

**MISSION
AUSTRALIA**



**YOUTH
SURVEY
2023
SOUTH
AUSTRALIA**



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About this report

This is the **South Australia (SA)** 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 **SA** 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. **SA** 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.

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 **1,694** SA RESPONSES

MOST IMPORTANT ISSUES IN AUSTRALIA TODAY FOR SA RESPONDENTS

1 

The environment

44% identified it as one of the most important issues in Australia compared with 50% in 2022 and 35% in 2021.

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

2 

Equity and discrimination

33% identified it as one of the most important issues in Australia compared with 32% in 2022 and 36% in 2021.

23% of young people were treated unfairly or discriminated against in the last year, most commonly due to:
Physical appearance, Race/cultural background, Personal views.

3 

The economy and financial matters

32% identified it as one of the most important issues in Australia compared with 22% in 2022 and 9% in 2021.

16% of young people were personally extremely or very concerned about financial security.

Financial freedom because money may not be the root to happiness but it is definitely the root for survival. And growing with a below average income family have [sic] made things tough with parents working all the time and not being able to drop to places [sic] and me having to catch the bus or walk...

Male, 16, SA



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 **1 in 3** 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



46% SCHOOL CHALLENGES

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

67% of students were satisfied or very satisfied with their studies

38% of students said there are barriers to achieving study or work goals

TOP 3 BARRIERS:

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

- 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



25% MENTAL HEALTH CHALLENGES

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

26% had high psychological distress

21% felt lonely all or most of the time

39% were extremely or very concerned about coping with stress

- Asking healthcare professionals for help
- Being comfortable asking for support or advice
- Greater understanding from teachers and parents about stress levels
- Being properly diagnosed and given treatment
- Better access to and availability of mental healthcare services



20% RELATIONSHIP CHALLENGES

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

25% said their family's ability to get along was fair to poor

TOP SOURCE OF SUPPORT:
76% friends

- Being comfortable asking for support or advice
- Asking healthcare professionals for help
- Asking those closest to me for advice and understanding

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			
Gender diverse, 18	"Stress and time management."	"Friends and family and my psychologist."	"The school could provide more wellbeing activities and opportunities."
Female, 17	"As someone who heavily dislikes school and the schooling environment, I have found it extremely hard to want to attend school and maintain a consistent attendance rate. Knowing that the finish line is approaching for year 12 is ironically making it even harder to want to come to school, and the amount of work I have to complete before graduation is rather overwhelming."	"I had/ and still have a very amazing supportive system of people who helped me through the year. My parents are the most supportive and understanding people on the planet and because of that they allowed me to have days at home when necessary and help explore my options for more external based learning in year 12. It was also through a teacher at school that I explored and found classes through OpenAccess which now allows a more flexible timetable and more home-based learning. This teacher who was both my home-group and English Lit teacher made coming to school worth it and enjoyable for the daily 50 min lessons, and I will be forever grateful for my relationship with her."	"A huge reason to why I disliked coming to school particularly during year 11, was the language and behaviour of the boys in my cohort. Every day I would sit in class and have to listen to the most disgusting and disrespectful conversations, specifically regarding their opinions on other girls' appearances. The effort to ignore them became so exhausting and was almost impossible when they were all my classes, so I gravitated to staying home because it meant I no longer had to listen to them and could sit in the safety of my home without worrying I would be their next topic of conversation. Therefore, it was the result of people and behaviour from peers that created this 'personal' challenge, and with the school not doing anything about the behaviour I'm not sure much more could have been done to help my attendance."

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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Mental Health Challenges

Female, 16	<p>"I have faced an incredibly many challenges, stress of school, with the amount of workload is given, unable or difficult to ask for help with, as well as recent friendship and relationship/situation-ship issues. I have also been doubting myself, my abilities, I have been feeling more sad this year, as well as last year, but I have put myself down so many times, I may have body issues, and self-worth issues, as well as insecurities. I have also faced challenges of trusting some people, I just cannot seem to move on situations that have made me mad about and annoyed about."</p>	<p>"Early this year I would call help services, such as headspace. Although I have few friends who have been there for me and made me feel so much better and so much happier to be around with. I have done daily exercises, such as home-workouts, going on walks/runs. I colour in. These are some of the things that helped me to deal with my challenges."</p>	<p>"Having someone there, not necessarily every day or week, or scheduled time and day person who I see, but someone who is available when I need the most to talk to or for someone to help me get through challenging times."</p>
Gender diverse, 16	<p>"My mental health and issues in friendship group."</p>	<p>"Having a supportive friend group and venting a bit about my issues."</p>	<p>"THERAPY but I'm too scared to ask my parents and I don't have any money to pay for myself to go."</p>

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

Male, 18	"I have had 2 major challenges one is my home situation as I moved out of home last year and are still adjusting to the changes the second is working and undertaking Year 12 is a challenge due to the amount I work."	"Essentially Mission Australian was helping with a lot of my mental health problems and other Alcohol related concerns also government (<i>sic</i>) agencies such as Centrelink has helped with finances."	"More school related support could have been used."
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Female, 15	"The biggest personal challenge has been dealing with my social awkwardness/confidence - I'm a very shy person and struggle to talk with people outside of my comfort zone. I really want to participate more in group/friend discussions during breaks and with classmates, but I lose confidence to speak up and suffer a lot of stress and anxiety about my social interactions."	"Being with new people in my classes has forced me outside of my comfort zone to try talking with different people and, as a result, I have formed new connections and made some more friends."	"To be honest, I'm not sure there is much an outside force that can help with my personal struggles. With support from my friends and family, I have to push myself to speak up and connect with others, which I am proud of my efforts and believe to be achieving at a very slow pace."
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SA Data Tables

PROFILE OF RESPONDENTS

Table 1: Gender

	SA n	SA %	National %
Base	1609	1609	18790
Female	918	57.1	54.9
Male	603	37.5	40.2
Gender diverse [^]	70	4.4	3.7
Prefer not to say	18	1.1	1.3

[^]A-gender/non-gendered, non-binary gender, transgender and not listed are combined under the gender diverse reporting category.

Table 2: Locality

	SA %	Female %	Male %	Gender diverse %	National %
Base	1638	890	584	66*	18857
Major city	79.4	78.8	81.2	74.2	62.7
Regional area	8.1	8.9	7.2	6.1	24.7
Major city/regional area*	12.5	12.4	11.6	19.7	12.7

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

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

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

	SA %	Female %	Male %	Gender diverse %	National %
Base	1618	895	568	63*	18824
Non-Indigenous	96.2	96.9	96.7	87.3	95.6
Aboriginal and/or Torres Strait Islander	3.7	3.1	3.3	12.7	4.4
Aboriginal	3.2	2.9	2.8	6.3	3.5
Torres Strait Islander	0.3	0.2	0.4	1.6	0.4
Aboriginal and Torres Strait Islander	0.2	0.0	0.2	4.8	0.5

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

Table 4: Identify with a cultural or ethnic identity

	SA %	Female %	Male %	Gender diverse %	National %
Base	1608	891	563	60*	18750
Yes	20.7	23.7	15.6	26.7	21.6
No	79.3	76.3	84.4	73.3	78.4

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

Table 5: Spoke a language other than English

	SA %	Female %	Male %	Gender diverse %	National %
Base	1602	885	562	62*	18698
Yes	22.0	25.4	16.7	21.0	22.1
No, English only	78.0	74.6	83.3	79.0	77.9

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

Table 6: Identify as a person with disability

	SA %	Female %	Male %	Gender diverse %	National %
Base	1602	884	563	61*	18545
Yes, I have disability	8.6	6.0	9.2	37.7	7.3
No	85.6	88.9	85.3	49.2	88.6
Prefer not to say	5.7	5.1	5.5	13.1	4.1

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

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

	SA %	Female %	Male %	Gender diverse %	National %
Base	1598	884	557	65*	18533
Yes, I have a mental health condition	16.8	19.2	8.4	52.3	17.4
No	70.4	66.7	82.9	26.2	70.8
Prefer not to say	12.8	14.0	8.6	21.5	11.7

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

PERSONAL CHALLENGES AND CONCERNS

Table 8: Biggest personal challenge experienced by young people

	SA %	Female %	Male %	Gender diverse %	National %
Base	1502	811	542	60*	16447
School challenges	46.2	51.8	42.1	33.3	49.0
Mental health challenges	24.8	30.7	15.5	43.3	24.2
Interpersonal relationship challenges	19.7	22.7	15.9	20.0	21.3
Financial and Housing challenges	4.3	4.6	4.8	0.0	4.2
Other challenges	15.2	15.3	13.1	33.3	17.1
Not sure/no challenge identified	6.7	4.3	9.2	3.3	5.9

Note: Items ranked high to low according to the SA 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.

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

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

	SA %	Female %	Male %	Gender diverse %	National %
Coping with stress	38.9	49.1	20.7	61.5	38.4
School or study problems	35.5	43.6	21.4	53.0	37.1
Mental health	33.2	39.7	17.6	71.2	31.9
Body image	29.1	38.5	13.1	44.8	29.0
Climate change	21.8	24.5	13.9	54.4	20.8
Physical health	18.4	19.7	15.4	22.7	19.1
Family conflict	17.7	21.2	11.4	27.3	15.6
Financial security	15.5	16.6	12.1	30.3	14.7
Suicide	14.4	16.4	7.9	34.8	14.0
Bullying/emotional abuse	12.7	15.0	6.3	33.3	11.1
Discrimination	12.6	13.3	7.2	41.5	11.6
Social media	12.5	15.6	6.0	22.4	11.2
LGBTIQA+^ issues	12.1	9.2	9.6	65.2	11.8
Personal safety	11.6	13.1	7.0	19.7	10.6
Alcohol and other drugs	7.6	8.3	4.8	18.2	7.1
Domestic/family violence	7.3	7.8	5.3	12.1	7.1
COVID-19	5.7	5.4	5.1	14.9	5.0

^Lesbian, Gay, Bisexual, Trans, Intersex, Queer, Asexual issues. Bases vary across each aspect.
 Note: Items ranked high to low according to SA responses.
 Sample is less than 100 for gender diverse, please use caution when interpreting results.

NATIONAL CONCERNS

Table 10: Most important issues in Australia today

	SA %	Female %	Male %	Gender diverse %	National %
Base	1334	732	474	50*	15556
The environment	44.2	51.0	37.3	26.0	44.0
Equity and discrimination	32.5	37.2	24.3	40.0	31.4
The economy and financial matters	31.7	29.6	35.4	38.0	31.2
Mental health	24.1	28.8	19.0	20.0	30.3
Homelessness/housing	19.0	19.3	18.4	18.0	18.5
Crime, safety and violence	14.2	17.1	9.9	10.0	17.7
Alcohol & drugs	14.0	13.3	14.6	10.0	12.1
Aboriginal and Torres Strait Islander issues	7.8	9.0	5.9	12.0	7.3
Politics	7.3	5.1	9.9	10.0	7.2
Education	7.0	6.8	7.0	10.0	7.4

Note: Items are listed in order of SA frequency.

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

EDUCATION AND EMPLOYMENT

Table 11: Participation in education

	SA %	Female %	Male %	Gender diverse %	National %
Base	1684	915	598	70*	19414
Studying full-time	87.8	91.8	81.9	84.3	86.2
Studying part-time	6.8	4.7	10.5	4.3	7.4
Not studying	5.4	3.5	7.5	11.4	6.4

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

Table 12: Satisfaction with studies

	SA %	Female %	Male %	Gender diverse %	National %
Base	1561	866	544	60*	17766
Very satisfied or satisfied	66.8	67.8	68.4	48.3	62.9
Neither satisfied nor dissatisfied	25.4	25.8	23.0	30.0	28.1
Dissatisfied or very dissatisfied	7.8	6.5	8.6	21.7	9.0

Base: Respondents currently studying. *Sample is less than 100, please use caution when interpreting results.

Table 13: Where they are currently studying

	SA %	Female %	Male %	Gender diverse %	National %
Base	1577	879	546	59*	17864
School or equivalent	97.8	99.2	96.3	94.9	97.9
TAFE or equivalent	1.6	0.8	2.7	0.0	1.2
University	0.6	0.0	0.9	5.1	0.9

Base: Respondents currently studying. Items are listed in order of SA frequency. *Sample is less than 100, please use caution when interpreting results.

Table 14: Plan to complete Year 12

	SA %	Female %	Male %	Gender diverse %	National %
Base	1528	867	520	56*	17343
Yes	96.8	97.9	95.2	96.4	97.2
No	3.2	2.1	4.8	3.6	2.8

Base: Respondents who reported they were studying at a school or equivalent. *Sample is less than 100, please use caution when interpreting results.

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

	SA %	Female %	Male %	Gender diverse %	National %
Base	1531	863	524	55*	17440
Yes	7.7	6.5	9.5	5.5	5.5
No	92.3	93.5	90.5	94.5	94.5

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

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

Table 16: Plans after leaving school

	SA %	Female %	Male %	Gender diverse %	National %
Base	1543	872	526	56*	17492
Go to university	64.9	72.8	54.4	60.7	70.0
Get a job	44.8	46.2	43.5	41.1	46.2
Travel/gap year	29.4	36.1	18.1	32.1	32.5
Go to TAFE or college	12.3	14.1	9.1	12.5	10.2
Get an apprenticeship	11.4	5.6	21.1	5.4	8.7
Start a business	11.2	7.8	18.1	5.4	11.3
Become a professional athlete	7.0	4.7	11.2	7.1	7.6
Join the defence force or emergency services	6.7	4.5	10.1	5.4	7.1
Other	2.1	1.3	2.5	8.9	2.0
Not sure	7.9	5.8	10.6	14.3	7.0
No choices are available to me	0.4	0.2	0.4	1.8	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 SA frequency.

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

Table 17: Confidence in achieving study or work goals

	SA %	Female %	Male %	Gender diverse %	National %
Base	1504	856	510	54*	17052
Extremely or very confident	50.3	49.1	56.1	27.8	47.4
Somewhat or slightly confident	47.2	48.4	42.2	66.7	50.0
Not at all confident	2.5	2.6	1.8	5.6	2.6

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

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

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

	SA %	Female %	Male %	Gender diverse %	National %
Base	1408	812	469	48*	16215
Yes	38.4	40.9	29.2	64.6	37.0
No	61.6	59.1	70.8	35.4	63.0

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

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

Table 19: Barriers to people achieving study/work goals

	SA %	Female %	Male %	Gender diverse %*	National %
Base	540	332	137	31*	5994
Mental health	42.8	45.8	28.5	67.7	42.4
Academic ability	32.0	36.1	24.1	22.6	36.5
Financial difficulty	31.3	32.5	27.0	35.5	28.9
Lack of information	19.1	18.7	20.4	25.8	15.6
Admission/job requirements	17.2	17.5	16.8	16.1	16.9
Where you live	17.0	20.5	11.7	12.9	16.2
Lack of jobs	14.4	15.4	10.2	12.9	12.6
Transport	14.3	13.9	13.9	16.1	11.5
Family responsibilities	12.4	12.3	13.9	6.5	13.0
Lack of school support	12.4	13.0	7.3	22.6	9.8
Lack of family support	9.6	10.2	5.8	9.7	9.1
Physical health	8.7	7.8	7.3	19.4	9.5
Discrimination	7.0	4.8	5.8	38.7	7.0
Caring responsibilities	4.8	4.5	5.1	3.2	5.1
Cultural responsibilities	3.1	2.1	5.1	0.0	2.6
COVID-19	2.6	3.0	1.5	0.0	3.2
Other	6.1	3.9	13.1	0.0	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 SA frequency.

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

Table 20: Participation in paid employment

	SA %	Female %	Male %	Gender diverse %	National %
Base	1678	911	600	68*	19390
Permanent employee	4.1	3.5	4.7	4.4	4.6
Casual employee	46.9	50.8	43.8	29.4	48.2
Not in paid employment, looking for work	32.4	30.1	35.3	35.3	26.6
Not in paid employment, NOT looking for work	16.7	15.6	16.2	30.9	20.6

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

Table 21: Employment type

	SA %	Female %	Male %	National %
Base	846	490	289	10031
Working full-time	1.9	0.6	3.5	1.4
Working part-time	98.1	99.4	96.5	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.

Gender diverse data is not included as sample size was less than 30.

Table 22: Satisfaction with job

	SA %	Female %	Male %	National %
Base	847	491	289	10024
Very satisfied or satisfied	65.5	67.6	64.0	66.7
Neither satisfied nor dissatisfied	23.0	23.2	22.5	22.1
Dissatisfied or very dissatisfied	11.5	9.2	13.5	11.1

Base: Respondents who reported they are in paid employment.

Gender diverse data is not included as sample size was less than 30.

WELLBEING

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

	SA %	Female %	Male %	Gender diverse %	National %
Base	1646	903	580	64*	19110
Excellent	10.3	5.8	18.3	4.7	10.4
Very good	21.3	19.5	27.9	4.7	22.0
Good	31.3	33.3	28.6	15.6	29.9
Fair	24.8	27.8	18.4	28.1	25.4
Poor	12.3	13.6	6.7	46.9	12.3

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

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

	SA Mean	Female Mean	Male Mean	Gender diverse Mean	National Mean	Adult National normative range [^]	Adult National Mean [^]
With their life as a whole	65.1	63.8	69.6	47.4	65.7	75.5 – 79.3	77.4
Personal Wellbeing Index	67.2	66.6	70.8	52.7	68.2	74.2 – 76.8	75.5
About the things they have e.g., money	71.3	71.8	73.2	55.3	73.1	75.8 – 80.6	78.2
With their health	64.7	63.4	70.1	48.0	65.9	72.5 – 76.0	74.2
With things they want to be good at	62.4	60.7	67.5	46.8	62.4	69.9 – 74.5	72.1
With getting on with the people they know	70.6	69.9	74.2	57.3	70.4	75.7 – 80.9	78.2
About how safe they feel	75.3	75.6	78.0	53.6	77.4	75.4 – 83.1	79.2
Doing things away from home	71.7	70.8	75.1	61.1	73.0	68.2 – 72.1	70.1
About what may happen to them later in their life	59.6	58.2	64.9	39.8	59.7	65.5 – 72.0	68.7
With their connection to culture**	68.5	68.6	70.1	*	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). *Gender diverse data is not included as sample size was less than 30. Sample is less than 100 for gender diverse, please use caution when interpreting results.

**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.

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

	SA %	Female %	Male %	Gender diverse %	National %
Base	1637	898	577	64*	18982
Complete control	8.4	5.2	14.2	3.1	9.6
Mostly in control	46.2	45.9	50.4	26.6	46.3
Some control	36.1	38.6	30.0	43.8	34.1
Almost no control	7.0	8.0	3.6	17.2	7.7
No control	2.3	2.2	1.7	9.4	2.3

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

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

	SA %	Female %	Male %	Gender diverse %	National %
Base	1587	883	550	59*	18554
Low psychological distress	43.3	36.2	60.2	11.9	46.0
Moderate psychological distress	30.3	33.4	24.2	33.9	29.1
High psychological distress	26.4	30.4	15.6	54.2	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 (Rioseco, 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).

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

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

	SA %	Female %	Male %	Gender diverse %	National %
Base	1630	897	573	63*	18991
None of the time	15.7	12.4	22.0	6.3	17.2
A little of the time	31.1	29.5	36.5	19.0	31.1
Some of the time	32.4	35.9	26.2	36.5	30.8
Most of the time	15.9	17.3	12.0	25.4	16.6
All of the time	4.9	4.9	3.3	12.7	4.2

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

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

	SA %	Female %	Male %	Gender diverse %	National %
Base	1625	895	568	65*	18926
Excellent	19.8	18.3	24.5	9.2	20.7
Very good	28.4	27.7	29.8	18.5	29.4
Good	27.2	26.6	27.1	16.9	25.3
Fair	15.9	18.1	12.0	35.4	16.2
Poor	8.7	9.3	6.7	20.0	8.4

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

Table 29: Feelings about the future

	SA %	Female %	Male %	Gender diverse %	National %
Base	1630	572	896	64*	18953
Very positive or positive	49.9	56.6	47.8	26.6	50.0
Neither positive nor negative	34.2	30.1	36.8	32.8	33.5
Negative or very negative	16.0	13.3	15.4	40.6	16.5

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

SUPPORT AND CONNECTEDNESS

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

	SA %	Female %	Male %	Gender diverse %	National %
Base	1646	905	576	65*	19162
Friend(s)	75.6	80.3	71.2	66.2	72.8
Parent(s) or guardian(s)	65.1	66.1	68.2	40.0	66.3
Relative/family friend	44.2	46.0	43.4	23.1	41.9
Brother/sister	40.3	42.8	38.5	24.6	39.4
Teacher	28.3	30.1	27.1	16.9	22.7
Internet	23.7	24.8	21.2	41.5	24.6
Partner or significant other	22.9	22.3	23.4	23.1	23.5
GP or health professional	22.2	24.5	17.2	30.8	23.0
School counsellor	18.2	19.3	14.6	23.1	16.1
Social media	15.4	16.7	11.5	32.3	13.6
Mobile apps	10.2	10.7	7.8	21.5	9.6
Spiritual/religious mentor	5.5	5.2	6.6	3.1	5.8
Community service	4.1	3.2	4.7	10.8	2.8
Other	3.5	2.5	5.2	4.6	3.3
None of the above	6.0	3.9	7.8	15.4	6.4

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

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

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

	SA %	Female %	Male %	Gender diverse %	National %
Base	1644	899	579	67*	19065
Sports (as a participant)	63.6	61.6	69.6	43.3	67.0
Sports (as a spectator)	45.4	42.2	53.9	25.4	49.7
Volunteer work (e.g., through a sports club, charity, religious organisation, school)	39.5	41.9	37.1	41.8	40.7
Arts/cultural/music groups/activities	24.9	27.9	17.4	41.8	29.4
Student leadership groups/activities	24.6	27.6	20.7	23.9	28.6
Youth groups/activities	14.5	14.0	13.8	22.4	18.2
Religious groups/activities	14.4	15.5	13.3	13.4	15.4
Environmental groups/activities	6.9	7.1	6.0	11.9	7.5
Political groups/activities	3.3	2.3	2.9	16.4	3.4
None of the above	15.2	15.1	15.2	16.4	12.4

Note: Respondents were able to choose more than one option. Items are listed in order of SA 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. *Sample is less than 100, please use caution when interpreting results.

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

	SA %	Female %	Male %	Gender diverse %	National %
Base	1622	896	564	64*	18762
Yes – both spiritual and cultural beliefs	21.1	25.1	17.6	9.4	18.5
Yes – spiritual beliefs	20.3	21.5	16.7	32.8	20.0
Yes – cultural beliefs	9.2	8.0	10.3	10.9	11.2
No beliefs	49.4	45.3	55.5	46.9	50.2

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

Table 33: Activities young people find hard to do

	SA %	Female %	Male %	Gender diverse %	National %
Base	1592	881	556	62*	18452
Fit in and socialise with everyone else (<i>at school, work or socially</i>)	29.8	33.1	20.7	54.8	28.5
Turn to friends and family if you need help	27.5	32.7	15.1	59.7	29.3
Make choices and feel independent	21.9	25.4	12.9	35.5	21.6
Do everyday activities as young people your age usually do	20.5	21.9	14.6	41.9	19.2
Turn to services / organisations if you need help	19.9	23.2	12.2	38.7	21.1
Do things in public places with friends (<i>e.g, go to shopping centres</i>)	15.8	16.7	10.6	33.9	16.0
Travel around the community (<i>e.g., using footpaths</i>)	8.7	8.9	5.9	21.0	9.1
None of the above	46.1	39.5	60.8	14.5	45.5

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

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

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

	SA %	Female %	Male %	Gender diverse %	National %
I am proud to be part of my community (Base)	1587	878	556	61*	18404
Strongly agree/agree	59.7	60.9	61.3	41.0	60.1
Mixed feelings	33.0	32.8	32.6	39.3	31.8
Disagree/strongly disagree	7.2	6.3	6.1	19.7	8.1
My community has the things that I need to have a positive and thriving future (Base)	1587	876	557	62*	18408
Strongly agree/agree	60.0	59.2	65.2	38.7	62.5
Mixed feelings	32.4	32.6	29.6	45.2	29.7
Disagree/strongly disagree	7.6	8.1	5.2	16.1	7.8
Young people in my community have a say on issues that matter to them (Base)	1588	878	557	61*	18390
Strongly agree/agree	45.0	44.6	49.0	27.9	44.4
Mixed feelings	40.2	40.8	38.1	44.3	38.9
Disagree/strongly disagree	14.8	14.6	12.9	27.9	16.7

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

UNFAIR TREATMENT AND DISCRIMINATION

Table 35: Unfair treatment or discrimination in the last year

	SA %	Female %	Male %	Gender diverse %	National %
Base	1634	903	570	66*	19050
Yes	23.4	25.6	15.8	62.1	26.6
No	76.6	74.4	84.2	37.9	73.4

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

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

	SA %	Female %	Male %	Gender diverse %	National %
Base	382	231	90	41*	5060
Physical appearance	40.6	39.8	45.6	29.3	36.4
Race/cultural background	30.1	31.6	34.4	17.1	34.6
Personal views	29.3	26.4	36.7	26.8	26.6
Gender	28.5	28.6	12.2	63.4	30.0
Mental health	27.7	28.1	22.2	39.0	23.6
Sexuality	21.7	14.7	18.9	56.1	20.2
Age	14.7	14.7	11.1	17.1	15.3
Religion	12.3	13.9	11.1	7.3	10.9
Disability	11.0	7.8	11.1	24.4	8.9
Financial background	5.8	5.2	5.6	7.3	6.3
Other	9.7	8.7	12.2	14.6	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 SA 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


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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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