Youth’12

Overview of Findings

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& the Adolescent Health Research Group
The Adolescent Health Research Group

To provide high quality, accurate and timely research that seeks to improve the health and wellbeing of young people in Aotearoa, New Zealand.
The Youth2000 Survey Series

1. National Secondary School Student Surveys
   2001 - 9,699 adolescents
   2007 - 9,107 adolescents
   2012 - 8,500 adolescents

2. School Climate Surveys
   2007 School Climate
   2012/13 School Climate

3. Alternative Education Surveys
   2009 - 335 adolescents
   2000 – 268 adolescents

4. Teen Parent Unit Survey
   2006 - 220 adolescents

5. Wharekura Survey
   2007 – 22 kura and 677 taiohi*

*confidential report
Results
Family Relationships

- Feeling close to at least one parent: Christchurch 77.3, Rest of NZ 77.9
- Usually getting enough time with their mother: Christchurch 48.3, Rest of NZ 48.9
- Usually getting enough time with their father: Christchurch 37.3, Rest of NZ 37.3
- Student has fun with their family often or a lot: Christchurch 66.5, Rest of NZ 69.4
- Family ate meals together 5 or more times in the last 7 days: Christchurch 63.2, Rest of NZ 62.3

www.youthresearch.auckland.ac.nz
People at school expect student to do well
Feel part of their school
Feel safe at school (all or most of the time)
Adults at school care a lot

School Life

Christchurch
Rest of NZ

91.0
91.3
83.9
87.6
82.6
87.2
23.0
27.5
**Exercise and Activity**

- More than 20 minutes vigorous physical activity (3 or more occasions in last 7 days)  
  - Christchurch: 61.3%  
  - Rest of NZ: 62.0%

- 60 minutes or more of physical activity daily  
  - Christchurch: 7.5%  
  - Rest of NZ: 9.7%

- Play computer games or other electronic games for an hour or more each day  
  - Christchurch: 20.1%  
  - Rest of NZ: 19.5%

- Watch TV for an hour or more each day  
  - Christchurch: 27.3%  
  - Rest of NZ: 28.2%

- Do music, art, dance or drama for an hour or more each day  
  - Christchurch: 24.3%  
  - Rest of NZ: 31.4%

Source: [www.youthresearch.auckland.ac.nz](http://www.youthresearch.auckland.ac.nz)
Access to Health Care

- Have been to a family doctor, medical centre or GP clinic in last 12 months:
  - Christchurch: 79.3
  - Rest of NZ: 73.9

- Seen someone for an emotional worry in last 12 months:
  - Christchurch: 17.8
  - Rest of NZ: 18.4

- Unable to access health care when needed in the last 12 months:
  - Christchurch: 18.5
  - Rest of NZ: 18.6

Source: www.youthresearch.auckland.ac.nz
Emotional Wellbeing

- Satisfied with life (it's OK, very happy or satisfied): Christchurch 89.2, Rest of NZ 92.0
- Good emotional wellbeing based on WHO-5 Wellbeing Scale: Christchurch 76.5, Rest of NZ 76.2
- Overall, have difficulties in emotions, concentration, behaviour or ability to get on with others: Christchurch 52.3, Rest of NZ 48.9
- Worry a lot (certainly true about me): Christchurch 23.8, Rest of NZ 21.9
# Emotional Wellbeing

![Graph showing Emotional Wellbeing](image)

## Key Points

- **Clinically significant depressive symptoms (score over 28 on RADS)**
  - Christchurch: 13.7%
  - Rest of NZ: 12.7%

- **Feeling down or depressed most of the day for at least 2 weeks in a row during the last 12 months**
  - Christchurch: 33.0%
  - Rest of NZ: 31.0%

- **Deliberate self-harm**
  - Christchurch: 25.6%
  - Rest of NZ: 23.9%

- **Serious thoughts of suicide**
  - Christchurch: 17.3%
  - Rest of NZ: 15.6%

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[www.youthresearch.auckland.ac.nz](http://www.youthresearch.auckland.ac.nz)
Symptoms of Stress among Christchurch Participants personally affected by Earthquake*

* 43% of Christchurch participants reported they were personally affected by earthquake
Sexual Health

- Ever had sex (does not include sexual abuse): Christchurch 20.2%, Rest of NZ 24.7%
- Use contraception to protect against pregnancy all of the time (among those who have had sex): Christchurch 68.5%, Rest of NZ 57.6%
- Use condoms as protection against sexually transmitted disease or infection all of the time (among those who have had sex): Christchurch 56.0%, Rest of NZ 44.8%

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Driving Behaviours

- Always wears a seatbelt when driving or being driven in a car: Christchurch 76.5%, Rest of NZ 73.7%
- Driven dangerously by someone in the last 12 months (e.g. speeding, car chases, burnouts): Christchurch 15.7%, Rest of NZ 17.8%
- Driven by someone in the last month who had been drinking alcohol: Christchurch 21.7%, Rest of NZ 18.2%

Source: www.youthresearch.auckland.ac.nz
Substance Use

- **Current cigarette use** (students who have ever smoked and did not report that they no longer smoke)
  - Christchurch: 12.3%
  - Rest of NZ: 11.1%

- **Weekly or more often cigarette use**
  - Christchurch: 4.8%
  - Rest of NZ: 4.5%

- **Drink alcohol at least once a week**
  - Christchurch: 10.0%
  - Rest of NZ: 8.2%

- **Engaged in binge drinking in the last 4 weeks (having 5 or more alcoholic drinks in 4 hours)**
  - Christchurch: 22.9%
  - Rest of NZ: 22.6%

- **Current marijuana use** (students who have ever smoked and did not report that they no longer smoked it)
  - Christchurch: 12.5%
  - Rest of NZ: 12.8%

Source: www.youthresearch.auckland.ac.nz
Violence

*This combines being hit or physically harmed by any person and/or by an adult at home

Witnessed adults in your home hitting or physically hurting a child (other than yourself) in the last 12 months
Witnessed adults in your home hitting or physically hurting each other in the last 12 months
Hit or physically harmed by someone in the last 12 months (including by an adult in their own home*)
Experienced sexual abuse or coercion

Christchurch  Rest of NZ

10.8  14.1
6.1  7.5
36.1  32.8
9.1  10.8
Neighbourhood

- Have friends who help and look out for them all or some of the time (always or sometimes)
- Like their neighbourhood all the time
- Feel safe in the neighbourhood all the time
- Have an adult outside their family who they would feel OK talking to about a serious problem
- Student belongs to a community run group (not run by the student’s school)
- There is nothing to do around where I live
- Any paid employment in the last 12 months

Have friends who help and look out for them all or some of the time (always or sometimes) and like their neighbourhood all the time.

Feel safe in the neighbourhood all the time, have an adult outside their family who they would feel OK talking to about a serious problem, and student belongs to a community run group (not run by the student’s school).

There is nothing to do around where I live and any paid employment in the last 12 months.
Thank You

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