



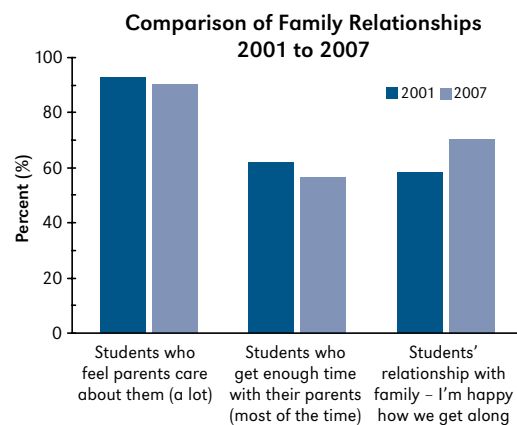
## Initial Findings from the Youth'07 Survey

A fact sheet based on selected findings from the Youth'07 National Survey of the Health and Wellbeing of Secondary School Students in New Zealand with some comparisons to the first Youth2000 survey conducted in 2001.

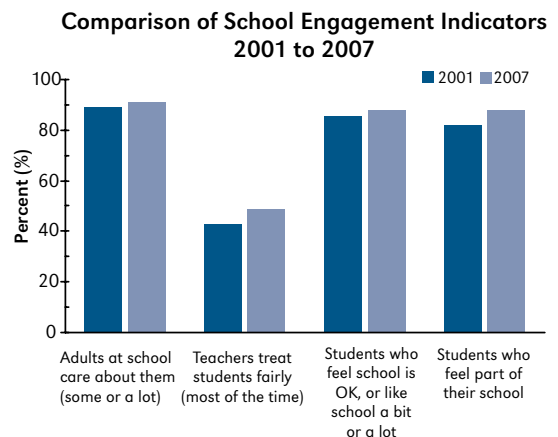
### Highlights:

- Most students report that they are happy with their family relationships and that their parents care a lot about them
- Most students like school and the majority of students feel they are part of their school
- Almost all students have friends and most are involved in their communities
- Spiritual beliefs are very important for one-third of students
- Since 2001 there has been a marked improvement in students' emotional wellbeing
- The proportion of students smoking cigarettes has fallen considerably between 2001 and 2007
- The sexual health behaviour of students has not changed since 2001
- Some nutrition and physical activity behaviours appear to have improved between 2001 and 2007

Strong connections to people who care about them at home, in school and in their community are very important for young people's health and wellbeing. Most students report that they are happy with their family relationships and that their parents care a lot about them. Almost 45% of students report not getting enough time with their parents – usually because they were busy with work.



Healthy and positive school environments are important for students' achievement at school and their wellbeing. The school environment has improved between 2001 and 2007 with more students feeling connected to school and feeling safe at school in 2007 compared to 2001.



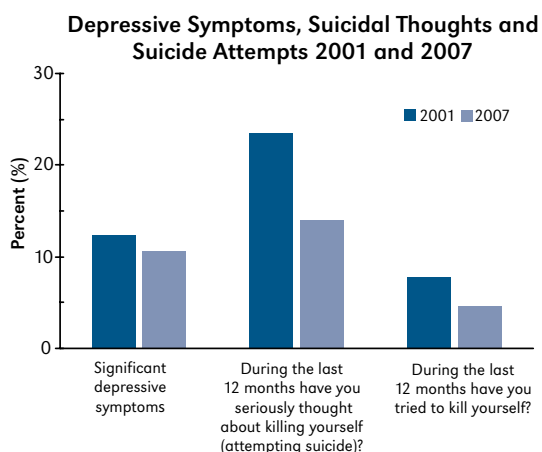
Students in 2007 are well connected to their friends and are active members of their community. Students who reported that their friends care about them increased from 63% in 2001 to 72% in 2007. More students reported that they belonged to a youth group or club – an increase, from 51% in 2001 to 59% in 2007. Most students have an adult outside their family they can talk to in their community if they have a serious problem. And most students continue to feel safe in their neighbourhood.

Spiritual beliefs remain very important for some students. About one-third of students attend a place of worship weekly or more often and 29% report that their spiritual beliefs are very important to them. These percentages have not changed since 2001.

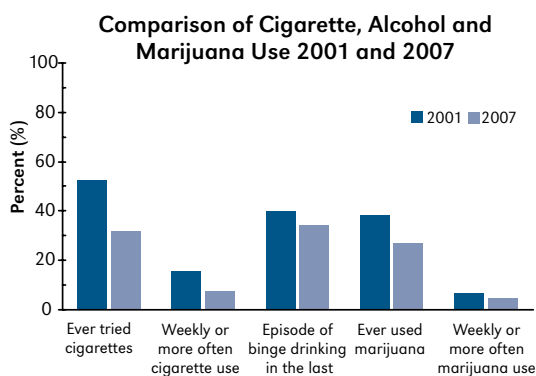
Overall there has been a marked improvement in students' emotional wellbeing since 2001. In 2007 92% of students reported being OK or very happy with their lives compared to 86% in 2001. There is a reduction in the number of students who report significant depressive symptoms and the number of students who had thought about or attempted suicide in the last 12 months.



Students' use of addictive substances has decreased. Only 8% of students report smoking cigarettes weekly or more often in 2007 compared to 16% in 2001. Fewer students had ever tried smoking cigarettes - down from 52% in 2001 to 32% in 2007. Similarly, the number of students who use marijuana has also decreased from 39% in 2001 to 27% in 2007.



About a third of students reported that they had ever had sexual intercourse – this was unchanged from 2001. The number of students who report always using contraception (81%) and who used a condom the last time they had sexual intercourse (64%) has remained unchanged since 2001.



Some nutrition and physical activity behaviours improved between 2001 and 2007. More students reported that they always eat breakfast - an increase from 51% in 2001 to 58% in 2007. Some students are more active but more students reported spending time watching TV or using the internet in 2007 than in 2001. Approximately one-third of students are overweight or obese.

**Reference:**

Adolescent Health Research Group, (2008). *Youth'07: The Health and Wellbeing of Secondary School Students in New Zealand: Technical Report*. Auckland: The University of Auckland.

