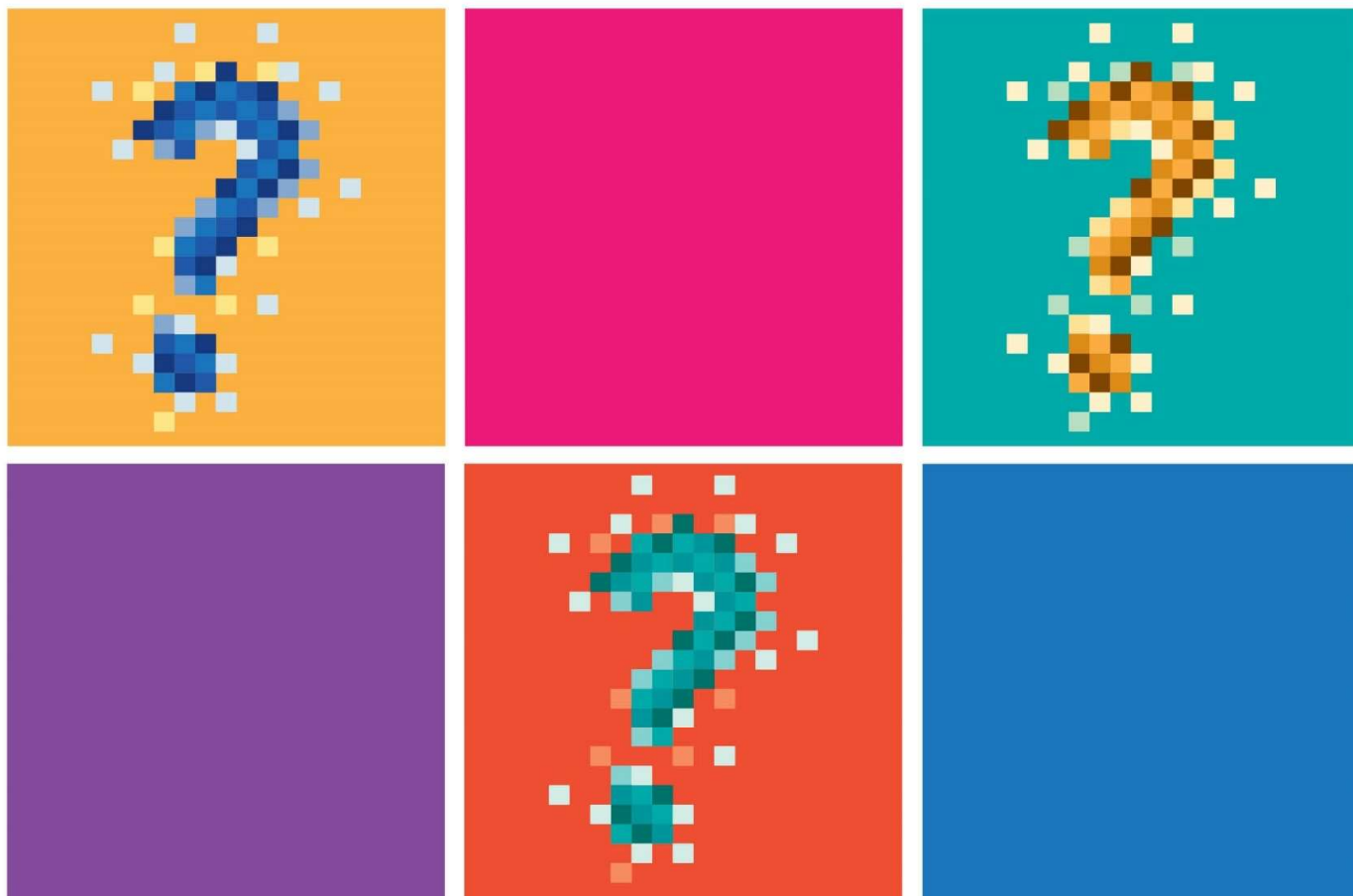


whataboutme.nz

the national youth health and wellbeing survey 2021



OVERVIEW REPORT - OCTOBER 2022



Acknowledgements

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

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

October 2022

About Malatest International

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

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

www.malatest-intl.com

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Luvly Limited is a respected communications and digital development company delivering branding, advertising, digital communications and web app development to a broad range of clients. Luvly has led the digital development of the TOMM software since its inception in 2017.

TOMM® is a ground breaking digital platform that can measure and record changes in human health and wellbeing from conception to coffin. Partnering with Malatest International and developing digital tools to deliver this survey meant progressively customising a broad range of questionnaire formats, providing the flexibility required for delivering a complex survey. All data captured by all TOMM® tools are hosted in Aotearoa, aligning our standards in data sovereignty to those that apply to all crown agencies.

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1. Summary of key messages

What About Me? surveyed 7,209 of Aotearoa New Zealand's year 9 to 13 young people in school settings between June and November 2021. An additional 502 young people completed surveys in community settings, including alternative education providers and community organisations that support young people.

The survey took place at a time when many young people's lives were disrupted by COVID-19. Regional and national lockdowns affected their participation in the survey. Within this context, the survey aimed to profile young people, their wellbeing, resilience and strengths and their hopes for the future. It also aimed to inform support services by identifying areas of difficulty in young people's lives.

This report

This report is an overview of the results from young people surveyed in school settings. It sits alongside other resources available on the Ministry of Social Development website:¹

- Technical report providing more detail on the survey method including sampling, weighting and analysis
- Tables with all results included in this report and later a wider set of tables including results for other survey questions
- More information about accessing the dataset with data dictionary and supporting documentation held by Stats NZ.

Data collected from young people in community settings are not included here and will be the focus of another report. Separate reports focusing on rangatahi Māori and Pacific young people will also be produced.

Who had their say

Our community of young people is diverse. 81% of young people selected one ethnic group, 17% selected two ethnicities and 3% chose three or more. The largest percentage identified as European (67%), 23% as Māori, 13% as Pacific, 14% as Asian and 1% as MELAA (Middle Eastern, Latin American or African). Nearly one in five (19%) young people were born outside of Aotearoa New Zealand – most commonly in Australia, England, Philippines, South Africa, and Samoa.

¹ <https://msd.govt.nz/about-msd-and-our-work/publications-resources/consultations/youth-health-and-wellbeing-survey-results/index.html>



One-third (33%) of rangatahi Māori can have an everyday conversation in te reo Māori and 19% of young people could speak a language other than English.

Just under half (42%) had religious or spiritual beliefs. Pacific, MELAA and Asian young people gave the highest ratings for the importance of their beliefs.

Most (83%) young people identified as straight or heterosexual, 10% identified as bisexual and 14% identified as another sexual identity. Overall, 20% of young people were included in a rainbow grouping.

Using the Washington Group Short Set definition three, 26% of young people were included in the disabled group. Remembering or concentrating was the most frequently identified area of difficulty.

A strong identity

A strong identity is an important element of resilience. Rangatahi Māori, Pacific and Asian young people had stronger connections to their culture than other young people. They were most likely to know their whakapapa and gave higher importance to the values of their ethnic groups, maintaining their family traditions and cultural heritage. Pacific young people also had a higher level of pride in who they were.

Rangatahi Māori and young from Pacific, Asian and MELAA ethnic groups were more likely to have experienced discrimination from others because of their ethnicity.

Strong relationships and connections

All groups of young people felt loved by their family and whānau but were less positive about being able to spend enough time with them. Overall young people thought their families and whānau were doing well.

One-quarter (26%) of young people supported their whānau by looking after someone like a brother or sister, a relative, or someone else on a regular basis. While caring for others contributes to the family and connects young people with older generations, some young people said they missed school and work as a result.

Friends were very important. Most young people felt accepted by their friends and gave high ratings for having friends they could trust and feel safe with. As with family and whānau, young people were less positive about being able to spend enough time with their friends. On average, young people saw social media as close to the midpoint between important and not at all important but one-quarter (24%) worried about their internet use.

Young people were connected to their communities. Two-thirds (65%) of young people were in a group, club or team and around half (46%) said they helped others



in their neighbourhood. On average, Pacific young people were more likely to help others in their community.

A stable home base

While most young people lived somewhere warm, dry and free from mould others lived in poorer quality housing. Overall, 19% had moved at least once in the 12 months before they completed the survey.

One-third (34%) of young people said they or their family worried about paying for one or more of kai/food, power/electricity, rent/mortgage or petrol/transport. Worry about these basic items was more of a burden for rangatahi Māori, and Pacific and disabled young people.

Achieving and contributing

Nearly two-thirds of young people wanted to achieve a university degree. A smaller percentage of rangatahi Māori and Pacific young people aimed to achieve a university degree and rangatahi Māori were less likely to think they would achieve the qualification they aspired to. Rangatahi Māori, rainbow and disabled young people rated most aspects of their experiences of school life lower than other young people including their sense of belonging and being able to manage schoolwork.

One-quarter (26%) of young people had a regular paid part-time job and almost all the others wanted paid work. Young people were positive about their workplaces, being treated well, paid fairly and knowing their rights. They were less positive that their work provided opportunities to develop skills and knowledge for their future.

Feeling good physically and mentally

Young people gave an average rating for their lives in general of 6.8 on a scale running from 0 dissatisfied to 10 satisfied. Males and senior school students gave higher overall ratings, while rainbow and disabled young people gave lower ratings.

Most (86%) considered their own health good, very good or excellent. Young people who had accessed healthcare had mostly done so in a primary care setting, pharmacy or their school health clinic. However, one in four (24%) had not accessed healthcare and 18% said they had not been able to see a doctor or nurse when they wanted or needed to in the last year.



By year 13, half (46%) of young people said they had had consensual sex. They were more likely to use contraception to prevent pregnancy (72%) than to protect against sexually transmitted infections (50%).

The mental wellbeing results present a worrying picture of high need for young people and show a deterioration compared to results from past surveys. While more than half (58%) of young people had WHO-5 mental wellbeing scores representing good to excellent wellbeing, more than one-quarter (28%) had Kessler-6 scores indicating experience of serious distress. In the last year, just under half had felt so overwhelmed they could not cope (49%) and that life was not worth living (41%). One-quarter (26%) had seriously thought about suicide and one in ten had attempted suicide (12%).

There were much poorer results in mental wellbeing for some groups of young people. Results for all questions were significantly worse for female, disabled and rainbow young people and worse for most questions for rangatahi Māori.

Safety

Young people from all groups felt safest where they usually lived, at work and in their communities. They felt less safe at school. Males felt safer than females across all settings. Young people from all groups felt safe with their girlfriend, boyfriend or partner and with their friends.

Experience of harm

Many young people were not exposed to family harm in the last 12 months. Most (87%) had not been physically hurt or hit by an adult, or seen another child or someone else physically hurt or hit, but 13% had experienced this harm. More than half (59%) had experienced an adult yelling or swearing at them or someone else in their home.

One in five (19%) reported they had experienced sexual harm through being touched in a sexual way or made to do sexual things they did not want to do.

Bullying was a common harm. More than one-third (37%) said they had experienced bullying in the last 12 months. Most commonly they had been teased or verbally abused.

Vaping had overtaken nicotine and marijuana smoking. One in five (21%) young people had smoked a whole cigarette, tobacco or roll-your-owns, 26% had used cannabis and 48% had vaped or used e-cigarettes. Some worried about their



smoking and vaping (21% of those who smoked and 39% of those who vaped or used e-cigarettes).

Overall, 67% of young people had ever drunk alcohol. Binge drinking, defined as consuming five or more drinks on an occasion for males or four or more drinks on an occasion for females, is associated with many health problems. Just under half (47%) of young people who had ever drunk alcohol had drunk five or more drinks at least once in the past four weeks (31% of young people overall).

Themes in the survey results

Survey results identified areas of strength and resilience for Aotearoa New Zealand's young people. Many young people had strong friendships, felt safe and loved with their whānau, were able to express their identity, were connected to their culture and aspired to achieve in their education.

The results also show the challenges faced by some groups. Disabled and rainbow young people were more often struggling with many aspects of their lives and were often less able to express their identity than other groups of young people. Rainbow young people gave the lowest average ratings for feeling they belonged in their communities and were more likely to feel treated unfairly.

On average females were less positive than males about many aspects of their lives. They gave lower ratings for measures of overall wellbeing and hope for their future and were more likely to have thought about or attempted suicide. Comparison between these results and those from other surveys suggest deterioration in measures of mental health over time.

The outcomes for young people from different groups are complex and associated with aspects of their lives such as whether their families worry about having enough money to meet basic needs. School decile is based on measures that include income, employment and skills and household crowding. Young people at lower decile schools were more likely to worry about their whānau not being able to pay for essentials. They gave consistently lower ratings in measures of physical and mental health, exposure to harm and experience of work and education.

While it is not a perfect proxy for whānau socioeconomic status, we have reported results for different school deciles because it usefully highlights disadvantages and advantages for young people. A higher percentage of rangatahi Māori and Pacific young people attend lower decile schools. While they had greater strength in their connection to their values and whakapapa and felt accepted by their friends, they had negative outcomes across some survey results associated with economic wellbeing.



2. Purpose

In late 2018, government agencies led by the Ministry of Social Development (MSD) commissioned a nationwide health and wellbeing survey of young people aged 12 to 18 years. After consultation with young people, the survey was branded as *What About Me?*

The survey was commissioned to build on existing information and to fill gaps in what was known about young people by profiling young people, their wellbeing, resilience, strengths and hopes for the future. Indicators for the Child and Youth Wellbeing Strategy² were embedded in the survey. It was also important for the survey to identify parts of their lives where young people were struggling, in order to help inform how they could be supported.

This report provides an overview of the young people surveyed in secondary school settings. It complements the downloadable tables, technical report and data dictionary that sit alongside the dataset.

² See www.chilyouthwellbeing.govt.nz/



3. Overview of the survey method

Youth2000, the first nationally representative health and wellbeing survey of New Zealand young people, was completed by the Adolescent Health Research Group of Auckland University in 2001.³ The survey was repeated in 2007, 2012 and most recently in 2019. The survey method we have used for *What About Me?* drew in part on the approaches used successfully in those surveys. In particular, the questionnaire development phase asked stakeholders to consider which questions used in the Youth2000 surveys would be most valuable to include.

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

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

- A holistic approach to health and wellbeing that considered the different dimensions of young people's lives e.g., inclusive of questions that covered the four domains of Te Whare Tapa Whā (taha wairua, taha hinengaro, taha whānau, taha tinana)⁴.
- A youth-centred survey that collected meaningful information about how young people saw their lives.
- Useful and usable information to inform policy development and service delivery and to provide a foundation for tracking progress.
- Strengths-based measures to complement many of the administrative data measures that were deficit based.
- An accessible survey with length and language that did not exclude young people with literacy or language challenges.
- An interactive reporting tool to provide schools and youth services with information about the young people they support.
- A full data set for government to underpin additional analyses.

Questionnaire development: We ran an extensive consultation process with stakeholders across government and with other organisations supporting and advocating for young people. Participants in the consultation process identified the information they most needed, including considering which questions included in

³ Information and publications on the Youth2000 series are collated at: www.fmhs.auckland.ac.nz/en/faculty/adolescent-health-research-group/publications-and-reports/publications-by-topic.html

⁴ See www.health.govt.nz/our-work/populations/maori-health/maori-health-models/maori-health-models-te-whare-tapa-wha



past youth health and wellbeing surveys (including the Youth2000 series) would be most important to repeat to assess change over time.

Ethics and privacy: The survey was reviewed by the Health and Disability Ethics Committee in 2019 and approval was granted for participation by year 9 to 13 students. An extensive safety process was clearly defined and included a pilot study to assess if any additional safety considerations were required, identification of at-risk young people, youth workers available during survey completion to support young people and providing contact details for support services to young people.

The survey: Young people completed the survey on tablets. It was available in English, te reo Māori and New Zealand Sign Language and some tablets were available for young people with visual disability to use with a reader. It also included te reo Māori and English audio versions. Earphones were provided to assist young people who found it easier to hear the questions alongside reading them.

Sample: We intended to survey 14,000 young people with 11,500 in-school completions and 2,500 community completions. The planned sample size was intended to enable regional comparison by reducing the representation of Auckland in the sample and increasing the representation of all regions that would have a sample size of below 500 based on their proportion of the school roll. The final sample size of 7,209 in school and 502 in the community was limited by the impact of COVID-19 on fieldwork.

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

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

- Grouping smaller regions for regional comparisons
- Some sub-group comparisons are not possible where numbers are small
- Auckland was particularly affected by the lockdowns. While all survey findings were weighted to national population proportions, findings for Pacific students may be impacted by the smaller-than-planned Auckland sample.

Survey weighting: All findings reported in this report are weighted to the prevalence of ethnicity (Māori, Pacific, European and Asian), gender (male, female) and school decile (low, mid, high) in regional groupings based on Ministry of Education secondary school roll data. We have used replicate weights to calculate confidence intervals to account for the impact of clustering of responses in schools.



4. How to read the tables and figures in this report

Main result tables

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

1. This is the stem and rating scale shared by the questions below. The question column here can be read as: I feel accepted ... by the people I live with. Young people answered by giving a rating between 0 and 10, where 0 represented disagree and 10 agree. The mean of their ratings is reported.
2. The results for all young people to each question are in the overall row.
3. Subsequent rows report results for young people sharing a characteristic.

Each cell provides the point estimate for the group of young people identified in the row heading for the question in the column heading. The lower and upper limits of the 95% confidence intervals for the estimate are bracketed below the point estimate.⁵

Example results table

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

	By the people I live with	At school/ kura (currently attending)	At work	By others	By my friends
2. Overall	8.2 (8.1 - 8.3)	7.3 (7.2 - 7.4)	7.9 (7.8 - 8.0)	7.5 (7.5 - 7.6)	8.6 (8.5 - 8.7)
3. European	8.2 (8.1 - 8.3)	7.2 (7.1 - 7.4)	7.9 (7.8 - 8.1)	7.5 (7.4 - 7.5)	8.5 (8.4 - 8.6)
Māori	8.0 (7.8 - 8.1)	7.0 (6.8 - 7.2)	7.6 (7.4 - 7.8)	7.3 (7.1 - 7.4)	8.5 (8.4 - 8.6)

Comparisons between subgroups of young people

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

- Ethnicities⁶ – European, Māori, Pacific, Asian and MELAA
- Gender – Young people who identified male or female as their gender

⁵ More information about the construction of the confidence intervals using replicate weights is provided in accompanying technical report.

⁶ If young people identified with more than one ethnicity, their results were included with each ethnicity they identified. For example, if they identified as both Māori and Pacific, their results will be included in both groups.

- Seniority at school - Junior for young people in years 9 or 10 or senior for young people in years 11 or above
- Rainbow – young people identified as rainbow
- Disability – young people who fitted the criteria for the third definition of disability defined by the Washington Group questions used in the survey.

For each sub-group it is useful to understand the prevalence of each result. Comparisons between groups to identify differences on average can also be useful from the perspective of equity. In interpreting results and comparisons between sub-groups, we need to be mindful of the uncertainty of the estimates that results from survey sampling (ie confidence intervals). We adopt the standard practice of identifying a difference as 'different' if it is large enough after counting for the uncertainty involved in sampling.

It is important to understand that the data are not standardised. Differences between groups may be driven by other characteristics such as sex, ethnicity and socioeconomic status. All young people live in different contexts – such as different living arrangements, family/whānau incomes, gender, sexuality, friendships and whether they are born in Aotearoa New Zealand or not. These different contexts also influence their wellbeing. For example, geographic location or socioeconomic factors are different for each ethnic group – 32% of Māori and 34% of Pacific survey results came from students in decile 1-3 schools compared to 11% of European students.

The statistical weighting process has matched the sample composition to the population on ethnicity, gender and decile, but not on the composition within ethnic groups. For example, while overall the sample is 51% female, the Pacific group is 55% female and the Asian group is 46% female. The composition of the sample is shown in Table 3.

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

Overview charts

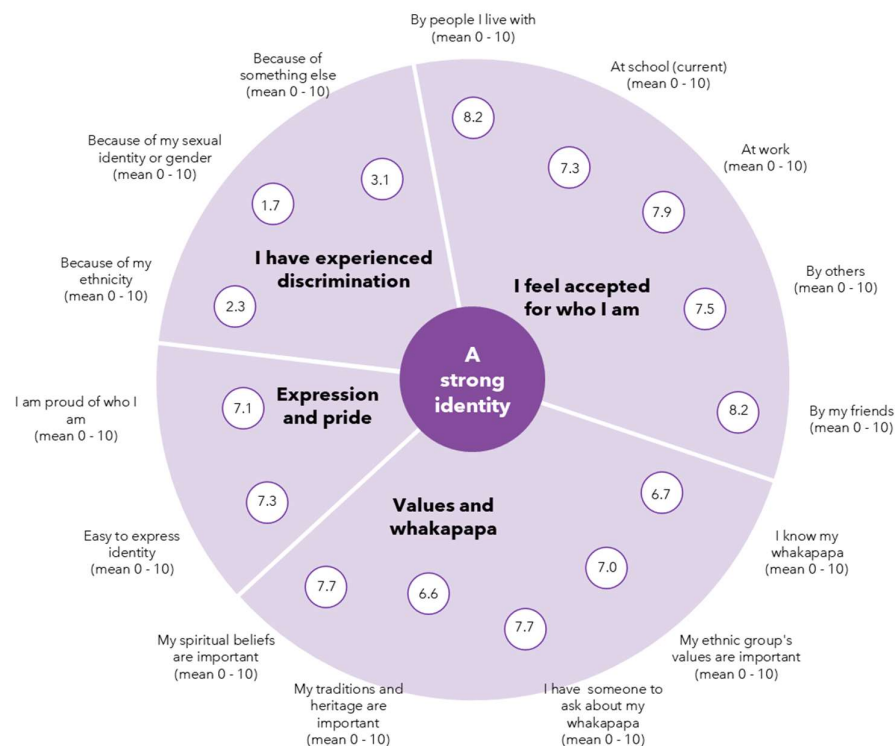
The overview charts provide a summary of the results for each theme. Abbreviated question text is provided around the outside, and questions are split into sub-themes by the white dividing lines.

The circled numbers give the overall result for the question, which may be a mean result or a percentage. Results are positioned closer to the outside if they are closer to the most positive result (strengths). They are closer to the centre if they are closer to the most negative result (weaknesses).



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

Example overview chart



Best possible results are at the outer edge
Worse possible results are at the centre

Comparisons to results from Youth2000 series surveys

What About Me? drew questions from previous surveys⁷ and some questions were included to allow comparison over time. The response scales for some questions were changed to provide internal consistency in *What About Me?* and/or to provide

⁷ For full question text of Youth2000 series surveys see: Archer, D., Clark, T.C., Lewycka, S., DaRocha, M & Fleming, T. (2021). Youth19 Rangatahi Smart Survey, Data Dictionary. (Edited from The Adolescent Health Research Group previous Youth2000 series Data Dictionaries). The Youth19 Research Group, The University of Auckland and Victoria University of Wellington, New Zealand. Available on www.youth19.ac.nz/the-surveys

a more strengths-based framing. At the end of each results section we have included tables comparing results to those of Youth2000 series surveys. Where scales differ, a best fit approach has been applied and described alongside the results.

Considerations for comparing findings with *What About Me?* are summarised in Table 1.

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

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

The quotations included in this report

Quotations from young people are presented in each section to illustrate some of the key themes in the survey results. The quotations come from young people's responses to the question asked at the end of the survey: What would help you have a good life, now and in the future?





Who had their say

5.1. Asking young people to contribute

The results in this report are from the analysis of survey responses collected from 7,209 young people in schools across all regions of Aotearoa New Zealand. This report focuses on the young people attending secondary school. Those young people not attending secondary school (for example, young people attending year 8, in employment or tertiary or other education, or not in employment, education or training) were surveyed by the community component of *What About Me?*, which is reported separately.

The survey collected data from 2% of individuals in secondary school in 2021. As with any survey, we need to ensure that the estimates are representative of the wider target population. We used weighting (by decile, gender, ethnicity) to correct differences between the sample and this population.

Surveys aim to provide an estimate for a target population by collecting responses from a sample. We aimed to reduce the risk of bias by:

- Dividing schools into groups based on region and decile and selecting from within each of those groups, giving each school a probability of being selected proportionate to its size.
- Sampling classes within schools by randomly selecting a class from each year group from each participating school.

Uncertainty in the survey results can be quantified by using 95% confidence intervals. We have created the confidence intervals by resampling within the overall sample to see how much results vary. The upper and lower bounds of this confidence interval describe that range of the estimates that would be obtained 95% of the time if the survey had been run multiple times. The standard approach is to regard the difference between two estimates as significant if their confidence intervals do not overlap. Results should not be considered different if their confidence intervals overlap, even where the point estimates appear to be far apart.

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

Further details of the methods used can be found in the accompanying technical report.



5.2. Response from around Aotearoa New Zealand

Table 2 below describes the response from schools and students in each region.

Table 2. Breakdown of in-school *What About Me?* participation by region

Regional Council	All schools (sampled schools)	Participating schools	Participating schools (% of all schools)	School response (% of sampled schools)	Student responses (pre-cleaning)	Student responses (final dataset)
Mainstream schools						
Northland and Bay of Plenty	48 (13)	6	13%	46%	690	656
Auckland	105 (23)	6	6%	26%	679	652
Waikato	48 (15)	5	10%	33%	555	532
Gisborne	7 (7)	3	43%	43%	322	314
Hawkes Bay	23 (5)	4	17%	80%	429	420
Taranaki and Manawatū-Whanganui	40 (15)	8	20%	53%	861	843
Wellington	44 (14)	9	20%	64%	842	815
Nelson, Marlborough, Tasman, West Coast	21 (20)	9	43%	45%	811	792
Canterbury	56 (16)	9	16%	56%	910	848
Otago and Southland	40 (14)	8	20%	57%	973	945
National mainstream	432 (142)	67	16%	47%	7,072	6,817
Other schools in the sample						
Wharekura	36 (17)	2	6%	12%	359	336
Special schools	22 (10)	2	9%	20%	64	56
National mainstream and other schools combined	490 (169)	71	14%	42%	7,495	7,209



5.3. Socioeconomic status

Socioeconomic status is closely associated with different life experiences and wellbeing outcomes. Analysis of the results and particularly comparisons between groups of young people must be made with the impact of socioeconomic status in mind.

In *What About Me?* young people's responses were only associated with their school's location, not their individual address. Their individual socioeconomic status is therefore not included in the survey dataset. The nearest proxy available in the survey results is school decile, which describes the extent to which schools draw students from low socioeconomic communities defined by the percentage of:⁸

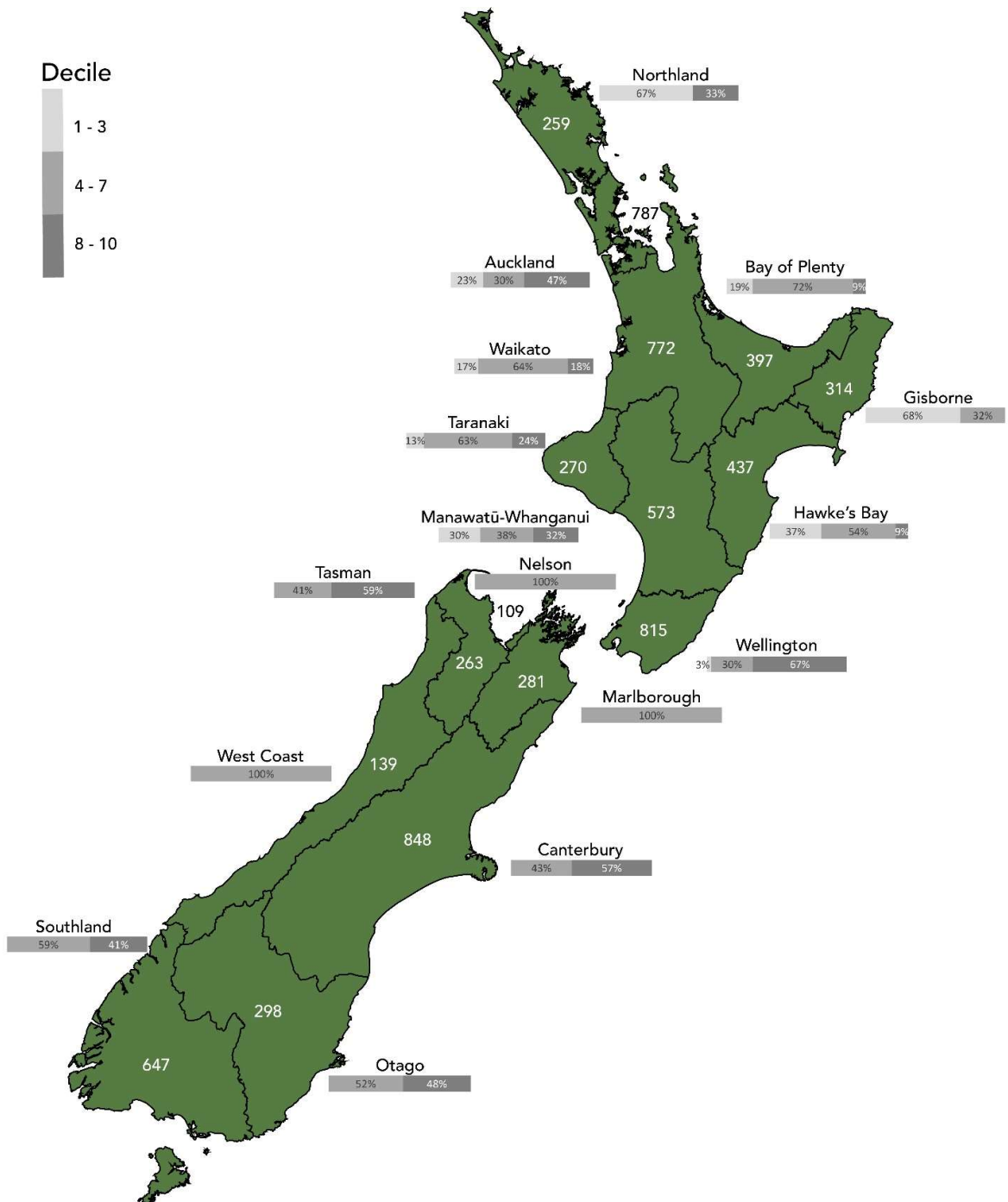
- Households with income in the lowest 20% nationally
- Employed parents in the lowest skill level occupational groups
- Household crowding
- Parents with no educational qualifications
- Parents receiving income support benefits.

A description of the number of responses collected in each region and the decile group of their school are provided in Figure 1. Rangatahi Māori and Pacific young people are over-represented in lower decile schools.

Although school decile and regions are not individual measures, there are consistent differences in measures of wellbeing across decile groups. Overviews of the findings by school decile grouping are provided in each section of the report.

⁸ More information available at: www.education.govt.nz/school/funding-and-financials/resourcing/operational-funding/school-decile-ratings/

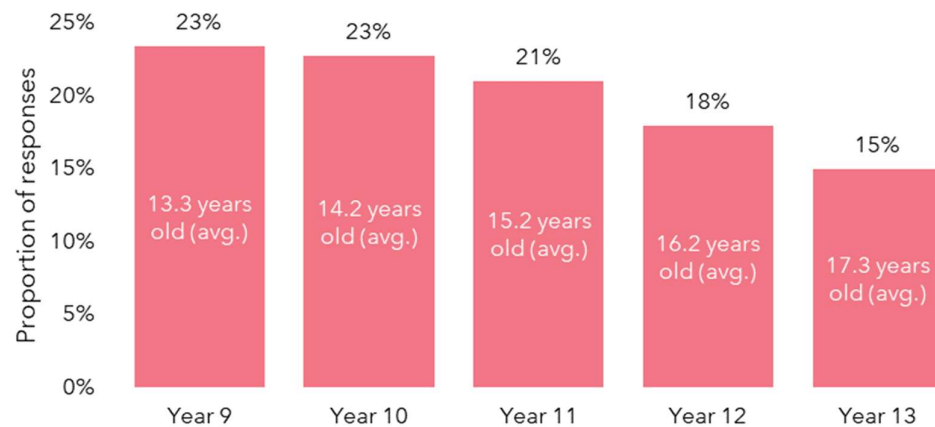
Figure 1. Number of responses from each region and the proportion from schools in each decile group



5.4. Age and year group

The young people who had their say were distributed across school years 9 to 13 (Figure 2). Class sizes of year 12 and 13 students were typically smaller compared to junior students and some schools did not allow senior students to participate, particularly late in the year, to avoid disruption to exam preparation.

Figure 2. Distribution of responses by school year group and mean age of young people by year group



While young people were sampled in year group classes and year groups are recorded, we have focused on comparing junior (years 9 and 10) to senior (years 11, 12 and 13) instead of individual year groups or ages. Keeping young people's results with those of their classroom peers was most consistent with the survey approach.

5.5. Ethnicity

Selection of multiple ethnicities

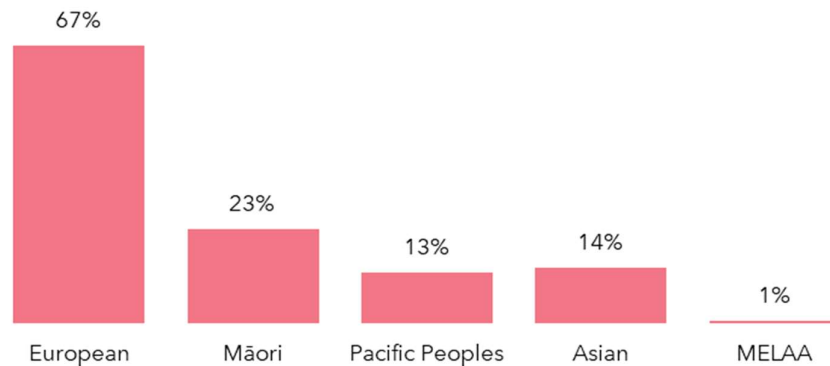
While many young people selected one ethnic group, 17% selected two ethnicities and 3% chose three or more (Figure 3). We used a total count approach to analysing ethnicity where young people were counted in each ethnic group they identified.

Figure 3. Percentage of young people identifying with multiple ethnic groups



Overall, 67% of young people who had their say identified themselves as European⁹ and 23% as Māori (Figure 4). Around one in ten young people identified as either Pacific Peoples (13%) or Asian (14%).

Figure 4. Total count ethnicity of young people who had their say



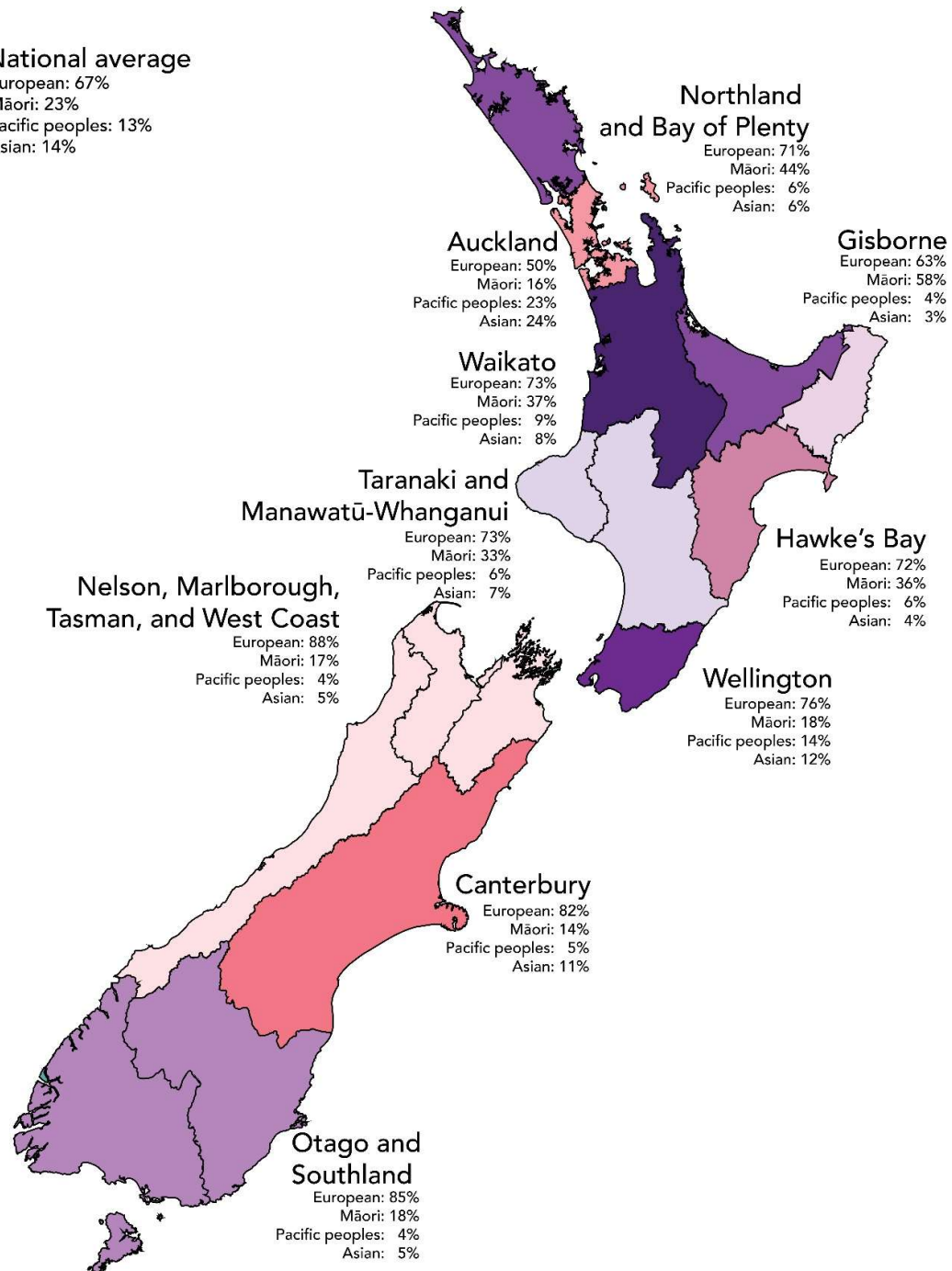
The weighting approach matched the ethnicity profile of the survey sample to the proportions across regional groupings. The final sample matches the ethnicity profile of each region, with some variation arising from combining some regions (Figure 5).

⁹ Using the Stats NZ European classification.

Figure 5. Percentage of young people's ethnicity (total count) by region¹⁰

National average

European: 67%
Māori: 23%
Pacific peoples: 13%
Asian: 14%

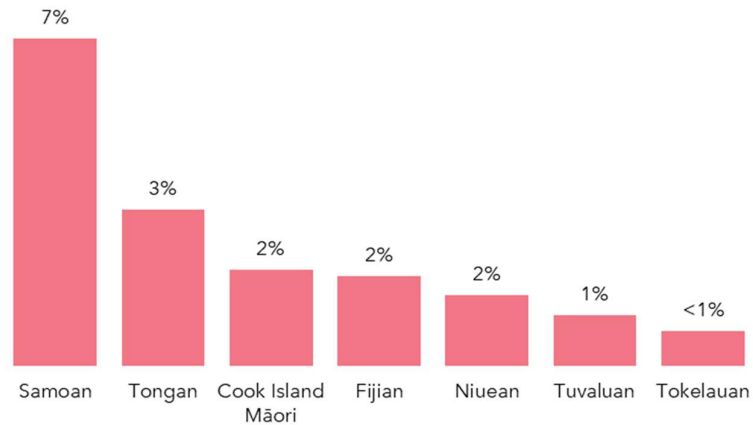


¹⁰ Excluding MELAA young people from figure due to regional proportions <=1%.

The Pacific ethnic groups

Samoaan (7%) and Tongan (3%) were the largest Pacific ethnic groups (Figure 6). Overall, 12% of young people identified as both Māori and Pacific Peoples.

Figure 6. Percentage of Pacific ethnic groups young people belong to



Born in Aotearoa New Zealand

Most (81%) young people were born in Aotearoa New Zealand. Young people not born in Aotearoa New Zealand were most often born in Australia, England, Philippines, South Africa, and Samoa.

5.6. Rainbow

Many of the results are reported for rainbow young people. We constructed the rainbow variable based on advice from Stats NZ and used young people's answers to questions about gender, sexual identity and sexual preference. Young people are included in the rainbow grouping if:

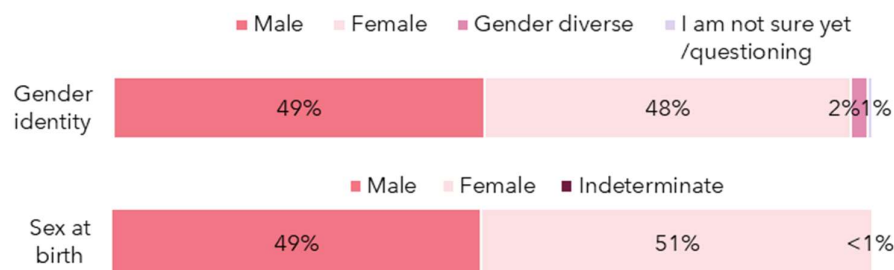
- Their sex at birth and gender identity were different; or
- For sexual identity they selected one or more of: gay or lesbian, mostly gay or lesbian, bisexual, pansexual, asexual, Takatāpui, Mahu, Vakasalewalewa, Palopa, Faafafine, Akavaine, Fakaleiti, or Fakafifini, Faafatama or Faatama, queer, something else not listed above, I'm not sure yet/questioning; or
- For gender they selected one or more of: transgender male, transgender female, takatāpui, Mahu, Vakasalewalewa, Palopa, Faafafine, Akavaine, Fakaleiti, or Fakafifini, Faafatama or Faatama, non-binary, genderqueer or gender fluid, agender, something else not listed above, I'm not sure yet/questioning.

Overall, 20% of young people were included in the rainbow grouping.

Sex and gender

There were small differences between sex at birth and gender identity for young people (Figure 7).

Figure 7. Young people's gender identity and sex at birth

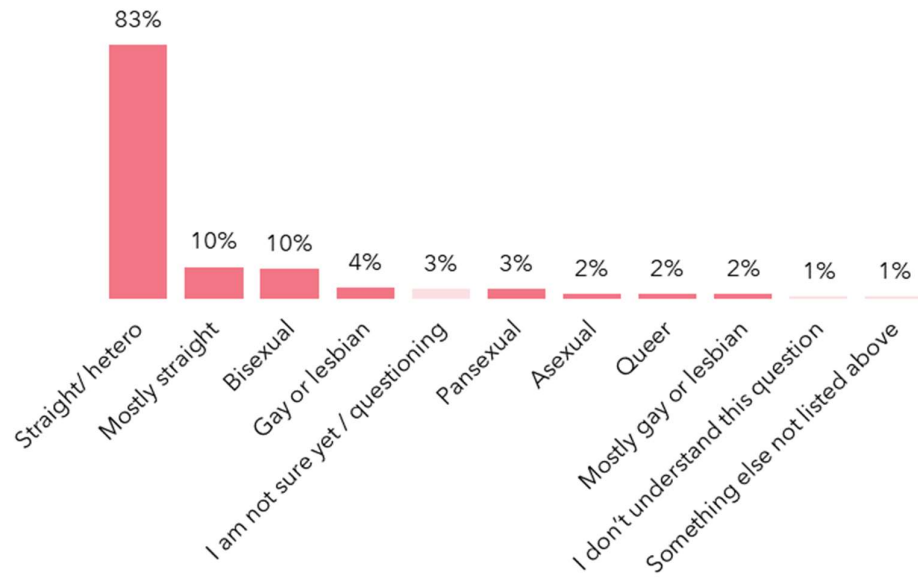


Around half of young people identified as male or female respectively. Small percentages identified as gender diverse (2%) or were not sure yet or questioning their gender identity (1%).

Sexual identity

Overall, 83% of young people identified as straight or heterosexual (Figure 8), 10% identified as bisexual and 14% identified as another sexual identity.

Figure 8. Sexual identity of young people (select multiple)



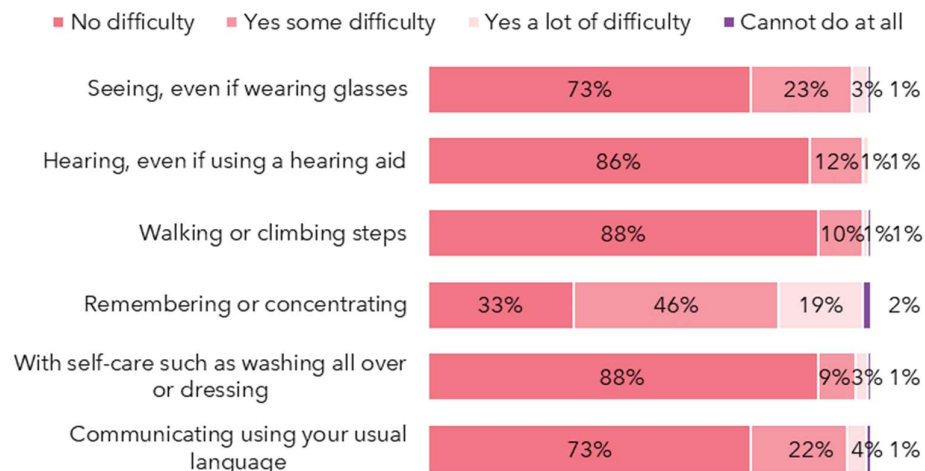
5.7. Disability

Disabled young people were identified based on their responses to the Washington Group Short Set (WGSS). The questions were developed to address six areas of functioning which, if restricted, are most often found to result in limitations in social participation.¹¹ The WGSS was recommended for use by Stats NZ and the Office for Disability Issues in the questionnaire development process.¹² The questions do not cover all aspects of disability. They are not intended to measure the prevalence of disability in the population but to allow analysis of wellbeing for disabled young people.

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

Each of the WGSS questions and young people’s responses are shown in Figure 9, highlighting the high percentage who identified difficulty with remembering and concentrating.

Figure 9. All young people’s responses to each of questions from Washington Group Short Set on Functioning



¹¹ Further information available at: www.washingtongroup-disability.com/question-sets/wg-short-set-on-functioning-wg-ss/

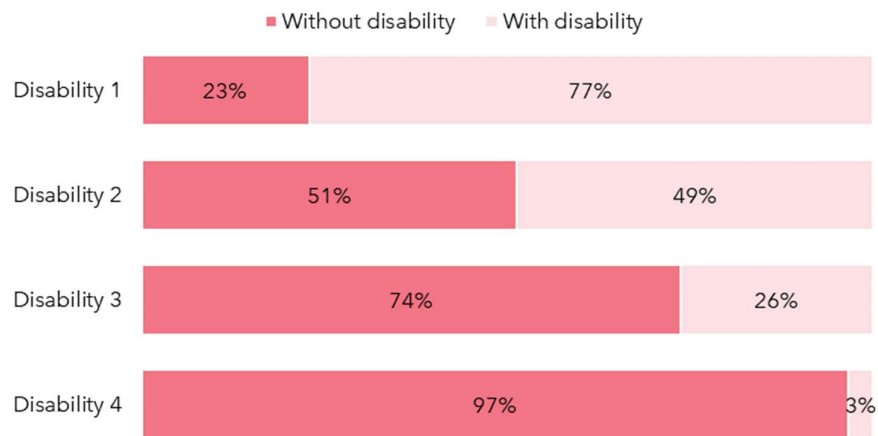
¹² There is some discussion of the use of the WGSS in other surveys not targeting young people in a Stats NZ paper titled *Improving New Zealand Disability Data (2017)* available at: www.stats.govt.nz/assets/Reports/Improving-New-Zealand-disability-data/improving-new-zealand-disability-data.pdf

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

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

For this report, we used the Disability 3 threshold to identify disabled young people, which is recommended by the Washington Group. Using this definition of disability, 26%¹³ of young people were identified as disabled (Figure 10). There were differences in the outcomes recorded using different thresholds. The results for the Disability 3 group were less positive than those for the Disability 2 or Disability 4 groups.

Figure 10. Washington Group disability thresholds for young people's responses

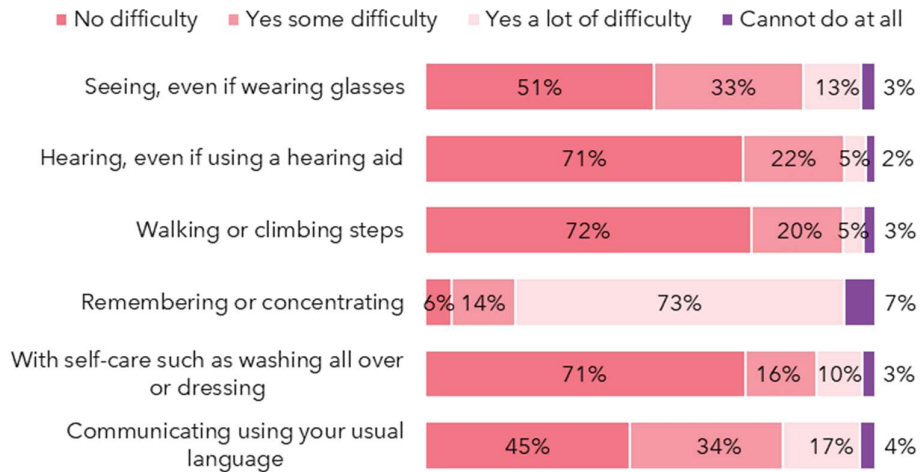


Young people identified as meeting the Disability 3 threshold were more likely to have a lot of difficulty remembering or concentrating compared to the other domains/questions (Figure 11). If results for remembering or concentrating were

¹³ The prevalence of disability for young people identified by the Disability 3 option is higher than the percentage of adults identified as disabled in some other surveys. Youth19 found 8.6% of respondents had a disability using a single question: "Do you have a long-term disability (lasting 6 months or more) (e.g. sensory impairment, visual impairment, in a wheelchair, learning difficulties)?" (www.youth19.ac.nz/publications/disabilities). The 2013 disability survey reported 11% of children aged 0-14 years were disabled and 16% of those aged 15 to 44 were disabled (www.stats.govt.nz/information-releases/disability-survey-2013).

disregarded, the percentage in the Disability 3 group would drop from 26% to 12%. This may indicate that young people interpret and answer this question differently, influencing the size and composition of the disabled group.

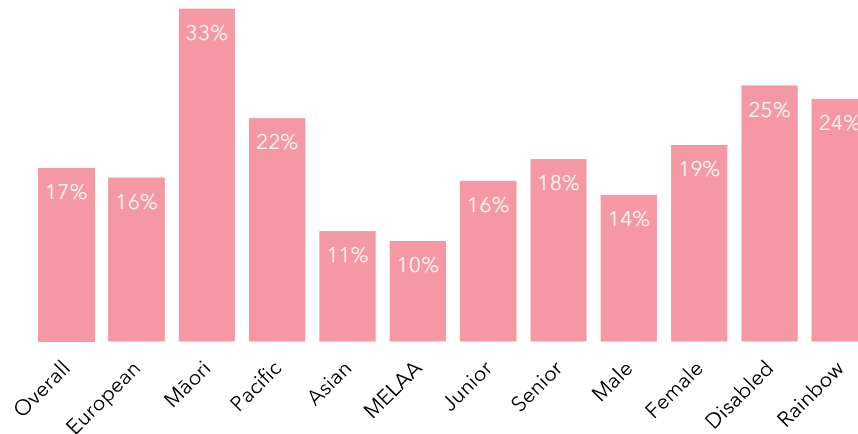
Figure 11. Young people's responses to Washington Group Short Set on Functioning based on their inclusion within Disability 3



5.8. Involvement with Oranga Tamariki

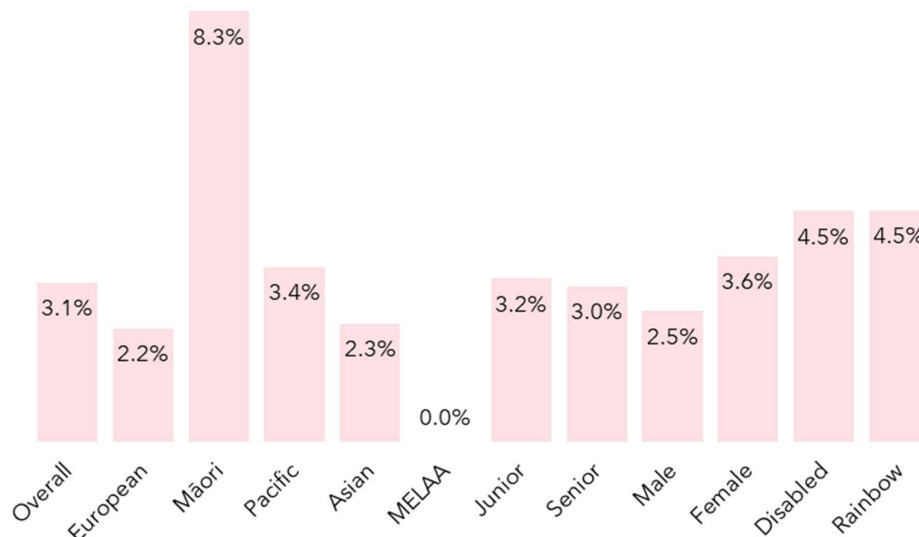
Overall, 17% of young people answered that they or someone else in their family had **ever** been involved with Oranga Tamariki. Rangatahi Māori, Pacific and disabled young people were more likely to have been involved with Oranga Tamariki than other groups of young people.

Figure 12. Percentage of young people who said yes when asked if they or someone in their family had been involved with CYFS or Oranga Tamariki



Young people who said they or their family had been involved with Oranga Tamariki were asked whether they had been in the care of Oranga Tamariki (Figure 13). Overall, 3.1% of the young people who completed the survey had ever been in Oranga Tamariki care (Figure 13). The rate was highest for rangatahi Māori (8.3%).

Figure 13. Percentage of young people who had also ever been in the care of Oranga Tamariki (e.g. living with another adult or family organised by CYFS/OT)



5.9. Overview: Who had their say

The young people completing the survey represented much of the variation in Aotearoa New Zealand's population (Table 3).

The weighting process balanced the most common ethnicities, school decile and genders to match the national school roll profile and the profiles of regional groupings but did not balance some other characteristics or combinations of characteristics (for example, gender within each ethnicity). This means that the composition of some subgroups within the sample may differ from the population as a whole.

This report includes results for a selection of the subgroups which will be available for analysis in the research dataset held by Stats NZ.



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

	European	Māori	Pacific Peoples	Asian	MELAA	Junior	Senior	Male	Female	Disabled	Rainbow	OT Involvement	Decile 1-3	Decile 4-7	Decile 8-10
Overall	67%	23%	13%	14%	1%	46%	54%	49%	48%	26%	20%	17%	16%	44%	40%
European		18%	4%	3%	0%	47%	53%	49%	47%	26%	21%	16%	11%	45%	44%
Māori	53%		17%	4%	0%	50%	50%	44%	53%	34%	20%	32%	32%	42%	26%
Pacific Peoples	24%	31%		15%	0%	42%	58%	43%	55%	27%	16%	22%	33%	42%	24%
Asian	15%	7%	14%		0%	46%	54%	51%	46%	22%	23%	11%	14%	42%	45%
MELAA	23%	7%	4%	2%		38%	62%	32%	63%	25%	30%	10%	10%	36%	55%
Junior	68%	25%	12%	14%	1%		0%	52%	45%	24%	18%	16%	18%	46%	36%
Senior	67%	22%	14%	14%	1%	0%		46%	51%	28%	21%	18%	15%	42%	42%
Male	68%	21%	11%	15%	1%	49%	51%		0%	20%	11%	14%	13%	45%	42%
Female	66%	26%	14%	13%	1%	44%	56%	0%		31%	23%	19%	20%	43%	37%
Disabled	68%	30%	13%	11%	1%	42%	58%	36%	57%		37%	25%	19%	45%	36%
Rainbow	73%	22%	9%	15%	1%	39%	61%	26%	57%	49%		24%	17%	44%	39%
OT Involvement	64%	44%	16%	9%	1%	42%	58%	41%	56%	39%	28%		23%	45%	32%
Decile 1-3	45%	45%	26%	12%	1%	49%	51%	38%	60%	31%	23%	24%		0%	0%
Decile 4-7	68%	22%	12%	13%	1%	49%	51%	50%	47%	27%	20%	18%	0%		0%
Decile 8-10	75%	15%	8%	16%	1%	42%	58%	52%	45%	24%	19%	13%	0%	0%	



An abstract graphic featuring a pixelated shape composed of green and purple squares, resembling a stylized letter 'A'. A purple speech bubble with a white border is positioned in the center of the 'A', containing the text 'A strong identity'.

A strong identity

6.1. Feeling accepted

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

When compared with young people from other ethnic groups:

- Rangatahi Māori were less likely to feel accepted by those they live with, at work and by others
- Asian young people were more likely to feel accepted by their friends
- Males were more likely than females to feel accepted across all settings except by their friends (where there was no difference between males and females).

Rainbow and disabled young people felt substantially less accepted than other young people across all settings, except by their friends.

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

A strong identity:

"Having more acceptance in schools and just around New Zealand."

"Wider acceptance of those who are part of minorities. E.g., LGBTQ+, ethnicities/POC, gender."

"Not have to worry so much and be comfortable and accepted."





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

	By the people I live with	At school/ kura (currently attending)	At work	By others	By my friends
Overall	8.2 (8.1 - 8.3)	7.3 (7.2 - 7.4)	7.9 (7.8 - 8.0)	7.5 (7.5 - 7.6)	8.6 (8.5 - 8.7)
European	8.2 (8.1 - 8.3)	7.2 (7.1 - 7.4)	7.9 (7.8 - 8.1)	7.5 (7.4 - 7.5)	8.5 (8.4 - 8.6)
Māori	8.0 (7.8 - 8.1)	7.0 (6.8 - 7.2)	7.6 (7.4 - 7.8)	7.3 (7.1 - 7.4)	8.5 (8.4 - 8.6)
Pacific	8.1 (7.8 - 8.4)	7.5 (7.0 - 7.9)	8.1 (7.6 - 8.5)	7.9 (7.6 - 8.2)	8.7 (8.4 - 9.0)
Asian	8.2 (8.0 - 8.4)	7.5 (7.3 - 7.7)	7.9 (7.4 - 8.3)	7.6 (7.5 - 7.8)	8.8 (8.7 - 8.9)
MELAA	7.6 (6.8 - 8.4)	6.9 (6.3 - 7.4)	6.7 (5.6 - 7.8)	6.9 (6.3 - 7.5)	8.7 (8.2 - 9.1)
Junior	8.3 (8.2 - 8.4)	7.4 (7.3 - 7.5)	8.0 (7.8 - 8.2)	7.6 (7.4 - 7.7)	8.6 (8.5 - 8.7)
Senior	8.1 (8.0 - 8.2)	7.2 (7.0 - 7.4)	7.9 (7.7 - 8.0)	7.5 (7.4 - 7.6)	8.6 (8.5 - 8.7)
Male	8.7 (8.6 - 8.8)	7.8 (7.7 - 7.9)	8.2 (8.1 - 8.4)	8.0 (7.9 - 8.1)	8.7 (8.6 - 8.8)
Female	7.9 (7.7 - 8.0)	6.9 (6.7 - 7.1)	7.6 (7.4 - 7.8)	7.2 (7.1 - 7.3)	8.5 (8.5 - 8.6)
Disabled young people	6.9 (6.8 - 7.1)	6.1 (5.8 - 6.3)	7.3 (7.0 - 7.5)	6.4 (6.2 - 6.6)	8.1 (8.0 - 8.3)
Rainbow	6.5 (6.3 - 6.7)	6.0 (5.6 - 6.3)	7.0 (6.6 - 7.3)	6.0 (5.8 - 6.3)	8.4 (8.3 - 8.6)

6.2. Values and whakapapa

Young people were more positive about having someone to ask about their culture, whakapapa or ethnic group than how well they knew their whakapapa or the importance of their family traditions and cultural heritage (Table 5).

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

Junior students rated the importance of the values of their ethnic group higher than senior students and were more likely than senior students to have someone to ask about their culture, whakapapa or ethnic group.

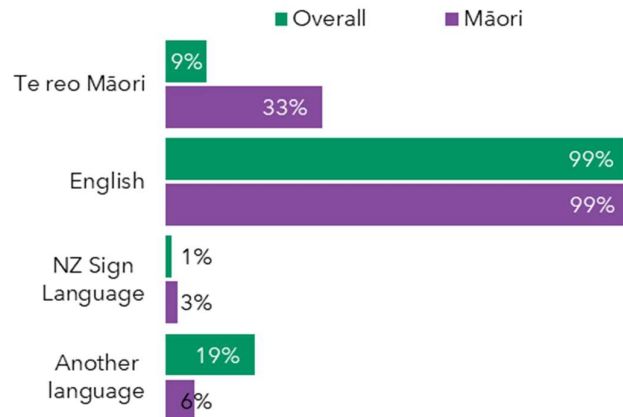
Ethnic values and maintaining family traditions and cultural heritage were more important for females than males.

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

	I know my whakapapa	The values of my ethnic group are important to me	I have someone to ask about my culture, whakapapa or ethnic group	It is important to me to maintain my family traditions and cultural heritage
Overall	6.7 (6.6 - 6.8)	7.0 (6.9 - 7.1)	7.7 (7.5 - 7.8)	6.6 (6.5 - 6.7)
European	6.4 (6.3 - 6.5)	6.4 (6.3 - 6.5)	7.2 (7.1 - 7.3)	6.0 (5.9 - 6.1)
Māori	7.4 (7.1 - 7.6)	8.0 (7.8 - 8.2)	8.4 (8.2 - 8.6)	7.6 (7.3 - 7.9)
Pacific	7.2 (6.8 - 7.5)	8.4 (8.1 - 8.8)	8.7 (8.4 - 8.9)	8.2 (7.9 - 8.4)
Asian	6.9 (6.8 - 7.1)	7.6 (7.2 - 7.9)	8.3 (8.1 - 8.6)	7.3 (7.1 - 7.6)
MELAA	6.5 (5.9 - 7.1)	7.2 (6.6 - 7.9)	8.2 (7.7 - 8.7)	7.0 (6.4 - 7.6)
Junior	6.7 (6.6 - 6.9)	7.1 (7.0 - 7.3)	7.9 (7.7 - 8.1)	6.8 (6.7 - 6.9)
Senior	6.6 (6.5 - 6.8)	6.8 (6.7 - 6.9)	7.4 (7.3 - 7.6)	6.5 (6.3 - 6.7)
Male	6.8 (6.6 - 6.9)	6.8 (6.7 - 7.0)	7.7 (7.6 - 7.9)	6.4 (6.2 - 6.5)
Female	6.6 (6.5 - 6.8)	7.2 (7.1 - 7.3)	7.6 (7.5 - 7.8)	7.0 (6.8 - 7.1)
Disabled young people	6.2 (6.0 - 6.4)	6.5 (6.3 - 6.6)	7.0 (6.8 - 7.2)	6.2 (6.0 - 6.4)
Rainbow	5.9 (5.7 - 6.1)	6.0 (5.7 - 6.3)	6.8 (6.5 - 7.1)	5.6 (5.4 - 5.9)

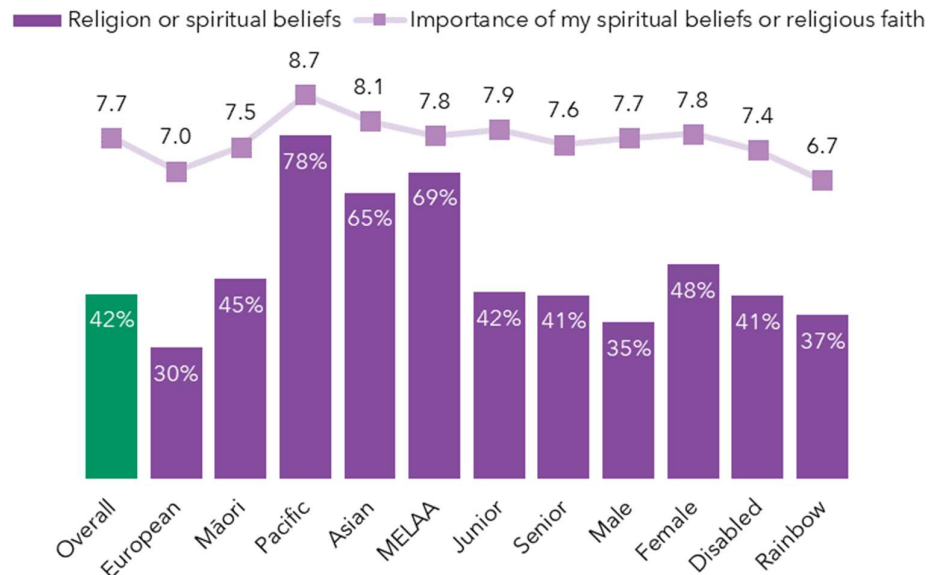
A third of rangatahi Māori can have an everyday conversation in te reo Māori (Figure 14). Overall, 9% of young people can have an everyday conversation in te reo Māori, up from 4.6% of 15-29 year olds in the 2018 Census of Populations and Dwellings. Almost all young people can speak English and 19% can speak another language.

Figure 14. Percentage of young people who can have an everyday conversation in different languages



Overall, 42% of young people said they had religious or spiritual beliefs (Figure 15). More Pacific young people saw their faith as important. Males were less likely than females to have religious or spiritual beliefs, but those who did gave consistent ratings for the importance of their beliefs.

Figure 15. Percentage of young people with religious or spiritual beliefs and their importance and mean score for its importance (mean on scale of 0 not important to 10 important)



6.3. Expression of identity and discrimination

Many young people felt pride in who they were and found it easy to express their identity (Table 6). Rainbow and disabled young people felt less able to express their identity than any other group of young people. Similarly, rainbow and disabled young people said they experienced discrimination more often, particularly for sexual identity and something else about them.

Males felt more able to express their identity than females and had greater pride in who they were. European, rainbow and disabled young people had lower levels of pride in who they were. Pacific young people had a higher level of pride in who they were.

Young people gave ratings representing infrequent or very infrequent experience of being treated unfairly or made to feel different. It happened more often because of something else than because of gender or sexual identity, or ethnicity. Such experiences were more common for rangatahi Māori and young from Pacific, Asian and MELAA ethnic groups who were more likely to have experienced discrimination because of their ethnicity.

Table 6. Expression of identity and discrimination



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

	It is easy for me to express my identity (mean on scale of 0 disagree to 10 agree)	I am proud of who I am (mean on scale of 0 not at all to 10 very)	My ethnicity	My gender or sexual identity	Something else about me
Overall	7.3 (7.3 - 7.4)	7.1 (7.0 - 7.2)	2.3 (2.1 - 2.5)	1.7 (1.6 - 1.8)	3.1 (3.0 - 3.2)
European	7.3 (7.2 - 7.4)	6.9 (6.8 - 7.0)	1.8 (1.7 - 1.9)	1.8 (1.6 - 1.9)	3.1 (3.0 - 3.2)
Māori	7.1 (6.9 - 7.3)	7.0 (6.8 - 7.2)	3.2 (2.9 - 3.5)	2.1 (1.9 - 2.3)	3.5 (3.2 - 3.8)
Pacific	7.6 (7.3 - 7.9)	7.7 (7.4 - 8.1)	3.4 (2.9 - 3.8)	1.5 (1.1 - 1.8)	3.0 (2.6 - 3.4)
Asian	7.1 (6.9 - 7.4)	7.3 (7.1 - 7.5)	3.3 (2.9 - 3.6)	1.5 (1.2 - 1.9)	2.9 (2.7 - 3.2)
MELAA	6.5 (5.7 - 7.3)	6.1 (5.2 - 7.0)	4.1 (3.1 - 5.1)	1.7 (1.1 - 2.3)	3.1 (2.4 - 3.9)
Junior	7.3 (7.2 - 7.4)	7.3 (7.2 - 7.5)	2.3 (2.1 - 2.5)	1.6 (1.4 - 1.8)	3.0 (2.8 - 3.2)
Senior	7.4 (7.2 - 7.5)	6.9 (6.8 - 7.1)	2.3 (2.1 - 2.5)	1.8 (1.6 - 2.0)	3.2 (3.0 - 3.4)
Male	7.7 (7.6 - 7.9)	7.7 (7.5 - 7.8)	2.1 (1.9 - 2.2)	1.2 (1.0 - 1.4)	2.6 (2.4 - 2.7)
Female	7.1 (7.0 - 7.3)	6.7 (6.5 - 6.8)	2.5 (2.3 - 2.7)	2.0 (1.8 - 2.1)	3.5 (3.3 - 3.7)
Disabled young people	6.2 (6.0 - 6.4)	5.7 (5.4 - 6.0)	3.1 (2.7 - 3.4)	2.9 (2.6 - 3.1)	4.6 (4.4 - 4.9)
Rainbow	5.3 (5.0 - 5.6)	5.4 (5.2 - 5.7)	2.4 (2.0 - 2.7)	3.9 (3.6 - 4.2)	4.6 (4.3 - 4.9)

6.4. Differences across school decile groups

Compared to those from higher decile schools, young people from lower decile schools gave better ratings for the importance of their culture and family traditions and the importance of the values of their ethnic group(s) (Table 7). They were more likely to have been treated differently because of their ethnicity, sexual identity or gender or something else.

Table 7. Overview of results across the decile groups in the strong identity theme

Question	Decile 1-3	Decile 4-7	Decile 8-10
A strong identity			
I feel accepted at school (current) (mean 0 - 10)	7.2 (7.0 - 7.4)	7.3 (7.1 - 7.4)	7.4 (7.1 - 7.6)
I know my whakapapa (mean 0 - 10)	6.9 (6.3 - 7.4)	6.6 (6.5 - 6.7)	6.7 (6.5 - 6.8)
The values of my ethnic group(s) are important to me (mean 0 - 10)	7.6 (7.2 - 8.1)	7.0 (6.8 - 7.3)	6.7 (6.5 - 6.9)
It is important to me to maintain my family traditions and cultural heritage (mean 0 - 10)	7.3 (6.9 - 7.8)	6.6 (6.4 - 6.9)	6.4 (6.1 - 6.6)
It is easy for me to express my identity (mean 0 - 10)	7.3 (7.0 - 7.5)	7.2 (7.1 - 7.4)	7.5 (7.3 - 7.6)
I am proud of who I am (mean 0 - 10)	7.0 (6.8 - 7.1)	7.1 (6.9 - 7.4)	7.1 (7.0 - 7.3)
In the last 12 months... How often have you been treated unfairly or made to feel different because of your ethnicity? (mean 0 - 10)	3.1 (2.8 - 3.4)	2.5 (2.2 - 2.7)	1.8 (1.5 - 2.1)

6.5. What do we know from other surveys?

Results for the importance of spiritual beliefs or religious faith from were comparable to those of the 2012 and 2019 Youth2000 series survey, though answers were recorded using a different scale (Table 8).

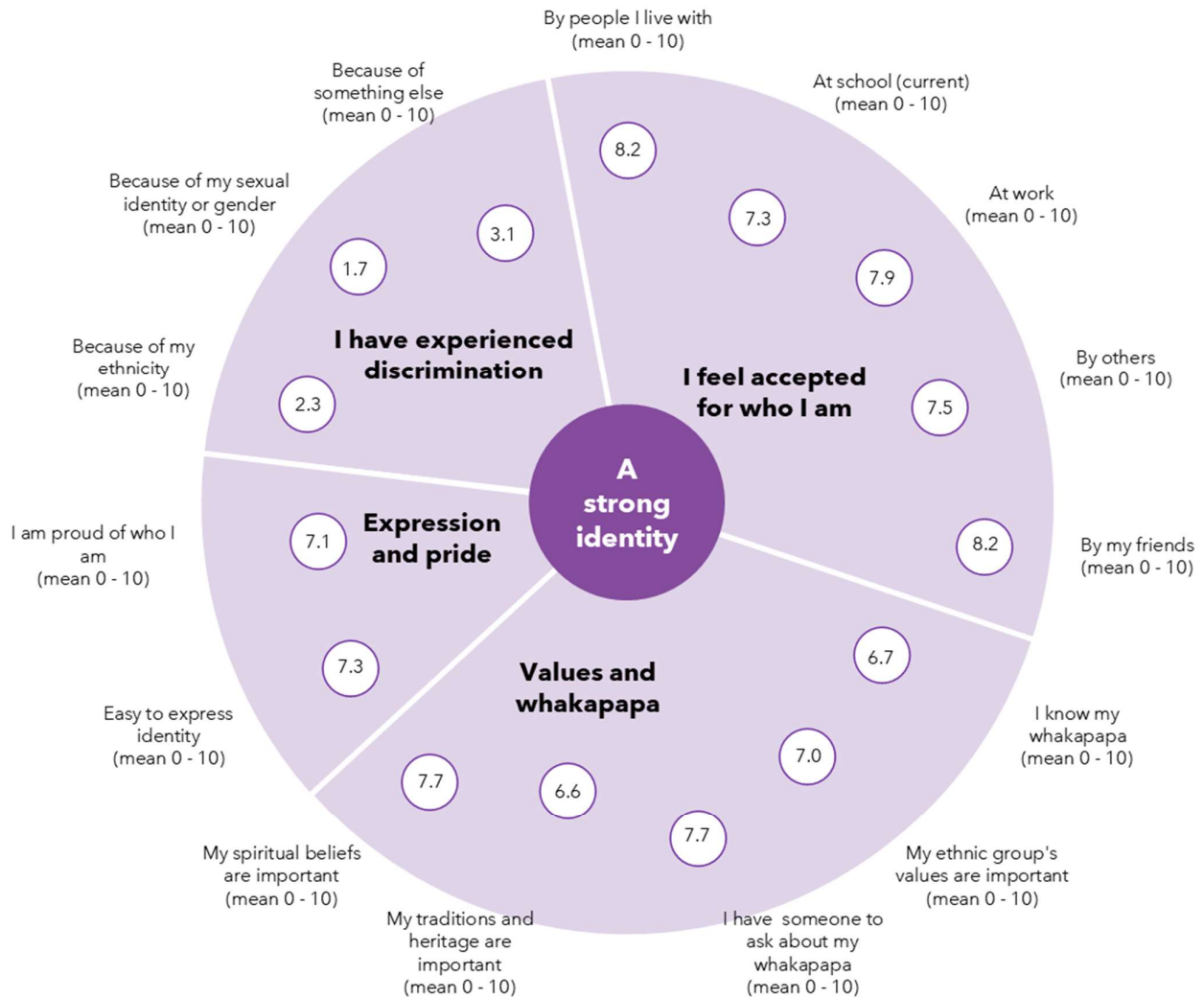
Table 8. Comparison of selected results to past surveys focusing on youth wellbeing

Question from <i>What About Me?</i>	2012 Youth2000 series	2019 Youth2000 series	2021 <i>What About Me?</i>
How important to you are your spiritual beliefs or religious faith?	24% (23% - 26%) Very important	25% (23% - 27%) Very important	24% (21% - 28%) ≥8 on a 0-10 scale

6.6. Overview: Identity

Figure 16 provides an overview of some of the key survey results in the identity theme.

Figure 16. Overall results for the strong identity theme



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



An abstract graphic design featuring a central blue speech bubble with a white border. Inside the bubble, the text "Strong relationships and connections" is written in a white, sans-serif font. Surrounding the bubble are several clusters of small, pixelated squares in shades of orange, brown, and light blue, arranged in a way that suggests a network or a map. The background is a light gray gradient.

Strong relationships
and connections

7.1. Whānau relationships

Most young people were cared for by their mum and dad (Table 9). Higher percentages of rangatahi Māori, Pacific and Asian young people were cared for by their extended family and wider whānau. Disabled young people and rangatahi Māori were less likely to be looked after by their dads.

Table 9. Percentage of young people who said they were looked after by different caregivers

	Mum	Dad	Brother(s) and/or sister(s)	Parent's partner(s) or step-parent(s)	Grand parent(s)	Another adult(s)	Other family and wider whānau
Overall	84%	70%	16%	14%	13%	7%	6%
European	86%	73%	12%	15%	11%	5%	4%
Māori	74%	52%	19%	16%	19%	12%	11%
Pacific	80%	65%	28%	12%	21%	17%	16%
Asian	84%	75%	22%	10%	18%	9%	8%
MELAA	86%	69%	15%	15%	6%	10%	8%
Junior	83%	70%	18%	17%	15%	7%	7%
Senior	85%	70%	15%	12%	11%	6%	6%
Male	84%	73%	17%	15%	13%	6%	5%
Female	84%	67%	16%	14%	13%	8%	7%
Disabled	80%	58%	16%	14%	13%	8%	7%
Rainbow	84%	63%	11%	15%	15%	7%	7%

All groups of young people felt loved by their family and whānau (Table 10). Rainbow and disabled young people gave lower, but still high, ratings.

Young people were less positive that their family and whānau spent enough time with them. Rangatahi Māori and particularly rainbow and disabled young people gave lower ratings. Young males were more likely to think their whānau loved them and spent enough time with them than young females.

Male and junior young people were more positive about how their whānau were doing overall. Rangatahi Māori, female, disabled and rainbow young people were less positive.

Table 10. Whānau relationships



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

	My family and whānau love me	My family and whānau spend enough time with me	How well my whānau is doing overall (0 extremely badly to 10 extremely well)
Overall	8.9 (8.8 - 8.9)	7.7 (7.6 - 7.8)	7.4 (7.4 - 7.5)
European	8.9 (8.8 - 9.0)	7.7 (7.6 - 7.8)	7.4 (7.3 - 7.5)
Māori	8.7 (8.6 - 8.9)	7.3 (7.1 - 7.4)	7.1 (7.0 - 7.2)
Pacific	8.9 (8.7 - 9.1)	7.7 (7.4 - 8.0)	7.5 (7.3 - 7.8)
Asian	8.7 (8.6 - 8.9)	7.6 (7.4 - 7.8)	7.8 (7.7 - 7.9)
MELAA	8.7 (8.1 - 9.3)	7.5 (6.9 - 8.2)	7.0 (6.4 - 7.5)
Junior	8.8 (8.7 - 8.9)	7.7 (7.6 - 7.9)	7.6 (7.5 - 7.7)
Senior	8.9 (8.8 - 9.0)	7.7 (7.5 - 7.8)	7.3 (7.2 - 7.4)
Male	9.1 (9.0 - 9.2)	8.0 (7.9 - 8.2)	7.8 (7.7 - 7.9)
Female	8.7 (8.6 - 8.8)	7.4 (7.3 - 7.5)	7.1 (7.0 - 7.2)
Disabled young people	8.2 (8.0 - 8.3)	6.7 (6.5 - 6.9)	6.5 (6.3 - 6.7)
Rainbow	8.0 (7.8 - 8.3)	6.7 (6.4 - 6.9)	6.5 (6.3 - 6.8)

7.2. Supporting whānau

One in four young people look after someone like a brother or sister, a relative or someone else on a regular basis. Females were more likely to have caring responsibilities than males. Rangatahi Māori, and Pacific and Asian young people were more likely to have caring responsibilities.

Most often young people looked after children they live with (Table 11). Rangatahi Māori, Pacific and Asian young people were more likely to look after older family members.

Table 11. The percentage of young people who look after others and the characteristics of those being cared for

	Look after someone on a regular basis	Children who you live with	Children who live in another house	Older family members	Someone seriously affected by a disability or long-term illness	Someone else
Overall	26%	77%	15%	17%	5%	11%
European	20%	78%	14%	10%	6%	11%
Māori	38%	75%	18%	18%	5%	12%
Pacific	42%	82%	22%	26%	3%	7%
Asian	34%	75%	11%	22%	2%	14%
MELAA	29%	87%	6%	3%	0%	12%
Junior	26%	74%	16%	17%	4%	14%
Senior	26%	80%	15%	16%	5%	9%
Male	22%	76%	11%	17%	4%	13%
Female	30%	77%	18%	17%	5%	10%
Disabled	34%	77%	18%	18%	4%	9%
Rainbow	29%	84%	14%	12%	5%	6%



While caring for others contributes to the family and connects young people with older generations, it also impacted on school and work. Average ratings for missing school or work because of responsibilities for looking after whānau were consistent across most groups except for rangatahi Māori and disabled young people, who were more likely to do so.

Table 12. Looking after someone

(Of those who look after someone) I often miss work or kura, school, alternative education or other education or training to look after others (mean score on scale of 0 often to 10 never)	
Overall	7.4 (7.2 - 7.6)
European	7.7 (7.5 - 7.9)
Māori	6.6 (6.4 - 6.9)
Pacific	6.9 (6.3 - 7.5)
Asian	7.9 (7.5 - 8.3)
MELAA	6.5 (5.2 - 7.8)
Junior	7.3 (6.9 - 7.6)
Senior	7.5 (7.3 - 7.7)
Male	7.4 (7.1 - 7.6)
Female	7.4 (7.1 - 7.7)
Disabled young people	7.0 (6.6 - 7.3)
Rainbow	7.6 (7.2 - 8.0)

7.3. Friendships and romantic relationships

Young people gave high ratings for having friends they could trust and feeling safe with their friends (Table 13). As with whānau, young people were less positive about being able to spend enough time with their friends. Female, disabled and rainbow young people gave lower ratings for all three questions about their friends. Junior students gave higher ratings than seniors to having friends they could trust and being able to spend enough time with them.

Overall, around a quarter of young people had a partner (Figure 17). Rangatahi Māori and disabled young people were more likely to have a boyfriend, girlfriend or partner. Those young people who had a girlfriend, boyfriend or partner felt loved by them.

Figure 17. Percentage of young people with a boyfriend, girlfriend or partner

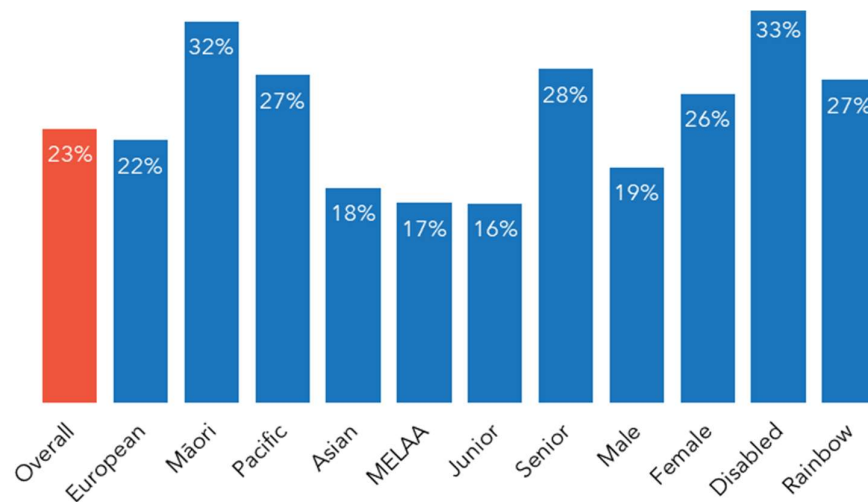


Table 13. Friendships and romantic relationships



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

	I have friends I trust	I feel safe with my friends	I get enough time to spend with my friends	(Of those with one) I feel loved by my girlfriend, boyfriend or partner
Overall	8.2 (8.1 - 8.3)	8.5 (8.5 - 8.6)	7.7 (7.6 - 7.8)	8.9 (8.7 - 9.1)
European	8.2 (8.0 - 8.3)	8.5 (8.4 - 8.6)	7.7 (7.6 - 7.8)	8.9 (8.7 - 9.0)
Māori	8.1 (8.0 - 8.2)	8.4 (8.3 - 8.5)	7.6 (7.5 - 7.7)	8.9 (8.7 - 9.1)
Pacific	8.1 (7.8 - 8.4)	8.3 (8.0 - 8.7)	7.7 (7.4 - 8.0)	9.1 (8.8 - 9.5)
Asian	8.3 (7.9 - 8.7)	8.6 (8.5 - 8.8)	7.7 (7.4 - 8.0)	9.2 (8.9 - 9.4)
MELAA	7.4 (6.6 - 8.1)	8.4 (7.9 - 8.9)	7.0 (6.0 - 8.0)	9.3 (8.6 - 10.0)
Junior	8.3 (8.2 - 8.5)	8.6 (8.5 - 8.7)	8.0 (7.9 - 8.1)	8.6 (8.4 - 8.8)
Senior	8.1 (8.0 - 8.2)	8.5 (8.4 - 8.6)	7.5 (7.4 - 7.6)	9.1 (8.8 - 9.3)
Male	8.6 (8.5 - 8.7)	8.7 (8.6 - 8.8)	8.0 (7.9 - 8.2)	8.9 (8.7 - 9.1)
Female	7.9 (7.8 - 8.0)	8.4 (8.3 - 8.5)	7.4 (7.3 - 7.6)	8.9 (8.6 - 9.1)
Disabled young people	7.6 (7.4 - 7.8)	8.1 (7.9 - 8.2)	7.0 (6.8 - 7.1)	8.8 (8.5 - 9.0)
Rainbow	7.7 (7.4 - 7.9)	8.2 (8.0 - 8.3)	7.0 (6.9 - 7.1)	9.0 (8.7 - 9.3)

7.4. Social media

Young people on average found it easy to access the internet when they wanted to (Table 14).

Overall and across all subgroups, young people saw social media as close to the midpoint between important and not at all important. Rangatahi Māori and females thought social media was more important to their lives.

Some young people were worried about their internet use. Females were more worried about their social media use and gave lower ratings for feeling safe. Rainbow and disabled young people provided lower ratings for safety online.

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

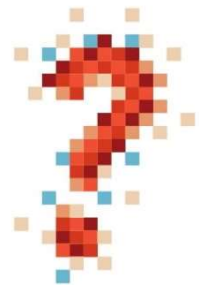
Strong relationships and connections:

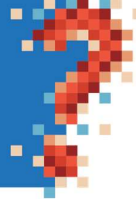
"To limit the amount of phone use by others my age somehow as it is a big problem."

"Try to be more positive, try to accept who I am and what I look like. Stop constantly comparing myself. Detoxing from social media and how toxic it is for my mental health. Try not to be obsessed with what my body looks like."

"A good relationship with my family and friends."

"Being surrounded with people like me, that can make me feel more comfortable with who I am."





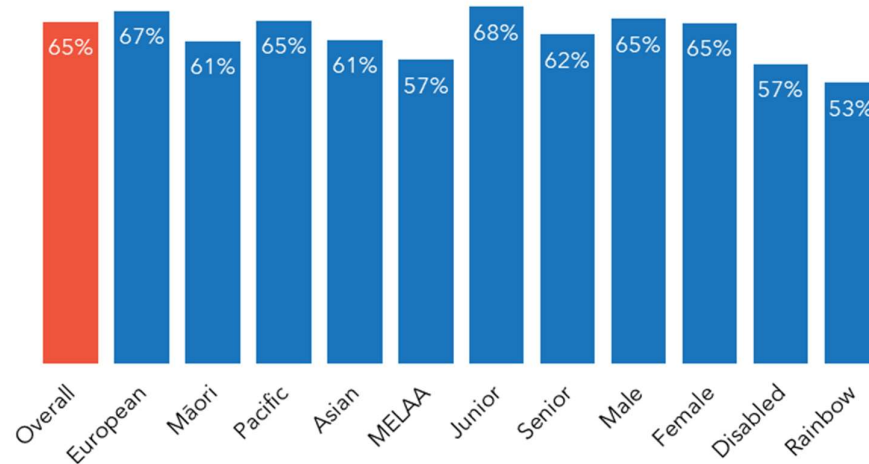
How much do you agree that ...

	It is easy for me to access the internet when I want (mean on scale of 0 I don't access it, 1 difficult to 10 easy)	Social media is important in my life (mean on scale of 0 not at all important 10 important)	(Of those who used the internet) I am worried by my use of the internet (mean on scale of 0 worried to 10 not at all worried)	(Of those who used the internet) I feel safe online (mean on scale of 0 not safe to 10 safe)
Overall	8.9 (8.8 - 9.0)	5.8 (5.7 - 5.9)	6.5 (6.4 - 6.6)	7.6 (7.5 - 7.7)
European	8.9 (8.8 - 9.0)	5.8 (5.7 - 5.9)	6.5 (6.4 - 6.6)	7.6 (7.5 - 7.7)
Māori	8.7 (8.5 - 8.8)	6.1 (6.0 - 6.3)	6.6 (6.5 - 6.8)	7.6 (7.4 - 7.7)
Pacific	8.6 (8.3 - 8.9)	5.7 (5.4 - 6.0)	6.3 (6.0 - 6.6)	7.7 (7.5 - 7.9)
Asian	9.1 (8.9 - 9.2)	6.0 (5.7 - 6.3)	6.2 (6.0 - 6.4)	7.6 (7.4 - 7.8)
MELAA	8.8 (8.4 - 9.2)	5.5 (4.9 - 6.1)	6.3 (5.6 - 7.0)	7.4 (6.9 - 7.9)
Junior	8.8 (8.7 - 8.9)	5.9 (5.7 - 6.1)	6.8 (6.7 - 6.9)	7.8 (7.7 - 7.9)
Senior	8.9 (8.8 - 9.0)	5.8 (5.7 - 5.8)	6.2 (6.1 - 6.4)	7.5 (7.4 - 7.6)
Male	9.0 (8.9 - 9.1)	5.6 (5.4 - 5.8)	7.1 (7.0 - 7.2)	8.3 (8.2 - 8.4)
Female	8.7 (8.6 - 8.8)	6.0 (5.8 - 6.2)	5.9 (5.8 - 6.1)	6.9 (6.8 - 7.1)
Disabled young people	8.6 (8.5 - 8.7)	6.0 (5.8 - 6.1)	6.1 (6.0 - 6.3)	7.0 (6.9 - 7.2)
Rainbow	8.8 (8.6 - 8.9)	5.8 (5.6 - 6.0)	6.2 (5.9 - 6.5)	6.9 (6.6 - 7.1)

7.5. Community connection

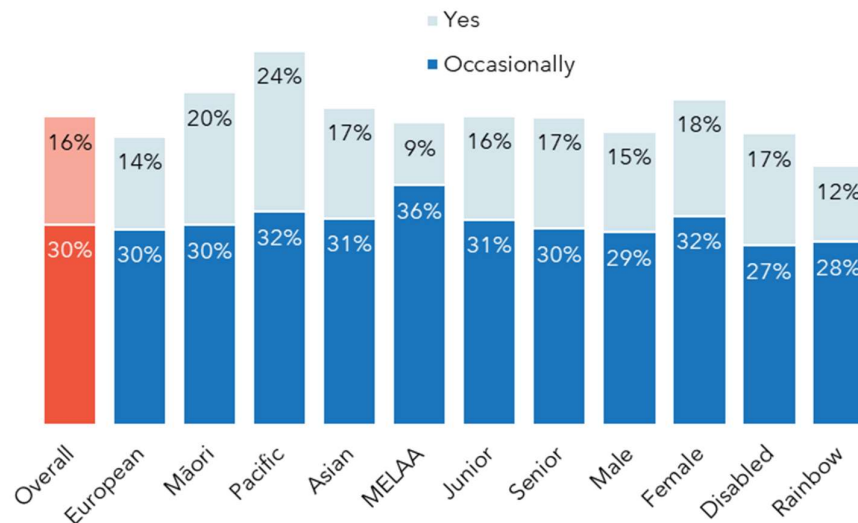
Two-thirds of young people were in a group, club or team (Figure 18). There were minimal differences between groups of young people regarding club membership.

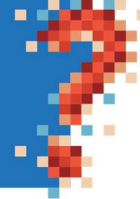
Figure 18. Percentage of young people that were part of a group, club or team



Around half of young people overall said they occasionally or do help others in their neighbourhood or community (Figure 19). Pacific young people were more likely to help others in their community.

Figure 19. Percentage of young people who help others in their neighbourhood or community





Male and junior students were more positive about their strength of belonging and feeling of safety. Rangatahi Māori felt less safe in their communities. Rainbow, disabled and MELAA young people felt less of a sense of belonging to the communities they lived in. Rainbow young people gave the lowest ratings for belonging in their community.

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

	I feel like I belong in the community/s I live in	I feel safe in the community/s where I live
Overall	7.2 (7.1 - 7.3)	7.9 (7.8 - 8.0)
European	7.1 (7.0 - 7.2)	7.9 (7.8 - 8.0)
Māori	7.0 (6.8 - 7.2)	7.6 (7.4 - 7.8)
Pacific	7.5 (6.9 - 8.1)	8.0 (7.7 - 8.3)
Asian	7.2 (7.0 - 7.5)	8.0 (7.9 - 8.2)
MELAA	6.3 (5.6 - 6.9)	7.4 (7.0 - 7.9)
Junior	7.5 (7.3 - 7.7)	8.0 (7.9 - 8.2)
Senior	7.0 (6.8 - 7.1)	7.8 (7.7 - 7.9)
Male	7.5 (7.4 - 7.7)	8.3 (8.2 - 8.4)
Female	7.0 (6.8 - 7.1)	7.6 (7.5 - 7.8)
Disabled young people	6.3 (6.1 - 6.5)	7.0 (6.8 - 7.2)
Rainbow	5.8 (5.6 - 6.1)	6.9 (6.6 - 7.1)

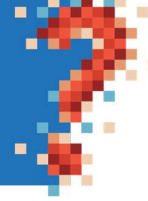
7.6. Knowing where to get help

Overall, 85% of young people said they had someone to turn to if they were going through a difficult time. Of those young people, most would turn to an adult within their family or whānau (Table 16). Around one-quarter had an adult at school or someone/someplace else. Rainbow and disabled young people were less likely to identify an adult family, friend or whānau worker and more likely to identify an adult at school or someone or someplace else.

Table 16. Of those young people who said they had someone to turn to if they were going through a difficult time, who or where would they go for help

	Adult family, friend or whānau member	Adult at school	Someone or someplace else	Health professional	Youth or social worker	Neighbor or someone at work	Online resource
Overall	83%	28%	21%	11%	8%	6%	6%
European	84%	29%	21%	12%	9%	6%	7%
Māori	84%	23%	24%	8%	7%	8%	5%
Pacific	80%	21%	23%	7%	8%	6%	4%
Asian	77%	31%	25%	11%	7%	7%	9%
MELAA	80%	22%	28%	7%	5%	3%	1%
Junior	87%	27%	15%	8%	7%	7%	4%
Senior	80%	28%	25%	12%	9%	6%	8%
Male	88%	27%	17%	11%	7%	7%	7%
Female	79%	28%	25%	10%	8%	6%	5%
Disabled	72%	29%	31%	13%	12%	8%	8%
Rainbow	66%	36%	35%	14%	12%	5%	13%

Asian, disabled and rainbow young people were less likely to have someone to turn to (Table 17). These groups as well as rangatahi Māori, senior students and females also thought it would be harder to get help. Male and junior students thought it would be easier to get help than others.



How much do you agree that ...

	If I was going through a difficult time and needed help, I have someone to turn to (percentage yes)	It is easy for me to get help if I was going through a difficult time and needed help (mean on scale of 0 very hard to 10 very easy)
Overall	85.3% (83.3% - 87.2%)	6.6 (6.5 - 6.7)
European	86.6% (84.7% - 88.5%)	6.7 (6.6 - 6.8)
Māori	82.9% (79.8% - 86.0%)	6.2 (5.9 - 6.4)
Pacific	84.6% (81.4% - 87.8%)	6.6 (6.4 - 6.9)
Asian	79.2% (74.9% - 83.5%)	6.2 (5.9 - 6.4)
MELAA	75.1% (65.3% - 84.9%)	5.6 (4.6 - 6.6)
Junior	84.7% (82.4% - 87.0%)	6.8 (6.6 - 7.0)
Senior	85.7% (83.0% - 88.4%)	6.5 (6.3 - 6.6)
Male	87.0% (84.9% - 89.1%)	7.3 (7.2 - 7.4)
Female	84.0% (81.2% - 86.8%)	6.1 (5.9 - 6.2)
Disabled young people	75.8% (72.6% - 78.9%)	5.2 (5.0 - 5.4)
Rainbow	78.0% (72.5% - 83.6%)	5.1 (4.7 - 5.4)

7.7. Differences across school decile groups

Young people felt loved by their whānau and were positive about their friendships, able to access the internet and thought social media was important across all three groups (Table 18).

Young people from the lower decile group had slightly lower results than the higher decile group. They thought it would be harder to get help if they were going through a difficult time and were more likely to miss school as a result of looking after others than the young people from the high decile group.

Table 18. Overview of results across the decile groups in the strong relationships and connections theme

Question	Decile 1-3	Decile 4-7	Decile 8-10
Strong relationships and connections			
My whānau love me (mean 0 - 10)	8.6 (8.5 - 8.8)	8.8 (8.7 - 8.9)	9.0 (8.9 - 9.1)
How often do I miss work or kura, school, alternative education or other education or training to look after others? (mean 0 - 10)	7.0 (6.6 - 7.3)	7.3 (7.1 - 7.6)	7.9 (7.5 - 8.3)
I feel safe with my friends (mean 0 - 10)	8.3 (8.2 - 8.5)	8.5 (8.4 - 8.6)	8.6 (8.6 - 8.7)
Ease of accessing the internet (mean 0 - 10)	8.8 (8.5 - 9.1)	8.8 (8.6 - 8.9)	9.0 (8.8 - 9.1)
Social media is important to my life (mean 0 - 10)	6.0 (5.8 - 6.2)	5.8 (5.6 - 5.9)	5.8 (5.6 - 5.9)
I feel safe in my community (mean 0 - 10)	7.7 (7.5 - 7.9)	7.8 (7.6 - 8.0)	8.1 (8.0 - 8.2)
How easy it is to get help (mean 0 - 10)	6.2 (6.0 - 6.4)	6.5 (6.3 - 6.7)	6.9 (6.7 - 7.1)

7.8. What do we know from other surveys?

The percentage of young people who felt safe in their community was slightly higher than past surveys, though response scales differed (Table 19). A lower proportion of young people said they were part of a club, group or team, though *What About Me?* gave a shorter list of examples than Youth19. The percentage of young people who helped others in their community was consistent with Youth19.

Table 19. Comparison of selected results to past surveys focusing on youth wellbeing

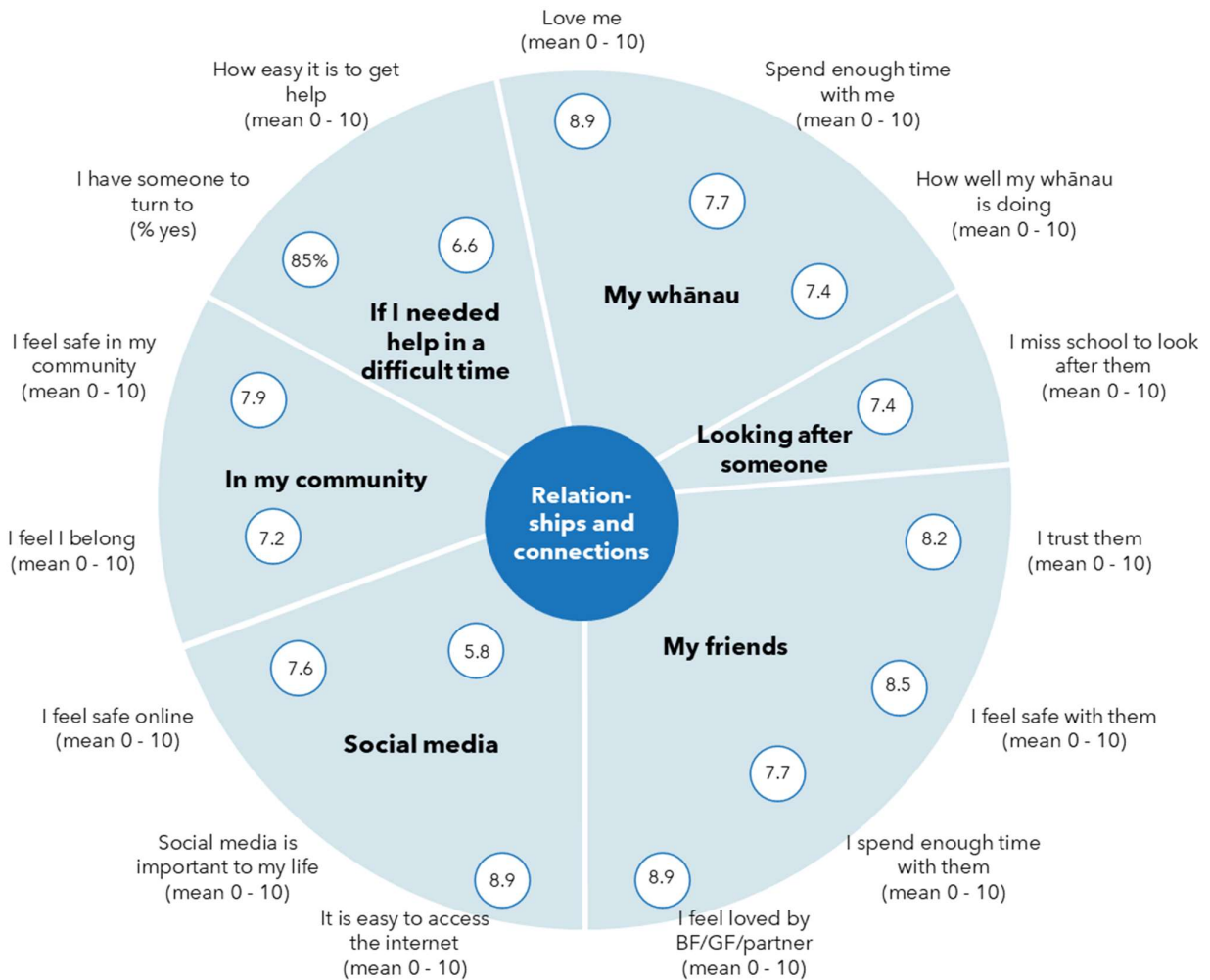
Question from <i>What About Me?</i>	2012 Youth2000 series	2019 Youth2000 series	2021 <i>What About Me?</i>
I feel safe in the community/s where I live	55% (54% - 57%) Feel safe in the neighbourhood all the time	59% (57% - 61%) Feel safe in the neighbourhood all the time	66% (64% - 68%) ≥8/10 on 0-10 scale
Are you part of any groups, clubs or teams (e.g. a cultural group, dance or music group, choir, environmental organisation, sports team)?	-	80% (78% - 81%) Belongs to at least one club, group, or team ¹⁴	65% (62% - 67%)
Do you help others in your neighbourhood or community (e.g. help-out on the marae or church, belong to a volunteer organisation, mow lawns, collect for charity, give people food)? <i>Percentage yes in the last twelve months</i>	23% (22% - 24%) Helped others in school or community in the last 12 months	47% (46% - 49%) Helped others in school or community in the last 12 months	47% (45% - 49%)

¹⁴ Youth19 asked: Which of the following groups, clubs or teams do you belong to? This could be at school or somewhere else. (You may choose as many as you need): A sports team or group; A cultural group, e.g. kapa haka; A diversity group that supports sexuality and gender diverse youth, gay/straight alliance, or rainbow group, or another type of group or club, e.g. music, drama, gaming.

7.9. Overview: Relationships and connections

Figure 20 provides an overview of results for many of the questions in the relationships and connections theme.

Figure 20. Overall results for the relationships and connections theme



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



A stable home base

8.1. Financial stability

A series of four questions asked young people how often they or their family or whānau worried about affording essentials (food/kai, power/electricity, rent/mortgage, petrol/ transport to get to important places). They could answer never, occasionally, sometimes, often or all the time. Results in Table 20 show the proportion who answered sometimes or more often to each question as well as to at least one of the four questions.

Overall, two-thirds of young people reported that they and their whānau did not worry about paying for their essentials any more often than occasionally (Table 20). European and males were the least likely to worry.

Rangatahi Māori, and Pacific and disabled young people were most likely to say they or their whānau worried about paying for essentials.

More females than males worried about at least one essential overall and for each individual essential.

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

A stable home base:

"Money, life is too expensive I just want to go to university and have no debt."

"For the economy and money costing things to go down so I will actually be able to afford a house in the future to raise my family."

"Money because my family hasn't had the easiest time paying for school, renovations and the car in the past 6 months, if people in general were more accepting of everyone, at school, and just in general. For me personally it would be good health and a happy family, because my family hasn't been in the best place for a while."





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

	Buy kai/food	Pay for power/ electricity	Pay the rent or mortgage where I live	Pay for petrol or transport to get to important places	At least one answer of sometimes, often or all the time
Overall	22.5% (21.0% - 24.1%)	20.0% (18.0% - 21.8%)	21.2% (19.2% - 23.2%)	21.6% (19.3% - 23.9%)	34.2% (31.9% - 36.5%)
European	18.3% (16.7% - 19.9%)	15.4% (14.0% - 16.8%)	16.9% (15.6% - 18.2%)	18.0% (16.3% - 19.6%)	28.7% (26.6% - 30.7%)
Māori	35.0% (31.8% - 38.3%)	31.0% (27.9% - 34.0%)	28.5% (25.5% - 31.4%)	34.0% (30.8% - 37.1%)	49.3% (46.2% - 52.4%)
Pacific	37.9% (33.3% - 42.6%)	36.5% (29.7% - 43.2%)	38.8% (32.0% - 45.7%)	37.5% (31.5% - 43.5%)	56.5% (49.6% - 63.3%)
Asian	20.2% (16.9% - 23.4%)	20.3% (16.3% - 24.4%)	21.9% (14.3% - 29.6%)	17.1% (11.8% - 22.4%)	34.0% (27.6% - 40.5%)
MELAA	20.4% (11.8% - 29.0%)	23.3% (17.7% - 29.0%)	28.5% (20.5% - 36.6%)	16.5% (9.0% - 23.9%)	34.7% (28.1% - 41.3%)
Junior	22.0% (20.3% - 23.6%)	19.9% (17.6% - 22.2%)	20.6% (18.2% - 23.0%)	21.0% (18.9% - 23.1%)	33.6% (30.8% - 36.4%)
Senior	23.0% (20.8% - 25.3%)	20.0% (17.5% - 22.4%)	21.7% (19.2% - 24.3%)	22.2% (19.1% - 25.3%)	34.8% (31.9% - 37.6%)
Male	19.5% (17.0% - 22.0%)	16.7% (14.2% - 19.2%)	17.3% (14.1% - 20.4%)	18.0% (14.3% - 21.6%)	30.3% (26.8% - 33.7%)
Female	25.3% (23.1% - 27.5%)	23.1% (21.0% - 25.2%)	24.8% (22.7% - 27.0%)	25.3% (23.0% - 27.7%)	38.0% (35.4% - 40.6%)
Disabled young people	35.2% (31.0% - 39.5%)	31.1% (28.2% - 34.0%)	32.1% (29.7% - 34.6%)	32.2% (29.4% - 35.0%)	50.2% (47.0% - 53.3%)
Rainbow	26.7% (23.6% - 29.9%)	22.7% (19.7% - 25.7%)	24.6% (21.0% - 28.3%)	25.1% (21.7% - 28.5%)	40.4% (36.3% - 44.5%)



8.2. Housing quality and stability

Overall, one-fifth (19%) of young people had moved in the last 12 months. Rangatahi Māori and disabled young people were more likely to have moved than others. Of those who had moved, 75% had moved once and 15% twice (Table 21). A small Percentage, 10%, had moved three or more times.

Table 21. Percentage of young people who have moved in the last 12 months – of those who had moved at least once

	Once	Twice	Three times	Four or more times
Overall	75%	15%	7%	3%
European	77%	14%	6%	3%
Māori	63%	21%	9%	6%
Pacific	65%	19%	12%	4%
Asian	83%	10%	5%	1%
MELAA	59%	40%	0%	1%
Junior	77%	14%	6%	3%
Senior	73%	16%	9%	3%
Male	80%	13%	5%	2%
Female	71%	16%	9%	4%
Disabled	71%	19%	6%	4%
Rainbow	67%	18%	11%	4%

Most young people lived somewhere warm, dry and free from mould. Rangatahi Māori, disabled young people and rainbow young people gave lower scores than other young people for these measures of housing quality (Table 22).





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

	In the last 12 months, I moved home (Percentage yes)	Warm	Not damp	Without mould
Overall	19.9% (17.9% - 21.9%)	9.4 (9.4 - 9.5)	8.5 (8.3 - 8.6)	8.5 (8.4 - 8.5)
European	18.3% (16.5% - 20.1%)	9.5 (9.4 - 9.5)	8.6 (8.5 - 8.7)	8.6 (8.5 - 8.7)
Māori	24.3% (21.4% - 27.3%)	9.3 (9.2 - 9.4)	8.4 (8.2 - 8.5)	8.1 (7.8 - 8.4)
Pacific	21.4% (17.5% - 25.4%)	9.4 (9.2 - 9.5)	8.4 (8.0 - 8.8)	8.2 (7.9 - 8.4)
Asian	20.4% (11.8% - 29.0%)	9.3 (9.2 - 9.4)	7.9 (7.7 - 8.1)	8.2 (8.0 - 8.4)
MELAA	10.6% (5.5% - 15.8%)	9.4 (9.2 - 9.7)	7.6 (7.0 - 8.3)	8.1 (8.9 - 7.3)
Junior	20.9% (18.0% - 23.8%)	9.4 (9.3 - 9.4)	8.4 (8.3 - 8.6)	8.6 (8.5 - 8.7)
Senior	19.1% (17.0% - 21.1%)	9.4 (9.4 - 9.5)	8.5 (8.3 - 8.6)	8.3 (8.2 - 8.5)
Male	18.1% (15.4% - 20.7%)	9.4 (9.4 - 9.5)	8.4 (8.2 - 8.6)	8.6 (8.4 - 8.7)
Female	21.5% (18.8% - 24.2%)	9.4 (9.4 - 9.5)	8.5 (8.4 - 8.7)	8.4 (8.2 - 8.5)
Disabled young people	25.1% (22.1% - 28.0%)	9.1 (8.9 - 9.2)	8.2 (8.0 - 8.4)	7.9 (7.7 - 8.1)
Rainbow	22.0% (19.2% - 24.8%)	9.1 (9.0 - 9.3)	8.1 (7.9 - 8.2)	7.8 (7.5 - 8.1)



8.3. Differences across school decile groups

Young people living in lower decile areas were more worried about not being able to pay essential expenses (Table 23). Measures of housing quality were showed similar results across the decile groups.

Table 23. Overview of results across the decile groups in the stable home base theme

Question	Decile 1-3	Decile 4-7	Decile 8-10
Stable home base			
I or my family or whānau worry about not having enough money to (% sometimes or more): ... pay for at least one essential	45% (41% - 49%)	38% (34% - 42%)	26% (22% - 29%)
... pay for kai/food	32% (28% - 35%)	25% (22% - 27%)	17% (14% - 19%)
... pay for power/electricity	29% (26% - 32%)	22% (19% - 26%)	13% (11% - 16%)
... pay for the rent or mortgage where I live	31% (27% - 35%)	24% (20% - 27%)	15% (12% - 17%)
... pay for petrol or transport to get to important places	30% (26% - 34%)	24% (20% - 29%)	15% (12% - 18%)
Moved home in the last twelve months (% yes)	21% (17% - 25%)	21% (19% - 23%)	18% (14% - 22%)
I live somewhere that is warm (mean 0-10)	9.3 (9.2 - 9.4)	9.4 (9.3 - 9.4)	9.5 (9.5 - 9.6)
I live somewhere without mould (mean 0-10)	8.1 (7.9 - 8.3)	8.5 (8.3 - 8.6)	8.6 (8.4 - 8.8)
I live somewhere that is not damp (mean 0-10)	8.3 (8.2 - 8.4)	8.4 (8.2 - 8.6)	8.6 (8.4 - 8.7)



8.4. What do we know from other surveys?

Results were consistent with previous surveys (Table 24). The percentage of young people who worried about affording housing costs or kai/food often or all the time was the same as the last two Youth2000 series surveys. A slightly lower but still comparable percentage of young people had moved two or more times in the last twelve months.

Table 24. Comparison of selected results to past surveys focusing on youth wellbeing

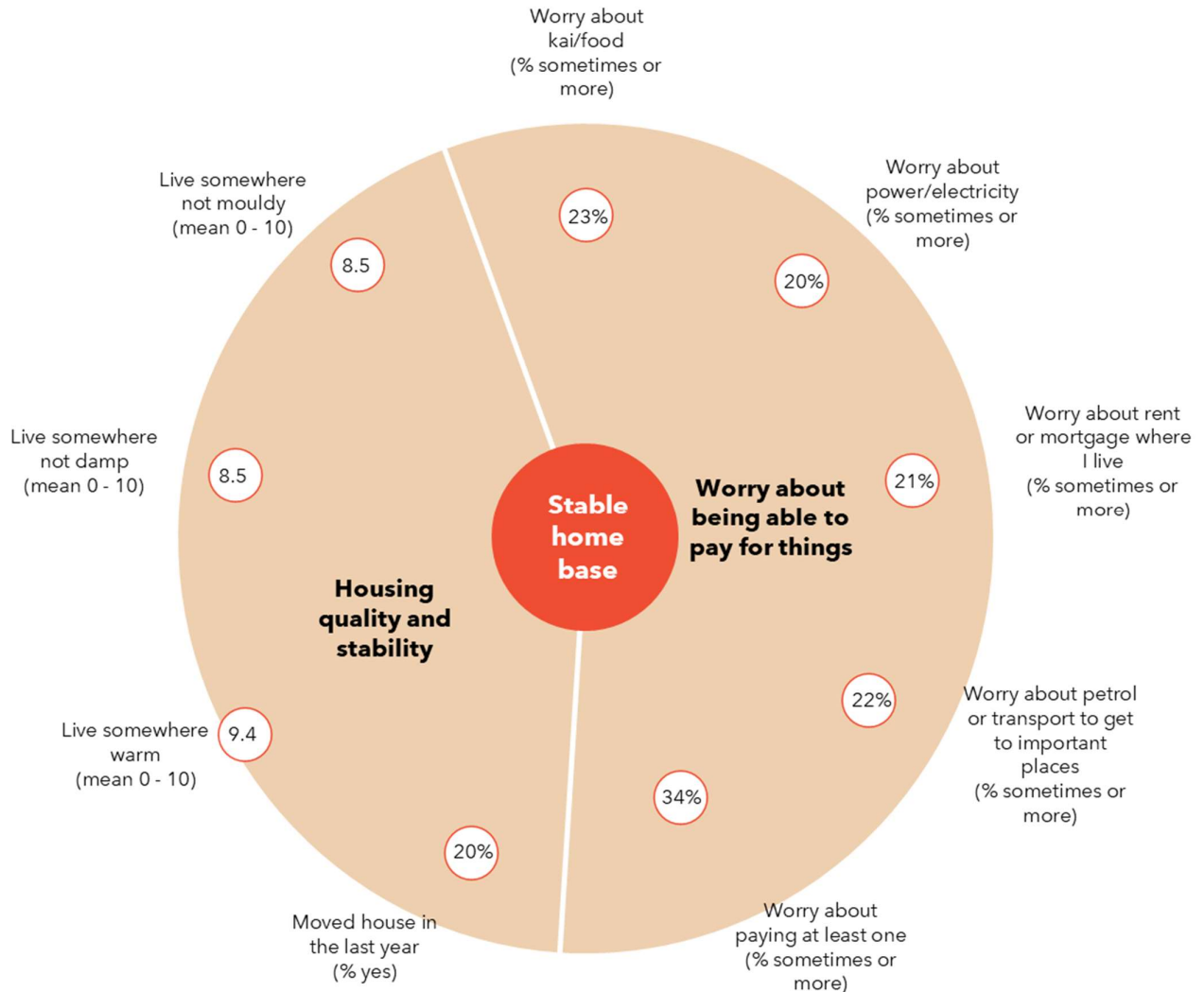
Question from <i>What About Me?</i>	2012 Youth2000 series	2019 Youth2000 series	2021 <i>What About Me?</i>
Do you or your family or whānau worry about not having enough money to pay the rent or mortgage where you live? <i>Often or all the time</i>	-	14% (13% - 15%)	12% (10% - 14%)
Do you or your family or whānau worry about not having enough money to buy kai /food? <i>Often or all the time</i>	10% (9% - 11%)	13% (11% - 14%)	11% (9% - 12%)
How many times have you moved in the last 12 months? <i>Two or more times</i>	7% (6% - 8%)	8% (7% - 9%)	5% (4% - 6%)



8.5. Overview: Stable home base

Figure 21 provides an overview of young people's responses to questions in the stable home base theme.

Figure 21. Overall results for the stable home base theme



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





Achieving and
contributing

9.1. Aspiration and achievement in education

Overall, 62% of young people wanted a university degree (Table 25). Asian and female young people were most likely to want to go to university. Rangatahi Māori were less likely to want to achieve a university degree.

Young people thought other people expected them to do well in school and most (86%) thought they would get the qualification they wanted to achieve. MELAA young people were most likely to think that they would achieve the qualification, while disabled young people and rangatahi Māori were least likely to.

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

Achieving and contributing:

"Easy guidelines for choosing subjects in college to set you up better for career."

"To be able to have a job with more hours with better pay so I would be able to save up a bit more money to start comfortably when I leave school."



Table 25. Education aspiration and achievement



How much do you agree that ...

	The highest qualification I want to achieve in the future: University degree (percentage who selected university degree)	People expect me to do well at school (mean score on scale of 0 disagree to 10 agree)	I think I will get the qualification I aspire to (Percentage yes)
Overall	61.5% (58.8% - 64.2%)	8.4 (8.3 - 8.5)	85.5% (83.6% - 87.5%)
European	62.3% (59.1% - 65.5%)	8.4 (8.3 - 8.4)	87.2% (85.3% - 89.2%)
Māori	46.5% (42.1% - 50.9%)	8.3 (8.1 - 8.4)	73.4% (69.7% - 77.1%)
Pacific	56.7% (51.1% - 62.3%)	8.6 (8.4 - 8.8)	80.3% (73.2% - 87.4%)
Asian	75.1% (67.4% - 82.8%)	8.6 (8.4 - 8.7)	89.8% (86.0% - 93.6%)
MELAA	71.2% (60.3% - 82.1%)	8.4 (8.0 - 8.8)	97.9% (95.4% - 100%)
Junior	58.1% (53.8% - 62.3%)	8.4 (8.2 - 8.5)	81.9% (79.9% - 84.0%)
Senior	63.8% (61.0% - 66.7%)	8.5 (8.4 - 8.6)	87.9% (85.4% - 90.5%)
Male	53.6% (49.5% - 57.7%)	8.4 (8.3 - 8.5)	89.0% (87.3% - 90.7%)
Female	68.9% (65.6% - 72.3%)	8.4 (8.3 - 8.5)	82.8% (79.7% - 85.9%)
Disabled young people	58.2% (54.8% - 61.6%)	8.1 (8.0 - 8.3)	70.2% (65.0% - 75.5%)
Rainbow	67.2% (61.9% - 72.6%)	8.4 (8.3 - 8.6)	79.2% (75.7% - 82.7%)

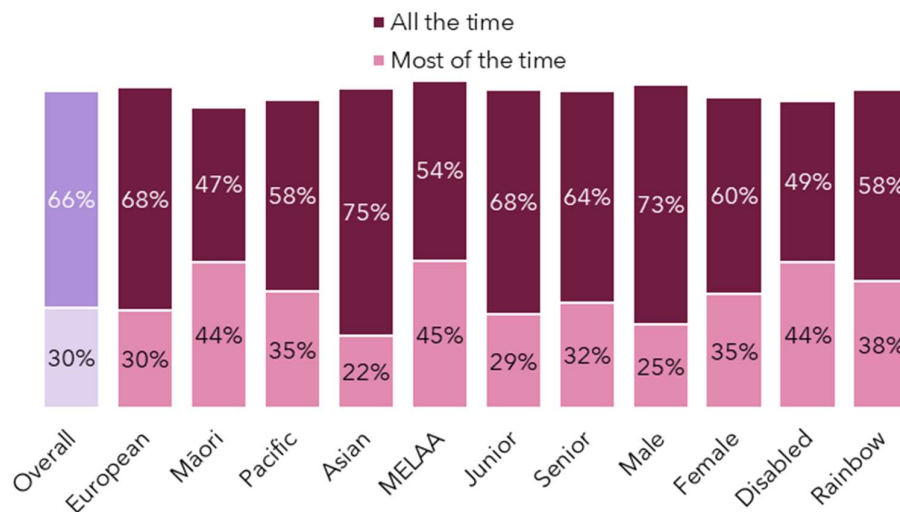


9.2. Experience of the education environment

The survey included a series of questions about the educational environment. Some are included on the following page but questions about safety and acceptance are included in other sections.

Almost all (96%) young people said they were attending school or kura most or all of the time. Asian young people and males were more likely to be attending school all the time (Figure 22).

Figure 22. Percentage of young people who attend their kura or school most or all of the time



Overall, young people provided higher ratings to questions about their teachers and having people at school they could ask for help from, than for questions about schoolwork and a sense of belonging at school (Table 26).

Rangatahi Māori, females, disabled young people and rainbow young people gave lower ratings for most questions about their school experiences. Asian young people were more positive than others that they were learning things that would help their futures, could manage their workloads and were treated fairly by teachers.

Table 26. Experience of last education environment - currently attending



How much do you agree with the following statements about your kura, school, alternative education or TPU, education or training provider¹⁵ ... (mean score on scale of 0 disagree to 10 agree)

	I feel like I belong	I feel I am learning knowledge and skills that will help me in the future	My teachers treat me fairly	I can manage the work I get given	I have people there I can ask for help	My teachers consider my identity and values	I have opportunities to express myself creatively
Overall	6.9 (6.8 - 7.1)	6.9 (6.7 - 7.0)	7.4 (7.3 - 7.5)	7.1 (7.0 - 7.2)	7.6 (7.5 - 7.7)	7.5 (7.3 - 7.6)	7.3 (7.1 - 7.4)
European	6.9 (6.8 - 7.1)	6.7 (6.6 - 6.9)	7.4 (7.3 - 7.5)	7.0 (6.9 - 7.1)	7.5 (7.4 - 7.7)	7.4 (7.2 - 7.5)	7.2 (7.0 - 7.4)
Māori	6.5 (6.3 - 6.7)	6.4 (6.1 - 6.7)	6.9 (6.7 - 7.1)	6.7 (6.5 - 6.9)	7.3 (7.1 - 7.6)	7.1 (6.8 - 7.3)	6.9 (6.7 - 7.0)
Pacific	6.9 (6.5 - 7.3)	6.8 (6.2 - 7.4)	7.4 (7.0 - 7.7)	7.1 (6.7 - 7.5)	8.0 (7.8 - 8.2)	7.7 (7.3 - 8.2)	7.4 (7.0 - 7.8)
Asian	7.3 (7.0 - 7.6)	7.4 (7.1 - 7.6)	7.9 (7.7 - 8.1)	7.5 (7.2 - 7.7)	7.8 (7.5 - 8.0)	7.7 (7.3 - 8.2)	7.6 (7.3 - 7.9)
MELAA	6.6 (6.0 - 7.3)	6.6 (5.9 - 7.2)	6.9 (6.4 - 7.3)	7.3 (6.9 - 7.7)	6.9 (6.2 - 7.6)	7.0 (6.4 - 7.5)	6.8 (6.1 - 7.6)
Junior	7.1 (6.9 - 7.2)	7.1 (7.0 - 7.3)	7.4 (7.3 - 7.5)	7.5 (7.3 - 7.6)	7.7 (7.6 - 7.8)	7.6 (7.5 - 7.8)	7.4 (7.2 - 7.5)
Senior	6.8 (6.6 - 7.1)	6.6 (6.4 - 6.8)	7.5 (7.3 - 7.6)	6.8 (6.6 - 6.9)	7.5 (7.3 - 7.7)	7.3 (7.1 - 7.6)	7.2 (6.9 - 7.5)
Male	7.5 (7.4 - 7.7)	7.3 (7.1 - 7.5)	7.6 (7.5 - 7.7)	7.5 (7.4 - 7.7)	8.0 (7.9 - 8.1)	7.8 (7.6 - 7.9)	7.5 (7.4 - 7.7)
Female	6.5 (6.3 - 6.7)	6.5 (6.3 - 6.7)	7.3 (7.1 - 7.4)	6.7 (6.6 - 6.9)	7.3 (7.1 - 7.4)	7.3 (7.0 - 7.5)	7.1 (6.8 - 7.3)
Disabled young people	5.8 (5.5 - 6.1)	5.7 (5.4 - 5.9)	6.6 (6.4 - 6.8)	5.7 (5.5 - 5.9)	6.6 (6.4 - 6.8)	6.5 (6.2 - 6.9)	6.3 (5.9 - 6.6)
Rainbow	5.9 (5.6 - 6.2)	6.0 (5.8 - 6.3)	7.2 (7.0 - 7.4)	6.3 (6.1 - 6.4)	6.7 (6.4 - 6.9)	6.6 (6.3 - 6.9)	6.6 (6.3 - 6.9)

¹⁵ Note that only young people reached in schools and kura are included in this analysis. Young people attending TPUs, alternative education and other training or education providers are included in the community sample.



9.3. Employment

Overall, 26% of young people had a regular paid part-time job (Table 27) and almost all the others wanted paid work. The percentage wanting paid work was consistent across all groups.

Table 27. Percentage of young people in different types of employment

	Regular part-time job	Job in the school holidays	Casual or occasional work	Full-time job	None of the above
Overall	26%	16%	18%	2%	50%
European	28%	18%	23%	1%	45%
Māori	25%	19%	15%	3%	50%
Pacific	18%	14%	9%	2%	65%
Asian	21%	8%	14%	1%	63%
MELAA	22%	9%	13%	2%	64%
Junior	13%	12%	14%	1%	65%
Senior	36%	19%	22%	2%	38%
Male	23%	18%	18%	2%	50%
Female	29%	14%	19%	1%	50%
Disabled	27%	15%	22%	3%	47%
Rainbow	25%	11%	21%	1%	53%

Young people were positive about their workplaces, being treated well, paid fairly and knowing their rights (Table 28). They were less positive that their work provided them opportunities to develop skills and knowledge for their future.



Table 28. Employment



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

	My work provides me opportunities to build skills and knowledge for my future	I know my rights at work (e.g. minimum wages and health and safety)	I am treated well by people at work	I am paid fairly for my work	My work leaves me enough time for my studies
Overall	7.5 (7.4 - 7.7)	8.0 (7.9 - 8.2)	8.4 (8.3 - 8.6)	8.1 (7.9 - 8.2)	8.2 (8.0 - 8.3)
European	7.6 (7.4 - 7.8)	8.0 (7.9 - 8.2)	8.4 (8.3 - 8.5)	8.1 (8.0 - 8.2)	8.2 (8.1 - 8.3)
Māori	7.6 (7.3 - 7.8)	7.9 (7.7 - 8.1)	8.2 (8.0 - 8.4)	7.9 (7.8 - 8.1)	7.9 (7.6 - 8.1)
Pacific	7.7 (7.1 - 8.3)	8.5 (8.0 - 9.0)	8.7 (8.3 - 9.1)	8.1 (7.7 - 8.6)	7.8 (7.3 - 8.3)
Asian	7.3 (7.0 - 7.6)	7.9 (7.3 - 8.5)	8.5 (8.1 - 9.0)	7.9 (7.5 - 8.4)	8.1 (7.7 - 8.6)
MELAA	5.4 (4.5 - 6.3)	8.1 (7.3 - 8.9)	7.7 (7.1 - 8.4)	6.4 (5.2 - 7.7)	7.7 (6.7 - 8.8)
Junior	7.8 (7.6 - 8.1)	8.2 (8.0 - 8.4)	8.7 (8.6 - 8.8)	7.9 (7.7 - 8.1)	8.6 (8.4 - 8.8)
Senior	7.4 (7.2 - 7.6)	8.0 (7.7 - 8.2)	8.3 (8.1 - 8.5)	8.1 (8.0 - 8.3)	8.0 (7.8 - 8.1)
Male	7.8 (7.6 - 8.0)	8.2 (8.1 - 8.4)	8.8 (8.7 - 8.9)	8.2 (8.1 - 8.4)	8.5 (8.4 - 8.7)
Female	7.3 (7.1 - 7.5)	7.9 (7.6 - 8.1)	8.1 (7.9 - 8.3)	7.9 (7.7 - 8.1)	7.8 (7.6 - 8.0)
Disabled young people	7.2 (6.8 - 7.5)	7.7 (7.3 - 8.0)	8.0 (7.7 - 8.2)	7.5 (7.3 - 7.8)	7.6 (7.3 - 7.8)
Rainbow	6.8 (6.4 - 7.3)	7.4 (6.9 - 7.9)	7.9 (7.6 - 8.2)	7.7 (7.5 - 8.0)	7.8 (7.5 - 8.1)



9.4. Differences across school decile groups

Most measures of young people's experiences at work were similarly positive across the school decile groupings. Young people from lower school decile groups were less confident in achieving the qualifications they aspired to. Most school measures were consistent but lower decile groups felt less belonging at school.

Table 29. Overview of results across the decile groups in the achieving and contributing theme

Question	Decile 1-3	Decile 4-7	Decile 8-10
Achieving and contributing			
I am treated well at work (mean 0-10)	8.3 (8.1 - 8.6)	8.4 (8.3 - 8.5)	8.5 (8.3 - 8.7)
Work leaves me enough time for study (mean 0-10)	7.8 (7.5 - 8.2)	8.1 (7.9 - 8.3)	8.3 (8.2 - 8.5)
People expect me to do well at school (mean 0-10)	8.6 (8.2 - 8.9)	8.3 (8.2 - 8.5)	8.4 (8.4 - 8.5)
I feel like I belong at school (mean 0-10)	6.7 (6.3 - 7.1)	6.9 (6.7 - 7.1)	7.1 (6.9 - 7.4)
I think I will get the qualification I aspire to (% yes)	74% (69% - 80%)	85% (83% - 87%)	90% (88% - 92%)



9.5. What do we know from other surveys?

Results for feeling safe at school and people's expectations to do well were lower, but there were differences in the response scales (Table 30). The percentage of young people in paid employment was lower, but the percentage with regular part-time work was consistent.

Table 30. Comparison of selected results to past surveys focusing on youth wellbeing

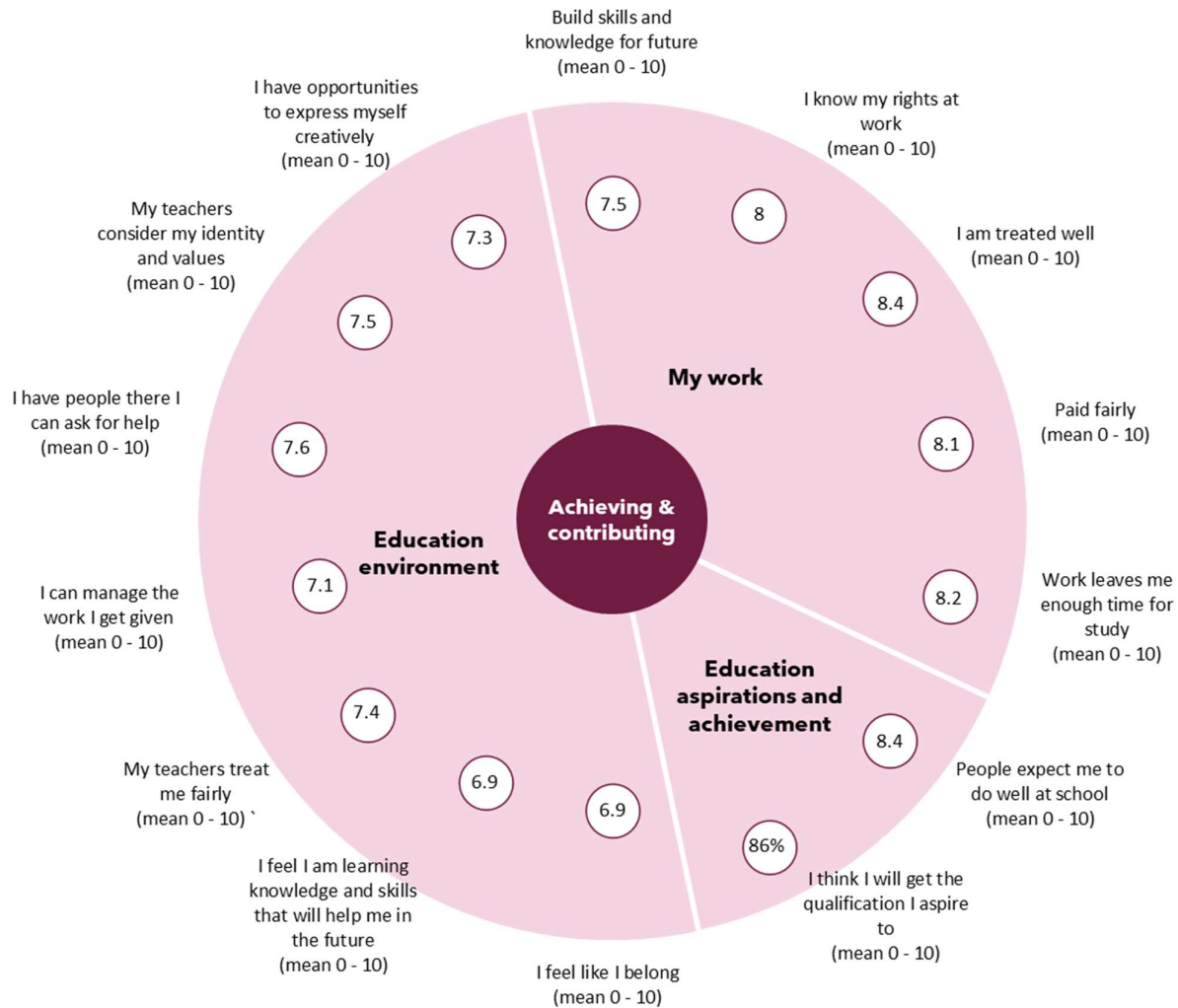
Question from <i>What About Me?</i>	2012 Youth2000 series	2019 Youth2000 series	2021 <i>What About Me?</i>
I feel safe at school or kura	87% (86% - 89%) All or most of the time	87% (85% - 89%) All/most of the time	77% (74% - 79%) ≥7/10 on 0-10 scale
People expect me to do well	91% (91% - 92%) Teachers/tutors expect me to do well with my studies	96% (95% - 96%) Teachers/tutors expect me to do well with my studies	88% (86% - 89%) ≥7/10 on 0-10 scale
My teachers treat me fairly	53% (52% - 57%) Teachers/tutors treat students fairly most/all of the time	69% (68% - 70%) Teachers/tutors treat students fairly most/all of the time	72% (70% - 74%) ≥7/10 on 0-10 scale
In the last 12 months did you do any of the following types of paid work? <i>Regular part-time, school holiday or sometimes worked during the school term</i>	52% (50% - 54%)	56% (54% - 58%)	49% (46% - 52%)
In the last 12 months did you do any of the following types of paid work? <i>Regular part-time</i>	29% (27% - 30%)	31% (28% - 33%)	26% (23% - 28%)



9.6. Overview: Achieving and contributing

Figure 23 provides an overview of the results in the achieving and contributing theme.

Figure 23. Overall results for the achieving and contributing theme



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





Feeling good physically
and mentally

10.1. Life overall

Young people's average rating for their life in general was 6.8 on a scale from 0 dissatisfied to 10 satisfied (Table 31). Rangatahi Māori were less positive than others and Asian young people were more positive than others.

Pacific and Asian young people felt more hopeful about their futures. European young people felt less hopeful. As for the questions about their lives in general, females were less positive than males.

Females, disabled and rainbow young people gave lower ratings for both questions.

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

Feeling good physically and mentally:

"Having better access to cheap healthcare. Especially for single parent families. As a child I feel like a burden asking to go to the doctors or dentist when it costs so much."

"Easier access to mental or physical healthcare without a four month wait list."

"A kind, supportive and reliable partner."

"For me to learn to not be so hard and negative on myself and accept that people do love and care for me, also stop overthinking everything to the point where I'm so stressed. Enjoy life more."



Table 31. Life overall



	How do you feel about life in general (0 dissatisfied to 10 satisfied)	I feel hopeful about my future (0 not at all to 10 very)
Overall	6.8 (6.7 - 6.9)	7.4 (7.3 - 7.5)
European	6.8 (6.7 - 6.9)	7.3 (7.2 - 7.4)
Māori	6.5 (6.2 - 6.7)	7.2 (6.9 - 7.4)
Pacific	6.9 (6.5 - 7.3)	7.8 (7.6 - 8.1)
Asian	7.1 (6.9 - 7.2)	7.5 (7.4 - 7.7)
MELAA	5.8 (5.1 - 6.5)	6.8 (6.1 - 7.6)
Junior	7.0 (6.8 - 7.1)	7.6 (7.5 - 7.7)
Senior	6.7 (6.5 - 6.8)	7.2 (7.1 - 7.3)
Male	7.4 (7.2 - 7.5)	7.8 (7.7 - 8.0)
Female	6.3 (6.2 - 6.4)	7.1 (7.0 - 7.2)
Disabled young people	5.6 (5.4 - 5.8)	5.8 (5.5 - 6.1)
Rainbow	5.5 (5.3 - 5.7)	5.7 (5.4 - 6.0)

10.2. Mental wellbeing

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

One-third (34%) of young people had deliberately hurt or done anything that they knew would harm themselves in the last 12 months. This question was intended to target self-harm but may have been interpreted more broadly to include other harmful behaviours (for example, drinking alcohol or smoking).

The mental health results present a worrying picture of high need for young people and show a deterioration compared to results from past surveys. While more than half (58%) of young people had WHO-5 scores representing good to excellent wellbeing, more than one-quarter (28%) had Kessler-6 scores indicating experience of serious distress. In the last twelve months, just under half had felt so overwhelmed they could not cope (49%) and that life was not worth living (41%). One-quarter had seriously thought about suicide (26%) and 12% had attempted it (Table 32).

There were much poorer results in mental wellbeing for some groups of young people. Results for all questions were significantly worse for female, disabled and rainbow young people and worse for most questions rangatahi Māori.



Table 32. Mental wellbeing



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

	Good to excellent wellbeing (WHO-5) (percentage with score 13 or more out of 25)	Experiencing serious distress (Kessler-6) (percentage with a score of 13 or more out of 24)	Felt overwhelmed or so down you can't cope	Felt like life was not worth living	Hurt yourself deliberately (Percentage yes once or more)	Seriously thought about attempting suicide	Tried to kill yourself (attempted suicide)
Overall	57.7% (55.7% - 59.7%)	27.9% (26.3% - 29.5%)	48.6% (46.7% - 50.6%)	40.8% (39.1% - 42.5%)	34.1% (32.3% - 35.8%)	26.4% (24.3% - 28.5%)	11.7% (10.3% - 13.1%)
European	57.2% (54.9% - 59.4%)	28.4% (26.6% - 30.1%)	51.3% (49.0% - 53.5%)	41.5% (39.6% - 43.3%)	34.9% (32.5% - 37.4%)	26.1% (23.8% - 28.4%)	10.0% (8.7% - 11.4%)
Māori	53.3% (50.0% - 56.6%)	35.5% (30.7% - 40.3%)	53.9% (50.0% - 57.7%)	49.7% (45.4% - 54.0%)	43.5% (39.4% - 47.5%)	37.5% (33.4% - 41.6%)	20.3% (17.1% - 23.4%)
Pacific	56.7% (50.8% - 62.6%)	25.3% (19.4% - 31.2%)	43.6% (33.9% - 53.2%)	42.7% (35.6% - 49.7%)	29.9% (22.3% - 37.5%)	31.1% (23.3% - 39.0%)	16.6% (12.1% - 21.1%)
Asian	63.1% (58.5% - 67.8%)	23.3% (19.5% - 27.0%)	40.2% (37.0% - 43.4%)	36.2% (33.3% - 39.1%)	28% (25.1% - 30.9%)	21.8% (18.6% - 25.1%)	11.1% (6.6% - 15.6%)
MELAA	40.0% (26.0% - 54.0%)	43.8% (27.2% - 60.4%)	57.1% (43.0% - 71.2%)	51.2% (37.6% - 64.9%)	39.0% (27.0% - 50.9%)	39.0% (25.9% - 52.1%)	14.6% (6.7% - 22.4%)
Junior	63.6% (60.6% - 66.6%)	24.9% (22.4% - 27.4%)	42.7% (39.7% - 45.7%)	37.3% (33.9% - 40.7%)	33.1% (29.5% - 36.7%)	24.4% (21.3% - 27.5%)	10.6% (8.9% - 12.3%)
Senior	52.8% (49.7% - 55.8%)	30.0% (27.9% - 32.0%)	53.1% (50.5% - 55.7%)	43.4% (40.7% - 46.2%)	34.8% (32.3% - 37.3%)	27.9% (25.5% - 30.4%)	12.5% (10.7% - 14.4%)
Male	72.1% (69.6% - 74.7%)	15.2% (12.7% - 17.6%)	31.6% (29.1% - 34.0%)	26.5% (24.2% - 28.8%)	20.6% (17.8% - 23.3%)	16.4% (14.3% - 18.6%)	5.7% (4.2% - 7.2%)
Female	45.3% (43.0% - 47.6%)	37.8% (35.9% - 39.7%)	62.7% (60.7% - 64.7%)	52.2% (49.1% - 55.4%)	44.2% (42.1% - 46.3%)	33.6% (30.7% - 36.6%)	16.5% (14.6% - 18.4%)
Disabled young people	29.2% (25.0% - 33.3%)	55.9% (51.8% - 59.9%)	74.9% (71.9% - 77.9%)	66.3% (63.0% - 69.6%)	58.8% (55.0% - 62.6%)	49.2% (43.9% - 54.6%)	25.7% (22.9% - 28.5%)
Rainbow	30.0% (26.1% - 33.9%)	57.1% (52.1% - 62.0%)	78.0% (73.2% - 82.8%)	72.5% (67.4% - 77.6%)	67.4% (62.2% - 72.6%)	55.3% (49.2% - 61.4%)	26.3% (21.2% - 31.3%)

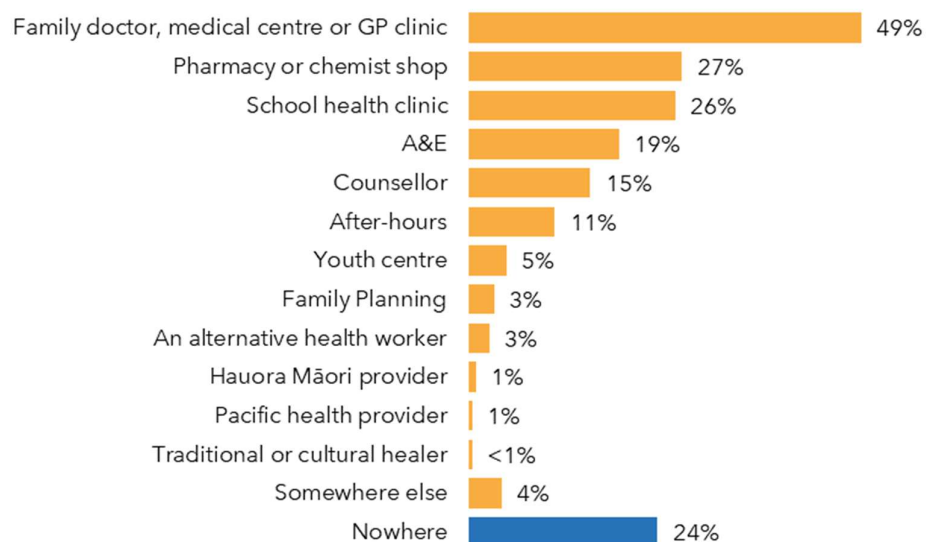


10.3. Physical health

Overall, most (85%) young people considered their health good, very good or excellent on a scale running from 1 (poor) to 5 (excellent). Female, disabled and rainbow young people were less likely to rate their health in general as very good or excellent.

Primary care providers in the community, pharmacies and school health clinics were the most common healthcare providers young people had used in the last 12 months (Figure 24). One-quarter (24%) of young people had not accessed healthcare in the last year.

Figure 24. Percentage of young people who had used different types of healthcare provider in the last 12 months (note: respondents could select as many as they wanted)



Overall, 18.3% had not been able to see a doctor or nurse when they have wanted or needed to in the last 12 months. Rangatahi Māori, disabled, rainbow and females were more likely to have been unable to access healthcare.

Table 33. Physical health



	In general my health is good, very good or excellent <i>(Five point scale from poor to excellent)</i>	In the last 12 months, there has been a time I wanted or needed to see a doctor or nurse or other healthcare worker about my health but I wasn't able to <i>(percentage yes)</i>
Overall	85.5% (83.8% - 87.1%)	18.3% (16.5% - 20.1%)
European	85.0% (83.7% - 86.4%)	17.2% (15.3% - 19.0%)
Māori	81.8% (78.8% - 84.9%)	24.6% (21.9% - 27.2%)
Pacific	83.4% (77.0% - 89.9%)	19.0% (15.1% - 23.0%)
Asian	88.8% (85.5% - 92.2%)	18.2% (14.9% - 21.6%)
MELAA	83.9% (78.5% - 89.3%)	16.8% (7.5% - 26.0%)
Junior	87.7% (85.7% - 89.6%)	17.3% (15.3% - 19.2%)
Senior	83.5% (81.5% - 85.6%)	19% (16.4% - 21.6%)
Male	91.2% (89.3% - 93.1%)	14.0% (11.2% - 16.7%)
Female	81.1% (78.0% - 84.3%)	21.1% (18.9% - 23.3%)
Disabled young people	70.2% (66.1% - 74.3%)	33.4% (30.2% - 36.7%)
Rainbow	71.7% (67.6% - 75.8%)	32.2% (28.0% - 36.3%)

10.4. Sexual health

By year 13, 46% of young people said they had had consensual sex. A small percentage of young people in year 9 (5%) and year 10 (10%) said they had had consensual sex (Table 34).

Table 34. Age young people first had sex they consented to by school year

	Year 9	Year 10	Year 11	Year 12	Year 13
Ever had consensual sex	5%	10%	20%	35%	46%
Median age first had consensual sex	12 years old	14 years old	14 years old	15 years old	16 years old

Use of a condom or dam to protect against sexually transmitted infections (STI) was lower (50%) than for protection to stop pregnancy (72%). Senior students were also more likely than junior students to have used protection against pregnancy but there was no difference in their use of protection against STIs (Table 35).

Young people identified their friends (41%), adults (35%) and online (16%) as places they would go to for advice on sex and relationships. A smaller percentage (10%) said they would go to a health professional and 30% said they would not go to anyone.



Table 35. Sexual health



	I have had sex I consented to (Percentage yes)	Last time I had sex, I/my partner used a condom (or dam) against STD/STI (Percentage yes)	Last time I had sex, I/my partner used contraception or protection to stop getting pregnant (Percentage yes excl. not applicable)
Overall	21.6% (20.2% - 23.0%)	50.4% (46.0% - 54.7%)	72.1% (67.1% - 77.0%)
European	21.9% (20.1% - 23.6%)	50.5% (47.0% - 54.0%)	75.3% (71.1% - 79.4%)
Māori	31.4% (28.6% - 34.3%)	42.0% (35.5% - 48.6%)	65.4% (60.0% - 70.8%)
Pacific	26.4% (17.3% - 35.5%)	43.2% (34.4% - 52.0%)	58.5% (45.3% - 71.8%)
Asian	17.1% (13.5% - 20.7%)	57.2% (39.4% - 74.9%)	81.2% (64.5% - 98.0%)
MELAA	14.3% (5.3% - 23.3%)	75.6% (58.9% - 92.3%)	91.0% (81.2% - 100%)
Junior	7.6% (6.1% - 9.1%)	53.5% (45.7% - 61.3%)	59.8% (51.6% - 68.0%)
Senior	32.5% (30.6% - 34.5%)	49.8% (44.5% - 55.1%)	74.0% (68.4% - 79.6%)
Male	20.5% (18.6% - 22.5%)	58.1% (52.4% - 63.8%)	74.8% (68.8% - 80.7%)
Female	22.6% (20.9% - 24.3%)	43.1% (37.1% - 49.1%)	69.5% (61.5% - 77.4%)
Disabled young people	30.9% (27.2% - 34.7%)	47.7% (40.9% - 54.4%)	69.8% (63.6% - 76.1%)
Rainbow	24.2% (20.4% - 27.8%)	48.7% (41.3% - 56.1%)	74.3% (65.8% - 82.8%)



10.5. Differences across school decile groups

Young people from lower decile schools were less likely to see their health as good to excellent and had a higher proportion of young people with Kessler scores indicating high risk. They were also less likely to have used protection against pregnancy and STI/STDs.

Table 36. Overview of results across the decile groups in the feeling good physically and mentally theme

Question	Decile 1-3	Decile 4-7	Decile 8-10
Feeling good physically and mentally			
Health in general (percentage good to excellent)	77% (73% - 81%)	87% (85% - 89%)	88% (86% - 90%)
Used protection - STI/STD (% Yes)	36% (31% - 41%)	53% (47% - 59%)	54% (48% - 60%)
Used protection - pregnancy (% Yes)	56% (46% - 65%)	71% (64% - 78%)	81% (76% - 86%)
WHO-5 wellbeing score 13+ indicating good wellbeing	48% (44% - 53%)	52% (48% - 55%)	54% (50% - 59%)
Kessler-6 score 13+ indicating high risk	32% (27% - 37%)	30% (27% - 33%)	24% (22% - 27%)
Attempted suicide (% Yes)	21% (17% - 25%)	11% (10% - 13%)	9% (7% - 11%)



10.6. What do we know from other surveys?

The percentage of young people who had accessed healthcare through their family doctor, medical centre or GP clinic was far lower than past surveys (Table 37).

However, the percentage of young people who had wanted to see a healthcare worker and not been able to in the last twelve months was steady.

The percentages of young people seriously thinking about suicide and attempting suicide were both higher than past surveys. The WHO-5 measure of overall wellbeing also gave a poorer result.

Use of contraception to prevent pregnancy was lower while use to protect from STIs was consistent with Youth19 but lower than Youth'12.

Table 37. Comparison of selected results to past surveys focusing on youth wellbeing

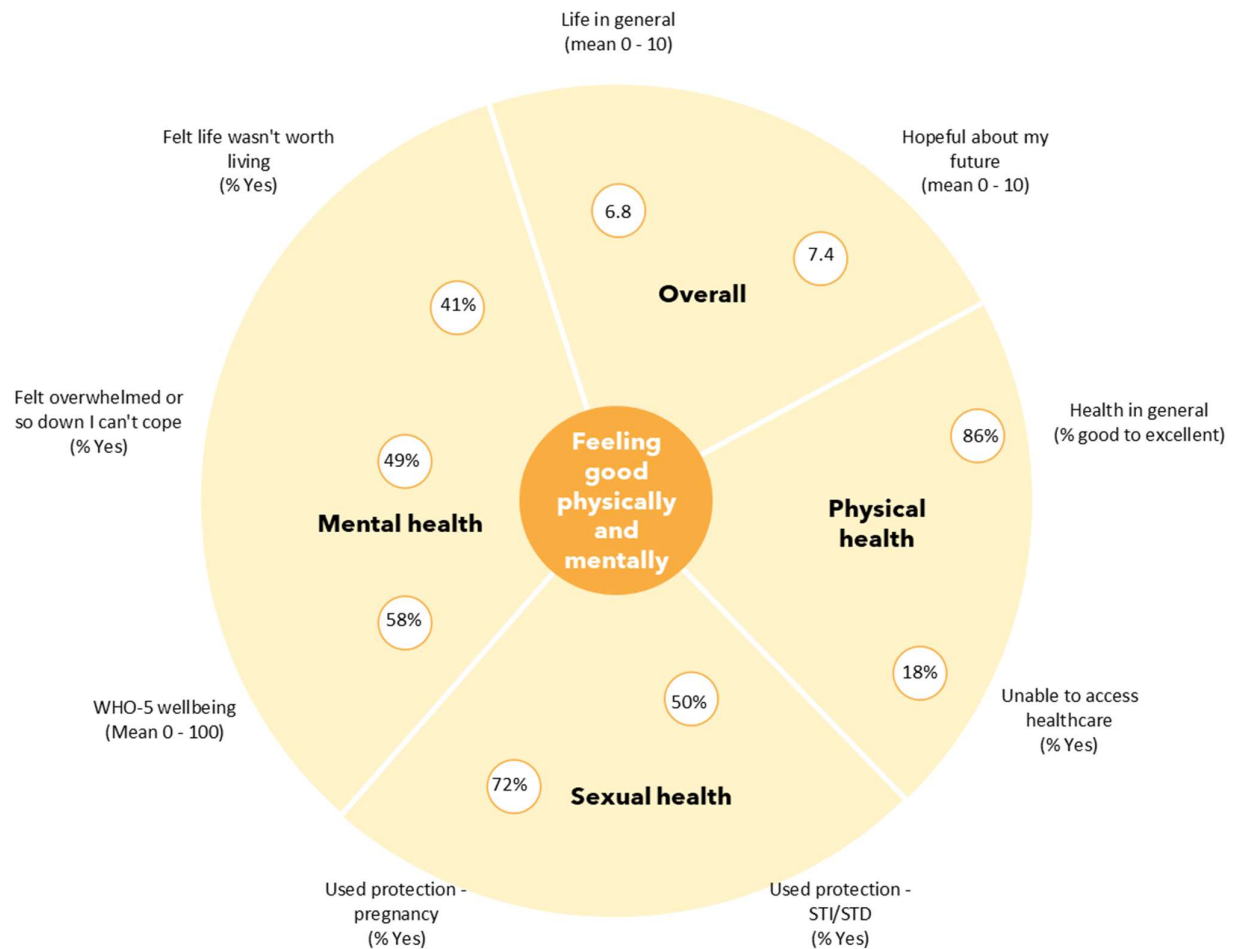
Question from <i>What About Me?</i>	2012 Youth2000 series	2019 Youth2000 series	2021 <i>What About Me?</i>
In general would you say your health is? <i>Good, very good or excellent</i>	92% (91% - 92%)	91% (90% - 92%)	86% (84% - 87%)
In the last 12 months, which of the following places have you used for healthcare <i>Family doctor, medical centre, or GP clinic</i>	76% (75% - 77%)	74% (73% - 75%)	49% (46% - 52%)
In the last 12 months, which of the following places have you used for healthcare <i>School health clinic</i>	18% (15% - 21%)	22% (20% - 24%)	26% (22% - 29%)
WHO-5 Wellbeing Scale <i>Score ≥13 indicating good wellbeing</i>	76% (75% - 77%)	69% (68% - 71%)	58% (56% - 60%)
In the last 12 months have you seriously thought about killing yourself (attempting suicide)?	15% (15% - 16%)	21% (19% - 22%)	26% (24% - 29%)
In the last 12 months have you attempted suicide tried to kill yourself (attempted suicide)?	4% (3% - 4%)	6% (5% - 7%)	12% (10% - 13%)
In the last 12 months, has there been any time when you wanted or needed to see a doctor or nurse (or other healthcare worker) about your health, but you weren't able to?	18% (17% - 19%)	20% (19% - 21%)	18% (16% - 20%)
Thinking about the last time you had sex, did you or your partner use contraception or protection to stop getting pregnant? <i>Yes, excluding not applicable</i>	-	89% (87% - 92%) Used at least one form of contraception to prevent pregnancy last time had sex	72% (67% - 77%)
Thinking about the last time you had sex, did you or your partner use a condom (or dam) against sexually transmitted disease (STD) or infection (STI)? <i>Percentage yes</i>	71% (69% - 73%) Used a condom to protect against sexually transmitted infections last time had sex	56% (53% - 59%) Used a condom to protect against sexually transmitted infections last time had sex	50% (46% - 55%)



10.7. Overview: Feeling good physically and mentally

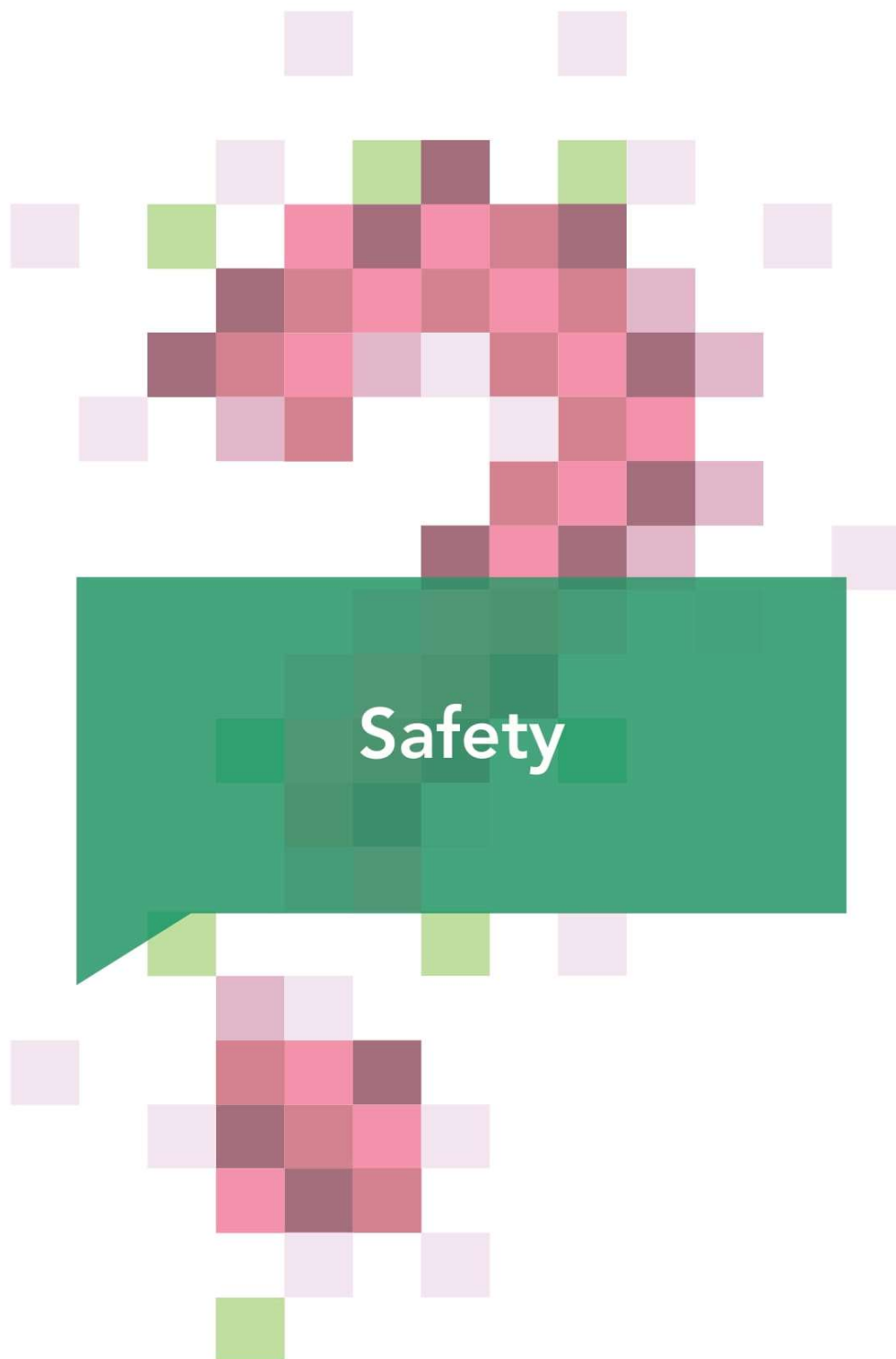
Figure 25 provides an overview of results for the feeling good physically and mentally theme.

Figure 25. Overall results for the feeling good physically and mentally theme



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





11.1. Feeling safe where young people spend time

Young people from all groups rated the place they usually lived as the place they felt safest (Table 37). Males felt safer than females in all settings and disabled and rainbow young people gave lower scores across all settings. Rainbow and disabled young people gave lower average ratings for safety across all environments.

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

Safety:

"A better neighbourhood that is clean and safe."

"If my parents stopped and actually looked at me and see I'm not their happy, cheerful daughter I once was 4 years ago and that some of the things they do and say actually hurt me emotionally and if they would just accept me for who I am and I'm 16 and want to experience more life now outside of their care."

"Having my own place so I can set my own safe rules and routine for me and my baby, no toxic people in my life. It is very hard to find a place when you're young because they think you're too young to handle your own place nor responsible enough."



Table 38. Feeling safe where young people spend time



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

	At work	At school/kura I attend	Where I usually live	In the community where I live
Overall	8.1 (8.0 - 8.3)	7.7 (7.6 - 7.8)	8.8 (8.7 - 8.8)	7.9 (7.8 - 8.0)
European	8.2 (8.0 - 8.3)	7.6 (7.5 - 7.8)	8.8 (8.7 - 8.9)	7.9 (7.8 - 8.0)
Māori	7.9 (7.7 - 8.1)	7.3 (7.1 - 7.5)	8.6 (8.5 - 8.7)	7.6 (7.4 - 7.8)
Pacific	8.2 (7.7 - 8.7)	7.8 (7.6 - 8.1)	8.7 (8.5 - 8.9)	8.0 (7.7 - 8.3)
Asian	8.1 (7.7 - 8.4)	7.9 (7.7 - 8.1)	8.7 (8.5 - 8.8)	8.0 (7.9 - 8.2)
MELAA	7.4 (6.4 - 8.4)	7.2 (6.7 - 7.6)	8.3 (7.8 - 8.9)	7.4 (7.0 - 7.9)
Junior	8.3 (8.1 - 8.5)	7.7 (7.5 - 7.8)	8.8 (8.7 - 8.9)	8.0 (7.9 - 8.2)
Senior	8.0 (7.8 - 8.2)	7.7 (7.5 - 7.9)	8.7 (8.6 - 8.8)	7.8 (7.7 - 7.9)
Male	8.4 (8.3 - 8.6)	8.1 (8.0 - 8.2)	9.0 (8.9 - 9.1)	8.3 (8.2 - 8.4)
Female	7.8 (7.5 - 8.1)	7.4 (7.2 - 7.6)	8.6 (8.5 - 8.7)	7.6 (7.5 - 7.8)
Disabled young people	7.5 (7.3 - 7.7)	6.7 (6.5 - 6.9)	7.9 (7.8 - 8.0)	7.0 (6.8 - 7.2)
Rainbow	7.4 (7.1 - 7.7)	6.8 (6.5 - 7.1)	7.8 (7.6 - 8.0)	6.9 (6.6 - 7.1)



11.2. Safety in personal relationships

Young people from all groups felt safe with their girlfriend, boyfriend or partner but also gave high scores for feeling safe with their friends (Table 39). Female, disabled and rainbow young people's ratings for feeling safe with friends were lower, but still high.

I feel safe ... (mean score on scale of 0 disagree to 10 agree)		
	With my friends	With my girlfriend, boyfriend or partner (For those with one)
Overall	8.5 (8.5 - 8.6)	9.2 (9.1 - 9.3)
European	8.5 (8.4 - 8.6)	9.2 (9.1 - 9.4)
Māori	8.4 (8.3 - 8.5)	9.1 (9.0 - 9.3)
Pacific	8.3 (8.0 - 8.7)	9.2 (8.8 - 9.5)
Asian	8.6 (8.5 - 8.8)	9.3 (8.9 - 9.6)
MELAA	8.4 (7.9 - 8.9)	9.4 (8.7 - 10.0)
Junior	8.6 (8.5 - 8.7)	8.9 (8.7 - 9.1)
Senior	8.5 (8.4 - 8.6)	9.3 (9.2 - 9.4)
Male	8.7 (8.6 - 8.8)	9.2 (9.0 - 9.5)
Female	8.4 (8.3 - 8.5)	9.1 (9.0 - 9.3)
Disabled young people	8.1 (7.9 - 8.2)	9.0 (8.8 - 9.2)
Rainbow	8.2 (8.0 - 8.3)	9.1 (8.9 - 9.3)

11.3. Differences across school decile groups

Young people gave similar ratings to feelings of safety in different settings though young people in the lower school decile group felt slightly less safe than those in the higher school decile group on safety at work, in the community and with friends (Table 40).

Table 40. Overview of results across the decile groups in the safety theme

Question	Decile 1-3	Decile 4-7	Decile 8-10
Safety			
I feel safe at work (mean 0 - 10)	7.7 (7.3 - 8.0)	8.2 (8.0 - 8.3)	8.2 (8.0 - 8.5)
I feel safe at school/kura (current) (mean 0 - 10)	7.5 (7.1 - 7.9)	7.6 (7.4 - 7.8)	7.9 (7.6 - 8.1)
I feel safe in the community (mean 0 - 10)	7.7 (7.5 - 7.9)	7.8 (7.6 - 8.0)	8.1 (8.0 - 8.2)
I feel safe with my friends (mean 0 - 10)	8.3 (8.2 - 8.5)	8.5 (8.4 - 8.6)	8.7 (8.6 - 8.7)



11.4. What do we know from other surveys?

Results for feeling safe at school and where young people lived were lower than past surveys, but there were differences in the response scales (Table 41).

Table 41. Comparison of selected results to past surveys focusing on youth wellbeing

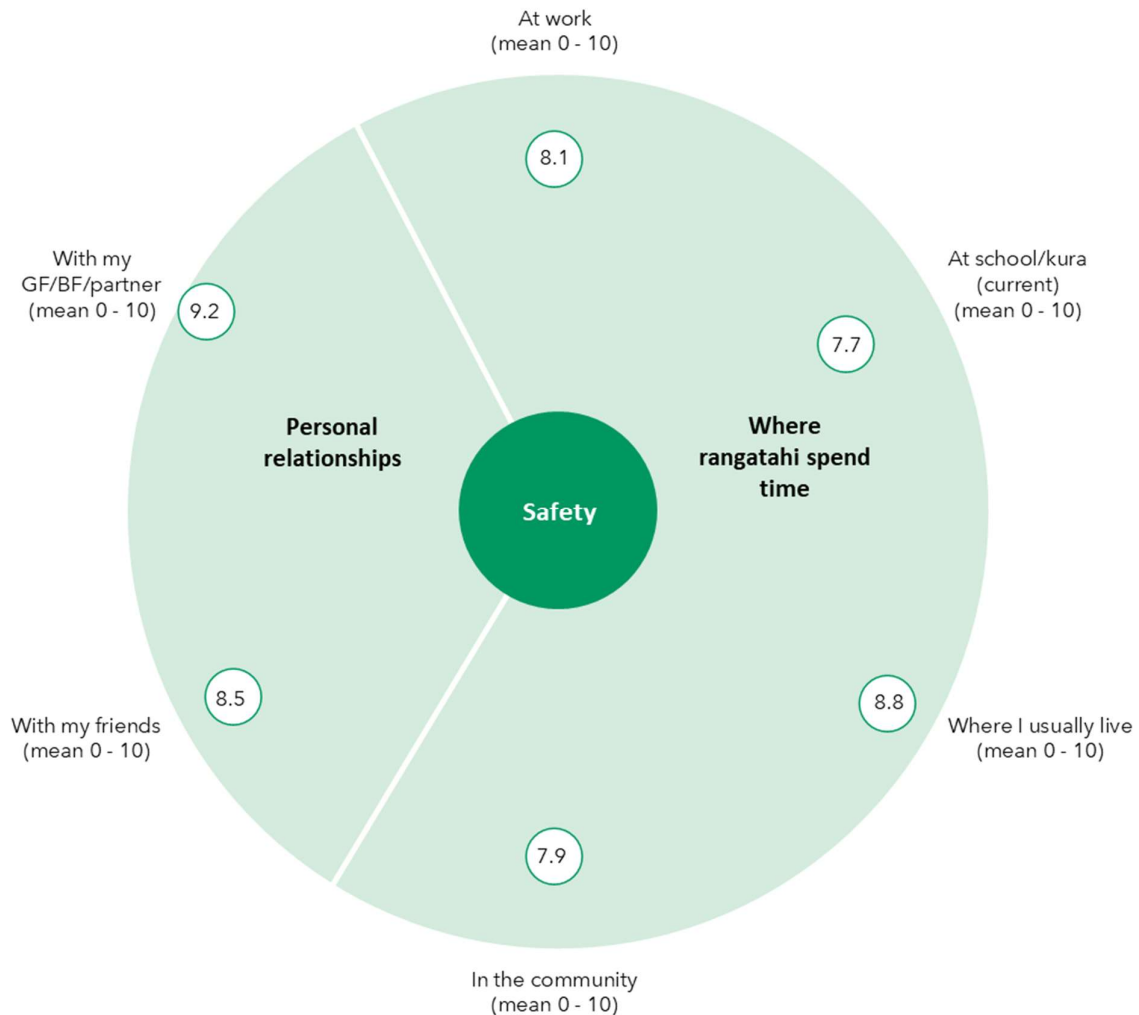
Question from <i>What About Me?</i>	2012 Youth2000 series	2019 Youth2000 series	2021 <i>What About Me?</i>
I feel safe there (... about your kura, school, alternative education or teen parent unit, education or training provider)	87% (86% - 89%) All or most of the time	87% (85% - 89%) All or most of the time	77% (74% - 79%) ≥7/10 on 0-10 scale
I feel safe where I live (thinking about the places you usually live)	95% (94% - 95%) All or most of the time	93% (92% - 94%) All or most of the time	89% (87% - 90%) ≥7/10 on 0-10 scale



11.5. Overview: Safety

Figure 26 provides an overview of results in the safety theme.

Figure 26. Overall results for the safety theme



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





Reduced harm

12.1. Harm at home

Overall, 41% of young people had not been exposed to an adult yelling or swearing at them or someone else in their home in the last twelve months. Most (87%) had not been physically hurt or hit by an adult, seen another child or someone else physically hurt or hit.

Disabled and rainbow young people and rangatahi Māori were more likely to experience yelling/swearing and physical harm/hitting at places where they usually lived than other young people.

Young people were more likely to report yelling/swearing and physical hurt/hitting directed at them than at another adult or child in their house.

Table 42. Young people who have not experienced harm at home

	In the last 12 months have adults in the places where you usually live HAVE NOT ...	
	Yelled or sworn at me/another child/each other (Percentage who have not)	Physically hurt me/another child/each other (Percentage who have not)
Overall	40.8% (38.2% - 43.3%)	86.6% (84.5% - 88.7%)
European	36.8% (34.5% - 39.1%)	88.9% (87.4% - 90.4%)
Māori	32.7% (29.7% - 35.7%)	79.3% (77.1% - 81.5%)
Pacific	46.7% (40.3% - 53.1%)	80.8% (73.1% - 88.4%)
Asian	49.3% (44.9% - 53.7%)	83.7% (77.6% - 89.7%)
MELAA	32.4% (21.5% - 43.2%)	86.4% (78.0% - 94.8%)
Junior	42.3% (39.3% - 45.2%)	86.2% (83.5% - 88.9%)
Senior	39.6% (36.5% - 42.7%)	86.9% (84.6% - 89.2%)
Male	46.1% (43.0% - 49.2%)	90.1% (87.2% - 92.9%)
Female	36.5% (33.3% - 39.7%)	83.5% (81.2% - 85.8%)
Disabled young people	24.9% (21.3% - 28.4%)	76.4% (71.4% - 81.3%)
Rainbow	27.5% (22.2% - 32.7%)	80.8% (78.0% - 83.6%)



Table 43. Harm at home



	In the last 12 months have adults in the places where you usually live yelled or sworn at ... (Percentage yes)			In the last 12 months have adults in the places where you usually live hit/physically hurt ... (Percentage yes)		
	Another child	Each other	Me	Another child	Each other	Me
Overall	25.5% (24.2% - 26.9%)	31.4% (29.0% - 33.9%)	46.2% (44.3% - 48.0%)	5.1% (4.4% - 5.8%)	3.1% (2.4% - 3.8%)	9.6% (7.7% - 11.5%)
European	27.6% (25.4% - 29.8%)	34.0% (31.6% - 36.4%)	50.3% (48.3% - 52.3%)	4.0% (3.4% - 4.7%)	2.7% (1.8% - 3.6%)	7.7% (6.4% - 8.9%)
Māori	30.6% (28.1% - 33.1%)	39.3% (36.2% - 42.3%)	51.6% (47.8% - 55.4%)	8.2% (6.6% - 9.8%)	6.9% (5.5% - 8.3%)	14.2% (12.1% - 16.3%)
Pacific	28.2% (22.1% - 34.3%)	27.9% (23.3% - 32.4%)	37.9% (29.2% - 46.6%)	9.8% (5.8% - 13.9%)	4.5% (2.7% - 6.3%)	13.6% (7.0% - 20.3%)
Asian	17.9% (12.9% - 22.9%)	23.5% (18.2% - 28.8%)	39.9% (34.5% - 45.2%)	4.9% (2.3% - 7.4%)	1.8% (0.9% - 2.7%)	12.7% (6.7% - 18.7%)
MELAA	28.5% (11.7% - 45.2%)	44.4% (31.0% - 57.8%)	53.2% (41.8% - 64.6%)	4.1% (0% - 11.4%)	0.5% (0% - 1.5%)	11.6% (3.0% - 20.3%)
Junior	25.1% (22.4% - 27.8%)	25.6% (22.7% - 28.5%)	45.2% (42.5% - 47.8%)	5.4% (4.1% - 6.6%)	3.2% (2.3% - 4.1%)	9.8% (7.5% - 12.2%)
Senior	25.9% (23.7% - 28.1%)	35.8% (33.0% - 38.6%)	46.9% (44.5% - 49.3%)	4.9% (3.7% - 6.0%)	3.1% (2.0% - 4.2%)	9.4% (7.2% - 11.6%)
Male	21.8% (19.4% - 24.1%)	26.0% (22.9% - 29.0%)	40.0% (37.5% - 42.5%)	3.3% (2.2% - 4.3%)	1.9% (1.2% - 2.5%)	7.1% (4.5% - 9.7%)
Female	28.9% (26.5% - 31.3%)	36.2% (32.6% - 39.7%)	51.2% (48.5% - 53.9%)	6.6% (5.3% - 8.0%)	4.2% (3.2% - 5.3%)	12.0% (10.0% - 14.0%)
Disabled young people	30.5% (27.9% - 33.1%)	43.1% (38.9% - 47.3%)	62.3% (58.2% - 66.3%)	7.7% (5.6% - 9.9%)	5.3% (3.4% - 7.2%)	17.8% (13.5% - 22.1%)
Rainbow	30.9% (26.0% - 35.8%)	41.0% (36.5% - 45.4%)	60.4% (54.9% - 65.8%)	7.1% (5.2% - 8.9%)	5.4% (3.7% - 7.2%)	13.9% (11.1% - 16.7%)



12.2. Unwanted sexual contact

Overall, one in five (19%) of young people reported unwanted sexual contact. The percentage experiencing unwanted sexual touching was higher for females, rangatahi Māori, and rainbow and disabled young people.

Young people gave an average rating of 8.9 on a scale running from 0 very often to 10 not at all for how often they had been pressured to do things they or someone else saw in porn. There were minor differences only between different groups of young people.





I have ...

	Been touched in a sexual way or made to do sexual things I didn't want to (Percentage yes)	Been pressured to do things I or someone saw in porn (mean score on scale of 0 very often to 10 not at all)
Overall	18.6% (17.0% - 20.3%)	8.9 (8.7 - 9.0)
European	19.1% (17.0% - 21.2%)	8.9 (8.8 - 9.0)
Māori	25.5% (22.8% - 28.2%)	8.5 (8.4 - 8.7)
Pacific	19.0% (15.2% - 22.9%)	8.4 (8.1 - 8.8)
Asian	14.3% (12.0% - 16.7%)	8.7 (8.5 - 8.9)
MELAA	18.5% (9.3% - 27.7%)	8.6 (7.9 - 9.3)
Junior	14.1% (11.7% - 16.5%)	9.0 (8.9 - 9.1)
Senior	22.0% (19.9% - 24.2%)	8.7 (8.6 - 8.8)
Male	7.9% (6.3% - 9.5%)	9.0 (8.8 - 9.1)
Female	28.2% (25.4% - 31.0%)	8.8 (8.6 - 8.9)
Disabled young people	32.0% (28.9% - 35.1%)	8.4 (8.2 - 8.6)
Rainbow	32.2% (29.2% - 35.3%)	8.5 (8.3 - 8.8)

12.3. Bullying

Overall, 37% of young people said they had experienced bullying in the last 12 months. The most common way young people were bullied was by being teased or verbally abused. However, approximately one in five had been physically hit or harmed or been pushed and shoved around.

Higher percentages of European young people and rangatahi Māori said they had experienced bullying than young people from other ethnic groups.

Higher percentages of female, rainbow and disabled young people reported bullying. Being teased or verbally abused was the most common way young people were bullied across all groups of young people.

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

Reduced harm:

"More information on what bullying really is and more acceptance on ethnicity and the lgbtq+ community. As well as what domestic violence could be and how to get help."

"Treat others the way you want to be treated."

"To not be harassed and bullied, if people made more of an awareness about mental health"



Table 45. Bullying



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

	I have experienced bullying in the last 12 months (Percentage yes)	A message, or a message I got online	A rumour about me e.g. on social media	Pushed or shoved around	Teased or verbally abused	Physically hit or harmed
Overall	36.8% (34.4% - 39.2%)	33.6% (29.9% - 37.3%)	38.0% (35.2% - 40.9%)	20.2% (17.4% - 23.0%)	60.9% (58.5% - 63.3%)	21.4% (18.7% - 24.1%)
European	40.2% (37.0% - 43.4%)	34.1% (29.8% - 38.4%)	38.5% (35.4% - 41.5%)	21.8% (18.7% - 24.8%)	62.2% (59.0% - 65.3%)	19.3% (16.8% - 21.7%)
Māori	40.3% (36.8% - 43.7%)	39.9% (36.4% - 43.4%)	45.2% (40.7% - 49.8%)	22.6% (18.8% - 26.4%)	56.7% (52.3% - 61.2%)	25.2% (21.3% - 29.0%)
Pacific	28.2% (23.8% - 32.5%)	34.6% (26.7% - 42.4%)	46.6% (37.8% - 55.3%)	13.9% (9.6% - 18.3%)	59.2% (50.4% - 68.0%)	25.3% (17.0% - 33.5%)
Asian	28.7% (23.4% - 34.0%)	28.2% (21.5% - 35.0%)	33.5% (24.2% - 42.8%)	16.6% (12.2% - 20.9%)	58.5% (51.7% - 65.3%)	20.7% (14.6% - 26.7%)
MELAA	26.2% (16.9% - 35.4%)	47.9% (26.4% - 69.5%)	34.6% (20.9% - 48.4%)	15.9% (0% - 33.0%)	61.8% (47.9% - 75.7%)	23.7% (5.7% - 41.8%)
Junior	38.8% (35.4% - 42.2%)	29.8% (26.0% - 33.7%)	33.6% (30.2% - 37.0%)	25.6% (21.8% - 29.4%)	59.3% (54.5% - 64.1%)	25.6% (20.4% - 30.8%)
Senior	35.3% (32.5% - 38.0%)	36.8% (31.8% - 41.7%)	41.7% (38.2% - 45.2%)	15.7% (11.6% - 19.8%)	62.3% (58.4% - 66.1%)	17.9% (14.6% - 21.1%)
Male	30.4% (27.3% - 33.6%)	26.0% (21.4% - 30.6%)	29.7% (25.1% - 34.2%)	29.0% (23.3% - 34.7%)	66.1% (61.5% - 70.6%)	27.3% (22.4% - 32.2%)
Female	42.2% (39.3% - 45.0%)	38.9% (34.2% - 43.5%)	44.3% (40.1% - 48.4%)	14.7% (11.9% - 17.4%)	57.0% (53.6% - 60.5%)	18.0% (15.3% - 20.7%)
Disabled young people	50.3% (45.0% - 55.5%)	38.8% (32.2% - 45.3%)	43.4% (35.8% - 51.0%)	23.5% (19.9% - 27.1%)	65.2% (60.7% - 69.6%)	25.6% (19.5% - 31.6%)
Rainbow	48.3% (41.4% - 55.1%)	37.3% (29.0% - 45.5%)	38.0% (31.1% - 44.9%)	21.4% (17.0% - 25.7%)	70.3% (65.2% - 75.4%)	19.2% (14.9% - 23.4%)



12.4. Other harm

Overall, 69% of young people had never been in a serious physical fight (Table 46).

Table 46. Percentage of young people that have been in a serious physical fight

	Never	Not in the last 12 months	Once or twice	Three or four times	Five or more times
Overall	69%	12%	13%	3%	3%
European	70%	13%	13%	2%	2%
Māori	52%	15%	20%	5%	8%
Pacific	64%	10%	16%	6%	5%
Asian	74%	11%	12%	1%	2%
MELAA	80%	3%	11%	3%	3%
Junior	66%	12%	15%	3%	4%
Senior	71%	12%	12%	2%	3%
Male	62%	15%	15%	3%	4%
Female	75%	9%	11%	3%	2%
Disabled	54%	18%	19%	5%	4%
Rainbow	68%	15%	12%	2%	3%

Overall, in the last 12 months 17% of young people had been hit or physically harmed by a person they did not live with. Rangatahi Māori, males, junior and disabled young people were more likely to say they had been.

A small percentage (8%) had gambled for money or precious things in the last four weeks. It was lower for Asian and female students but higher for rangatahi Māori, disabled and males.

Overall, 10% of young people had been in trouble with the police in the last twelve months. Rangatahi Māori and disabled young people were more likely to have been involved with the police. Asian young people were less likely to have been involved with police (Table 47).





I have ... (Percentage yes)

	Been hit or physically harmed on purpose by a person I don't live with in the last 12 months	Gambled for money or bet precious things in the last 4 weeks	Been in trouble with the police in the last 12 months
Overall	17.2% (16.1% - 18.3%)	7.7% (6.9% - 8.6%)	9.9% (8.6% - 11.1%)
European	18.1% (16.7% - 19.5%)	7.4% (6.3% - 8.6%)	9.6% (8.2% - 10.9%)
Māori	24.3% (21.4% - 27.2%)	12.5% (9.7% - 15.3%)	17.9% (15.5% - 20.2%)
Pacific	16.7% (13.5% - 20.0%)	11.3% (7.4% - 15.3%)	12.3% (9.2% - 15.4%)
Asian	11.1% (7.7% - 14.5%)	5.0% (3.5% - 6.4%)	5.4% (3.7% - 7.1%)
MELAA	13.2% (3.1% - 23.3%)	6.3% (1.4% - 11.2%)	9.8% (4.8% - 14.8%)
Junior	20.9% (18.9% - 22.8%)	7.7% (6.1% - 9.3%)	10.2% (8.5% - 11.9%)
Senior	14.5% (12.7% - 16.2%)	7.7% (6.5% - 9.0%)	9.6% (7.9% - 11.3%)
Male	20.1% (18.0% - 22.3%)	11.1% (9.5% - 12.7%)	11.0% (9.5% - 12.5%)
Female	14.1% (12.2% - 16.1%)	4.2% (2.9% - 5.5%)	8.8% (7.2% - 10.4%)
Disabled young people	23.3% (20.1% - 26.5%)	13.0% (10.3% - 15.8%)	14.6% (12.3% - 16.8%)
Rainbow	16.6% (14.0% - 19.1%)	7.7% (5.2% - 10.2%)	8.4% (6.5% - 10.3%)



12.5. Smoking and vaping

One in five (21%) young people had ever smoked a whole cigarette, tobacco or roll-your-owns. Of those who had ever smoked, 21% were worried about how much they smoked.

A higher percentage of young people (48%) had ever vaped or used e-cigarettes than smoked cigarettes, tobacco or roll-your-owns. Many (39%) were worried about how much they vaped or used e-cigarettes. Less than half (40%) had smoked ordinary cigarettes when they first began vaping.

Rangatahi Māori, females and disabled young people were more likely to have ever smoked or vaped. Rates of both were higher for senior than junior young people.



Table 48. Smoking and vaping



	I have ever smoked a whole cigarette e.g. cigarettes, tobacco, roll-your-owns (Percentage yes)	(Of those who have smoked a cigarette) Have worried about how much I smoke cigarettes (Percentage yes)	Have ever vaped e.g. vaporisers, e-cigarettes (Percentage yes)	I smoked ordinary cigarettes (tobacco) when I first began vaping or using e-cigarettes (Percentage yes)	(Of those who have vaped) Have worried about how much I use e-cigarettes or vapes
Overall	21.1% (18.8% - 23.3%)	20.7% (17.0% - 24.4%)	47.6% (44.1% - 51.0%)	40.1% (36.7% - 43.5%)	39.2% (35.2% - 43.2%)
European	21.0% (19.0% - 23.0%)	17.5% (14.2% - 20.8%)	48.3% (44.7% - 52.0%)	34.1% (30.6% - 37.6%)	37.7% (33.7% - 41.7%)
Māori	34.7% (30.5% - 38.9%)	26.6% (22.6% - 30.6%)	68.0% (63.6% - 72.3%)	46.6% (40.7% - 52.6%)	41.8% (37.0% - 46.6%)
Pacific	23.2% (17.9% - 28.5%)	28.4% (19.7% - 37.1%)	51.9% (45.9% - 58.0%)	60.2% (51.8% - 68.5%)	46.9% (38.5% - 55.4%)
Asian	15.1% (11.8% - 18.4%)	25.5% (14.6% - 36.3%)	32.1% (27.3% - 37.0%)	27.7% (16.3% - 39.1%)	44.1% (27.9% - 60.3%)
MELAA	16.4% (10.9% - 21.9%)	13.4% (0% - 29.7%)	50.0% (42.9% - 57.0%)	7.5% (0% - 19.1%)	44.6% (34.4% - 54.8%)
Junior	13.2% (10.9% - 15.4%)	21.6% (15.9% - 27.3%)	35.5% (31.9% - 39.1%)	44.9% (39.0% - 50.9%)	37.3% (34.1% - 40.4%)
Senior	27.7% (24.9% - 30.5%)	20.4% (16.3% - 24.4%)	57.6% (53.2% - 62.0%)	38.2% (34.4% - 42.0%)	40.2% (34.9% - 45.4%)
Male	17.9% (16.0% - 19.9%)	19.6% (16.0% - 23.2%)	42.0% (38.6% - 45.5%)	36.4% (31.8% - 41.0%)	37.5% (32.7% - 42.3%)
Female	24.0% (20.5% - 27.4%)	21.6% (16.0% - 27.2%)	53.2% (48.6% - 57.8%)	42.0% (36.4% - 47.6%)	41.2% (37.2% - 45.2%)
Disabled young people	33.0% (29.4% - 36.6%)	21.8% (15.6% - 28.0%)	60.9% (55.2% - 66.7%)	44.2% (39.1% - 49.2%)	42.9% (38.8% - 47.0%)
Rainbow	25.7% (21.2% - 30.2%)	19.0% (12.7% - 25.4%)	47.9% (43.4% - 52.5%)	40.9% (33.6% - 48.1%)	36.8% (32.0% - 41.5%)



12.6. Alcohol and cannabis

Three-quarters of young people were not worried about drug use or drinking by anyone they live with (Table 49). Pacific, rainbow and disabled young people were more likely to be worried about drug use by someone they live with.

Table 49. Percentage of young people worried about drug use or drinking by anyone they live with

	Yes	Sometimes	No	Not applicable
Overall	8%	14%	72%	6%
European	7%	14%	74%	6%
Māori	11%	17%	66%	5%
Pacific	14%	15%	62%	9%
Asian	8%	10%	74%	9%
MELAA	6%	5%	81%	8%
Junior	6%	14%	74%	5%
Senior	10%	14%	70%	7%
Male	5%	12%	76%	7%
Female	11%	16%	68%	5%
Disabled	15%	17%	62%	6%
Rainbow	13%	15%	67%	6%

Overall, 67% of young people had ever drunk alcohol. Binge drinking, defined as consuming five or more drinks on an occasion for men or four or more drinks on an occasion for women, is associated with many health problems. Just under half (47%) of young people who had ever drunk alcohol had drunk five or more drinks in a four-hour period at least once in the past four weeks. This represented 31% of young people overall. Having ever used cannabis was less common (26%). Having ever used alcohol or cannabis increased with age.

Rangatahi Māori and European young people were more likely to have drunk alcohol, but rangatahi Māori were also more likely to have used cannabis. Asian young people were less likely to have done either of the two (Table 50).



Table 50. Alcohol and cannabis



I have ... (Percentage yes)

	Drunk alcohol (ever)	(Of those who have drunk alcohol) Had 5+ drinks within 4 hours (during the past four weeks)	Used cannabis (ever)
Overall	66.5% (64.3% - 68.7%)	47.4% (44.7% - 50.1%)	26.2% (23.1% - 29.3%)
European	71.9% (69.7% - 74.1%)	48.5% (45.9% - 51.1%)	27.4% (24.5% - 30.3%)
Māori	77.4% (74.6% - 80.3%)	54.8% (51.5% - 58.1%)	42.0% (37.9% - 46.0%)
Pacific	56.0% (49.5% - 62.6%)	46.5% (39.1% - 53.9%)	25.7% (19.5% - 32.0%)
Asian	47.4% (41.7% - 53.1%)	38.5% (29.3% - 47.6%)	15.0% (11.2% - 18.7%)
MELAA	58.7% (48.8% - 68.5%)	31.3% (20.2% - 42.4%)	27.5% (14.3% - 40.7%)
Junior	53.0% (50.1% - 56.0%)	34.4% (31.5% - 37.3%)	14.7% (12.4% - 17.0%)
Senior	77.7% (75.1% - 80.2%)	54.7% (51.3% - 58.1%)	35.8% (31.0% - 40.6%)
Male	62.5% (59.2% - 65.7%)	44.7% (40.5% - 49.0%)	22.8% (19.9% - 25.7%)
Female	70.1% (67.3% - 72.9%)	50.4% (46.8% - 54.0%)	29.6% (25.1% - 34.1%)
Disabled young people	77.9% (74.6% - 81.1%)	51.4% (45.6% - 57.2%)	37.9% (32.8% - 43.1%)
Rainbow	71.6% (68.4% - 74.7%)	42.4% (37.3% - 47.5%)	32.6% (26.8% - 38.3%)

12.7. Other drugs

Less than one in five young people (18%) had huffed or sniffed glue, bleach, petrol, aerosol cans or similar. A smaller proportion had used synthetic cannabis (6%). Around one-quarter (24%) of those who had used other drugs were worried about how much they used.

Rangatahi Māori, senior and disabled young people were more likely to have used other drugs to get high. Junior, Māori and Pacific young people were more likely to have sniffed glue. Rainbow young people were more likely to have misused prescription drugs.



Table 51. Other drugs

I have ... (Percentage yes)

	Smoked synthetic cannabis (ever)	Used prescription drugs in a way they were not intended to be used (ever) e.g. Ritalin	Used other drugs that can cause a high or trip (ever) e.g. acid (tabs), P, speed, ecstasy (MDMA), homebake, etc.	Huffed or sniffed glue, bleach, petrol, aerosol cans or similar (ever)	(Of those who used other drugs) Worried about how much I use other drugs (sometimes or yes)
Overall	5.4% (4.6% - 6.3%)	9.2% (8.1% - 10.3%)	8.5% (7.3% - 9.7%)	17.7% (16.0% - 19.4%)	24.0% (21.6% - 26.4%)
European	5.5% (4.5% - 6.5%)	9.7% (8.5% - 10.9%)	8.9% (7.3% - 10.5%)	16.3% (14.7% - 17.9%)	24.1% (22.0% - 26.3%)
Māori	11.7% (9.8% - 13.5%)	13.4% (11.2% - 15.6%)	13.6% (11.7% - 15.5%)	23.8% (20.8% - 26.8%)	28.7% (24.2% - 33.1%)
Pacific	7.0% (4.1% - 10.0%)	8.1% (3.8% - 12.5%)	9.0% (5.6% - 12.5%)	22.7% (19.3% - 26.2%)	25.0% (20.9% - 29.1%)
Asian	3.0% (1.7% - 4.4%)	7.8% (5.8% - 9.8%)	6.7% (4.3% - 9.0%)	18.7% (12.8% - 24.7%)	22.8% (14.3% - 31.3%)
MELAA	3.9% (0% - 7.8%)	9.3% (2.5% - 16.1%)	6.6% (0.4% - 12.9%)	20.1% (8.7% - 31.4%)	16.0% (0% - 34.7%)
Junior	4.4% (3.5% - 5.3%)	6.1% (4.8% - 7.4%)	4.9% (3.6% - 6.1%)	21.4% (19.0% - 23.9%)	19.1% (14.9% - 23.4%)
Senior	6.3% (5.0% - 7.7%)	11.8% (10.2% - 13.4%)	11.5% (9.3% - 13.7%)	14.6% (12.7% - 16.4%)	27.8% (25.3% - 30.3%)
Male	4.7% (3.9% - 5.4%)	6.9% (5.5% - 8.2%)	8.5% (7.0% - 10.0%)	15.6% (13.3% - 18.0%)	21.8% (17.9% - 25.7%)
Female	6.3% (4.5% - 8.0%)	11.2% (9.4% - 13.0%)	8.5% (6.1% - 10.8%)	19.7% (17.6% - 21.8%)	25.9% (22.8% - 29.0%)
Disabled young people	10.6% (8.8% - 12.4%)	19.8% (16.3% - 23.3%)	15.7% (12.8% - 18.6%)	25.9% (23.3% - 28.4%)	31.5% (27.1% - 35.9%)
Rainbow	5.7% (3.8% - 7.5%)	18.0% (14.8% - 21.1%)	11.7% (8.4% - 15.0%)	18.6% (15.6% - 21.7%)	29.1% (22.8% - 35.4%)



12.8. Differences across school decile groups

There were few clear differences across decile groups (Table 52). However, young people from lower decile schools were more likely to say they had been touched in a sexual way or been made to do sexual things they did not want to.

Table 52. Overview of results across the decile groups in the experience of harm theme

Question	Decile 1-3	Decile 4-7	Decile 8-10
Reduced harm			
Yelled/sworn at someone else or me (% no)	44% (35% - 53%)	41% (37% - 45%)	39% (36% - 42%)
Physically hit or hurt someone else or me (% no)	84% (79% - 88%)	86% (82% - 90%)	89% (86% - 91%)
Touched in a sexual way or made to do sexual things I didn't want to (% yes)	26% (22% - 30%)	18% (15% - 20%)	17% (15% - 19%)
Experienced bullying (% yes)	39% (36% - 43%)	37% (32% - 41%)	36% (33% - 40%)
Gambled for money or bet precious things (% yes)	11% (9% - 14%)	7% (6% - 8%)	7% (6% - 9%)
I have smoked a whole cigarette (% yes)	25% (17% - 33%)	20% (17% - 23%)	20% (16% - 25%)
Vaped (% yes)	52% (37% - 66%)	45% (40% - 50%)	49% (43% - 54%)
Drunk alcohol (% yes)	66% (58% - 75%)	64% (59% - 69%)	70% (66% - 73%)

12.9. What do we know from other surveys?

Young people's own exposure physical harm at home was consistent with previous surveys (Table 53). Exposure to physical harm directed at other children or adults in the home was lower. Experience of unwanted sexual contact was consistent with Youth19 but both Youth19 and *What About Me?* gave higher results than Youth'12. Results for alcohol consumption and smoking were higher, though cannabis use was steady.

Table 53. Comparison of selected results to past surveys focusing on youth wellbeing

Question from <i>What About Me?</i>	2012 Youth2000 series	2019 Youth2000 series	2021 <i>What About Me?</i>
In the last 12 months have adults in the places where you usually live hit or physically hurt you? <i>Percentage yes</i>	13% (12% - 14%)	10% (9% - 11%)	10% (8% - 12%)
In the last 12 months have adults in the places where you usually live hit or physically hit a child (other than yourself)? <i>Percentage yes</i>	12% (12% - 13%)	8% (7% - 8%)	5% (4% - 6%)
In the last 12 months have adults in the places where you usually live hit or physically hurt each other? <i>Percentage yes</i>	7% (6% - 7%)	6% (6% - 7%)	3% (2% - 4%)
Have you ever been touched in a sexual way or made to do sexual things that you didn't want to? <i>Percentage yes</i>	14% (13% - 15%)	18% (17% - 19%)	19% (17% - 20%)
In the last 12 months have you ever been in trouble with the police? <i>Once or more than once</i>	11% (10% - 12%)	8% (7% - 8%)	10% (9% - 11%)
Have you ever smoked a whole cigarette e.g. cigarettes, tobacco, roll-your-owns? <i>Percentage yes</i>	24% (22% - 25%)	17% (16% - 18%)	21% (19% - 23%)
Have you ever drunk alcohol (e.g. beer, wine, spirits, pre-mixed drinks, etc.)? <i>Percentage yes</i>	61% (60% - 63%)	55% (53% - 56%)	67% (64% - 69%)
During the past four weeks, how often did you drink 5 or more alcoholic drinks in one session (within 4 hours)? <i>Once or more, percentage of all respondents</i>	25% (24% - 27%)	22% (20% - 24%)	31% (29% - 34%)
Have you ever used cannabis (e.g. marijuana, weed, pot, hash, grass etc.)? <i>Percentage yes</i>	25% (24% - 27%)	23% (22% - 25%)	26% (23% - 29%)



12.10. Overview: Experience of harm

Figure 27 shows a selection of the results for the experience of harm theme.

Figure 27. Overall results for the experience of harm theme



Strengths are closest to the edge
Weaknesses are closest to the centre

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

