

News Release



Young people feel positive about their life as a whole but cost-of-living, mental health and bullying remain key concerns

The NSW Advocate for Children and Young People, Zoë Robinson, has today released a report with the latest figures highlighting how children and young are faring.

“It is encouraging to see that key measures indicate improvements over the last 12 months. Children and young people are feeling more positive about their life as a whole and have increased hope for the future,” Ms Robinson said.

“While it is important to highlight the positives, there are still areas of concern for children and young people and we need to ensure they are not overlooked by government or policy.

“More than one in three are concerned about cost-of-living, the same number have experienced bullying and one in five mention mental health and wellbeing as their key concern,” Ms Robinsons added.

The second tracking report for the *NSW Strategic Plan for Children and Young People*, measuring changes in children and young people’s perceptions on key issues that impacted them throughout 2023.

*Some key statistics include:

- The proportion of children and young people when asked to rate how they felt about their life as a whole, 72% provided a positive rating of 7 or more out of 10 - a significant increase from 65% in 2022.
- Most children and young people remain optimistic about their future, 75% rating a positive 7 or more out of 10 on their hope for getting the education and training they need.
- In 2023, high cost of living was the number one issue highlighted by children and young people in NSW with 35% mentioning it unprompted, up from 8% in 2021.
- Mental health and emotional wellbeing remain a key concern with just over one in five (22%) mentioning it, unprompted, as area(s) of concern. However, it is down 10% from 2022, when nearly a third (32%) mentioned it as a key issue
- In 2023, 36% of children and young people had experienced bullying in the past 12 months. Among those children and young people who had experienced bullying in the past 12 months, more than one in three (36%) experienced bullying weekly.

Ms Robinson added, “children and young people know what will help them and want to be part of the design of solutions to ensure great results. This work shows what is working and where there is work to be done.”

ENDS

**Results based on polling commissioned by The Advocate for Children and Young People and conducted by SecNewgate Research. Survey conducted from 23 August to 13 September 2023, n=1,017.*

For more information or to arrange an interview with the Advocate for Children and Young People please contact: Anwen Ruttle on 0439 346 249