

# Summary Report

Young Minds: Your Voice, Our Future



# Acknowledgement of Country

We acknowledge the Wurundjeri Woi-wurrung people as the Traditional Owners of the Country on which Nillumbik is located, we pay our respects to Elders past, present and future, and extend that respect to all First Nations People. We respect the enduring strength of the Wurundjeri Woi-wurrung and acknowledge that sovereignty was never ceded.

## Other acknowledgements

Nillumbik Shire Council would like to acknowledge and thank all of the young people who contributed to and participated in the Young Minds: Your Voice, Our Future engagement through surveys, workshops and engagement activities. In particular, members of the Nillumbik Youth Council who played a key role in ensuring we were able to reach a broad section of the local community and help amplify the voices of local young people.

We also thank Youth Affairs Council Victoria (YACVic) for their support and contribution to the development of the Young Minds project. Specifically the following staff members, Albert Giglia, Mark Yin, Nuriyah Haque, Sam Champion and Ruqia Mohamed.

We also acknowledge the Foundation for Rural and Regional Renewal who has supported the funding of this project.

# Contents

Acknowledgement of Country .....	2
Introduction.....	4
Young Minds, what we did .....	5
Young Minds, how we promoted it.....	5
Young Minds, how we did it .....	7
.....	8
Young Minds, what we found.....	9
Participants .....	9
Age and Gender .....	9
Location.....	9
Survey results snapshot .....	10
Living in Nillumbik:.....	10
Issues for young people in Nillumbik .....	12
Key Findings & Themes .....	14
Priority Area 1: Mental Health & Wellbeing .....	14
Priority Area 2: Climate Change & The Environment .....	16
Priority Area 3: Education & Employment.....	17
Priority Area 4: Discrimination & Inclusion .....	19
Priority Area 5: Crime & Safety .....	21
Conclusion and next steps .....	22
References .....	23
Appendix 1 .....	24

# Introduction

In December 2020, Nillumbik Shire Council supported the establishment of a Youth Council, to act as an Advisory Committee of Council. Fifteen young people aged 15-25 who live, work, study or play within Nillumbik were elected in March 2021 to join the first ever Youth Council for Nillumbik Shire Council.

The purpose of the Nillumbik Youth Council is to:

- Act as a positive link to Nillumbik's community of young people;
- Advocate for opportunities, needs and overcoming the barriers impacting young people;
- Inform the development and implementation of solutions relating to these matters from a young person's perspective;
- Plan, develop and evaluate the Nillumbik Youth Strategy and Action Plan; and
- Design and deliver local initiatives and projects for young people

Since commencing in March 2021, the Youth Council have been meeting fortnightly to co-design and deliver a four-year Youth Strategy for Nillumbik. Recognising the need to have a better understanding of the needs, barriers and opportunities for young people in Nillumbik in order to inform the Youth Strategy, the Youth Council were first set with the task of coming up with an engagement approach that could amplify the voices of youth in our community.

The Young Minds: Your Voice, Our Future youth engagement program was co-directed, co-designed, co-developed and co-written by our 15 Youth Councillors, and aimed to engage a diverse group of young people aged between 12-25 years who live, work, study, volunteer or play within the Nillumbik Shire.



**Pictured:** Nillumbik Youth Council

**Left to right:** Brianne Keogh, Fieke van der Kamp (Youth Mayor), Cavan Cartwright, Indi Sandwell, Katie O'Brien, Kirra Imbriano, Imogen Jaques, Orianna Edmonds, Jack Linehan (Deputy Youth Mayor) Maali Kerta-Rice, Joey Bowman, Taj Andreetta, Bailey Cumming, Lachlan Wadsworth and Maverick Knight



# Young Minds, what we did

The Young Minds: Your Voice, Our Future youth engagement program ran from 14 June to 20 July 2021. The program was a broad-level engagement co-developed by the Nillumbik Youth Council, aimed at engaging young people of Nillumbik through a range of activities supported by a youth survey (Appendix 1). We asked young people to identify what was important to them in relation to their wellbeing, education, community and their future. In line with Nillumbik's Community Engagement Policy, and in an effort to reach as many people as possible, a range of promotional tools and information resources were provided to the community to encourage and support meaningful participation in the program.

Young people between 12 – 25 years of age, who live, work, study or play in Nillumbik were asked to share their thoughts on the Young Minds: Your Voice, Our Future engagement from 14 June to 20 July 2021. In the planning of this initiative, we aimed to engage 500 voices throughout the engagement period. A total of 897 young voices were captured during the engagement period.

## Young Minds, how we promoted it








Throughout the engagement period, we worked to engage young people aged 12-25 years and encourage participation in the initiative through a variety of ways. All communication materials informed young people and the broader community about the intent of the program, the timelines of the program, promoted engagement opportunities and encouraged young people to visit the Participate Nillumbik website for more information about the project. Officer details were also provided, acknowledging that not all participants have access to online services or may feel more comfortable contributing information over the phone.

Over 897 people engaged with the project information and resources provided on the Participate Nillumbik website over the four week period. The following images and table highlight the promotional activities and engagement tools that were used to inform young people about the project and promote their participation in the engagement approach.

**Figure 1. Young Minds: Your Voice, Our Future posters and post cards, complete with QR codes to provide access to the online survey.**



**Table 1. Engagement tools**






	<p><b>Website</b></p> <p>The initiative was hosted on Council's Young Minds Participate Nillumbik webpage. The page contained information about the program including resource materials, promoted engagement activities, copies of the surveys, timelines for the project and contact information.</p> <p>During the engagement period, a total of 1,222 visits were recorded the Young Minds Participate Nillumbik website. The project was also promoted on Council's webpage and Nillumbik Youth website and linked directly to the Young Minds Participate Nillumbik website.</p>
	<p><b>Posters</b></p> <p>A total of 300 posters were displayed across the Shire in both Council and non-council locations (Figure 1). The posters included a QR code that linked to the project website.</p>
	<p><b>Postcards</b></p> <p>A total of 1000 postcards were available and distributed at a variety of locations across the Shire including Council buildings, schools, and rural post offices (Figure 1). Postcards were also distributed at community events/markets. The postcards included a QR code that linked to the project webpage.</p>
	<p><b>Social media</b></p> <p>Social media posts, paid targeted ads, Instagram stories and Reels (Facebook and Instagram) were used to promote and encourage participation in the engagement program reaching over 19,205 individuals.</p>
	<p><b>Newsletters</b></p> <p>A Nillumbik News article promoting the work of the Youth Council and the upcoming engagement project was included in the Winter Edition of Nillumbik News and distributed to over 23,000 households and businesses in the Shire.</p> <p>The project was also promoted through a range of Council and non-Council newsletters that included school, environment, community and sporting groups.</p>
	<p><b>Youth Council</b></p> <p>15 Youth Council members were supporting the promotion of the Youth Minds engagement program, promoting the survey through their networks of local young people, approaching their School Principals and employers.</p>
	<p><b>Word of mouth</b></p> <p>Councillors, Local MP representatives, Council Officers, local service providers and community groups were encouraged to promote the program through their networks. Project information and resources were provided to support this promotion.</p>

# Young Minds, how we did it

We developed a range of resources to promote the program and to encourage meaningful engagement, providing a variety of options for people to participate in the program.

Throughout the engagement period, we monitored and adapted promotional materials and engagement activities to ensure that these were accessible and responsive to the needs and wants of the community.

**Table 2. Engagement activities**

	A total of 897 voices were captured during the engagement period.
	<p><b>Youth Survey</b></p> <p>A Youth survey was central to this program, promoting this as the main form of engagement. The survey was designed to collect a large amount of data that will be able give an overview of the needs and wants of young people in the community. During the engagement period a total of 644 surveys were completed.</p>
	<p><b>Pop-ups</b></p> <p>We hosted a total of 8 community pop-ups (public consultation events) throughout Nillumbik (Figure 4). A range of engagement activities were provided at the pop-up events including interactive idea boards, Sticker and marble voting activities hard-copy surveys and opportunities to discuss issues with Council officers.</p> <p>A total of 139 people were recorded as pop-up participants during the engagement period.</p>
	<p><b>School Workshops</b></p> <p>We engaged a number of schools through this process which included an interactive workshop with 22 VCAL students at St Helena Secondary College and presentation to Grade 6 class at Diamond Creek primary School.</p> <p>Additionally, Eltham High School dedicated 10 minutes of home room class for all students to complete the survey and Catholic Ladies College invited Youth Council members to speak at the whole school assembly.</p> <p>St Helena College also supported students to receive a merit point when they completed the survey.</p> <p>Arrangements were made to attend Diamond Valley College to host an interactive workshop with VCAL students, however COVID lock down restrictions impacted Youth Officers ability to attend school.</p>
	<p><b>Vox Pops</b></p> <p>A videographer attended two pop up engagement activities and support interviews with 15 young people on camera. This allowed for conversations to be recorded and produced into a short video that will be able to be shared to the public.</p>







# Young Minds, what we found

## Participants

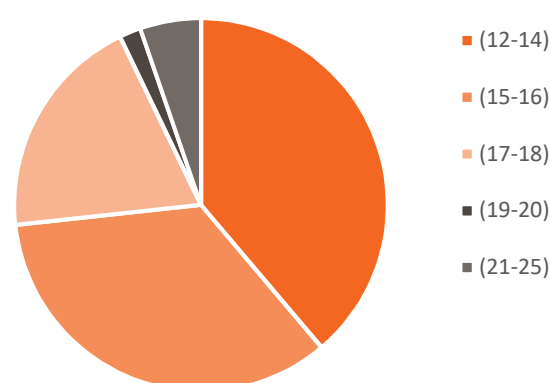
To understand who we reached through the engagement program, we asked a series of demographic questions including age, gender, and location as well as questions pertaining to identity, education, and health. We wanted to ensure that we had heard the views of a range of young people from the Nillumbik community with every effort made to ensure the survey was accessible, inclusive, non-discriminatory and culturally sensitive.

### Age and Gender

Of the 644 respondents, 52.48% identified as female, 39.44% identified as male, 3.42% identified as non-binary, 2.33% identified as other, and 2.33% chose not to answer.

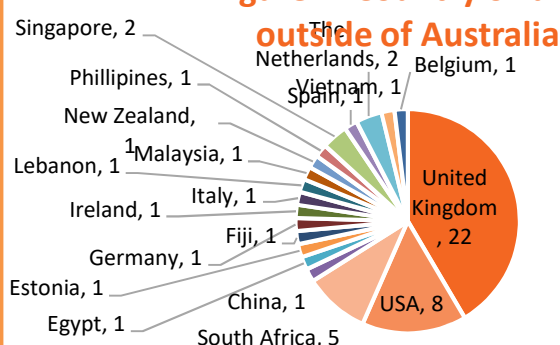
Of the 644 respondents, 38.82% were aged 12-14, 34.47% were aged 15-16, 19.57% were aged 17-18, 5.28% were aged 21-25, and 1.86% were aged 19-20.

Figure 3. Age



### Location

Figure 4. Country of birth  
outside of Australia

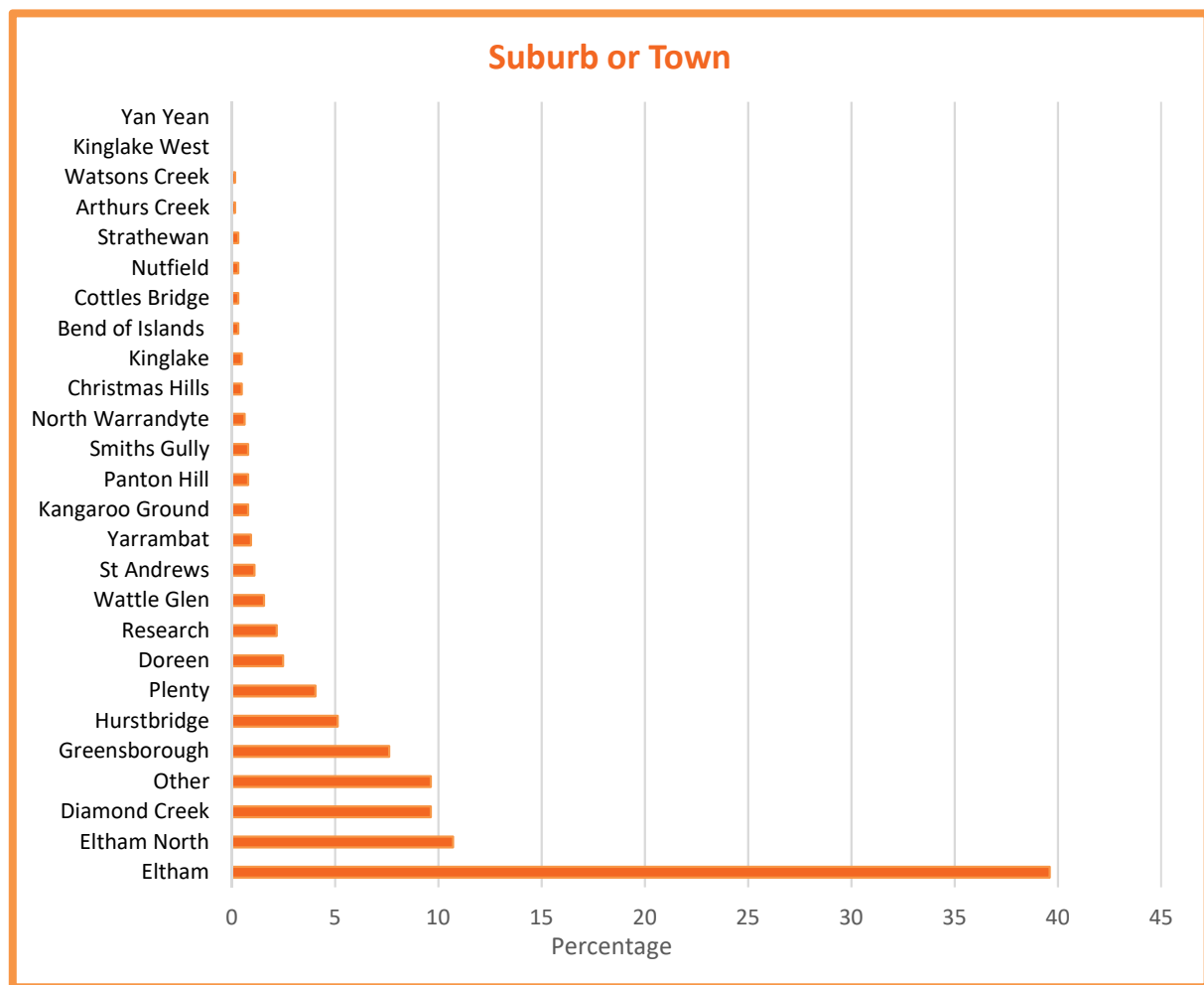


Of the 644 respondents, **92% were born in Australia**. Of the 8% of respondents that were born outside Australia, 22 were born in the United Kingdom, 8 in the United States of America, and 5 in South Africa.

**8.39%** of respondents spoke a language other than English at home, of this 8.39% the most common languages spoken at home at Italian and Dutch.

As shown in Figure 5, all participants provided their township or suburb, with the highest proportion residing in **Eltham (39.60%)**, **Eltham North (10.71%)**, **Diamond Creek (9.63%)**, and **Greensborough (7.61%)**.

**Figure 5. Participant suburb or Town**



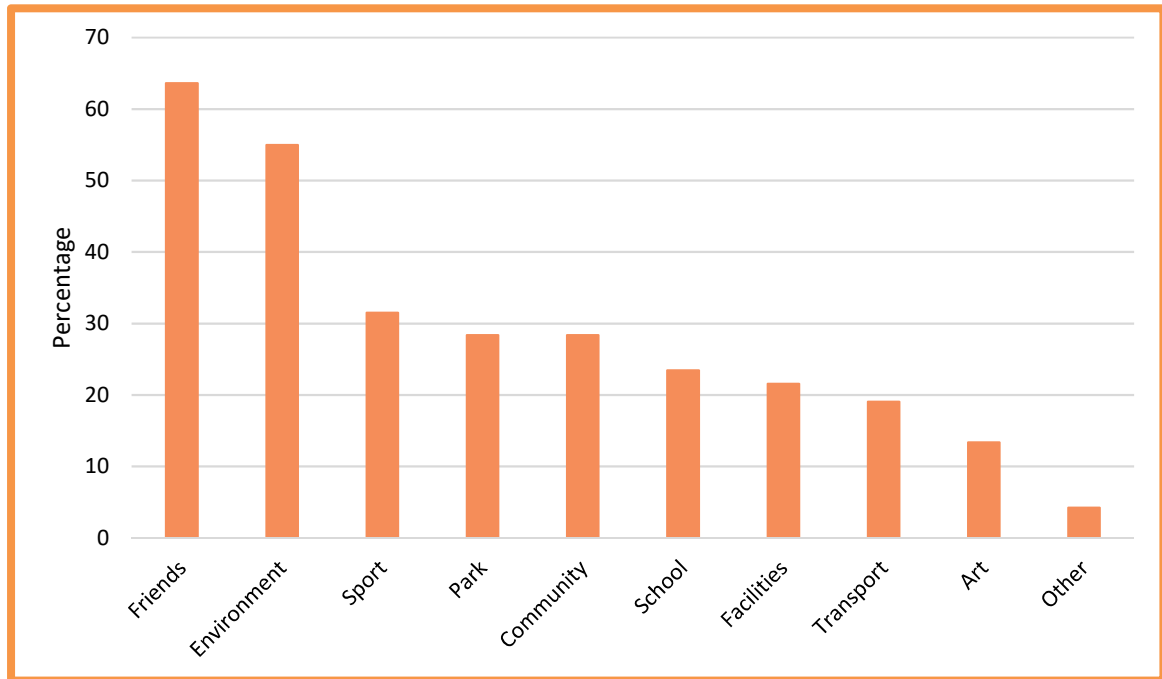
## Survey results snapshot

During the engagement period a total of 644 surveys were completed. The following provides an overall summary of what we heard across the different sections of the survey.

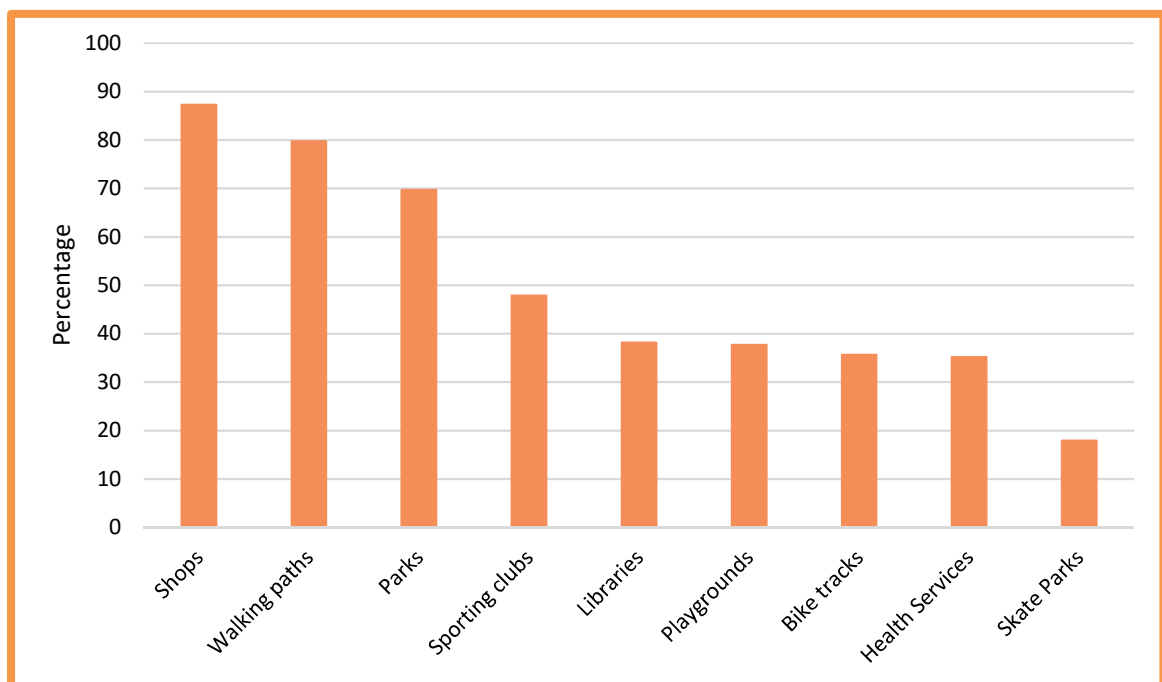
### Living in Nillumbik:

Survey respondents were asked to provide information on their experiences of living in Nillumbik as a young people. Figure 6, 7 and 8 provide an overview on what young people who responded to the survey told us that they loved about Nillumbik, what facilities they use in Nillumbik, and what facilities, activities or services they would love to see more of or improved across Nillumbik.

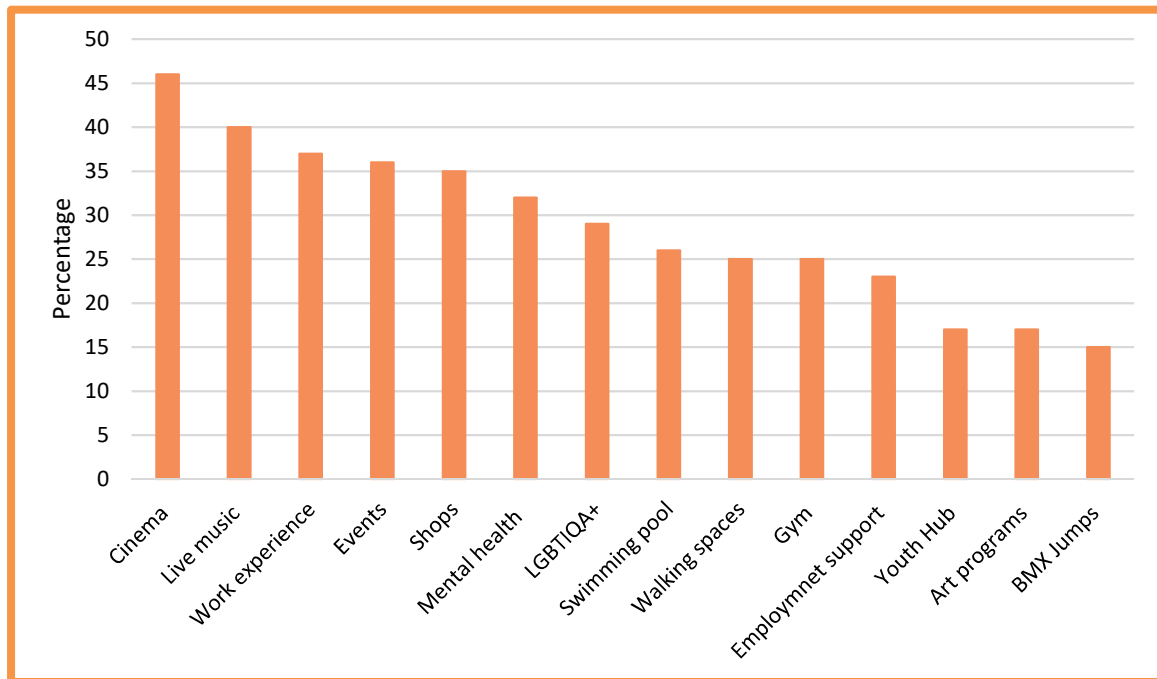
**Figure 6. What respondents love most about living in Nillumbik**



**Figure 7. What facilities people use in Nillumbik**



**Figure 8. What services, activities or facilities respondents would like to see more of or improved**

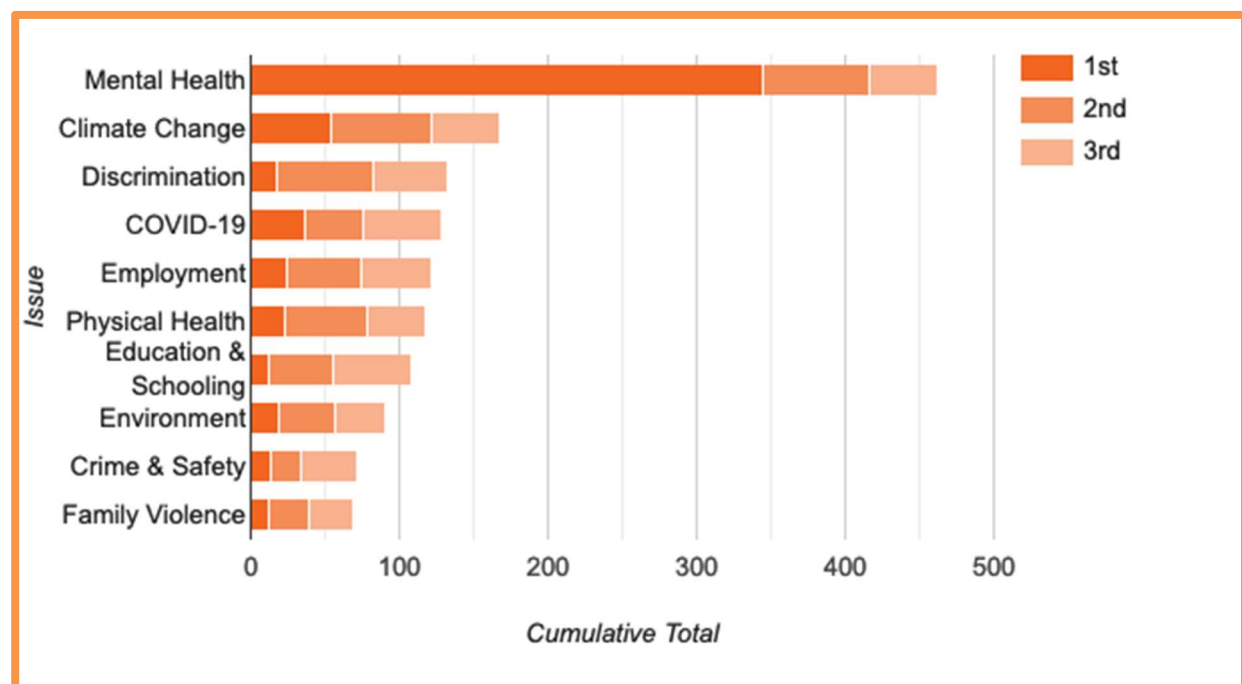


## Issues for young people in Nillumbik

From our surveys; the top issues affecting young people are highlighted in Figures 9, 10 and 11.

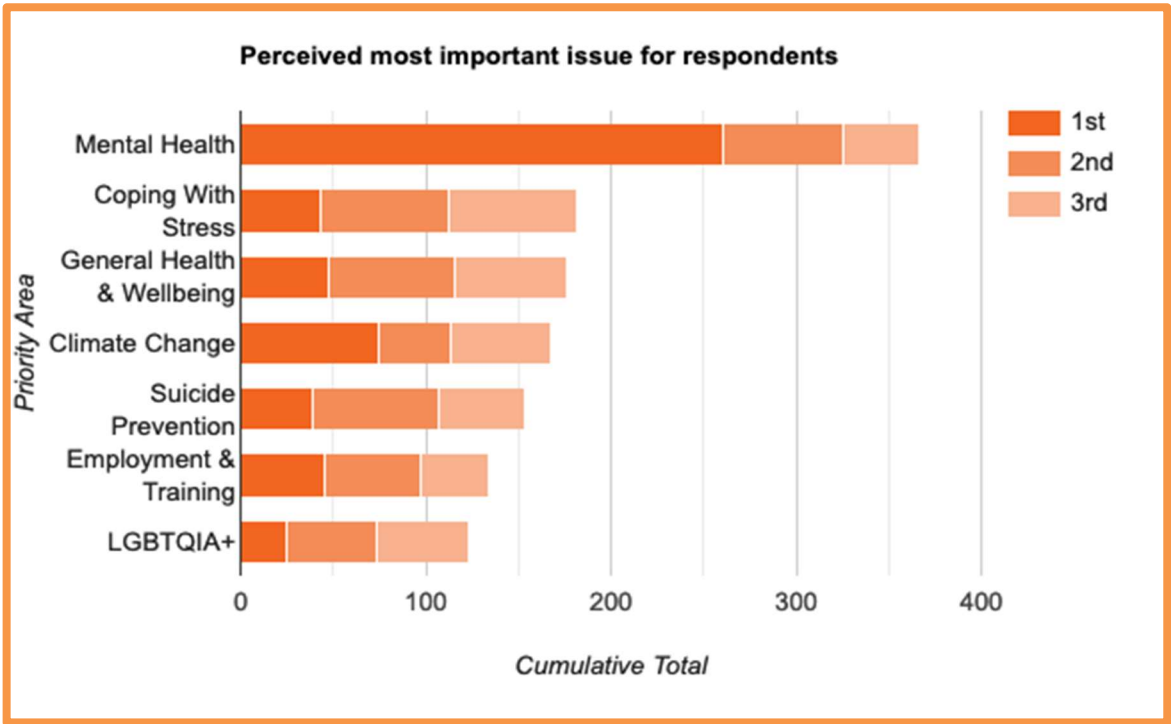
**Figure 9.** Question: What do you think are the top 3 most important issues for young people in Nillumbik today?

Total number represents cumulative ranking of respondents' top three issues.

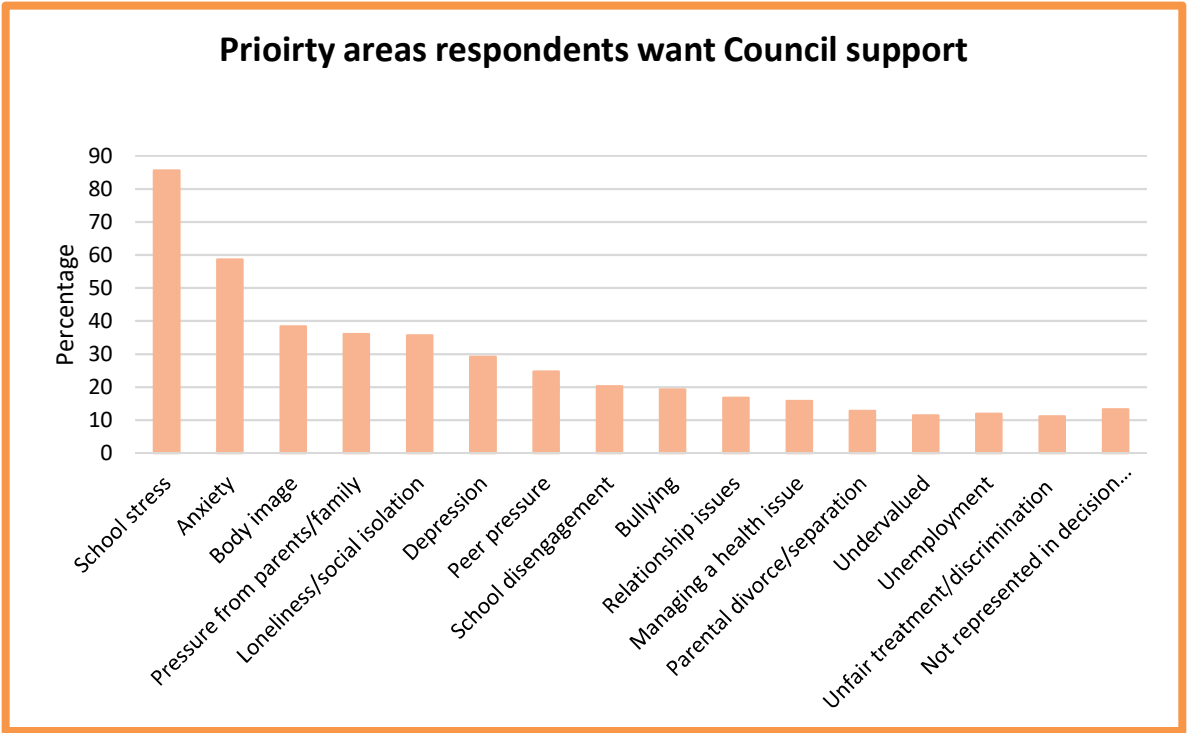




**Figure 10.** Question: What are the biggest challenges you have personally faced as a young person in Nillumbik? (Select all that apply to you)



**Figure 11.** Question: What are the top three priority areas that you would like support from Council on?



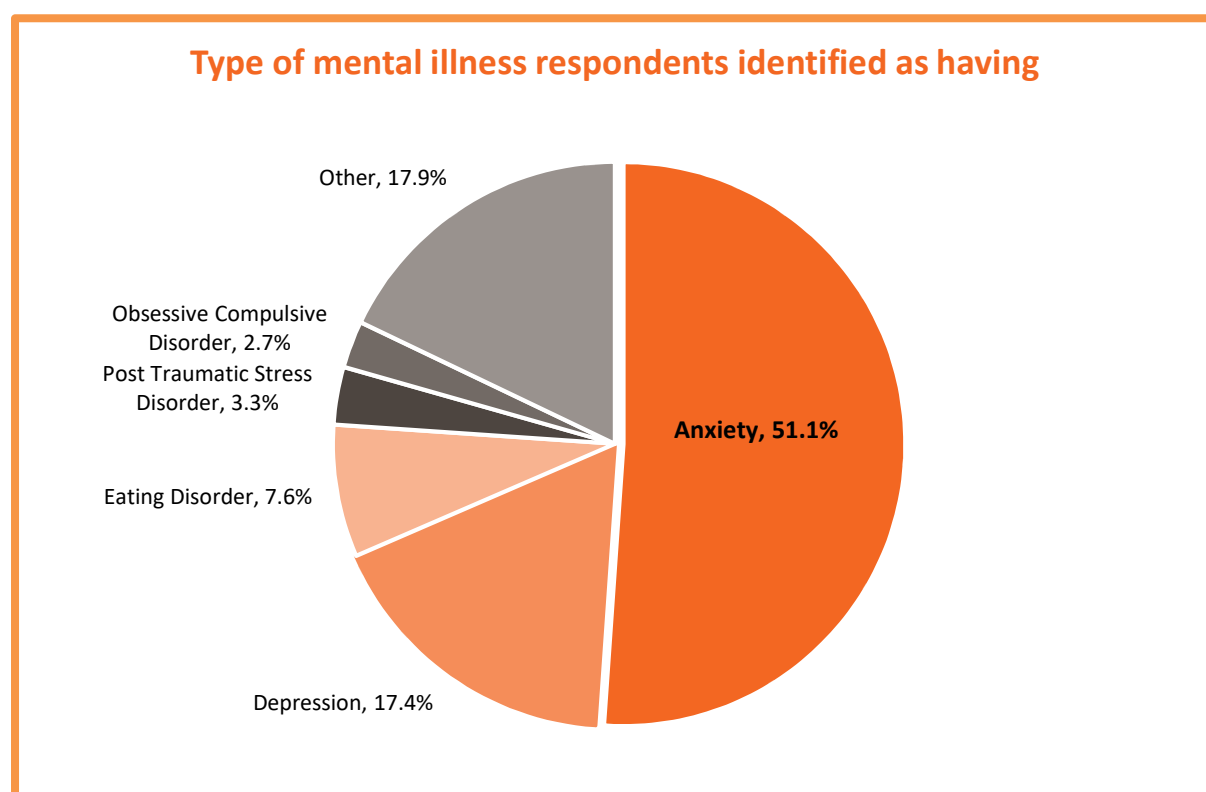
# Key Findings & Themes

Across the 897 voices that were captured during the engagement period, we identified five key themes that encompass the priority issues for young people in Nillumbik Shire.

## Priority Area 1: Mental Health & Wellbeing

Mental health was overwhelmingly the perceived most important issue for young people in Nillumbik Shire in both the Youth Survey and other engagement activities. Mental health had, by far, the greatest personal impact on survey respondents and was the most discussed issue at the community pop-up events. Over **75%** of survey respondents' listed mental health as one of the three most important issues facing young people, including over **55%** ranking mental health as the top issue – significantly higher than any other concern.

**Figure 12. Type of Mental illness**



Over **28%** of survey respondents identified as having a mental illness, amongst those, over **half** identified as having anxiety.

Amongst survey respondents that reside in more **regional and rural** areas of Nillumbik Shire (Outside of more 'inner city' areas including Diamond Creek, Eltham, Eltham North, Greensborough, Hurstbridge and Research), just over **28%** identified as having a **mental illness** – this being almost identical when compared to all survey

respondents. Although this data does not reflect major differences in mental health between respondents in more inner city suburbs compared to more remote and regional suburbs within Nillumbik, it should be noted that people in outer regional, remote or very remote areas of Australia face more barriers to accessing health care than people living in major cities, making it harder for them to maintain good mental health.<sup>1</sup> Furthermore, remoteness is a major risk factor contributing to suicide and the likelihood that someone will die by suicide appears to increase the further away from a city they live.<sup>2</sup>

Amongst the 278 survey respondents that answered question 18 regarding mental health services available in Nillumbik, over **35%** identified as being 'neither satisfied or dissatisfied' to 'extremely **dissatisfied**' with **mental health services available** in Nillumbik. The following responses to the survey were particularly insightful:

*"The biggest issue for young people is mental health, even though it is more present now than it was 20 years ago, it's still being over looked and some people aren't speaking out as much and that's a big issue for people our age."*

*"..if you ask most young people and most people say they are struggling with their mental health"*

Over **85%** of survey respondents identified **school stress** as the biggest challenge they personally faced as a young person in Nillumbik, followed by anxiety which was selected by **58%** of respondents.

Body image also ranked **3rd** as being one of the biggest personal challenges faced by survey respondents in Nillumbik. Of those respondents who selected body image, **67%** identified as **female**, **18%** as **male** and **15%** identified as **'other'**.

Over 75% of mental health problems occur before the age of 25, with an alarming one in seven young people aged 4 to 17 years experiencing a mental health condition in any given year.<sup>3</sup>

**Suicide continues to be the leading cause of death for young Australians.** In 2019, suicide accounted for two in five deaths among people aged 15-17 years (40 per cent) and more than one in three among those aged 18-24 years (36 per cent)<sup>4</sup>

Amongst survey respondents that identified as **LGBTQIA+**, almost **half** (48%) also **identified** as having a **mental illness**. This is exceptionally higher than the twenty eight percent across all survey respondents. This is however, in alignment with

<sup>1</sup> 4839.0 ABS Patient Experiences in Australia: Summary of Findings, 2016-17 (2017) Table 6.2

Kessler, RD et al. (2005). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication.

<sup>2</sup> Australian Health Policy Collaboration. (2020, September). Australia's Health Tracker by Area, 2020.

<sup>3</sup> Kessler, RD et al. (2005). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication.

<sup>4</sup> Kessler, RD et al. (2005). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication.

national statistics; 16% of LGBTI Australians aged between 16 and 27 have attempted suicide and 33% have self-harmed.<sup>5</sup> Looking at transgender young people specifically, around 3 in every 4 transgender young people have experienced anxiety or depression, 4 out of 5 transgender young people have ever engaged in self-harm, and almost 1 in 2 have ever attempted suicide (48%).<sup>6</sup>

There is no single cause for mental health issues, however there are various risk factors that can impact one's mental health. In 2019 VicHealth<sup>7</sup> identified some of these risk factors as:

- Bullying
- Homelessness and unemployment
- Alcohol and other drug use
- Discrimination
- Family conflict
- Stressful life events

Considering those risk factors, **85%** of survey respondents identified **school stress** as the biggest challenge they face as a young person **19.27%** identified **bullying** and **2.66%** identified homelessness. Additionally **13.17%** of respondents have taken recreational drugs.

## **Priority Area 2: Climate Change & The Environment**

Climate Change was the perceived **second most important** issue for young people in Nillumbik Shire in both the Youth Survey and other engagement activities. Over **27%** of survey respondents listed climate change as one of the three most important issues facing young people, including almost **9%** ranking climate change as the top issue. Climate Change was also the **fourth highest** rated priority area that survey respondents would like support from Council on.

These findings are in line with statistics reported in 2019 by The Australian Psychological Society (APS) which highlights that **4 in 5** young people are **anxious about climate change** and concerned it will reduce their quality of life in the future. Furthermore **1 in 6** have reported losing sleep due to worry about climate change and **3 in 4** young people say their opinions and fears about the climate crisis are being ignored or not taken seriously.<sup>8</sup> The Australian Psychological Society (APS)

---

<sup>5</sup> Robinson, KH, Bansel, P, Denson, N, Ovenden, G & Davies, C 2014, Growing Up Queer: Issues Facing Young Australians Who Are Gender Variant and Sexuality Diverse

<sup>6</sup> Strauss, P., Cook, A., Winter, S., Watson, V., Wright Toussaint, D., Lin, A. (2017). Trans Pathways: the mental health experiences and care pathways of trans young people.

<sup>7</sup> VicHealth. (2019). Evidence Check: Mental wellbeing risk & protective factors.

<sup>8</sup> Sanson, A. V., Van Hoorn, J., & Burke, S. E. L. (2019). Responding to the impacts of the climate crisis on children and youth.

<sup>9</sup> Australian Psychological Society. (2019). Young people's voices in the climate crisis: Psychology Week 2019 Report.



says 95 per cent of Australian youth believe climate change is a serious problem – and they're extremely worried.<sup>9</sup>

Amongst survey respondents that identified as having **anxiety**, over **43%** listed **climate change** and/or the environment as one of the three most important issues facing young people. This echoes The Australian Psychological Society's view on the psychological impacts of climate change which can range from mild stress responses to chronic stress and significant mental health problems.<sup>10</sup>

### Priority Area 3: Education & Employment

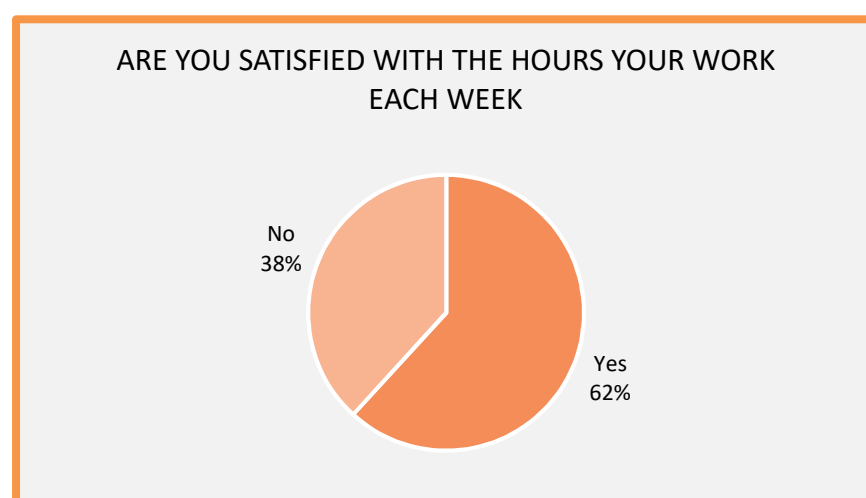
When asked what services, activities or facilities would survey respondents like to see more of or improved for young people in Nillumbik, there was a definite focus on education and employment.

Out of over 25 answer selections, **Training and education** was selected by **22.71%** of respondents, **Work experience** selected by **37.25%** and **Employment support** selected by **23.20%**.

Furthermore, the list of most important issue for young people in Nillumbik Shire sees Employment ranked **fifth** and Education and Schooling ranked **seventh**, with **28%** of respondents ranking Employment as one of the three most important issues facing young people and over **17%** ranking Education and Schooling one of the three most important issues facing young people.

When looking at Employment, of the 280 survey respondents that answered question 11, '*Are you satisfied with the hours you work each week?*' over **38%** of respondents answered **No**.

**Figure 13. Satisfaction with hours each week**

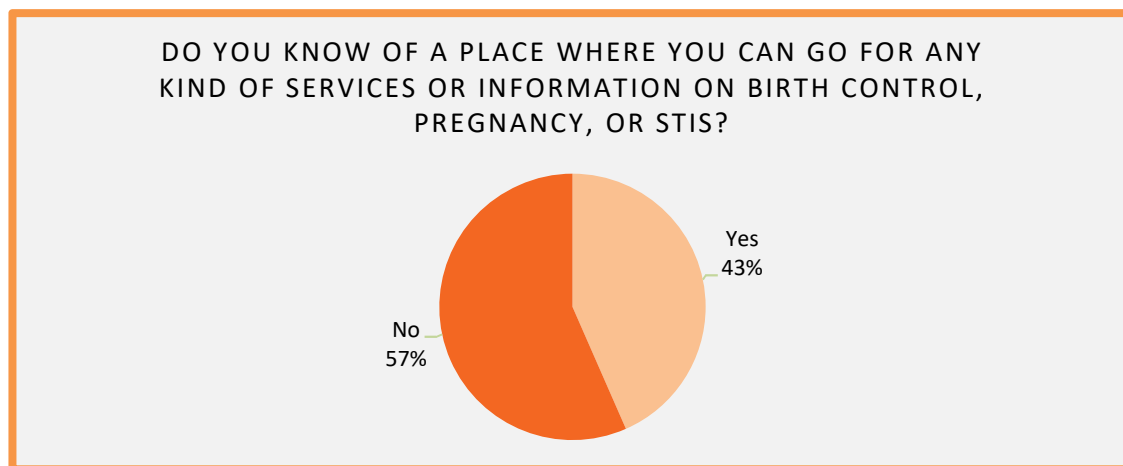


<sup>10</sup>Australian Psychological Society. (2019). Young people's voices in the climate crisis: Psychology Week 2019 Report.

Of the 392 respondents that answered question 10 about their *Employment*, less than **6%** answered that they are employed full-time, however over **31%** stated they have casual employment and a staggering **44%** were unemployed.

When looking specifically at **sexual health education**, of the 393 respondents to question 25, *How much do you know about how STIs (sexually transmitted infections) are spread and prevented*, **under 28%** of respondents answered 'A lot' with **over half** of respondents answering 'Some' and **over 15%** answering 'Only a little'.

**Figure 14. Accessing services and information on birth control, pregnancy or STIs**



When questioned on if they know of a place where they can go for any kind of services or information on birth control, pregnancy, or STIs (sexually transmitted infections), of the 638 respondents, **over half** answered **no**, with less than 44% answering yes.

Amongst the 607 survey respondents that answered question 27 regarding satisfaction with the **sexual health education received in school**, over **22%** identified as being 'somewhat dissatisfied' to '**dissatisfied**'. Of those that answered dissatisfied and were asked to expand of their answer, the following responses to the survey were particularly insightful:

*"There was no LGBTQ+ sexual health education and I had to teach myself"*

*"It could have been more thorough as well as more focused on realistic expectations for sexual activity and sexual health. Knowing anatomy is helpful only to a point."*

*"There was only heterosexual education and it was only education on STI's and pregnancy, not consent education or what respectful sex is like"*

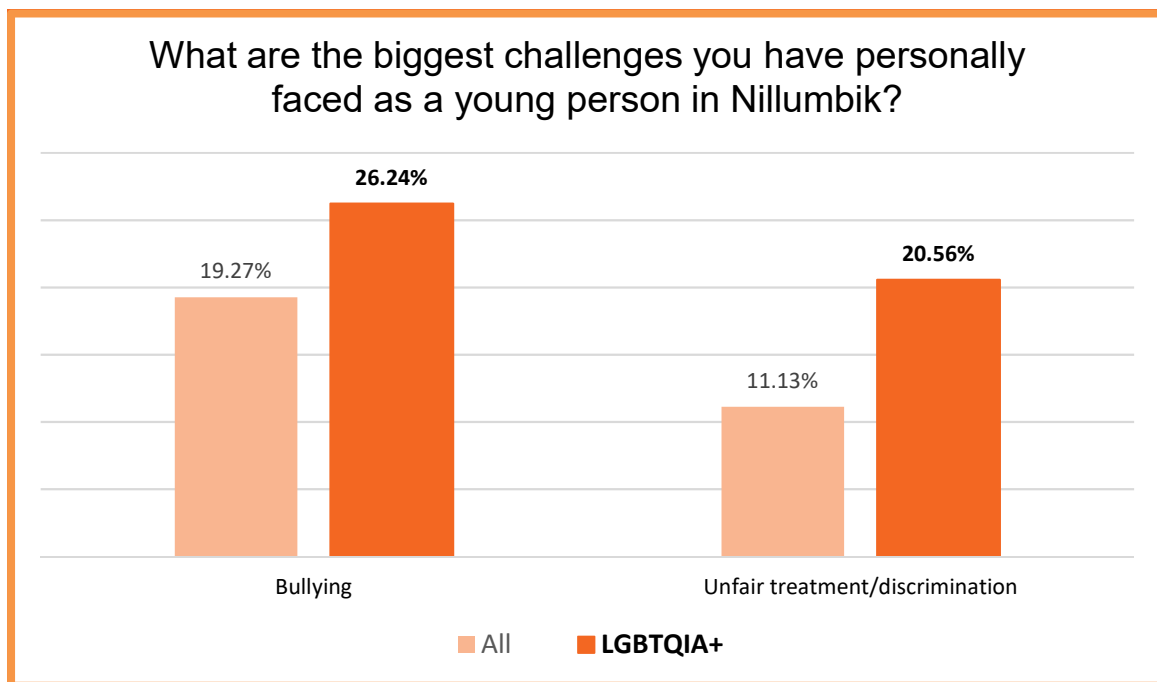
#### Priority Area 4: Discrimination & Inclusion

The survey received diverse representation from a broad section of the youth community in Nillumbik:

- Almost **1 in 4** respondents to the survey identified as **LGBTQIA+**;
- **5.6%** (36 respondents) identified as having a **disability**;
- **1.09%** (7 respondents) identified as **Aboriginal** and **0.5%** (3) identifying as **Torres Strait Islander**; and
- **8.39%** of respondents speak a **language other than English** at home

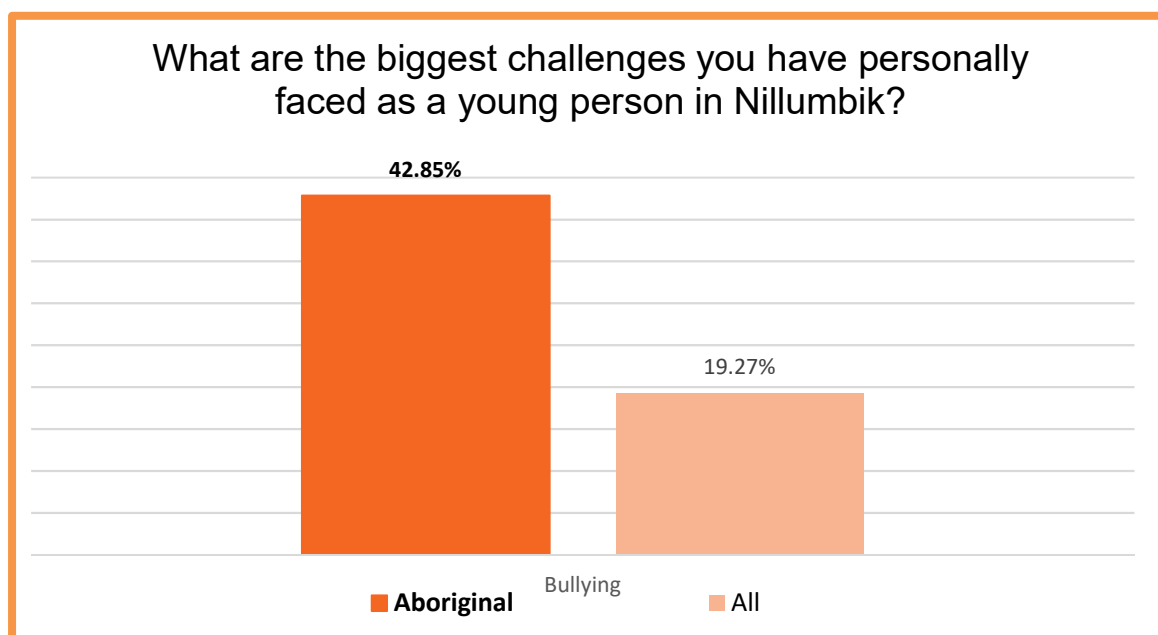
Amongst survey respondents that identify as **LGBTQIA+** (21.89%), when answering question 39, *What are the biggest challenges you have personally faced as a young person in Nillumbik*, **Bullying** and Unfair treatment/discrimination **was considerably higher** when compared to all survey respondents.

**Figure 15. Challenges faced personally as a young person**



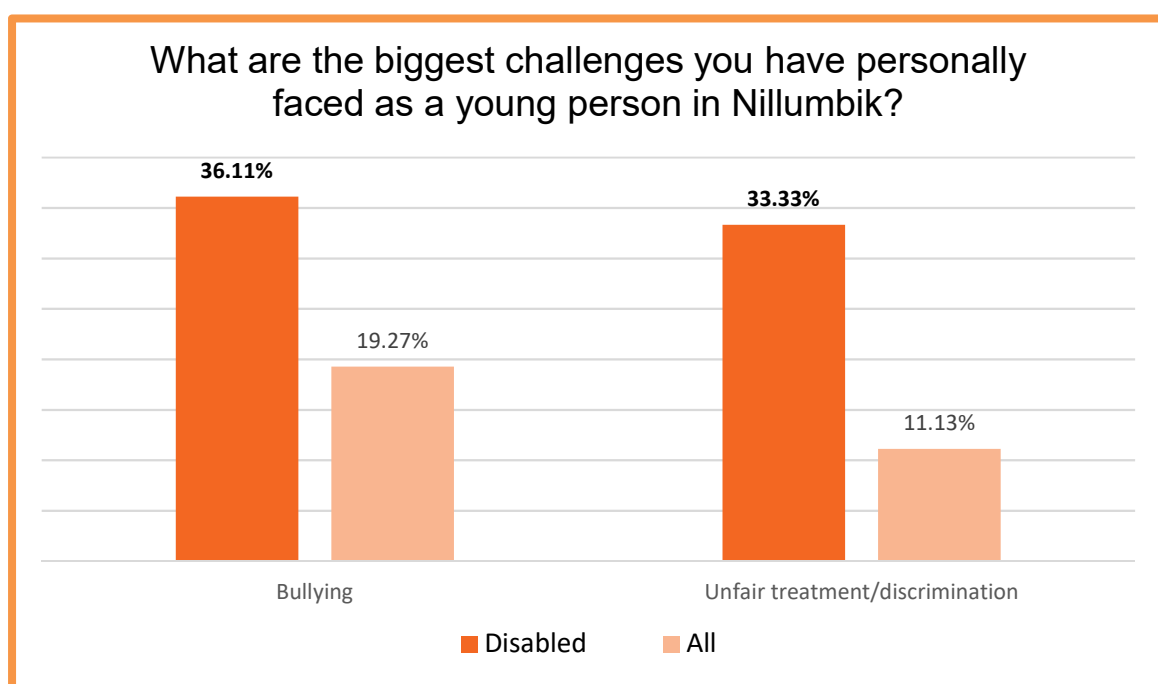
Alarmingly, amongst survey respondents that identify as **Aboriginal** (1.09%), when answering question 39, Bullying was **disproportionately higher** when compared to all survey respondents.

**Figure 16. Challenges faced personally by Aboriginal or Torres Strait Islander people**



Amongst survey respondents that identify as having a **disability** (5.61%), when answering question 39, *What are the biggest challenges you have personally faced as a young person in Nillumbik*, Bullying and Unfair treatment/discrimination was **considerably higher** when compared to all survey respondents.

**Figure 17. Challenges faced personally by people who identified as having a disability**

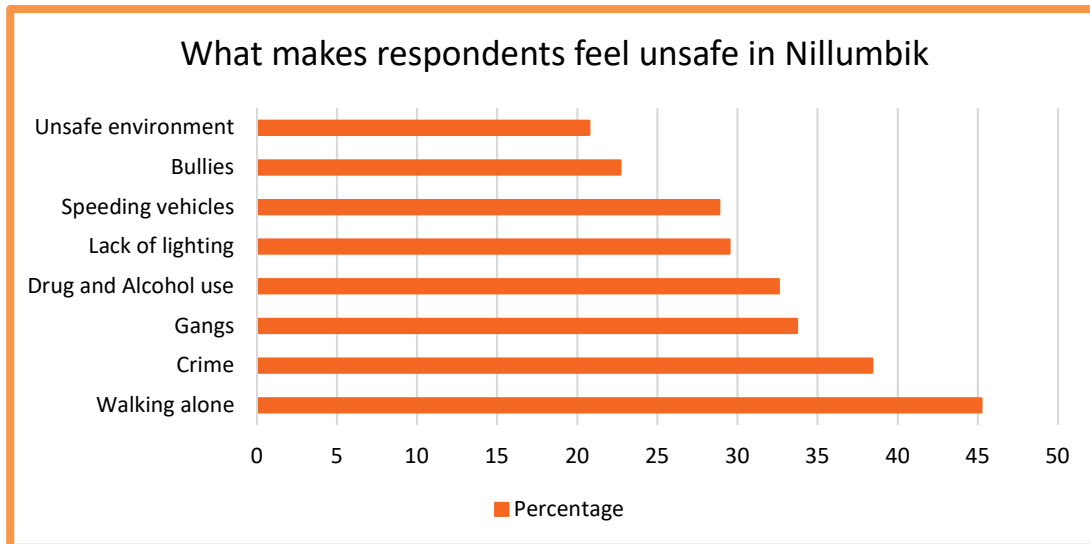




## Priority Area 5: Crime & Safety

Crime and Safety was the perceived **8th most important** issue for young people in Nillumbik Shire in the Youth Survey and the **3<sup>rd</sup> most important** issue at other engagement activities.

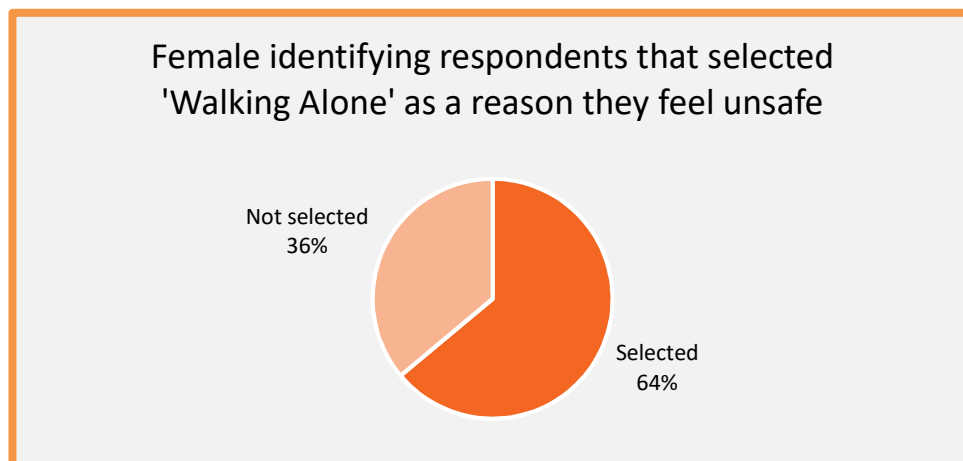
**Figure 18. Perceptions of safety**



When questioned on what makes them feel unsafe, of the 617 survey respondents that answered question 34, **over 45%** of respondents selected **walking alone**, followed by **crime** at 38.21%, **gangs** at 33.71%, **drug and alcohol** use at 32.58% and **lack of lighting** at 29.50%.

Amongst the respondents that selected walking alone as a reason they feel unsafe, **64%** of **female identifying** respondents selected walking alone, whereas only **13.38%** of **male identifying** respondents selected walking alone as a reason they feel unsafe.

**Figure 19. Female perceptions of safety**



This is highlighted when examining the answers from the 389 survey respondents that answered question 35, *What would make you feel safer in your neighbourhood*, the following responses to the survey were particularly insightful.

*“More protection like cameras in the streets especially for night time and women safety”*

*“Better lit areas (more street lights) and police patrols at night around local parks and other public areas”*

*“I think there should be brighter globes in street lights to create a safer environment for walking alone in the dark.”*

*“More lighting and more frequent and reliable public transport”*

## Conclusion and next steps

This report presents a summary of the key findings from the *Young minds: Your Voice, Our Future* engagement program to inform the development of Nillumbik's four year Youth Strategy and other key strategic planning documents for Council including the Council Plan and Municipal Public Health and Wellbeing Plan.

Further analysis of the engagement data will be used by the Youth Council to support Council in co-designing our first ever Youth-led Youth Strategy and action plan.

A draft Youth Strategy will be made available for public consultation later this year and adopted by December 2021. You can stay up to date via Council's Participate Nillumbik site <https://participate.nillumbik.vic.gov.au/young-minds> or email [youth@nillumbik.vic.gov.au](mailto:youth@nillumbik.vic.gov.au) for more information.

This report along with a one page key findings fact sheet will be made available on Nillumbik Youth's website and communicated through social media channels. Respondents who provided contact details will also be advised of how and where to access this report.

We wish to thank every person who made a contribution to this *Young Minds: Your Voice, Our Future* youth engagement exercise.

## References

ABS Patient Experiences in Australia: Summary of Findings, 2016-17 (2017) Table 6.2. Retrieved from <https://www.beyondblue.org.au/media/statistics>

Australian Bureau of Statistics (2020). Causes of Death, Australia, 2019: Intentional self-harm (suicide), Catalogue No 3303.0.

Australian Health Policy Collaboration. (2020, September). Australia's Health Tracker by Area, 2020. Public Health Information Development Unit (PHIDU). [https://atlasesaustralia.com.au/ahpc/data\\_notes.pdf](https://atlasesaustralia.com.au/ahpc/data_notes.pdf)

Australian Psychological Society. (2019). Young people's voices in the climate crisis: Psychology Week 2019 Report. The Australian Psychological Society Limited. <https://psychweek.org.au/wp/wp-content/uploads/2019/11/19APS-PsychWeek-Full-Report-FA.pdf>

Kessler, RD et al. (2005). Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication. Archives of General Psychiatry, 62: p. 593-602.

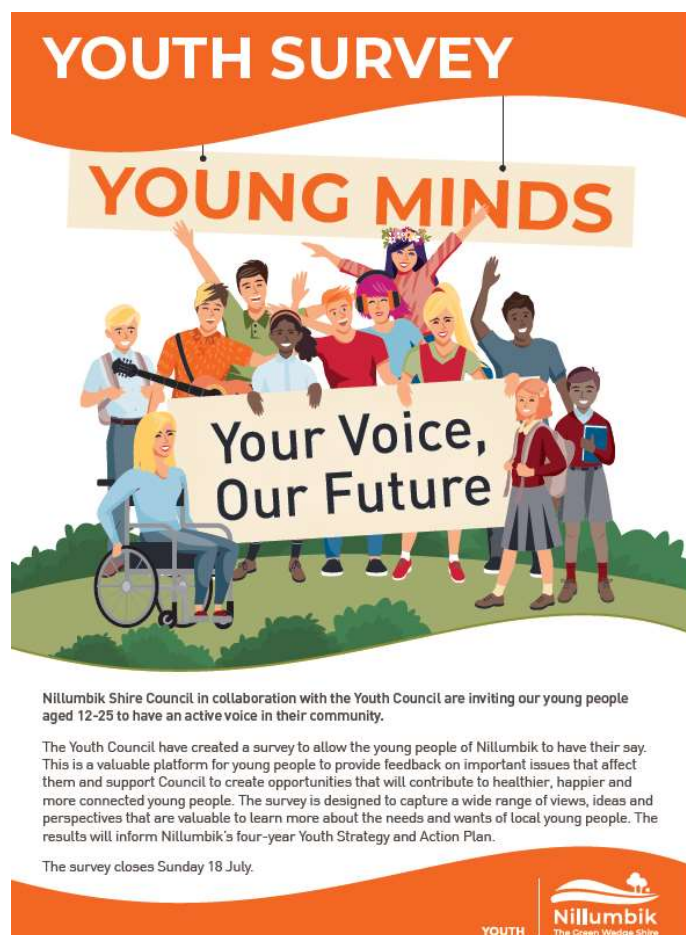
Robinson, KH, Bansel, P, Denson, N, Ovenden, G & Davies, C 2014, Growing Up Queer: Issues Facing Young Australians Who Are Gender Variant and Sexuality Diverse, Young and Well Cooperative Research Centre, Melbourne p V

Sanson, A. V., Van Hoorn, J., & Burke, S. E. L. (2019). Responding to the impacts of the climate crisis on children and youth. Child Development Perspectives. Advance Online Publication. doi:10.1111/cdep.12342

Strauss, P., Cook, A., Winter, S., Watson, V., Wright Toussaint, D., Lin, A. (2017). Trans Pathways: the mental health experiences and care pathways of trans young people. Summary of results. Telethon Kids Institute, Perth, Australia.

VicHealth: (2019). Evidence Check: Mental wellbeing risk & protective factors. <https://www.vichealth.vic.gov.au/-/media/ResourceCentre/PublicationsandResources/General/VicHealth-Attachment-1---Evidence-review-of-risk--protective-factors.pdf>

# Appendix 1 – Youth Survey



## Health and wellbeing

- Do you identify as having a mental illness?  
☐ Yes ☐ No ☐ Prefer not to answer
- If Yes, please select: *(Tick all that apply)*  
☐ Anxiety ☐ Depression ☐ OCD ☐ Bipolar Disorder  
☐ Panic disorder ☐ Substance Abuse ☐ Psychosis ☐ Personality Disorder  
☐ Eating disorder ☐ PTSD ☐ Prefer not to answer ☐ Other
- Have you visited a mental health service provider in the last 12 months?  
☐ Yes ☐ No ☐ Unsure ☐ Prefer not to answer
- If yes, how long did it take to book a session with a mental health service provider?  
☐ Less than a week ☐ A week ☐ A couple of weeks ☐ Over a month  
☐ A month ☐ Unsure
- If yes, how satisfied are you with the mental health services available in Nillumbik?  
☐ Extremely satisfied ☐ Somewhat satisfied ☐ Neither satisfied nor dissatisfied  
☐ Somewhat dissatisfied ☐ Extremely dissatisfied
- If you answered between 'Extremely dissatisfied' and 'Neither satisfied nor dissatisfied' please explain your reasoning:  


---
- How regularly are you physically active? *(Active for 30+ minutes)*  
☐ Less than once a week ☐ 1-2 times a week ☐ 3-4 times a week ☐ 5+ times a week
- At any time in the past 12 months have you run out of food and could not afford to buy more?  
☐ Yes ☐ No ☐ Prefer not to answer
- How would you rate your overall health? *(Both physical and mental)*  
☐ Excellent to very good ☐ Good ☐ Fair to poor

## About you

- Age  
☐ 12-14 ☐ 15-17 ☐ 18-24
- How do you identify?  
☐ Male ☐ Female ☐ Non-binary ☐ Prefer not to answer  
☐ Prefer to self-describe:
- Suburb or Town:
- Do you identify as: *(Tick box)*  
☐ Aboriginal and/or ☐ Torres Strait Islander
- Country of birth:
- Language/s spoken at home:
- What is your religion?  
☐ No religion ☐ Christian ☐ Buddhist ☐ Hindu  
☐ Jewish ☐ Muslim ☐ Sikh ☐ Other religion  
☐ Prefer not to answer
- Do you identify as LGBTQIA+?  
☐ Yes ☐ No ☐ Prefer not to answer
- Do you identify as having a disability?  
☐ Yes ☐ No ☐ Prefer not to answer
- Which of the following best describes your current housing situation?  
☐ Living with family or guardians ☐ Living with others and assisting with paying rent or mortgage  
☐ Renter ☐ Homeless or at risk of homelessness  
☐ Home owner ☐ Living with others but not paying rent or mortgage  
☐ Other (please describe):

## Living In Nillumbik

- What do you love the most about living in Nillumbik? *(Tick all that apply)*  
☐ Environment ☐ School ☐ Facilities  
☐ Community ☐ Sport ☐ Friends  
☐ Transport ☐ Parks ☐ Art  
☐ Other (please describe):
- Are you part of any social or sporting groups outside of school? *(Tick all that apply)*  
☐ Sporting club ☐ Social group ☐ Scouts / Guides  
☐ Arts/music/theatre ☐ Volunteering ☐ Church Group  
☐ Other (please list if applicable)
- What facilities do you use in Nillumbik? *(Tick all that apply)*  
☐ Playgrounds ☐ Parks ☐ Health services  
☐ Community centres ☐ Living and Learning centre ☐ Shops  
☐ Skate parks ☐ Walking paths ☐ Sporting clubs  
☐ Bike jumps ☐ Libraries ☐ Bike tracks  
☐ Other (please specify):
- What services, activities or facilities would you like to see more of or improved for young people in Nillumbik? *(Tick all that apply)*  
☐ Youth centre/hub ☐ Skate facilities ☐ Cinema  
☐ Live music ☐ Gyms / fitness centre ☐ Shops  
☐ BMX jumps ☐ Art programs ☐ Sport facilities  
☐ Walking spaces ☐ Aboriginal and Torres Strait Islander services and programs ☐ Swimming pool  
☐ Social groups ☐ Rehearsal/Recording spaces for musicians  
☐ Counselling services ☐ Events ☐ LGBTQIA+ services and programs  
☐ Employment support ☐ Playgrounds ☐ Work experience  
☐ Basketball ☐ Training and education  
☐ Mental health services  
☐ Youth leadership opportunities  
☐ Other (please specify):
- How safe do you feel in your community? *(Please circle one)* 1 2 3 4 5  
extremely unsafe extremely safe
- What makes you feel unsafe? *(Tick all that apply)*  
☐ Crime ☐ Drug & Alcohol use ☐ Gangs ☐ Unsafe environment  
☐ Neighbours ☐ Walking alone ☐ Speeding vehicles ☐ Family  
☐ Bullies ☐ Lack of lighting ☐ No issues ☐ Other



26. What would make you feel safer in your neighbourhood?

---

27. Are you satisfied with the public transport system in Nillumbik?

☐ Yes ☐ No ☐ Unsure

28. Has your day-to-day travel been limited or restricted for any reason in the past 12 months? If yes, please select a reason/s below. (Tick all that apply)

☐ No access to a motor vehicle when needed ☐ A health problem or physical activity  
☐ No public transport in your area ☐ Fear of personal security  
☐ Public transport doesn't go where you needed to go ☐ Fear of safety when travelling on busy roads  
☐ Public transport runs at the wrong time ☐ Poor quality or a lack of footpaths  
☐ Public transport is too expensive ☐ Poor quality or a lack of bicycle paths  
☐ Other (please specify):

---

## Issues for young people in Nillumbik

29. What do you think are the top three most important issues for young people in Nillumbik today?

☐ Mental health ☐ Discrimination ☐ Family violence  
☐ Physical health ☐ Access and inclusion ☐ Homelessness  
☐ Employment ☐ Public transport ☐ Crime and safety  
☐ Access to information ☐ Bullying ☐ COVID-19  
☐ The environment ☐ Social connection ☐ School and education  
☐ Sustainability ☐ Access to services ☐ Community infrastructure  
☐ Climate change ☐ Housing options ☐ Gambling  
☐ Community connection ☐ Family conflict  
☐ Other (please describe):

---

30. What are the biggest challenges you have personally faced as a young person in Nillumbik? (Tick all that apply)

☐ School stress ☐ Homelessness/couch surfing ☐ Unfair treatment or discrimination  
☐ Pressure from parents/family ☐ Unstable housing ☐ Depression  
☐ Anxiety ☐ Parental divorce/separation ☐ Family violence  
☐ Gambling ☐ Relationship issues ☐ Drugs and Alcohol  
☐ Body image/eating disorder/disordered eating ☐ Unemployment ☐ Financial challenges  
☐ Bullying ☐ Managing a health issue ☐ Crime  
☐ Loneliness/social isolation ☐ School disengagement ☐ Undervalued  
☐ Peer pressure ☐ Drugs and alcohol use ☐ Not represented in decision making  
☐ Other:

---

## Other information

35. What is your sexual orientation?

☐ Asexual ☐ Lesbian ☐ Bisexual ☐ Heterosexual or straight  
☐ Gay ☐ Queer ☐ Pansexual  
☐ Prefer not to answer ☐ None of the above, please specify:

---

36. Do you consider yourself to be Transgender?

☐ Yes ☐ No ☐ Prefer not to answer

---

37. Employment

☐ Employed full time ☐ Employed part time ☐ Casual ☐ Unemployed  
☐ Other

---

38. Are you satisfied with the number of hours you work a week?

☐ Yes ☐ No

---

39. Do you currently receive an Australian Government payment (e.g. Centrelink)?

☐ Yes ☐ No ☐ Unsure ☐ Prefer not to answer

---

40. How often do you consume alcohol?

☐ Never ☐ Socially (once a week) ☐ Only on weekends  
☐ Only on special occasions ☐ Every day ☐ Rarely (once a month)  
☐ Often (3-5 times a week) ☐ Occasionally (once a fortnight)

---

41. Have you ever taken recreational drugs?

☐ Yes ☐ No ☐ Prefer not to answer

---

42. How much do you know about how STIs (sexually transmitted infections) are spread and prevented?

☐ A lot ☐ Some ☐ Only a little ☐ Nothing at all ☐ Don't know

---

43. Do you know of a place where you can go for any kind of services or information on birth control, pregnancy, or STIs (sexually transmitted infections)?

☐ Yes ☐ No

---

44. How satisfied are you with the sexual health education you received in school?

*Only answer if applicable.*

☐ Extremely satisfied ☐ Somewhat satisfied ☐ Neither satisfied nor dissatisfied  
☐ Somewhat dissatisfied ☐ Extremely dissatisfied

---

45. If you answered between 'Extremely dissatisfied' and 'Neither satisfied nor dissatisfied' please explain your reasoning:

---

31. What factors impact on your ability to work or study? (Tick all that apply)

☐ I don't have any barriers to my work or study ☐ Financial difficulties ☐ Racism  
☐ Mental health ☐ Physical health ☐ Time  
☐ Lack of jobs ☐ Support from school ☐ Attention span  
☐ Transport ☐ COVID-19 ☐ Peers  
☐ Accessibility ☐ Cultural expectations ☐ Disability  
☐ Academic ability ☐ Family support ☐ Language  
☐ Lack of information ☐ Motivation ☐ Socialising  
☐ Family responsibilities ☐ Discrimination ☐ Technology  
☐ Other (please specify):

---

32. What are the top three priority areas that you would like support from Council on?

☐ Mental health ☐ LGBTQIA+ ☐ Volunteer opportunities and skill development  
☐ General health and wellbeing ☐ Reconciliation ☐ Advocating to state and federal government on youth issues  
☐ Employment and training ☐ Climate change ☐ Leadership opportunities  
☐ Suicide prevention ☐ Accessibility ☐ Outdoor recreational facilities  
☐ Drug usage support ☐ Social connection/social inclusion ☐ Youth spaces and places  
☐ Bullying / Emotional abuse ☐ Hosting events and activities  
☐ Coping with stress ☐ School holiday programs  
☐ Discrimination  
☐ Programs (please specify the types of programs you are interested in):

---

☐ Other

---

33. What specific youth focused activities, programs or events would you like to see in Nillumbik?

---



---

Is there anything this survey has not covered that you wish to comment on?

---



---

## Communication

34. What is the best way to communicate information with you?

☐ Email ☐ Monthly Newsletter ☐ Snapchat  
☐ Text ☐ Facebook ☐ Twitter  
☐ Instagram ☐ Nillumbik Youth Website ☐ Flyers / posters  
☐ Other:

---

Thank you for your time in completing this survey and contributing to creating healthier, happier and more connected young people in Nillumbik.

Nillumbik Shire Council is inviting submissions for the purpose of facilitating effective community engagement to help inform our youth strategy.

The full content of a personal submission including any name/s is a public record and may be made available for public inspection and included in Council business papers. Contact information will be redacted. Names will not be redacted unless anonymity is expressly requested and confidentiality granted to a submission.

The full content of a submission made on behalf of an organisation in relation to the Young Minds Your Voice, Our Future survey, including the name of the organisation is a public record and may be made available for public inspection and included in Council business papers. Not providing the mandatory information will mean that your submission cannot be accepted.

You have the right to access and correct your personal information. Enquiries for access should be made to the Privacy Officer 9433 3271, [privacy@nillumbik.vic.gov.au](mailto:privacy@nillumbik.vic.gov.au) or PO Box 476, Greensborough Vic 3088.

Would you be interested in participating in future engagement opportunities to advocate on behalf of the issues and opportunities for young people in Nillumbik?

If yes:

Name:

Email:

Phone:

This survey contained material that may be confronting for some, some questions maybe causing sadness or distress, or trigger traumatic memories for people, particularly survivors of past abuse, violence or childhood trauma. If you need to talk to someone, support is available, listed below are a few mental health providers if you feel the need to reach out.

Lifeline: 13 11 14 | Kids Helpline: 1800 551 800 | Suicide Call Back Service: 1300 659 467  
 Beyond Blue: 1300 22 46 36 | HeadSpace: 1800 650 890 | QLife: 1800 184 527

Nillumbik Shire Council

Civic Drive (PO Box 476) Greensborough Victoria 3088  
 03 9433 3111 | [nillumbik@nillumbik.vic.gov.au](mailto:nillumbik@nillumbik.vic.gov.au)

[Facebook](https://www.facebook.com/nillumbik.vic) [Instagram](https://www.instagram.com/nillumbik.vic) [LinkedIn](https://www.linkedin.com/company/nillumbik.vic) [YouTube](https://www.youtube.com/channel/UCnillumbik.vic)  
[nillumbik.vic.gov.au](https://www.nillumbik.vic.gov.au)