



Resilient Youth Australia Resilience Survey FAQs

What is the Resilience Survey?

The Resilience Survey was developed by Resilient Youth Australia, in collaboration with the University of South Australia. The survey is the largest and most comprehensive resilience data-set in Australia, with data gathered from over 600,000 students from 2,400 schools across the country.

The survey measures three (3) key components of resilience in young people – how connected, protected, and respected they feel. Each component has a further reporting domains:

1. **Connected:** positive relationships / social skills / understanding self
2. **Protected:** safety / healthy mind and body / learning engagement
3. **Respected:** positive identity / positive values / positive contribution

The survey incorporates four (4) scientifically validated, reliable and internationally accepted measures, including:

- Cantril Self Anchoring Scale (CSAS)
- Children's Hope Scale (CHS)
- General patient Health Questionnaire (PHQ-4)
- Coping Strategies Inventory (avoidance sub-scale)

Why is Hobsons Bay City Council providing schools access to the Resilience Survey?

By providing schools in Hobsons Bay access to the Resilience Survey, schools will gain valuable information about the resilience of their students. The benefits of the resilient data-set to schools includes:

- An evidence-base about student wellbeing to promote resilient behaviours and help direct school resources.
- Access to non-identifiable, cohort-based student information to target support and interventions effectively and efficiently.
- Measure the changes in student resilience and wellbeing over time, to understand the effectiveness of programs and interventions.
- Access to up-to-the-minute data about your students via an interactive online school portal containing all survey data and tools to generate reports, on demand.
- Standardised reports including the snapshot report, providing an at-a-glance overview of your students' strengths and challenges in percentage terms, colour-coded against Australian norms. Please note, the survey is not designed to provide a diagnosis for individual students or assess success and failure of students. Hobsons Bay City Council's Youth Services will use the community-wide survey information to plan the delivery and improve the quality of services and initiatives for young people



in Hobsons Bay.

The survey has been successfully implemented by several local councils across Victoria, including Brimbank City Council and the City of Port Phillip. See an example of how [City of Port Phillip](#) utilises and reports on the Resilience Survey.

What happens to the data?

Once surveys are complete, schools have immediate access to their school-based results via an interactive school portal. The information available to schools includes the raw data and a range of cohort-based reports. Additionally, tools are available for schools to generate reports based on their interests. Please note, the survey does not provide tools to compare individual students, classes, or schools.

To support schools to analyse the data, generate on-demand reports, identify student needs and opportunities for targeted interventions, Hobsons Bay City Council's Youth Services will also have access to individual school data. Youth Services can provide a range of support to schools to enable the implementation of specific program interventions, including possible financial support. In so doing, Youth Services agrees not to share individual school data and reports with other schools, council departments, or other stakeholders, unless consent from the school is provided.

Hobsons Bay City Council's Youth Services will use the aggregated, municipality-wide data collected by the survey tool to support planning and service improvement. This information may also be presented to the community, in the form of a community-wide report about young people.

Is the survey anonymous?

All survey responses are anonymous (name and age are not collected) and all collected data remains non-individualised and non-identifiable.

What types of questions are asked?

All the questions in the Resilience Survey are within the reporting areas of connected, protected and respected. The questions are informed by the evidence-based outcomes for resilience and wellbeing in young people, described below.

Connected: to be connected to yourself and to others

- **Positive relationships:** Good relationships are associated with significantly increased striving and with a lower involvement in a range of risky behaviours.
- **Social skills:** The skills that young people need to interact with others in their world, such as navigating cultural differences, building friendships, and resolving conflicts peacefully.

- Understanding self: the ability to identify, recognise and describe the things that influence emotions is an essential part of developing social skills and positive relationships.

Protected: to protect yourself and be protected by others

- Safety: a young person feeling safe across different life contexts is essential to a sense of being valued by adults and the communities in which they live.
- Healthy mind and body: The ability to manage worry and stress and remain confident is essential, and involves good sleep, healthy diet, regular exercise and staying away from unhealthy substances.
- Learning engagement: Student motivation and engagement in learning is highly correlated with positive wellbeing and life outcomes.

Respected: to respect yourself and be respected by others

- Positive attitude: This reflects a young person's emerging identity, and includes self-esteem, optimism, and a growing sense of purpose in life.
- Positive values: Deepening personal values is a crucial aspect of a young person's development, and eventually leads to deep commitments that guide how they think and act.
- Positive contribution: Wanting to contribute to their world is an essential part of growing into a personally fulfilled and active member of society.

To access a sample of the survey please go to [Survey Login \(rysurvey.org\)](https://rysurvey.org) and use the six-digit access code: **789789**.

If my school agrees to participate, is there an ongoing commitment?

Every two (2) years, schools in Hobsons Bay will have access to the Resilience Survey, commencing in 2024. There is no commitment to participate in the survey each year. However, by participating bi-annually schools will have the ability to monitor changes and determine the effectiveness of interventions implemented previously.

When will it be available?

The survey will be available to all secondary schools in Hobsons Bay from the commencement of Term 2, 2024. The survey will be open for the 10 weeks throughout the term (from 15th April-21st June 2024).

What year levels (students) can participate?

Although, the survey can include both primary and secondary students, for the initial launch in Hobsons Bay it is only offered to secondary school students (year 7-12). It is recommended that all year levels in a school are surveyed, however schools can determine which year levels they would like to complete the survey (all students or only select year levels).



How long does the survey take?

The survey will take between 10 to 25 minutes for students to complete. It consists of 79 questions in total and students are required to respond to all questions before submitting the survey.

How will the survey be administered?

There are two options for schools to administer the survey:

1. The school can administer the survey using teachers and school staff, and resources provided by Youth Services, or
2. Hobsons Bay Youth Services can attend the school and administer the survey with your students. The team available to do this would include (dependent on availability): Youth Workers and university placement students. Schools and Youth Services would coordinate the most suitable times for these sessions to occur throughout the term.

What is required to administer the survey?

The online survey is completed by students using a computer or tablet, browser, and internet connection. Each school will be provided with a unique code for students to access the survey.