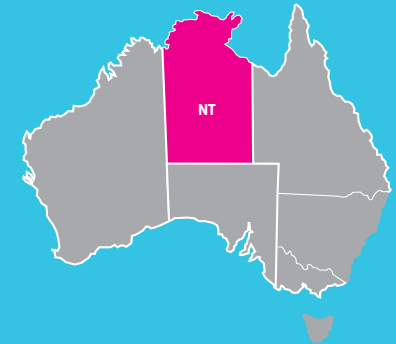


**MISSION
AUSTRALIA**



**YOUTH
SURVEY
2023
NORTHERN
TERRITORY**



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About this report

This is the **Northern Territory (NT)** sub-report of the Mission Australia *Youth Survey Report 2023*.

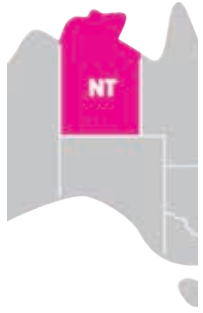
The Mission Australia *Youth Survey Report 2023* presents key findings based on national level data and can be found [here](#). It contains the methodology, national executive summary, national key findings, and findings for Aboriginal and Torres Strait Islander young people. The report also includes commentary on the national findings that may assist in the interpretation of the data found within this sub-report.

This **NT** sub-report is a state-based overview of the key findings from the *Youth Survey 2023*. The report includes detailed data tables comparing state-level findings against the national data. Care needs to be taken when interpreting and generalising some results due to variations in sample sizes for different survey items. When sample sizes are under 100 and need to be read with caution, notes are included under the data tables. Care also needs to be taken when interpreting and generalising state-based gender breakdowns due to small sample sizes. **NT** gender breakdowns are included where sample size allows. Results have been excluded where sample sizes are under 30 respondents.

Acknowledgment

We acknowledge the traditional custodians of lands throughout Australia, and we pay our respects to the Elders past, present and future for they hold the memories, the culture and dreams of the Aboriginal and Torres Strait Islander people. We recognise and respect their cultural heritage, beliefs and continual relationship with the land and we recognise the importance of the young people who are the future leaders.

This report may be cited as: McHale, R., Brennan, N., Freeburn, T., Rossetto, A., Richardson, E., Boon, B., & Christie, R. (2023). *Youth Survey Report 2023: Northern Territory sub-report*. Sydney, NSW: Mission Australia



NT

 **520** **NT** RESPONSES

MOST IMPORTANT ISSUES IN AUSTRALIA TODAY FOR NT RESPONDENTS

1 

The environment

36% identified it as one of the most important issues in Australia compared with 46% in 2022 and 33% in 2021.

22% of young people were personally extremely or very concerned about climate change.

2 

Crime, safety and violence

33% identified it as one of the most important issues in Australia compared with 15% in 2022 and 16% in 2021.

23% of young people were personally extremely or very concerned about personal safety.

3 

The economy and financial matters

30% identified it as one of the most important issues in Australia compared with 22% in 2022 and 12% in 2021.

19% of young people were personally extremely or very concerned about financial security.

One of the biggest personal challenges I have encountered these past years is time management and financial stability.

Female, 17, NT



CHALLENGES AND SOLUTIONS

In young peoples' own words

Young people told us in their own words and unprompted, what their **biggest personal challenge** has been in the past year, what they found helpful in dealing with that challenge and what more could be done to help them address their challenge. The key themes of young people's responses are shown below.

Over 3 in 10 young people said nothing more could help, or they were unsure what could help with their challenges, indicating there is an opportunity to improve awareness of supports available to them.

THE BIGGEST PERSONAL CHALLENGES

WHAT MORE WOULD HELP?

Solutions suggested by young people



50% SCHOOL CHALLENGES

Academic pressure, high workload, challenges with teachers, learning difficulties, general school challenges

55% of students were satisfied or very satisfied with their studies

53% of students said there are barriers to achieving study or work goals

TOP 3 BARRIERS:

- 1 Mental health
- 2 Financial difficulty
- 3 Academic ability

- Greater understanding from teachers and parents about stress levels
- Study harder and more effectively
- Being comfortable asking for support or advice
- Being more organised and get help managing my time



19% RELATIONSHIP CHALLENGES

Death, abuse, challenging relationships with family, friends or significant others

28% said their family's ability to get along was fair to poor

66% TOP SOURCE OF SUPPORT: friends

- Being comfortable asking for support or advice
- Asking healthcare professionals for help



19% MENTAL HEALTH CHALLENGES

Low mental health, stress, anxiety, depression, low self-esteem or self-harm

32% had high psychological distress

24% felt lonely all or most of the time

42% were extremely or very concerned about coping with stress

- Asking healthcare professionals for help
- Greater understanding from teachers and parents about stress levels
- Being properly diagnosed and given treatment
- Greater emphasis on mental health and wellbeing at school

Examples of personal challenges and solutions

Young person's profile	What was the biggest personal challenge you experienced in 2022-2023?	How did you handle the challenge?	What more could be done to help in the future?
School Challenges			
Male, 16	"In the past year the biggest personal challenge I have faced is probably wanting to perform as well as possible in school, because I wanted to be able to get into a good university so I can learn what I'm interested in (IT) and then go into a career involving that."	"Remembering my goals and what I need to do to achieve them helped me put time aside for studying and working on assignments because I did not want to sabotage my chances of getting a good education in the future due to being lazy."	"Easier resources for helping apply to university so I know exactly what I need and can focus on studies rather than worrying about university, and cheaper university tuition since it will already be very expensive for me to live in another city to attend university, and expensive university fees on top of this would make it unattainable for a lot of people."
Female, 17	"Struggling with motivation to study and being confident in my abilities. I have struggled with accepting my grades."	"Parents, movies and music."	"If there was less favouring of smarter and brighter students, school may be a more friendly environment for all students. Usually, students are categorised into two sections: Smart and underperforming. Most of the time student who put in effort and don't do as well as the smarter students are overlooked. I believe it's unfair that people with different IQ levels which is not something they chose to have or worked hard to have, have more doors open to them in the future in terms of careers and life. It is absolute hypocrisy."

Young person's profile	What was the biggest personal challenge you experienced in 2022-2023?	How did you handle the challenge?	What more could be done to help in the future?
Mental Health Challenges			
Female, 17	"Mental Health - lots of stress and feeling like I do not have much control over things, and not knowing what to do after year 12."	"Talking to people who support me. People being friends, family members, and people who have had the same experiences."	"Occasionally checking in with people if I'm concerned about something. Even talking to a career advisor about how to approach steps after year 12."
Female, 16	"Several mental health issues which made it extremely difficult to complete schoolwork and fit in with social standards."	"Getting medication for ADHD."	"Getting special provisions for school."

Young person's profile	What was the biggest personal challenge you experienced in 2022-2023?	How did you handle the challenge?	What more could be done to help in the future?
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Relationship Challenges

Female, 17	<p>"The biggest personal struggle I have faced is my mental health and my personal relationships with family, friends, my partner and myself. I have become more irritable, getting angry at every little thing that happens. I have conflicts with family, friends and my partner that makes me feel so angry that I start screaming, crying and hitting myself, while also thinking about violence. My relationship with myself has gotten better than past years, but I'm still working on it."</p>	<p>"I found having some time alone to think and breathe is a good way to ease stress levels, anger and anxiety that I experience. I also found that distracting myself with my favourite tv show helps in calming me down. While working on my relationship with myself, I have become healthier than I have been previously, going to the gym and eating whatever I want without the feeling of guilt or without having to throw all my food up. I still experience days when I want to starve myself to become skinnier, but I remind myself of my goal of becoming the healthiest and happiest version of me."</p>	<p>"I probably need to seek professional help. I'm genuinely concerned with the state of my body and mind. Wellbeing class in school is a really helpful way of getting me to think about my wellbeing as well as others."</p>
Gender diverse, 15	<p>"Harassment and discrimination due to sexuality and gender identity."</p>	<p>"Talking to people."</p>	<p>"Give people information about it and that it is an ok thing"</p>

NT Data Tables

PROFILE OF RESPONDENTS

Table 1: Gender

	NT n	NT %	National %
Base	504	504	18790
Female	246	48.8	54.9
Male	232	46.0	40.2
Gender diverse [^]	21	4.2	3.7
Prefer not to say	5	1.0	1.3

[^]A-gender/non-gendered, non-binary gender, transgender and not listed are combined under the gender diverse reporting category.
Note: Since gender diverse sample is less than 30, it will not be included in the subsequent tables.

Table 2: Locality

	NT %	Female %	Male %	National %
Base	485	231	218	18857
Major city	0.2	0.0	0.0	62.7
Regional area	99.8	100.0	100.0	24.7
Major city/regional area [^]	0.0	0.0	0.0	12.7

[^]Postcodes classified as both a major city and regional area in the *Australian Statistical Geography Standard* (Australian Bureau of Statistics, 2021).

Table 3: Identify as Aboriginal and/or Torres Strait Islander

	NT %	Female %	Male %	National %
Base	499	240	220	18824
Non-Indigenous	93.0	94.2	92.3	95.6
Aboriginal and/or Torres Strait Islander	7.0	5.8	7.7	4.4
Aboriginal	5.4	4.6	5.9	3.5
Torres Strait Islander	0.4	0.4	0.5	0.4
Aboriginal and Torres Strait Islander	1.2	0.8	1.4	0.5

Table 4: Identify with a cultural or ethnic identity

	NT %	Female %	Male %	National %
Base	500	240	221	18750
Yes	37.8	39.2	35.7	21.6
No	62.2	60.8	64.3	78.4

Table 5: Spoke a language other than English

	NT %	Female %	Male %	National %
Base	494	236	219	18698
Yes	48.6	47.5	49.3	22.1
No, English only	51.4	52.5	50.7	77.9

Table 6: Identify as a person with disability

	NT %	Female %	Male %	National %
Base	483	232	213	18545
Yes, I have disability	5.2	3.4	4.7	7.3
No	90.7	92.2	92.5	88.6
Prefer not to say	4.1	4.3	2.8	4.1

Table 7: Identify as a person with a mental health condition

	NT %	Female %	Male %	National %
Base	482	232	212	18533
Yes, I have a mental health condition	12.4	13.4	8.0	17.4
No	75.3	68.5	86.3	70.8
Prefer not to say	12.2	18.1	5.7	11.7

PERSONAL CHALLENGES AND CONCERNS

Table 8: Biggest personal challenge experienced by young people

	NT %	Female %	Male %	National %
Base	450	206	211	16447
School challenges	50.0	58.7	43.6	49.0
Interpersonal relationship challenges	19.3	21.4	18.0	21.3
Mental health challenges	19.1	24.3	13.3	24.2
Financial and Housing challenges	4.9	4.9	5.2	4.2
Other challenges	16.2	18.4	12.3	17.1
Not sure/no challenge identified	6.9	3.9	8.5	5.9

Note: Items ranked high to low according to the NT responses with only the top-level themes being reported due to sample size. Examples in *Other challenges* included top-level themes like motivation, general health, moving to a new environment, etc. that stood out on their own. Items based on content analysis of 84% of responses to this question. The percentage figure for the top-level themes represents its proportion amongst the total responses for this question.

Table 9: Issues of personal concern to young people (extremely or very concerned)

	NT %	Female %	Male %	National %
School or study problems	42.9	55.5	31.1	37.1
Coping with stress	42.5	60.1	24.3	38.4
Mental health	35.3	47.3	20.9	31.9
Body image	31.6	41.6	20.4	29.0
Physical health	26.0	31.6	21.0	19.1
Personal safety	23.3	27.3	20.0	10.6
Climate change	21.9	30.0	12.9	20.8
Family conflict	20.1	25.4	12.6	15.6
Financial security	19.0	21.0	15.3	14.7
Suicide	17.3	20.0	12.6	14.0
Discrimination	14.8	17.6	9.9	11.6
Social media	13.7	16.3	10.7	11.2
Alcohol and other drugs	11.4	10.6	10.7	7.1
Domestic/family violence	11.4	12.2	10.2	7.1
LGBTIQA+^ issues	11.2	9.8	9.4	11.8
Bullying/emotional abuse	10.4	13.5	6.2	11.1
COVID-19	6.1	6.2	5.8	5.0

^Lesbian, Gay, Bisexual, Trans, Intersex, Queer, Asexual issues. Bases vary across each aspect.
 Note: Items ranked high to low according to NT responses.

NATIONAL CONCERNS

Table 10: Most important issues in Australia today

	NT %	Female %	Male %	National %
Base	423	207	181	15556
The environment	36.2	40.6	32.0	44.0
Crime, safety and violence	33.3	35.3	32.6	17.7
The economy and financial matters	29.8	29.0	32.0	31.2
Equity and discrimination	25.1	25.6	24.3	31.4
Mental health	24.1	31.9	16.0	30.3
Alcohol & drugs	17.7	22.7	13.3	12.1
Homelessness/housing	10.4	11.6	9.4	18.5
Education	8.5	9.2	9.4	7.4
Politics	8.0	9.2	7.7	7.2
Bullying	5.7	7.2	3.9	5.7

Note: Items are listed in order of NT frequency.

EDUCATION AND EMPLOYMENT

Table 11: Participation in education

	NT %	Female %	Male %	National %
Base	515	246	229	19414
Studying full-time	84.9	88.6	81.7	86.2
Studying part-time	8.9	5.7	12.2	7.4
Not studying	6.2	5.7	6.1	6.4

Table 12: Satisfaction with studies

	NT %	Female %	Male %	National %
Base	448	210	203	17766
Very satisfied or satisfied	54.9	62.4	49.3	62.9
Neither satisfied nor dissatisfied	31.5	26.2	35.5	28.1
Dissatisfied or very dissatisfied	13.6	11.4	15.3	9.0

Base: Respondents currently studying.

Table 13: Where they are currently studying

	NT %	Female %	Male %	National %
Base	451	212	204	17864
School or equivalent	98.0	100.0	96.6	97.9
TAFE or equivalent	0.0	0.0	0.0	1.2
University	2.0	0.0	3.4	0.9

Base: Respondents currently studying. Items are listed in order of NT frequency.

Table 14: Plan to complete Year 12

	NT %	Female %	Male %	National %
Base	440	211	196	17343
Yes	98.6	99.1	98.5	97.2
No	1.4	0.9	1.5	2.8

Base: Respondents who reported they were studying at a school or equivalent.

Table 15: Currently doing a school-based apprenticeship or traineeship

	NT %	Female %	Male %	National %
Base	441	212	196	17440
Yes	4.5	2.8	6.6	5.5
No	95.5	97.2	93.4	94.5

Base: Respondents who reported they were studying at a school or equivalent.

Table 16: Plans after leaving school

	NT %	Female %	Male %	National %
Base	442	212	197	17492
Go to university	67.9	77.4	59.4	70.0
Get a job	38.2	37.7	37.1	46.2
Travel/gap year	25.1	30.2	20.8	32.5
Start a business	9.7	4.7	14.7	11.3
Join the defence force or emergency services	9.0	4.2	14.7	7.1
Get an apprenticeship	8.1	4.2	12.7	8.7
Become a professional athlete	6.3	3.3	9.6	7.6
Go to TAFE or college	4.8	3.8	6.1	10.2
Other	2.0	0.9	2.5	2.0
Not sure	6.6	5.2	7.6	7.0
No choices are available to me	0.0	0.0	0.0	0.1

Base: Respondents who reported they were studying at a school or equivalent.

Note: Respondents were able to choose more than one option. Items are listed in order of NT frequency.

Table 17: Confidence in achieving study or work goals

	NT %	Female %	Male %	National %
Base	436	208	195	17052
Extremely or very confident	39.7	34.1	47.7	47.4
Somewhat or slightly confident	56.0	61.1	49.2	50.0
Not at all confident	4.4	4.8	3.1	2.6

Base: Respondents who reported having a plan or were *not sure* of their plan after leaving school.

Table 18: Are there any barriers to young people achieving their study/work goals

	NT %	Female %	Male %	National %
Base	415	200	184	16215
Yes	53.3	57.5	45.7	37.0
No	46.7	42.5	54.3	63.0

Base: Respondents who reported having a plan or were *not sure* of their plan after leaving school.

Table 19: Barriers to people achieving study/work goals

	NT %	Female %	Male %	National %
Base	221	115	84*	5994
Mental health	40.3	43.5	31.0	42.4
Financial difficulty	37.6	40.0	31.0	28.9
Academic ability	33.5	38.3	26.2	36.5
Where you live	27.6	30.4	25.0	16.2
Lack of information	19.0	20.0	19.0	15.6
Admission/job requirements	18.6	16.5	21.4	16.9
Family responsibilities	14.5	13.0	14.3	13.0
Lack of school support	13.6	20.0	6.0	9.8
Lack of family support	12.7	12.2	10.7	9.1
Physical health	11.8	5.2	17.9	9.5
Transport	11.8	10.4	14.3	11.5
Lack of jobs	13.6	10.4	15.5	12.6
Discrimination	8.1	6.1	7.1	7.0
Caring responsibilities	7.2	4.3	9.5	5.1
Cultural responsibilities	5.9	7.0	3.6	2.6
COVID-19	1.8	0.9	1.2	3.2
Other	8.1	7.0	8.3	7.7

Base: Respondents who reported there were barriers to achieving their study/work goals.

Note: Respondents were able to choose more than one option. Items are listed in order of NT frequency.

*Sample is less than 100, please use caution when interpreting results

Table 20: Participation in paid employment

	NT %	Female %	Male %	National %
Base	517	244	232	19390
Permanent employee	6.4	7.4	5.6	4.6
Casual employee	51.3	54.9	47.4	48.2
Not in paid employment, looking for work	23.8	21.7	26.3	26.6
Not in paid employment, NOT looking for work	18.6	16.0	20.7	20.6

Table 21: Employment type

	NT %	Female %	Male %	National %
Base	276	137	117	10031
Working full-time	1.8	0.0	1.7	1.4
Working part-time	98.2	100.0	98.3	98.6

Base: Respondents who reported they are in paid employment.

Note: Part-time employment is considered to be less than 35 hours per week, while full-time employment is considered to be 35 hours or more.

Table 22: Satisfaction with job

	NT %	Female %	Male %	National %
Base	276	137	117	10024
Very satisfied or satisfied	66.7	70.1	67.5	66.7
Neither satisfied nor dissatisfied	22.8	21.2	24.8	22.1
Dissatisfied or very dissatisfied	10.5	8.8	7.7	11.1

Base: Respondents who reported they are in paid employment.

WELLBEING

Table 23: Young people’s overall mental health and wellbeing

	NT %	Female %	Male %	National %
Base	507	245	222	19110
Excellent	11.4	6.5	18.5	10.4
Very good	17.6	15.1	22.1	22.0
Good	29.2	28.6	29.7	29.9
Fair	27.8	33.9	20.7	25.4
Poor	14.0	15.9	9.0	12.3

Table 24: Mean Personal Wellbeing Index scores of respondents compared with Australian adults

	NT Mean	Female Mean	Male Mean	National Mean	Adult National normative range [^]	Adult National Mean [^]
With their life as a whole	63.5	62.3	67.1	65.7	75.5 – 79.3	77.4
Personal Wellbeing Index	63.8	61.4	67.9	68.2	74.2 - 76.8	75.5
About the things they have e.g., money	70.7	72.2	71.3	73.1	75.8 – 80.6	78.2
With their health	63.1	60.2	68.8	65.9	72.5 – 76.0	74.2
With things they want to be good at	59.5	54.9	65.9	62.4	69.9 – 74.5	72.1
With getting on with the people they know	67.7	66.8	71.0	70.4	75.7 – 80.9	78.2
About how safe they feel	68.7	66.0	74.3	77.4	75.4 – 83.1	79.2
Doing things away from home	66.8	63.5	72.5	73.0	68.2 – 72.1	70.1
About what may happen to them later in their life	54.6	49.3	61.9	59.7	65.5 – 72.0	68.7
With their connection to culture ^{***}	67.2	67.9 ^{***}	68.3 ^{***}	68.1	n/a	n/a

[^]National average index is based on aggregated survey mean scores from 2002 to 2021 of adults 18 years and over where mean age = 50.55 and SD= 17.47 (Khor, S., Capic, T., Cummins, R.A., Fuller-Tyszkiewicz, M., Olsson, C.A., Hutchinson, D., Lycett, K. (2021). *Australian Unity Wellbeing Index - Report 38*. Subjective wellbeing in Australia during the second year of the pandemic. Geelong, Victoria: Australian Centre on Quality of Life, School of Psychology, Deakin University).

^{**}This question is not officially part of the PWI but a supplementary question to *spiritual and/or cultural beliefs*. Respondents who answered *yes* to having *spiritual and/or cultural beliefs* were only able to respond to this question.

^{***}Sample is less than 100, please use caution when interpreting results

Table 25: Young people’s level of control over their life

	NT %	Female %	Male %	National %
Base	508	246	222	18982
Complete control	10.2	6.5	15.3	9.6
Mostly in control	41.7	40.2	45.5	46.3
Some control	37.0	39.8	33.3	34.1
Almost no control	8.3	10.2	5.0	7.7
No control	2.8	3.3	0.9	2.3

Table 26: Level of psychological distress in young people (experienced in the past four weeks)

	NT %	Female %	Male %	National %
Base	489	239	213	18554
Low psychological distress	38.9	28.5	54.0	46.0
Moderate psychological distress	29.2	30.1	25.8	29.1
High psychological distress	31.9	41.4	20.2	24.9

Note: Cut-off scores for categories of psychological distress are as follows: low = 0 to 7, moderate = 8 to 12 and high = 13 to 24 (Hilton, M. F., Whiteford, H. A., Sheridan, J. S., Cleary, C. M., Chant, D. C., Wang, P. S., & Kessler, R. C. (2008). The prevalence of psychological distress in employees and associated occupational risk factors. *Journal of occupational and environmental medicine*, 50(7), 746-757). These cut-off scores are used by the Australian Institute of Family Studies (Riosco, P., Warren, D., & Daraganova, G. (2020). *Children’s social-emotional wellbeing: The role of parenting, parents’ mental health and health behaviours*. Southbank, Victoria: Australian Institute of Family Studies).

Table 27: Young people’s level of loneliness (experienced in the past four weeks)

	NT %	Female %	Male %	National %
Base	505	245	220	18991
None of the time	14.7	10.6	20.9	17.2
A little of the time	29.9	28.6	33.6	31.1
Some of the time	31.5	33.9	26.8	30.8
Most of the time	18.0	20.4	13.6	16.6
All of the time	5.9	6.5	5.0	4.2

Table 28: Family’s ability to get along with one another

	NT %	Female %	Male %	National %
Base	506	244	222	18926
Excellent	19.0	15.6	26.1	20.7
Very good	26.5	27.5	26.1	29.4
Good	26.5	25.8	25.2	25.3
Fair	17.8	19.7	14.9	16.2
Poor	10.3	11.5	7.7	8.4

Table 29: Feelings about the future

	NT %	Female %	Male %	National %
Base	507	245	222	18953
Very positive or positive	43.4	40.0	51.4	50.0
Neither positive nor negative	33.5	35.9	27.9	33.5
Negative or very negative	23.1	24.1	20.7	16.5

SUPPORT AND CONNECTEDNESS

Table 30: Where young people go for help with important issues

	NT %	Female %	Male %	National %
Base	505	244	221	19162
Friend(s)	66.3	70.9	62.4	72.8
Parent(s) or guardian(s)	53.7	52.9	58.8	66.3
Relative/family friend	36.2	37.3	37.1	41.9
Brother/sister	31.9	36.1	29.4	39.4
Internet	23.6	22.1	24.9	24.6
Partner or significant other	22.8	26.2	17.2	23.5
Teacher	14.3	11.9	18.6	22.7
Social media	13.1	15.6	9.5	13.6
GP or health professional	11.1	12.3	9.0	23.0
School counsellor	9.5	10.2	8.1	16.1
Mobile apps	8.1	9.0	6.3	9.6
Spiritual/religious mentor	7.9	8.2	7.7	5.8
Community service	1.8	1.2	2.3	2.8
Other	2.6	1.6	2.3	3.3
None of the above	9.3	6.6	12.2	6.4

Note: Respondents were able to choose more than one option. Items are listed in order of NT frequency.

Table 31: Activities young people were involved in during the past year

	NT %	Female %	Male %	National %
Base	508	245	223	19065
Sports (as a participant)	50.6	43.7	60.5	67.0
Sports (as a spectator)	36.0	28.2	45.7	49.7
Volunteer work (e.g. through a sports club, charity, religious organisation, school)	28.5	34.3	22.4	40.7
Arts/cultural/music groups/activities	28.1	34.3	20.2	29.4
Religious groups/activities	24.8	24.9	25.6	15.4
Youth groups/activities	21.7	21.6	20.2	18.2
Student leadership groups/activities	15.4	15.1	14.3	28.6
Environmental groups/activities	6.3	5.7	6.3	7.5
Political groups/activities	3.9	2.4	5.4	3.4
None of the above	20.1	21.2	19.7	12.4

Note: Respondents were able to choose more than one option. Items are listed in order of NT frequency. In 2023 this was asked as a multiple response question for the first time. In prior years it was asked as yes/no response per item which may impact historical comparisons.

Table 32: Whether young people have cultural and/or spiritual beliefs

	NT %	Female %	Male %	National %
Base	482	237	208	18762
Yes – both spiritual and cultural beliefs	26.6	26.2	27.9	18.5
Yes – spiritual beliefs	14.7	15.6	13.9	20.0
Yes – cultural beliefs	16.6	17.7	14.4	11.2
No beliefs	42.1	40.5	43.8	50.2

Table 33: Activities young people find hard to do

	NT %	Female %	Male %	National %
Base	493	240	215	18452
Fit in and socialise with everyone else (<i>at school, work or socially</i>)	33.3	44.6	20.0	28.5
Turn to friends and family if you need help	31.8	39.2	23.3	29.3
Do everyday activities as young people your age usually do	28.8	33.3	21.4	19.2
Make choices and feel independent	25.6	32.1	18.1	21.6
Turn to services / organisations if you need help	25.6	32.9	17.7	21.1
Do things in public places with friends (<i>e.g. go to shopping centres</i>)	19.3	22.1	14.0	16.0
Travel around the community (<i>e.g. using footpaths</i>)	15.2	19.6	10.2	9.1
None of the above	36.1	24.2	50.2	45.5

Note: Respondents were able to choose more than one option. Items are listed in order of NT frequency.

Table 34: Young people and the feelings they have about their community

	NT %	Female %	Male %	National %
I am proud to be part of my community (Base)	481	236	209	18404
Strongly agree/agree	45.7	42.8	52.2	60.1
Mixed feelings	39.7	41.1	35.4	31.8
Disagree/strongly disagree	14.6	16.1	12.4	8.1
My community has the things that I need to have a positive and thriving future (Base)	484	236	212	18408
Strongly agree/agree	45.5	44.5	50.5	62.5
Mixed feelings	39.7	39.8	36.3	29.7
Disagree/strongly disagree	14.9	15.7	13.2	7.8
Young people in my community have a say on issues that matter to them (Base)	482	236	210	18390
Strongly agree/agree	36.3	32.6	41.9	44.4
Mixed feelings	43.4	45.8	40.0	38.9
Disagree/strongly disagree	20.3	21.6	18.1	16.7

UNFAIR TREATMENT AND DISCRIMINATION

Table 35: Unfair treatment or discrimination in the last year

	NT %	Female %	Male %	National %
Base	505	243	222	19050
Yes	31.1	35.8	23.9	26.6
No	68.9	64.2	76.1	73.4

Table 36: Reason(s) for being treated unfairly in the last year

	NT %	Female %	Male %	National %
Base	157	87*	53*	5060
Race/cultural background	50.3	46.0	60.4	34.6
Physical appearance	37.6	37.9	32.1	36.4
Gender	29.3	37.9	9.4	30.0
Personal views	29.3	23.0	30.2	26.6
Mental health	17.2	13.8	11.3	23.6
Age	15.3	13.8	13.2	15.3
Sexuality	15.3	10.3	11.3	20.2
Religion	14.0	12.6	15.1	10.9
Financial background	10.2	8.0	7.5	6.3
Disability	6.4	5.7	1.9	8.9
Other	9.6	5.7	15.1	10.5

Base: Respondents who reported they had been treated unfairly or faced discrimination in the past year.

Note: Respondents were able to choose more than one option. Items are listed in order of NT frequency. Examples in *other* included things like personality, family, hobbies, unsure etc.

*Sample is less than 100, please use caution when interpreting results

Who is Mission Australia?

Mission Australia is a national Christian charity motivated by a shared vision of an Australia where everyone has a safe home and can thrive.

Since 1859, we've been standing alongside people and communities in need across Australia, offering real hope that has lasting impact. Backed by our supporters, churches, partners and funders, we work together for the long-term wellbeing of anyone who needs us by collaborating with them to tackle the root causes of their challenges.

Every day we deliver homelessness crisis and prevention services, provide social and affordable housing, assist struggling families and children, address mental health issues, fight substance dependencies, support people with disability and much more.

We measure our impact, collecting evidence of what works to inform our service design and delivery, and to advocate for change.

Mission Australia believes a person's circumstances shouldn't define their future and that given the right support, everyone can reach their full potential.

That's why we stand together with Australians in need, for as long as they need us.

Thank you


This publication would not have been possible without the 19,501 young people who completed Mission Australia's Youth Survey 2023. We extend special thanks to them, the staff of Mission Australia, and the many schools and organisations who supported their involvement.

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If you are a young person and need someone to talk with, you can contact Kids Helpline: 1800 55 1800 (24/7) kidshelpline.com.au

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