā kura me ngā hāpori kua tohua matapōkeretia kia whai wāhi ki te uiui. He mea hoahoa te uiui ki te kapo i ngā reo me ngā wheako kanorau katoa o te hunga taiohi o Aotearoa. Ko tō kura tētahi o ngā kura 240 o Aotearoa i tohua. Mā te whai wāhi mai, ka whai wāhi ngā whakaaro me ngā wheako ahurei o ō ākonga ki tētahi māramatanga hōhonu o ngā taiohi puta noa i te motu.

He aha te hua o te whai wāhi a taku kura?

He mea waiwai kia whai wāhi mai ngā ākonga kura e kohia ai ngā raraunga whaitake e whakamana ana i ngā pūkenga mātauranga ki te mātua whakarite i ngā putanga pai rawa mā ngā taiohi. Mā te whai wāhi mai pea e whakarākei i te kirirautanga i waenga i ngā taiohi me te tautoko i te hunga hanga ture ki te whakatau i ngā whakataunga matatau rawa.



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He aha te hua ki taku kura?

Ka tiria e mātou ngā hua kua whakaemitia ki a koe, ā, mēnā ka taea, ka miramiratia ngā ōritetanga me ngā rerekētanga i waenga i tō kura me te taupori katoa o te hunga taiohi. Hei tāpiri, ka whiwhi tō kura i tētahi kāri Prezzy matihiko \$300 hei koha, ā, ka uru atu ki te pōwhiri hei toa i ētahi papa matihiko, tae atu ki te 30.

Me whai wāhi ngā ākonga?

Kei ia ākonga me ō rātou mātua te tikanga ki te whai wāhi mai. Ki te whakatau te ākonga kia whai wāhi mai engari ka huri ōna mahara, he pai noa tana whakawātea i a ia i te rangahau, ahakoa te wā. He pai hoki te karo i ngā pātai kāore rātou i te hiahia whakautu, me te whakamutu i te uiui, ahakoa te wā.

He aha te tikanga whakahaere?

I te rā o te uiui, ko ngā ākonga ka tohua, ka haere ki te wāhi whakarite, hei tauira, ki te hōro pea, i te wā kua whakaritea. Ka whakatauhia rātou e te tira rangahau, ka whakamāramatia ngā āhuatanga o te uiui me te whakautu i ngā pātai hei te wā o te uiui. Ka whakakī matatapu ngā ākonga i te uiui ki tētahi papahiko ka whakaratoa e ngā kairangahau. Te roanga o te wā rangahau, tata ki te 90 meneti. Ka whakawhiwhia ngā kaiuru ki ngā taringaoro me te kāri Prezzy matihiko \$25, ka tukuna mā te imēra. I roto i te rangahau, ka pātaihia ngā ākonga mō ngā kaupapa maha e pā ana ki ō rātou oranga, tae atu ki te whānau, te kāinga, ngā hoa, ngā whanaungatanga, te haporī, te mātauranga, te mahi, me ngā mahere mō te heke mai. Ka wātea hoki tētahi kaitauwhiro taiohi ki te hiahia ngā ākonga ki te kōrero ki tētahi. Ka whiwhi kāri mōhiohio hoki me ngā taipitopito whakapā mō ngā wāhi i tō rātou kura, haporī rānei ki te rapu tautoko.

He aha ngā āwhinatanga a te tira rangahau?

He tira raungāwari mātou, otirā ka āwhina kia ngāwari ake ai te whakahaeretanga o te uiui i tō kura, mā koutou ko ō kaimahi me ō ākonga.

- Ka kōwhiria ngātahitia he rā uiui, he wā uiui hoki e tika ana ki tō rātaka kura.
- Ka tukua ngā rauemi tika, me ngā kaitautoko ki te whakahaere i te uiui, hei whakaiti i te pēhanga i runga i ō kaimahi.
- Ka ngana mātou ki te akiaki kia kōrero hāngai ngā mātua me ngā ākonga ki te tira rangahau.



Youth Health + Wellbeing Survey



He aha he mahi māku?

Me waitohu, ka whakahoki mai i te puka whakaaetanga. Me waitohu koe, tō tumuaki tuarua rānei, ka whakahoki mai i te puka whakaaetanga ki te tira rangahau a Ipsos, mā ngā taipitopito whakapā i raro nei.

He aha he mahi mā aku kaimahi?

He whakamōhio i ngā ākonga kua tohua rātou.

Ka tono mātou kia mahi koe me te kaiwhakahaere tari o tō kura ki te kōwhiri matapōkere i ngā ākonga ka whai wāhi ake, me te whakarite kia whakamōhio ngā mātua o ngā tamariki i kōwhiria, mō te kōwhiringa o te tamaiti. Ka tuku e mātou ngā rauemi whakawhiti kōrero tika, nā reira ko tāu noa iho he tuari mā ō ara tuku karere, pēnei i te pānui kura, i te tomokanga ā-kura rānei.

He tautohu i ngā ākonga kāore pea e āhei ki te whai wāhi mai.

Ka hiahia mātou i tētahi kaimahi kura e tino mōhio ana ki ngā ākonga kua tohua, ki te whakatau mēnā he haumaruru, he tika hoki kia whai wāhi ia ākonga ki te uiui. Me whakaae rawa ngā mātua o ngā ākonga, e āwangawanga nei ngā kaimahi.

He whakarato wāhi e tū ai te uiui, me te whakaae ki ngā wā mō ia uiui.

Ko tā mātou hiahia he whakahaere i ngā wā uiui i tō kura, i tētahi rūma, wāhi rānei kua tohua, hei tauira, te hōro kura, otirā me tāpui mō te rā uiui. Me whakaae hoki ki ngā wā e tū ai ngā uiui e 2-3 i taua rā.

He whakamōhio haere i te kura whānui ki te uiui nei.

Me whai tangata mātou i te kura ki te whakarite kia mātua mōhio ngā kaiako me ngā ākonga katoa hei āhea tū ai te uiui i tō rātou kura.

Ko wai e whakahaere ana i te uiui?

Ko Te Manatū Whakahiato Ora (MSD) te kaitautoko i tēnei rangahau. He kamupene rangahau motuhake a Ipsos, otirā ko rātou kei te kōhi i ngā raraunga uiui mā MSD.





Ka ahatia ngā mōhiohio?

Ka whai mōhiohio hira te kāwanatanga, ētahi atu whakahaere me ngā kairangahau i ngā mōhiohio ka tiria e ngā ākonga ki te uiui, hei āwhina ki te whakawhanake i ngā kaupapahere me ngā pūnaha hei:

- Whakapai ake i te oranga o ngā taiohi mā te āwhina ki te hoahoa kaupapahere me ngā ratonga
- Aroturuki i ngā kaupapahere me ngā hōtaka a te Kāwanatanga ki te whakarite kei te tika te mahi hei painga mā ngā taiohi

Ka pēhea te matatapu?

He matahuna katoa tēnei uiui. Ko te tikanga o tēnei, kāore e tiria he ingoa, he mōhiohio tautohu rānei e hono ana ki ā rātou whakautu uiui. Kāore tētahi, tae atu ki te tira rangahau, tētahi rānei i te kāwanatanga e mōhio ki ā rātou whakautu. Ka mōhio te hunga i te kura mēnā kua tonoa te ākonga kia whai wāhi mai. E kore rātou e mōhio ki ētahi atu taipitopito mō te whai wāhitanga a te ākonga, māna, kua whākina e te ākonga ake.

Ka haumaruru te pupuri i ngā mōhiohio, ka whakamahia hei whakataurite i ngā hua ki ētahi atu rangahau, kia pai ai te aroturuki i te hauora o ngā taiohi i te hekenga o te wā. Ka puritia e Tatauranga Aotearoa, e tētahi wāhi ōrite rānei, ā, ka wātea ki ngā pūkenga mātauranga, ngā tari kāwanatanga me ētahi atu ki te āwhina i a rātou me ā rātou mahi me te hunga taiohi. Kia whakawhitia e Ipsos ngā raraunga, ka mukua e rātou ngā mōhiohio uiui katoa i ō rātou mauhanga, i roto i te 2 tau o te otinga o ngā mahi.

He pātai anō?

He mōhiohio anō kei tā mātou paetukutuku <https://www.ipsos.com/en-nz/yhws> mō te uiui nei. Mēnā he pātai āu, he āwangawanga, he amuamu rānei mō te uiui, ahakoa te wā, ka taea e koe te whakapā mai ki:

- **Ipsos** yhws2025@ipsos.com, waea utukore 0800 478 783, pātuhi utukore rānei ki 8009 me te 'YHWS' i te tīmatanga o tō karere.
- **Manatū Whakahiato Ora** youthsurvey@msd.govt.nz, haere rānei ki msd.govt.nz/yhws2025 mō ngā mōhiohio me te kite i ngā kitenga matua i te wā ka whakaputaina.
- **Māori Advisor** maori@ipsos.com, waea utukore. waiho rānei he karere ki 0800 478 783





Ka taea hoki te waea atu ki te Health and Disability Ethics Committee (HDEC) nā rātou te rangahau nei i whakamana, ki 0800 4 ETHICS, imēra rānei ki hdec@moh.govt.nz. Ki te hiahia koe ki te kōrero ki tētahi kāore i te whai wāhi ki te rangahau ka taea e koe te waea atu ki tētahi kaikōkiri hauora me te hauātanga motuhake ki 0800 555 050, te imēra rānei ki advocacy@advocacy.org.nz

Ki te whakaae koe kia whakahaeretia tēnei rangahau ki tō kura, tēnā waitohua te puka whakaae e tāpiritia ana, ka whakahoki mai ki a mātou kia wātea ai koe.





Youth Health + Wellbeing Survey



PUKA WHAKAAE MĀ NGĀ TUMUAKI KURA (puka tuihono, ā-pepa rānei)

Ki te **HIAHIA** koe kia whai wāhi tō kura ki te rangahau, tēnā pānuitia, ka waitohu hoki ki te tohu i tō whakaaetanga ki ēnei:

- Ka whakaae ahau kia pōhiritia ngā taiohi o taku kura kia whai wāhi ake ki tēnei kaupapa rangahau.
- E rata ana ahau ki ngā mōhiohio kua hōmaitia.
- I whai wāhi au ki te matapaki i tēnei rangahau me tētahi kairangahau.
- He nui te wā ki ahau ki te whai whakaaro mēnā ka whai wāhi taku kura ki tēnei uiui.
- E whakaae ana ahau kia whakahaeretia te rangahau ki te kura tonu.
- E mārāma ana ahau kei ngā taiohi te tikanga ki te whai wāhi ake, otirā ka āhei rātou ki te puta i te rangahau ahakoa te wā, me te kore tuku take.
- E whakaae ana ahau e kore te tūnga o te taiohi i roto i te kura e pā kinotia e te whakatau a te taiohi kia whai wāhi ia ki te uiui.
- E whakaae ana ahau kia kohia, kia tukatukahia hoki e ngā kaimahi rangahau ngā mōhiohio e pā ana ki te whai wāhitanga o taku kura.
- E mārāma ana ahau e kore e tautohua ngā taiohi, te kura hoki i roto i ngā pūrongo ka hua ake i te rangahau.
- Kei te mōhio au me whakapā ahau ki a wai mēnā he pātai āku mō te rangahau.

Tauākī a te Tumuaki

Ka whakaae ahau kia pōhiritia ngā taiohi o taku kura kia whai wāhi ake ki tēnei kaupapa rangahau.

Ingoa: _____

Ingoa Kura: _____

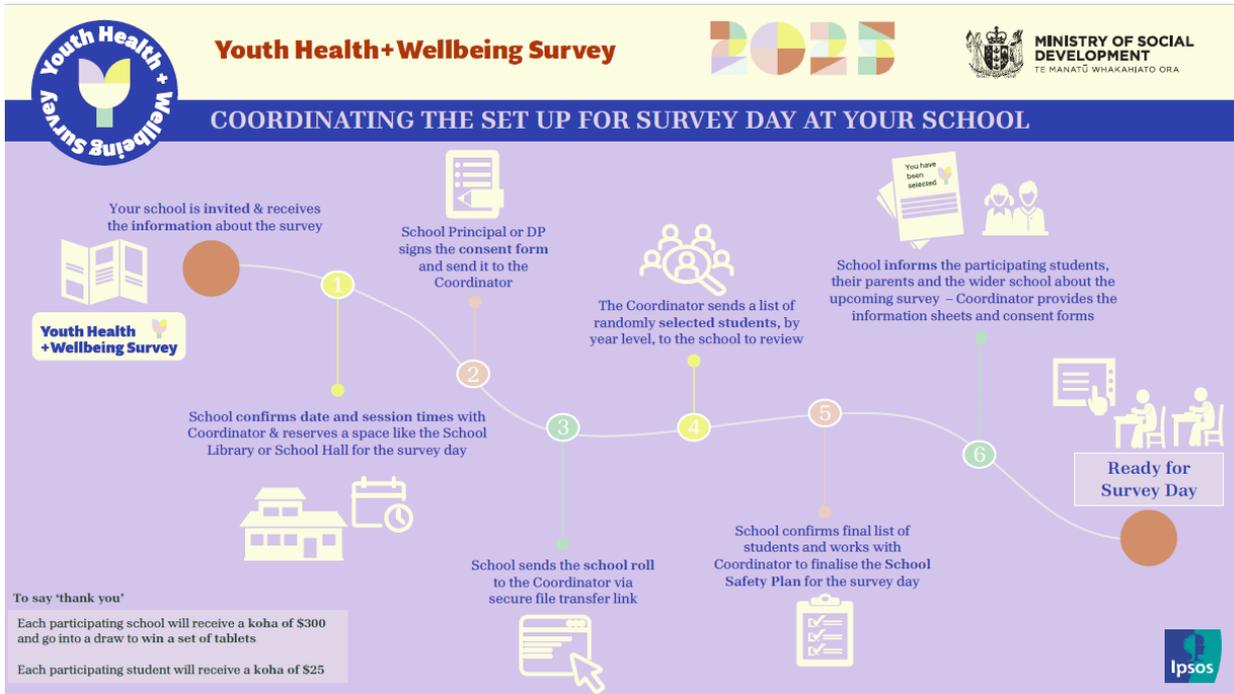
Waitohu: _____

Te Rā: _____





Appendix G: School and Kura Coordination Infographic





Appendix H: Referral Form for School Pastoral Care

Appendix H.1: Referral form for school pastoral care – English



**Youth Health
+ Wellbeing Survey**



I'd like to talk to someone at my school

If you would like your school support team to reach out to you, please provide your contact details and we'll pass them on for you.

Student ID:

First name:

Last name:

Year level:

Class:

Other contact information:

Additional notes:





Appendix H.2: Referral form for school pastoral care – Te reo Māori


Youth Health
+ Wellbeing Survey


E hiahia ana ahau ki te kōrero ki tētahi i taku kura.

Mena kei te pirangi koe kia whakapā atu ā tō rōpū tautoko kura, tēnā koa tukuna ō taipitopito whakapā, ā, ka tukuna atu e mātou.

ID tauira:

Ingoa tuatahi:

Ingoa whānau:

Tau:

Akomanga:

Ētahi atu taipitopito whakapā:

Ētahi atu kōrero:



MINISTRY OF SOCIAL
DEVELOPMENT
TE MANATŪ WHAKAHIAŌ ORA





Appendix I: 'Here to Help' Resource Sheets

HERE to HELP


**MINISTRY OF SOCIAL
DEVELOPMENT**
TE HĀNATŌ WHAKAHĀTŌ ORA

Te Kāwanatanga o Aotearoa
New Zealand Government

If you need help, there is a wide range of support services available. You can also talk to your teacher or other trusted adults.

Am I having an emergency?

If you or someone you know is in direct danger of being hurt, harmed or death, please call 111. If you or someone you know is having a mental health crisis call 111 and say "Mental Health Crisis". Examples of a mental health crisis are having suicidal thoughts or making plans; self-harm or self-injury; or having an acute psychotic or manic episode.



Should I report abuse?

If you know someone is being mistreated (physically abused, sexually abused, emotionally or psychologically abused) or neglected (not being looked after in the way they should be) you might want to report it so they can get help before something really bad happens (injury like broken bones, feeling completely hopeless, or death).

If the person is 16 years old or younger, call Oranga Tamariki 0508 326 459, or email contact@ot.govt.nz

If the person is older than 16, call the police on 111

Who can I talk to right now?

No matter the time of day or week, you can call any of the following services!

Suicide Crisis Helpline

0508 828 865

Nationwide 24/7 service for you or if someone you know may be thinking about suicide.

<https://www.lifeline.org.nz/>

YouthLine

0800 376 633

Free help 24/7, every day you can talk to a counsellor about how you're going or things you need help with. Txt 234.

www.youthline.co.nz

Samaritans

0800 72 66 66

Free 24/7 support for stress, feelings of suicide, or feeling overwhelmed.

www.samaritans.org.nz

Healthline

0800 611 116

Free 24/7 expert advice about your situation and help on what to do next.

www.healthy.org.nz

Here to help u

1737

Free 24/7 help from a counsellor whenever you need it, call or txt 1737.

www.1737.org.nz

Safe to talk

0800 044 334

Free 24/7 help for people who have experienced sexual harm (can help with something that just happened, or something that happened a while ago). You can also txt 4334.

www.safetotalk.nz

Women's Refuge

0800 733 843

24/7 help for anyone dealing with violence in their life.

www.womensrefuge.org.nz

Shine

0508 744 633

Free 24/7 support and counselling for if you or your family are in danger.

[Help for Domestic Violence NZ | Shine - Shine](http://HelpforDomesticViolenceNZ|Shine-Shine)

Shakti

0800 742 584

24/7 help for women dealing with violence and harm; multi-lingual crisis support.

www.2shine.org.nz



Is there help for me specifically?

Lots of people are here to help you, and the things you specifically are going through, for FREE!

Wellbeing Support (Regionally Based Support)

Find mental health support based on where you live.

www.wellbeingsupport.health.nz

Whats Up (Youth Support)

0800 942 8787

Call between 11am-11pm for confidential, free, over-the-phone counselling services for young people in NZ.

www.whatsup.co.nz

Outline (Rainbow Support)

0800 688 5463

Call between 6pm-9pm for confidential, free, all-ages, support and rainbow specialist counselling, or for trans and non-binary peer support. Free chat support online.

www.support.outline.org.nz

Netsafe (Online Safety)

0508 638 723

Free call, or txt 'Netsafe' to 4282 for support about harm you or someone you know might be experiencing online. You can also submit a report online.

www.netsafe.org.nz

EDANZ (Someone I know might have disordered eating)

09 522 679

If someone you know might have disordered eating, and you want to know how to help care for them call EDANZ.

Healthline (I might have disordered eating)

0800 611 116

Totally confidential support if you want to talk to someone about your experience with disordered eating.

Anxiety NZ

0800 269 4389

24/7 free call anytime for help with your anxiety. Go online for more services, courses and free appointments and tools.

www.anxiety.org.nz

Depression

1737

24/7 free call or txt anytime for help with depression right now.

www.depression.org.nz

Drug and Alcohol

0800 787 797

24/7 free call, to get help or chat with someone about drug or alcohol use and how it makes you feel or affects your life.

www.alcoholdrughelp.org.nz

Yellow Brick Road (Family Help)

0800 732 825

Call to get help for you and your family do better with the daily life!

www.yellowbrickroad.org.nz

Are there things I can do in my own time?

There are heaps of things that you can do for FREE, to help your mental health and wellbeing in private, and at your own pace ♥♥

The Lowdown

A place to learn more about mental health, go to www.thelowdown.co.nz

Small Steps

A place to unwind and learn some tips and skills to relax, get calm and manage stress. www.smallsteps.org.nz

Just a Thought

A place to work through and start healing from anxiety, depression, insomnia and other struggles using science-backed methods, go to www.justathought.co.nz

Headstrong

A place to learn scientifically backed tools and tricks to improve your wellbeing. Download the app and have it wherever you go, for FREE! www.headstrong.org.nz

Body Safe

A place to learn about having good sex and relationships. www.bodysafe.nz

Mind.Set.Engage

A place for rugby players to check in, get game fit, and learn more about mental health in the rugby community. www.mindsetengage.co.nz

Dear Em

A space for girls and young women to share skills and stories. www.dearem.nz

ToughTalkNZ

An online space for guys and young men to share skills and stories for mental wellbeing. www.toughstalk.nz

Sparx

A place to learn skills and techniques for stressful times and negative emotions, designed by clinicians and backed by science, go to www.sparx.org.nz

Depression NZ

A place to learn about what its like to have depression or anxiety, see if you might have depression or anxiety, and find someone to talk to. www.depression.org.nz

Aunty Dee

Do a short quiz to find answers to daily-life problems (trouble sleeping, relationships, friends, health, school stuff!) www.auntydee.co.nz



Can I get help finding a therapist or psychologist?

You're ready to see a therapist, awesome, these sites might help!

Mindfit NZ

Find a therapist or professional who can help you based on your purpose (staying well, or getting well), your age, where you live and what you are looking for (a psychologist, gp etc) www.mindfit.co.nz

Wellbeing Support

Find a wellbeing provider or professional near you and filter by what you want, Youth, Kaupapa Maori, GP, or Pacific-led services, go to www.wellbeingsupport.health.nz

Talking Works

Find a therapist who can help you based on cost, location, and the type of person you want to talk to (a male, female, etc) and what they can help

you with (sexual assault, trauma, neurodiversity, struggles with your mood, difficult emotions and more), go to www.talkingworks.co.nz/listing-category/counsellors

Better Help

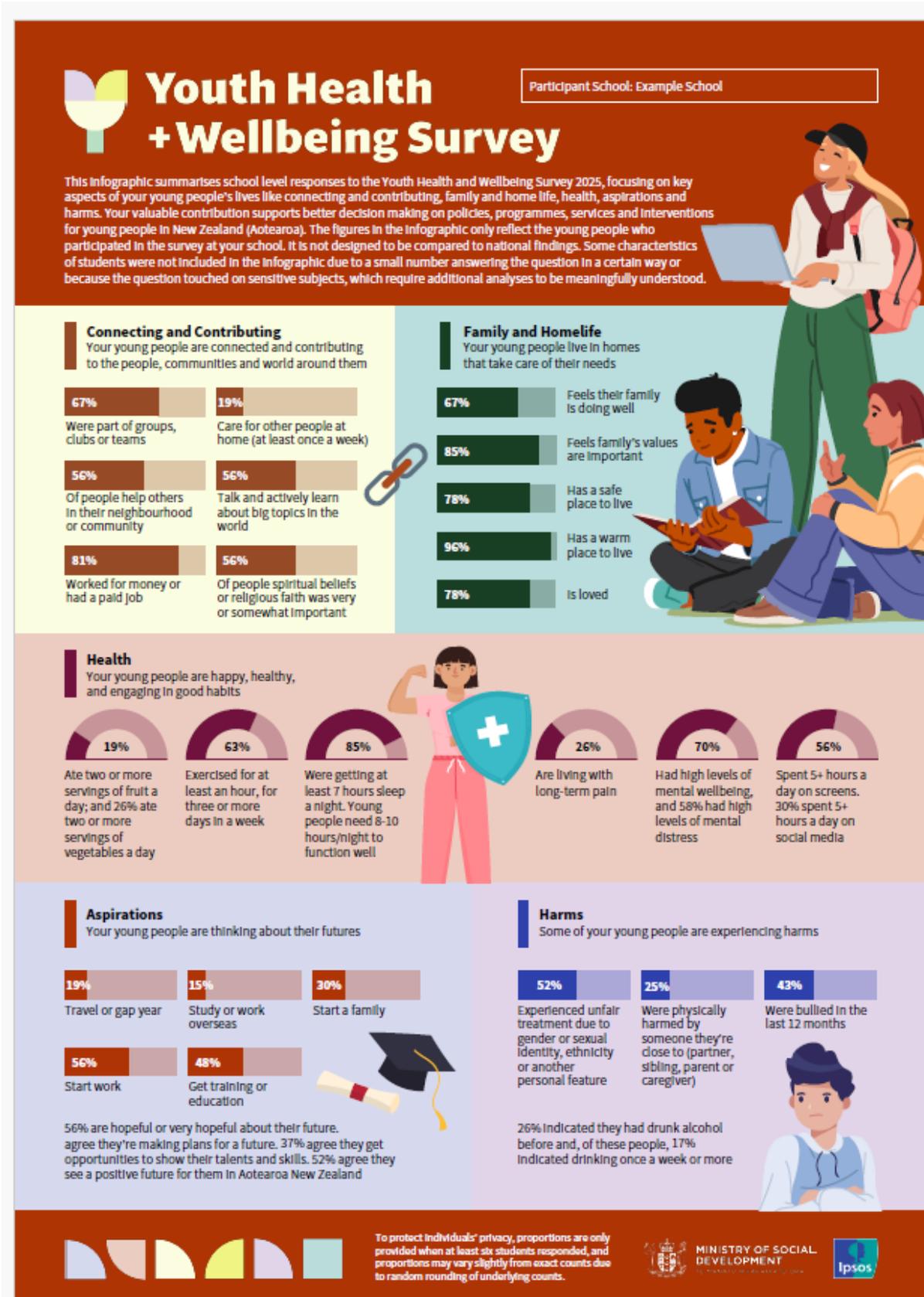
Find a therapist who you like, who you can talk to when it suits you from the comfort of your own home, go to www.betterhelp.com

Family Works

Find the support systems that your family needs, based on where you live, go to www.ps.org.nz/family-works-nz/



Appendix J: Infographics with School-Specific Information (example)





Appendix K: Infographics with Kura-Specific Information (example)



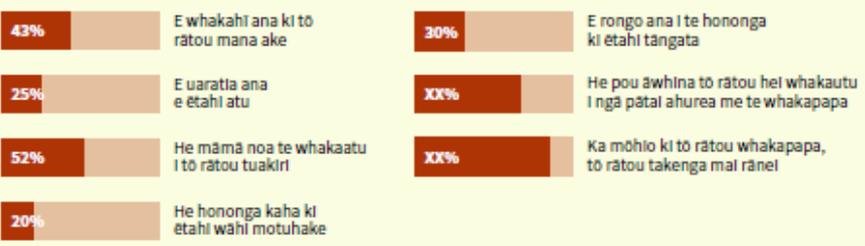
Youth Health + Wellbeing Survey

Ka whakarāpopoto tēnei whakalroiro pārongo i ngā urupare ā-kura ki te Ului Hauora me te Oranga Rangatahi 2025, e arotahi ana ki ngā ahuatanga matua o ngā tauranga rangatahi, tātū noa ki ō rātou hononga ki te whakapapa, te reo me te tuakiri whānui, ngā wawata me te hauora. E uaratia ana tō whai wāhi ki tēnei ului, ka tautoko hoki i ngā whakataunga take pai ake i poua ki ngā taunakitanga e pā ana ki ngā kaupapahere, ngā hōtaka, ngā ratonga me ngā wawaonga mā ngā rangatahi i Aotearoa. Ka whakaata noa ngā whika i tēnei whakalroiro pārongo i aua rangatahi i whai wāhi ki te ului i te kura¹. Kāore i hoahoatia kia whakatauritea ki ngā kitenga ā-motu. Ko ētahi ahuatanga o ngā ākonga kāore i whakaurua ki te whakalroiro pārongo nā te tokoliti i whakautu rerekē i tētahi pātai, nā te mea rānei i pā te pātai ki ētahi take matatapu, e tika ana kia āta tātaritia kia mārama ai te whaitake.



Te tuakiri, whakapapa me te noho huānga

E hono ana ō rangatahi ki ō rātou whakapapa, e whakahi ana ki tō rātou mana ake, ā, e noho huānga ana



Ngā whanonga hauora

E harikoa ana, e ora ana, ā, e ū ana ō rangatahi ki ngā whanonga pai.



Ngā wawata

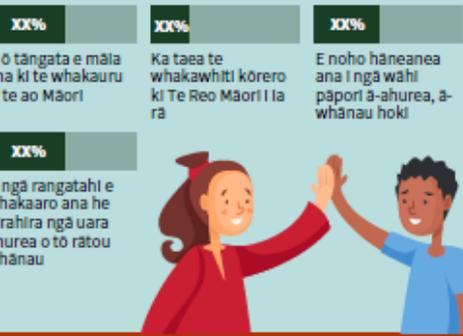
E whakaaro ana ō rangatahi ki tō rātou āpōpōtanga



56% e awhero ana, e awhero nui ana rānei ki tō rātou āpōpōtanga. 70% e whakaae ana kel te whakarite mahere rānei mō āpōpō. 37% e whakaae ana ka whiwhi arawātea rātou ki te whakaatu i ō rātou pūmanawa me ngā pūkenga. 52% e whakaae ana kel te kite i tētahi anamata angitu mō rātou i Aotearoa

Te iwi, te reo, me te hononga

E hono ana ō rangatahi ki ō rātou iwi, te hapori me te reo



¹Hei tiaki i te matatapuanga o te tāngata, ka whakaratoa ngā hautanga mātā noko atu i te ono ngā ākonga i whakautu, ā, ka paku rerekē pea ngā hautanga i ngā tatau hāngai nā te whakaawhiwhi matapōkere o ngā tauanga tāketake.



Appendix L: Merging Youth2000 and WAM Questionnaires

The goal of the questionnaire merging was dual:

- First, to produce a single questionnaire that **continued to capture the same range of data** as previous iterations, to enable the tracking of key trends in youth wellbeing.
- Second, to produce a single questionnaire that was **shorter than previous surveys**, to help alleviate the burden of participation, e.g., time out of class, cognitive fatigue, lost social time, etc.

The merging of these questionnaires drew primarily from thematic analysis doctrine – pooling data, filtering to sort data into themes, and ascribing meaning to themes with analytical intent (Braun & Clarke, 2021).¹ The final merged questionnaire then needed to be shorter whilst covering the same range and breadth of constructs and topics. These requirements determined the ‘triage’ approach used by MSD (illustrated in Figure 1 **Error! Reference source not found.**) to review and design the questions in the YHWS 2025.

The first step of questionnaire merging involved lining up all the questions from WAM against the corresponding Youth2000 questions. Where there was no match at all, questions were left unpaired to show that they were unique. Questions were then colour coded based on the degree of similarity. This highlighted four groups of questions:

- **Identical questions** – the question and response options were the same in both questionnaires
- **Similar questions** – the question assessed the exact same item or construct, but the wording of the question itself *or* response option differed slightly between both questionnaires
- **Slightly different questions** – the question was interested in the same topic but articulated different constructs *and* different response options
- **Totally different questions** – each survey asked a question that did not exist at all in the other

Topics

The Youth2000 series and the WAM survey clustered questions by topics in slightly different ways, which meant topics did not always align, sometimes one questionnaire would have a set of questions completely missing from the other survey. The topic coverage achieved in the merged YHWS 2025 is illustrated in Table 1 overleaf.

¹ Braun, V. & Clarke, V. (2021). *Thematic analysis: A practical guide*. SAGE Publications.

Table 1: Comparing topic coverage across youth survey streams

Youth 2000	WAM	Dropped from YHWS 2025	YHWS 2025
Ethnicity & culture	Ethnicity Culture		Ethnicity Culture & connections
Physical health & activities	Physical health Activities		Physical health Activities
Food	Food		Food
Substance use & drink driving	Substance use	Drink driving	Substance use
Injuries & violence (incl. violence to animals)	Harms	Violence to animals	Harms
Sexual health	Sexual health		Sexual health
Mental health	Wellbeing		Mental health & wellbeing
School achievement & participation	Doing well at school	Dropped several WAM school questions as covered in Ministry of Education surveys	Learning
Neighbourhood environment	Community		Community
Spirituality	Values		Beliefs & values
Access to healthcare	Access to healthcare		Access to health & mental healthcare
Work	Work & employment		Work & reasons for work

Consultation on merged YHWS 2025 questionnaire

The merged YHWS 2025 questionnaire underwent extensive consultation and review in the public and academic sectors. After the initial merging, the YHWS 2025 underwent four rounds of drafting and review with the public sector agencies and their partners.

Figure 1: Question triage – question merging protocol



Appendix M: Validated Tools

WHO-5

WHO-5 is a self-report instrument measuring mental wellbeing and consists of five non-invasive statements relating to experiences in the preceding two weeks. Each statement is rated on a 6-point Likert scale, with higher scores indicating better mental wellbeing (WHO). Systematic reviews have found that WHO-5 has high clinometric validity (Topp et al., 2015), i.e., it can be used to measure wanted outcomes and balance versus unwanted effects of treatments. Moreover, it is a sensitive and specific screening tool for depression (Topp et al., 2015). The instrument is internationally validated for use with all age groups and has been translated into 30 languages.

CES-DC-10

CES-DC-10 is a short form of the original CES-D (Center for Epidemiologic Studies Depression Scale) published by Radloff et al. in 1977. The CES-DC-10 wording is drawn from the 20-item child questionnaire and was developed for the 10-item tool based on item-reduction studies (Andresen et al., 1993; Radloff, 1991; Weissman et al., 1980).

The 10-item scale has been validated for use by the longitudinal *Growing Up in New Zealand* study and was first utilised with the 8-year child data collection wave; it has been used subsequently at 10 years, 12 years, and 13 years to facilitate longitudinal analysis (Cha et al., 2022).

K6

K6 is a brief screening scale measuring non-specific psychological distress, that has robust psychometric validity amongst adults, Indigenous peoples, and adolescents aged 15–19 years (Mewton et al., 2016). The measure assesses six domains of distress on inverse coded 5-point Likert scale (1 = *All of the time* to 5 = *None of the time*).

Washington Group Short Set (WGSS)

The WGSS is a subjective/self-reporting measure of disability that is internationally validated and widely used in public sector research (UNICEF, 2017; Whaikaha, 2024). The tool assesses functional difficulties that individuals face in day-to-day life, across six domains (seeing, even if wearing glasses; hearing, even if using a hearing aid; walking or climbing steps; remembering or concentrating; self-care, such as washing or dressing; communicating using your usual language). Participants were how much difficulty they have in each functional domain, with response options of:

- 1 = no difficulty
- 2 = some difficulty
- 3 = a lot of difficulty
- 4 = cannot do at all

Binary disability status is then assigned based on a defined functioning threshold. There are a number of different cut-offs that can be applied; however, the threshold applied in these youth surveys, and recommended by the Washington Group, defines ‘disabled’ young people as those who answered ‘*a lot of difficulty*’ or ‘*cannot do at all*’, to at least one domain.

Other possible cut-offs include:

- 1 At least one domain/questions answered ‘*some difficulty*’ or ‘*a lot of difficulty*’ or ‘*cannot do at all*’.
- 2 At least two domains/questions answered ‘*some difficulty*’ or any one domain/question answered ‘*a lot of difficulty*’ or ‘*cannot do at all*’.
- 3 Any one domain/questions answered ‘*cannot do at all*’.

The WGSS questions are not designed to produce comprehensive counts or rates of disabled people. Instead, the disability status derived from the WGSS questions is used to compare outcomes for disabled and non-disabled people and estimate differences in the characteristics of disabled and non-disabled populations.

Some other limitations to the WGSS include lack of psychosocial questions, a small number of functional domains covered, not being applicable for under-five-year-olds, possibly underestimating prevalence, and flux in population counts.

Previous application of the WGSS in the What About Me? (WAM) youth survey in 2021 found that 26% of participants met the classification for disability. However, there was an issue with the way the WGSS questions were asked in WAM, where the introductory statement to the questions did not include the words “*because of a health condition*”. It is possible this had an impact on counts of impairment on the remembering and concentrating domains. Counts of impairment decreased to 12% if results for remembering or concentrating were disregarded (Malatest International, 2022).

In the social model of disability, disability is caused by the interaction of functional limitations due to an impairment with barriers caused by an inaccessible society. WGSS questions measure the functional component of this conceptualisation, by identifying people with limitations that are most likely to restrict their participation in society. In other words, the WGSS findings help us identify a population of interest who may, in interaction with other contextual factors, be disabled.

Appendix N: Main Study Sample Frame

The final sampling frame for the main study contained 536 schools, with 310,445 students and 48 strata.

Table 2: Input parameters for selection

Input parameters for the selection	
Students per school to select – number of students to select from each participating school (if the eligible school roll is less than 200, then all eligible students get selected)	200
Cut-off for selecting the whole school (if the number of students to select from the school represent more than 75% of the eligible school roll, then all eligible students get selected)	0.75
Kish allocation weight (selection weighted towards 85% proportional allocation)	0.85
Oversample used (*): Sampling at triple the rate for equity index quartile 3 & 4 strata in Auckland & quartile 4 in Wellington & double the standard rate for the remaining quartile 4	5
Assumed school response rate	0.41
Assumed student response rate	0.63
Assumed overall response rate	0.257

Table 3: Selection summary

Selection summary	
<i>School selection</i>	
Schools selected	247
Small schools selected (this is the number of schools with less than 200 eligible students; therefore, the full eligible roll will be selected)	87
Schools to be surveyed in full (this is the number of schools that would be surveyed in full, as the number of students to be selected per school is more than 75% of the number of eligible students in the school)	96
Kura kaupapa Māori selected	32
Isolated schools selected	35
<i>Estimated student selection (estimated from roll numbers at the time of selection)</i>	
Estimated number of students selected	38,884
Estimated number of Māori students selected	11,144
Estimated number of Pacific students selected	6,458
<i>Expected school response</i>	
Schools expected to respond	101
<i>Expected student response</i>	
Student expected respondents	10,018
Māori expected respondents	2,867
Pacific expected respondents	1,664
Average number of students per school	99

Appendix O: Post-Pilot Changes to Questionnaire

Following the pilot, several modifications were made to the YHWS 2025 questionnaire to improve data quality and reduce participant burden for the main study. Table 4 overleaf details these changes and their implementation between pilot and main study. The final column specifies how the pilot and main study data will be integrated in the final dataset, ensuring continuity whilst maintaining data integrity. This information is also contained in the YHWS 2025 Data Dictionary published on the MSD website. Where pilot and main study questions differ substantially, data will be maintained as separate variables; where changes are minor, responses will be merged according to the specified recoding procedures.

Table 4: Questionnaire changes from pilot to main study

Change to YWHS 2025	Question code	Question in pilot	Question in main study	Integration with main study results
Wording change to response code	Q4_Dem1 (Birth_Country)	Response option: “3. England”	Response option: “3. United Kingdom (England, Scotland, Wales or Northern Ireland)”	Combine pilot & main directly – “England” responses recoded to “United Kingdom”
Wording change to response code	Q22_Home4: <i>Who usually looks after you or cares for you?</i>	Included options: “Parents of my partner/friends” & “Another adult(s)” as separate	Combined “Parents of my partner/friends” into “Another adult(s)”	Recode pilot response options 9 & 10 to main study option 9
Wording change to response code	Q54_Bully3: <i>What was the reason you were bullied?</i>	Option 7: “I don’t know why I was bullied”	Option 98: “Not sure”	Recode pilot option 7 to main study option 98
Response options restructured	Q152_Act3: <i>What are your main reasons for going on social media?</i>	13 detailed response options	9 condensed response options	Maintain as distinct variables & do not merge pilot results into final dataset: SM_RX_Pilot & SM_RX_Main
Routing change	Q5_Dem3: <i>Did you come to Aotearoa/New Zealand as a refugee?</i>	Asked of all participants	Asked only if birth country ≠ NZ	Apply main study routing restriction to pilot responses
Routing change	Q31_Home14: <i>Have you ever been in care?</i>	Asked of all participants	Asked only if Q30_Home13 = Yes	Apply main study routing restriction to pilot responses
Word changing to main question	Q14_Dem16: <i>Cultural values importance</i>	<i>Are the values of your whānau/ family’s culture important to you?</i>	<i>How important to you are the values of your whānau or family’s culture?</i>	Merge pilot & main responses
Word changing to main question	Q87_Health14: <i>Unfair treatment by health professional</i>	<i>Have you ever been treated unfairly by a health professional because of your...?</i>	<i>Were you treated unfairly by a health professional because of your...?</i>	Merge pilot & main responses
Question added	Q20_Home1_WhWh_j: <i>Whānau_time</i>	[Not in pilot]	New question added	Field be empty for pilot responses

Change to YWHS 2025	Question code	Question in pilot	Question in main study	Integration with main study results
Questions removed	<p>Q1_4: <i>Just to check, have you already completed the Youth Health & Wellbeing Survey 2025?</i></p> <p>Q41_Learn1: <i>Are you attending a school, kura kaupapa Māori, alternate, teen parent unit or some type of education or training?</i></p> <p>Q51_Learn20: <i>If one thing could change to make study or learning better for you, what would it be?</i></p> <p>Q60_Harm6: <i>How often do you smoke cigarettes now?</i></p> <p>Q70_Harm22: <i>What is one thing that would help you feel more safe in your life?</i></p> <p>Q112_EW9: <i>Experiences over past 6 months (psychosis questions)</i></p> <p>Q117_EW16: <i>Did you feel like you got the help you needed?</i></p> <p>Q118_EW17: <i>Why, or why not?</i></p> <p>Q120_EW19: <i>Who would you turn to?</i></p> <p>Q122_EW22: <i>What is one thing that would make things better for young people you know who have a hard time or who feel bad?</i></p>	[Removed from main study]	Questions dropped from data set	

Appendix P: Data Processing Validation Results

During data processing, several validation measures were applied to ensure data quality. A technical error in the survey platform during the pilot study resulted in some participants' having incomplete data for a subset of questions (Edu_Year through Sch_Supp_PNTS). For the main study, partial survey responses were retained in the dataset to maximise the available data. However, as a result of the data validation measures applied, 33 main study participants were removed from certain derived variables due to incomplete survey completion.

Table 5 below provides detailed specifications for each affected question and the harmonisation approach applied.

Table 5: Harmonisation of pilot and main study questionnaire differences

Question	Pilot Version	Main Study Version	Harmonisation Approach
Response code changes			
Q4_Dem1 Which country were you born in?	3. "England"	3. "United Kingdom (England, Scotland, Wales or Northern Ireland)"	Pilot responses coded as "England" recoded to "United Kingdom"
Q22_Home4 Who usually looks after you or cares for you?	Included separate response items: 9. "Parents of my partner/friends" & 10. "Another adult(s)"	9. "Another adult(s)"	Combined pilot response options 9 & 10 into single option: 9 "Another adult(s)"
Q54_Bully3 What was the reason you were bullied?	7. "I don't know why I was bullied"	98. "Not sure"	Pilot option 7 recoded to main study option 98
Response restructuring			
Q83_Health13 In the last 12 months, which of the following places have you used for health care?	18 detailed response options: 1. School health clinic 2. Youth centre 3. Hauora Māori provider (including rongoa) 4. Pacific health provider 5. After-hours or 24-hour accident & medical centre 6. Hospital accident & emergency (A&E) 7. Whānau/family doctor/medical centre or GP clinic 8. Whānau/family planning or sexual health clinic	15 condensed response options: 1. Family doctor, GP or nurse 2. After-hours clinic or hospital emergency department (A&E/ED) 3. Hauora Māori provider 4. Pacific health provider 5. School nurse/clinic 6. Community clinic (e.g. Family Planning, Youth One Stop Shop, addiction services, etc.) 7. Dentists 8. Pharmacy/chemists 9. Counsellor/psychologist	Preserve Pilot responses as HealthCare_Pilot_* and Main responses as HealthCare_Main_* variables.



Question	Pilot Version	Main Study Version	Harmonisation Approach
	9. Traditional or cultural healer (e.g. tohunga, fofo)	10. Traditional or cultural healer (e.g. tohunga, fofo)	
	10. An alternative health worker (e.g. naturopath, homeopath, acupuncturist, herbalist, aromatherapist)	11. Alternative health care (e.g. homeopath, acupuncture, osteopath)	
	11. Pharmacy/chemist shop	12. Somewhere else	
	12. Dentists	97. Nowhere	
	13. Counsellor (e.g. therapist, psychologist)	98. Not sure	
	14. Addictions services	99. Prefer not to say	
	15. Somewhere else		
	97. Nowhere		
	98. Not sure		
	99. Prefer not to say		
Q116_EW15 In the last 12 months, have you gone to or used any of the following for help or advice about feeling bad or having a hard time?	16 detailed response options: 1. No 2. A friend or young person you know 3. A parent or other adult in your life 4. Whānau/family doctor/GP/Hauora 5. School counsellor 6. School nurse 7. A counsellor or mental health professional not at your school (e.g. psychologist, psychiatrist) 8. A phonenumber (e.g. Kidsline, Whatsup, 1727, Youthline) 9. A social media chat room or post that people you know might see 10. An anonymous social media or chat room post 11. A website with information such as Youthline, The Lowdown, justathought.co.nz, Depression.org 12. An app or online program like SPARX.org or Headspace 13. Someone or something else	13 condensed response options: 1. A friend 2. A parent or other adult 3. Doctor 4. School counsellor or nurse 5. A counsellor or mental health professional (e.g. psychologist, psychiatrist) 6. A phonenumber (e.g. Youthline) 7. A social media group or post 8. A website with information, e.g. justathought.co.nz 9. An app or online program like justathought.co.nz or Headspace 10. Someone or something else 11. No, I have not sought help 98. Not sure 99. Prefer not to say	Preserve Pilot responses as MHCare_Pilot_* and Main responses as MHCare_Main_* variables.



Question	Pilot Version	Main Study Version	Harmonisation Approach
	14.School learning support worker (such as reading, writing, or communication assistant) 98.Not sure 99.Prefer not to say		
Q152_Act3 What are your main reasons for going on social media?	13 detailed response options: 1 To connect with like-minded people 2 To take my mind off problems or escape negative feelings 3 To support or get support from other people like me 4 To socialise or organise hanging out (messaging people, setting up social events, hanging out online) 5 To find out about other people (people you know, or celebrities, influencers), and to see what they're doing 6 To look at (memes, funny videos, new music, TikToks) 7 To find out about the world (news, research things, learn new things from tutorials, etc.) 8 To express yourself and share what's going on in your life (posting your own content) 9 I often don't know why I go on social media 10 Because I feel restless, irritated, annoyed or angry if I can't 11 Because I feel an urge to (I don't know why and I can't stop it, like an itch) 12 Because I feel bored and don't know what else to do 77 Something else [Please specify] 97 None of these 98 Not sure 99 Prefer not to say	9 condensed response options: 1 To socialise, chat, connect with like-minded people 2 To take my mind off problems or escape things 3 To look at content for entertainment (memes, videos, celebrity news, follow other people, etc.) 4 To find out about the world or to research (news, tutorials, etc.) 5 To post your own content (express yourself, share life updates) 6 I often don't know why I go on social media 7 Because I am bored 8 To get support 77 Something else [Please specify] 97 None of these 98 Not sure 99 Prefer not to say	Preserve Pilot responses as SM_RX_Pilot_* and Main responses as SM_RX_Main_* variables.
Routing changes			



Question	Pilot Version	Main Study Version	Harmonisation Approach
Q5_Dem3 Did you come to Aotearoa/New Zealand as a refugee?	Asked of all participants	Asked only if birth country ≠ NZ	Main study routing applied retrospectively; fewer than 6 pilot responses affected
Q31_Home14 Have you ever been in care?	Asked of all participants	Asked only if Q30_Home13 = Yes	Main study routing applied retrospectively; 18 pilot responses affected
Question wording changes			
Q14_Dem16 Cultural values importance	<i>“Are the values of your whānau/family’s culture important to you?”</i>	<i>“How important to you are the values of your whānau or family’s culture?”</i>	Responses merged directly; wording change noted in data dictionary
Q87_Health17 Unfair treatment by health professional	<i>“Have you ever been treated unfairly...”</i>	<i>“Were you treated unfairly...”</i>	Responses merged directly; wording change noted in data dictionary
Question additions			
Q20_Home1_WhWh_j	[Not asked]	Added in main study	Field empty for pilot participants
Questions removed			
Q1_04 Already completed YHWS 2025?	All questions listed were included in pilot	All questions listed were removed from main study	Excluded from final dataset, retained for pilot participants only
Q41_Learn Attending school/ education?			
Q51_Learn20 What would make learning better?			
Q60_Harm6 How often smoke cigarettes			
Q70_Harm22 What would help you feel safer?			
Q112_EW9 Psychosis experiences (past 6 months)			
Q117_EW16 Did you get help needed?			
Q118_EW17 Why/why not get help?			
Q120_EW19 Who would you turn to?			
Q122_EW22 What would help young people?			

Appendix R: Statistically Significant Differences for Consent to IDI Linkage by Survey Responses

Table 6: Linking responses to the IDI by Kessler 6 score

Kessler 6 score (grouped)	% of all eligible participants by Kessler score	% of eligible participants from each Kessler score who agreed to be linked to the IDI
Low risk (6–18)	22%	36%
Probable risk (19–30)	68%	32%
Missing response(s)	11%	21%

Table 7: Linking responses to the IDI by self-rated health

Self-rated health	% of all eligible participants by self-rated health	% of eligible participants from each self-rated health who agreed to be linked to the IDI
Poor	5%	35%
Fair	18%	31%
Good	35%	30%
Very good	27%	34%
Excellent	13%	34%
Not sure/PNTS	2%	12%

Table 8: Linking responses to the IDI by damp housing

Damp housing – agreement with “I live somewhere that is damp”	% of all IDI eligible participants by damp housing	% of IDI eligible participants who opted to link to IDI by damp housing
Strongly disagree	33%	34%
Disagree	41%	32%
Neutral	13%	34%
Agree	6%	33%
Strongly agree	2%	26%
Not sure/PNTS	5%	19%

Table 9: Linking responses to the IDI by sexual intercourse

Sexual intercourse	% of all IDI eligible participants by sexual intercourse	% of IDI eligible participants who opted to link to IDI by sexual intercourse
Yes	28%	35%
No	67%	31%
Not sure	1%	29%
Prefer not so say	3%	13%

Table 10: Linking responses to the IDI by WGSS disability score

WGSS disability score	% of all IDI eligible participants by WGSS disability score	% of IDI eligible participants who opted to link to IDI by WGSS disability score
Not disabled	78%	31%
Disabled	22%	33%

Table 11: Linking responses to the IDI by experiencing or witnessing adults hitting or hurting them or others in the place they usually live in the last 12 months

Experiencing or witnessing adults hitting or hurting them or others in the place they usually live in the last 12 months (physical punishment)	% of all IDI eligible participants by physical punishment	% of IDI eligible participants who opted to link to IDI by physical punishment
Yes	6%	36%
No	94%	32%

Appendix Q: Recommendations for Future Community Cohorts

- **Implement a dual approach allowing both community venue and in-home survey completion:** To improve flexibility and provide participants with options that best suit their circumstances, community venue attendance would be offered as the first preference, with in-home survey completion available as an alternative.
- **Develop a structured follow-up communication strategy:** This would involve a series of scheduled reminder texts and calls between recruitment and survey session, maintaining engagement with recruited participants. Whilst participants were reminded via text and phone call in the pilot, more consistent communication could improve attendance rates.
- **Provide transportation solutions or ensure walking-distance venues:** Transportation emerged as a major barrier in the pilot, with many young people and rangatahi unable to attend because they lacked transport or whānau could not drive them. Future iterations should provide transport vouchers, arrange pick-up services, or ensure venues are within walking distance of participants' homes.
- **Continued iwi engagement:** Building on the existing involvement of Māori researchers and the internal Māori reference group, it is recommended to further enhance engagement with iwi where possible, particularly in the early stages of the design phase. This could involve sharing project plans with local iwi and marae representatives, seeking their input on culturally appropriate data collection methods, and exploring opportunities for collaboration within resource constraints. Such engagement, even if limited, can help strengthen community ties and potentially increase participation rates among rangatahi Māori.
- **Consider advance notification through mailers or community channels:** Community recruiters reported that households were often suspicious of door-knockers, particularly when discussing government research. Advance notification through flyers or community networks would familiarise potential participants with the project before recruitment visits, building trust and improving receptiveness to participation.

Future iterations may revisit the community cohort based on these learnings and available resources.