The voices of children and young people from the regions

2018

NSW GOVERNMENT

Office of the Advocate for Children and Young People

acyp.

reference

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Report	The voices of children and young people from the regions
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We wish to pay our respects to Aboriginal elders – past, present and emerging – and acknowledge the important role of Aboriginal people and culture within the NSW community. ACYP advises Aboriginal and Torres Strait Islander readers this report may contain images of people who may have passed away.

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overview

About ACYP

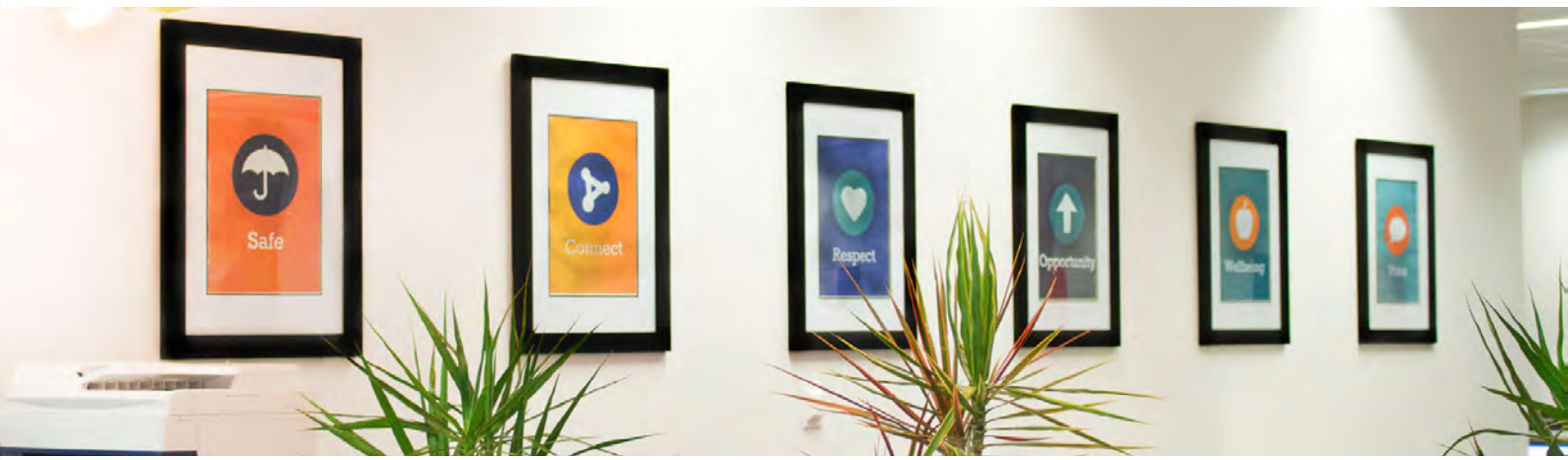
The Advocate for Children and Young People (ACYP) is an independent statutory office reporting to the NSW Parliament through the Parliamentary Joint Committee on Children and Young People.

The office is established under the ***Advocate for Children and Young People Act 2014***. Mr Andrew Johnson was appointed as the Advocate for Children and Young People on 9 January 2015.

ACYP advocates for and promotes the safety, welfare and wellbeing of all children and young people in NSW aged 0-24 years. We engage with the children and young people of NSW and listen to their feedback and input. We speak up for children and young people to ensure that their rights are respected and their points of view are heard by decision makers. The role of ACYP is to influence and initiate positive change.

Some of ACYP's functions include:

- **Make recommendations to Parliament, and NSW Government and non-government agencies on legislation, policies, practices and services that affect children and young people.**
- **Promote children and young people's participation in activities and decision-making about issues that affect their lives. Conduct, promote and monitor research into children's issues and monitoring children's wellbeing.**
- **Promote the provision of information and advice to children and young people.**
- **Prepare, in consultation with the Minister, a three-year whole of government Strategic Plan for Children and Young People (The Plan).**



About this Report

This report draws together information from several research projects undertaken by ACYP since 2015. ACYP holds a high volume of data on a number of issues gathered from different research methods. Not all of that information is contained in this report due to time and resource limitations. Should specific analysis be required on certain issues not featured in this report, ACYP would be happy to undertake that work upon request.

Findings contained in this report have been broken down via regions and also thematically to unpack the data in different ways. Metropolitan data has been removed to elucidate rural and regional views and where possible has been structured to correlate with DPC regions. Some of the targeted consultation work on specific issues has meant that ACYP has consulted more heavily in some areas of NSW than others. ACYP endeavours to draw out child and young persons' 'voice' in its research and as a result, qualitative findings are not standardised by population data.

Consultations

Our commitment to ensuring the voices of children and young people in rural and regional NSW are heard has led us to consult with and receive feedback from over 4000 children and young people across the regions in NSW from 2015 to March 2018 ACYP.

In particular, the Advocate and the ACYP team undertook consultations on the Strategic Plan for Children and Young People on the Central Coast, Central West and Orana, Far West, Hunter, Illawarra Shoalhaven, New England and North West, North Coast, Riverina-Murray, South East and Tablelands. ACYP has also undertaken targeted consultations on topics and in locations including but not limited to youth homelessness in the Mid North Coast, Southern NSW and the Central Coast, mental health consultations in Broken Hill, Albury and Wyong, Juvenile Justice consultations in Dubbo, Orana, Wagga, Grafton, Gosford, community inclusion in Tamworth and Gosford, Nations of Origin in the Mid North Coast, NAPLAN and education minimum standards across NSW.

ACYP believes that location and distance shouldn't be a barrier to participation for children and young people when it comes to events in metropolitan areas. ACYP regularly covers the cost and arranges the travel associated with children and young people from rural and regional to travel to Sydney to have their voices heard. Regional young people in NSW make up approximately 40-50% of participants at the annual Youth Week forums, Speak for Yourselves, Youth Advisory Council recruitment and Citizen's Juries held in the Sydney region. Further, to test the outcomes of the face-to-face consultation, ACYP conducts quantitative study via Galaxy Research to test the findings of the primary qualitative research.

All participants in the consultation process contributed their time voluntarily; the willingness and enthusiasm displayed by children and young people not only in committing their time to engage in the consultations but also the meaningful contributions they made are an overwhelming reminder of the value of participation.

Through this report, children and young people give an insight into how they view themselves, what is working and not working with important issues and their views on their communities.

recommendations

Jobs and Training

1. Children and young people in regional areas should have access to life skills training, including how to apply for jobs, manage finances, pay taxes and bills, obtain housing, maintain respectful relationships and access support services.

   Supported by: Plan consultations (top 10 issue), Polling, Juvenile Justice consultations, Homelessness consultations and Nations of Origin consultations

2. Children and young people in regional areas should be connected with opportunities to obtain work experience, certifications and employment support such as resume writing and interview preparation.

   Supported by: Plan consultations, Juvenile Justice consultations, Homelessness consultations and Polling

3. Children and young people should have access to information about different career opportunities and pathways.

   Supported by: Homelessness consultations, 2018 Youth Forum and Polling

Education

4. Further opportunities should be developed to allow students to have a say on issues of importance within their schools.

   Supported by: Plan consultations, Polling and School Pooling

5. The Department of Education should review its suspension and expulsion policies and procedures with a view to reducing the maximum length of time for which a student can be suspended; introducing an in-school alternative to suspension; and linking behaviour management strategies with the provision of learning support.

   Supported by: Juvenile Justice consultations and Homelessness consultations

6. Children and young people who are disengaged from school should be connected with support to catch up with their studies and re-engage with education.

   Supported by: Juvenile Justice consultations

7. School counsellors should meet with students as part of their induction to school and routinely throughout the school year, and their offices should be accessible to students while also allowing for privacy.

   Supported by: Mental Health consultations and Homelessness consultations

8. Compulsory education in schools for all children and young people about what violence is and what help is available.

   Supported by: Violence consultations

9. Child rights education for all children and young people.

   Supported by: Violence consultations

Services

10. A youth-friendly, one-stop-shop for online information about local youth services, facilities and activities should be developed and promoted across the state.

    Supported by: Plan consultations

11. Services for children and young people should be centrally located (and where

possible, co-located), have extended opening hours at times when young people are able to attend, and support young people to travel to and from appointments.

Supported by: Plan consultations and Homelessness consultations

12. 24-hour drop-in centres should be available in regional areas to provide children and young people with a safe place to go at any time with access to services and support.

Supported by: Homelessness consultations and Violence consultations

13. Information about services and help seeking should be actively promoted inside and outside of schools, including through posters located in toilets and around public transport hubs, via television and radio ads and by social media.

Supported by: Homelessness consultations, Violence consultations and Polling

14. Wherever possible, services targeted to Aboriginal children and young people should be designed and delivered through Aboriginal owned and controlled organisations.

Supported by: Juvenile Justice consultations, Nations of Origin consultations

15. Develop a state-wide campaign, led by children and young people to increase community awareness of youth homelessness and its impacts on young lives.

Supported by: Homelessness consultations

16. Increased awareness of support services available to children and young people using social media, print advertisements and through schools.

Supported by: Homelessness consultations

17. Increased workforce training in relation to respectful engagement with children and young people.

Supported by: Homelessness consultations

18. Increased youth specific services available to children and young people affected by violence.

Supported by: Homelessness consultations

Mental Health

19. Youth specific mental health services should be expanded in the regions to improve availability and reduce wait times, with emergency mental health services available to high risk children and young people.

Supported by: Homelessness consultations and Mental Health consultations

20. Children and young people should have access to information and online resources about recognising signs and symptoms of mental health issues, how to support a friend, when and where to seek help and how services protect privacy and confidentiality.

Supported by: Mental Health consultations

21. Youth refuges should be resourced to provide comprehensive support to children and young people with complex needs, including mental health concerns, trauma and substance abuse issues.

Supported by: Homelessness consultations

Drugs and Alcohol

22. Youth specific detox and rehabilitation services should be expanded in the regions.

Supported by: Plan consultations, Homelessness consultations, Wyong consultations

Voice

23. Children and young people should receive training about their rights and how they can participate in decisions that are made about them.

Supported by: Homelessness consultations, Violence consultations, Polling

24. People who work with children and young people should receive child rights training to promote respectful service delivery.

Supported by: Plan consultations, Homelessness consultations, Violence consultations, Polling

25. A multimedia help service (phone, text, internet) should be created for children and young people to access information and guidance in navigating the service system.

Supported by: Homelessness consultations, Violence consultations

26. Children and young people in regional areas should be engaged in planning and designing facilities and programs within their communities.

Supported by: Plan consultations

Activities and programs

27. More activities specifically for children and young people should be available in regional NSW, particularly after school hours, in school holidays and at night.

Supported by: Plan consultations, Juvenile Justice consultations, Homelessness consultations, Wyong consultations, Nations of Origin consultations

28. Children and young people in regional areas should have access to activities related to sport and fitness, the arts and Aboriginal culture.

Supported by: Plan consultations, Juvenile Justice consultations, Nations of Origin consultations and Polling

29. Activities should be free of cost, conveniently located, accessible to all children and young people and provide opportunities to meet others.

Supported by: Plan consultations, Juvenile Justice consultations, Nations of Origin consultations

30. Activities should be linked with opportunities to access support services.

Supported by: Mental Health consultations

31. Activities and programs should be developed to acknowledge and address the racism and discrimination experienced by Aboriginal children and young people in NSW.

Supported by: Nations of Origin consultations, Juvenile Justice consultations and Polling

32. Free parenting courses should be available to families in regional NSW.

Supported by: Violence consultations

33. Opportunities should be created and promoted for children and young people to volunteer in their communities.

Supported by: Plan consultations and Polling

Transport

34. Children and young people in the regions should have access to reliable and affordable transport options so they can get to education and training, employment, support services, places and opportunities to socialise, and sports and recreation activities.

Supported by: Plan consultations, Homelessness consultations, Juvenile Justice consultations and Polling

35. Public transport should be safe, well lit and patrolled.

Supported by: Plan consultations, Homelessness consultations and Polling

36. Driver licensing programs should be expanded in regional NSW to provide comprehensive end-to-end support for young people to obtain their driver licenses.

Supported by: Homelessness consultations

37. Transit and police officers should receive further training on the use of warnings and cautions rather than fines for young people accused of transport offences, and fines given to vulnerable and disadvantaged children and young people should be waived.

Supported by: Homelessness consultations

38. A payment system should be developed for distributing pre-paid travel vouchers or Opal cards for vulnerable or disadvantaged children and young people to allow them to travel safely to and from accommodation or important appointments.

Supported by: Homelessness consultations

Violence against children

39. Campaign to raise awareness about violence against children.

Supported by: Violence consultations

40. Safe houses for children and young people.

Supported by: Violence consultations

41. Children and young people want to be asked what they would like to happen and to develop a plan together with the intervening adult.

Supported by: Violence consultations

42. More shelters for boys and men.

Supported by: Violence consultations

methodology

The consultations followed the ACYP Working with Children and Young People Risk Management Policy and Guidelines.

Organisations, services and schools were provided with information in advance, which outlined the background to the consultation process and how the information would be utilised. This information was also provided to the participants at the beginning of each consultation.

Every consultation commenced with the Advocate introducing himself, the work of the Office and the consultation process. Participants were informed that they were free to leave at any time during the consultation and that any information provided would be de-identified. ACYP did not record the names or any other identifiable information against any of the information provided by the participants.

The consultations were informal and held in a common area. In all of the consultations, children and young people gave feedback to the Advocate and an ACYP Adviser. In some consultations a staff member(s) from the organisation was present, while for other consultations all staff left the room. This was at the discretion of the children and young people and service management. Two ACYP staff were present with the children and young people at all times during the consultations.

ACYP utilises mixed consultation methodologies, depending on the consultation approach. ACYP endeavours to draw out children and young people's 'voice' in its research and as a result, qualitative findings are not standardised by population data.

Face-to-face focus groups use open ended questions, usually with individuals aged between 4-24 to gather qualitative information:

- **What is working?**
- **What is not working?**
- **Targeted questions specific to consultation scope.**

Group consultations are facilitated by the Advocate with group sizes ranging from 3 - 150 people. With groups larger than 20, children and young people are divided into groups of approximately 8.

ACYP also utilises individual surveys featuring open ended questions with unique landing pages to enable collation of datasets.

Qualitative responses are entered verbatim into a data management system and are then analysed by specialist ACYP Participation Advisers and ACYP researchers who code the data to allow information to be aggregated by region, age-cohort, gender and theme.

Face-to-face consultation numbers

Rural and regional plan consultations	**994**
Nations of Origin consultations	**901**
Various targeted consultations on:	**704**
Violence	56
Bully	90
Homelessness	42
Juvenile Justice	69
Mental Health	146
Gosford Suicide Cluster	58
Wyong	158
Community Inclusion	34
NESA Minimum Standards	51

2,599

Polling

ACYP regularly tests qualitative findings with quantitative data to greater understand prevalence and incidence of issues or views of children and young people. Quantitative research is conducted by Galaxy Research, commission by ACYP with an average sample size of 1000 respondents aged between 12-24 in NSW, broken down via postcode. Samples are post weighted using the latest Australian Bureau of Statistics population estimates for NSW for 12-24 year olds. To date, ACYP have polled 5990 children and young people, 1427 of those are from rural and regional NSW helping to answer 129 questions.

Comparisons between proportions for different demographic groups have been made using a 2-tailed z test with significant differences reported at the 95% significance level.

Report	Total (NSW)	Regional NSW
2015 Polling	959	207
2016 Polling	1006	196
2017 March Polling	1000	276
2017 Bullying	1000	256
2017 June Polling	1025	261
2018 Youth Week Polling	1000	231
Total	**5990**	**1427**

1,427

Total **4,026**

plan consultations in rural and regional areas

Under the Advocate for Children and Young People Act 2014, ACYP is required to prepare, in consultation with the Minister responsible for Youth, a three year whole of government strategic plan for children and young people. Promoting the participation of children and young people in decision making is central to the role of the Advocate for Children and Young People and as such it was essential that children and young people themselves helped set the themes and directions of the Plan. During the consultation process, ACYP consulted over 4000 children and young people; 2000 of these consultations were conducted by way of face-to-face consultations with the Advocate. Of the 2000 face-to-face consultations, 994 were children and young people from rural and regional areas. The other 2000 responses were obtained by polling 959 individuals, including 207 people from the regions, together with survey work and 'post carding'. The number of children and young people participating in the face-to-face consultation from each location can be identified in the bottom left corner of each graph tile. Set out below are the top responses to four questions, broken up into regions:

- **What is working well?**
- **What is not working well?**
- **What are the top things for government to focus on?**
- **What are the qualities of a good society?**

What is working well?

Education (µ80%) consistently ranked in the top two responses across the 9 regions. Access to facilities (sports, parks etc) (µ40%) and access to sports and social activities (µ78%) were also popular responses, although this varied in some regions. Interestingly, opportunity for voice (42%) and youth engagement (40%) ranked highly in the South East and Tablelands and Central Coast, but not elsewhere.

In particular, when talking about education, children and young people commented that the following things were working well:

- **Variety of sports and extra-curricular activities to choose from**
- **Access to high quality education**
- **Opportunity to receive free education**
- **Good subjects available**
- **Good teacher-student relations**
- **Good resources and facilities**
- **Extra support for students (mentoring; homework centres).**

"School and education is working well for children and young people in NSW. There are good teachers who teach with passion and want the best results for us."
Female, 11-17yrs

"There is still free education which is available to all children and young people. This means that everybody is given the opportunity to have an education."
Female, 18-24yrs

Children and young people stated on balance they were happy with their access to sports and social activities. Specifically, they liked that there are:

- **A wide variety of sports to play, both in and out of school**
- **Good local sports clubs for weekend sport**
- **Sports events for children and young people, especially when free**
- **PCYC organised sport and exercise (rugby league, gymnastics, boxing)**
- **Opportunities for extra-curricular activities, both in and out of school.**

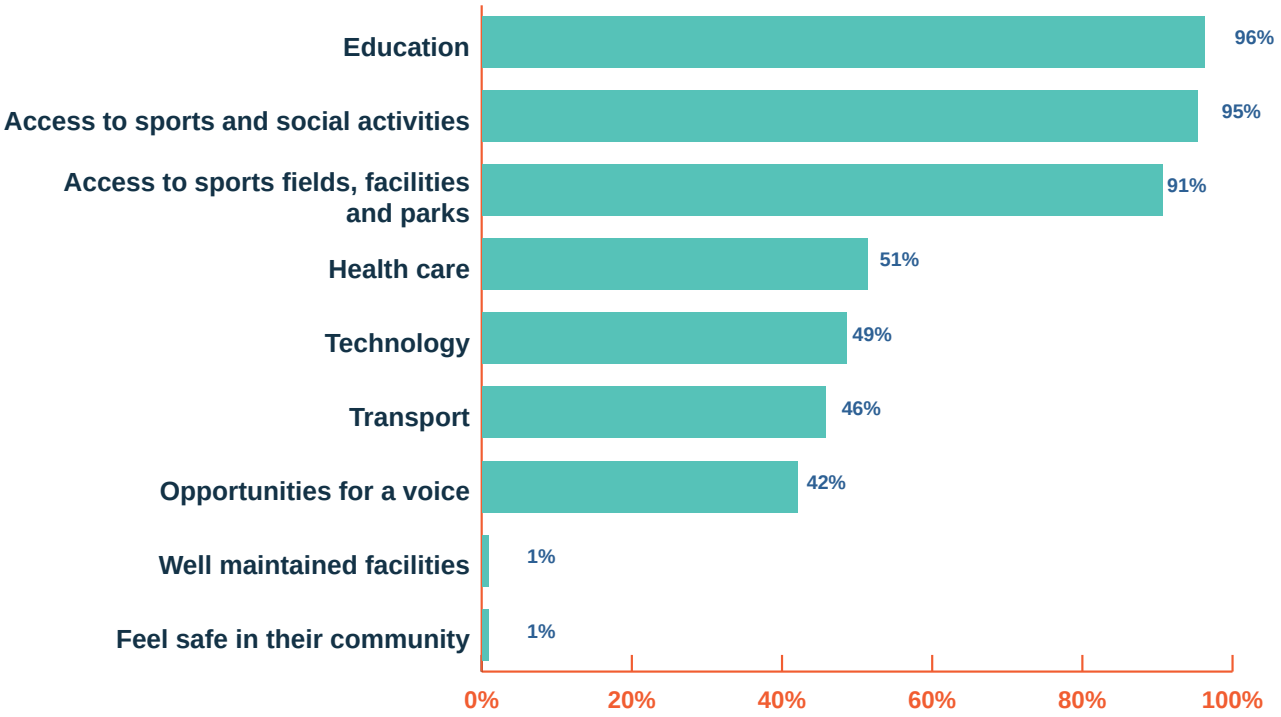
Children and young people also discussed that they like the social aspect to sport and that it promoted a positive lifestyle.

When children and young people raised access to sports fields, facilities and parks as something that was working well for them, they were speaking favourably about local parks and playgrounds, good sports fields and venues and local sport and recreation and leisure centres.

There was little difference between children and young people living in rural and regional NSW and those living in Sydney.

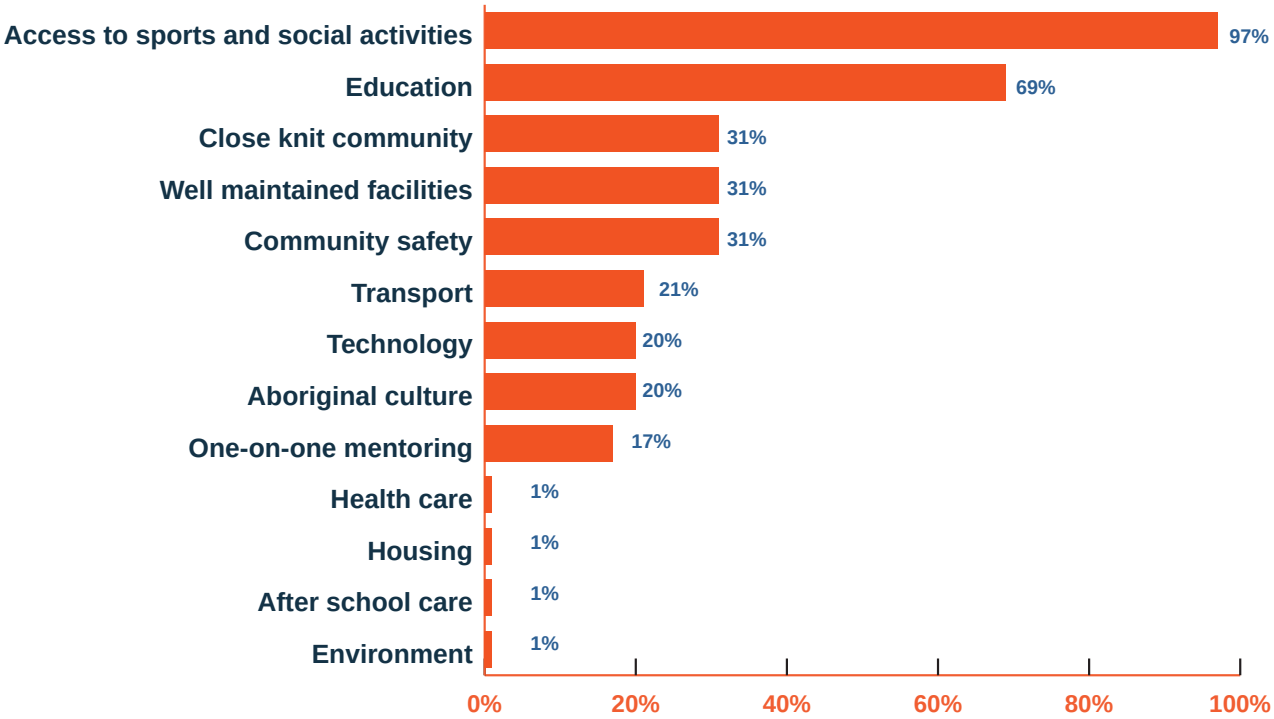
NB: μ = AVG derived from the sum of the percentages of responses from each location rounded to nearest whole, divided by 9 regions.

Q1: What is working well? - Central Coast



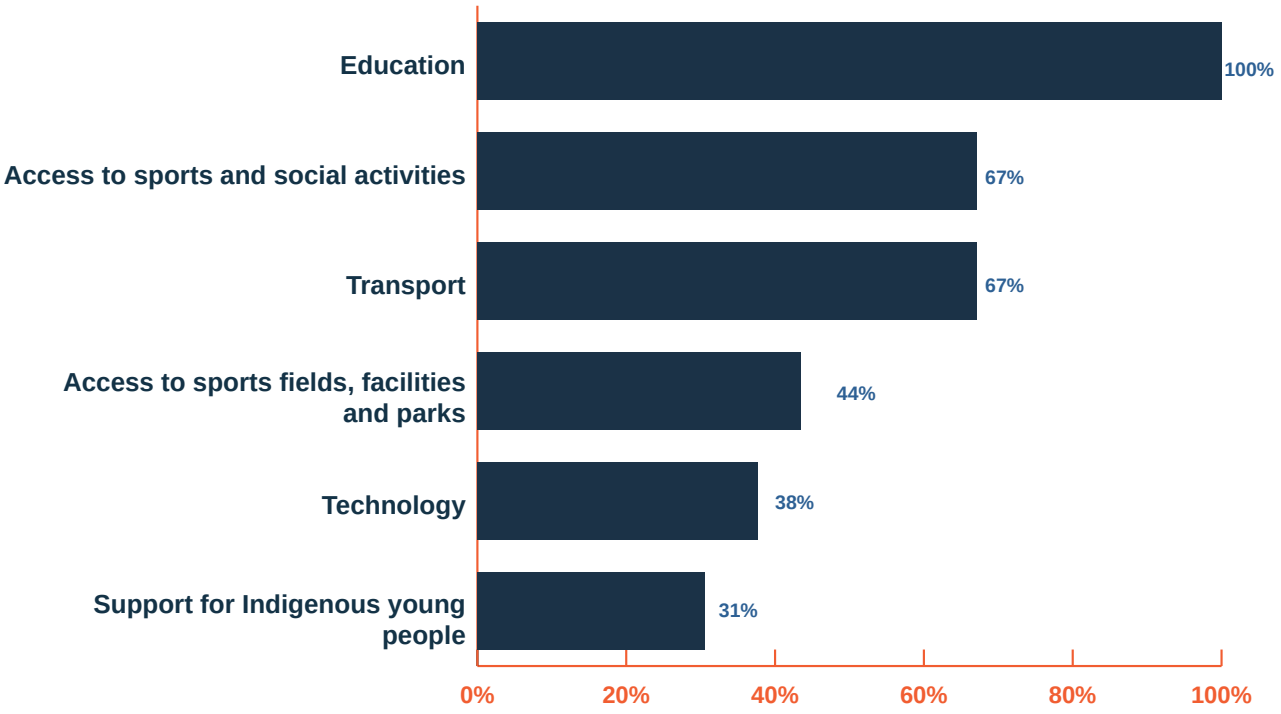
Total in Plan Consultation 109

Q1: What is working well? - Central West and Orana



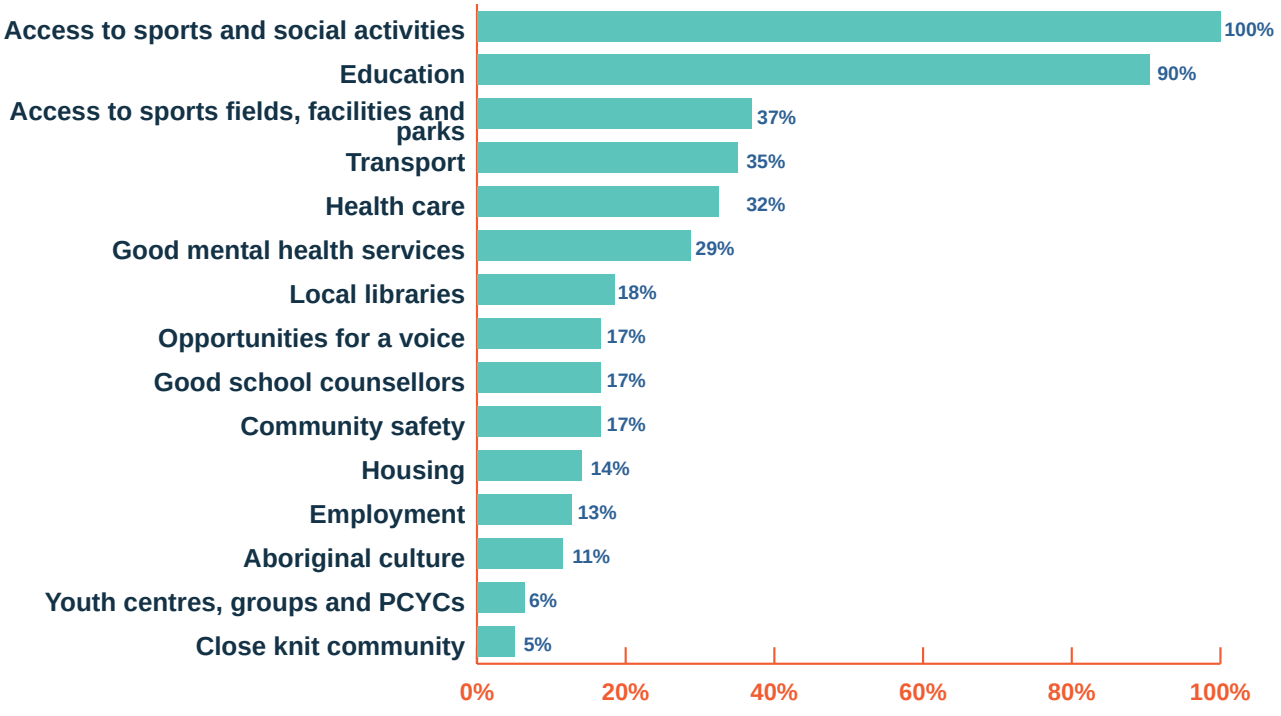
Total in Plan Consultations 102

Q1: What is working well? - Far West

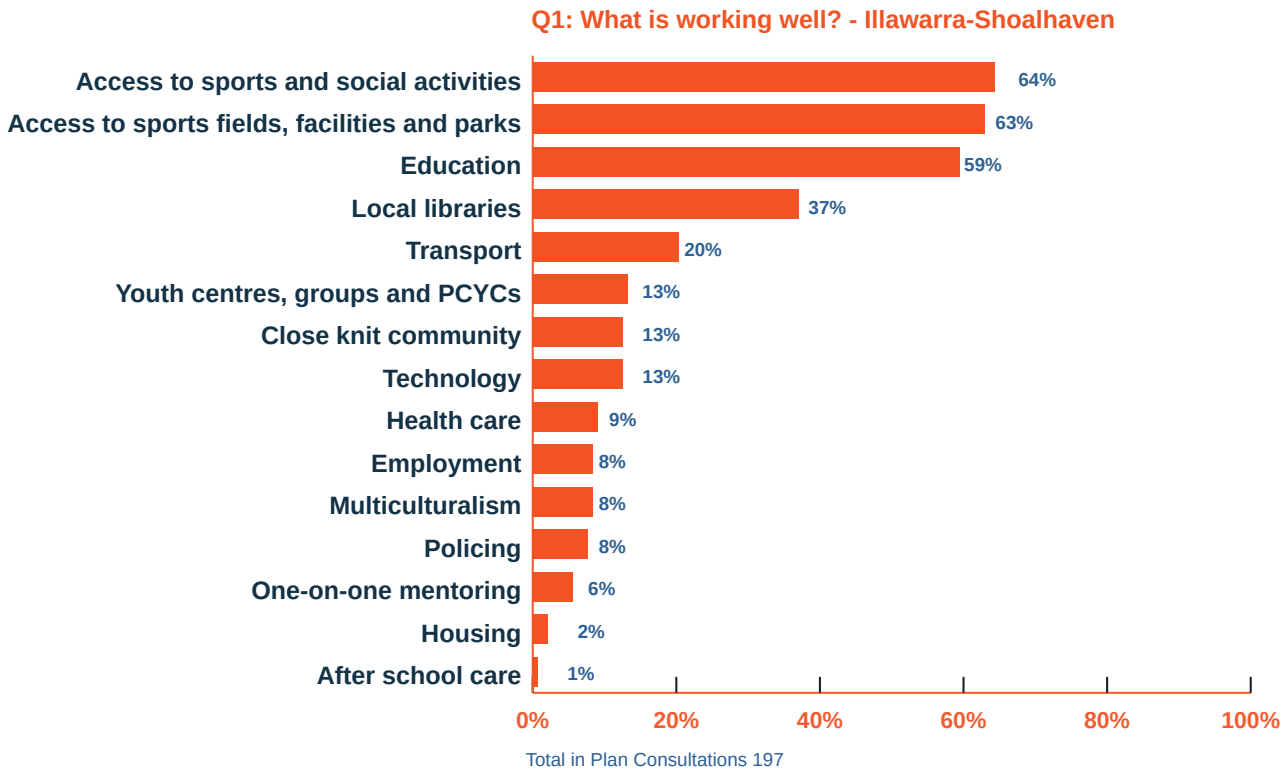


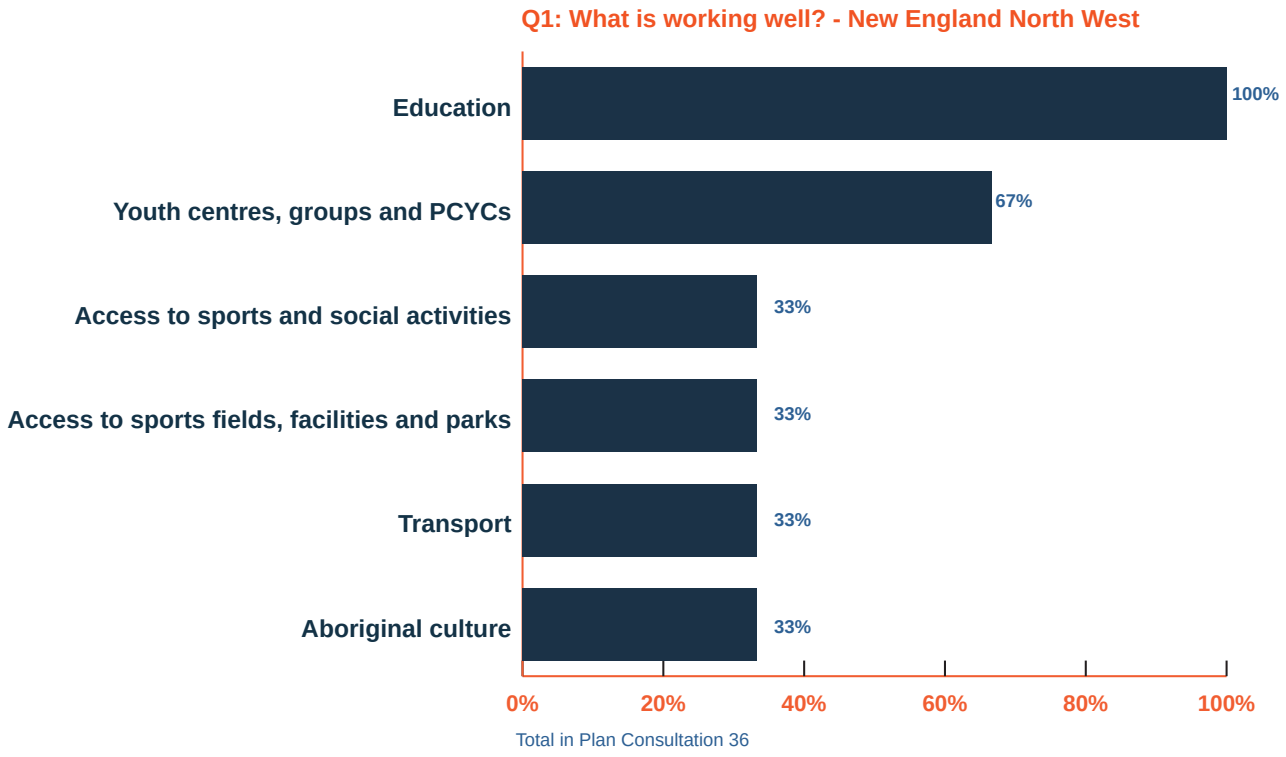
Total in Plan Consultations 85

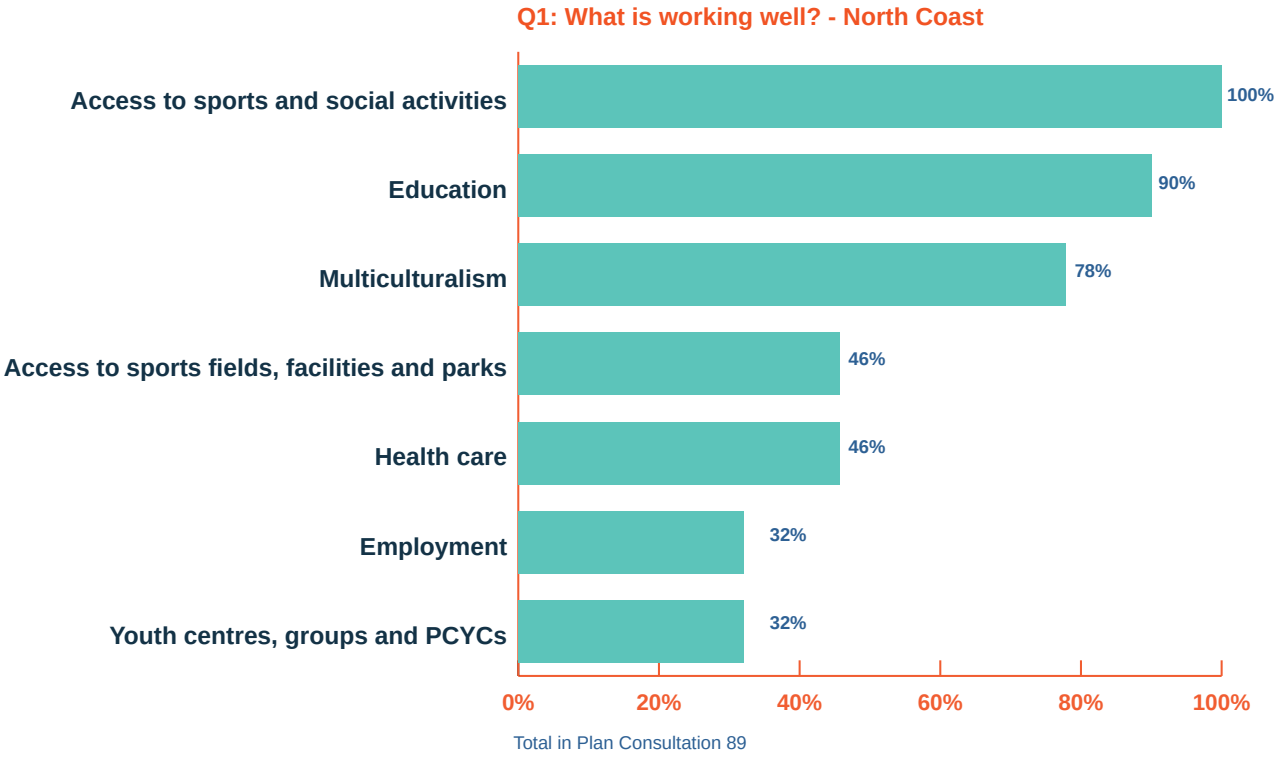
Q1: What is working well? - Hunter

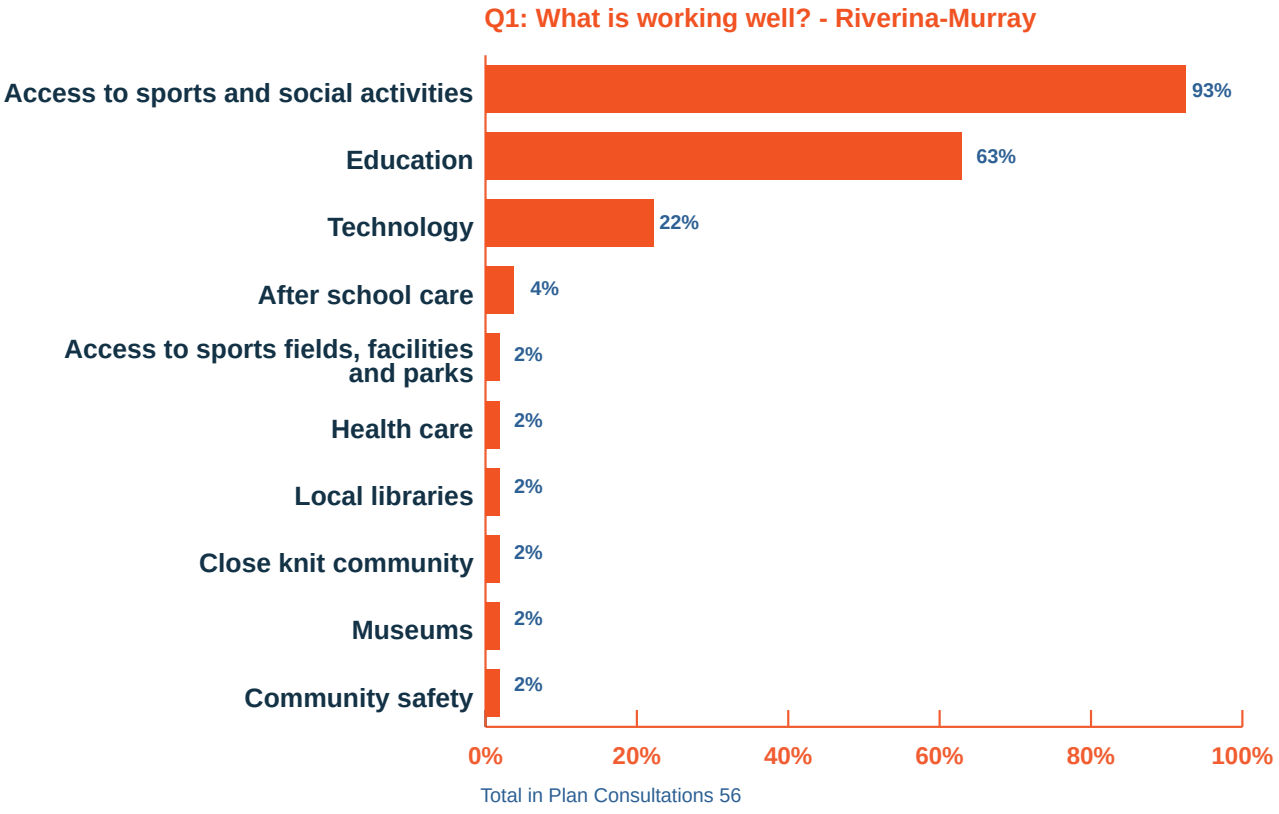


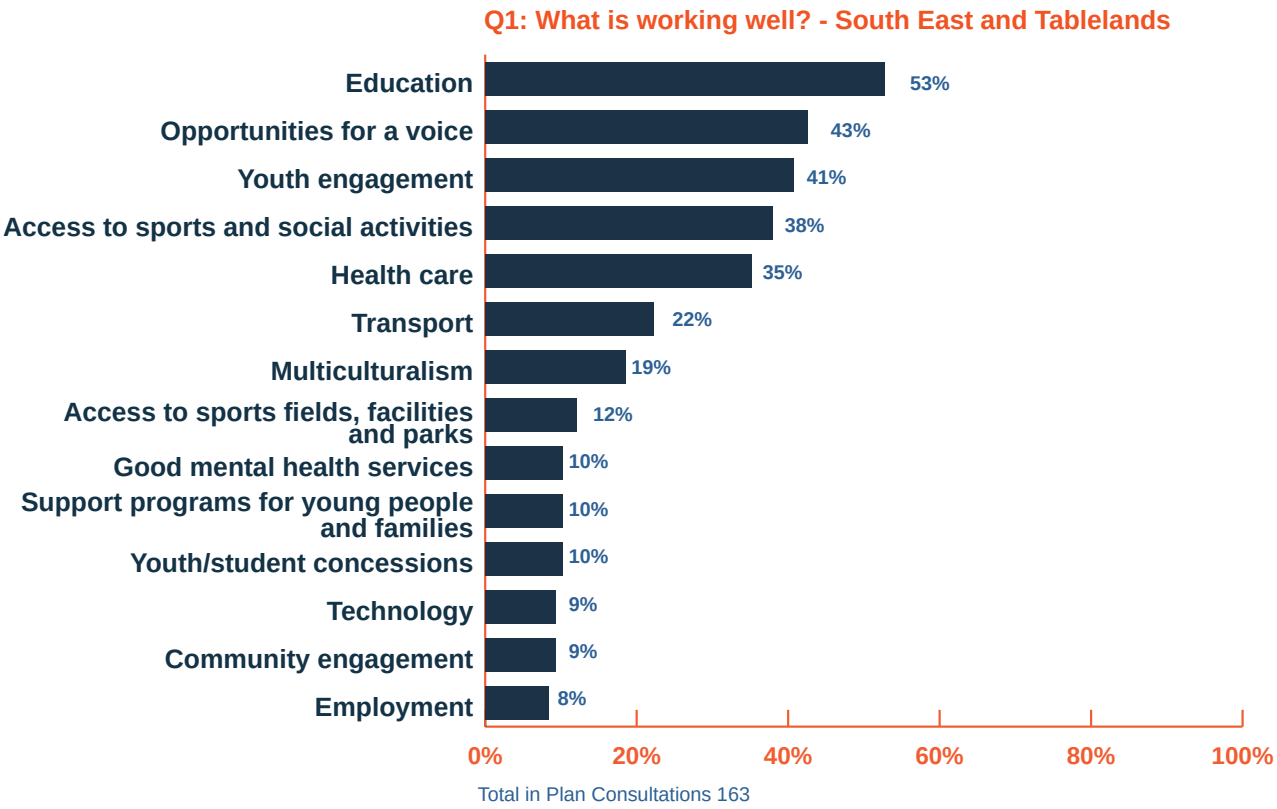
Total in Plan Consultations 157


Q1: What is working well? - Illawarra-Shoalhaven
Access to sports and social activities
64%
Access to sports fields, facilities and parks
63%
Education
59%
Local libraries
37%
Transport
20%
Youth centres, groups and PCYCs
13%
Close knit community
13%
Technology
13%
Health care
9%
Employment
8%
Multiculturalism
8%
Policing
8%
One-on-one mentoring
6%
Housing
2%
After school care
1%
0%
20%
40%
60%
80%
100%
Total in Plan Consultations 197


Q1: What is working well? - New England North West
Education
100%
Youth centres, groups and PCYCs
67%
Access to sports and social activities
33%
Access to sports fields, facilities and parks
33%
Transport
33%
Aboriginal culture
33%
0%
20%
40%
60%
80%
100%
Total in Plan Consultation 36


Q1: What is working well? - North Coast
Access to sports and social activities
100%
Education
90%
Multiculturalism
78%
Access to sports fields, facilities and parks
46%
Health care
46%
Employment
32%
Youth centres, groups and PCYCs
32%
0%
20%
40%
60%
80%
100%
Total in Plan Consultation 89


Q1: What is working well? - Riverina-Murray
Access to sports and social activities
93%
Education
63%
Technology
22%
After school care
4%
Access to sports fields, facilities and parks
2%
Health care
2%
Local libraries
2%
Close knit community
2%
Museums
2%
Community safety
2%
0%
20%
40%
60%
80%
100%
Total in Plan Consultations 56


Q1: What is working well? - South East and Tablelands
Education
53%
Opportunities for a voice
43%
Youth engagement
41%
Access to sports and social activities
38%
Health care
35%
Transport
22%
Multiculturalism
19%
Access to sports fields, facilities and parks
12%
Good mental health services
10%
Support programs for young people and families
10%
Youth/student concessions
10%
Technology
9%
Community engagement
9%
Employment
8%
0%
20%
40%
60%
80%
100%
Total in Plan Consultations 163

What is not working well?

There were a cluster of issues which, on balance, consistently ranked highly across all regions. These were education (μ75%), drug use (μ54%), lack of activities (μ41%), transport (μ42%), health care (μ35%) and employment (μ36%). Some categories received a 0% response in some regions which reduced the overall average, however the following tables give an indication of prevalence in each region.

While education was the number one area identified as 'working well' for children and young people, it was also the most frequent response when asked the question of 'what isn't working well?' When children and young people spoke of education in their responses to this question, they primarily raised:

- **Insufficient resources for public schools, rural schools and schools in disadvantaged areas**
- **There are not enough schools; class sizes are too big**
- **Too much pressure: homework; assignments, HSC experience**
- **Lack of subjects that prepare students for real life**
- **Inequity between private and public education**
- **Not enough tutoring/mentoring for students needing extra support**
- **Teacher quality: inexperienced; not respectful of students**
- **School hours to be varied (e.g. later start; longer days to have three day weekend).**

"There are lots of kids in our classes and she is too busy to help all of us."
Female, 0-10yrs

"Increased education on things in life that are actually important, e.g. taxes and housing loans etc. We never learn the important stuff in school."
Female, 11-17yrs

Young people frequently raised that drugs are easily accessible and they had concerns about the negative impact of drugs within the community. Children and young people were also concerned about drug and alcohol usage by adults as well as by children and young people, noting that this makes them feel unsafe.

"The abuse of alcohol and drugs is becoming more frequent as young people have more access to them and find it more common and normal to use them illegally."
Female, 11-17yrs

Close to two in five children and young people would like to see changes to public transport. In particular, they raised that:

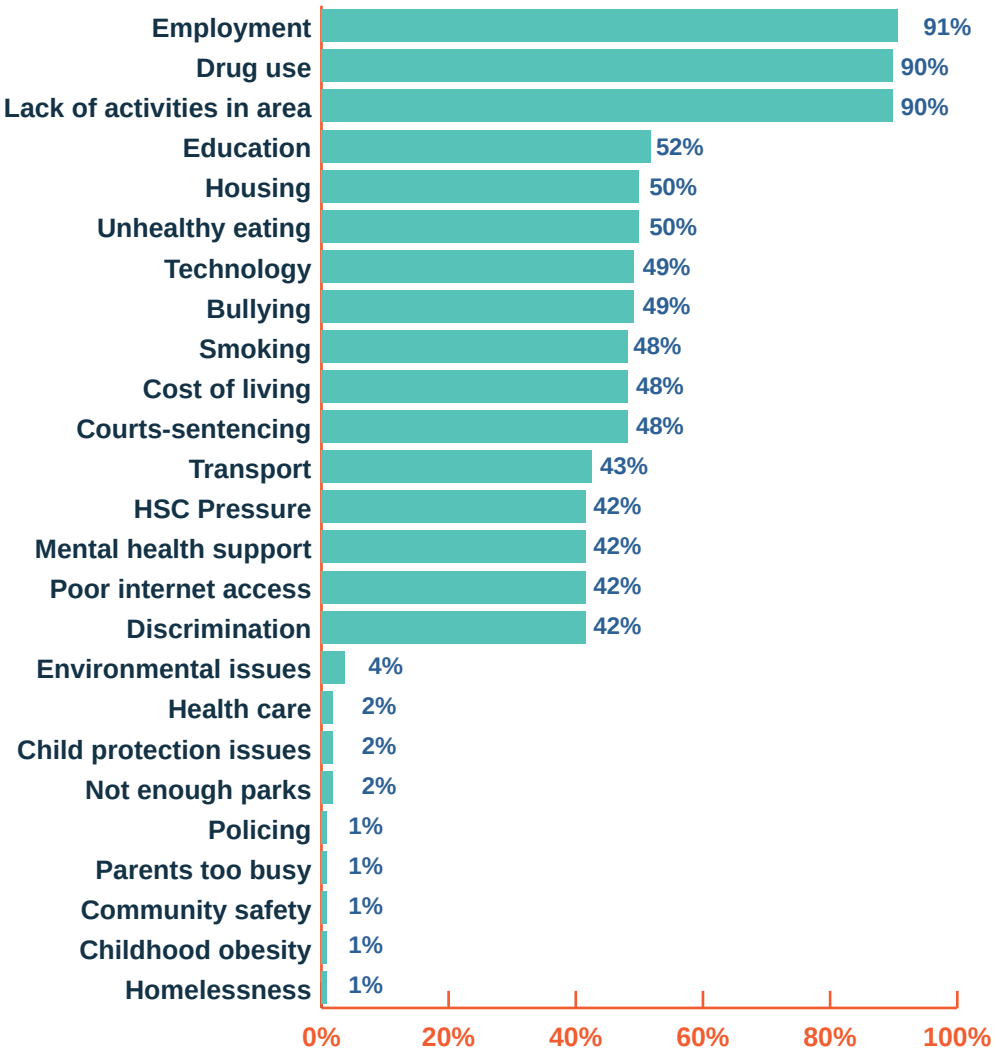
- **Transport is unreliable: either late or does not arrive**
- **There is not enough transport in rural areas**
- **Transport is too expensive**
- **Bus drivers have negative attitudes towards young people**
- **Buses and trains are often not clean**
- **Feeling unsafe on public transport**
- **There is not enough transport for school students.**

- **Young people should be able to use student passes for travel outside to and from school**
- **Public transport travel routes should be improved.**

When speaking about employment, the concerns included:

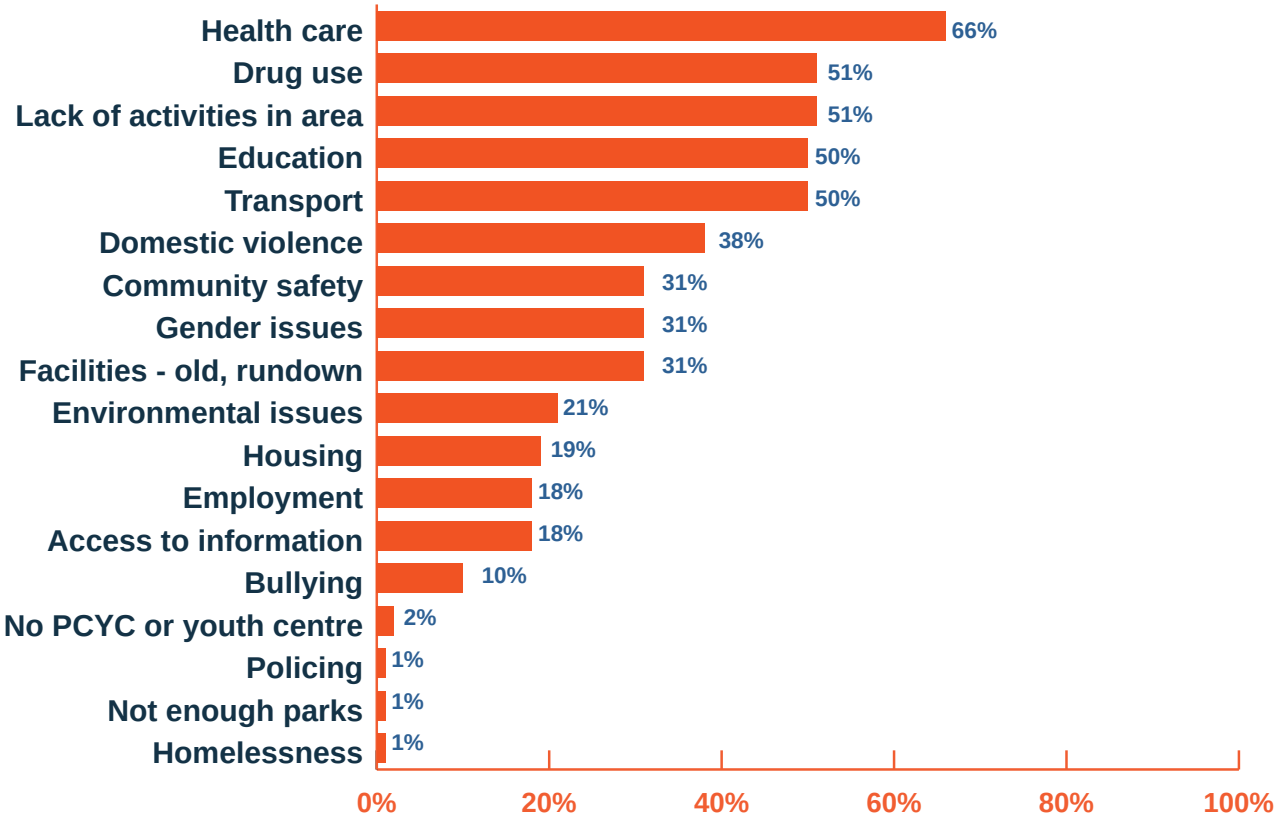
- **Limited work opportunities for young people in general**
- **Lack of jobs in rural and regional areas**
- **Lack of opportunities for work placements, experience and apprenticeships**
- **Difficulty in gaining employment with no prior experience**
- **Youth and graduate wage is too low**
- **Difficulty for students (school and university) to find casual or part-time employment.**

Q2: What is not working well? - Central Coast



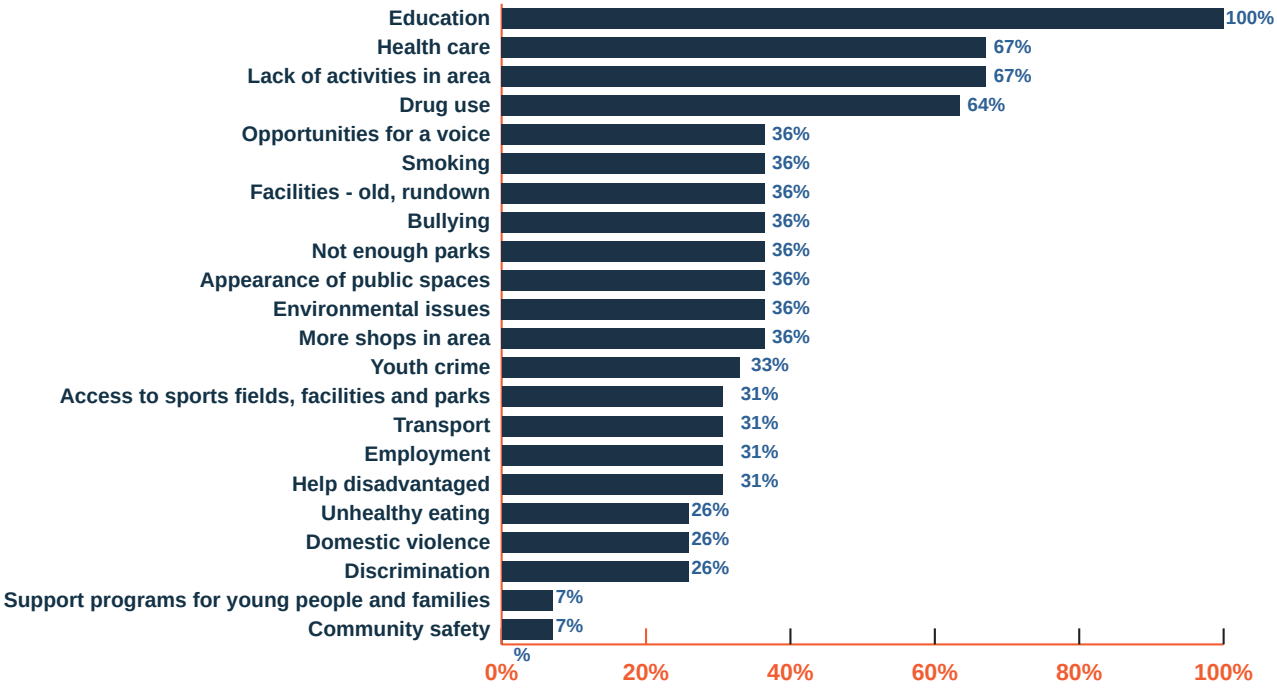
Total in Plan Consultations 109

Q2: What is not working well? - Central West and Orana



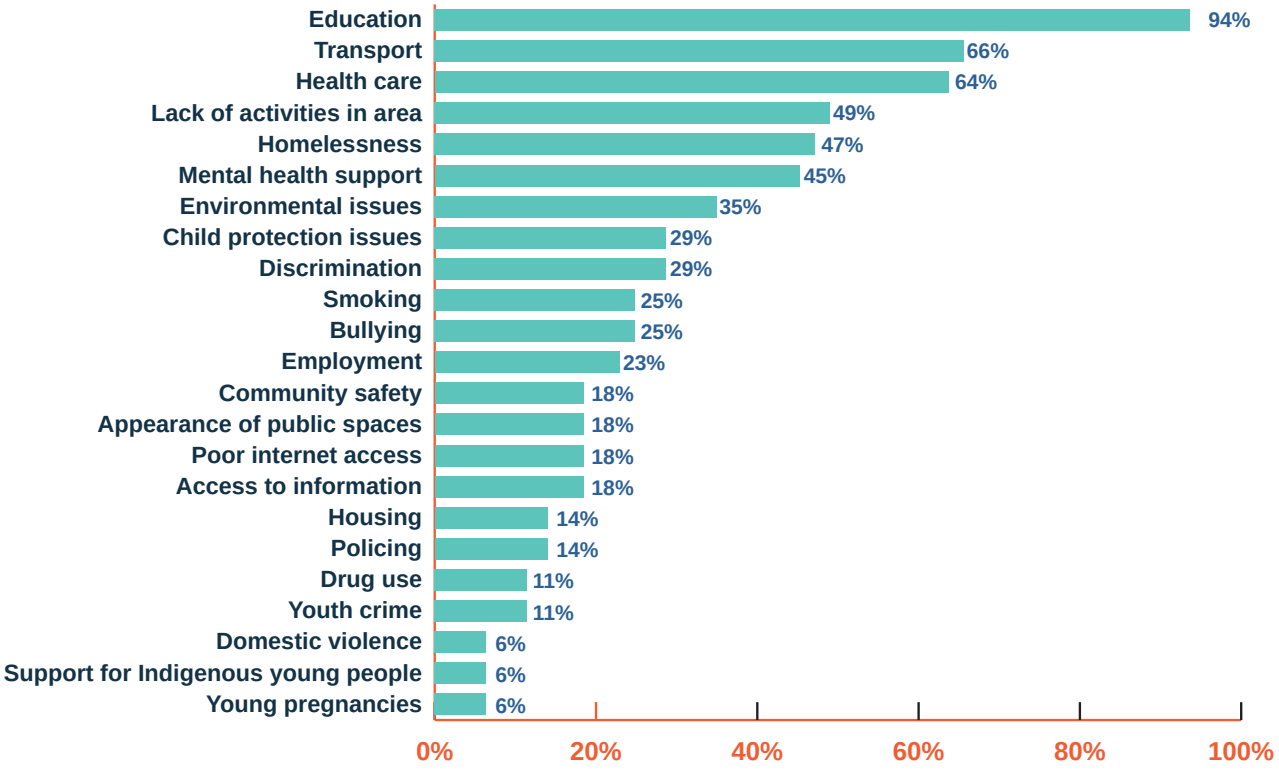
Total in Plan Consultations 102

Q2: What is not working well? - Far West



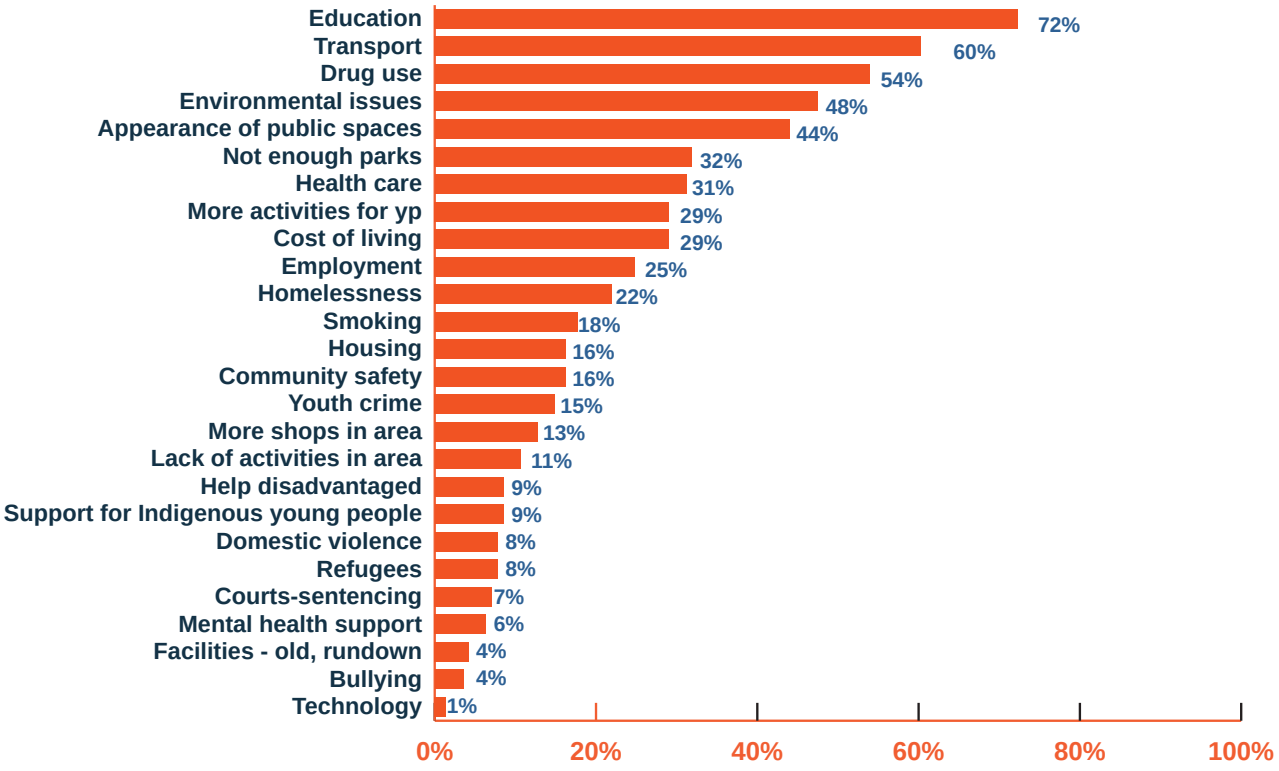
Total in Plan Consultations 85

Q2: What is not working well? - Hunter



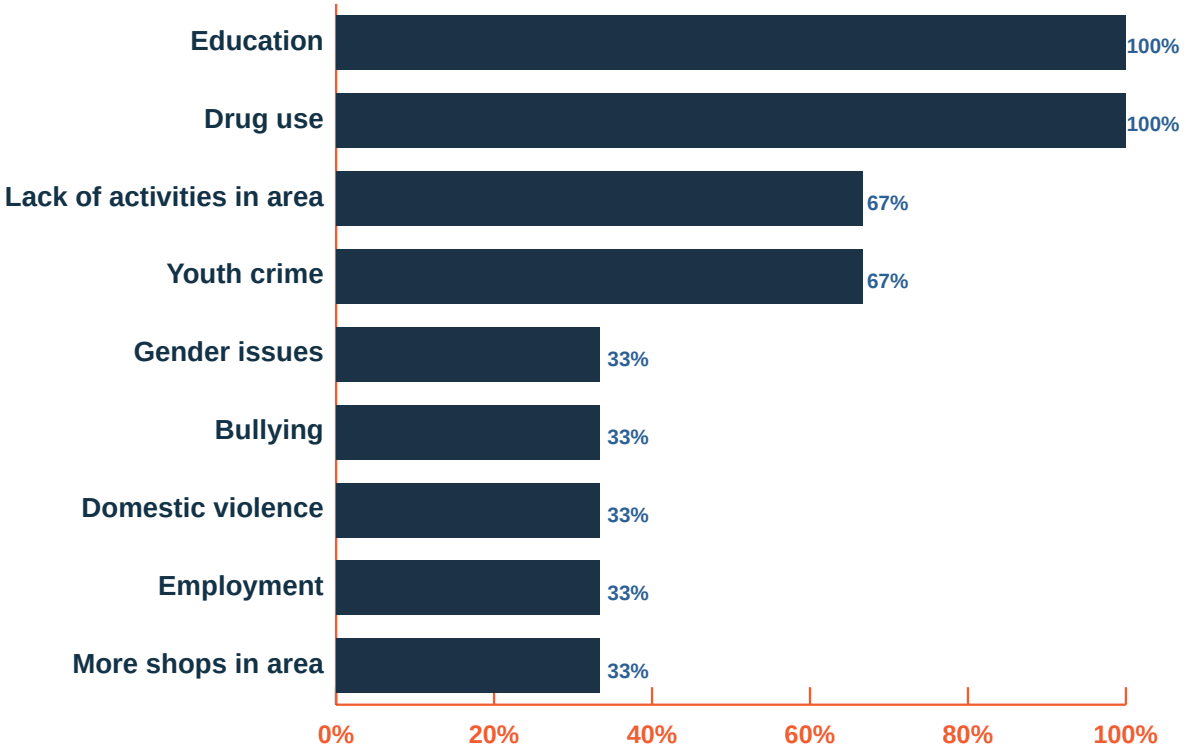
Total in Plan Consultations 157

Q2: What is not working well? - Illawarra-Shoalhaven



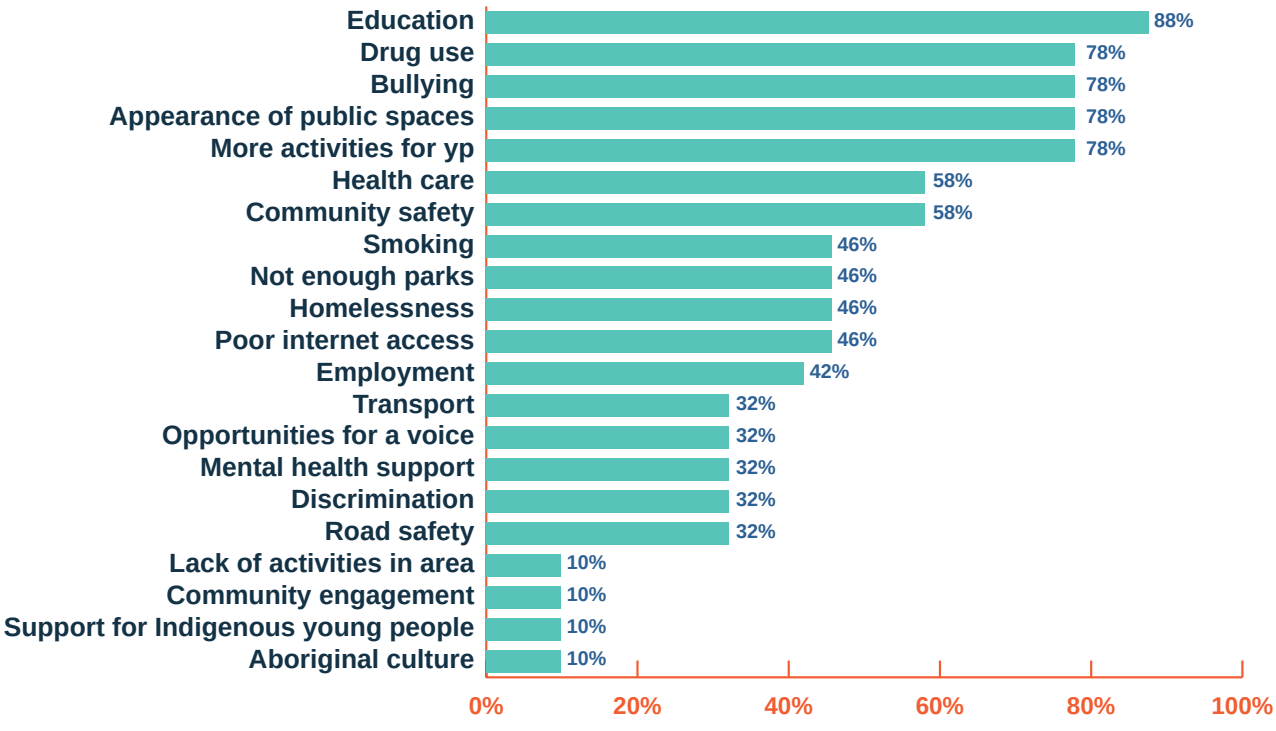
Total in Plan Consultations 197

Q2 - What is not working well? - New England North West



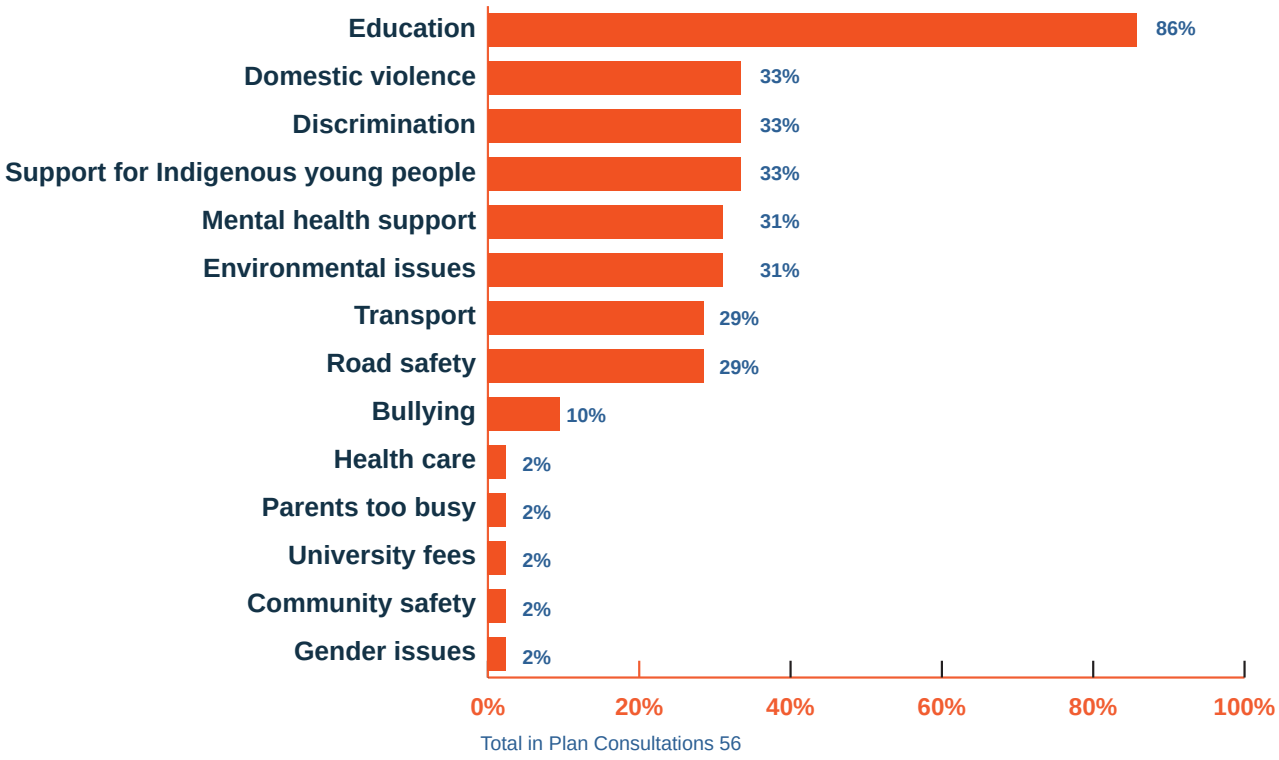
Valid Cases 36
Total in Plan Consultations 36

Q2: What is not working well? - North Coast



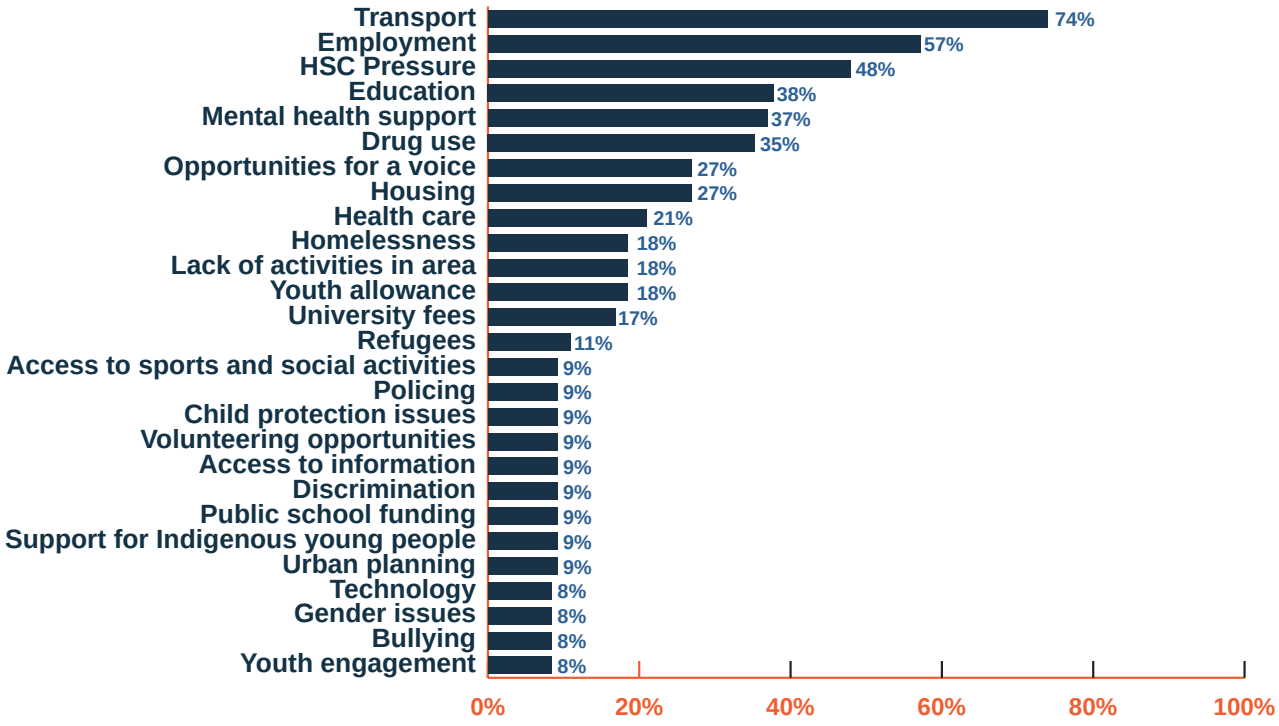
Total in Plan Consultations 89

Q2: What is not working well? - Riverina-Murray



Total in Plan Consultations 56

Q2: What is not working well? - South East and Tablelands



Total in Plan Consultations 163

Top things to focus on:

When asked what are the top things government should focus on, children and young people continually raised education (µ65%) across each region. When talking about education, they stated that:

- **More resources and funding to schools**
- **Improve the quality of teaching and education**
- **More life skills education in schools**
- **Reduce pressure and stress on high school students**
- **Variable school hours e.g. later start, later finish and three day weekend**
- **Reduce university fees**
- **More support for students who are struggling**
- **Less homework.**

"Change the way education is taught to children. Teach them life skills."
Male, 11-17

"Extra teaching support in class for children who can't keep up."
Female, 18-24yrs

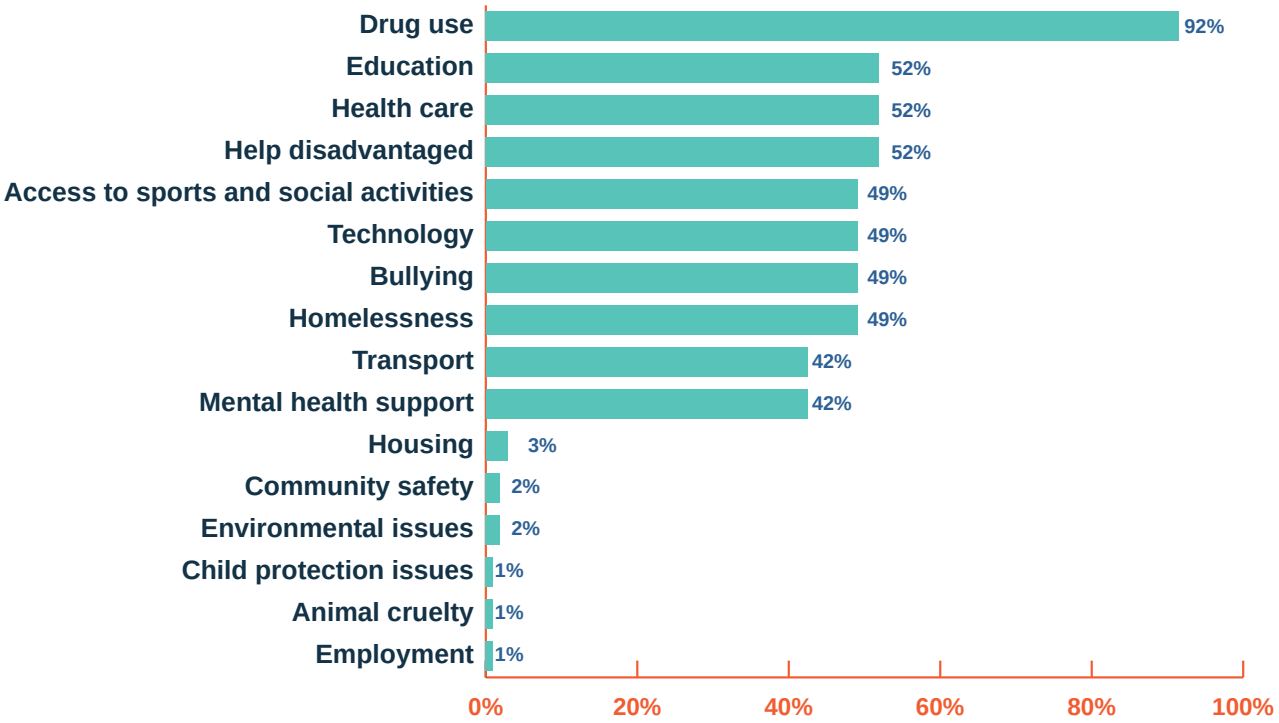
Common themes appeared across the different regions, such as more activities for children and young people (particularly at night) (µ42%), increased and improved transport (µ31), combating drugs (µ29%), and increased employment opportunities (µ23%). In addition to these common themes however, certain regions had individual issues which were raised more frequently than others depending on the location. Greater community engagement (67%) in the Far West, Mental Health support (59%) in the Hunter and more shops in the area in Illawarra-Shoalhaven (27%), New England (66%) and Riverina-Murray (26%).

The importance of increased transport options for children and young people in rural and regional areas is not necessarily born out of the statistical data below, given it was not a response in Far West and the North Coast, which brought the overall average down to µ31%, however it remains a continual theme in almost all of ACYP's subsequent consultations. When talking about transport, children and young people said:

- **Reduce costs: all students, including university, should travel for free**
- **Young people at school ages should travel for free**
- **More frequent buses and trains: including more late night/early morning and weekend transport**
- **School transport should reach a wider area (better travel routes)**
- **Public transport to arrive at scheduled times**
- **Improve transport in rural areas**
- **Improve security on public transport: more patrols, cameras**
- **Have student-only carriages on trains.**

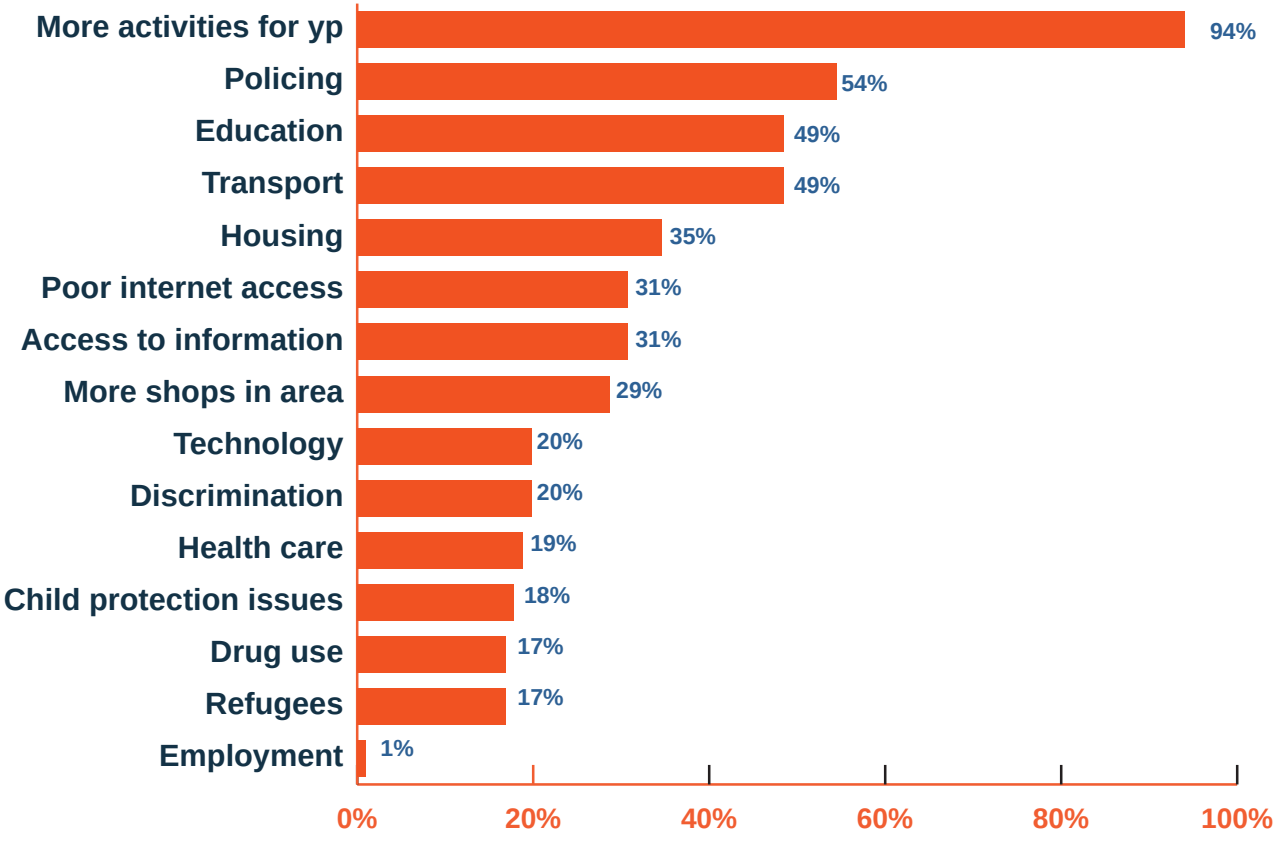
Importantly, children and young people from rural and regional NSW placed greater importance on transport, drug and alcohol issues, health care, access to sports and social activities and more activities (particularly at night) than those from Sydney.

Q3: Top things to focus on - Central Coast



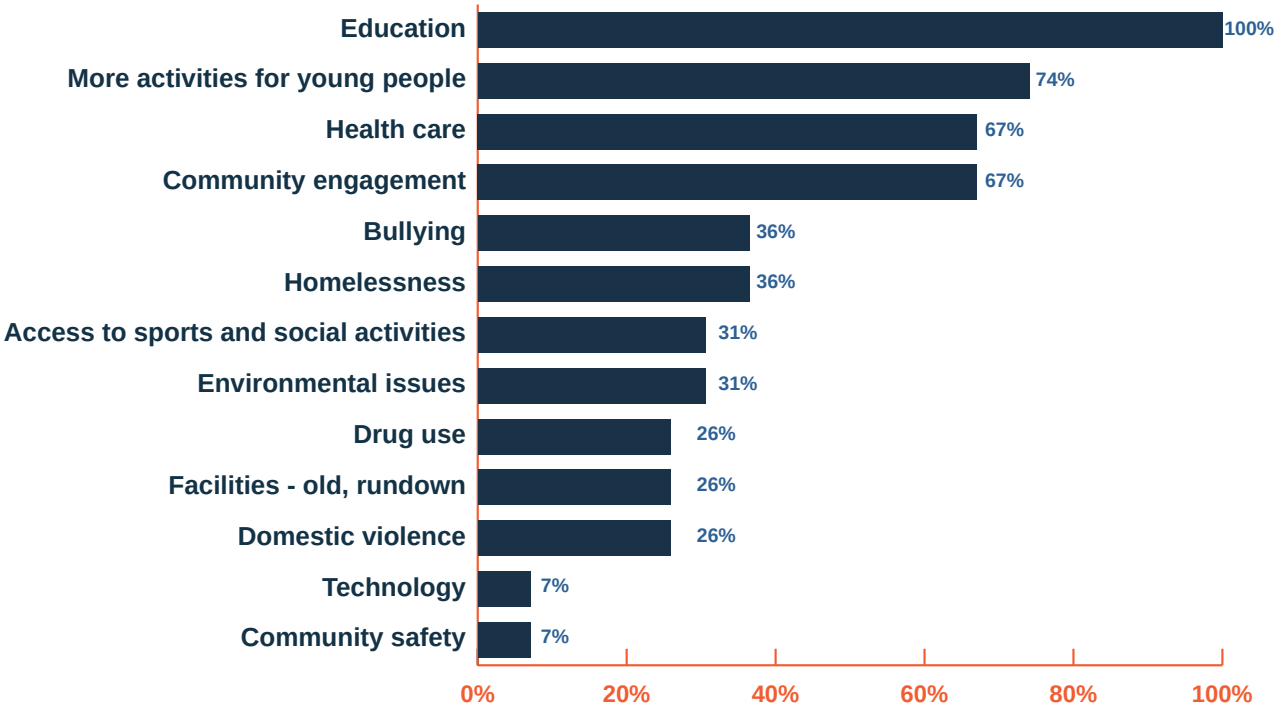
Total in Plan Consultations 109

Q3: Top things to focus on - Central West and Orana



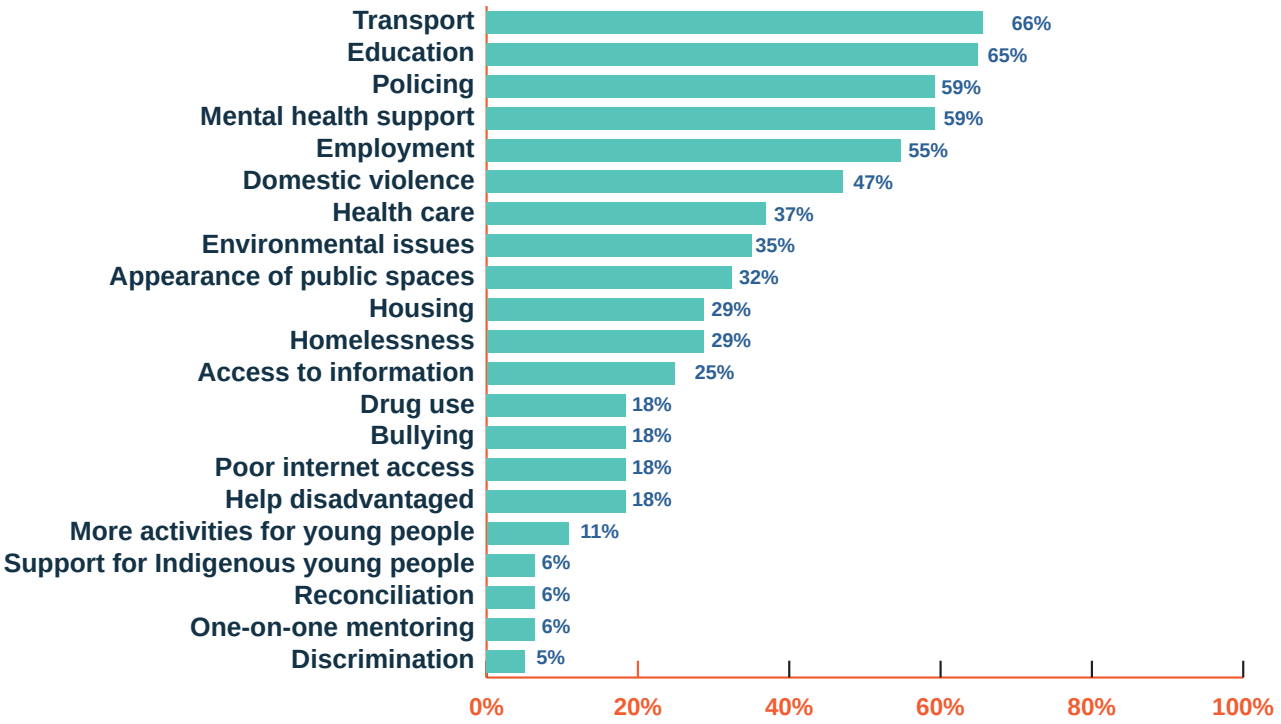
Total in Plan Consultations 102

Q3: Top things to focus on - Far West



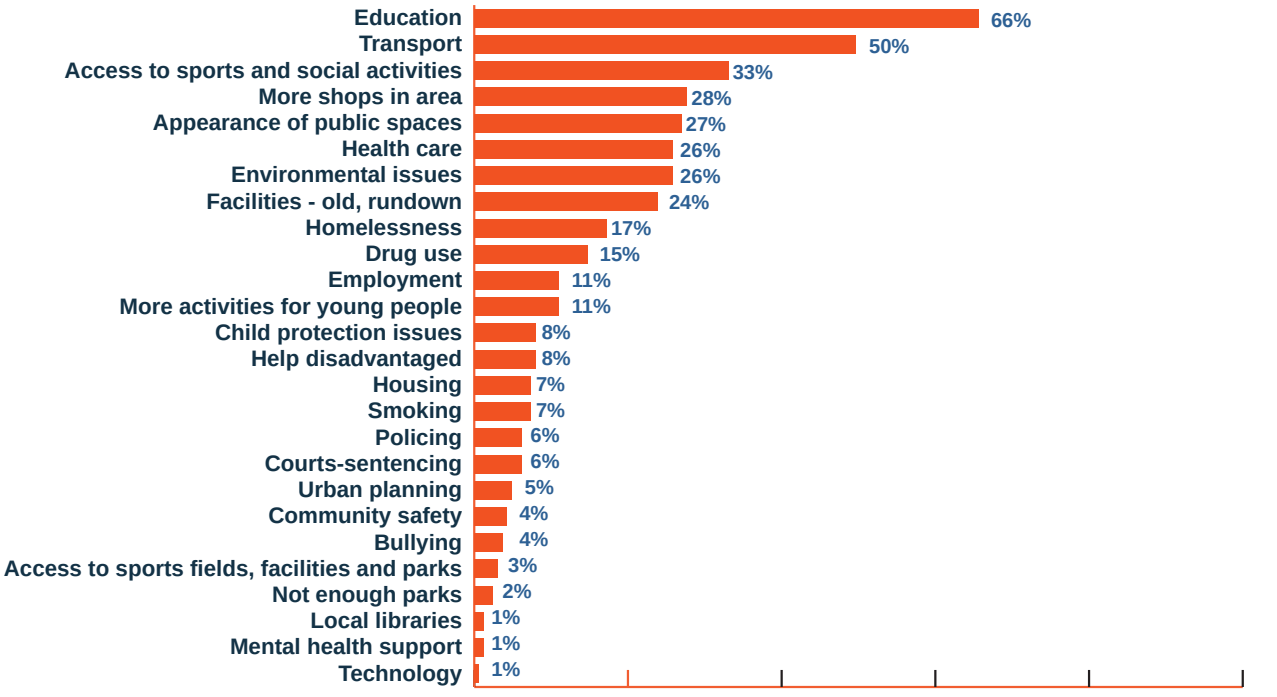
Total in Plan Consultations 85

Q3: Top things to focus on - Hunter



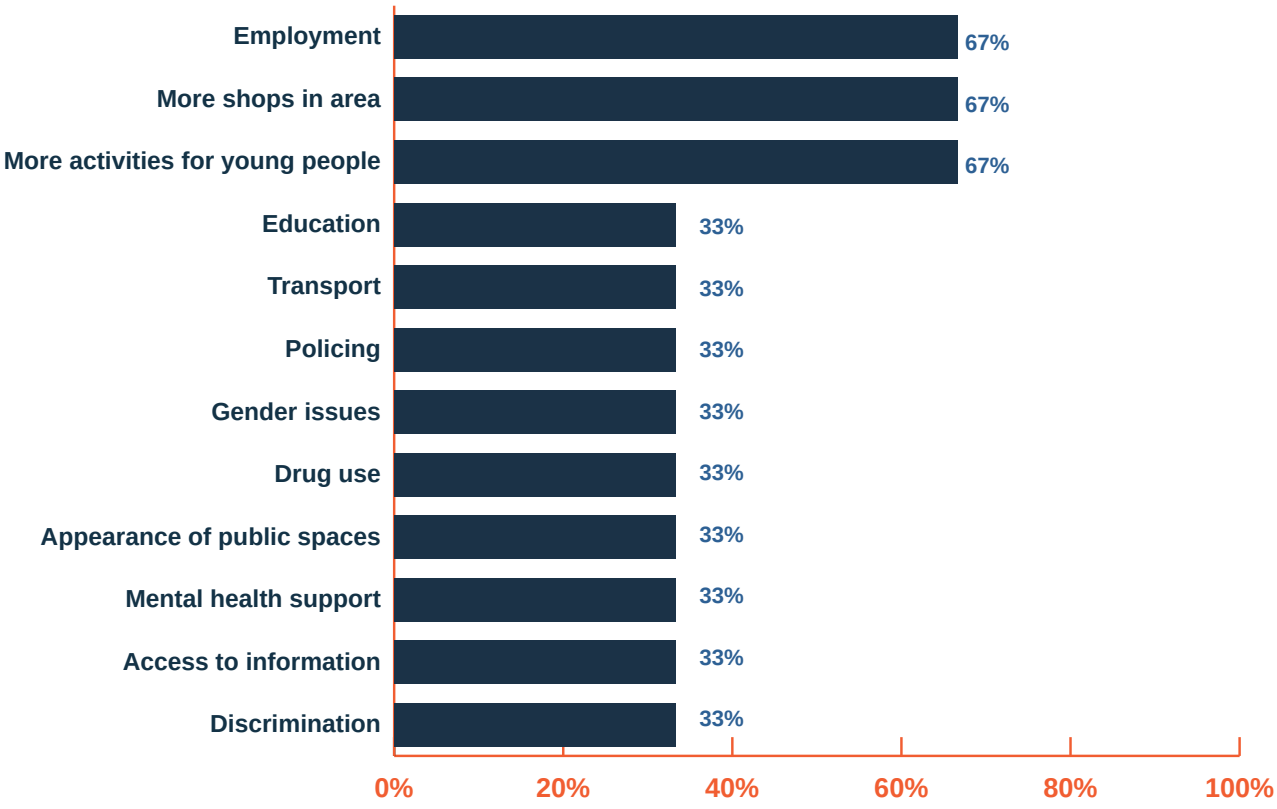
Total in Plan Consultations 157

Q3: Top things to focus on - Illawarra-Shoalhaven



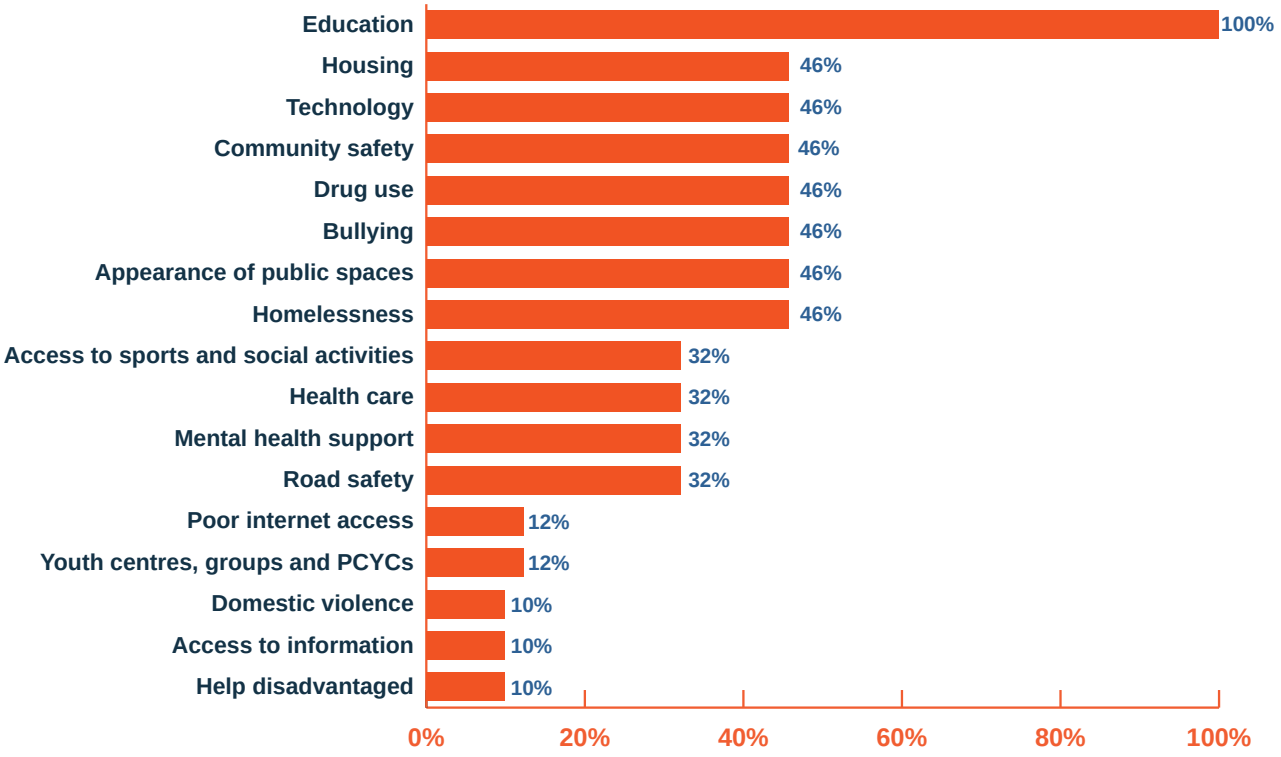
Total in Plan Consultations 197

Q3: Top things to focus on - New England North West



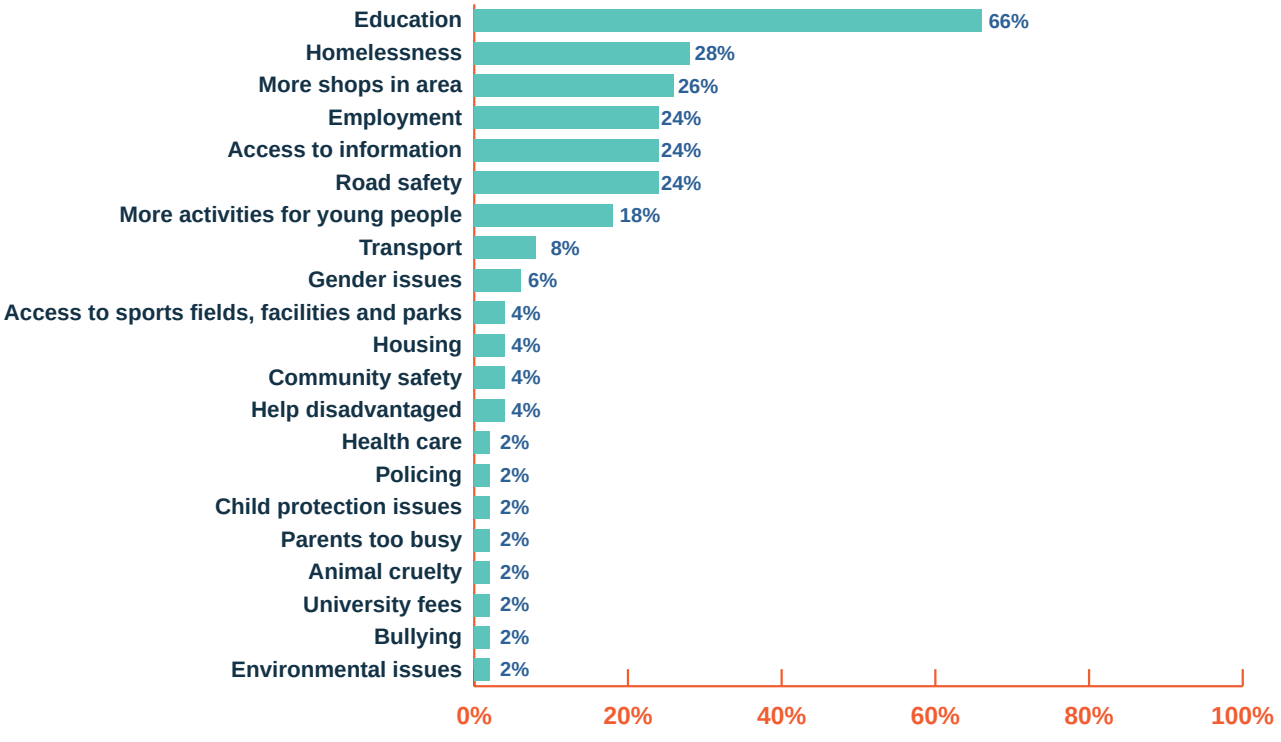
Total in Plan Consultations 36

Q3: Top things to focus on - New England North West



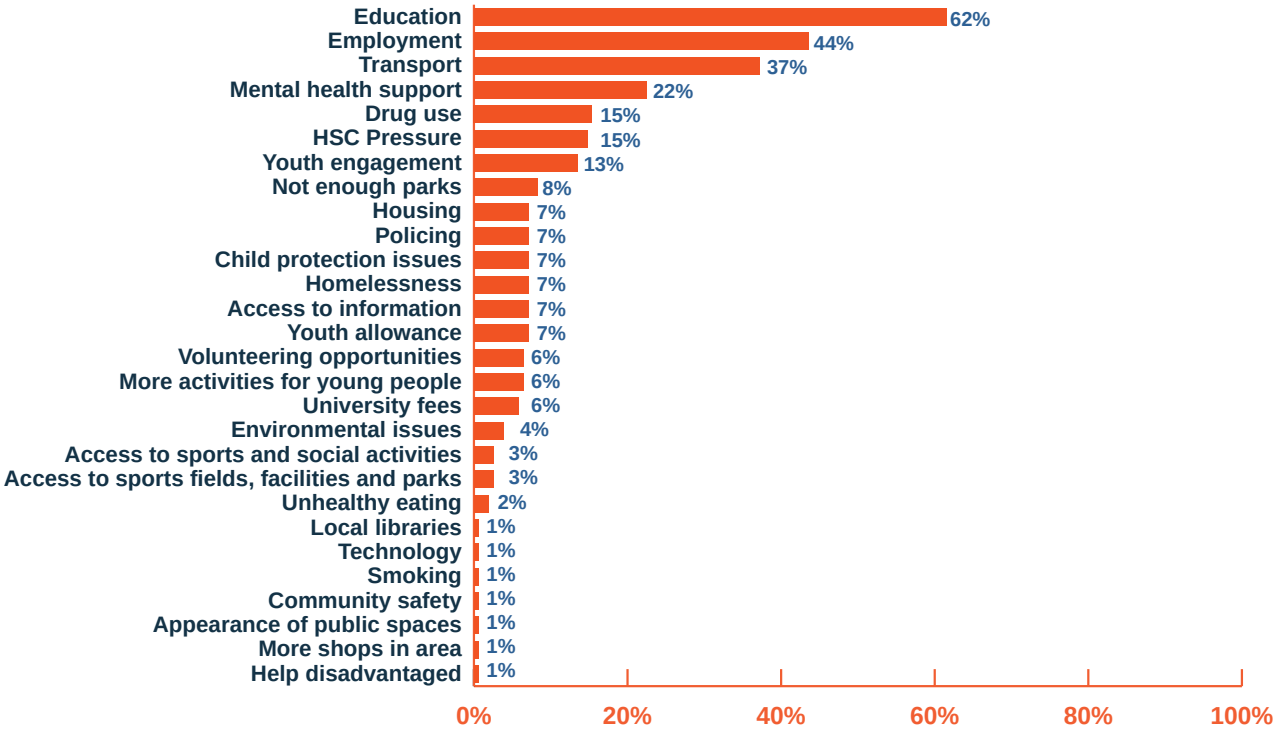
Total in Plan Consultations 89

Q3: Top things to focus on - Riverina-Murray



Total in Plan Consultations 56

Q3: Top things to focus on - South East and Tablelands

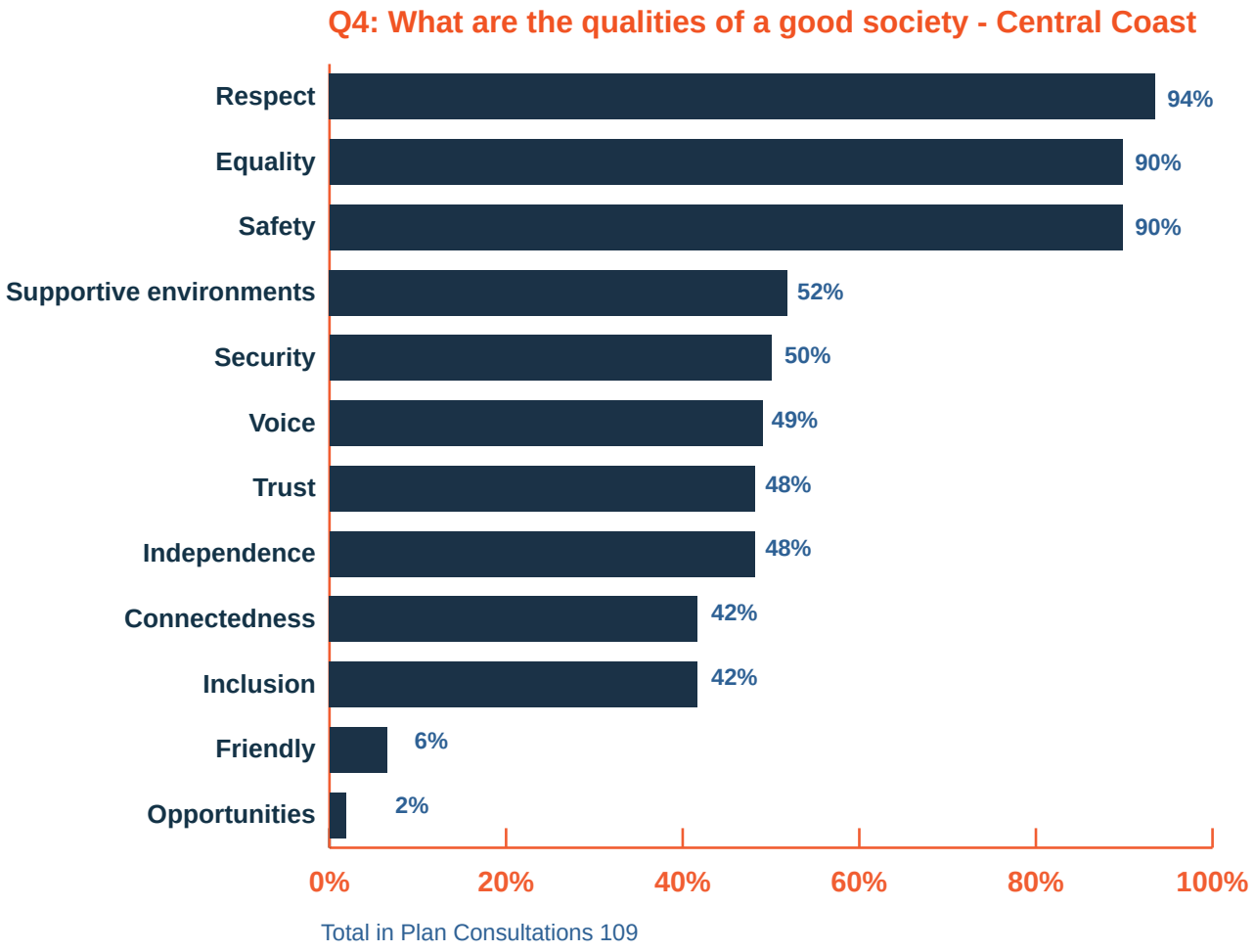


Total in Plan Consultations 163

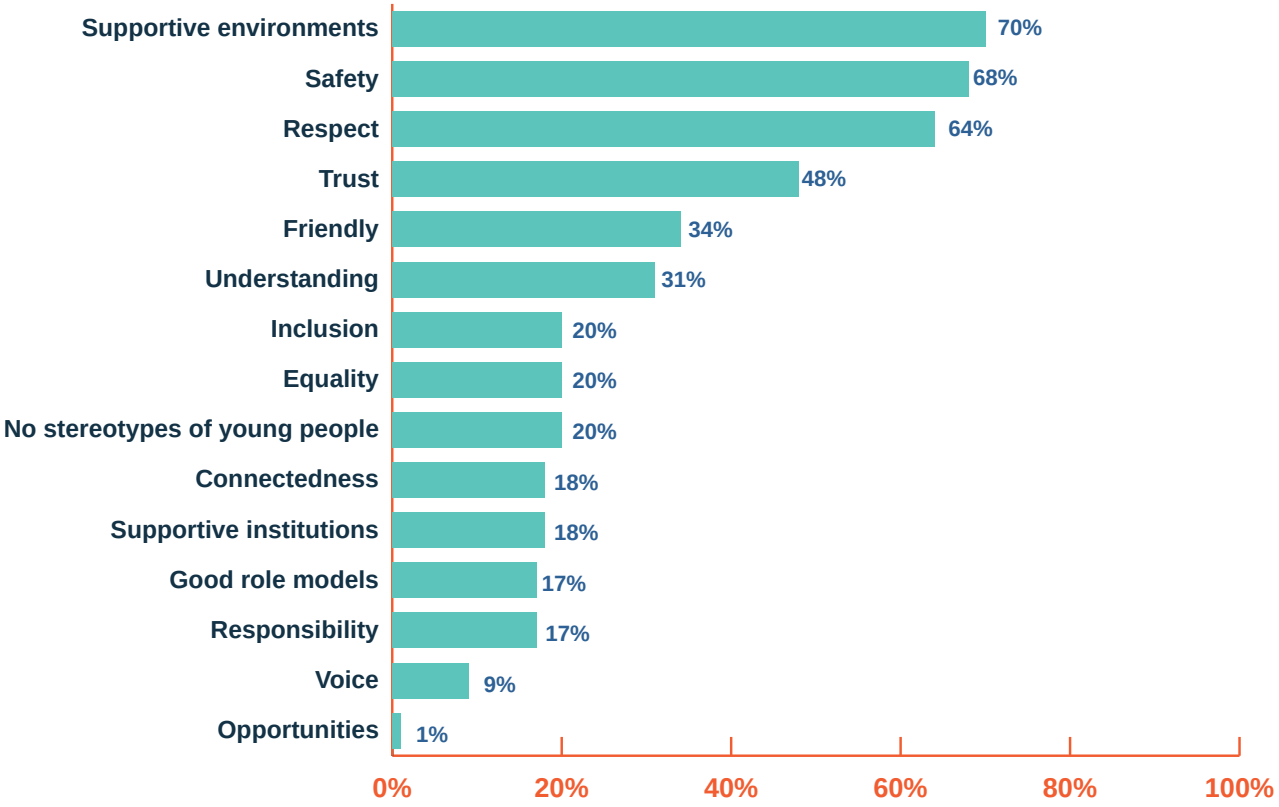
What are the qualities of a good society?

When asked to describe the qualities of a good society, children and young people rated respect (μ83%), equality (μ52%) and safety (μ53%) consistently highly across the regions. Inclusion (μ23%) also featured prominently in all but two regions as well.

In general, children and young people raised the same qualities of a good society regardless of where they lived. The exception to this was “opportunities”, which was mentioned more frequently by children and young people living outside metropolitan Sydney.

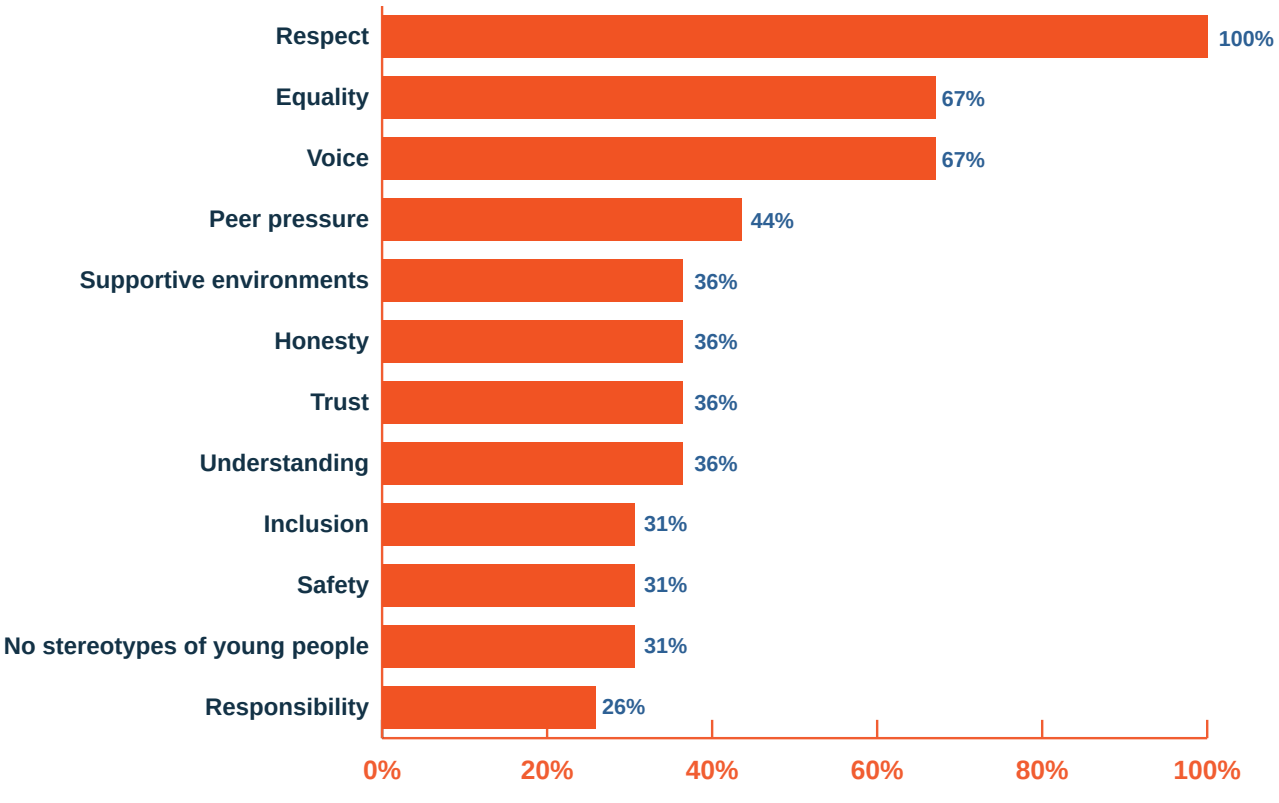


Q4: What are the qualities of a good society - Central West and Orana



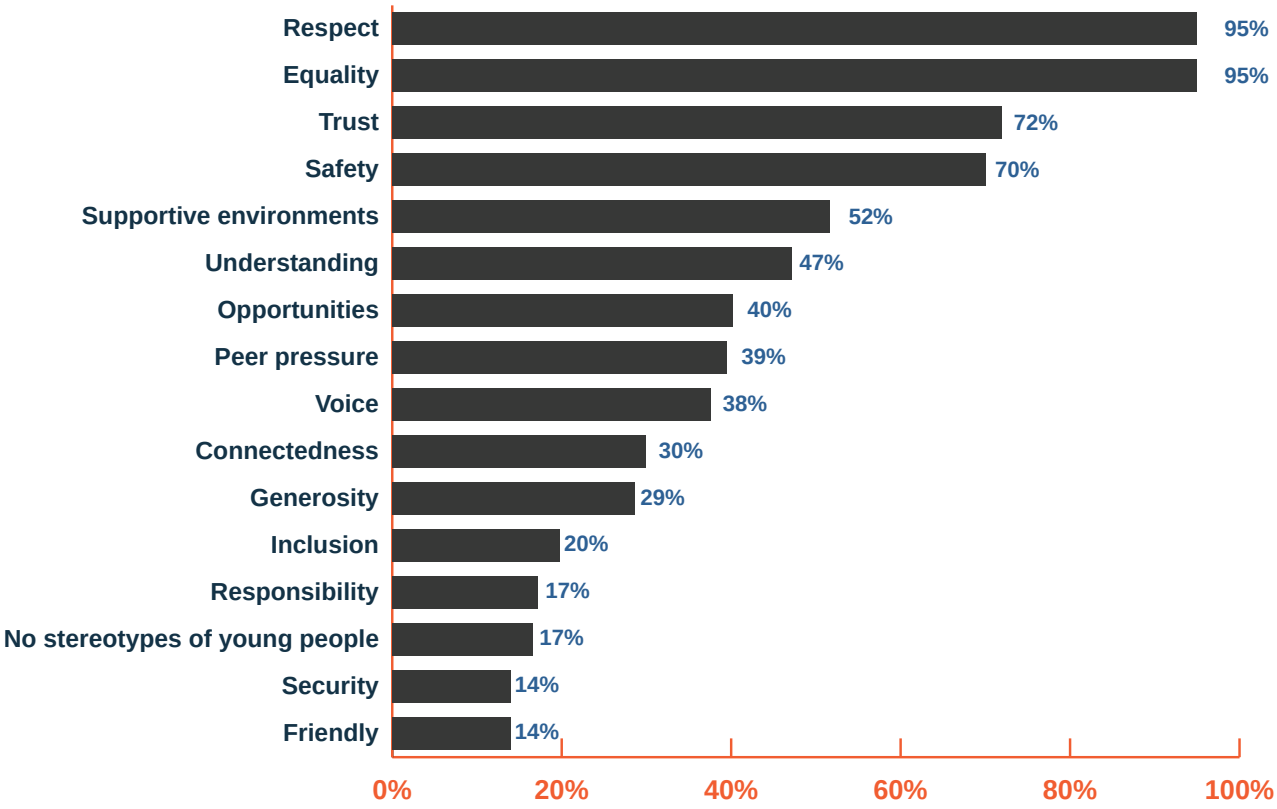
Total in Plan Consultations 102

Q4: What are the qualities of a good society - Far West



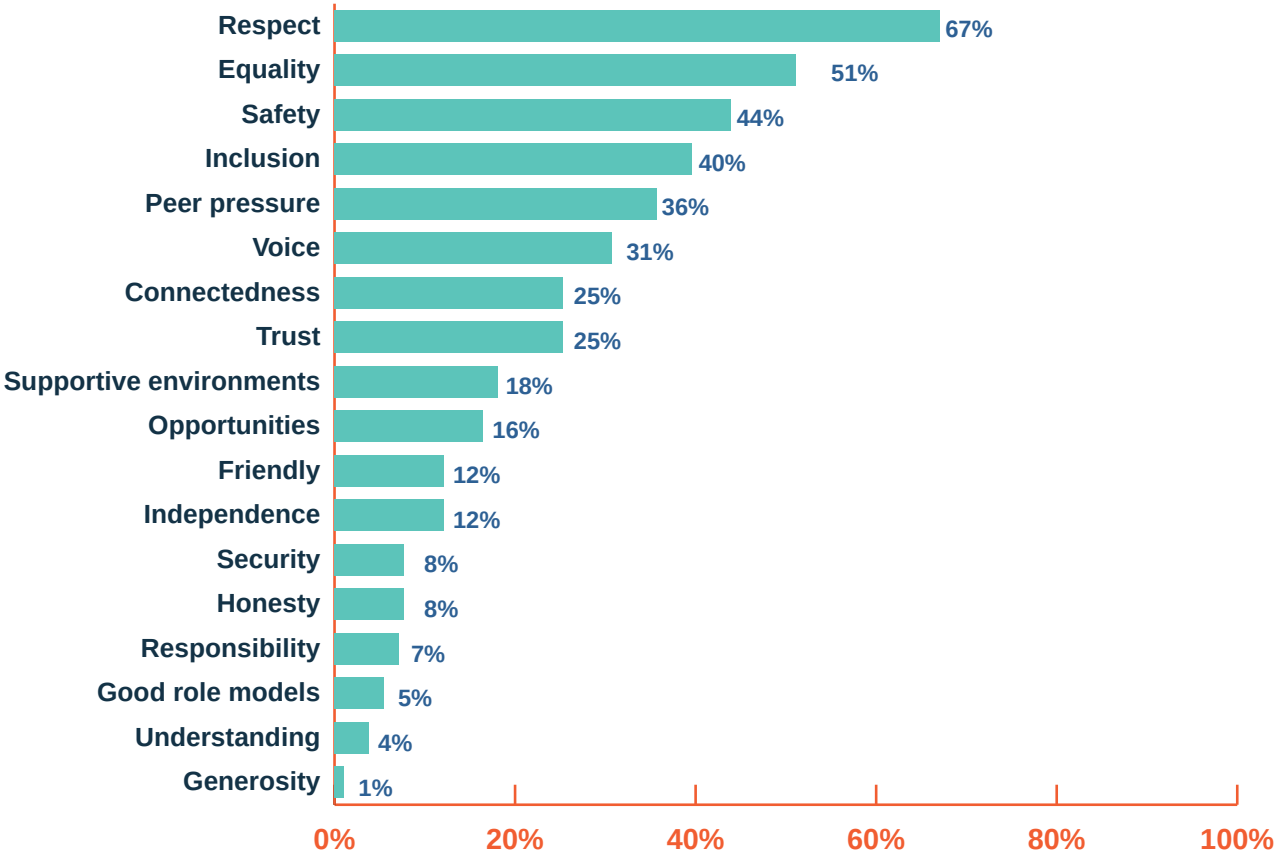
Total in Plan Consultations 85

Q4: What are the qualities of a good society - Hunter



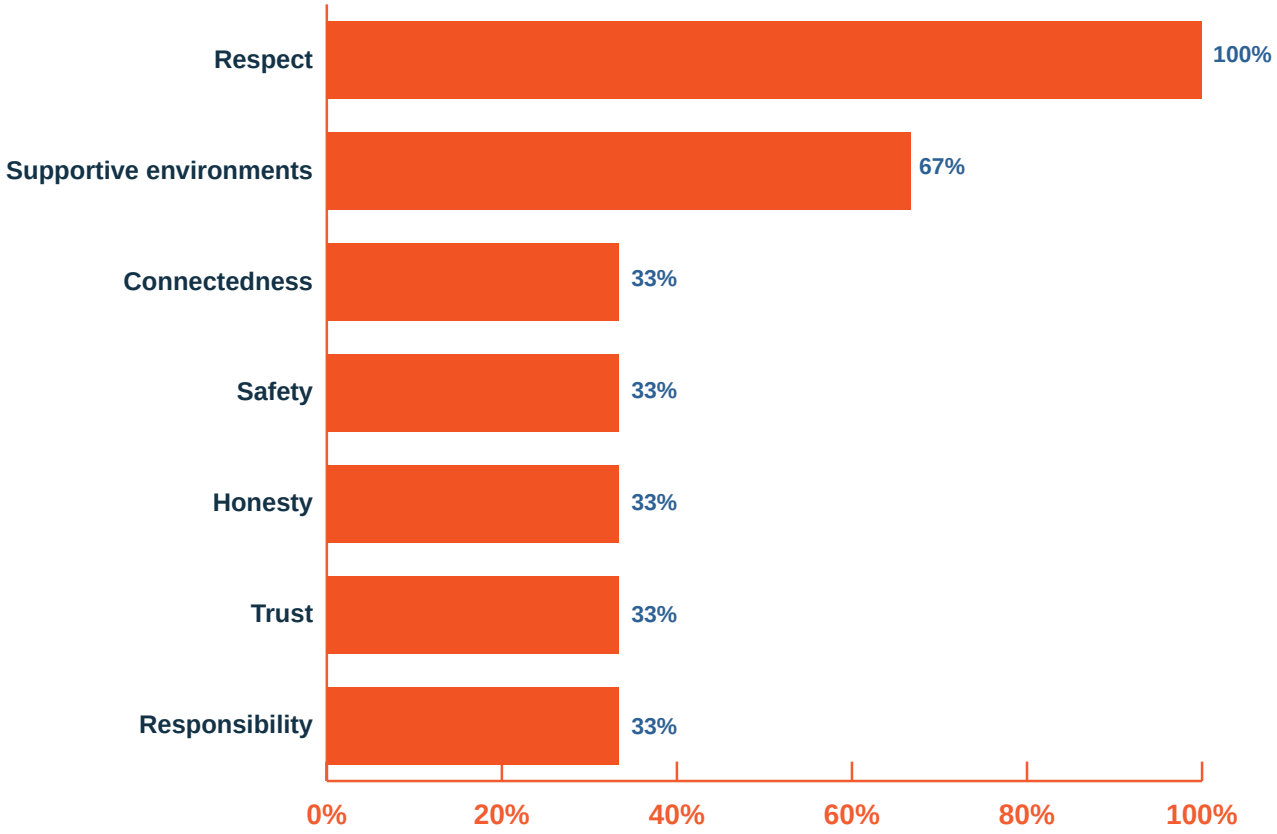
Total in Plan Consultations 157

Q4: What are the qualities of a good society - Illawarra-Shoalhaven



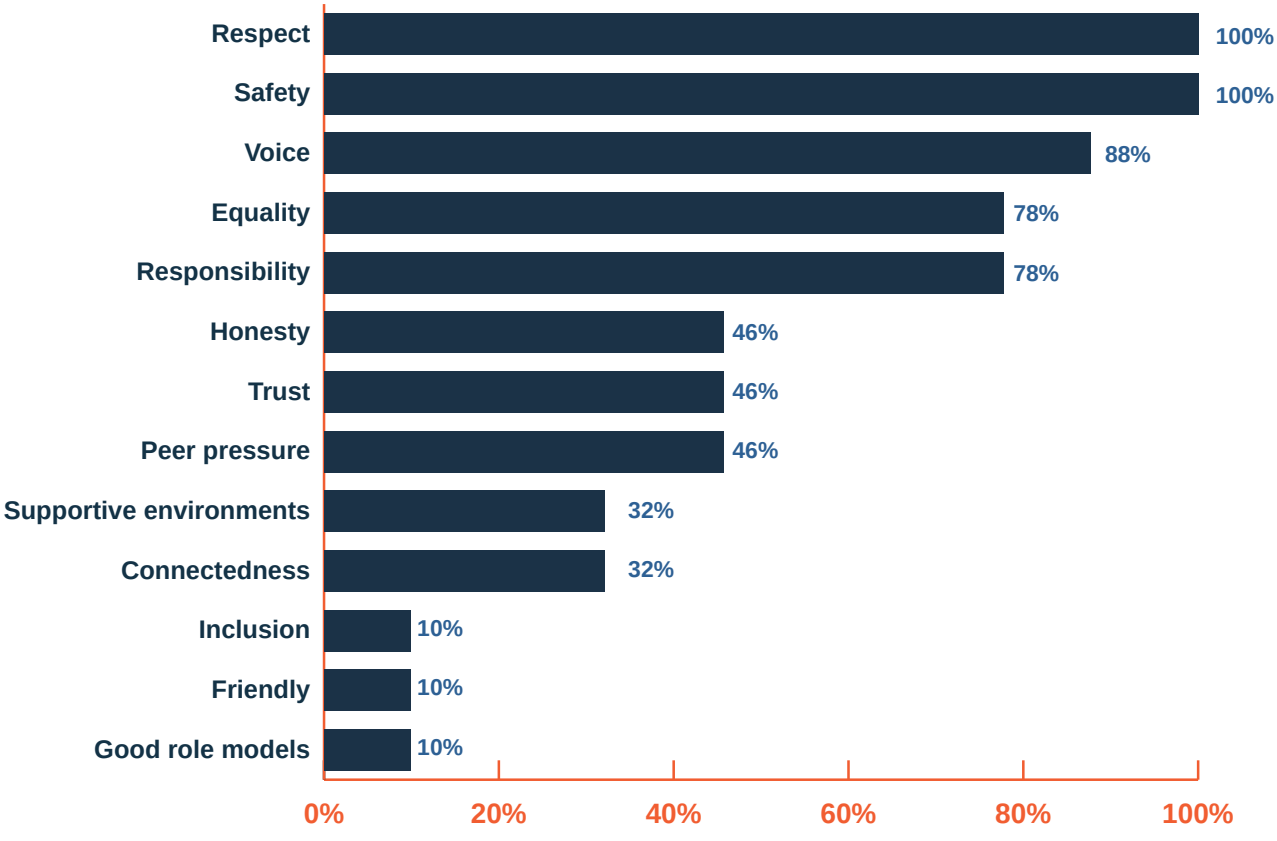
Total in Plan Consultations 197

Q4: What are the qualities of a good society - New England North West



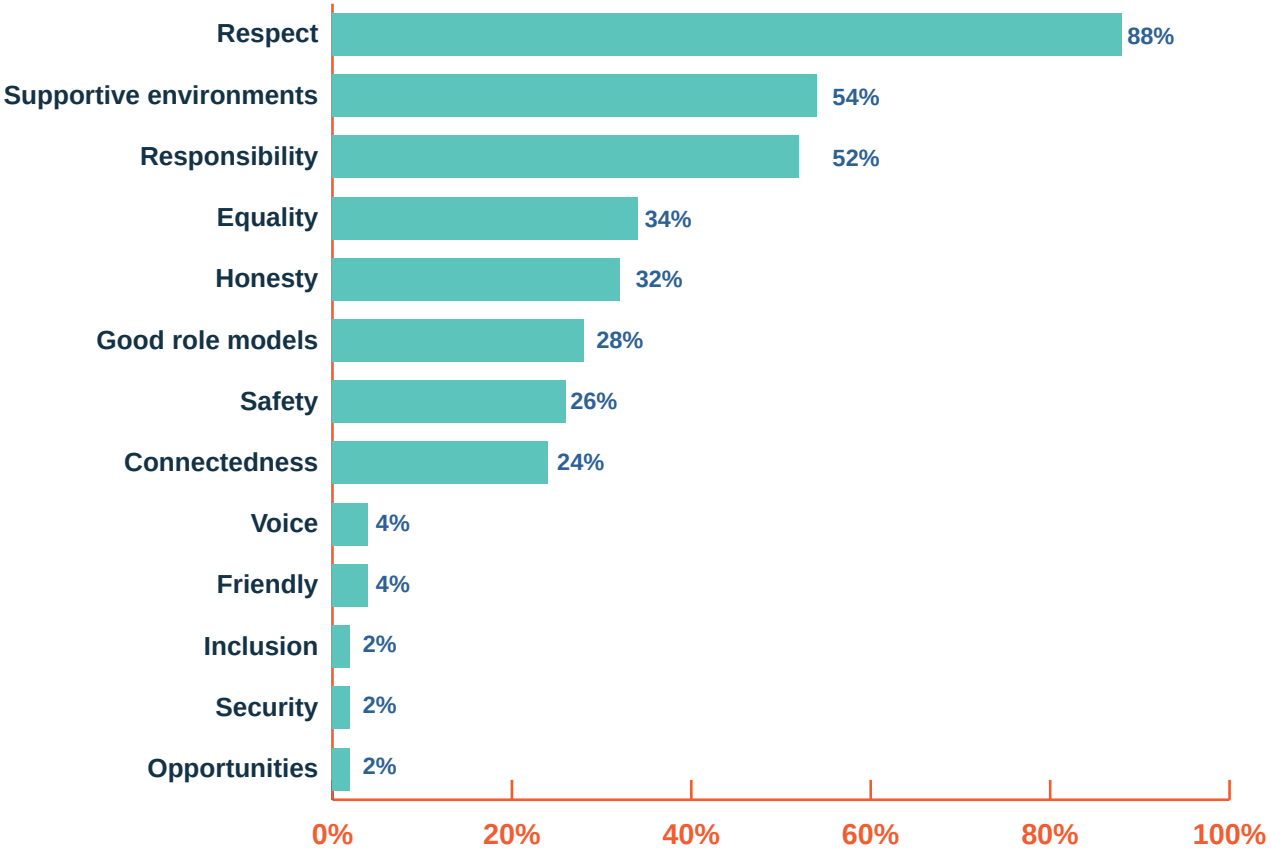
Total in Plan Consultations 36

Q4: What are the qualities of a good society - North Coast



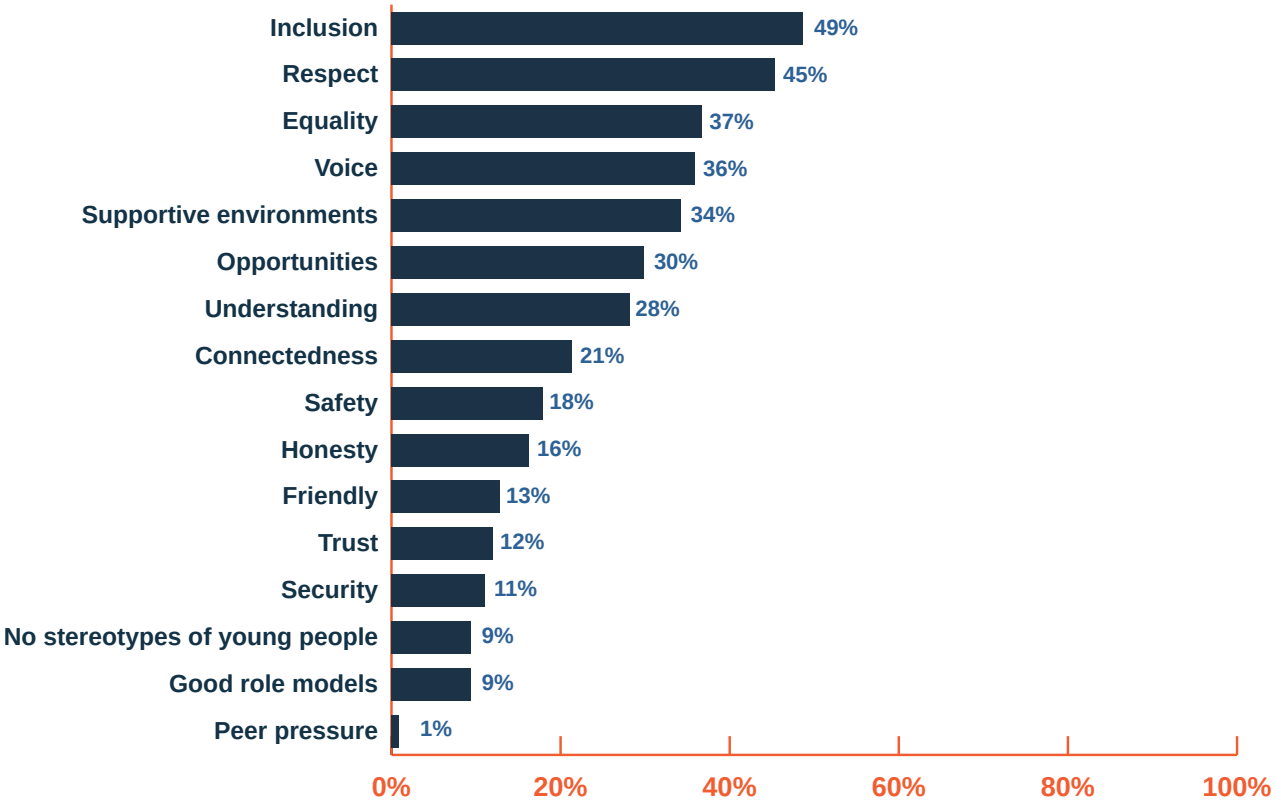
Total in Plan Consultations 89

Q4: What are the qualities of a good society - Riverina-Murray



Total in Plan Consultations 56

Q4: What are the qualities of a good society - South East and Tablelands



Total in Plan Consultations 163

targeted face-to face consultations

In addition to the significant initial consultation with children and young people during the development of the Plan, ACYP has undertaken several targeted consultations across rural and regional NSW. The core questions of 'what's working well?' and 'what isn't working well?' were often asked, irrespective of the scope of the targeted consultation. Below is a summary of the sentiments of these qualitative exercises, broken up into recurrent themes.

Education

What's working?

- Creation of flexible learning plans, individualised learning support and smaller class sizes
- Information, encouragement and facilitation by school to pursue apprenticeships or traineeships
- Suspensions and expulsions that further disengage vulnerable young people and, due to lack of alternate schools, can end their access to education.

What's not working?

- People working with children and young people, including teachers, should have insight into mental health concerns, driver of poor behaviour and trauma informed practice
- Increase methods of building resilience for children and young people with focus on responding to bullying and coping with social, educational and parental pressures
- Ensure NSW has a formal policy that ensures schools are required to engage in flexible learning plans for those who, for whatever reason including pregnancy, are unable to engage in full time education
- Introduce "Life Skills" to curriculum to ensure young people graduate with practical skills required for independence
- High turnover of staff and restricted subject choice in rural locations
- Educational institutions do not respond with support to young people that are disengaging from school and/or in trouble with the law.

Jobs and training

What's working?

- The promotion of affordable apprenticeships and training opportunities for young people
- Mentoring programs where adult mentors and role models help support and guide young people, such as AIME and Clontarf
- Provision of local training and employment opportunities so young people do not feel compelled to leave community to gain employment or undertake training.

What's not working?

- Children and young people reported a lack of employment and educational opportunities, as well as stunted career pathways in regional centres

- Job service providers in regional areas are not impacting youth unemployment
- As an alternative to traditional employment opportunities, children and young people recommend promoting social enterprises and individual entrepreneurialism in regional areas
- Potential for discrimination when applying for jobs as applications ask if you are Aboriginal.

Services

What's working?

- Emphasis on prevention and early intervention for both parents and children
- The co-location and cooperation of government, educational, medical and other services
- Leadership and mentoring programs for children and young people experiencing disadvantage including Scouts, Rotary, PCYC etc.
- Creating pathways to services through "soft entry points" such as youth centres, youth hubs and drop in community locations
- Programs specific to Aboriginal children and young people run by Aboriginal organisations, particularly valued by young people in juvenile justice
- Services that help young people reach the required learning hours and attain a driver licence
- Holistic support services that assist both the young person and the young person's family
- Programs that remove graffiti, rubbish and pollution and make the community feel safe.

What's not working?

- Highly mobile workforces, impermanent programs, the distance between services and a lack of respect undermine the efficacy of the services and strong community connections
- There is a lack of crisis and temporary housing for children and young people as well as more permanent affordable housing
- There is a lack of knowledge about services that are available, especially at short notice in times of crisis
- Services do not accept children and young people with cross over or complex histories such as mental health and AOD problems with behavioural disorders
- Communities with concentrated levels of disadvantage require targeted services that help create and maintain a sense of community
- Overrepresentation of Aboriginal children and young people in multiple areas of vulnerability including out-of-home care, juvenile justice and tertiary education; underrepresentation of Aboriginal services and workers
- CALD and LGBTIQA+ children and young people have insufficient support despite their heightened vulnerability
- Reported gap in services for children and young people between the ages of 8-12 years and for adolescents when adult facilities are not available, are unsuitable or unable to be appropriately tailored
- Centrelink services are not easy to navigate online or on the phone and offices are only open during school and work hours which makes it difficult to attend. Centrelink also requires engaging with many different services which is confusing and difficult.

Activities

What's working?

- Accessible outdoor spaces and equipment for exercise and sport including skate parks, boxing, football and scheduled activities that encourage regular participation
- Youth and community events that connect them to the community in positive and meaningful ways such as youth festivals and all ages events
- Aboriginal culture camps and mentoring led by Aboriginal workers and elders
- Assistance covering costs of sport and other activities (although conditions require the young person to be enrolled in school and it is dependent on engagement of parent, carer or guardian, which could unintentionally disqualify the most vulnerable young people).

What's not working?

- Increase access to recreation and sporting facilities, including local environmental features such as beaches and bush reserves
- Increase activities for girls to ensure opportunities for males and females are equitable
- Introduce opportunities for cultural awareness and Aboriginal language teaching in schools and in the wider community
- The high cost of recreational activities can discourage and prohibit participation
- Increase focus on alternatives to sport such as art, music and cultural events
- Extend the hours of operation for youth centres such as PCYC to provide a safe chill out space after hours
- Engage children and young people at a young age to encourage them to engage in support and programs before they have more serious problems.

Transport

What's working?

- Shoreway – a service that helps with transportation between regional towns.

What's not working?

- Limited access to public transport and the high cost of private providers can prohibit travel, interrupt treatment and result in social exclusion
- Children and young people would benefit from organised transport between places they frequent such as school, work, recreation and other services
- Expense of travel and inability to use public transport without Opal card.

Voice

What's working?

- Encouraging mainstream recognition of local Aboriginal culture and history
- Local governments created a formal structure by which they involve children and young people in designing programs, policies and facilities relevant to children and young people.

What's not working?

- Children and young people need a single distribution point that they can approach for information about local services in time of crisis
- Children and young people should be consulted as to the best ways in which to use social media to share information
- Voices of Aboriginal children and young people should be sought out because they are particularly vulnerable to being overlooked despite strong population numbers in regional areas
- Young people are faced with entrenched negative attitudes towards Aboriginal young people in the community as well as intergenerational trauma as a consequence of the Stolen Generations
- Children and young people in out-of-home care are subjected to constant change of residence that undermines their ability to create supportive social networks or attach to family units.

Mental Health

What's working?

- Existing programs such as Headspace, PCYC and child and family mental health teams are spoken of positively
- Community awareness raising initiatives from local services are effective and can reduce stigma
- Access to and promotion of national and state wide services including Kids helpline, Lifeline, Mission Australia and Beyond Blue
- The increase of mental health education in formal school curriculum (PDHPE)
- Opportunities to access sport, recreation, arts, music and other social outlets.

What's not working?

- Existing programs require further resourcing and funding surety, noting that there were consistent reports of long waiting times, high staff turnover and access barriers
- Teachers require training in how to recognise and address youth specific mental health concerns
- Young people want to better understand the range of mental health signs and symptoms (not just depression and anxiety) and be better able to support their peers
- School counsellors need to better explain their role and be more accessible to students
- Young people have concerns about privacy and gossip particularly in small communities
- Impact of peer pressure and bullying and understanding where to go for assistance in learning coping strategies for stress.

Drug and Alcohol

What's not working?

- There is a lack of age appropriate detox and rehabilitation facilities for children and young people in rural and regional NSW
- Housing services and refuges need to co-locate with medical, AOD and mental health services to ensure homeless children and young people who have complex needs are not turned away
- Education needs to be more relatable and less formalised to encourage community discussion
- The connection between domestic violence and substance abuse is not adequately addressed.

Aboriginal consultations (Nations of Origin)

The office of the Advocate for Children and Young People regularly undertakes targeted consultations with Aboriginal children and young people. Since 2015, ACYP has consulted with and listened to well over 1000 children and young people who identify as Aboriginal. These consultations gain insight into particular issues, views, challenges or aspirations of the community and ACYP is then able to provide this feedback to government policy development and service delivery. ACYP has conducted consultations with 901 Aboriginal young people at the annual Nations of Origin event, run by Police Citizens Youth Clubs (PCYC). This section only analyses the Nations of Origin consultations.

In 2015, consultations with 180 young people were undertaken as part of the Plan development, using four open ended questions:

- **What is working?**
- **What is not working?**
- **What priorities should the government focus on?**
- **What are the qualities of a good society?**

In 2016, consultations were undertaken in July with 216 young people (120 males, 96 females) in small group discussions. They answered the following questions:

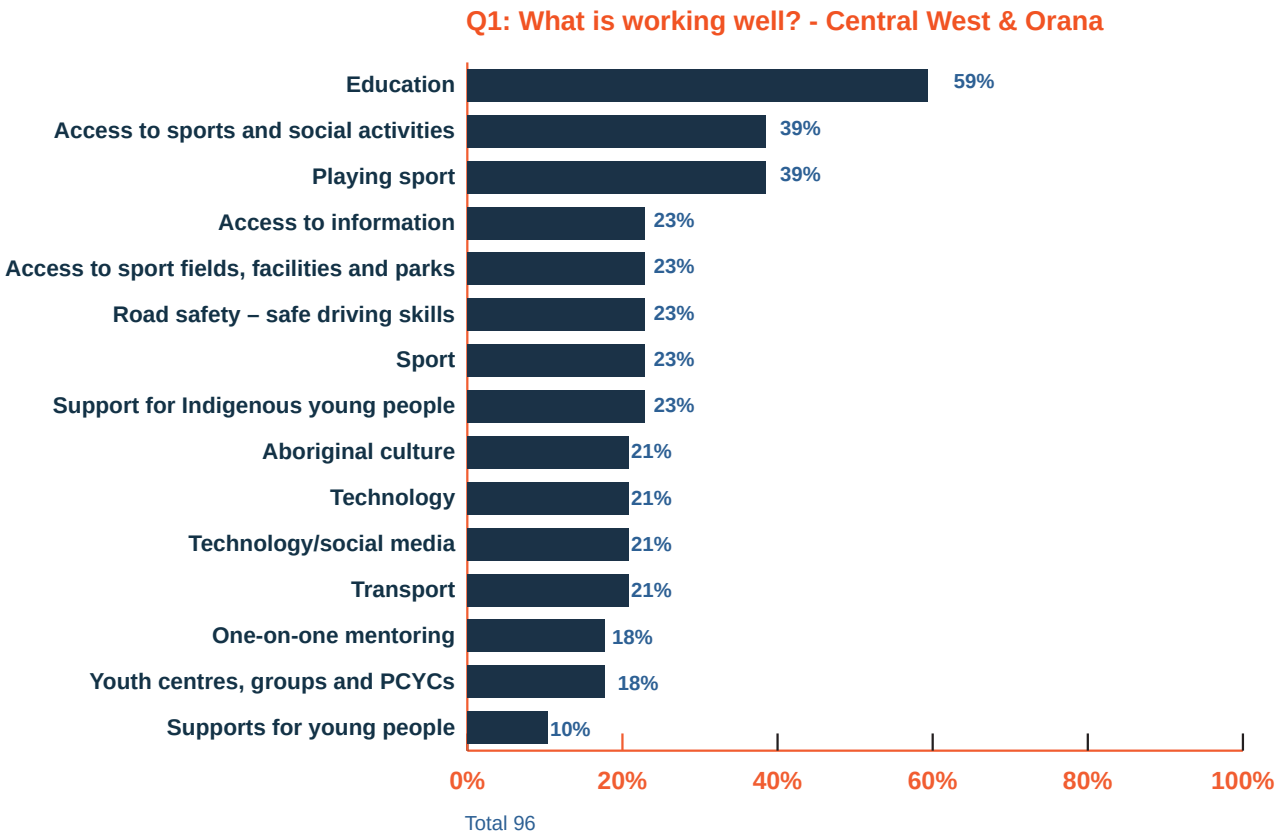
- **What is working well for you and other young people in your communities?**
- **What is not working well for you and other young people in your communities?**
- **What makes you and other young people feel welcome in your communities?**
- **What makes you and other young people feel unwelcome in your communities?**
- **What advice would you give adults when they are coming to consult with you/ involve you in decision-making?**

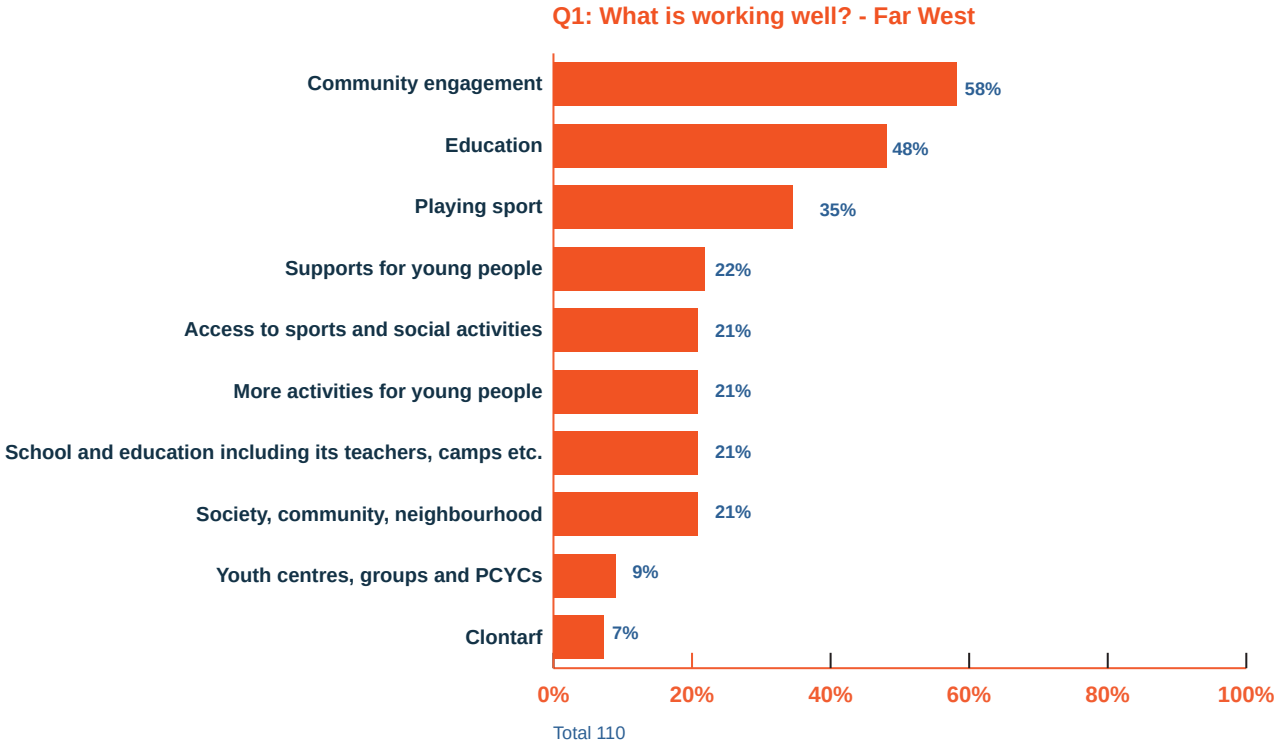
In 2017, consultations were undertaken in July with 505 young people in small group discussions. They answered the following questions:

- **What is working well for you and other young people in your communities?**
- **What is not working well for you and other young people in your communities?**
- **What would you like us to know about learning at school?**
- **What do you think are the best ways to stop bullying?**

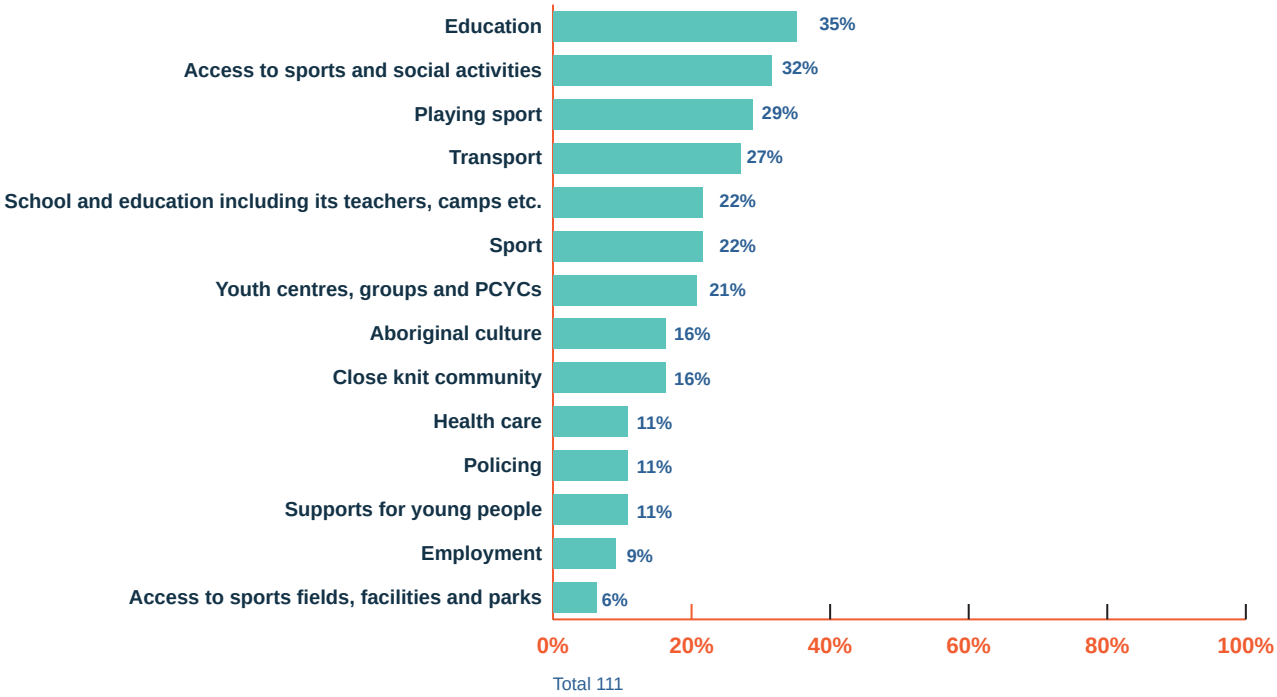
For the purposes of this report, ACYP have aggregated the 2015, 2016 & 2017 responses (n=901) to the first two questions and broken them down in regions. This information is expressed in the following tables. NB: only one type of response was elicited to the question of ‘what is working well in the Central Coast’, which was ‘sport’. As such, the graph has not been included below.

What is working well?



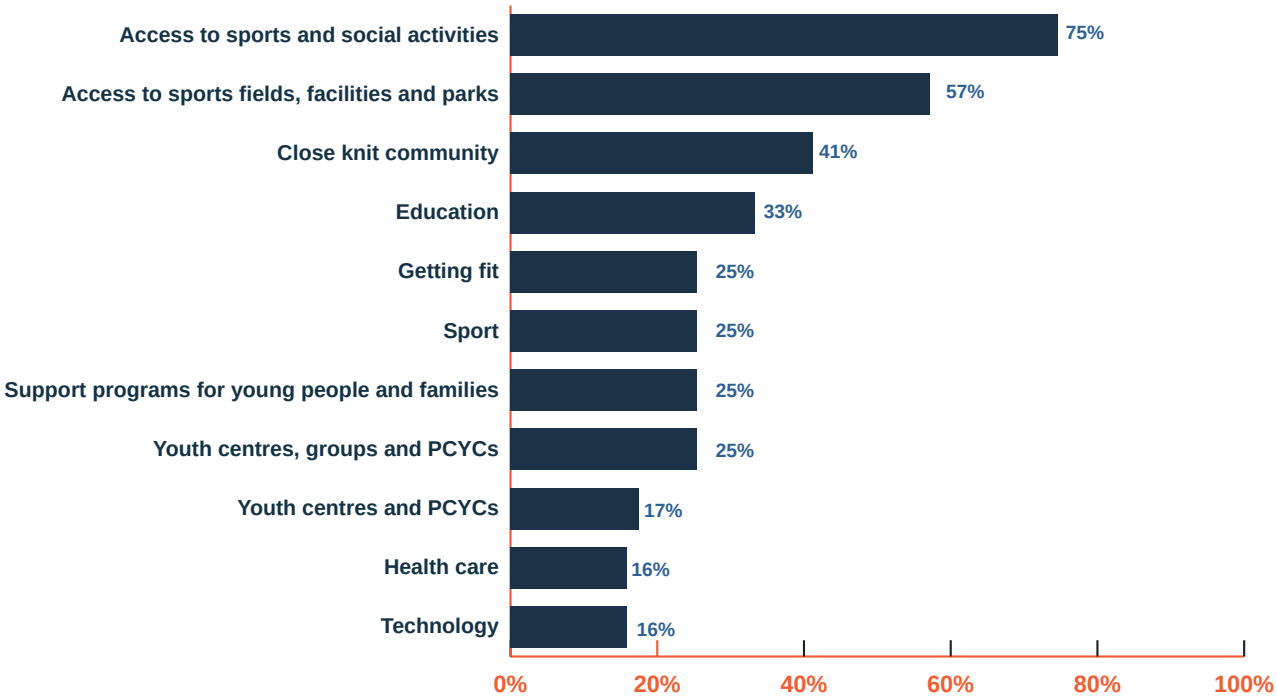


Q1: What is working well? - Hunter



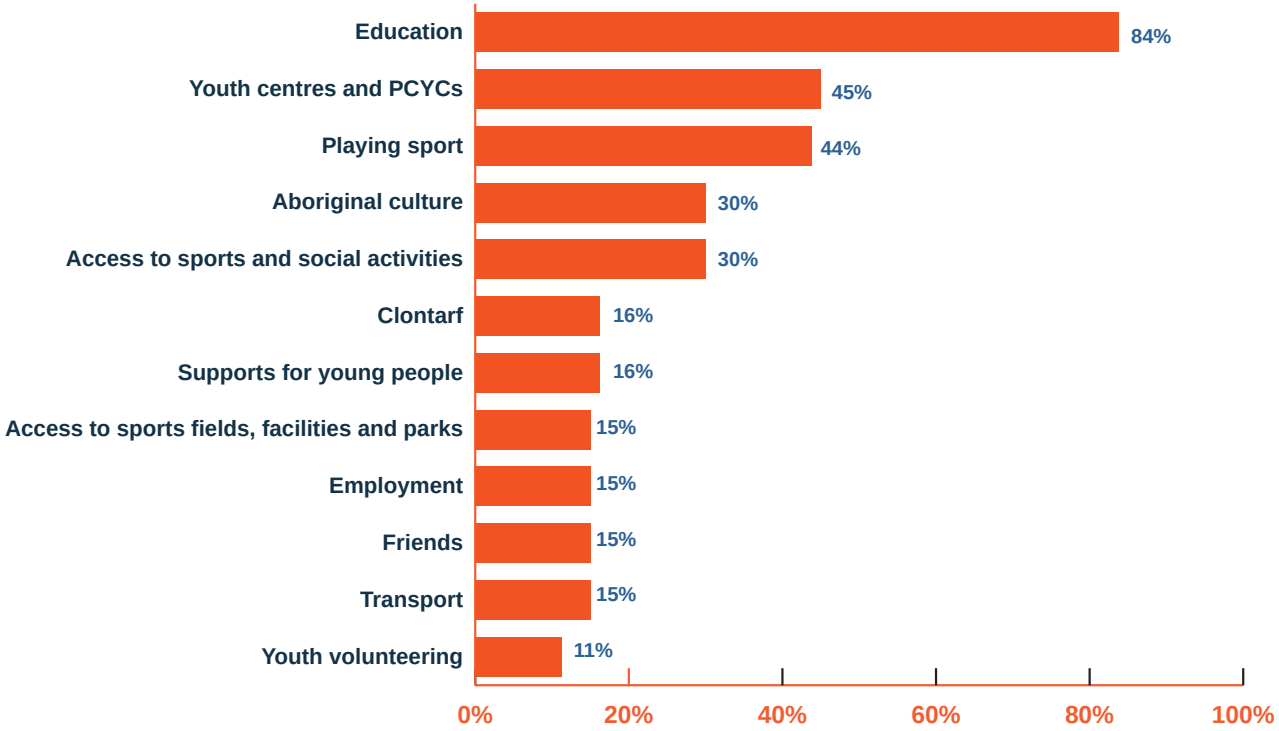
Total 111

Q1: What is working well? - Illawarra-Shoalhaven



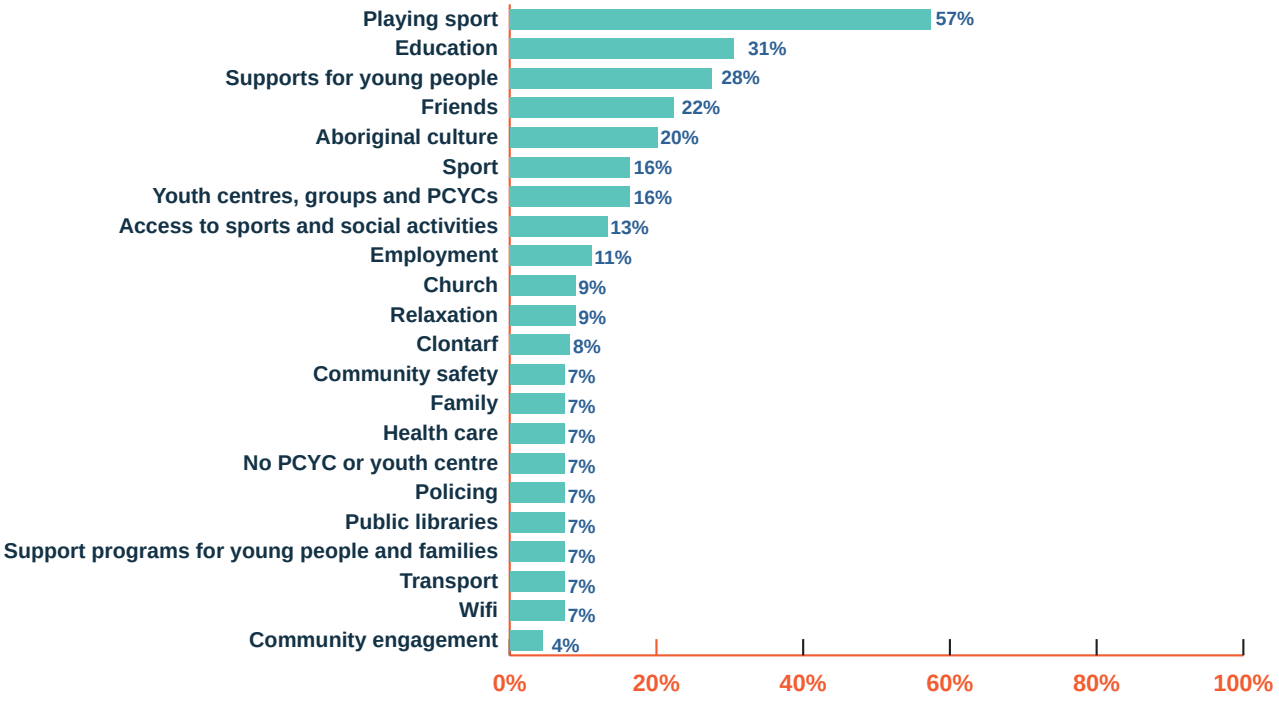
Total 63

Q1: What is working well? - New England North West

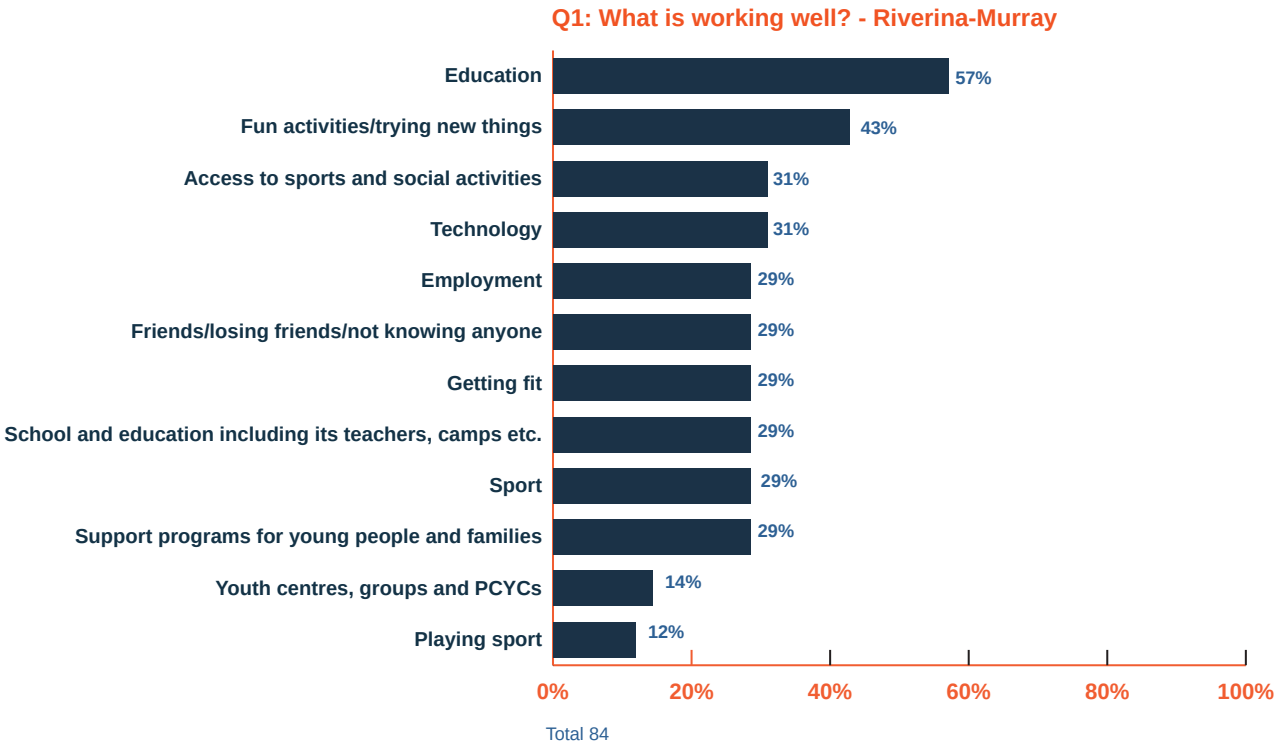


Total 97

Q1: What is working well? - North Coast



Total 149


Q1: What is working well? - Riverina-Murray
Education
57%
Fun activities/trying new things
43%
Access to sports and social activities
31%
Technology
31%
Employment
29%
Friends/losing friends/not knowing anyone
29%
Getting fit
29%
School and education including its teachers, camps etc.
29%
Sport
29%
Support programs for young people and families
29%
Youth centres, groups and PCYCs
14%
Playing sport
12%
0%
20%
40%
60%
80%
100%
Total 84

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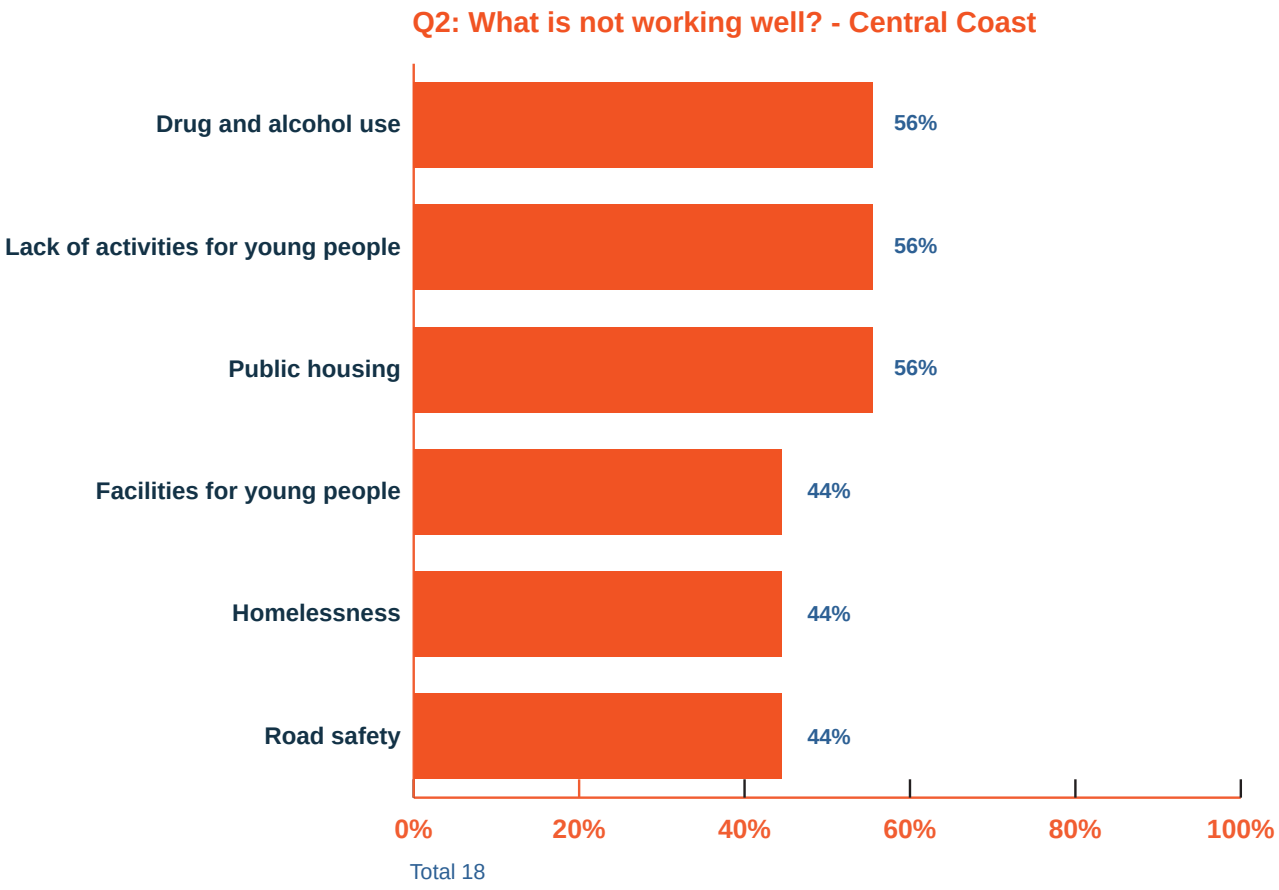
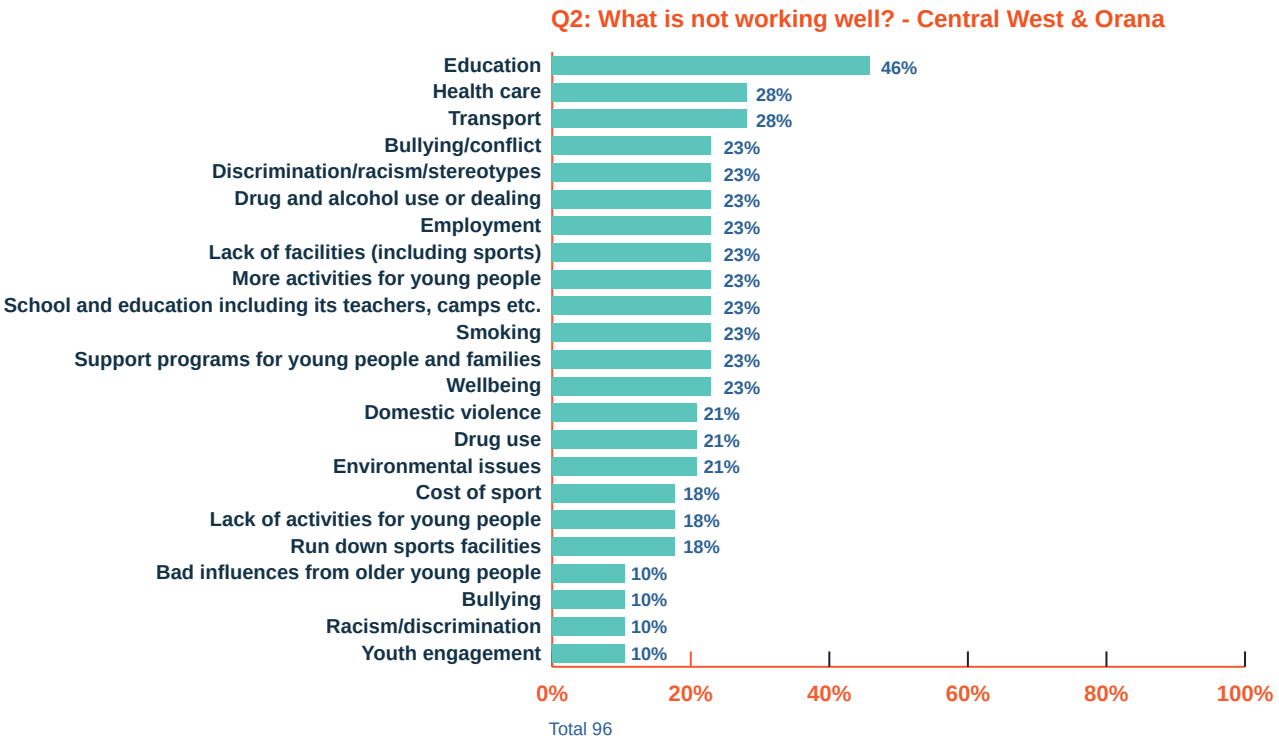
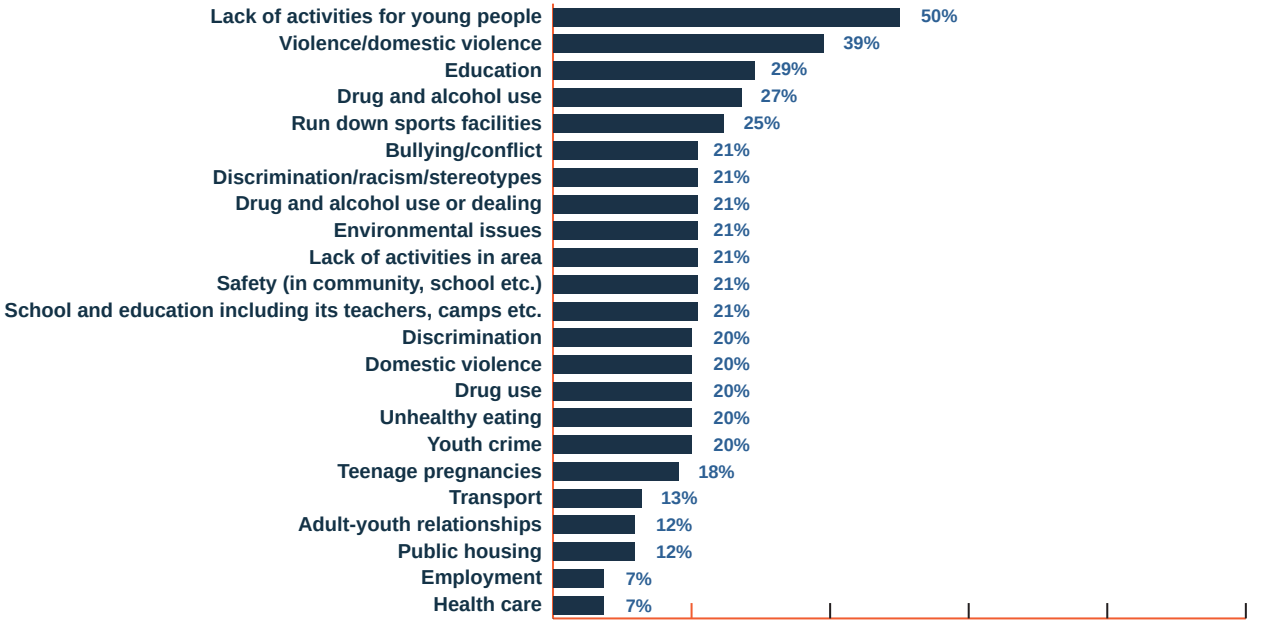
What is not working well?



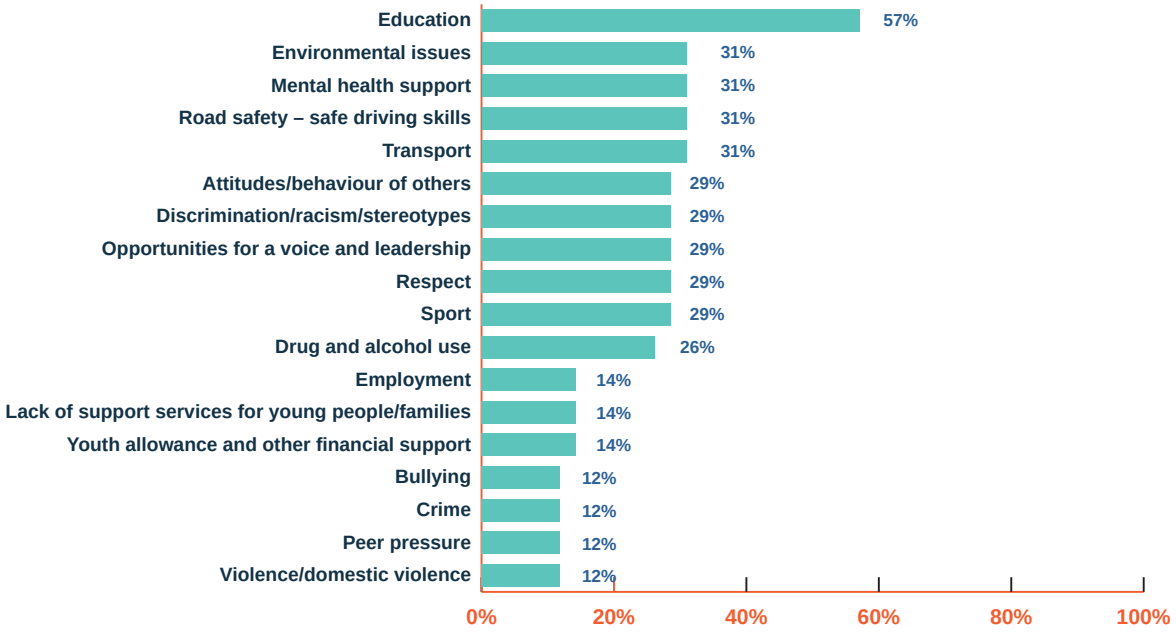


Q2: What is not working well? - Far West



Total 110

Q2: What is not working well? - Riverina-Murray



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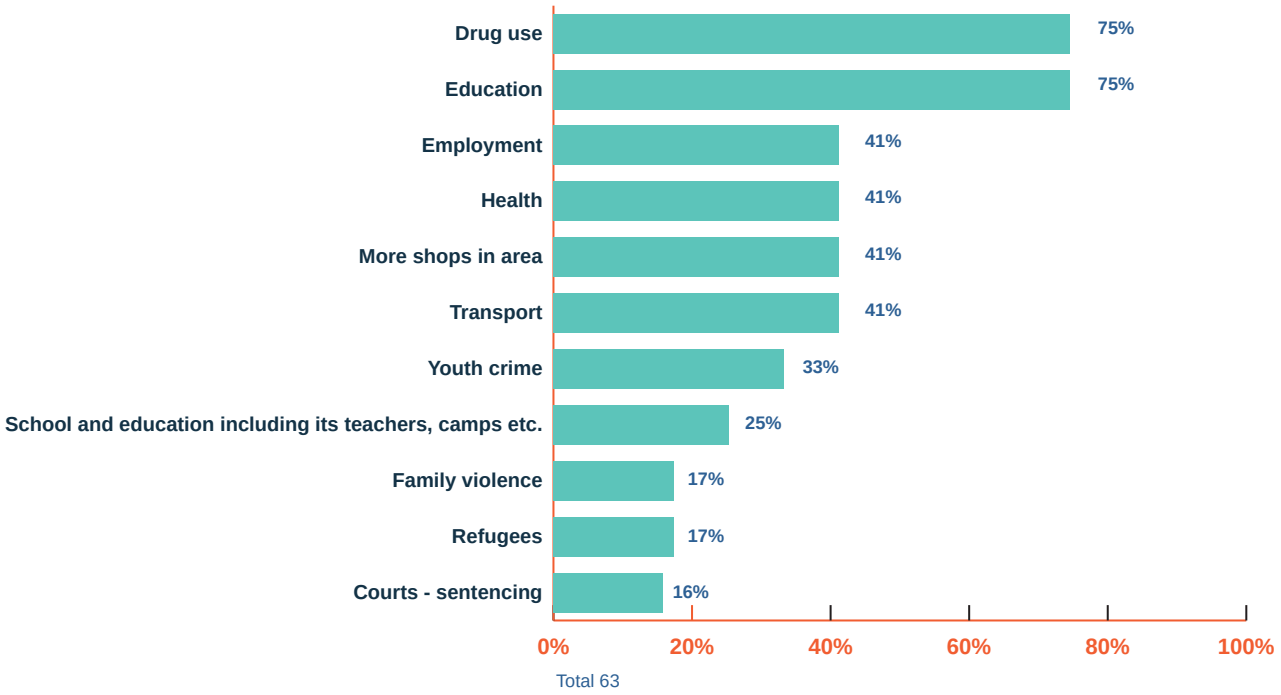
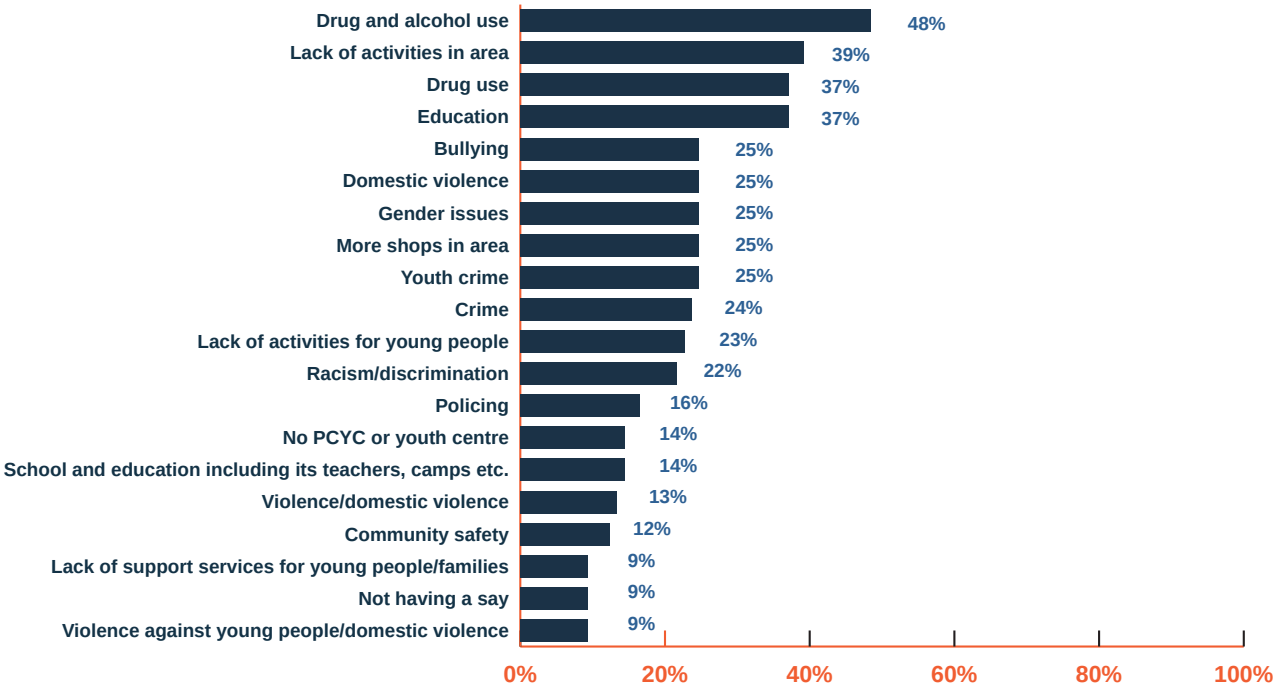
Q2: What is not working well? - Illawarra-Shoalhaven

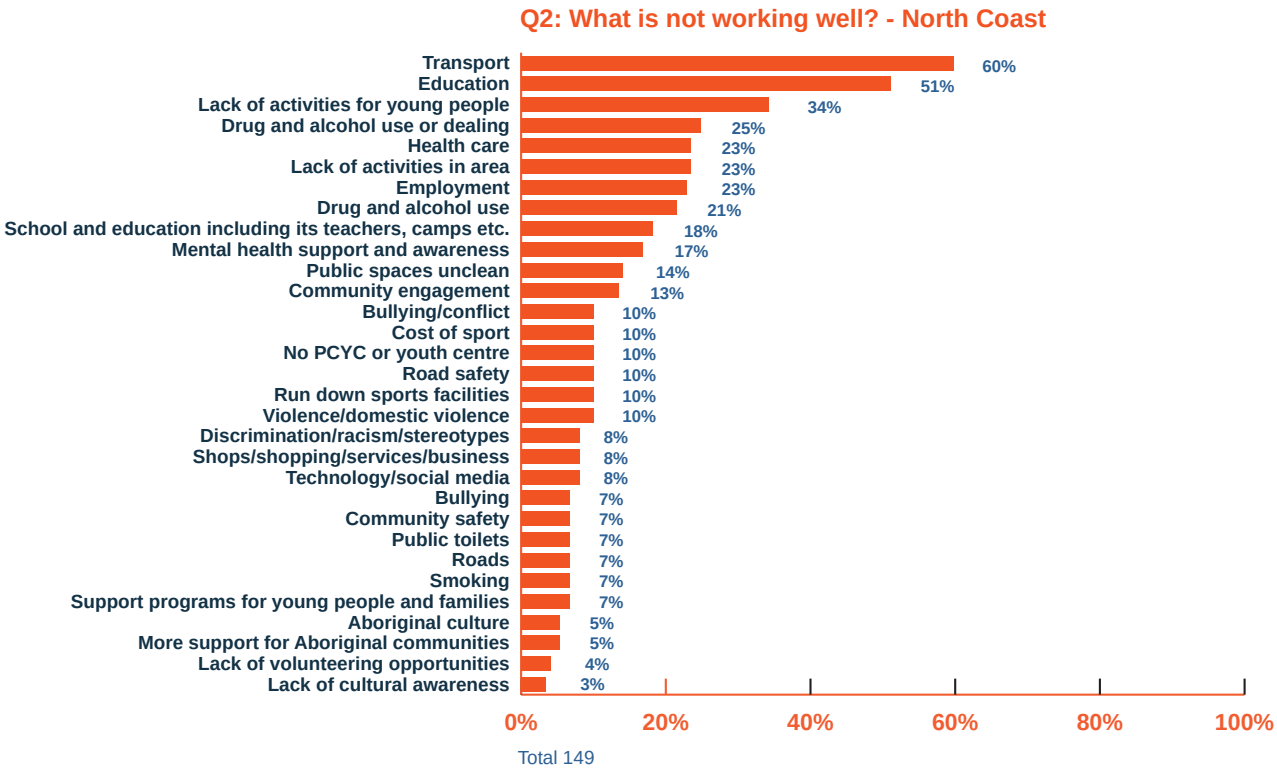


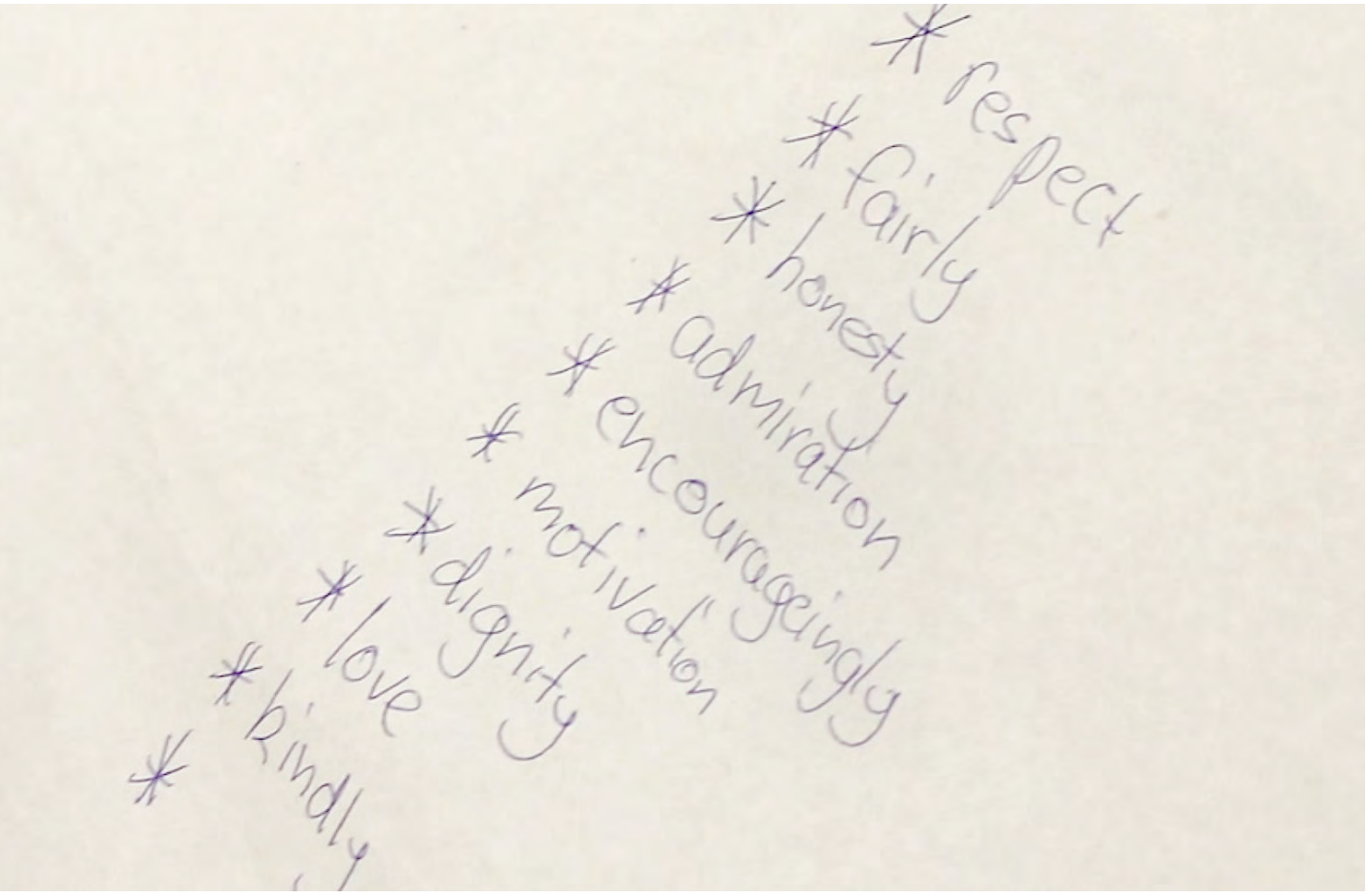
Total 63

Q2: What is not working well? - New England North West



Total 97


Q2: What is not working well? - North Coast
Transport 60%
Education 51%
Lack of activities for young people 34%
Drug and alcohol use or dealing 25%
Health care 23%
Lack of activities in area 23%
Employment 23%
Drug and alcohol use 21%
School and education including its teachers, camps etc. 18%
Mental health support and awareness 17%
Public spaces unclean 14%
Community engagement 13%
Bullying/conflict 10%
Cost of sport 10%
No PCYC or youth centre 10%
Road safety 10%
Run down sports facilities 10%
Violence/domestic violence 10%
Discrimination/racism/stereotypes 8%
Shops/shopping/services/business 8%
Technology/social media 8%
Bullying 7%
Community safety 7%
Public toilets 7%
Roads 7%
Smoking 7%
Support programs for young people and families 7%
Aboriginal culture 5%
More support for Aboriginal communities 5%
Lack of volunteering opportunities 4%
Lack of cultural awareness 3%
0% 20% 40% 60% 80% 100%
Total 149


* respect
* fairly
* honesty
* admiration
* encouragingly
* motivation
* dignity
* love
* kindly
*

polling

Metropolitan, Regional and Rural Polling Differences Summary

ACYP has polled 5990 children and young people since 2015, 1427 of which have been individuals from rural and regional areas. The following information is extracted from 6 polls, aggregating 129 questions across a broad range of topics:

- **General**
- **Employment issues and life skills**
- **Activities, locations and spare time**
- **Where to go for help**
- **Health and mental health**
- **Privacy, internet and media**
- **Aboriginal issues**
- **Family**
- **Volunteering**
- **Safety and connectedness**
- **Voice, respect and student voice**
- **Rights and information**
- **Inclusion**
- **Violence**
- **Bullying**
- **Equality**
- **Education and training.**

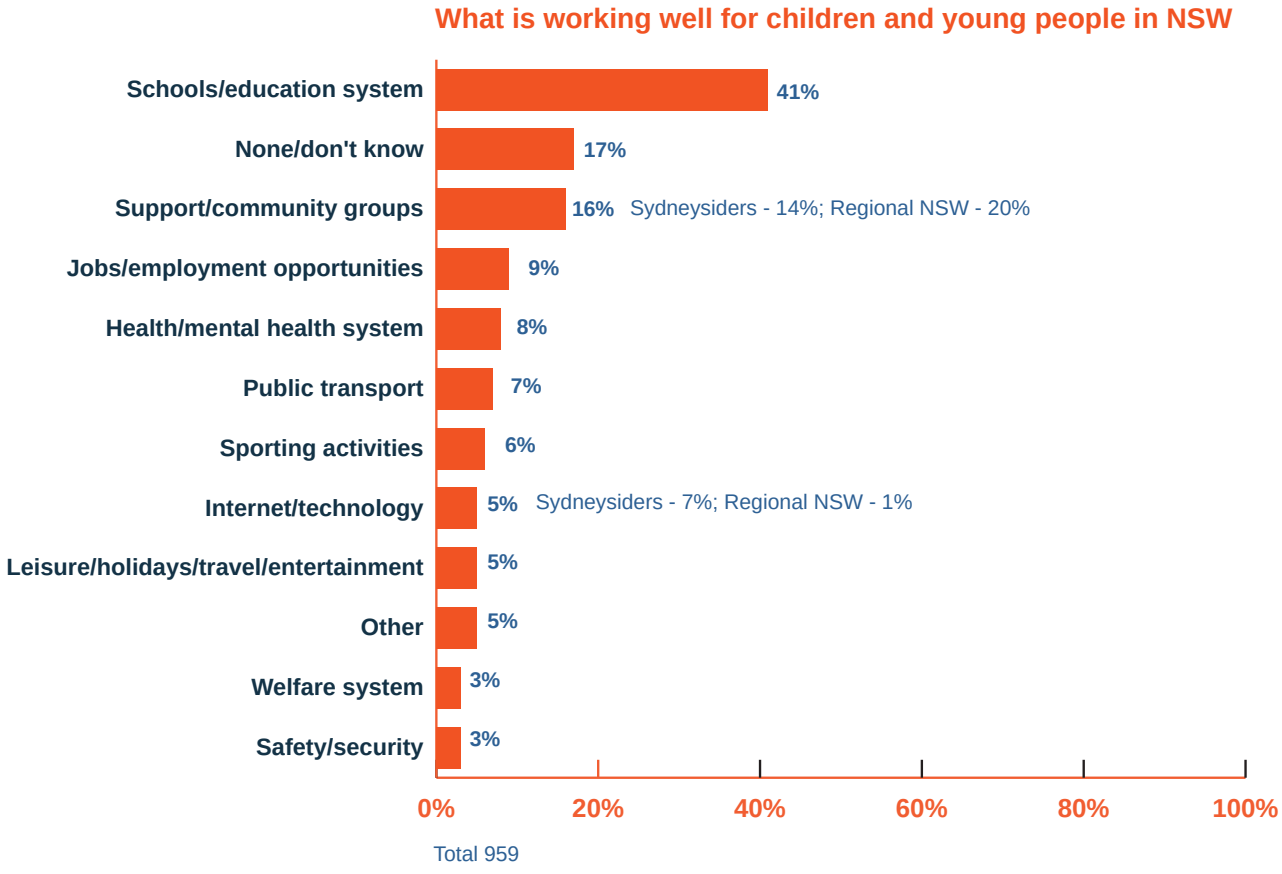
These results have been standardised to reflect the NSW population of individuals 12-24 for statistical observation. On balance, there exists a large degree of commonality between metropolitan and regional responses across a broad range of issues. In some instances however, responses differ which are illustrated in the graphs below. Should further analysis be required to unpack this data in more detail, ACYP would be happy to facilitate this request.

GENERAL

What is working well for children and young people in NSW?

When children and young people 14-24 years in NSW are asked what is working well for them the most commonly mentioned responses are school/education system (41%), support through community groups (16%), jobs and employment opportunities/choices (9%), health/mental health system (8%) and public transport (7%).

Those living in the Sydney metropolitan region are more likely than those living in regional NSW to mention school/education system (44% compared to 36%) and internet/ technology (7% compared to 1%) while those living in regional NSW are more likely than Sydneysiders to mention support from community groups (20% compared to 14%) as working well for children and young people living in NSW.



What is not working well for children and young people in NSW?

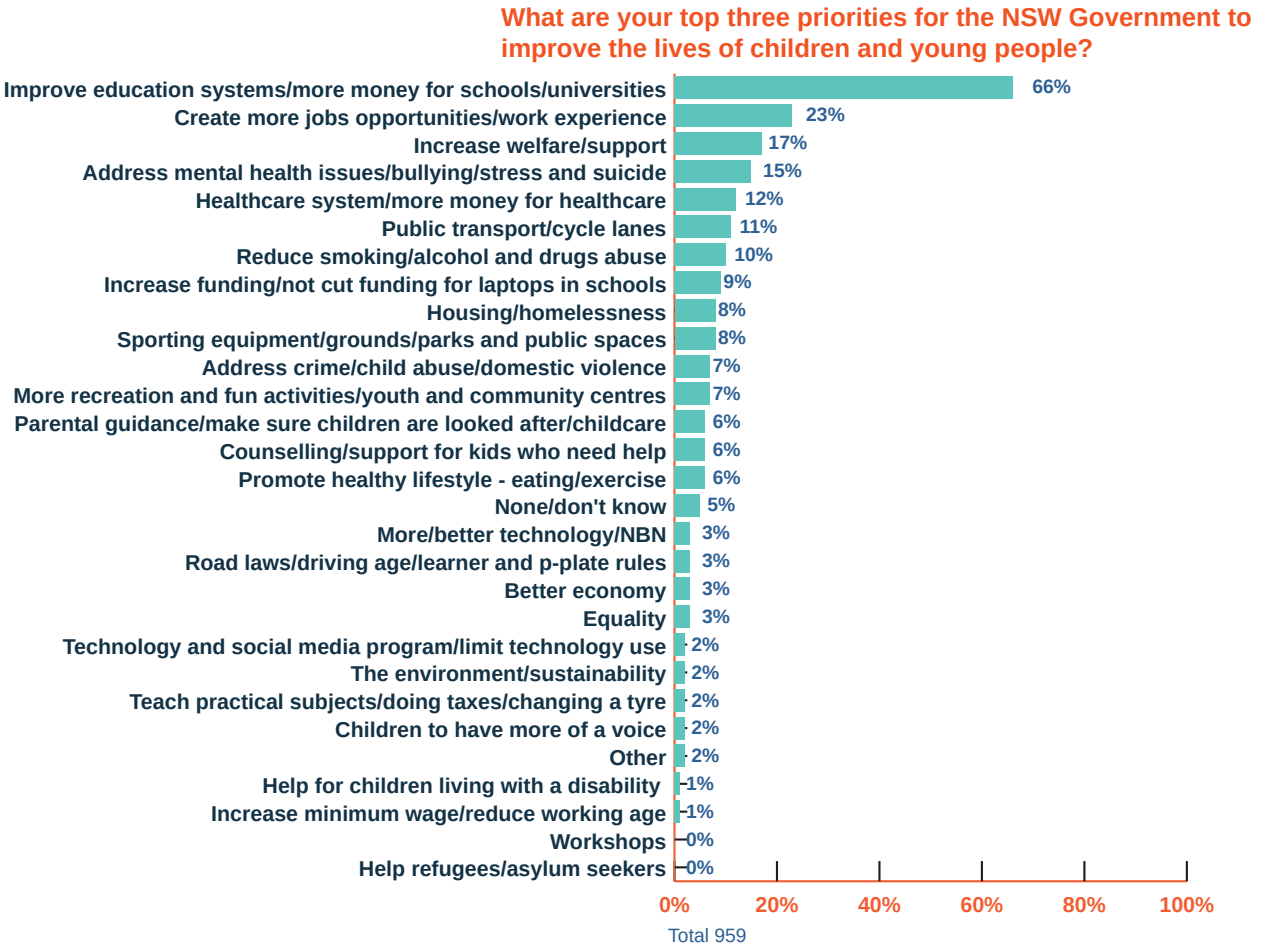
When children and young people 14-24 years in NSW are asked what is not working well for them the most commonly mentioned responses are the education system (24%), unemployment/lack of jobs (17%), availability of drugs and alcohol (11%) and the cost of living (7%).

Young people in the Sydney metropolitan area are more likely than their regional counterparts to say that education is not working well (25% in comparison to 24%). Young people in regional NSW are more likely to say that employment/lack of jobs is an issue (18% in comparison to 17%) as is the availability of drugs and alcohol (13% in comparison to 9%).

What are your top three priorities for the NSW Government to improve the lives of children and young people?

Children and young people 14-24 years of age in NSW believe that the top priorities for the NSW Government to help improve the lives of children and young people are to improve the education system/provide more funding for schools and universities (66%), create more job opportunities/work experience (23%), increase welfare support (17%), address mental health bullying, stress and suicide prevention (15%) and improve the healthcare system/more money for healthcare (12%).

Respondents living in the Sydney metropolitan area are more likely than those living in regional NSW to mention public transport/ cycle lanes (14% compared to 7%) while those living outside of Sydney are more likely than Sydneysiders to mention increasing welfare support (22% compared to 14%) as top priorities for the NSW Government to improve the lives of children and young people.



What are the qualities of a good society for children and young people?

The top five qualities of a good society for children and young people as identified by 14-24 year olds living in NSW are supportive community/family (26%), being safe and secure with a low crime rate (26%), having a good education system (22%), tolerant/ non-discriminatory (21%) and respectful/good manners/honest (19%).

Those living in regional NSW are more likely to list a supportive community/family (29% in comparison to 24%) and safety (27% in comparison to 24%) as the top qualities of a good society for children and young people.

In your opinion, do children and young people have enough spare time?

Views are divided among children and young people as to whether they have enough spare time or not. Just under half (47%) believe they have enough spare time while 43% think they do not and 10% say they don't know.

Respondents in Sydney metropolitan areas are more likely to say they have enough spare time (48%) in comparison to their peers in regional NSW (44%).

To what extent do you agree or disagree that media today accurately reflects the diversity of children and young people?

There is no clear consensus among children and young people as to whether the media today accurately reflects the diversity of children and young people. One third of 14 to 24 year olds (34%) agree that the media does accurately reflect diversity of children and young people, 39% disagree, neither (22%) and 4% say they don't know.

Those living in regional NSW are less likely to agree that the media accurately reflects the diversity of children and young people than their Sydney counterparts, with 31% in comparison to 36%.

What do you fear most for children and young people of today?

The top five fears 14-24 year olds in NSW have for children and young people today are crime and violence including bullying, sexual abuse, racism and discrimination (17%), too much technology/social media/smartphones (16%), drug/alcohol abuse and smoking (15%), lack/cost of education/being stupid and not smart (12%) and bad influences including parents, media or celebrities (9%).

Those living in Sydney metropolitan areas are more likely than those living in regional NSW to say too much technology/social media/ smartphones (18% compared to 11%) is what they fear most for children and young people today while those living in regional NSW are more likely to say drug/alcohol abuse and smoking (19% compared to 13%) is what they fear most.

What are your greatest hopes for children and young people today?

The top five hopes 14-24 year olds in NSW have for children and young people today are that they will change/make the world a better place (14%), have a better education (14%), achieve their goals/dreams/potential and be successful (13%), open mindedness/ equality/diversity/less discrimination (13%) and advancement in technology/science/ medicine (9%).

Sydney metropolitan respondents are more likely than those that live in regional NSW to say advancement in technology/science/ medicine (10% compared to 6%) and innovation/ entrepreneurship/creativity (7% compared to 3%) are their greatest hopes for children and young people today.

To what extent do you agree or disagree that the world now is generally a better place for children and young people?

Almost four in ten (39%) agree that the world now is generally a better place for children and young people while 28% disagree, 30% say neither agree nor disagree and 2% don't know.

Those living in regional NSW are significantly less likely to agree that the world is a safer place than those living in Sydney, 34% in comparison to 43%.

Who are your heroes?

Children and young people 14-24 years are most likely to nominate their parents (33%) as their heroes. Other popular people who are listed among their heroes are political leaders/activists (10%), actors/TV personalities (10%), sports stars (9%) and other family members (9%).

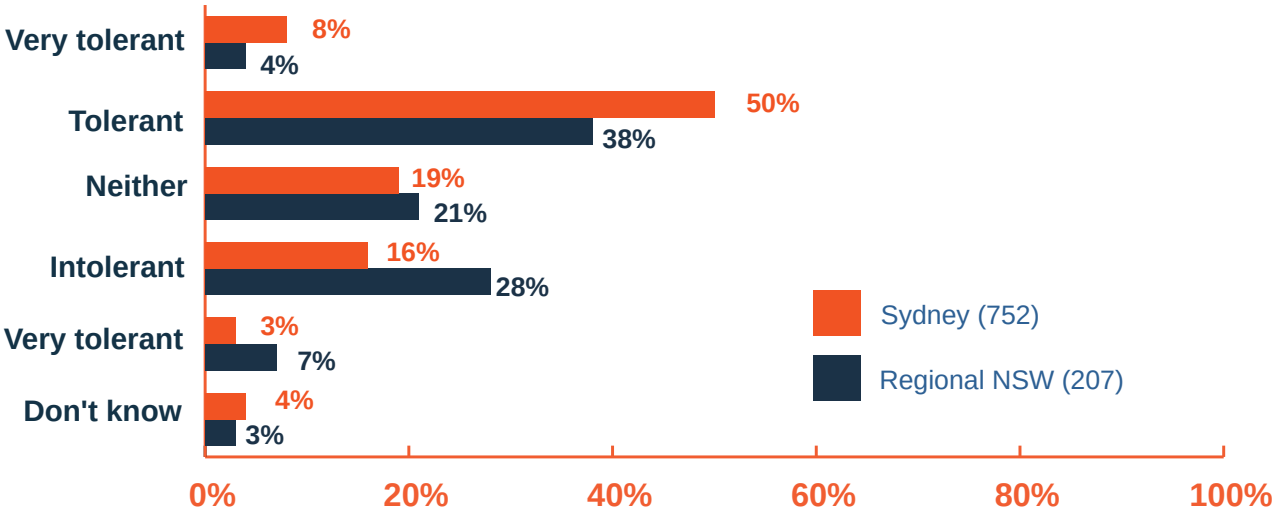
Those living in regional NSW are more likely to say that actor/TV personalities are their heroes than their Sydney counterparts 12% in comparison to 9%, they are also more likely to say sports stars are their heroes 12% in comparison to 8%.

Thinking about other people's race, religion, sexuality, cultural background or disability, how tolerant of diversity is NSW?

Half of children and young people 14-24 years (52%) think NSW is tolerant of diversity, 24% intolerant, 20% think it is neither tolerant nor intolerant and 4% don't know.

Children and young people living in Sydney (58%) are significantly more likely that those living in regional NSW (41%) to say they think NSW is tolerant while those living in regional NSW are more likely to say they think NSW is intolerant (35% compared to 18%).

Thinking about other people's race, religion, sexuality, cultural background or disability, how tolerant of diversity is NSW



To what extent do you agree or disagree that the following increases respect and tolerance for others in the community?

The factors children and young people 14-18 years are most likely to agree increase respect and tolerance for others in the community are personal experiences of knowing people from different backgrounds (81%), education in schools (76%), beliefs and attitudes held by friends and peers (73%), beliefs and attitudes held by parents and family (69%) and campaigns run by young people (63%).

Respondents from Sydney metropolitan areas are significantly more likely than those living in regional NSW to agree that education in schools (78% compared to 71%), laws against discrimination (64% compared to 55%), religious beliefs (53% compared to 39%) and government advertising campaigns (41% compared to 27%) increase respect and tolerance for others in the community.

To what extent do you feel part of your local community?

Just four in ten children and young people 14-24 years of age (38%) feel quite or strongly connected to their local community, 43% feel only a little connected and 17% not connected at all. The remaining 2% say they don't know.

Those living in regional NSW and Sydney Metropolitan areas largely answered the same with 80% of respondents from metropolitan areas feeling either strongly connected, quite connected or a little connected in comparison to 82% of regional respondents.

At what age do you expect to be able to leave your parents' home?

Almost one third (31%) of children and young people ages 12-24 years expect to be able to leave their parents' home by the age of 20 years, another third (33%) between the ages of 21 and 24 years, 24% between 25 and 28 years, 7% at 29 years or older and 5% intend to remain living with their parents.

Those in regional NSW are nearly twice as likely to expect to leave home by the age of 20 (46%) than their peers living in Sydney (26%).

Which celebrity do you most admire?

When asked to nominate the celebrity they most admire, children and young people, ages 12 – 24 years, are most likely to mention actors (38%), musicians (23%), sports stars (8%), entrepreneurs (2%) and politicians (2%).

While responses were very varied, the actors that received the highest number of mentions include Emma Watson (5%), Chris Pratt (2%), Kylie Jenner (2%) and Leonardo DiCaprio (1%).

Similarly, a diverse and large number of musicians were nominated by children and young people with the highest number of mentions received for Beyoncé Knowles (2%), Taylor Swift (2%), Selena Gomez (1%) and Ed Sheeran (1%).

The results were largely similar for those living in Sydney metropolitan areas and those living in regional NSW.

How do you feel about Australia and its future?

The majority of children and young people (66%) feel optimistic about Australia and its future. Among the remainder, 14% say they feel neither optimistic or negative, 17% negative and 3% say they don't know.

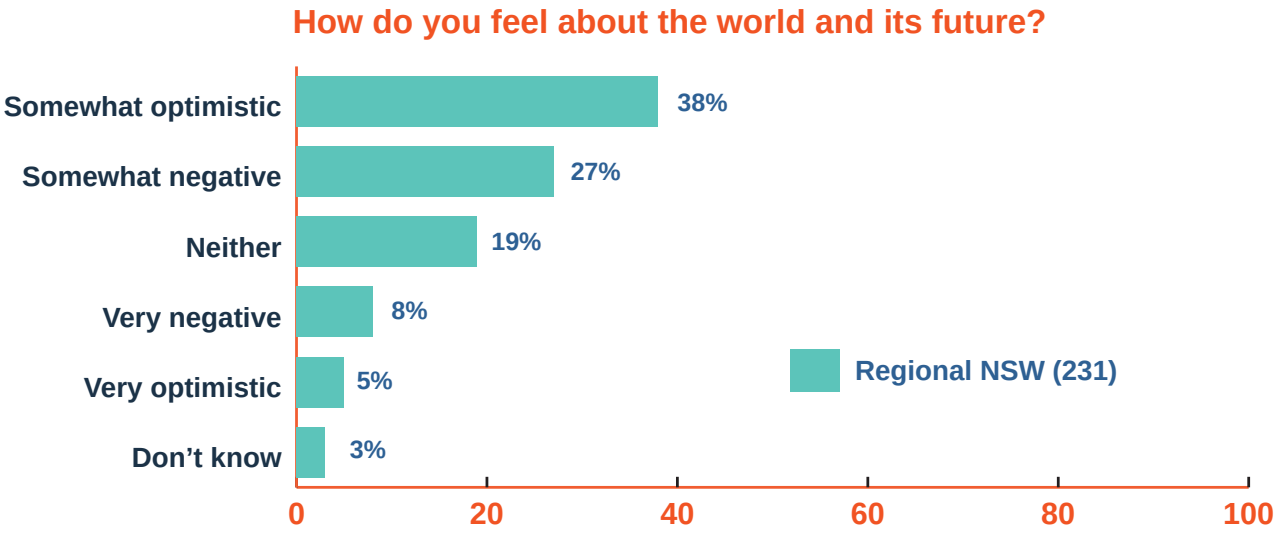
Those living in Sydney (70%) are more likely than those living in regional and rural NSW (59%) to say they feel optimistic about Australia and its future while those living in regional and rural NSW are more likely to say they feel negative (21% compared to 15%).

Thinking now about your outlook on life. Do you feel more or less optimistic today when compared to six months ago?

Around four in ten children and young people (42%) say they feel more optimistic in their outlook on life today when compared to six months ago while 18% say they feel less optimistic. Of the remainder, 36% say there has been no change in their outlook on life and 4% say they don't know.

How do you feel about the world and its future?

More than four in ten children and young people (44%) say they feel optimistic about the world and its future compared to 35% who say they feel negative. Of the remainder, 19% say they feel neither optimistic nor negative and 3% say they don't know.



EMPLOYMENT ISSUES AND LIFE SKILLS

Thinking about work, what assistance do you need most when applying for a job?

The assistance children and young people say they need most when applying for a job are writing/building/editing a CV/resume (35%) and interview skills/preparation/ presentation/knowing what to say (18%).

Young people living in regional and rural NSW (10%) are more likely than those living in Sydney (5%) to say the assistance they need most when applying for a job is finding job openings.

How do you feel about your future employment prospects?

Most children and young people (70%) feel optimistic about their future employment prospects with one in four (24%) feeling very optimistic. Of the remainder, just 13% say they feel negative, 10% neither and 8% don't know.

Young people in regional NSW are more likely to feel very optimistic about their future employment prospects than their Sydney metropolitan counterparts 28% in comparison to 22%.

Career guidance in school has helped me to make decisions about my future?

More than four in ten (46%) children and young people agreed that career guidance in school helped them to make decisions about their future while one in four (24%) disagreed, 26% said neither and 4% were unsure.

Those living in Sydney metropolitan (47%) are slightly more likely to agree that career guidance in school helped them make decisions about their future than those living in regional NSW (43%).

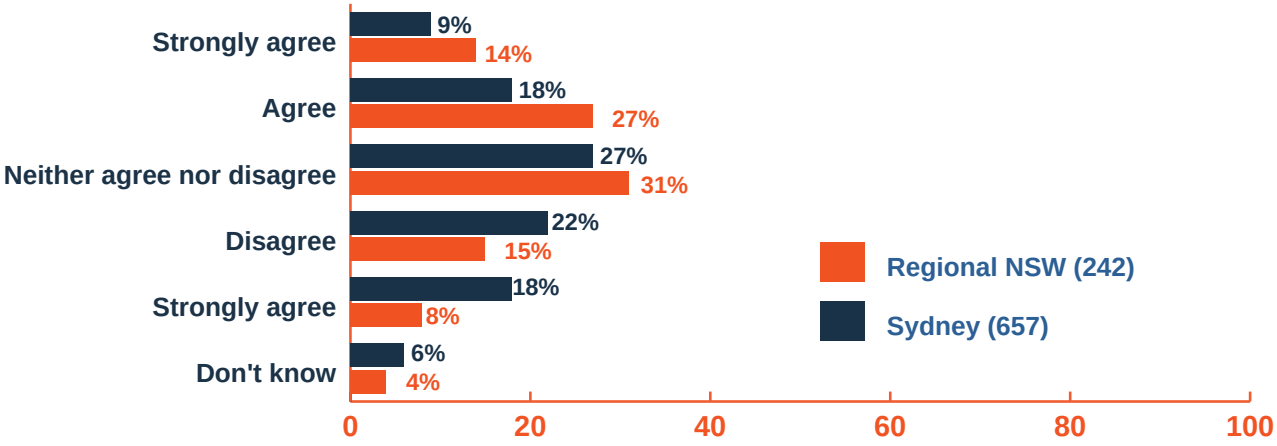
In regional NSW 27% of respondents disagreed that career guidance in school helped them make decisions about their future in comparison to 23% of Sydney metropolitan respondents.

I would consider getting a qualification using vocation education and training (VET) instead of university once I'm finished at school?

The vast majority (87%) of children and young people are aware of vocational education and training (VET).

Those living in regional and rural NSW (41%) are more likely than those living in Sydney (28%) to agree they would consider getting a qualification using VET instead of university while those living in Sydney are more likely to disagree (39% compared to 23%).

To what extent would you agree or disagree with this statement? I would consider getting a qualification using vocation education and training (VET) instead of university once I'm finished at school.



Thinking about life skills, i.e. the skills you need for relationships with others, learning, work and taking care of yourself and others. How would you rate your current level of life skills?

One in five children and young people (19%) rate their current level of life skills as excellent, 42% very good and 31% good. Just 8% rate their current level of life skills as fair or poor.

Although the results between Sydney metropolitan and regional NSW are largely similar, 12-24 year olds in regional NSW rate their level of life skills slightly higher than their peers in Sydney metropolitan areas, 93% in comparison to 92%.

Which of these life skills, if any, would you like to learn more about?

The life skills children and young people would most likely to learn more about are financial management (61%), seeking employment (44%) and healthy and respectful relationships (39%).

Those living in Sydney (48%) are more likely than those living outside of Sydney (37%) to say the life skills they would like to learn more about is seeking employment.

Have you ever done an internship?

One in five young people 17-24 years (19%) have participated in an internship.

Those living in Sydney metropolitan areas are more likely to have participated in an internship (21%) than those living in regional NSW (15%).

How many internships have you done?

Around half of those who have done an internship (52%) have done one internship, 34% have done two, 6% three and 8% have done four or more internships.

Those living in Sydney metropolitan areas are significantly more likely to have undertaken one internship (58%) than their regional counterparts (39%). However, those in regional NSW are more likely to have undertaken more than one internship (60%) in comparison to their Sydney metropolitan peers (42%).

Was the internship part of your formal education or training, such as a university or vocational training course for which you received course credit?

The majority of young people who have done an internship (72%) say it was part of their formal education or training for which they received course credit.

Those living in regional NSW are more likely to have participated in internships as part of their formal education (81%) in comparison to their Sydney metropolitan peers (68%).

Which of these statements best describes the pay you received during your internship?

The majority of young people who have done an internship (61%) say they received no pay or reimbursement of personal expenses during their internship while one in four say they were paid a wage at the minimum award or a higher rate (24%), 3% that they were paid a wage at less than the minimum award rate and 12% that they were only reimbursed for their personal expenses such as travel costs and food.

Those living in regional NSW were more likely to say they were not paid or reimbursed personal expenses when participating in an internship (71%) in comparison to their Sydney metropolitan peers (56%).

How long did your internship last?

The majority of 12-24 year olds say their internship lasted 1-2 weeks 25%. A further 15% say their internship lasted 3-4 weeks, 10% 5-6 weeks, 19% 9-12 weeks and 13% said 3-6 months.

Twenty five per-cent of respondents in Sydney metropolitan area said their internship lasted 1-2 weeks, 17% said 3-4 weeks, 11% 5-6 weeks, 20% 9-12 weeks, and 13% said 3-6 months.

In regional NSW 44%of respondents said their internship lasted 1-2 weeks, 7% said 3-4 weeks, 7% 5-6 weeks, 15% 9-12 weeks, and 0% said 3-6 months.

What industry was your internship in?

The internships young people participated in were most likely to be in banking and financial services (13%), engineering (11%), the Arts (10%) and the medical sector (10%).

Respondents in regional NSW (20%) are more likely than their Sydney metropolitan (5%) peers to have participated in an internship in the Arts sector and in medicine, 15% in comparison to 8%.

Whereas respondents in Sydney metropolitan area are more likely to have participated in internships in banking (16%) and engineering (14%) than their regional counterparts, 7% and 4% respectfully.

Did your internship lead to ongoing, paid employment with this workplace?

One in five young people who have done an internship (20%) say that it led to ongoing paid employment with the workplace.

Twenty two per-cent of those living in Sydney metropolitan areas said their internship resulted in on-going, paid employment in comparison to 14% of respondents living in regional NSW.

Overall, how would you rate your experience of your internship?

The majority of young people (84%) are having positive internship experiences with 22% saying it was excellent, 33% very good and 29% good.

Respondents from Sydney metropolitan areas were significantly more likely to rate their experience as excellent (29%) compared to those in regional NSW (4%). However, those in regional NSW were more likely to rate their experience as good (52%) in comparison to their Sydney metropolitan peers (25%).

Are there any jobs that you think only men can do?

Three in ten children and young people (30%) think that there are jobs that only men can do while the majority (62%) think this is not the case and 7% say they don't know.

What are the jobs that you think only men can do?

The main job categories that children and young people think that only men can do are tradies/construction industry (35%), heavy labour (34%), military (6%), being a pastor of a church (5%) and occupations involving men's private issues (5%).

Are there any jobs that you think only women can do?

Just one in five children and young people (22%) think there are jobs that only women can do while two thirds (69%) think this is not the case and 9% say they don't know.

What are the jobs that you think only women can do?

The main job categories that children and young people think that only women can do are caring roles/nursing/childcare (23%), being a mother (22%), jobs involving women's private issues (13%), midwife (8%) and being a surrogate/egg donor (6%).

Should men and women be paid the same?

The vast majority of children and young people (93%) think men and women should be paid the same, while 4% think they should not be and 4% say they don't know.

ACTIVITIES, LOCATIONS AND SPARE TIME

Where do you spend your spare time?

Children and young people are most likely to spend their spare time at home (48%), with friends (24%) and playing sport, exercising or walking (16%).

Those living outside of Sydney (17%) are more likely than those living in Sydney (10%) to say they spend their spare time in their room/in bed.

Thinking about all of the activities and events that you participate in your local neighbourhood or community including sporting, cultural, creative, volunteer and paid work. Would you like to participate in more, less or is the number of activities and events you participate in about right?

Almost half of children and young people aged 12-24 in NSW (47%) would like to participate in more activities and events while 42% say the number of activities and events they participate in is about right and 3% would like to participate in less. The remaining 8% are unsure.

More respondents living in the Sydney metropolitan area (48%) said they would like to participate in more activities than those living in regional NSW (45%). However, an equal amount of respondents (42%) in both the Sydney metropolitan area and regional NSW said that the number of events they participate in is about right.

What other types of activities and events would you like to participate in?

Children and young people who said they would like to participate in more activities and events were asked to provide details of other activities and events they would like to participate in. The top five activities and events children and young people mentioned include volunteering (28%), sport generally (22%), organised sport (17%), community events (13%) and a paid job (12%).

Those living in Sydney metropolitan areas were more likely to say they wanted to participate in charity (29%) than their regional NSW counterparts (12%). However, those in regional NSW (19%) were more likely to say they want to participate in organized activities than their Sydney metropolitan peers (15%).

What are the current barriers you experience to participating in more activities and events?

Children and young people say the main barriers they face to participating in more activities and events are not having enough time/being too busy (37%) and having school/HSC/study/university commitments (20%).

Those living in Sydney metropolitan areas and regional NSW has similar answers for this question. Respondents from Sydney (37%) said they are time poor and 35% of regional respondents said the same. Location and transport answers were also quite similar with 2% of both Sydney metropolitan and regional NSW respondents citing location as a barrier and 5% of Sydney metropolitan and 4% of regional NSW respondents citing transport as a barrier.

What are the top three places where you are most likely to meet people and make new friends?

Children and young people think the places they are most likely to meet people and make friends are school (69%), work (48%) and TAFE/university (43%).

Those living in Sydney are more likely than those living in regional and rural NSW to think the places they are most likely to meet people and make friends are at school (73% compared to 61%) and extracurricular activities (e.g. cadets, volunteer) (32% compared to 22%) while those living in regional and rural NSW are more likely to think it is work (56% compared to 44%).

What makes a public place most attractive for you to spend time in?

The aspects of a public place that make it most attractive for children and young people are a feeling of safety (30%), cafes and restaurants (27%), shopping (26%) and free wifi (26%).

Respondents living in Sydney metropolitan areas and regional areas place equal importance on feeling safe with 30% saying this is important. Those living in Sydney (28%) are more likely to say that free wifi is important to them than those living in regional NSW (22%).

What are the features that make a public place feel safe for you?

The top four features that children and young people think make a public place feel safe are if it is clean and well maintained (54%), good lighting (44%), police presence (37%) and busy with many people present (33%).

Those who live in regional and rural NSW (50%) are more likely than those who live in Sydney (41%) to think the feature that make a public place feel safe is good lighting while those who live in Sydney are more likely to think the feature that make a public place feel safe is public transport connections (24% compared to 15%).

What is your favourite neighbourhood public place? What activities do you do there?

Children and young people's favourite public places are most likely to be a park/playground (25%), a shopping mall/Westfield/shops (23%), a library (8%), a gym/sports complex, field or equipment/courts/dance studio or skate park (8%) and the city/CBD/centre of town (8%).

Those living in Sydney are more likely than those living in regional and rural NSW to say their favourite public place is a park/playground (28% compared to 21%) and the city/CBD/centre of town (9% compared to 4%) while those living in regional/rural NSW are more likely to say it is the beach/pool (10% compared to 5%).

What are the most important features that make your favourite public place (named above) place distinctive and give it identity?

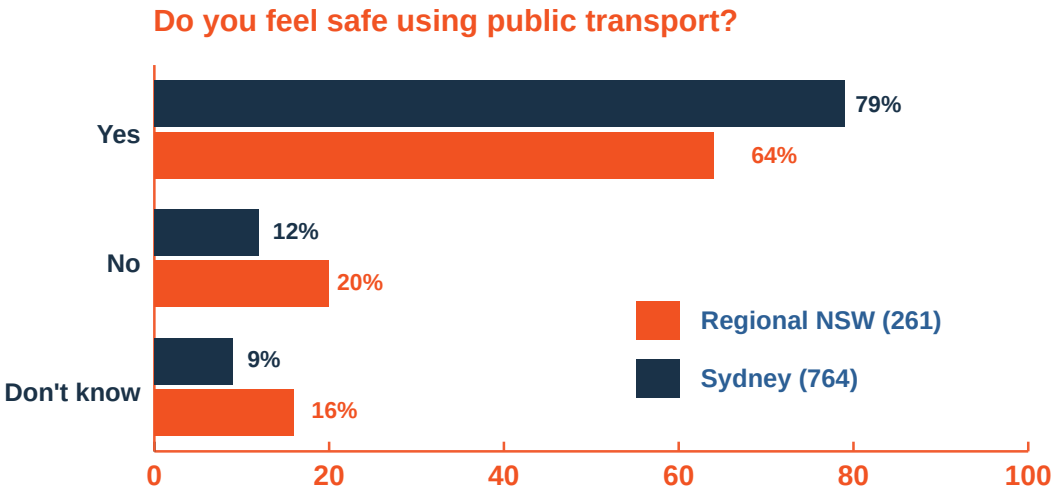
The most important features of favourite public places that make them distinctive and give them identity for children and young people are cafes and restaurants (44%), a mix of people (age, gender, ethnicity) (40%), natural landscape/views/urban ecology (33%) and markets and/or events (25%).

Those living in Sydney (29%) are more likely than those living in regional and rural NSW (18%) to say the most important feature of public places that make them distinctive and give them identity is markets and/or events while those living in regional and rural NSW are more likely to say it is a beach (23% compared to 16%).

Do you feel safe catching public transport?

Almost three quarters (74%) of children and young people say they feel safe using public transport while 15% say they do not feel safe and 11% say they don't know.

Those living in Sydney (79%) are more likely than those living in regional and rural NSW (64%) to say they feel safe using public transport.

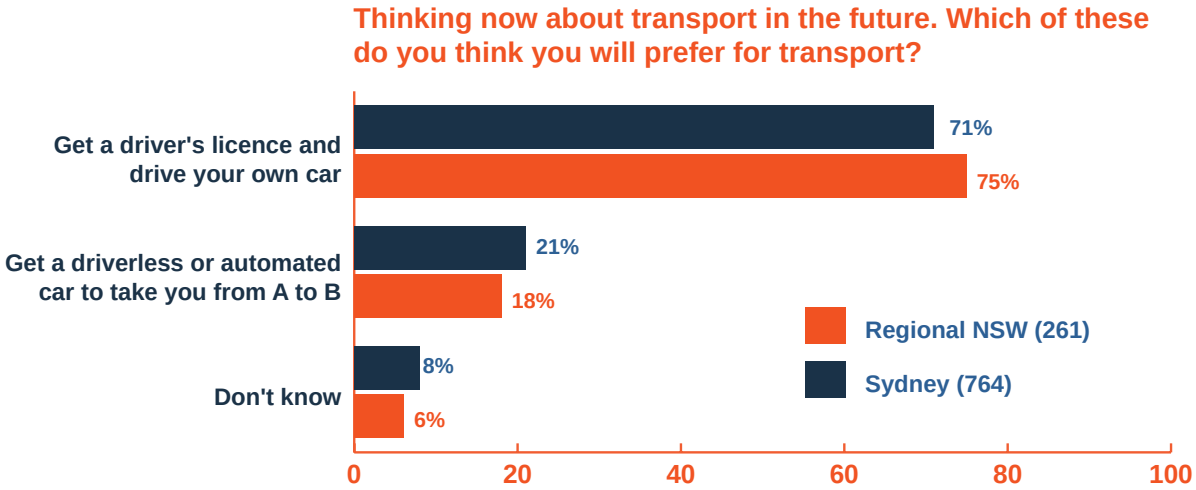


In the future will you prefer to:

- **Get a driver's licence to drive your own car?, or**
- **Get a driverless or automated car to take you from A to B?**

Children and young people are more likely to think that in the future they will prefer to get a driver licence and drive their own car (73%) rather than get a driverless or automated car to take them from A to B (20%). The remaining 7% say they don't know.

Those living in regional NSW (75%) are more likely to say that in the future they would prefer to get a driver licence and drive their own car than those living in Sydney metropolitan areas (71%). Those living in Sydney metropolitan (21%) areas are more likely than those in regional areas (18%) to say they would prefer to get a driverless or automated car.



Total 1,025

What transport do you think government should focus on over the next 40 years (select one)? Driverless or automated cars/More and better trains/More and better buses/Cheaper domestic flights?

The transport areas that children and young people are most likely to think the government should focus on most over the next forty years are more and better trains (33%), cheaper domestic flights (25%) and more and better buses (19%). Just 13% said the transport area that the government should focus on most over the next forty years is driverless cars.

Those living in Sydney (38%) are more likely than those living in regional and rural NSW (24%) to say the transport area they think the government should focus on most over the next forty years is more and better trains.

WHERE TO GO FOR HELP

If you were worried about a close family member's behaviour, what would you do?

If worried about a close family member's behaviour, children and young people are most likely to try to talk to them (46%) or other family members (31%).

Those living in Sydney metropolitan areas are more likely (48%) to talk to the person they are worried about than their peers in regional NSW (43%). Respondents from Sydney metropolitan areas (78%) are also significantly more likely to speak to other family members about the problem than those living outside of Sydney (31%).

Would you do something different if you were worried about a distant relative?

If worried about a distant relative's behaviour, children and young people are most likely to talk to family members (26%), to try and talk to the distant relative themselves (25%) or to do nothing (13%).

Those living in Sydney metropolitan areas are more likely (27%) to talk to the person they are worried about than their peers in regional NSW (20%). Respondents living outside of Sydney (30%) are also more likely to speak to other family members about the problem than those from Sydney metropolitan areas (23%).

If you were worried about a friend's behaviour what would you do?

If worried about a friend's behaviour, children and young people are most likely to try and talk to their friend (55%), talk to a family member of their own or their friend's (19%) or talk to other friends (19%).

Children and young people living in Sydney are more likely (56%) to talk to their friend than those living outside of Sydney (52%). Sydney respondents are also more likely (47%) than those in regional NSW (31% to talk to someone at school about their friend.

If you needed advice on a situation involving drugs and alcohol, where would you go?

Children and young people are most likely to seek advice on a situation involving alcohol and drugs from their family (27%), the internet/online (18%) and a doctor (15%).

27% of young people living in Sydney say they would seek advice from their family in comparison to 26% in regional NSW. Nineteen per-cent of those living in Sydney would consult the internet for advice in comparison to 17% of those in regional NSW.

If you needed advice on a situation involving domestic violence, where would you go?

Children and young people are most likely to seek advice on a situation involving domestic violence from police (28%), family (22%) and the internet/online (12%).

Those living outside of Sydney (27%) are more likely than those living in Sydney (19%) to seek advice on a situation involving domestic violence from family while those living in Sydney are more likely to seek advice on a situation involving domestic violence from the internet/online (15% compared to 8%).

If you needed advice on a situation involving mental health, where would you go?

Children and young people are most likely to seek advice on a situation involving mental health from their family (23%), a doctor (18%) or the internet/online (11%).

Those living outside of Sydney are more likely than those living in Sydney to seek advice on a situation involving mental health from a doctor (23% compared to 16%) and Headspace (11% compared to 4%) while those living in Sydney are more likely to seek advice on a situation involving mental health from the internet/online (13% compared to 8%).

If you needed advice on a situation involving extremism, where would you go?

Children and young people are most likely to seek advice on a situation involving extremism from family (21%), police (16%) and the internet/online (12%).

Those living in Sydney (14%) are more likely than those living outside of Sydney (9%) to seek advice on extremism from the internet/online.

If you needed information on these issues where would you prefer to get it?

Children and young people are most likely to prefer to get information on issues such as alcohol and drugs, domestic violence, mental health and extremism from the internet or a website (65%), a family member or relative (56%) and another young person/friend/peer (49%).

Those living in Sydney (18%) are more likely than those living outside of Sydney (10%) to prefer to get information on issues such as alcohol and drugs, domestic violence, mental health and extremism from a phone service.

HEALTH AND MENTAL HEALTH

Overall, how would you rate your physical health?

One in six children and young people (17%) would rate their physical health as excellent, 33% as very good and 32% as good. However, a further one in six (17%) rate their physical health as only fair or poor.

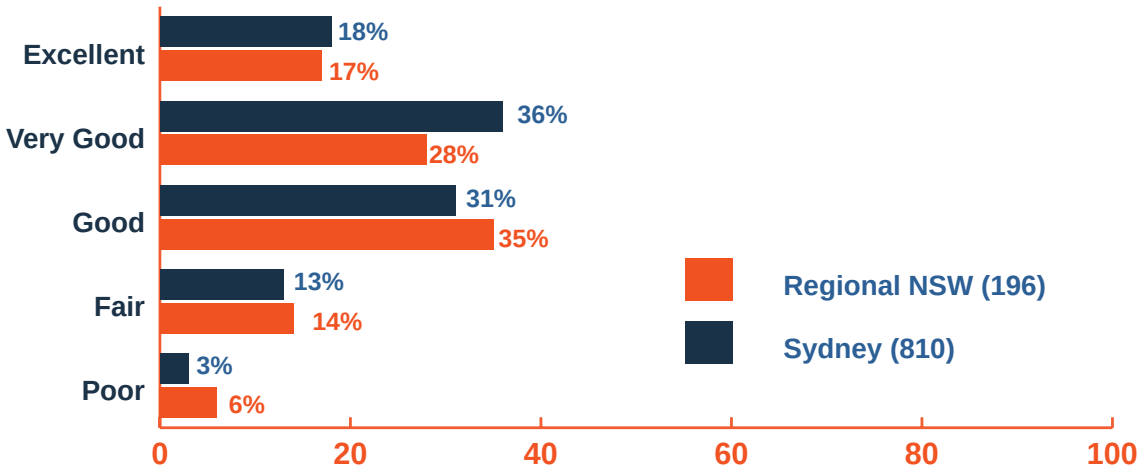
Those living in Sydney (36%) are more likely than those living outside of Sydney (28%) to rate their physical health as very good.

Overall, how would you rate your mental health?

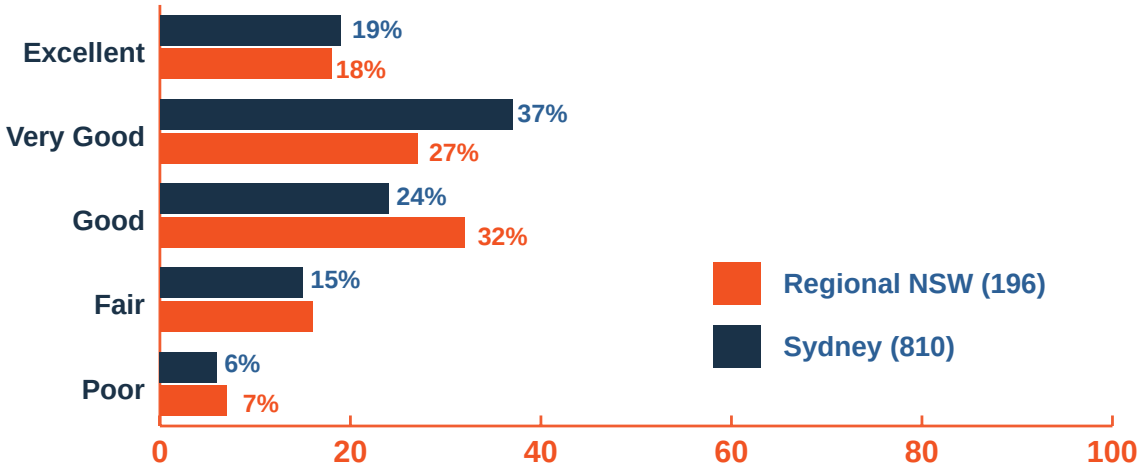
One in five children and young people (18%) rate their mental health as excellent, 34% very good and 27% good. However, one in five children and young people (22%) rate their mental health as just fair or poor.

Those living in Sydney (37%) are more likely than those living outside of Sydney (27%) to rate their mental health as very good while those living outside of Sydney are more likely to rate their mental health as good (32% compared to 24%).

Overall, how would you rate your physical health?



And overall. How would you rate your mental health?



PRIVACY AND INTERNET AND MEDIA

In the past 12 months have you had a concern about the privacy practice of a public sector organisation including a state or federal government department, health service, local government council or university?

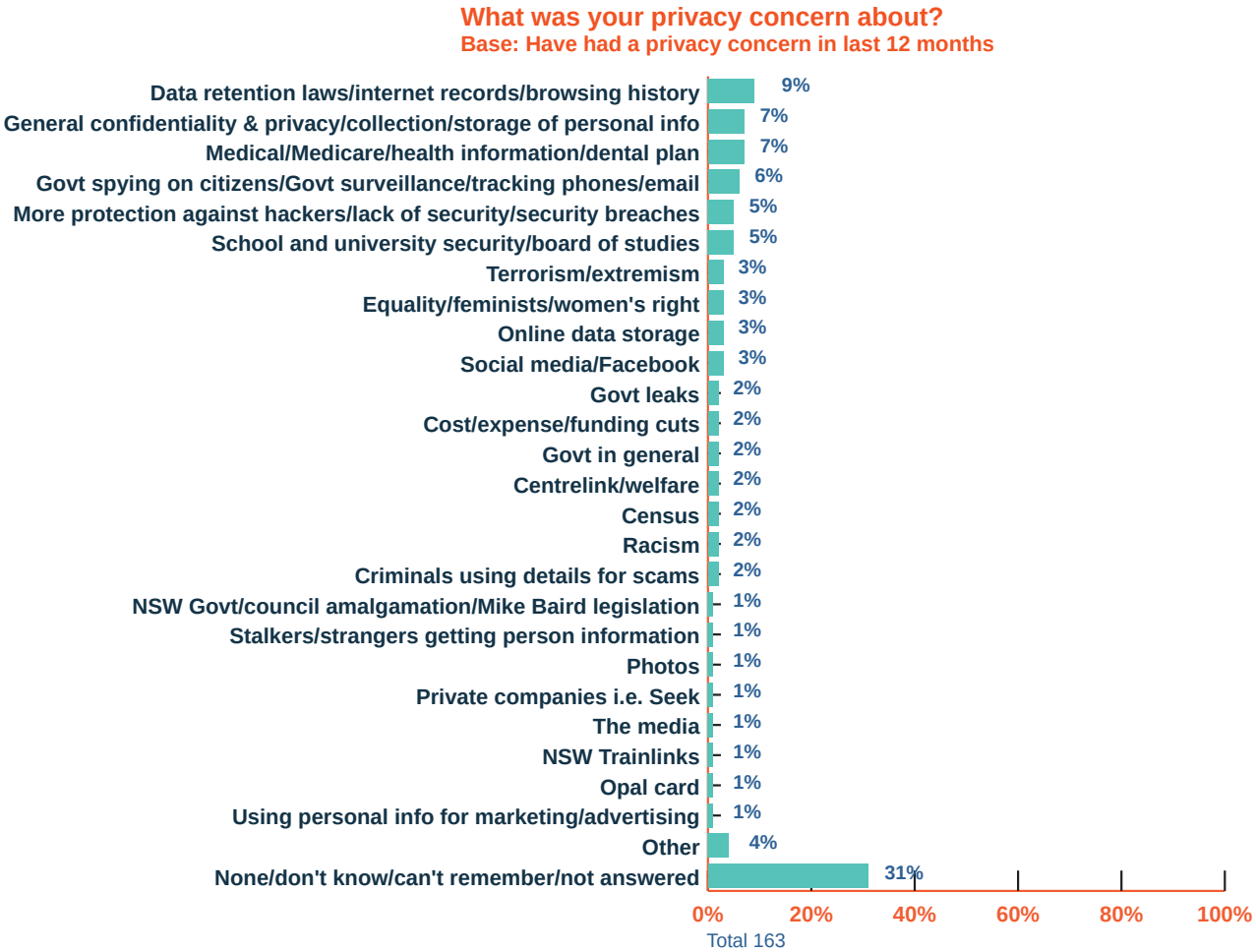
Around one in six children and young people (17%) have had a concern about the privacy practice of a public sector organisation in the past 12 months.

This answer was consistent across both respondent groups from Sydney and from outside of Sydney.

What was your privacy concern about?

When asked about the nature of the privacy concern they had with a public sector organisation in the last twelve months, children and young people mentioned a diverse range of issues. These included data retention and storage of personal information, internet records and browsing history, medical and dental records/information, government surveillance of citizens, security breaches through the actions of hackers and issues relating to schools/universities/Board of Studies (NESA).

Those living in Sydney metropolitan areas were twice as likely to be concerned about data retention (11%) and medical information (11%) than those in regional NSW with 5% concerned about data retention and 4% concerned about their medical information.



If you wanted to report the misuse of your personal information, who would you be most likely to contact?

If they wanted to report the misuse of their personal information, children and young people would be most likely to contact the police (42%) and the company or organisation that misused the personal information (14%).

Respondents from both Sydney metropolitan areas and regional NSW largely responded the same with the exception of reporting the misuse of information directly to the company involved. Regional NSW respondents (26%) are more than three times as likely to contact the company directly than those from Sydney metropolitan areas (7%).

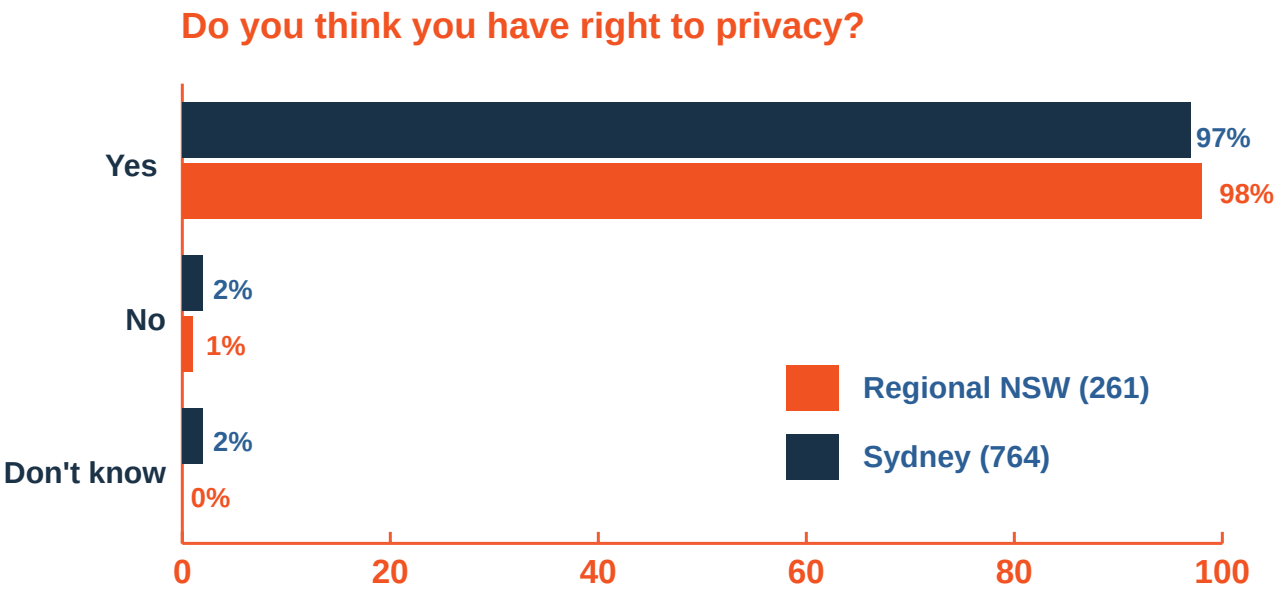
What does privacy mean to you?

When asked to explain what the word privacy means to them, children and young people were most likely to say it means keeping specific information to yourself or a person you trust/have control over personal information/confidentiality (47%), having your own personal life/ own space/ own room (26%) and no disturbance or interference in life/ to be free from judgement/ no intrusion (14%).

Those living in Sydney (29%) are more likely than those living in regional and rural NSW (20%) to say privacy means having your own personal life/ own space/own room while those living in regional and rural NSW are more likely to say privacy means keeping specific information to yourself or a person you trust/have control over personal information/confidentiality (53% compared to 44%).

Do you think you have the right to privacy? Yes/not/don't know

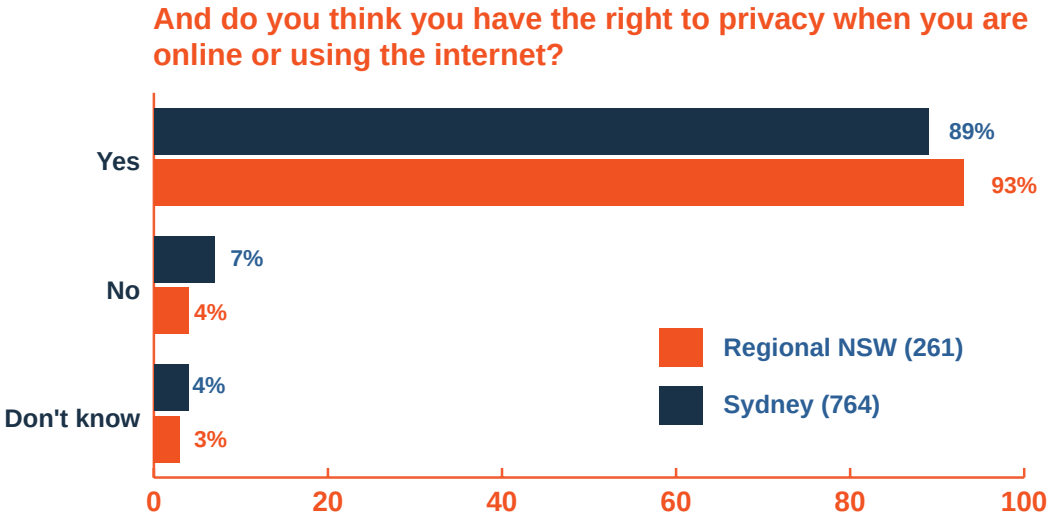
The vast majority (97%) of children and young people believe they have the right to privacy. This was consistent across all demographic groups.



Do you think you have the right to privacy in online?

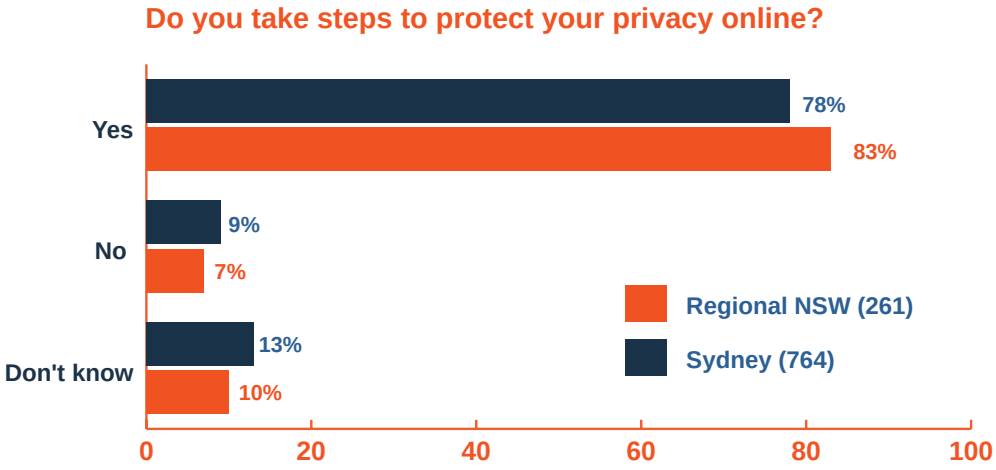
Nine in ten (90%) children and young people believe they have the right to privacy when online/ using the internet.

Respondents living in regional NSW were more likely to say they have a right to privacy online than those living in Sydney metropolitan areas.



Do you take steps to protect your privacy online? If yes what steps?

Four in five (80%) children and young people take steps to protect their privacy online while 8% say they do not and 12% are unsure. This was consistent across all demographic groups.



Which things do you assume are kept private online?

The things children and young people are most likely to assume are being kept private online are their personal details including name, address, date of birth, contact details and location (47%), their financial details including credit card/bank details and statements (27%) and their passwords (20%).

Young people from regional NSW are more likely to think their credit card (32%) details are kept private than their Sydney counterparts (29%) However, young people from the Sydney metropolitan (50%) area are more likely to assume their personal data is private than their regional counterparts (45%).

Thinking about another topic. Do you think it's important to protect your privacy online? (2018)

The vast majority of children and young people (93%) think that it's important to protect their privacy online.

Do you take steps to protect your privacy online? (2018)

Four in five children and young people (83%) take steps to protect their privacy online.

What steps do you take to protect your privacy online? (2018)

The most popular steps children and young people take to protect their privacy online are to use high privacy settings/set social media account to private (42%), to be careful about what to post online/keep personal details private (33%) and to use a strong password/ change their password regularly (21%).

Do you think your privacy online has ever been compromised? (2018)

One third of children and young people (32%) think that their privacy online has been compromised.

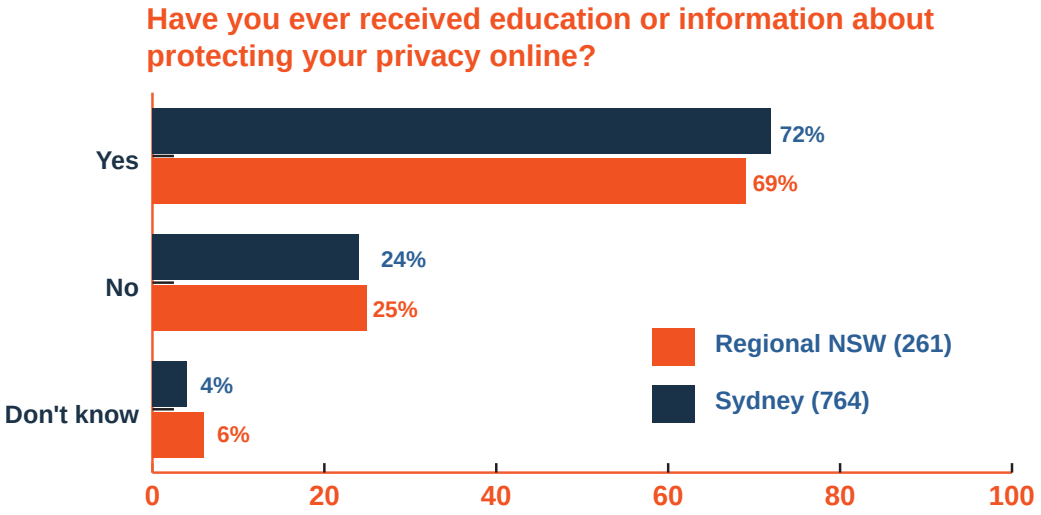
Those living in Sydney (30%) are more likely than those living in regional NSW (34%) to think their online privacy has been compromised.

How do you think your privacy online has been compromised?

The main ways in which children and young people think that their privacy online has been compromised are their account being hacked (42%) and their personal information being shared without consent/stolen/sold (22%).

Have you ever received education or information about protecting your privacy online? (2018)

The majority of children and young people (71%) say they have received education or information about protecting their information online while one in four (24%) say they haven't and 5% say they don't know.



Where did you get the information from? (2018)

Children and young people are most likely to say they got information about protecting their privacy online from school/teachers/university (78%), social media/website/Google (14%) and parents/home (11%).

Children and young people living in Sydney (81%) are more likely than those living in regional and rural NSW (72%) to say they got information about protecting their privacy online from school/teachers/university while those living in regional and rural NSW are more likely to say it was from parents/home (15% compared to 9%).

The internet has improved my friendships and social life

The majority of children and young people (63%) agree that the internet has improved their friendships and social life, 34% disagree and 3% don't know.

Sydney metropolitan (62%) and regional NSW respondents (64%) agree that the internet has improved their friendships and social life.

I feel I have skills to deal with people making mean comments or spreading gossip about me on social media

The majority of children and young people (74%) agree that they have the skills to deal with negative comments online, 44% disagree and 2% don't know.

Sydney metropolitan (73%) and regional NSW respondents (74%) agree that they have the skills to deal with negative comments online.

I feel I have the support networks I need from family, friends and/or school to deal with online bullying

The majority of children and young people (81%) agree that they have the support networks to deal online bullying, 17% disagree and 2% don't know.

Sydney metropolitan (79%) and regional NSW respondents (82%) agree that they have the support networks to deal online bullying.

Which of these, if any, do your parents do to manage your use of the internet?

- **Talk to me about my use of the internet**
- **Set rules around time and usage**
- **Use parental filters**
- **Friend with me on social media**
- **Have access to my passwords**
- **Use technology to limit or cut off internet access**
- **Do activities online with me**
- **Other (please specify)**

When asked what their parents do to manage their use of the internet, children and young people are most likely to say their parents 'friend' with them on social networking (54%), discuss online safety issues and concerns with them (45%) and talk to them about their use of the internet (41%).

Those living in Sydney are more likely than those living outside of Sydney to say their parents set rules around time and usage (31% compared to 20%) and have access to their passwords (21% compared to 15%) while those living outside of Sydney are more likely to say their parents 'friend' with them on social networking (67% compared to 46%).

Which of these, if any, would you do if you saw something upsetting online, or if someone was mean or threatening to you online?

- **Tell my parents**
- **Tell a teacher**
- **Tell friends**
- **Confront the bully**
- **Block the bully on social media/ messaging**
- **None of the above**
- **Other (please specify)**

If children and young people see something upsetting online or if someone was mean or threatening to them online they are most likely to block the bully on social media/ messaging (74%), tell their friends (48%) or tell their parents (39%).

Those living in Sydney (52%) are more likely than those living outside of Sydney (40%) to say they would tell their friends if they saw something upsetting online or if someone was mean or threatening to them online.

Thinking about the Internet. How old were you when you first started using the Internet?

The average age children and young people say they started to use the internet is approximately 9 years. As many as 1 in five (21%) say they started using the internet at 6 years or younger, 25% at 7-8 years, 26% at 9-10 years, 20% at 11-12 years and just 10% at 13 years or older.

The responses between Sydney metropolitan areas and regional NSW were largely the same with the exception of those who started using the internet at 5-6 years of age when 17% of Sydney metropolitan respondents said they commenced using the internet in comparison to 13% of regional NSW respondents.

How do you most frequently access the internet?

The majority (89%) of children and young people are most frequently accessing the internet on a device that they own while 4% are most frequently accessing the internet on a device that their parent or guardian owns, 4% on a device that is shared by household members and 3% on a school device.

Regional NSW respondents (91%) are slightly more likely to say they access the internet on a device they own than they Sydney metropolitan peers (88%).

When you are accessing the internet, are you most frequently…?

- **Alone**
- **With a parent/guardian**
- **With siblings**
- **With friends**
- **With a teacher/tutor/librarian**
- **With other relatives**
- **With another carer**
- **Other (please specify)**

The majority (86%) of children and young people are accessing the internet most frequently when they are alone, while 6% are accessing the internet most frequently when they are with friends, 4% with siblings, 2% with a parent or guardian, 1% with a teacher, tutor or librarian.

Regional NSW respondents (90%) are more likely to say they access the internet alone than they Sydney metropolitan peers (85%).

How often do you use social media?

Almost continuously/Two or more times a day or more often/Once a day/2-6 times a week/Once a week/2-3 times a month/Once a month/Less frequently

Four in ten (40%) children and young people say they use social media almost continuously while a further 41% say they use it two times a day or more often, 10% once a day, 4% 1-6 times a week and 5% less often.

Children and young people from Sydney metropolitan areas (41%) are more likely to access social mediacontinuously in comparison to those living in regional areas (39%). Those in regional NSW (46%) access social media two or more times a day than their Sydney metropolitan counterparts (38%).

Do you access the internet for homework/ research?

Virtually all children and young people (96%) use the internet for homework and research.

This answer was consistent across both Sydney metropolitan respondents and regional NSW respondents.

What challenges, if any, do you face in using the internet for homework?

The most common challenges children and young people face when using the internet for homework are finding relevant information/ specific articles/exact resource they want (18%), slow connection/drop outs (17%), distractions on the internet/using other sites/staying focused on homework (14%) and fake/false/incorrect information/finding accurate information (13%).

Answers were consistent across both Sydney metropolitan respondents and regional NSW respondents.

How do you find information about new opportunities, events, activities and services in your local community (e.g. volunteering opportunities, shows, sports and athletics, arts, libraries, youth groups, etc)?

Search engines/Facebook/You Tube/ Instagram/Snapchat/Local/Community paper/Radio/School/Particular website (please specify)/Other (please specify)

The main ways children and young people find information about new opportunities, events, activities and services in their local community is on Facebook (65%), via a search engine (50%) and at school (48%).

Young people living in Sydney are more likely than those living in regional and rural areas of NSW to find information about new opportunities, events, activities and services in their local community at school (53% compared to 40%) and on YouTube (30% compared to 23%) while young people living in regional and rural NSW are more likely to find information about new opportunities, events, activities and services in their local community on Facebook (73% compared to 60%) and on the radio (30% compared to 19%)

Where do you get news about what's happening in the world?

The main sources children and young people go to for news about what's happening in the world are social media (74%) and television (63%). Other important sources they use include online news sites (48%), friends (48%) and family (45%).

Young people living in regional and rural NSW are more likely than those living in Sydney to get news about what's happening in the world on social media (78% compared to 72%) while those living in Sydney are more likely to get news about what's happening in the world at school (32% compared to 20%).

And where do you get news about what's happening in your local community?

The main sources children and young people go to for news about what's happening in their local community are social media (51%), friends (51%) and family (46%). Other important sources include print news/ newspapers (32%), school (32%) and television (30%).

Young people living in regional and rural NSW are more likely than those living in Sydney to go to social media (60% compared to 46%), radio (39% compared to 16%) and television (38% compared to 26%) for news about what's happening in their local community while young people living in Sydney are more likely to go to school (34% compared to 27%) for news about what's happening in their local community.

When there are news stories about young people, how are they usually portrayed?

Children and young people are more likely to feel they are usually portrayed negatively than positively in news stories (43% compared to 25%) while 22% say they feel they are usually portrayed neither positively nor negatively and 10% don't know. Respondents living in regional and rural areas (48%) are more likely to say that children and young people are portrayed negatively in the media than their Sydney metropolitan peers (40%).

ABORIGINAL ISSUES

How important is it to you to learn about the histories and cultures of Aboriginal and Torres Strait Islander peoples?

One in five children and young people (18%) believe it is extremely important to learn about the histories and cultures of Aboriginal and Torres Strait Islander peoples, 26% believe it is very important and 43% somewhat important. Just 13% of children and young people believe learning about the histories and cultures of Aboriginal and Torres Strait Islander peoples is not at all important.

Those living in Sydney (47%) are more likely than those living outside of Sydney (38%) to believe it is extremely or very important to learn about the histories and cultures of Aboriginal and Torres Strait Islander peoples.

How would you rate your knowledge of Aboriginal and Torres Strait Islander histories and cultures?

Just one in five children and young people (22%) rate their knowledge of Aboriginal and Torres Strait Islander histories and cultures as excellent or very good while the majority rate their knowledge as good (38%) or fair (27%). The remaining 12% of children and young people rate their knowledge as poor.

Sixty per-cent of Sydney metropolitan and 61% of regional NSW children and young people rate their knowledge of Aboriginal and Torres Strait Islander histories and cultures as excellent or very good.

Which of these best describes your relationships with Aboriginal and Torres Strait Islander peoples?

• I socialise with Aboriginal and Torres Strait Islander peoples

• I personally know some Aboriginal and Torres Strait Islander people but do not socialise regularly with them

• I don't know any Aboriginal or Torres Strait Islander peoples.

When asked what best describes their relationship with Aboriginal and Torres Strait Islander peoples, one in four children and young people (25%) say they socialise with Aboriginal and Torres Strait Islander people, 39% say they personally know some Aboriginal and Torres Strait Islander peoples but do not socialise with them regularly and 35% say they do not know any Aboriginal or Torres Strait Islander peoples.

Those living outside of Sydney (36%) are more likely than those living in Sydney (20%) to say they socialise with Aboriginal and Torres Strait Islander peoples while those living in Sydney are more likely to say they do not know any Aboriginal or Torres Strait Islander Peoples (42% compared to 23%).

Do you think Aboriginal people should have constitutional recognition?

Three quarters (73%) of children and young people think the Aboriginal peoples should have constitutional recognition while one in ten (9%) do not and 18% say they don't know.

Seventy-five per-cent of Sydney metropolitan respondents think Aboriginal peoples should have constitutional recognition in comparison to 70% of regional and rural NSW respondents.

FAMILY

Do you want to spend more time with your parents?

The majority (71%) of children and young people say they would like to spend more time with their parents while 12% say they would not and 17% are unsure.

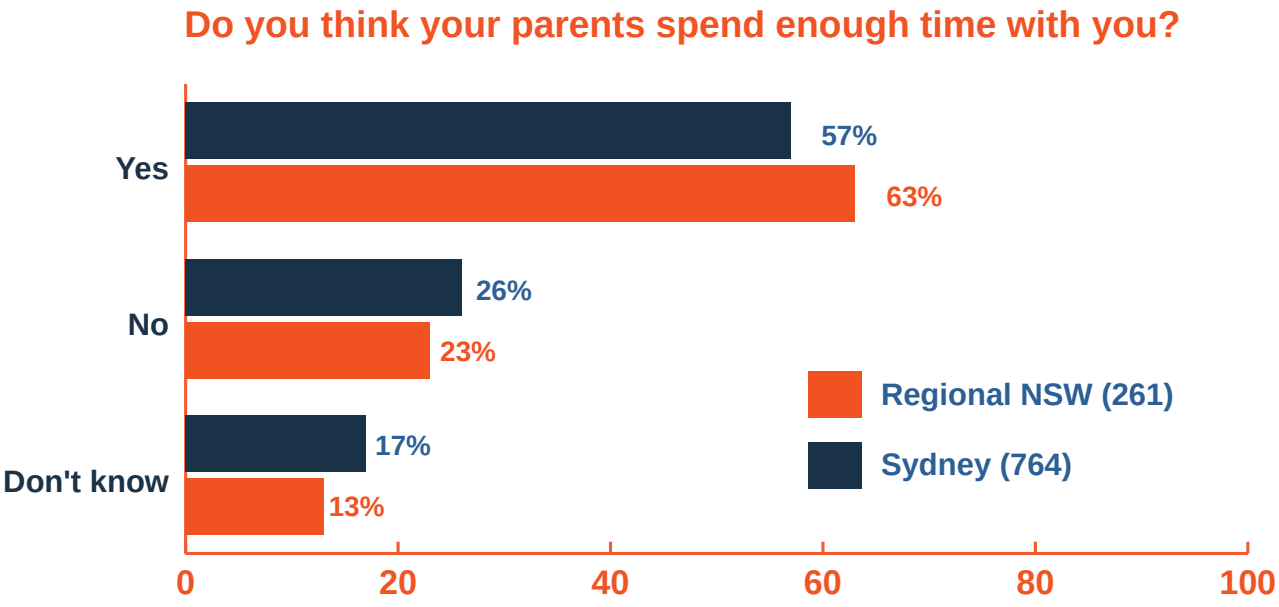
The results between Sydney metropolitan and regional NSW are largely the same, with 70% and 72% respectively saying they want to spend more time with their parents.

If yes, what do you think is stopping them from spending more time with you?

Children and young people believe the main reasons stopping their parents spending more time with them are work/study/school activities (68%) and because they do not live together/travel distance (12%). Responses to this question were similar between Sydney metropolitan and regional NSW children and young people.

Do you think your parents spend enough time with you?

Around six in ten (59%) children and young people think their parents spend enough time with them while one in four (25%) do not and 16% say they don't know.



VOLUNTEERING

Have you done any volunteer work in the past 12 months?

More than half of children and young people 14-24 years in NSW (58%) have undertaken volunteer work in the past 12 months.

Respondents in regional NSW (61%) were more likely to have participated in volunteering than their Sydney metropolitan counterparts (56%).

What kind of volunteer work did you do?

Children and young people 14-24 years are involved in a diverse range of volunteer activities. The most common type of volunteer work undertaken was helping children including tutoring (16%), helping out at their school/ school canteen/ fundraisers (12%), local sports club/ surf lifesaving/ coaching (10%), collecting money for the Salvos/ Red Shield Appeal (9%) or at their church (8%).

Those living outside of Sydney are more likely than those living in Sydney to volunteer at their local sports club/ Surf Lifesaving/ coaching (15% compared to 7%).

How did you find out about these opportunities?

The main sources of awareness of volunteering opportunities are a teacher or their school (34%), the Internet (14%), a friend (13%), a family member 10%, university (8%) or their church (7%).

Sydneysiders are more likely than those living outside of Sydney to find out about volunteering opportunities through the Internet (18% compared to 9%) while those living outside of Sydney are more likely than Sydneysiders to find out through a sports club (8% compared to 2%).

What did you like about your volunteer experiences?

The aspects of volunteer experiences most liked are the feeling of giving back to or helping the community (35%), meeting people and making friends (23%), learning new things and getting experience (16%) and a good feeling/ sense of accomplishment (13%).

Sydneysiders (27%) are more likely than those living in regional NSW (15%) to say an aspect they liked about their volunteer experiences was meeting people and making friends.

What motivated you to get involved in volunteering?

The most common motivations to get involved in volunteering include a desire to behave ethically/ do good and give back to or help the community (39%), friends were involved/ suggested it (12%), school/teachers/university encouraged involvement (11%), to be able to include experience on your CV/resume (7%), family encouraged involvement (7%) and an interest in that field or cause (7%).

Sydneysiders (5%) are more likely than those living in regional NSW (0%) to say the Duke of Edinburgh was a key motivating factor in choosing to volunteer.

What were the important factors that motivated you to participate in volunteering?

The factors most likely to be rated as very important in deciding to get involved in volunteering are making a positive difference to others (57%), contributing to a cause or organisation they believe in (48%), having a personal feel good experience (40%) and developing skills (40%).

Sydneysiders are more likely than those living in regional NSW to rate making a positive difference to others (61% compared to 51%), have a personal feel good experience (47% compared to 30%), receive a feeling of satisfaction (40% compared to 28%) and undertake community service ordered by the court (8% compared to 3%) as very important in their decision to get involved in volunteering.

What didn't you like about your volunteer experiences?

Around half of those who volunteered (53%) identified an aspect of their volunteering experiences that they didn't like. The most common dislikes include feeling unappreciated or disrespected with people being rude, ungrateful or difficult to deal with (15%), that it was too time consuming (9%), tiring (5%), boring, repetitive or just not enough work to do (4%) or not being able to recover their costs associated with volunteering (4%).

Responses to this question were similar between Sydney metropolitan and regional NSW children and young people.

What are the reasons for you not having done any volunteer work in the last 12 months?

The main reasons given for not participating in volunteer work in the past 12 months are lack of time due to other commitments including study, work or caring for a friend or relative (67%) and because they haven't heard of or seen any information about interesting volunteer opportunities (19%).

What, if any, are reasons for you not having done any volunteer work in the last 12 months?

When prompted with a series of reasons, the top two reasons were consistent with unprompted responses being lack of time (77%) and lack of awareness of opportunities available (43%). Other reason identified for not volunteering include limited access to transport (19%), organisations not being flexible/adapting volunteering opportunities to young people's needs (19%) and being not interested (18%).

Sydneysiders (21%) are more likely than those who live in regional NSW (11%) to say they have not done any volunteer work in the past 12 months because they are not interested.

If you were to volunteer, how important would each of these reasons be to you?

- **Make a positive difference to others**
- **Being respected and valued in my community**
- **Have worthwhile work that makes a valuable contribution**
- **Receive a feeling of satisfaction**
- **Have a personal feel good experience**
- **Meet Centerlink obligations**
- **Get involved in my community**
- **Pay off my state fines**
- **Undertake community service ordered by the court**
- **Contribute to a cause/organisation I believe in**
- **Develop skills**
- **Enhance my employment prospects**

Among those who have not volunteered in the past 12 months the top three most important reasons if they did decide to get involved would be making a positive difference to others (59%), developing skills (49%) and contributing to a cause or organisation they believe in (48%). Having a personal feel good experience (44%) and receiving a feeling of satisfaction (43%) were also rated as very important by a large proportion of children and young people 14-24 years.

Sydneysiders are more likely than those living in regional NSW to say if they decided to volunteer then developing skills (54% compared to 39%), having a personal feel good experience (49% compared to 33%), being respected and valued by everyone in their community (40% compared to 23%) and enhancing my employment prospects (39% compared to 26%) would be very important reasons.

What do you think could be done to help more young people volunteer?

The most frequently mentioned suggestions for how to help more young people volunteer include advertising campaigns/brochures to create better awareness (37%), offer rewards, incentives or prizes (22%), create more opportunities for people to volunteer (16%), involve schools (11%) and make volunteer opportunities more flexible and easier to access (10%).

Sydneysiders are more likely than those living in regional NSW to suggest more fun, interesting and exciting opportunities (10% compared to 4%).

What is your ideal job/career?

Children and young people have a wide range of ideal jobs/careers with the most popular being a doctor/medicine field/surgeon (14%), a job in the entertainment/film/music industry (8%) and a job in the IT industry/web or software designer (7%).

Do you feel confident that you will achieve your career goal?

Six in ten children and young people in NSW (59%) say they are confident they will achieve their career goal while 18% say they are not confident and 23% don't know.

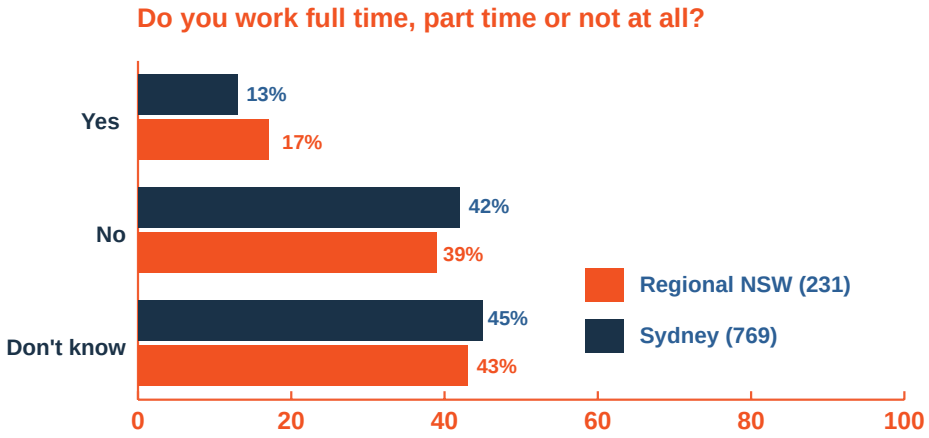
Responses were the same across Sydney metropolitan and regional NSW areas.

Why did you say you are not confident that you will achieve your career goal?

The main reasons why children and young people are not confident they will achieve their career goal are because of physical or mental limitations (21%), limited opportunities/demand is low (18%) and high competition (17%).

Do you work full time, part time or not at all?

Just over half of children and young people (56%) are working; 15% full time and 41% part time.



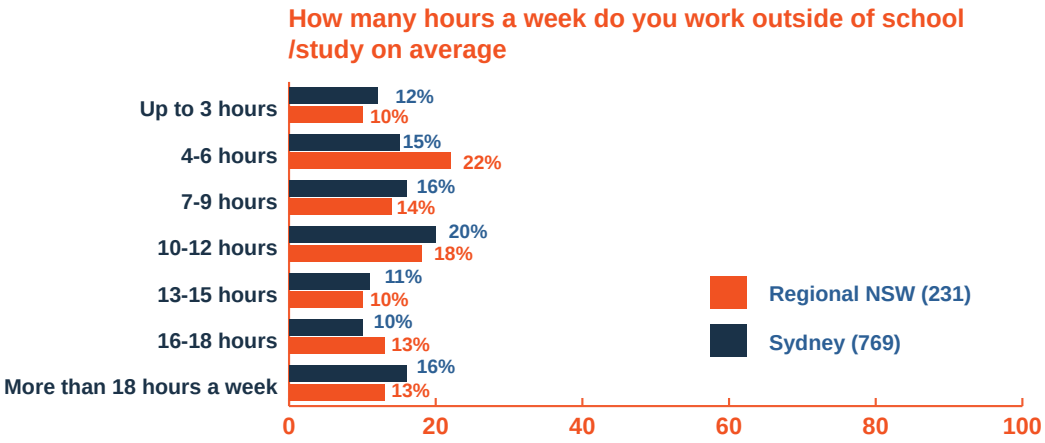
What kind of work do you do for your part time job?

Children and young people are most likely to be working in retail shops (38%), hospitality (25%) and refereeing/coaching/tutoring jobs (13%). A further 16% say they will take anything they can get for work.

Children and young people living in Sydney (15%) are more likely than those living in regional and rural NSW (7%) to say they are working in refereeing/coaching/tutoring jobs.

How many hours a week do you work outside school/study on average?

One in four children and young people (28%) working in part time jobs work 6 hours or less a week on average, one third (35%) work between 7-12 hours, 22% 13-18 hours and 15% more than 18 hours a week on average.



Would you like to work more, less or about the same number of hours per week?

Four in ten children and young people in NSW (41%) would like to work more hours in their part time job while 46% would like to work about the same number of hours. Just 9% say they would like to work less hours and 3% say they don't know.

Children and young people living in regional NSW (50%) are more likely to say they would like to work more hours than those living in Sydney metropolitan areas (37%).

What does your money primarily go towards?

Children and young people working part time say the money they earn primarily goes towards savings (72%), paying for food (57%) and paying for transport (42%).

Children and young people living in regional and rural NSW (29%) are more likely than those living in Sydney (17%) to say the money they earn from working part time goes towards paying rent.

SAFETY AND CONNECTEDNESS

Taking all things into consideration, how often do you feel safe in the following settings?

- **At your home**
- **At school**
- **At TAFE**
- **At University**
- **In the workplace**
- **In the community**
- **Online**

The place where children and young people are most likely to feel safe all of the time is their home (71%). This is followed by university (44%), school (41%), the workplace (39%) and TAFE (31%). Just 15% reported feeling safe all the time in the community and only 20% said they feel safe all the time while online.

Those living in Sydney (69%) are more likely to feel safe at school than those living in regional NSW (58%). However, those living in regional NSW (66%) are more likely to feel safe in the workplace than those living in Sydney (55%).

Those living in Sydney (84%) are slightly more likely to feel safe in the community than those in regional NSW (83%).

Taking all things into consideration, how often do you feel connected in the following settings?

- **At your home**
- **At school**
- **At TAFE**
- **At University**
- **In the workplace**
- **In the community**
- **Online**

The place where children and young people are most likely to feel connected all of the time is their home (54%). This is followed by school (34%), online (29%), the workplace (27%), university (26%) and TAFE (25%). Just 15% reported feeling connected all the time in the community.

Those living outside of Sydney (42%) are more likely than those living in Sydney (34%) to say they feel connected at home most of the time.

Those living in Sydney (83%) are more likely than those living outside of Sydney (74%) to say they feel connected at school all or most of the time.

What community or group of people do you feel most connected to?

The community or group of people children and young people feel most connected to are friends (35%), family (25%) and school (13%).

Those living outside of Sydney (38%) are more likely than those living in Sydney (33%) to say they feel connected to their friends.

VOICE, RESPECT AND STUDENT VOICE

Taking all things into consideration, how often do you feel respected in the following settings?

- At your home
- At school
- At TAFE
- At University
- In the workplace
- In the community
- Online

The place where children and young people are most likely to feel respected all of the time is their home (45%). This is followed by university (30%), the workplace (29%) and school (26%). Just 17% reported feeling respected all the time in the community and a small proportion said they felt safe all the time while online.

Those living in Sydney (80%) are more likely than those living outside of Sydney (71%) to say they feel respected all or most of the time at school while those living outside of Sydney are more likely to say they feel respected a little or none of the time at school (29% compared to 20%).

Those living outside of Sydney (26%) are more likely than those living in Sydney (19%) to say they feel respected a little of the time in the community.

Those living in Sydney (74%) are more likely than those living outside of Sydney (66%) to say they feel respected all or most of the time online.

How often do you feel you are able to have a say on matters that affect you in the following settings?

- At your home
- At school
- At TAFE
- At University
- In the workplace
- In the community
- Online

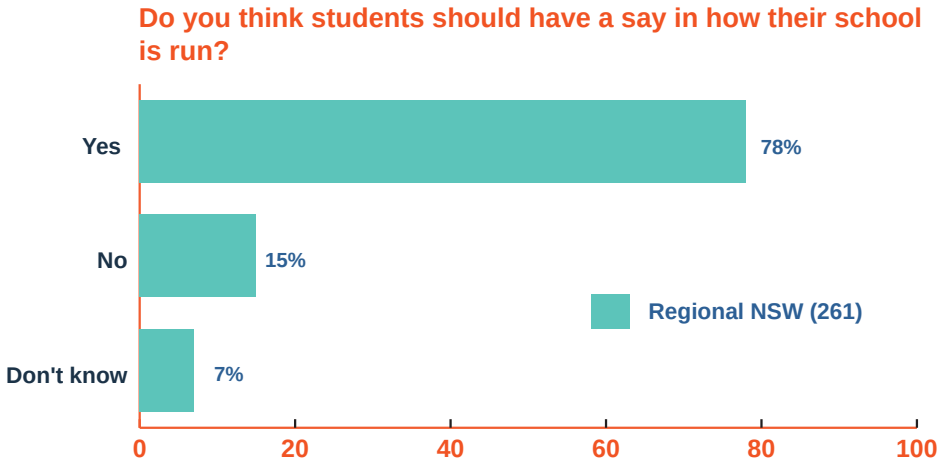
Children and young people are most likely to feel they are able to have a say on matters that affect them while at home (43%), at school (23%) and online (21%).

Those living in Sydney (24%) are more likely than those living outside of Sydney (14%) to say they feel able to have a say on matters that affect them all of the time in the workplace.

Those living in Sydney (15%) are more likely than those living outside of Sydney (8%) to say they feel able to have a say on matters that affect them all of the time in the community.

Do you think students should have a say in how their school is run?

Four in five (81%) of children and young people believe that students should have a say in how their school is run.



Do/Did you think your opinion matters in how your school is run?

Half (49%) of children and young people believe their opinion matters in how their school is/was run while 42% do not and 10% say they don't know.

Those in regional NSW (51%) are slightly more likely to say their opinion matters in how their school is run than those living in Sydney metropolitan areas (48%).

What is the best way to have your opinion heard at school?

Children and young people think the best ways to have their opinion heard at school are through teachers/the principal/deputies/ year coordinators/dean (31%) and the SRC/ student body system/student leaders (25%).

Responses to this question were similar between Sydney metropolitan and regional NSW children and young people.

If there is/was a school council at your school, how should/was the council selected?

Children and young people report that the main ways student councils are selected at their school are by vote/election (54%), by students/peers (31%) and by teachers/ principal/senior management (18%).

Those living in regional NSW (33%) are slightly more likely to say that the school council should be selected by students than those living in Sydney metropolitan areas (29%).

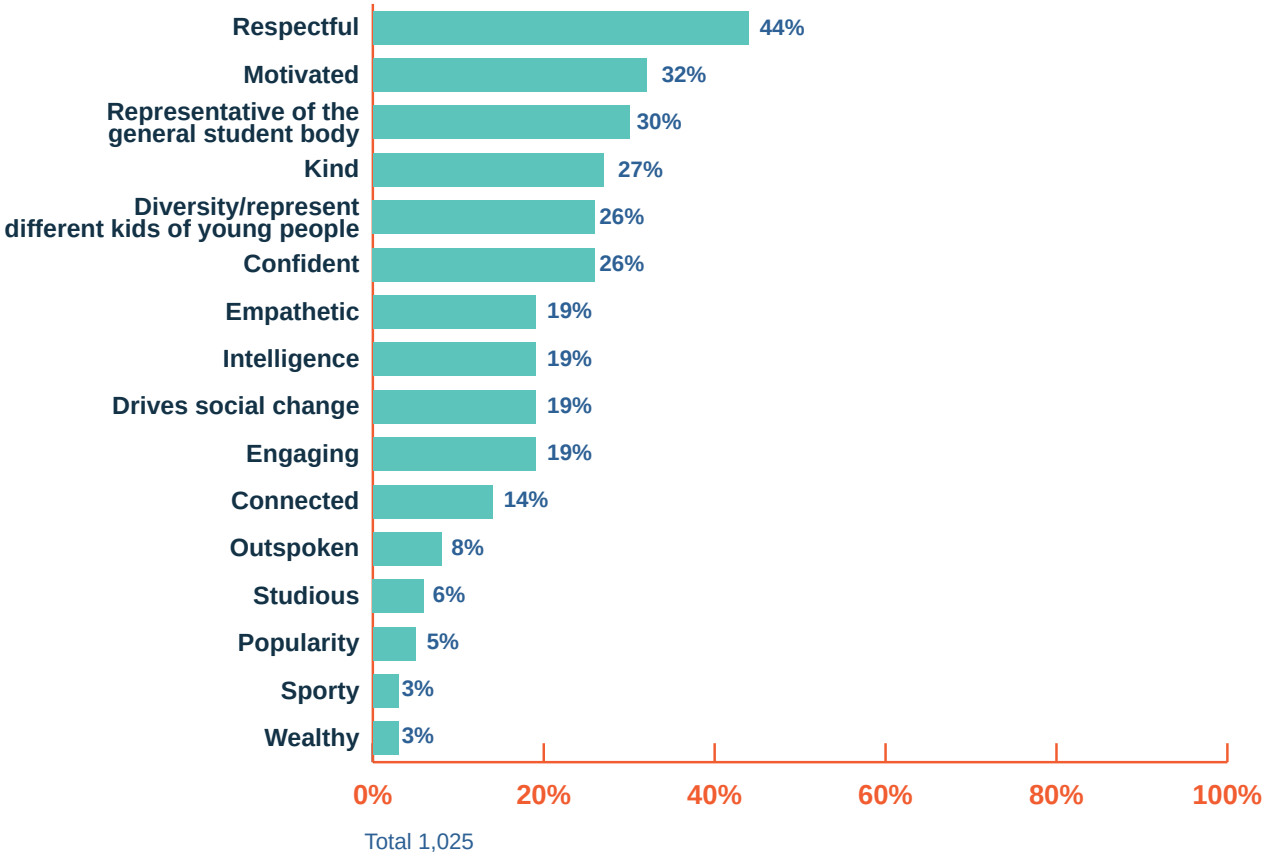
Of the following qualities for a member of a school council, please rank them in order of importance:

- **Popularity**
- **Intelligence**
- **Sporty**
- **Representative of different kinds of young people**
- **Representative of the general student body**
- **Wealthy**
- **Connected**
- **Studious**
- **Outspoken**
- **Confident**
- **Kind**
- **Empathetic**
- **Engaging**
- **Respectful**
- **Motivated**
- **Drives social change**

Children and young people are most likely to rank respectful (44%), motivated (32%) and representative of the general student body (30%) in their top three most important qualities for selection of members of student councils.

Young people living in regional and rural NSW (50%) are more likely than those living in Sydney (41%) to rank respectful in their top three most important qualities for selection of members of student councils.

Thinking now about the qualities a member of a student council should have. Please rank the following qualities from most important to least important.



Total 1,025

What issues should be debated by young people during Youth Parliament?

The top three issues children and young people aware of Youth Parliament think should be debated during Youth Parliament are education/school issues (23%), youth issues (21%) and racism/discrimination/bullying (10%).

Children and young people living in regional NSW (27%) are more likely to say Youth issues should be debated in Youth Parliament than their Sydney metropolitan counterparts (17%).

RIGHTS AND INFORMATION

Thinking now about the rights you have. In which of these areas do you know least about your rights? (e.g. pay, hours, what to do about bullying or harassment)

The areas where children and young people feel they know least about their rights are when renting a place (e.g. repairs, rental agreement, getting a bond back) (50%), access to government services or payments (e.g. Centrelink, Medicare) (46%) and when interacting with the police (e.g. if you are pulled over, searched, questioned or arrested) (44%).

Those living in regional NSW (47%) are more likely to say they know least about their rights when interacting with the police than those living in Sydney metropolitan areas (42%).

Where would you go for information about these rights?

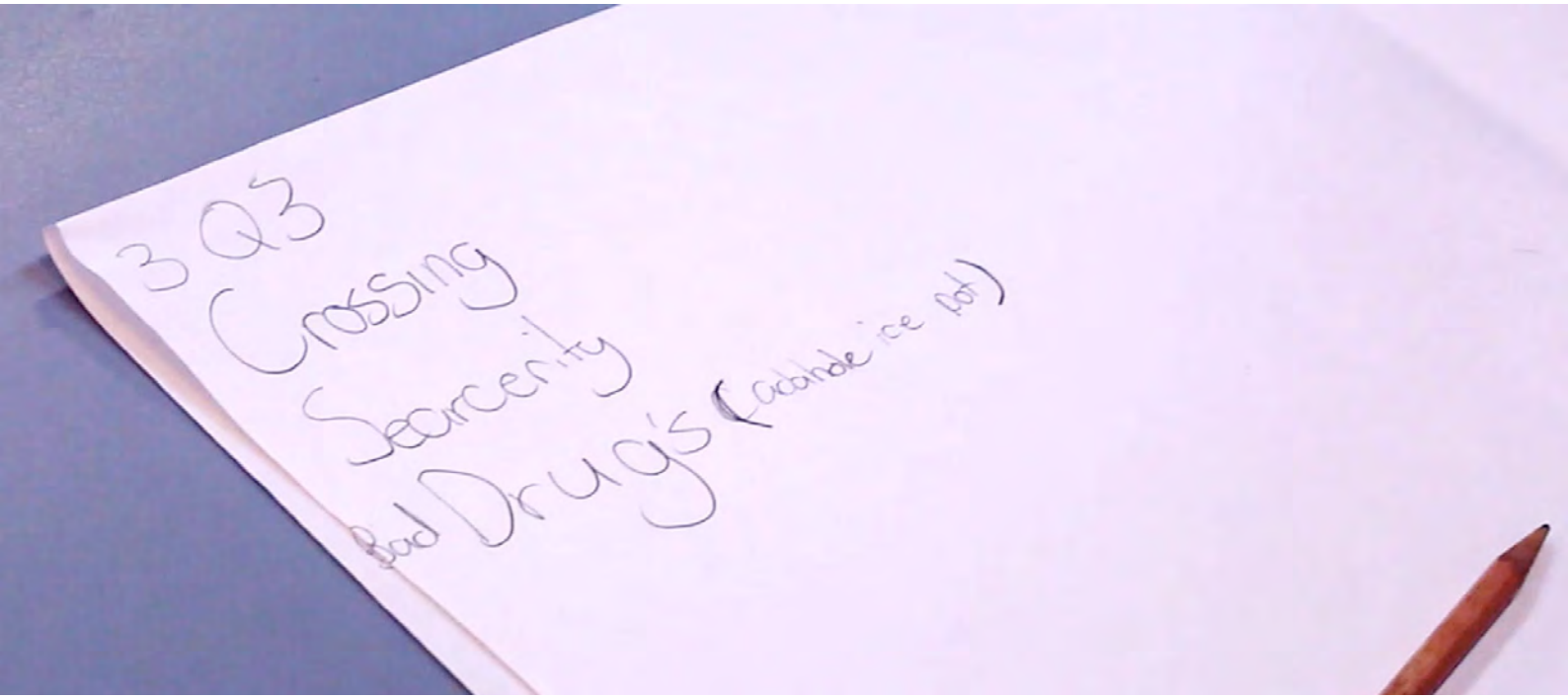
Children and young people are most likely to do a Google search (71%) or to go to their parents or carers (57%) for information about their rights.

Respondents living in regional NSW are more likely to say they would go to their parents (65%) or another adult (37%) than those living in Sydney metropolitan areas (53% and 35% respectively).

Thinking about relationships. Have you or anyone in your circle of friends ever been a victim of someone sharing intimate images?

More than one in four (27%) children and young people have been a victim or have a friend who has been a victim of someone sharing intimate photos without permission. This includes 8% who say it happened to them and 21% who say it happened to one of their friends.

Nine percent of respondents living in regional NSW say it has happened to them in comparison to 7% of respondents in Sydney metropolitan areas and 23% of those in regional NSW say it has happened to a friend in comparison to 20% of those living in Sydney.



INCLUSION

Thinking about inclusion. How well do you feel Australia fosters inclusion for all people?

Half of children and young people (49%) think Australia fosters inclusion for all people somewhat or very well while just 17% think Australia fosters inclusion poorly or very poorly. Of the remainder, 21% said neither well nor poorly and 14% don't know.

Those living in regional NSW (51%) are more likely to say that Australia fosters inclusion for all people somewhat or very well in comparison to those living in Sydney metropolitan areas (48%).

In your opinion, how can our society be more inclusive?

Children and young people think our society could be more inclusive by increasing acceptance/respect/tolerance/open-mindedness/giving everyone a fair chance regardless of race/religion/sexual orientation/age/gender (27%), stopping/reducing racism/bigotry/prejudice/stereotypes/discrimination/hate (14%) and promoting community/cultural events/gatherings and relationships (11%).

Young people living in Sydney (13%) are more likely than those living in regional and rural NSW (6%) to say they think our society could be more inclusive by promoting community/cultural events/gatherings/relationships.

In your own community, which are the groups of people you think are most excluded? (2017)

The groups of people children and young people think are most excluded are people with a different race/culture, religion, language/don't speak English (11%), the disabled/those with physical or mental health disabilities (10%) and Muslim/Islamic/Middle Eastern/Arab people (10%).

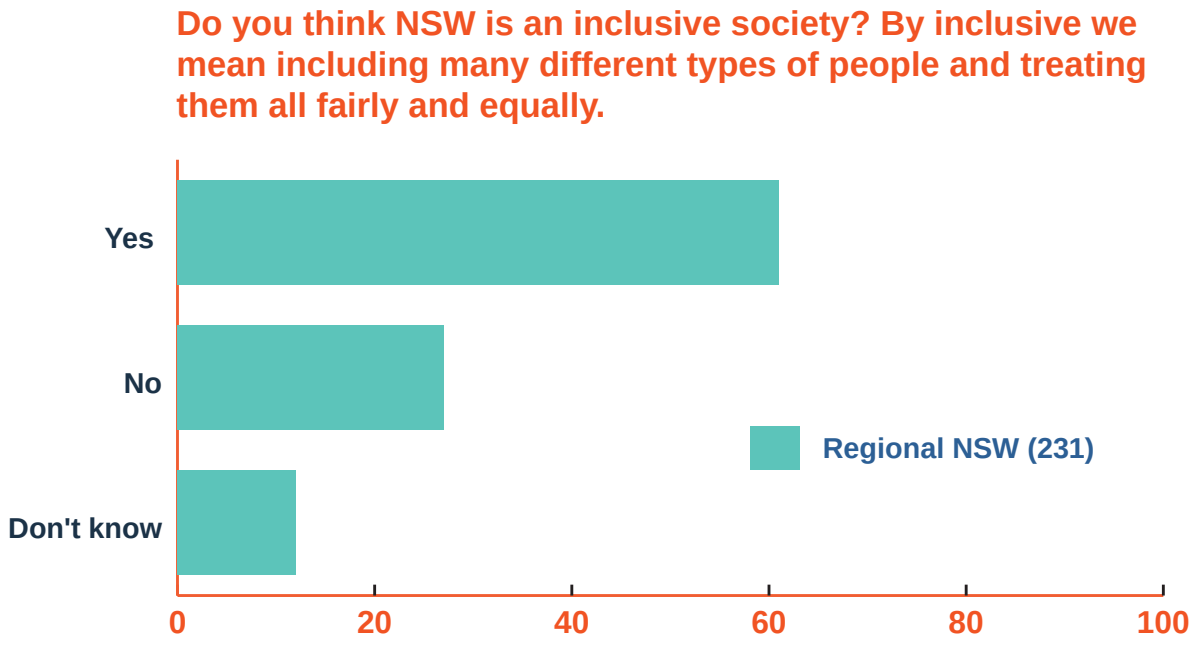
Thinking about the rights of Aboriginal people. To what extent do you support or oppose greater recognition of the rights of Aboriginal people?

The majority of children and young people (73%) support greater recognition of the rights of Aboriginal people. Just 5% say they oppose greater recognition of the rights of Aboriginal people, 15% say the neither support nor oppose and 7% don't know.

Attitudes towards greater recognition of the rights of Aboriginal people	Total	Sydney	Rest of NSW
Sample size	(n=1,000)	(n=724)	(n=276)
Total support	**73**	**74**	**72**
Strongly support	45	46	42
Somewhat support	28	28	30
Total oppose	**5**	**4**	**7**
Strongly oppose	2	2	3
Somewhat oppose	3	2	4
Neither	**15**	**14**	**17**
Don't know	**7**	**8**	**5**

Do you think NSW is an inclusive society? By inclusive, we mean including many different types of people and treating them all fairly and equally. (2018)

Two thirds of children and young people (65%) think NSW is an inclusive society while one in four (25%) do not and 10% say they don't know.



In your own community, which are the groups of people you think are most excluded? (2018)

The groups children and young people think are most excluded in their own communities are Aboriginal/Torres Strait Islanders (13%), Muslim/middle eastern people (13%), LGBTIQA+ (10%) and people who are homeless/poor/low income (10%).

Those living in Sydney are more likely than those living in regional and rural areas to think Aboriginal and Torres Strait Islander Peoples (14% compared to 9%) and people who are Asian (11% compared to 6%) are the groups that are most excluded in their own community while those living in regional and rural areas are more likely to think it is LGBTIQA+ (13% compared to 8%) and disabled people/mentally ill (12% compared to 8%).

What could help you be more inclusive in your community? (2018)

The things that children and young people think could help them be more inclusive in their community are community activities/events/social gatherings (24%), an education program (9%), getting involved/getting out there (8%) and being accepting/open minded/understanding (8%).

Please list three words to describe your personal identity?

Children and young people used a wide range of words to describe their personal identity. The top five descriptors include caring/loving/kind/accepting (18%), British/Australian/Chinese/Indian/nationality (16%), fun/funny/interesting/humorous (15%), bubbly/friendly/nice (13%) and smart/intelligent/bright (11%).

Do you think Australia has a national identity?

Two thirds of children and young people (66%) think Australia has a national identity while 16% think it does not and 18% say they don't know.

Those who live in Sydney (69%) are more likely than those who live in regional and rural NSW (60%) to think Australia has a national identity.

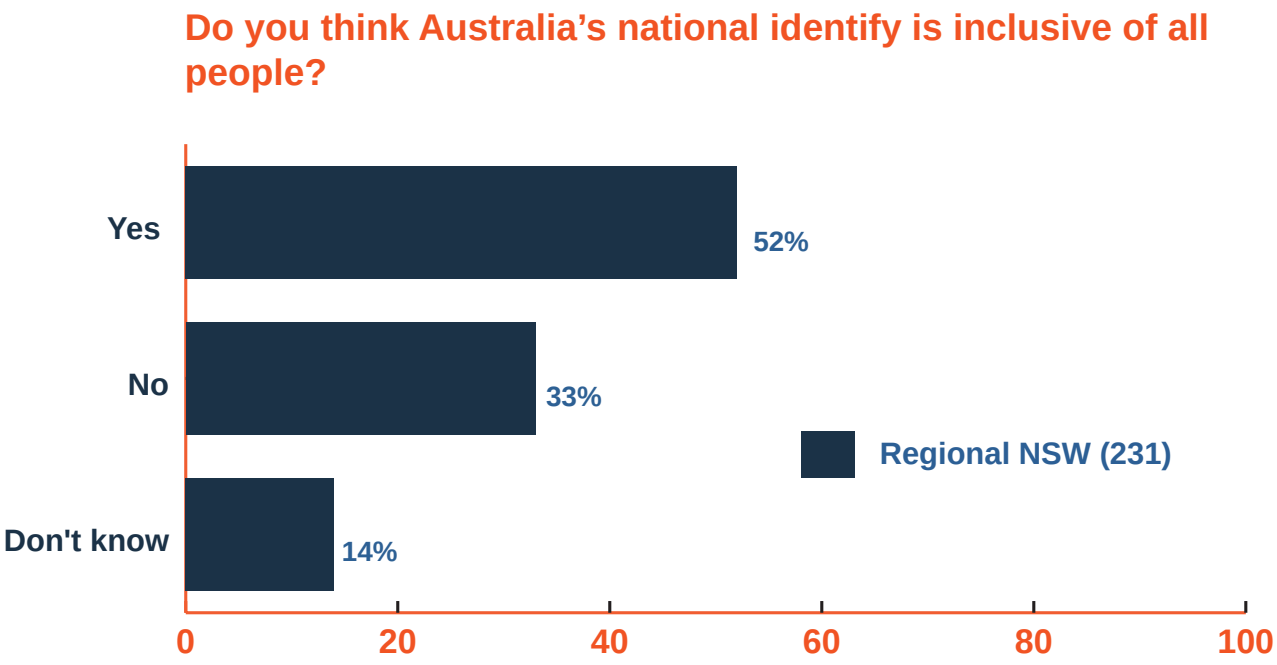
How would you describe Australia's national identity?

Children and young people are most likely to describe Australia's national identity as multicultural/inclusive (40%), easy going/ laidback (21%), friendly (10%) and bogan/ larrikin (9%).

Those who live in Sydney (44%) are more likely than those who live in regional and rural NSW (30%) to describe Australia's national identity as multicultural/inclusive.

Do you think Australia's national identify is inclusive of all people?

Just over half of children and young people who think Australia has a national identity (55%) think its national identity is inclusive of all people while one third (31%) think it is not and 14% say they don't know.



VIOLENCE

What kinds of violence are children and young people affected by?

The main types of violence that children and young people think they are affected by are physical violence (39%), bullying/cyber bullying (32%), domestic/family violence (31%) and verbal/emotional abuse (29%).

Those living in regional and rural NSW are more likely than those living in Sydney to say that the violence they believe children and young people are affected by is physical violence (47% compared to 35%) and verbal/ emotional abuse (35% compared to 26%).

Where do you think violence against children happens?

Children and young people believe that violence against children is most likely to take place at school (85%), at home (79%) and online (74%).

Young people living in regional and rural NSW (85%) are more likely than those living in Sydney (76%) to believe violence against children takes place at home.

What are the solutions to reduce violence against children?

Children and young people provide a range of suggestions for possible solutions to reduce violence against children including making sure there were consequences for acts of violence/enforcing laws (16%), protect children/ provide supervision/safe spaces/prevent violence occurring (14%) and raising awareness through a campaign or discussions (14%).

Although the responses from those living in Sydney metropolitan areas and regional NSW answered similarly, those in regional NSW were more likely to say consequences for acts of violence/enforcing laws (19%) to those living in Sydney metropolitan areas (14%).

BULLYING

Please explain what the word bullying means to you?

When asked to explain what the word bullying means to them in the context of the behaviours a bully may engage in, children and young people were most likely to say it means mental, physical or cyber abuse that causes harm to someone (34%), continuing, repetitive abuse in all forms (23%) and purposely annoy/sadden/degrade/harass or upset someone (16%).

Those living in regional NSW (21%) are more likely to say that bullying is continuing, repetitive abuse in all forms than those in Sydney metropolitan areas (14%).

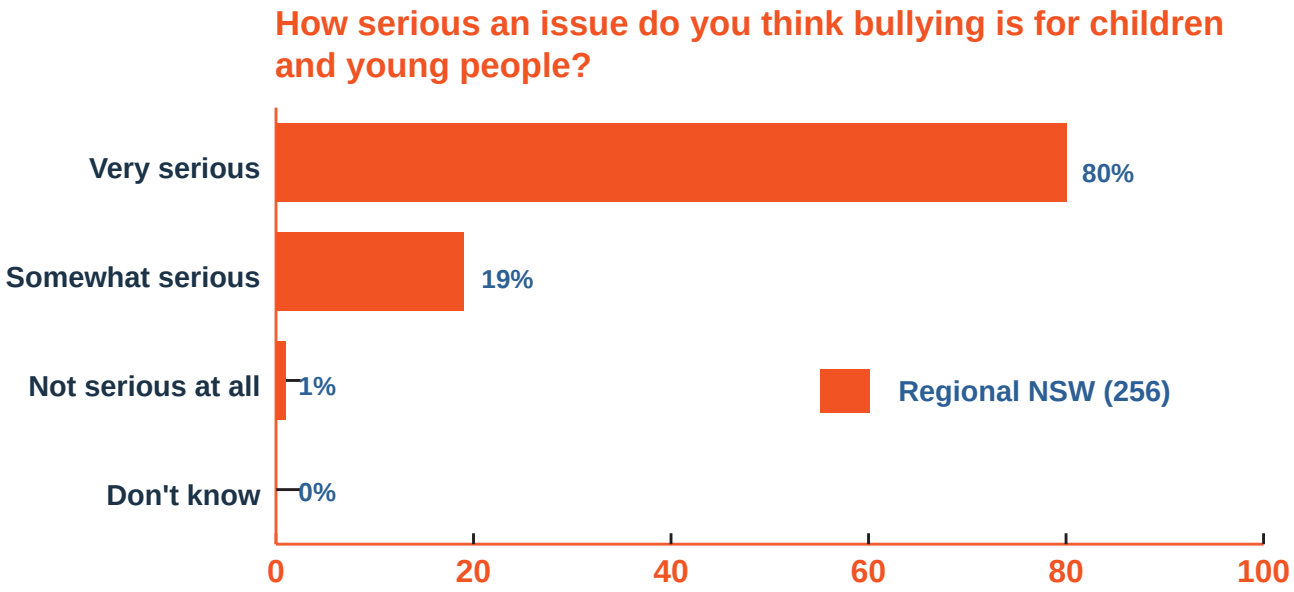
Where do you feel the most bullying occurs?

Children and young people think that most bullying occurs at school (91%), online (70%) and in the workplace (25%).

How serious an issue do you think bullying is for children and young people?

The vast majority (98%) of children and young people think bullying is a serious issue for children and young people with 74% thinking it is very serious.

Children and young people living in regional and rural areas of NSW (80%) are more likely than those living in Sydney (71%) to think bullying is a very serious issue for children and young people.



How common do you think bullying is for children and young people?

The vast majority (97%) of children and young people think bullying is common for children and young people with just over half (55%) thinking it is very common.

Those living in regional and rural NSW (69%) are more likely than those living in Sydney (47%) to say they think bullying is very common for children and young people.

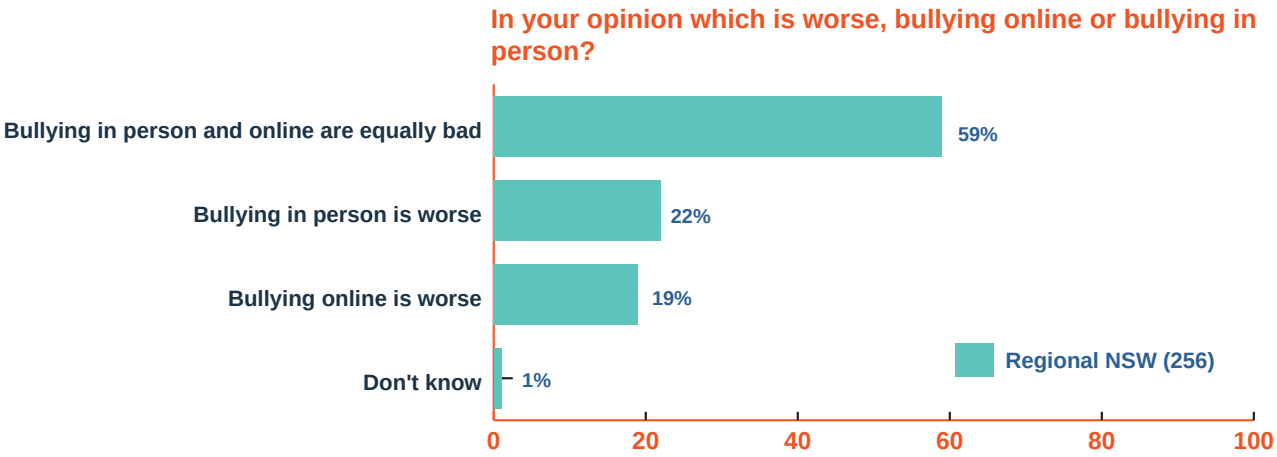
Thinking now about when someone is being bullied. Do you think it is more likely to happen online or in person?

Four in ten (41%) children and young people think bullying is more likely to happen online while one in ten (11%) think it is more likely to happen in person. The remaining 47% think bullying is equally likely to happen online or in person and 1% say they don't know.

Those living in Sydney (13%) are more likely than those living in regional and rural NSW (7%) to think that bullying is more likely to happen in person.

In your opinion which is worse, bullying online or bullying in person?

One in four (26%) children and young people think bullying in person is worse and 17% think bullying online is worse while the majority (57%) think bullying in person and bullying online are equally bad and 1% say they don't know.



Reasons why children and young people think bullying online is worse

The main reasons why children and young people think bullying online is worse are because it's easier to conduct bullying/ it results in less consequences/can be anonymous (39%), it's easier to spread information/private information can be exposed on a much larger scale (24%), people can be more harmful behind the screen (22%) and because the internet is such a large part of people's life that there is nowhere to hide from the bully (17%).

Children and young people living in Sydney (47%) are more likely than those living in regional and rural NSW (28%) to say they think bullying online is worse because it's easier to conduct bullying/results in less consequences/ can be anonymous.

In your opinion, which of these are common reasons why someone might be bullied?

Children and young people believe the most common reasons why someone might be bullied are because of their looks (85%), social status/popularity (77%), race (75%), disability (73%) and sexuality (72%).

Young people living in regional and rural NSW are more likely than those living in Sydney to believe social status/popularity (81% compared to 74%), sexuality (78% compared to 69%), disability (78% compared to 71%), interests/hobbies (69% compared to 53%) and intelligence (65% compared to 54%) are common reasons why someone might be bullied.

What do you think is the most harmful type of bullying and for what reasons?

The types of bullying that children and young people think are most harmful are physical bullying (24%), cyber bullying (16%) and mental/emotional bullying (14%).

Young people living in Sydney (27%) are more likely than those living in regional and rural NSW (18%) to believe physical bullying is most harmful while those living in regional and rural NSW are more likely to think it is cyber bullying (21% compared to 14%).

Have you or someone close to you such as a friend/sibling been bullied?

Almost four in ten (38%) children and young people say they have been bullied while 18% say they have a friend or sibling that has been bullied and 23% that they and a friend/sibling have been bullied.

Young people living in regional and rural NSW (30%) are more likely than those living in Sydney (19%) to say they and a friend/sibling have been bullied.

What impact do you think the experience of being bullied would have on children and young people?

Children and young people are most likely to think that bullying would result in children and young people feeling sad, depressed and anxious (87%), having reduced confidence (84%) and feeling alone and isolated (81%). They also thought there would be long-term effects (64%), they may stop going to school/TAFE/Uni/work (57%) and feel physically sick (51%).

Those living in regional and rural NSW are more likely than those living in Sydney to think bullying would impact on children and young people by making them feel sad/depressed/anxious (94% compared to 82%), less confident (89% compared to 80%), alone and isolated (87% compared to 77%), have long term effects (71% compared to 60%), they may stop going to school/TAFE/Uni/work (67% compared to 51%), feel physical sick (60% compared to 46%).

What type of bullying did you or your friend/sibling experience?

The most common type of bullying children and young people experience is verbal (75%) followed by rumour spreading (54%) and covert (e.g. exclusion from a group) (50%).

Those who live in regional and rural NSW are more likely than those who live in Sydney to say they or their friend/sibling experienced verbal bullying (83% compared to 70%), rumour spreading (61% compared to 49%), covert (e.g. exclusion from a group) (55% compared to 46%), online bullying (48% compared to 37%) and physical bullying (39% compared to 31%).

When was the last time this bullying occurred?

One in ten (12%) children and young people who have themselves or had a friend/sibling experience bullying say the bullying is still occurring now while 11% say the last time was one week to one month ago, 13% 2-12 months ago, 16% 1-2 years ago, 38% 3 or more years ago and 9% say they don't know.

Those living in regional and rural NSW (18%) are more likely than those living in Sydney (7%) to say the bullying is still occurring now while those living in Sydney are more likely to say it last occurred 3 or more years ago (42% compared to 32%).

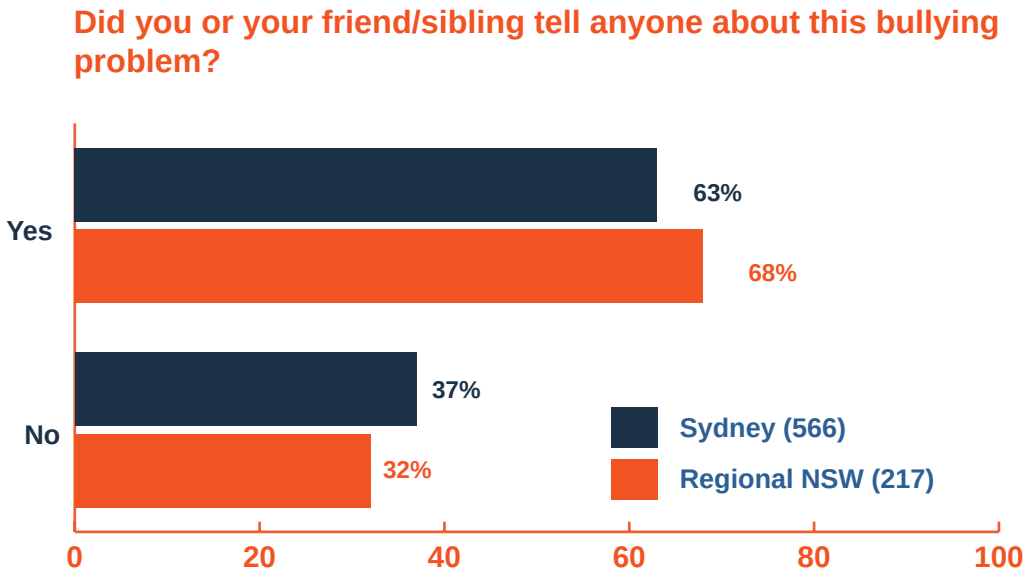
How often is/was this bullying occurring?

Almost four in ten (38%) children and young people say the bullying they or a friend/sibling experienced was occurring on a daily basis while 27% say it was occurring 2-6 times a week, 13% once a week, 12% 1-3 times a month and 10% less often.

Young people living in regional and rural NSW (45%) are more likely than those living in Sydney (34%) to say the bullying was occurring on a daily basis while those living in Sydney are more likely to say the bullying was occurring less often than monthly (12% compared to 6%).

Did you or your friend/sibling tell anyone about this bullying problem?

Two thirds (65%) of children and young people say they or their friend/sibling who was being bullied told someone about the bullying problem.



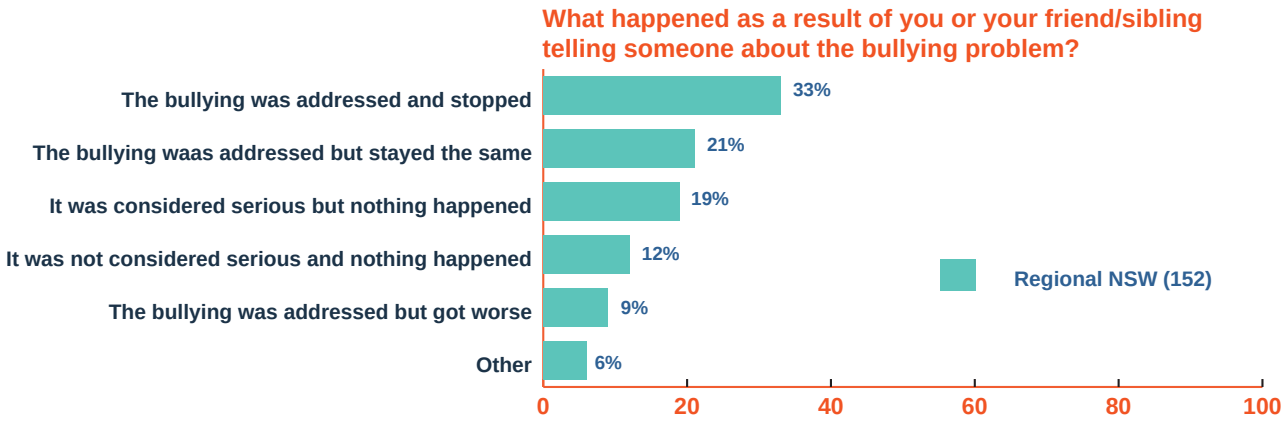
Who did you or your friend/sibling tell?

Two thirds of children and young people (67%) chose to tell a parent/carer while 56% say they told a friend and 56% told a teacher about the bullying problem.

Those living in regional and rural NSW are more likely than those living in Sydney to have told a parent/carer (77% compared to 60%) and a teacher (68% compared to 48%).

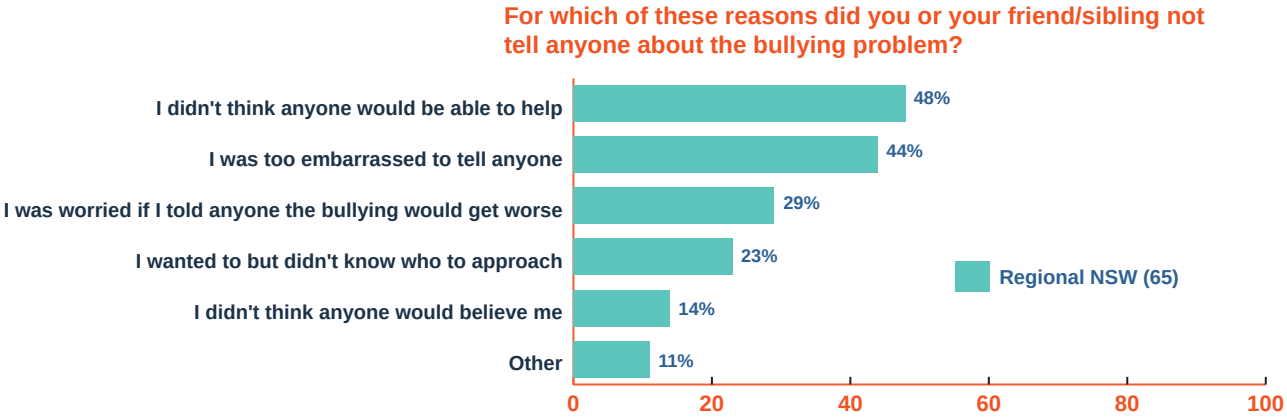
What happened as a result of you or your friend/sibling telling someone about the bullying problem?

Two thirds (67%) of children and young people who said they or their friend/sibling told someone about the bullying problem say the bullying was addressed with almost four in ten (38%) saying the bullying stopped, 22% saying the bullying stayed the same and 6% that the bullying got worse. One in four (26%) children and young people who told someone about the bullying problem say nothing happened with 16% saying it was considered serious and 10% that it was not considered serious.



Reasons why you chose not to tell anyone about the bullying problem?

The main reasons why children and young people choose not to tell anyone about the bullying problem are because they didn't think anyone would be able to help (48%), they were too embarrassed to tell anyone (44%) and they were worried if they told anyone the bullying would get worse (29%).



Have you ever been involved in bullying someone else?

One in four (25%) children and young people admit that they have been involved in bullying someone else.

Those who live in regional and rural NSW (31%) are more likely than those who live in Sydney (22%) to admit that they have been involved in bullying someone else.

Please describe the circumstances/ reasons that lead to you being involved in bullying someone else?

Children and young people say the main reasons why they were involved in bullying someone else are peer pressure/ to feel included/ fit in/ friends were doing it/ everyone's doing it/ mob mentality (36%), revenge/bullying back (15%) and that it was unintentional/thought it was normal/didn't realise I was doing it (13%).

Young people living in regional and rural NSW (25%) are more likely than those living in Sydney (7%) to say the main reason why they were involved in bullying someone else is because they were taking revenge/bullying back.

What would you do if you were being bullied?

The main actions children and young people would take if they were being bullied would be to try to avoid/block the bully (43%), talk to friends (42%) and talk to parents or carers (35%). Other actions they would take include confront the bully (33%), talk to another trusted adult (28%) and make a formal report (e.g. to their school, to a website, to the police, to the eSafety commissioner) (25%).

Young people living in regional and rural Australia (32%) are more likely than those living in Sydney (21%) to say the actions they would take if they were being bullied would be

to make a formal report (e.g. to their school, to a website, to the police, to the eSafety commissioner).

What would you do if you saw someone else being bullied?

The main actions children and young people would take if they saw someone else being bullied would be to try to support the person privately (56%), confront the bully (48%) and try to support the person publicly (45%). Other actions they would take include make a formal complaint (e.g. to the school, a website, the police, the eSafety Commissioner, etc.) (29%), talk to another trusted adult (26%) and talk to their friends (26%).

And what would you do if you knew someone else was being bullied online?

The main actions children and young people would take if they knew someone else was being bullied online would be to try to support the person privately (53%), try to support the person publicly (35%) and make a formal complaint (e.g. to the school, a website, the police, the eSafety Commissioner, etc.) (34%). Other actions they would take include confront the bully (33%), talk to another trusted adult (25%) and talk to their friends (23%).

Young people living in regional and rural NSW (40%) are more likely than those living in Sydney (30%) to say the actions they would take if they knew someone else being bullied online would be to make a formal complaint (e.g. to the school, a website, the police, the eSafety Commissioner, etc.) while those who live in Sydney would be more likely to talk to their friends (26% compared to 18%).

What help do you think children and young people need with bullying?

Children and young people most commonly say the help children and young people need with bullying includes care and support/support networks/friends/people to talk to/people to stand up for them (30%), encouragement and ability to report or go to accessible parents, teachers or a trusted adult to talk to or receive help and support/ know it's okay to tell (19%) and education/ information/awareness about coping strategies e.g. understanding how to make it stop/stand up against bullies/ ignore it/ deal with it/ defend themselves/ where to get help (17%).

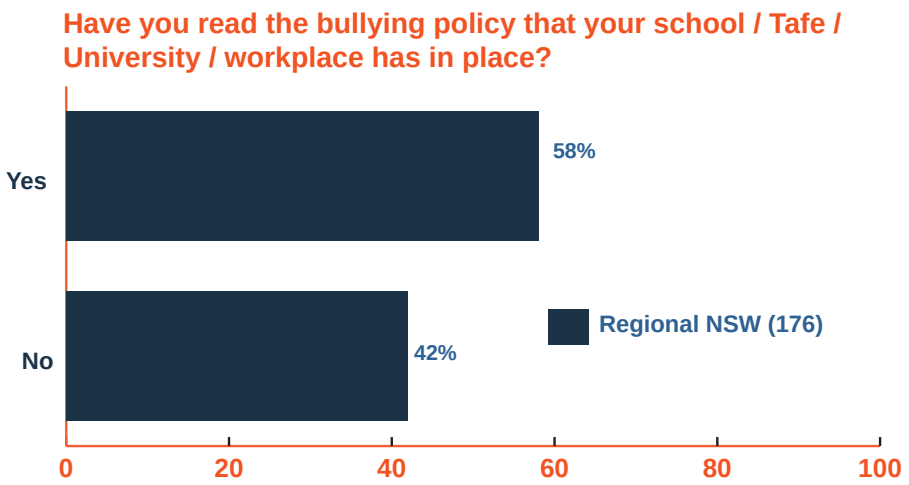
Those living in regional NSW (19%) are more likely to say education and encouragement to report than those living in Sydney (15%).

Does your school/TAFE/University/ workplace have a bullying policy?

Two thirds (66%) of children and young people say their school/TAFE/Uni/workplace has a bullying policy.

Have you read the bullying policy that your school/TAFE/University/workplace has in place?

Just over half (56%) of children and young people whose education institution/workplace has a bullying policy say they have read it.



What does your school/TAFE/University/ workplace do currently to address bullying?

The main actions children and young people say their education institution/ workplace currently take to address bullying are consequences/discipline/punishment/ confrontation for bullies e.g. warnings, talks, parent meetings, suspensions, detentions (26%), councillors, coordinators, pastoral care, student centre HR and other student support services (15%) and education/ information/teaching programs/PDHE assembly announcements talking about bullying, the effects and what to do/who to talk to if bullied (7%).

What actions are working well to address bullying in your school/TAFE/University/ workplace?

The main actions children and young people say their education institution/workplace currently take to address bullying that are working well are consequences/discipline/ punishment/ confrontation for bullies e.g. warnings, talks, parent meetings, suspensions, detentions (20%), councillors, coordinators, pastoral care, student centre HR and other student support services (6%) and education/information/teaching programs/ PDHE assembly announcements talking about bullying, the effects and what to do/who to talk to if bullied (6%).

What else do you think your school/TAFE/ University/workplace could be doing to address bullying that would make a difference?

The other actions children and young people say their education institution/workplace could be doing to address bullying are raising awareness/informing people about bullying, the effects and what to do/who to talk to if bullied (16%) and consequences/ discipline/punishment/ confrontation for bullies e.g. warnings, talks, parent meetings, suspensions, detentions (15%).

What do you think would be the best way to get information to young people about bullying?

Children and young people think the best methods for getting information to children and young people about bullying are social media (25%), education, teaching and awareness, e.g. PowerPoint presentations, information sessions, assemblies, education courses, assignments/workshops, peer activities, seminars (24%) and online/internet/ websites/email (19%).

EQUALITY

Have you ever been treated differently because you are male or female?

The majority of children and young people (56%) say that they have been treated differently because they were male or female while one third (33%) say they have never experienced this and 10% say they don't know.

Respondents living in regional NSW (60%) are more likely than those in Sydney metropolitan areas 55% to say they have been treated differently because of their gender.

Where were you treated differently because you are male or female?

The main locations where children and young people say they have been treated differently because they were male or female are school/university/TAFE (62%), their workplace (35%), at home (29%), at a sports club (28%) and in a religious setting (21%).

Those living in regional and rural NSW are more likely than those living in Sydney to say they have been treated differently because they were male or female at school/university/TAFE (73% compared to 56%) and when receiving medical treatment (25% compared to 13%).

Are you concerned about being sexually harassed?

One third of children and young people (34%) are concerned about being sexually harassed while 58% are not and 8% say they don't know.

The answers were largely the same across both Sydney metropolitan and regional NSW respondents.

Have you ever experienced sexual harassment?

One in four children and young people (23%) say they have experienced sexual harassment while the majority (71%) have not and 5% say they don't know.

Those living in regional and rural NSW (30%) are more likely than those living in Sydney (20%) to say they have experienced sexual harassment.

Where have you experienced sexual harassment?

The main places where children and young people have experienced sexual harassment are in the community (e.g. on the street, at a shopping centre) (54%), at school (35%), on public transport (33%) and in the workplace (22%).

Those living in regional and rural NSW are more likely than those living in Sydney to have experienced sexual harassment in the workplace (30% compared to 15%) and at a sports/recreation club (22% compared to 9%) while those living in Sydney are more likely to have experienced sexual harassment on public transport (42% compared to 22%).

What would you do if you heard someone say something sexist?

When children and young people hear someone say something sexist they are most likely to tell them it was sexist/that they didn't like it (52%), say nothing but give a visual cue that they didn't like it such as by frowning (39%) and ignore it (29%).

Those living in Sydney (41%) are more likely than those living in regional NSW (36%) to say nothing but give a visual cue that they didn't like the remark.

What would you do if you heard someone say something racist?

When children and young people hear someone say something racist they are most likely to tell them it was racist/ that they didn't like it (66%), say nothing but give a visual cue that they didn't like it such as frowning (36%) and ignore it (20%).

Those living in Sydney (68%) are more likely than those living in regional NSW (63%) to say something about the remark.

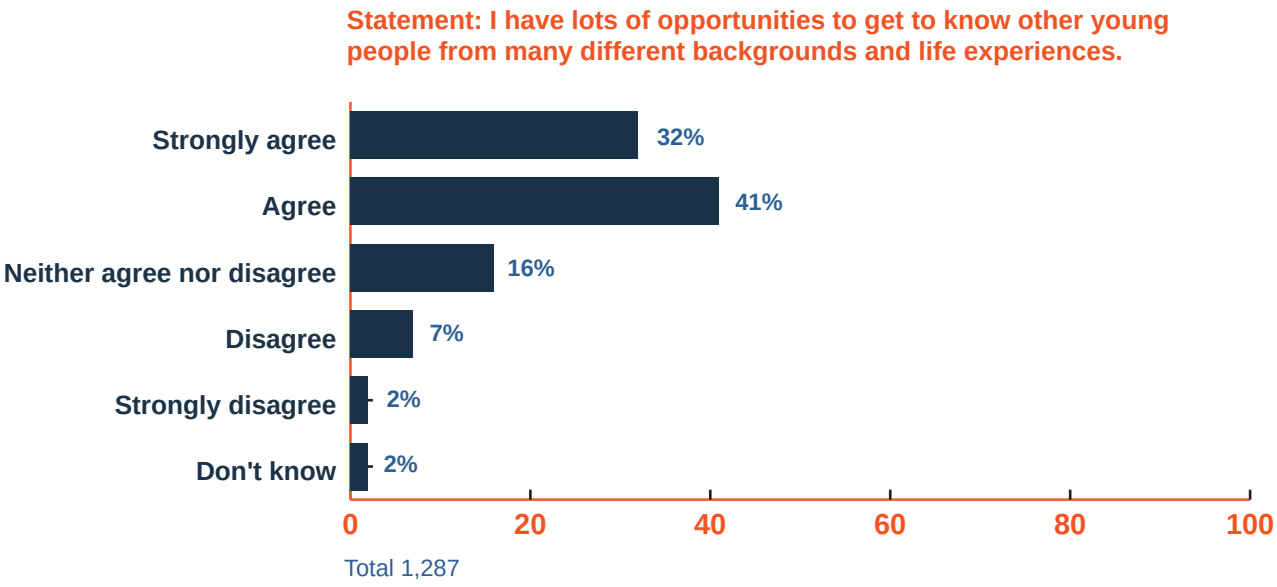
What are some of the reasons why young people may not speak up when they hear something that they think is sexist or racist?

Children and young people think that the main reasons why young people may not speak up when they hear something sexist or racist is because they're afraid of how others will react (67%), they don't want to get involved (60%), they're not sure what to say (46%) and because it's probably just a joke and not something serious (30%).

Those living in Sydney (63%) are more likely than those living in regional and rural NSW (55%) to think that the main reasons why young people may not speak up when they hear something sexist or racist is because they don't want to get involved.

Whether children and young people believe they have lots of opportunities to get to know other young people from many different backgrounds and life experiences

Nearly three in four children and young people in NSW (73%) agree that they have lots of opportunities to get to know other young people from many different backgrounds and life experiences, however, just one in three (32%) strongly agree with this. Of the remainder 16% neither agree nor disagree, 9% disagree and 2% say they don't know.



What are some of the things that might prevent you from spending time with people who are from different backgrounds and life experiences?

Children and young people think that the things that may prevent them from spending time with people who are from different backgrounds and life experiences are that they wouldn't be sure that they'll have the same interests as them (36%), they'd be afraid of saying or doing the wrong thing (33%) and they would be worried about being rejected (31%).

Children and young people living in Sydney are more likely than those living in regional and rural NSW to think that the things that may prevent them from spending time with people who are from different backgrounds and life experiences are that they would be worried about being rejected (33% compared to 26%) and they'd be worried about what others would think (19% compared to 9%).

EDUCATION AND TRAINING

Are you a student at high school, TAFE or university?

Of the children and young people surveyed who were not working full time, 46% are in high school, 38% are at university, 10% are at TAFE/college and 5% say they are not a student.

Those living in Sydney (41%) are more likely than those living in regional and rural NSW (33%) to be studying at university.

Do you plan to continue your education after school (i.e. go to TAFE/university or get an apprenticeship) or will you most likely get a job?

The majority of children and young people still in high school (81%) plan to continue their education after they finish school.

Children and young people living in Sydney (86%) are more likely than those living in regional and rural NSW (71%) to say they plan to continue their education after they finish school.

Where do you plan to continue your education?

Children and young people plan to continue their education after high school at university (85%), TAFE (12%) and in an apprenticeship (3%).

Those living in Sydney (91%) are more likely than those living in regional and rural NSW (69%) to say they plan to continue their education after high school at university while those living in regional and rural NSW are more likely to say they will continue their education at TAFE (24% compared to 7%) and in an apprenticeship (7% compared to 2%).

Did you continue your education after school?

Three quarters of young people who are working and not studying (75%) say they continued their education after school while one in four (25%) did not.

Ninety one percent of those living in Sydney metropolitan areas plan to go to university in comparison to 69% of respondents living in regional NSW.

Do you think there are barriers that may prevent you/young people gaining a tertiary education?

Almost six in ten children and young people (57%) think there are barriers that may prevent them/young people from gaining a tertiary education while one in four (28%) do not think there are any barriers and 14% say they don't know.

Responses remained the same for those living in Sydney metropolitan areas and those living in regional NSW.

What do you think are the barriers that may prevent young people gaining a tertiary education?

Children and young people think the main barriers that may prevent them/other young people from gaining a tertiary education are tuition fees/cost of completing the course (85%), accommodation and living expenses while completing the course (70%) and that it is too competitive/too hard to get into a course (58%).

Children and young people living in Sydney (64%) are more likely than those living in regional and rural NSW (46%) to think that the main barrier that may prevent them/ other young people from gaining a tertiary education is that it is too competitive/ too hard to get into a course.

During a typical week, how many hours do you do each of the following?

- **Paid work**
- **Unpaid work/volunteering**
- **At school/TAFE/University**
- **Studying or doing homework**
- **Domestic chores (e.g. cooking, cleaning, washing)**
- **Online social activity (Facebook, Instagram, Messenger)**
- **Direct social activity (Phone calls, hanging out with friends)**
- **Non-active recreational activity (e.g. reading, browsing the internet)**
- **Active recreational activity (e.g. sports, jogging, riding a bike, walking the dog, dancing)**

On average, children and young people in NSW spend 19 hours a week at school/ TAFE/university, 10 hours on online social activity, 9 hours on direct social activity, 9 hours doing homework, 9 hours on paid work, 8 hours on non-active recreational activity, 5 hours on active recreational activity, 5 hours on domestic chores and 1 hour on unpaid work/volunteering.

report on regional consultations held with people who work with children and young people

As part of the Plan development process, ACYP held a series of regional consultations with NGO's, service providers and peak industry groups. During this process, ACYP met with over 500 professionals who work with children and young people in regional NSW. They emphasised the importance of locally developed and delivered services and opportunities. Participant discussion reflected the following common matters of priority:

Education

- The importance of schools and education in supporting a broad range of opportunities for children and young people including provisions of life skills, traineeships and apprenticeships
- The opportunity to use schools as service hubs as a way of strengthening services linkages and coordination as well as increasing visibility of services to children and young people.

Jobs and Training

- The need to reassess the compulsory higher leaving age for those who struggle with conventional schooling and can disengage with the wider education system
- The importance of considering young people in economic development planning and encourage individual entrepreneurialism rather than focusing solely on conventional employment options.

Transport

- The availability and accessibility of transport to education, employment and recreation locations. This is particularly critical for older children to avoid isolation from their community
- The need to expand transport, including public transport timetables and service locations, as well as increase the opportunity for young people to reach their required hours of learner driving.

Services

- The need for well resourced and co-located services in a central location opened extended hours. Collaboration and appropriate information sharing between services was sighted as effective case management tools, particularly in remote locations
- The capacity of well established universal services with the capacity to undertake early identification of issues and connect to related services are preferable to pilot programs

or short term funding arrangements. These pathway services are also less likely to be avoided due to stigma.

Activities

- Make access to local activities free and available extended hours
- Social media is a central tool for communication to young people. Access to reliable internet is critical for connectivity of young people and the services they rely on.

Voice

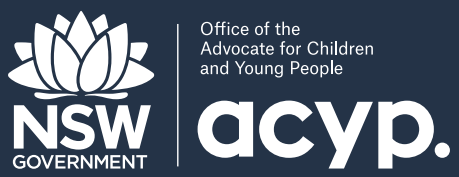
- The importance of consulting children and young people in decisions affecting them, such as design of built environment, representation of local Aboriginal culture and how to support vulnerable children and young people identifying as CALD, LGBTIQA+ or living with a disability
- The establishment of youth advisory panels to be used by state and local governments when designing and developing policies, facilities or programs affecting them.

Mental Health

- Integrate mental health education into schools from primary school and address issues including bullying, domestic violence, parental expectations and social pressures
- Expand existing services such as Headspace to counter current problems including long wait times, high staff turnover, insufficient provision of services and difficulty accessing the services.

Alcohol and Other Drugs (AOD)

- The urgent need for detox and rehabilitation facilities that are specifically designed for young people, particularly in rural and regional locations
- Accommodation options for vulnerable young people need to be linked to detoxification, rehabilitation and education.



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