

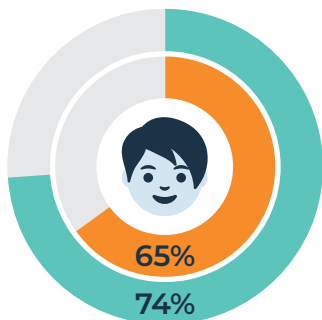
# YOUTH WEEK

## What Children and Young People are Talking About in 2023

In the lead up to Youth Week, ACYP surveyed children and young people across NSW about how they're doing in 2023 and the issues that matter to them.

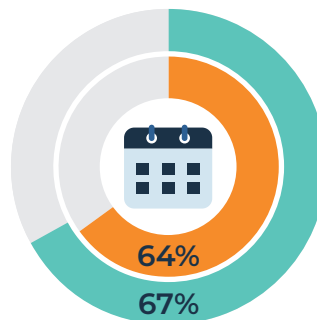
While their feeling about life these days has remained fairly similar to 2022, children and young people are more positive in how they're feeling about life as a whole compared to last year.

### How do you feel about life as a whole?







- Positive rating (7+/10) in 2023
- Positive rating (7+/10) in 2022

### How do you feel about life these days?



- Positive rating (7+/10) in 2023
- Positive rating (7+/10) in 2022

### The main issues children and young people said people their age faced in 2023 were:

-  **#1** Cost of living or financial pressures
-  **#2** Bullying
-  **#3** Issues with mental health system or services
-  **#4** Pressures of school or academics
-  **#5** Expensive housing or rent costs
-  **#6** Mental health conditions (e.g. anxiety or depression)
-  **#7** Difficulties experienced in the workforce
-  **#8** Friendship and relationship issues
-  **#9** Vaping and smoking
-  **#10** Impact of social media

*"High percentage rent increases are causing mental strain to young people that work and study."*

*"Mental health difficulties, accessing affordable mental healthcare. Particularly in schools, the support is poor."*

*"School, it's stressful, and a lot of people can't find time to do assignments as they want to work."*

*"Issues with inflation and the rising cost of living. Lots of us want to move out, but it's hard to think realistically due to the expenses."*