

Dr Simon Denny
on behalf of the Adolescent Health Research Group

YOUTH'07 HIGHLIGHTS & ADVOCACY



Youth'07

- The second national survey of the health and wellbeing of New Zealand Secondary School Students.
- Run by the Adolescent Health Research Group at the University of Auckland



Methodology

- Two stage random sample
 - 96/115 schools agreed to participate (84%)
 - 9,107/12,549 students participated (75%)
- Overall response rate 63%



Methodology



INTRODUCTION

Intro 1 2 3 4 5 6 7 8 9 Finish

How old are you?

- under 12 years
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- over 19 years

GO

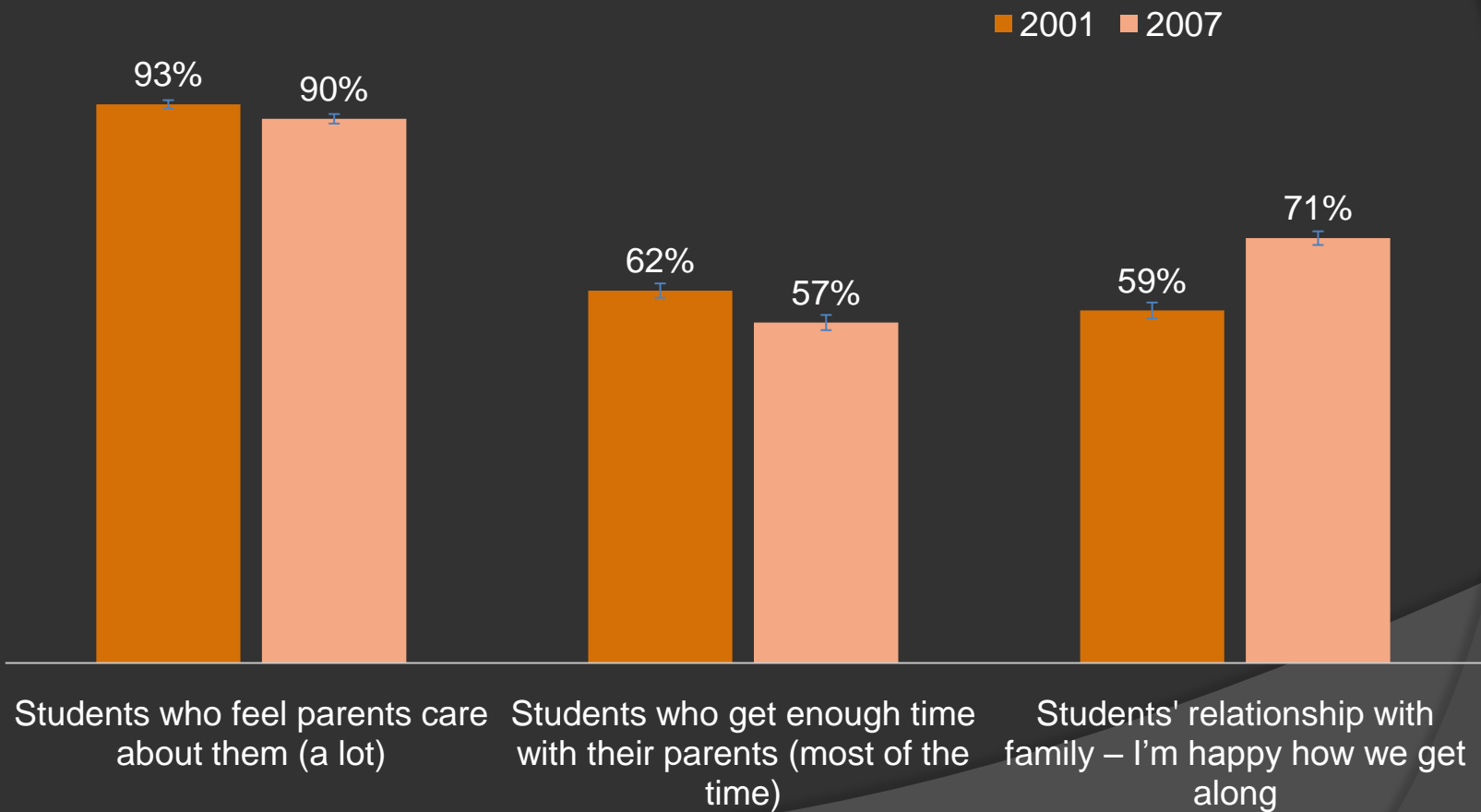


Why is information from the Youth2000 surveys important?

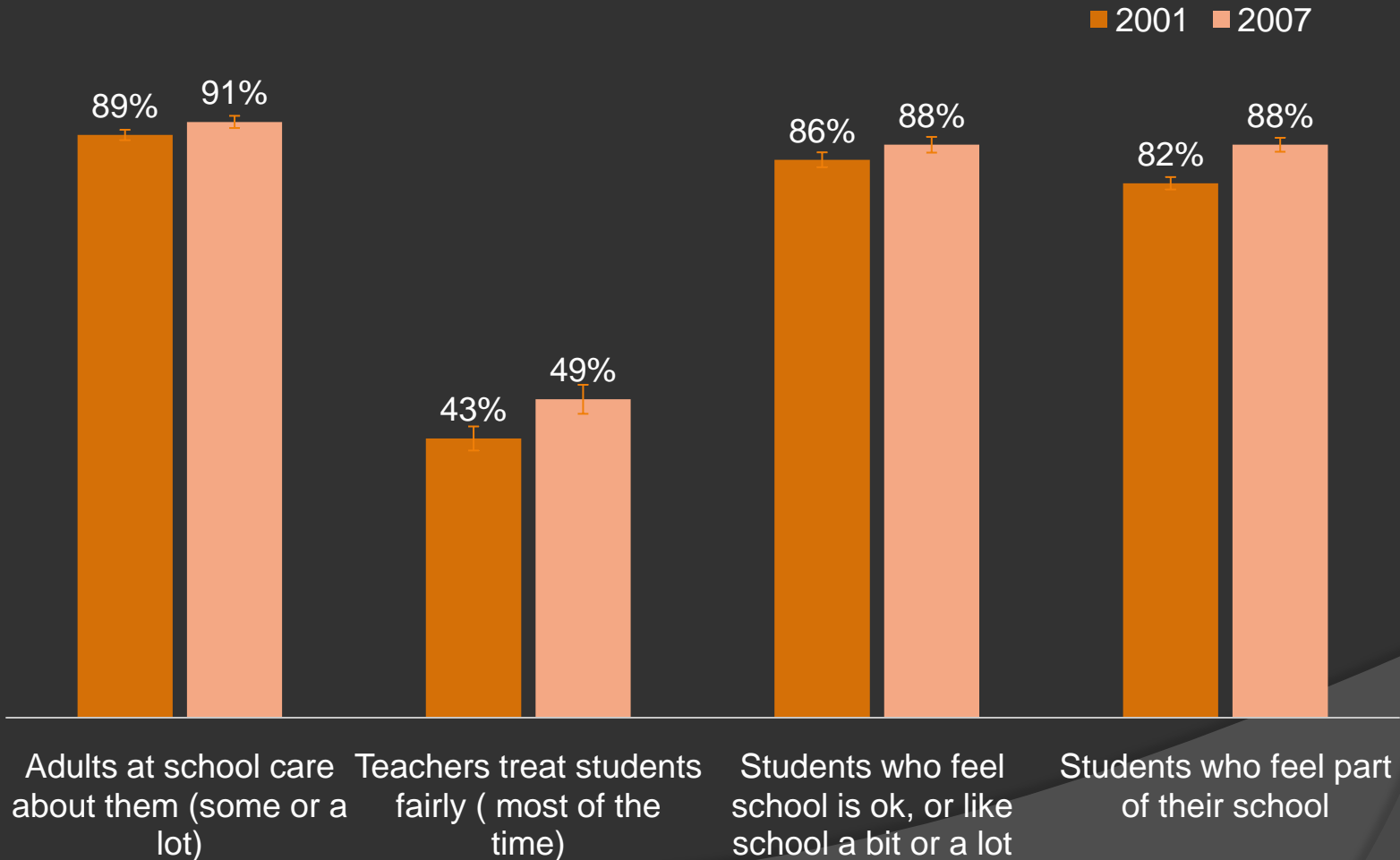
- Nationally representative
- Largest surveys of young people in New Zealand
- Comprehensive
- Robust and accurate
- Trends over time
- Identifies areas of concern
- Dispels myths
- Gives young people a voice

Trends over time

Comparison of Family Relationships 2001 to 2007

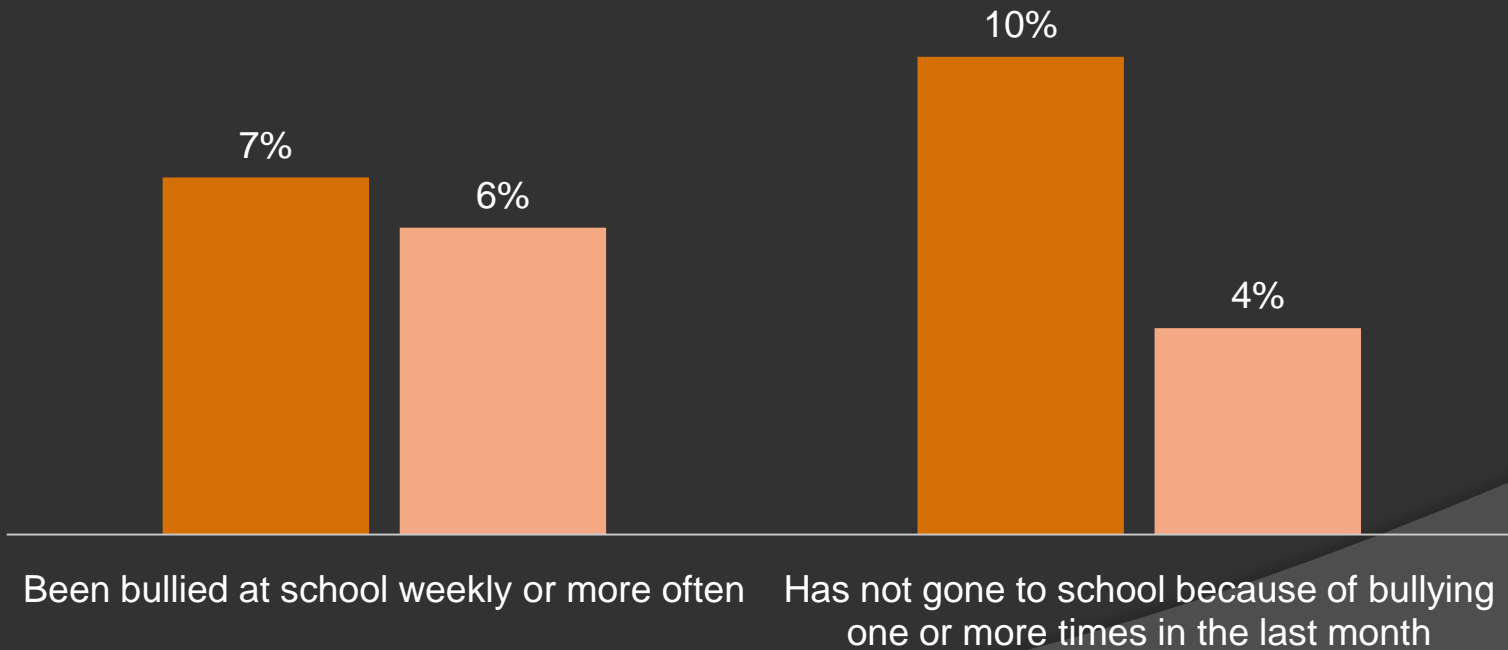


Comparison of School Engagement Indicators 2001 to 2007

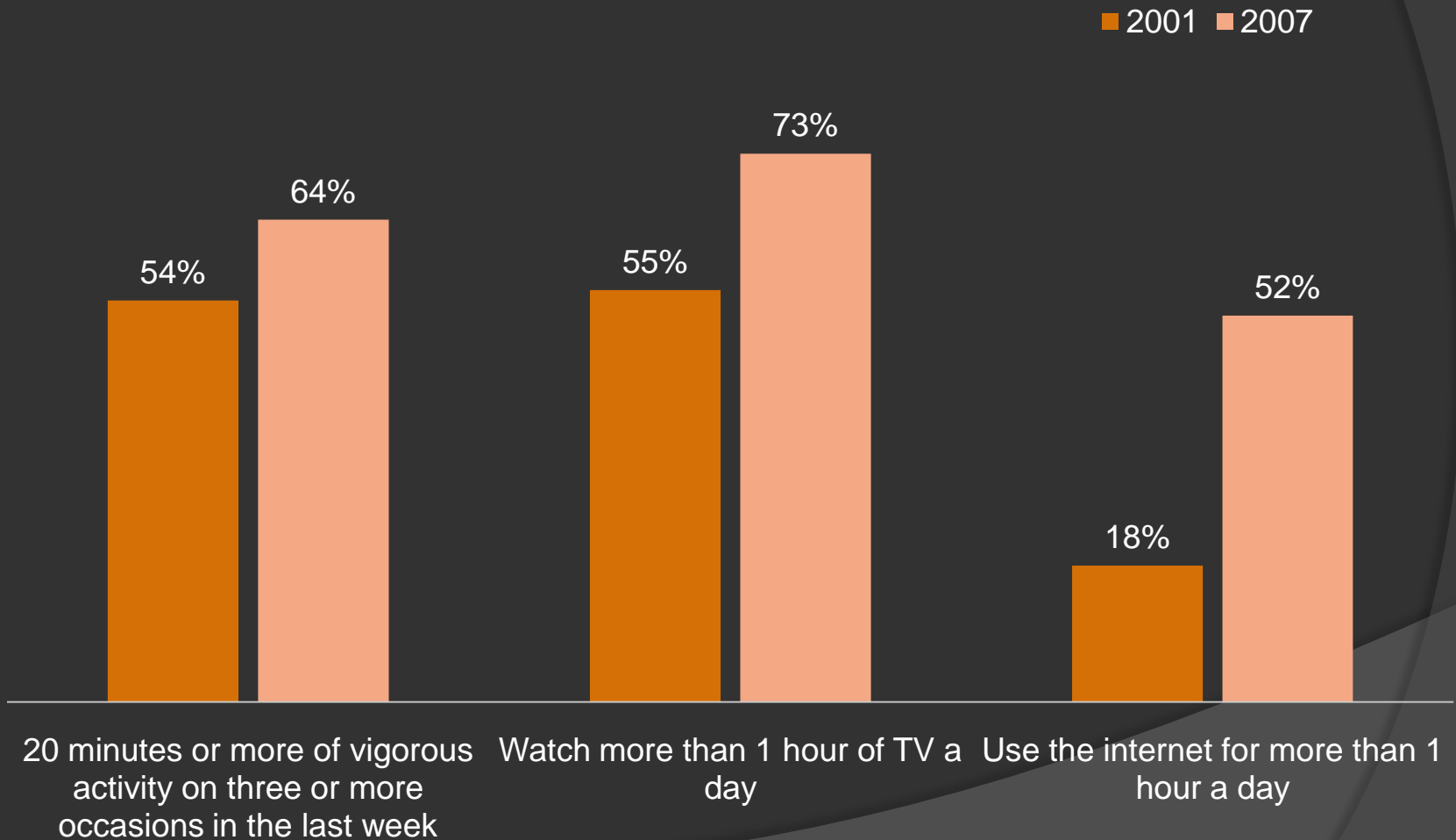


Comparison of School Safety 2001 to 2007

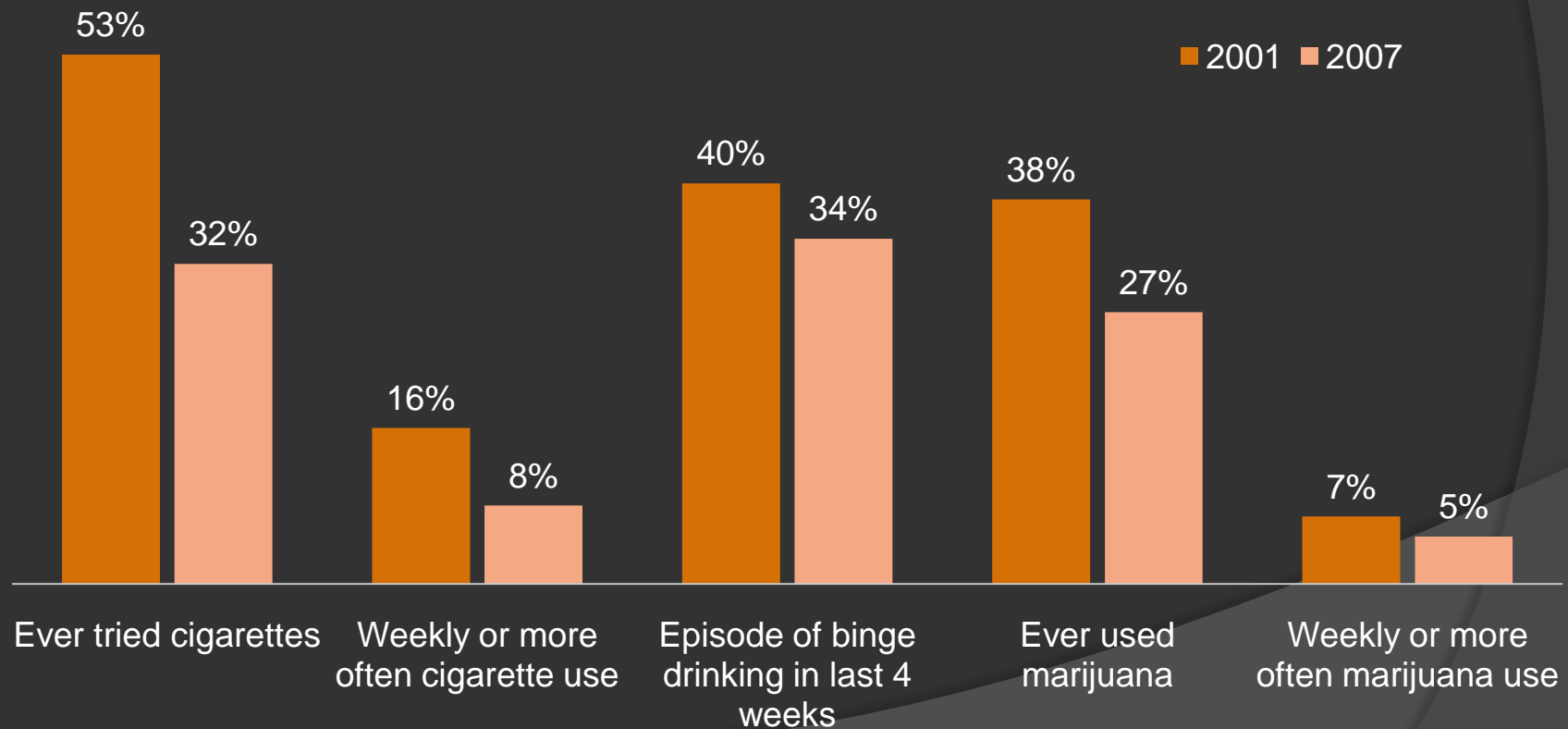
■ 2001 ■ 2007



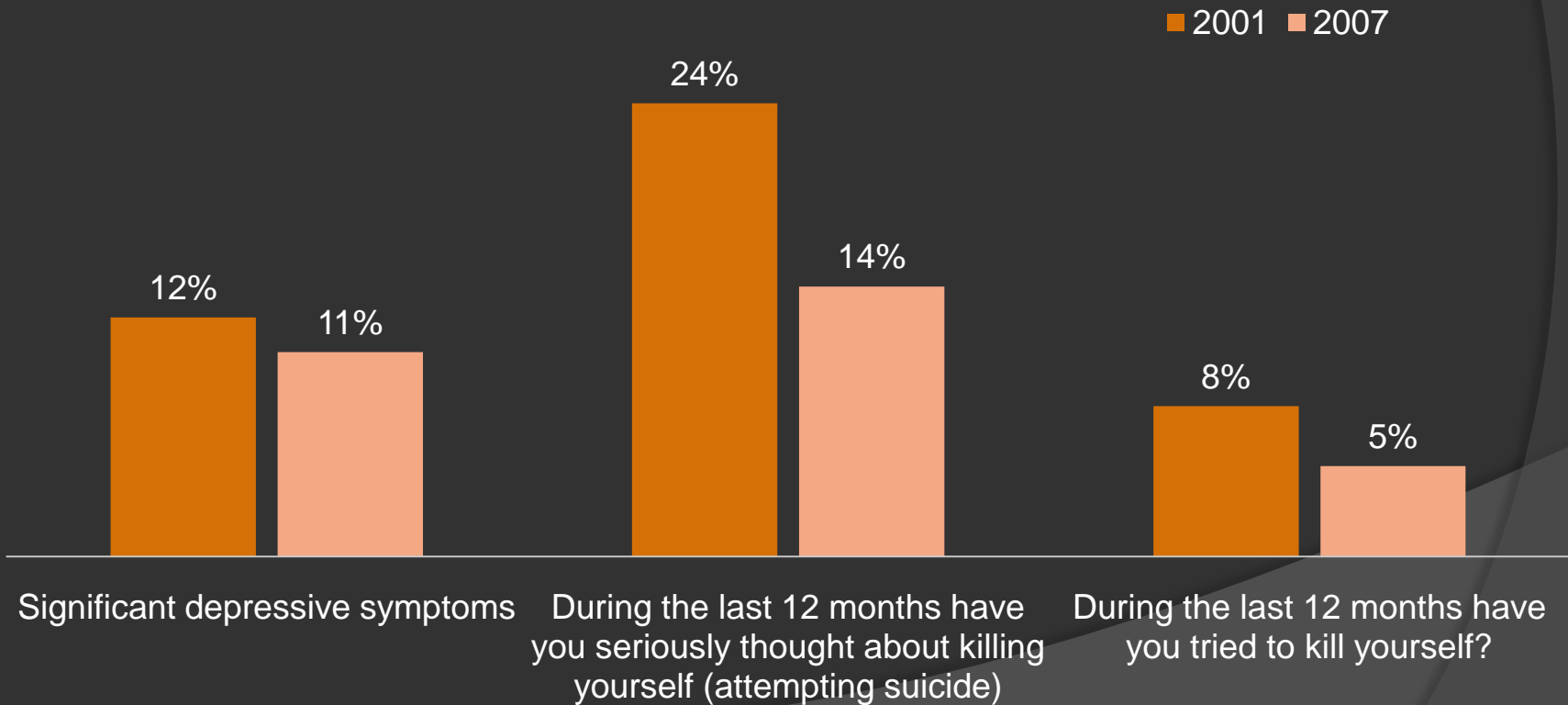
Comparison of Activities 2001 to 2007



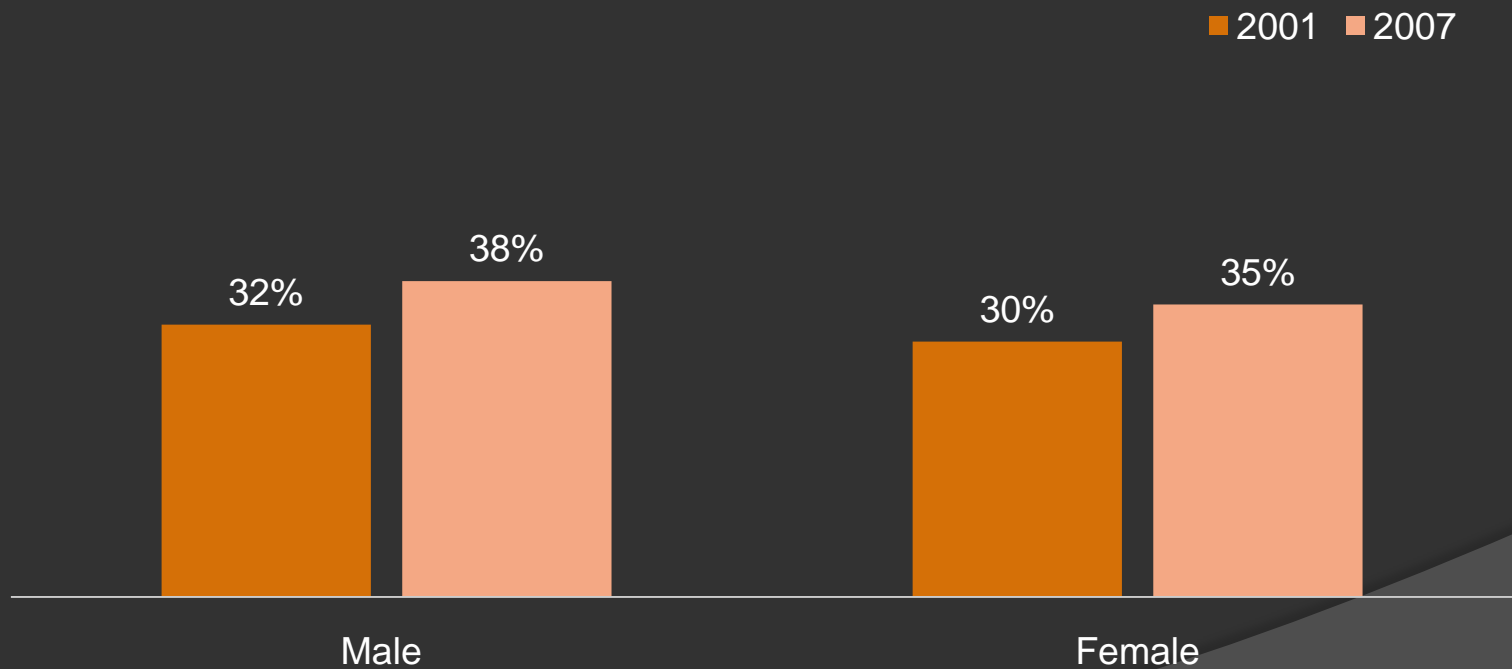
Comparison of Cigarette, Alcohol and Marijuana Use 2001 to 2007



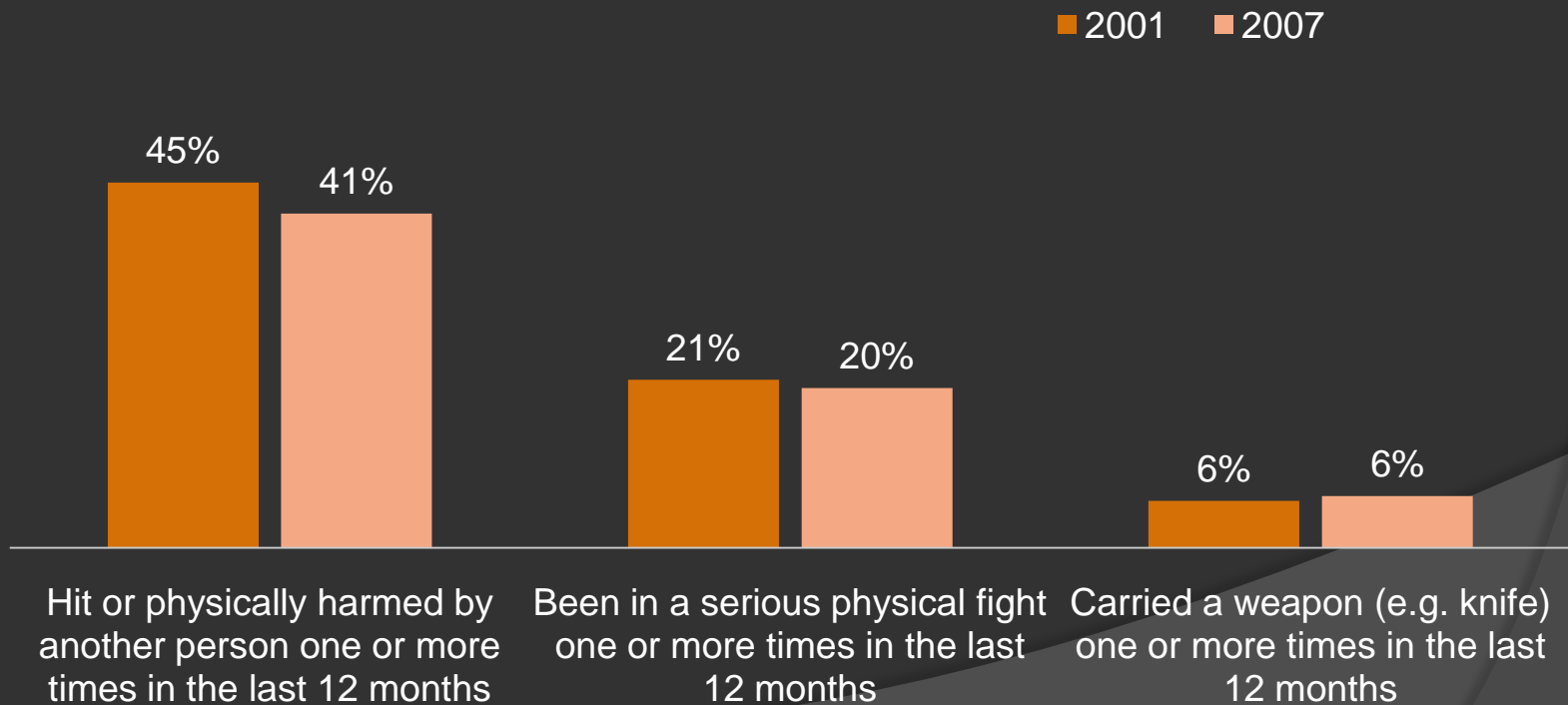
Depression Symptoms, Suicidal thoughts and Suicide attempts 2001 and 2007



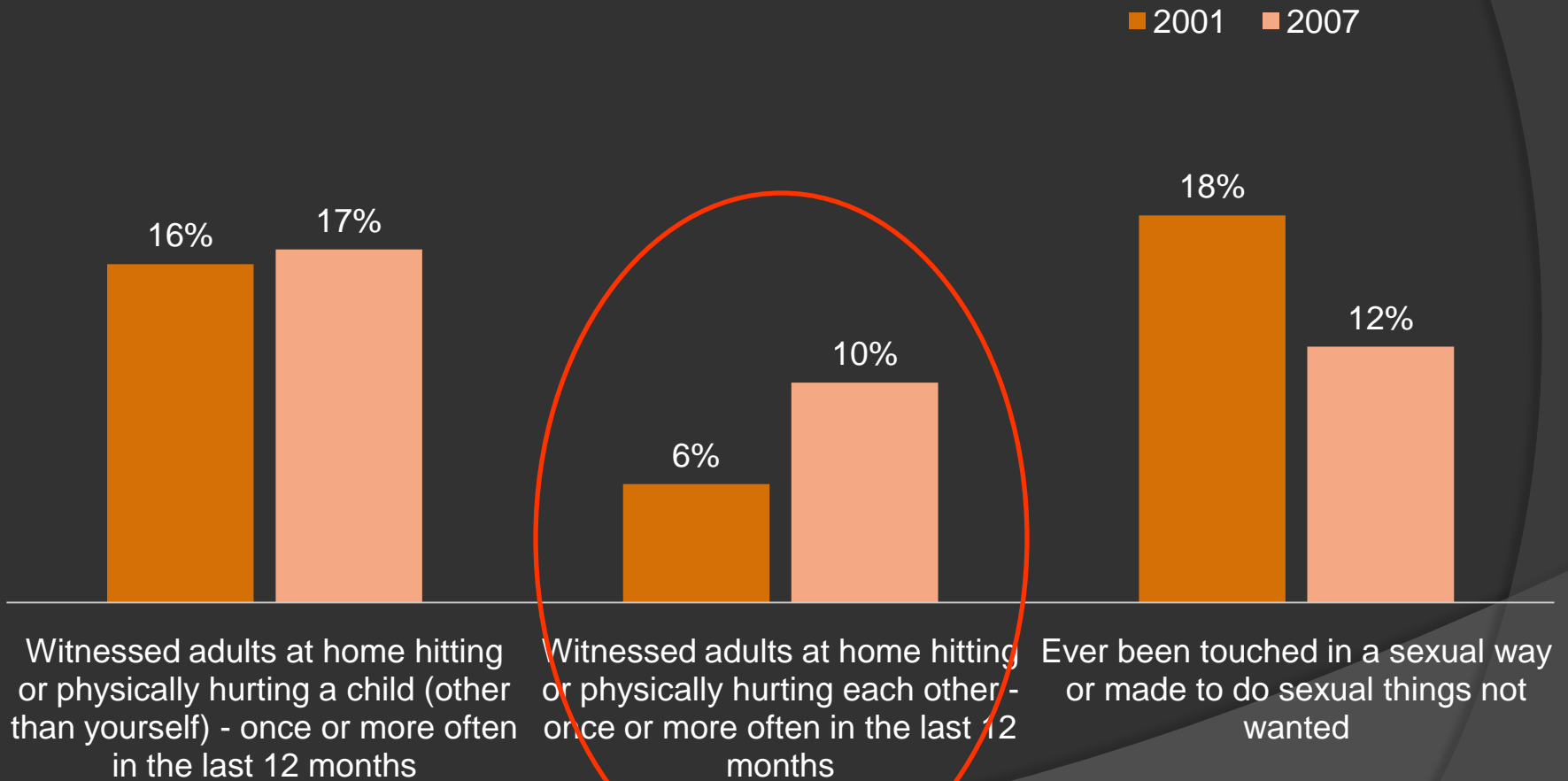
Proportion of students who have had sex 2001 and 2007



Violent behaviours during the last 12 months 2001 and 2007

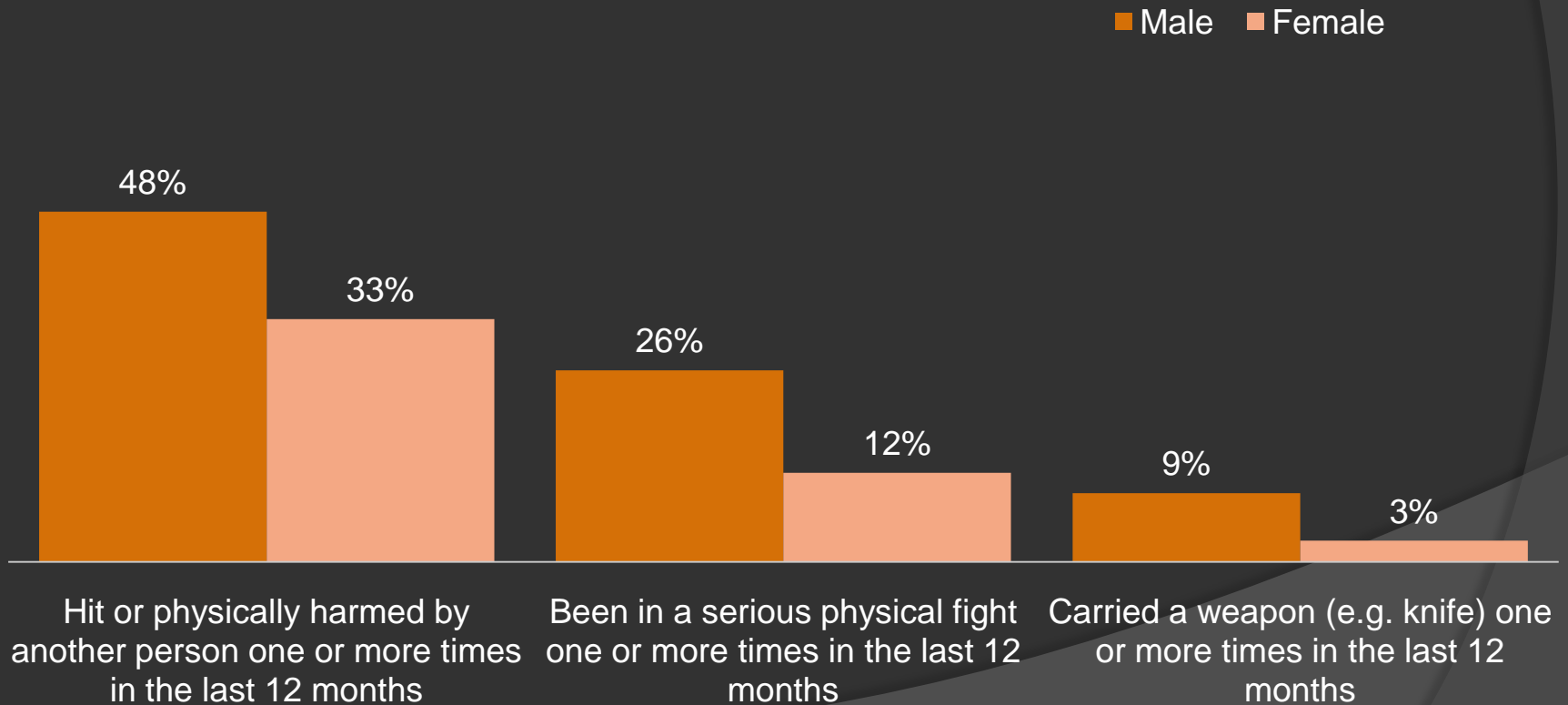


Witnessing violence within the home and Sexual abuse 2001 and 2007



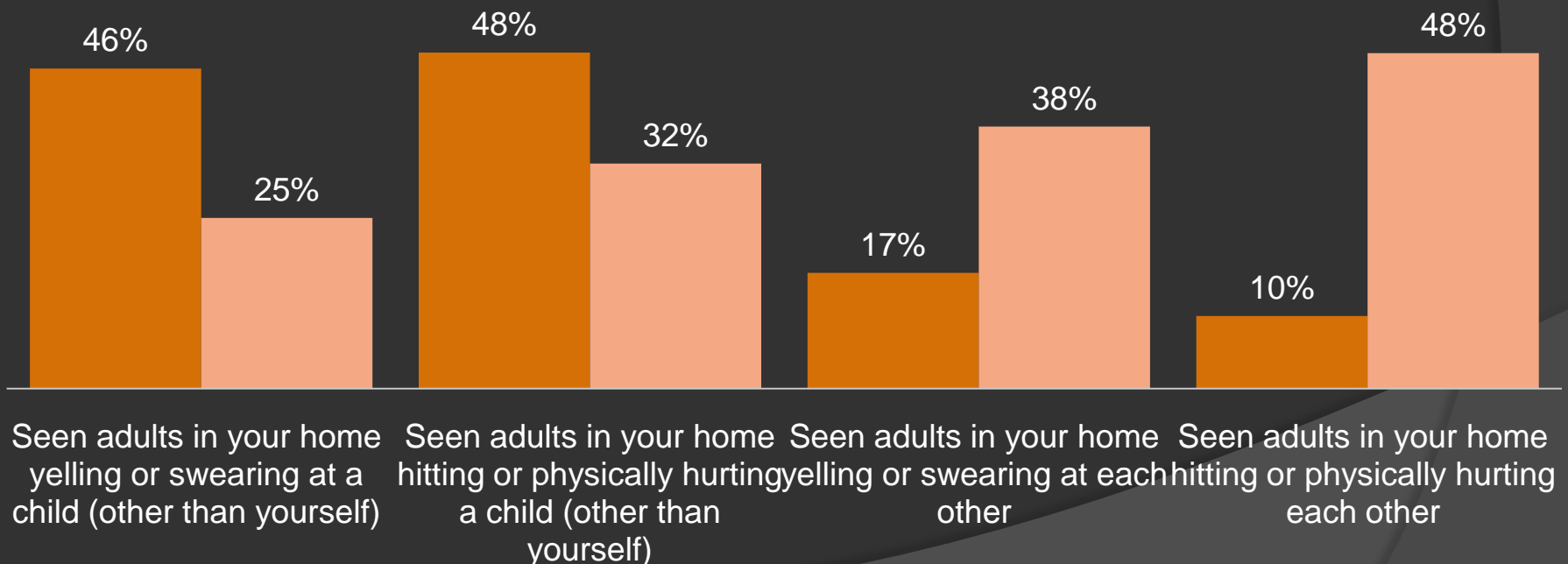
Identifying Issues

Violence and harm in the last 12 months

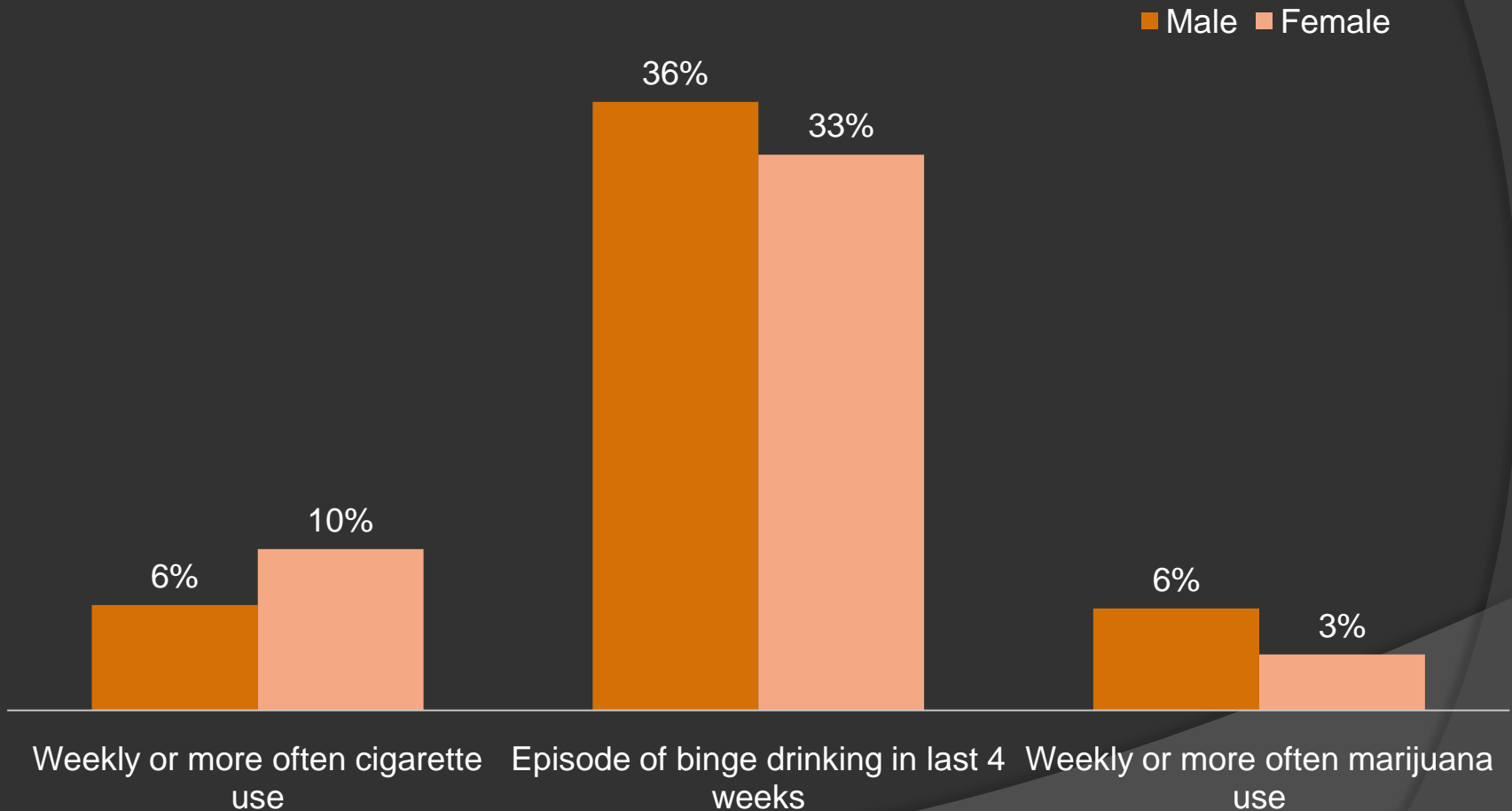


Witnessing violence in students' homes in the last 12 months

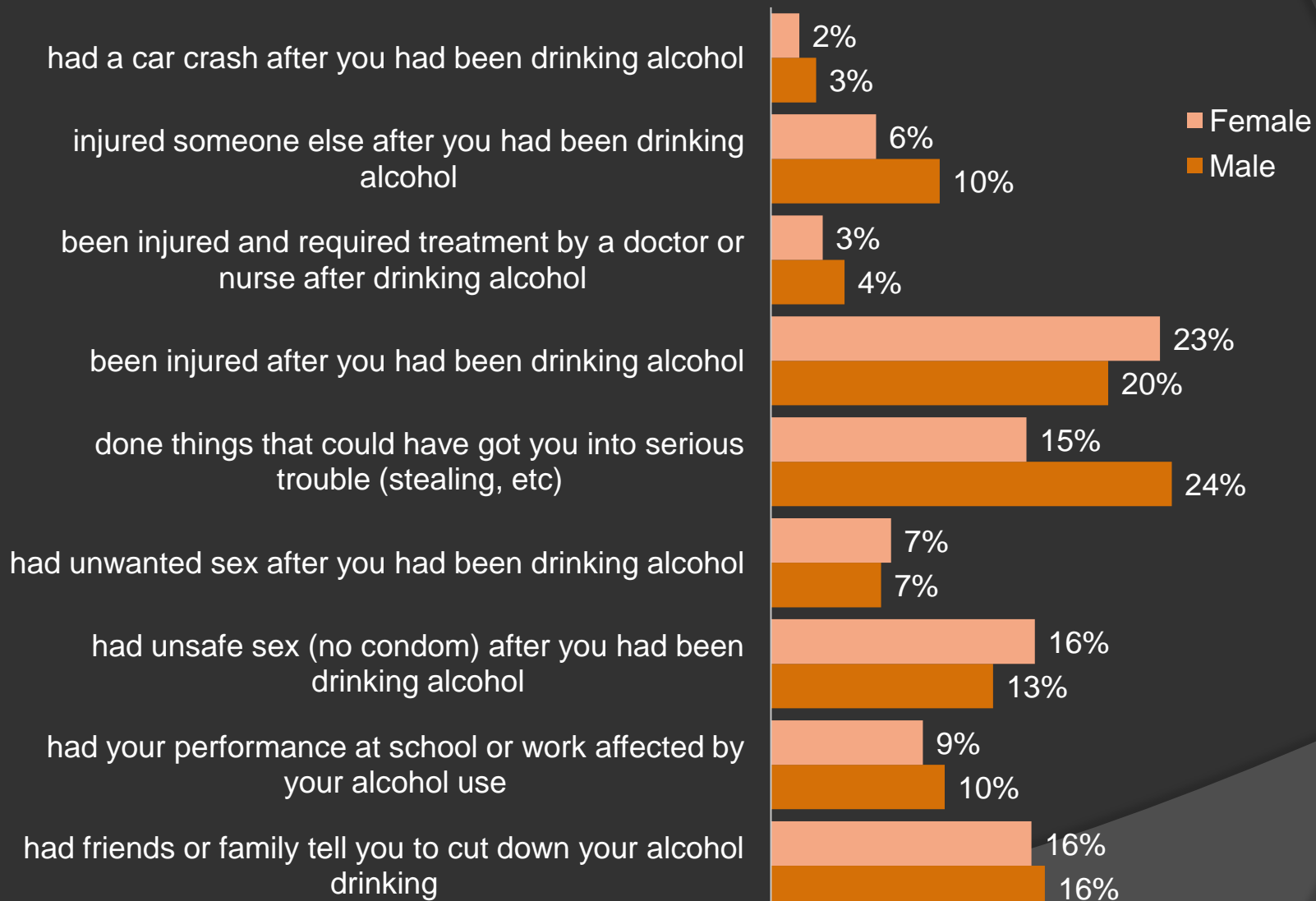
- Percentage witnessing violence once or more often in the last 12 months
- Percentage reporting violence as pretty bad, really bad or terrible



Cigarette, Alcohol and Marijuana Use



Problems from Alcohol Use



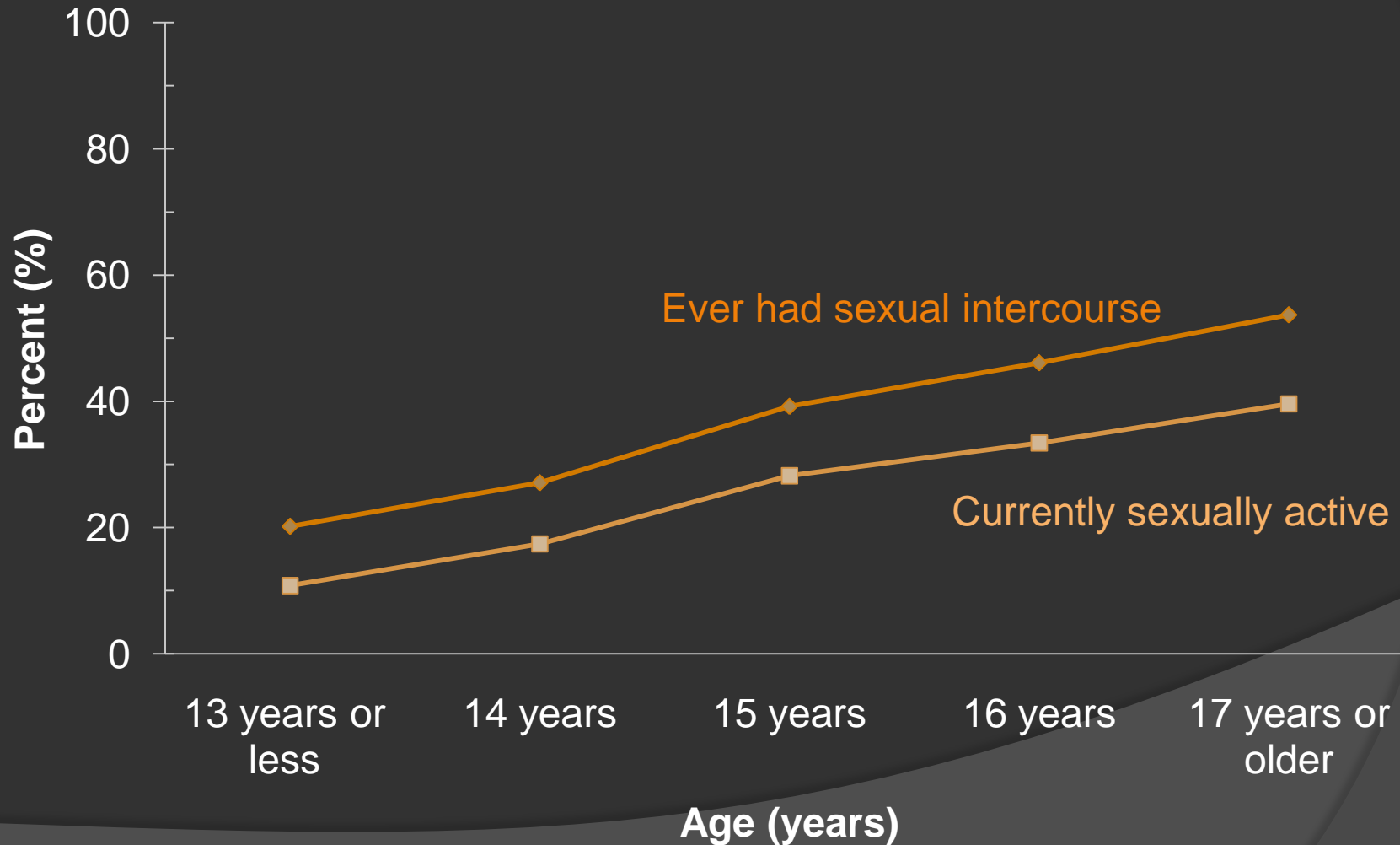
Dispelling Myths

- ⦿ “Young people are more violent and young women are becoming just as violent as young men”
- ⦿ “The majority of adolescents are sexually active”
- ⦿ ‘P’ use is widespread among young people

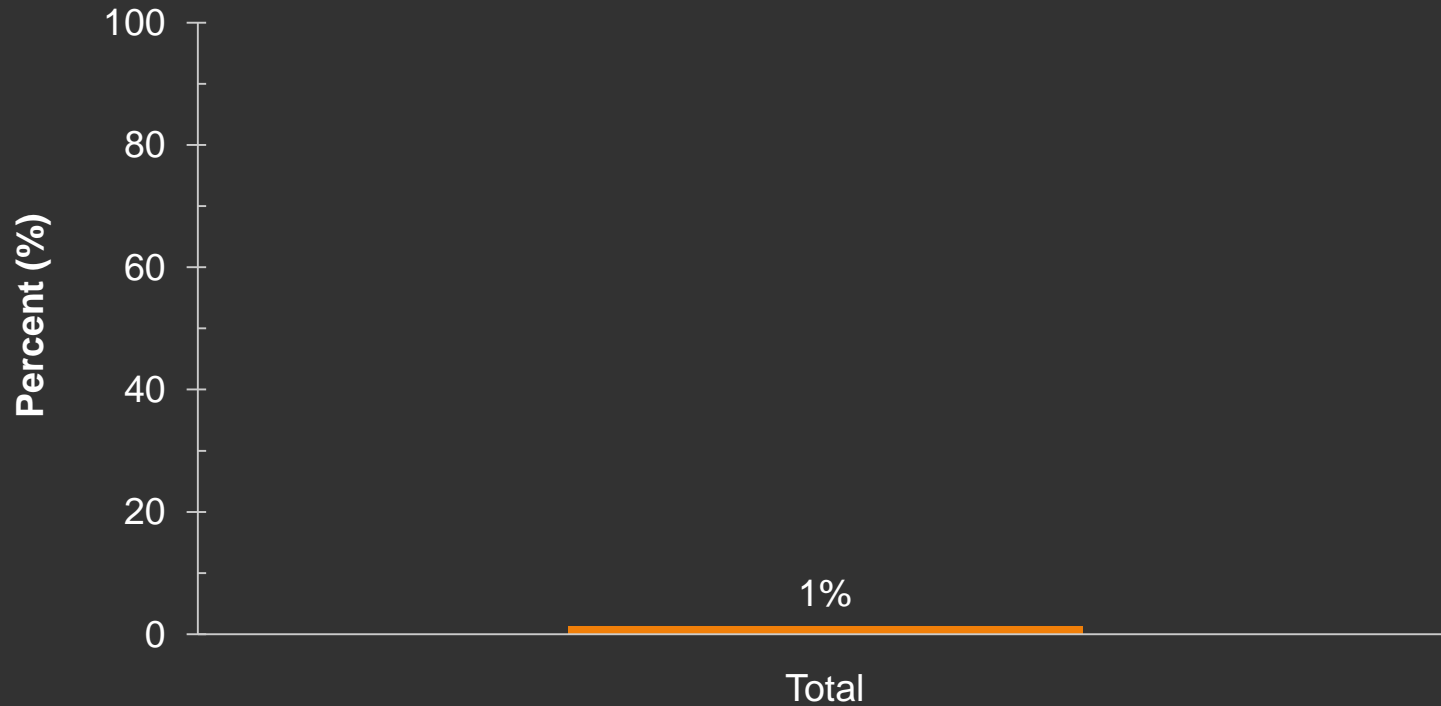
Been in serious physical fight in the last 12 months 2001 and 2007



Percentages of students who have had sex



Students who have used 'P' or pure methamphetamine



Giving Young People a Voice

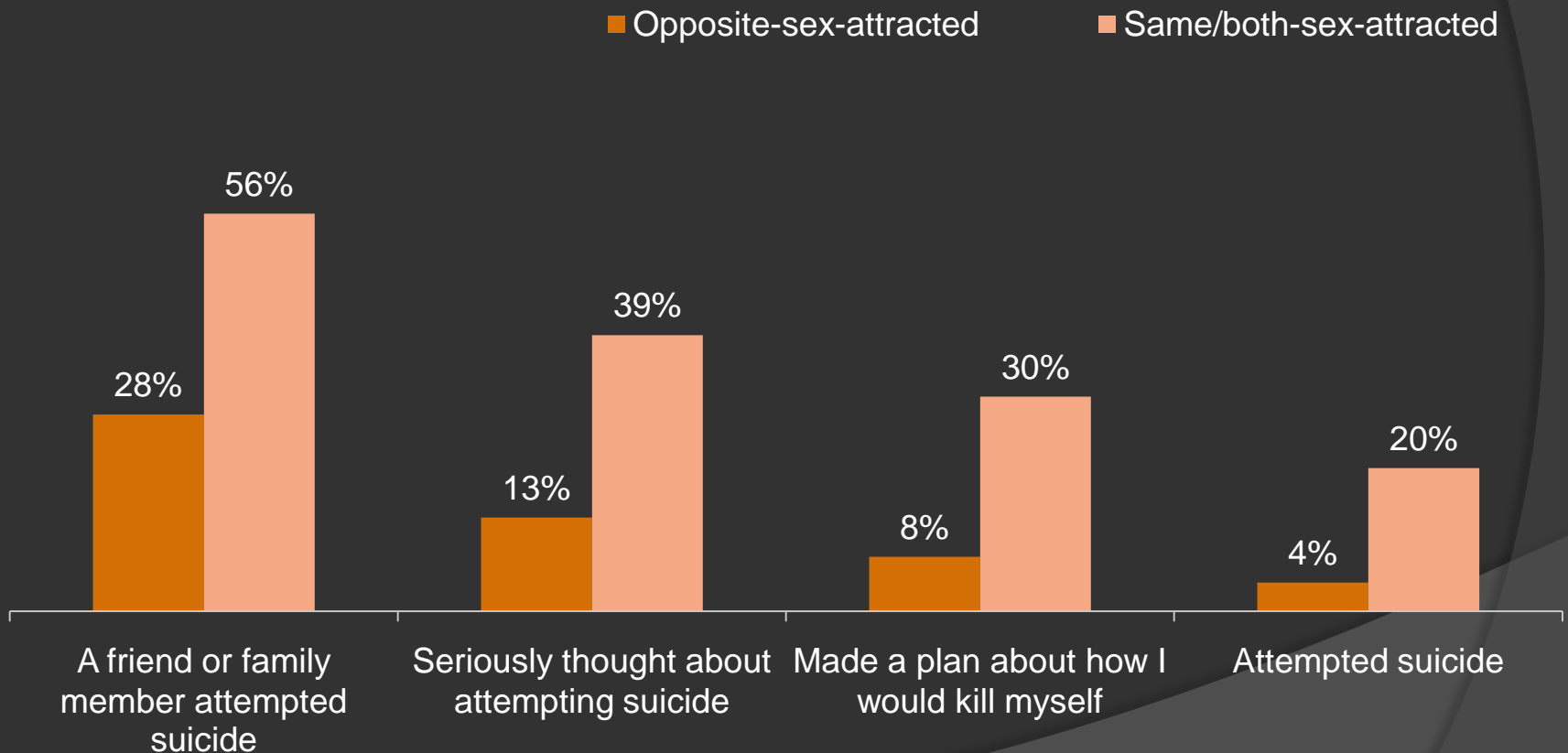
- Same-sex attracted young people are in the minority in secondary schools in New Zealand (4.2% indicated same-sex attractions in Youth'07)
- They make up a diverse group and are represented across all ages, sexes, ethnicities and communities
- The majority (60%) had not come out to others
- This means they are often invisible and marginalized



Same-sex attracted young people in NZ

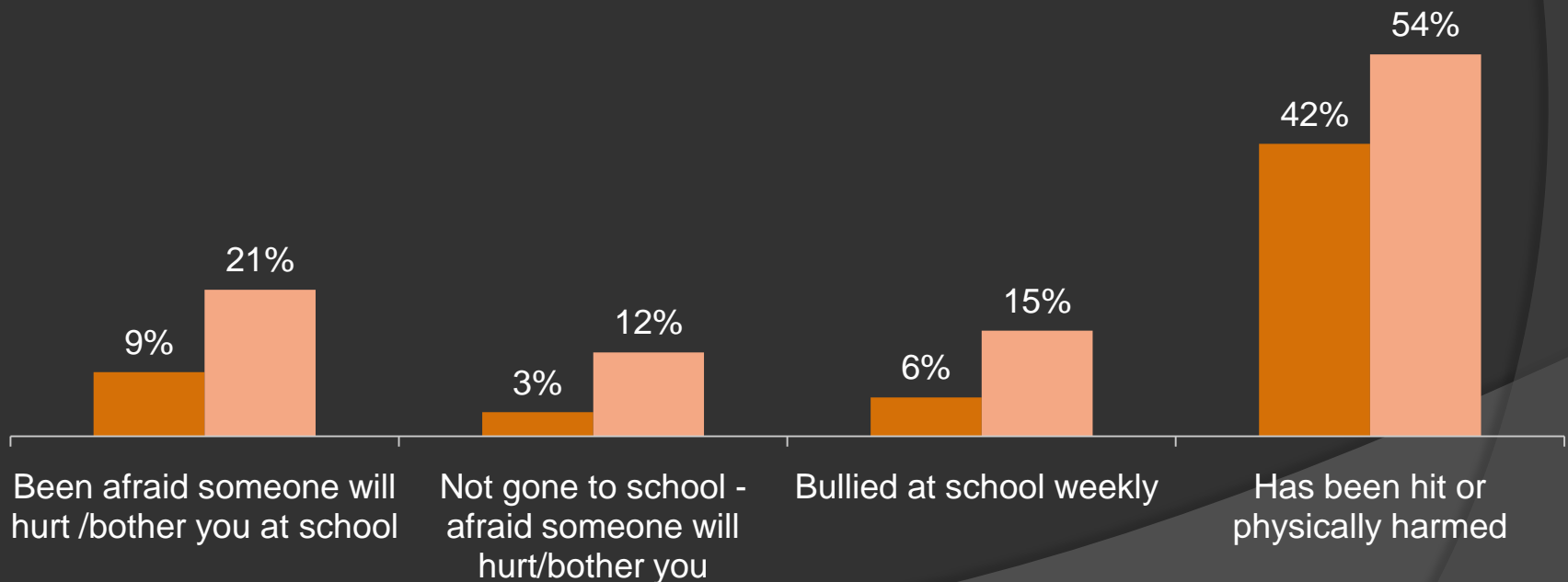
- Almost all same/both-sex-attracted students reported positive and caring relationships with their parents and that they were happy or satisfied with life.
- The majority of these students had positive views on school
- Strong social connections were observed for most same/both-sex-attracted students.
- Contributing to their communities was something that many same/both-sex-attracted students did and they were more likely than opposite-sex-attracted students to work as volunteers.

However there are also some concerning health disparities



Same/both-sex-attracted students were negatively affected by their social environments

■ Opposite-sex-attracted ■ Same/both-sex-attracted



Advocacy

Youth Development Strategy Aotearoa Scorecard 2009

Youth development is shaped by the 'big picture'



Youth development is about young people being connected



Youth development is based on consistent strengths-based approach



Youth development happens through quality relationships



Youth development is triggered when young people fully participate



Youth development needs good information



Youth health issues are exacerbated by commercial/ corporate issues

- Media → Violence
- Marketing lifestyle and alcopops → Alcohol use
- Junk food marketing, availability, affordability → Obesity
- Western values and consumerism → Mental Health
- Negative portrayals of young people in media

Young people are taking up smoking at
alarming rates...

OR

Tobacco is killing our future generations...

We need a 'big picture' shift in attitudes, policy and approaches towards improving young people's health and wellbeing with a consistent strengths based approach that recognises that young people are resources to be developed not problems to be fixed

Acknowledgements

- Students, staff and schools participating with the Youth'07 survey
- Youth'07 was funded by
 - Health Research Council, Department of Labour, Families Commission, ACC, SPARC, ALAC, and Ministries of Youth Development, Justice and Health
- Investigators for Youth'07
 - Simon Denny, Shanthi Ameratunga, Terryann Clark, Sue Crengle, Robyn Dixon, Terry Fleming, Sally Merry, Elizabeth Robinson, David Schaaf, Jennifer Utter, Peter Watson



- Further Youth'07 publications are available at:
www.youth2000.ac.nz

Advocacy

- ◎ The Initial Findings of the Youth'07 results were released on 8th December 2008
 - New Zealand Herald – 2 articles on page 7 & 8
 - Otago Daily Times – 2 articles
 - Radio Live/ News Talk interviews – lasted less than 15 seconds
 - Quite a lot of repeated articles on-line news e.g. scoop

Media Release

8 December 2007

EMBARGOED UNTIL MONDAY 8th December 2008

Teenagers' health and wellbeing improving

In general, today's secondary school students are happier about their lives, less likely to be depressed, have better nutrition and physical activity behaviours and are less likely to be using cigarettes and marijuana than students in 2001.

These new research findings come from Youth'07, New Zealand's second national secondary school health and wellbeing survey, conducted by the Adolescent Health Research Group at The University of Auckland. These findings are compared with the first such survey, conducted by the group in 2001.

The survey was done in over 100 randomly selected secondary schools from around the country with a total of nearly 9,500 students.

"The Youth2000 surveys are unique. They are the largest and most comprehensive health and wellbeing surveys of young people in New Zealand and they're about young people themselves telling us how they see their lives – from their perspective," says Dr Simon Denny of the University's Department of Paediatrics and the Principal Investigator in the study.

"The proportion of students with concerning levels of depressive symptoms, suicidal thoughts and behaviours has decreased markedly since 2001 and students in 2007 were less likely to be using cigarettes and marijuana than students six years ago"

"However there are areas we are still worried about" says Dr Denny. "A concerning percentage of young people and their families face socio-economic hardship, there was a significant number of young people who experience severe violence in their lives and the frequency and amount of alcohol young people are drinking remains a problem."

National



Teenagers happier and healthier today, survey finds

4:00AM Tuesday Dec 09, 2008

Teenagers are healthier, happier and better fed than their counterparts seven years ago, says research being released today.

The findings from Youth'07, New Zealand's second national secondary school health and wellbeing survey, conducted by the Adolescent Health Research Group at the University of Auckland, were compared with the first such survey, conducted in 2001.

In general, today's secondary school students were happier about their lives, less likely to be depressed, had better nutrition and were more physically active and were less likely to be using cigarettes and marijuana than students in 2001.

The survey was done in more than 100 randomly selected secondary schools with a total of nearly 9500 students.

Principal investigator Simon Denny, of the university's Department of Paediatrics, said the surveys were unique.

"They are the largest and most comprehensive health and wellbeing surveys of young people in New Zealand and they're about young people themselves telling us how they see their lives – from their perspective," he said.

"The proportion of students with concerning levels of depressive symptoms,

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Mon, 8 Dec 2008

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Teenagers are healthier, happier and have better nutrition than their counterparts seven years ago, according to research released today.

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