

Shire of Manjimup 2018 Youth Survey Report

Response and Proposed Action Plan



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RATIONALE FOR THE DEVELOPMENT OF A SHIRE OF MANJIMUP YOUTH ACTION PLAN.

In 2017 the Shire of Manjimup developed and implemented a *Shire of Manjimup Youth Questionnaire* with a follow up outcome report (*Report on Shire of Manjimup 2017 Youth Survey*) in March 2018. The Report showed that all objectives of the Survey (Donovan et al, 2018, p.1) were met thereby providing some indications of areas for the Shire to better engage with youth in their region. Read in isolation, the Youth Survey Report rightly gives a brief snapshot of the issues affecting the youth sector. This paper proposes that the addition of further reliable community information will enlarge this snapshot and supply the evidence and rationale to develop a more tailored and holistic plan of response by the Shire of Manjimup to this important sector of the community.

While it is clearly not the sole responsibility of the Shire to address all youth issues and the saying “It takes a whole village to raise a child” holds true, the *Shire of Manjimup Strategic Community Plan 2017-2027* indicates a role to promote, advocate, facilitate, partner, fund, regulate, lead and deliver a partnered response to community issues affecting youth.

The additional available sources of reliable community information referred to above are:

- The Socio-Economic Indexes for Areas (SEIFA) showing levels of disadvantage and advantage within the population
- The Australian Early Developmental Census
- Australian Bureau of Statistics Census changes
- The Social Health Atlas of Australia

The data collected from these sources provides a valuable opportunity for the Shire of Manjimup, to use evidence based approach, in the development of a Youth Action Plan. This plan will inform future directions of the Shire in the delivery of services and provision of facilities for young people. By working with partners to address issues raised from the Survey an advocacy support base is created, with other service providers who visit and provide services within the Shire of Manjimup. This facilitates wider service collaboration in areas that are considered a community responsibility.

To guide this planning direction and activity, a list of recommended roles and actions by the Shire has been provided below. This list would be suitable to translate into a formal Youth Action Plan matrix. A corresponding Public Health Planning reporting template has also been developed and is attached in Appendix two. The reporting template is based on the *Public Health Planning Guide for Local Government* which aligns to the *Manjimup Strategic Community Plan 2017-2027*.

The template outlines youth health and wellbeing indicators using a holistic view of influencing factors in the community e.g. housing, family structure etc. Future monitoring gives an opportunity to review plans and modify activities as required.

RELATIONSHIP BETWEEN THE YOUTH SURVEY REPORT AND THE SHIRE OF MANJIMUP

The Shire of Manjimup has continued to strive to provide services for youth through the implementation and findings of both the 2012 and 2017 youth surveys. The increased level of responses from 2012 to 2017 shows the Shire has improved its ability to consult and engage youth within the Shire. This is particularly relevant for the 18-24 year old age group where there were no respondents in the 2012 year survey whereas 18% of respondents in 2017 were from this age group. The 2017 survey of 331 respondents is a large sample size and gives validation to the responses provided. Some areas of caution have been advised in the interpretation of results (such as the percentage of respondents who were male and female), and these are noted within the report provided by Professor Donovan et al (2018). The 2018 Youth Survey Report is attached in Appendix one.

The recommendations proposed within this discussion paper are based on the Strategic Community Plan for the Shire of Manjimup and the Western Australian State Government Public Health Planning for Local Government and consultation with key stakeholders in the South West Region. The recommendations also align to the Shire of Manjimup vision and mission:

Community Vision:

“We are a thriving region offering an excellent quality of life that is safe, liveable and welcoming. We value and care for our natural environment, which sustains both economic and recreational pursuits. Our industries are recognised for their resilience, quality and innovation and for their contribution to the state of Western Australia. Our economic diversity provides business and employment opportunities for all”

Community Mission:

“The Shire of Manjimup is a professional, effective and helpful organisation with a genuine commitment to facilitating good governance and achieving the community’s vision. We provide services and facilities, as well as manage legislation and develop policy, and we play a lead role in our Shire being an enjoyable and enviable place to live, work and visit. We care about our community – its wellbeing, its prosperity and its sustainable future.” (Shire of Manjimup, pg 19, 23 2017).

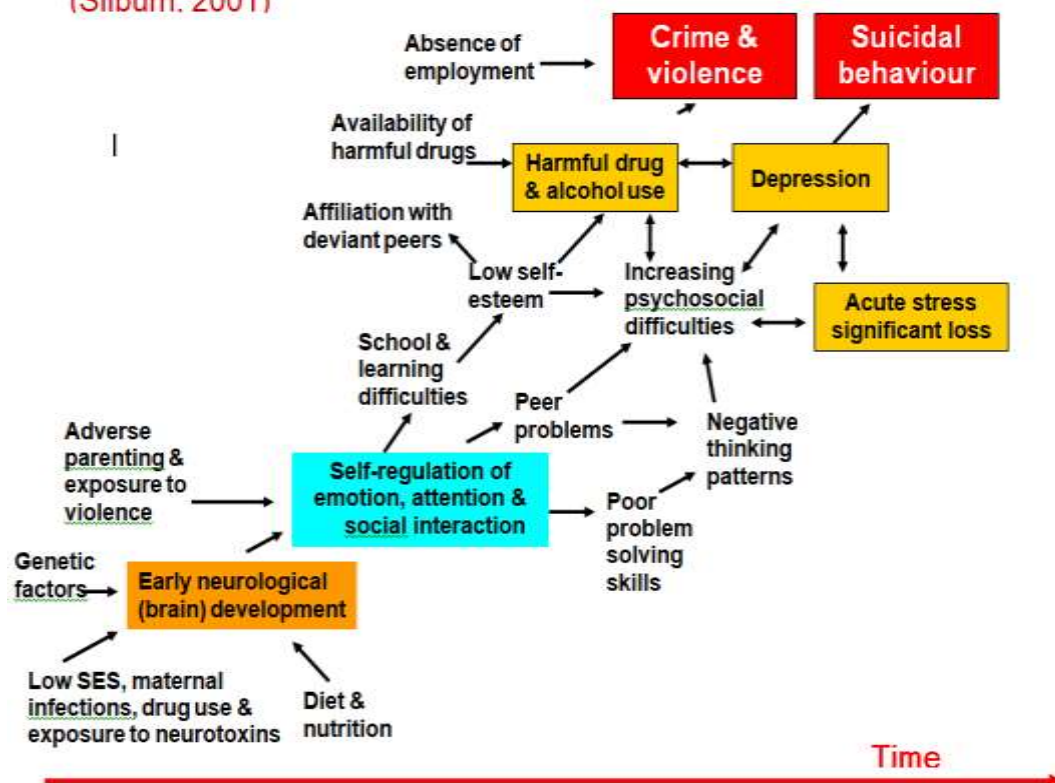
The Shire of Manjimup has shown noteworthy initiative in consulting with the youth of the community and has been proactive in their leadership to work on issues raised by the Manjimup 2017 Youth Survey.

These issues are best understood within the important context of the Shire’s population and population trends. Community population contexts have direct implications for the ongoing and future health and wellbeing of young people that can be explained by Professor Sven Silburn’s matrix of child development below. This matrix demonstrates how community and individual factors can have a decided influence on the developmental pathways of children. Of particular note, these influences within the

matrix were raised by some of the youth who responded and participated in the 2017 Manjimup Youth Survey.

Developmental (cumulative) risk model

(Silburn, 2001)



COMMUNITY FACTORS INFLUENCING THE SHIRE OF MANJIMUP YOUTH POPULATION:

Population changes:

While the Shire of Manjimup has not significantly increased in population numbers over the past 10 to 15 years, the fabric and demography of the community has experienced some changes. There have been several changes in the composition and economics of the population. Some of these changes can be clearly seen in ongoing and systematically generated reports (from 2001-2018) such as the Australian Bureau of Statistics data (ABS) and the Australian Early Childhood Development Census (AEDC). Economic changes have been well documented and recognised as a consequence of the Regional Forestry Agreement in 1999 and the development of the Southern Forest Food Council Inc in 2010. Large scale fires and a major upgrade to the Manjimup Hospital have had economic and health impacts within the community. The population within the township has fluctuated over time with attractive weekly rental figures averaging \$200 per week. Currently 13% of dwellings in the Shire of Manjimup are receiving Government rental assistance (Social Health Atlas, 2017).

Widening socio-economic gap:

The Index of Relative Socio-Economic Advantage and Disadvantage (IRSAD) is a product of the Socio-Economic Indexes for Areas (SEIFA) that is calculated from responses to the ABS Census. A score below 1,000 indicates an area is relatively disadvantaged compared to an area with a score of at least 1000 or more. Below is a table outlining the SEIFA score over time. Currently the SEIFA score for the Shire of Manjimup is 944 with a range of 810 to 1060 (ABS, accessed Sept, 2018). The SEIFA for Manjimup from 2001 to 2016 has decreased in this timeframe.

Shire of Manjimup SEIFA scores from 2001 to 2016

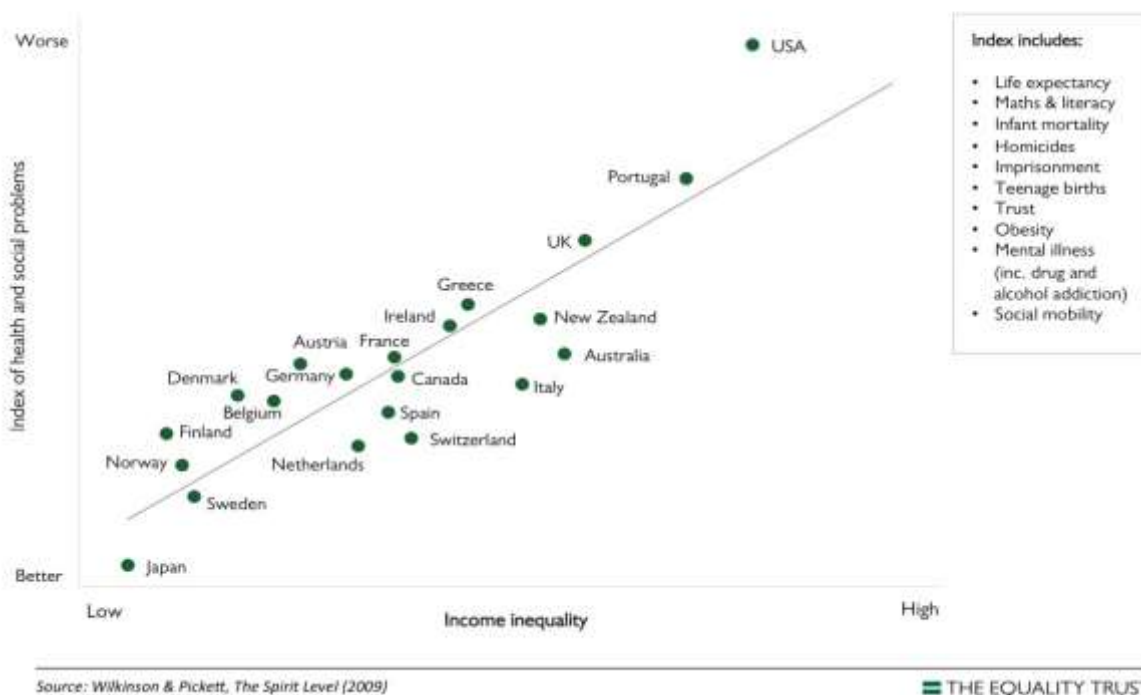
Year	SEIFA score	SEIFA range	Comment
2001	974	884-1069	SEIFA range is 185 points
2006	960	825-1075	This is a range approximation due to data only being available in graph form.
2011	946	826-1067	SEIFA range is 241 points
2016	944	810-1060	SEIFA range is 250 points

(Data accessed from ABS statistics 2001-2016)

The above table shows a drop in the SEIFA score of 30points overall. This would indicate a major change in the demographics within this community since 2001. Since the population number has not changed significantly then the characteristics and/or fabric of the community has changed. This is the only area within the South West to experience a consecutive negative drop in SEIFA for each census data collection period from 2001, most local government areas showed an increase.

There is a lot of evidence to show that increased disadvantage within a community increases the risk of ill health and can influence the social demography of a community. (Wilkinson et al 2006). The Equity Trust in the United Kingdom also has shown that the greater the *range* in the SEIFA disadvantage score, i.e. the differences of social disadvantage and advantage between population groups, the greater the risk of negative social issues within a community. Below is a graph showing countries with a greater social range between disadvantage and advantage (social inequality) and the health and social problems within the community (Wilkinson & Pickett, 2009).

Health and social problems are worse in more unequal countries



Since the drop in SEIFA score and increased range (widening of the gap between advantage and disadvantage) in the Shire of Manjimup, there has been an increase in social health issues within the community. Alcohol abuse issues as well as mental health and wellbeing problems have been identified through ongoing health planning and development activities (DOH Epidemiology Reports 2003 – 2010).

Indicators of early childhood development risk factors:

The Australian Early Childhood Development Census (AEDC) uses the early development instrument tool to measure how young children have developed as they start their first year of full-time school (age 4 years). A teacher completes a checklist for each child across each of the five domains of early childhood development: physical health and wellbeing; social competence; emotional maturity; language and cognitive skills; communication skills and general knowledge.

The scores of all Australian children are ranked and children ranked in the bottom 10 per cent are classed as “developmentally vulnerable”. Those in the top 75 per cent are classed as “on track” while those in between are classed as “at risk”. Results are reported by a child’s community of residence. Across Australia in 2015, one in five

children (22%) was developmentally vulnerable on one or more domains of the AEDC. Furthermore, 11 per cent were developmentally vulnerable on two or more domains.

The Shire of Manjimup has continued to show higher proportions of children being vulnerable in developmental domains for both one domain and two or more domains than the Australian national average. See the table below showing AEDC scores for the South West Region for 2015

Local Community	Children Vulnerable				Total children surveyed
	One or more domains		Two or more domains		
	Number	%	Number	%	
Augusta-Margaret River	48	20.5%	17	7.2%	234
Boyup Brook	4	18.2%	1	4.5%	22
Bridgetown-Greenbushes	7	13.2%	3	5.7%	53
Bunbury	126	31.9%	63	15.9%	395
Busselton	97	17.6%	46	8.4%	552
Capel	67	26.5%	35	13.8%	253
Collie	24	17.9%	12	9.0%	134
Dardanup	54	28.6%	26	13.8%	189
Donnybrook-Balingup	18	24.0%	12	16.0%	75
Harvey	96	23.7%	47	11.6%	405
Manjimup	37	28.9%	22	17.2%	128
Nannup	*	-	*	-	11
Australia		22.0%		11.1%	

Source: AEDC^{xx}

#AEDC data are not reported for locations in which three or fewer children had been assessed.

* Suppression of AEDC data also occurs when one or more of the following have not been met:

Fewer than fifteen children had valid AEDC scores / Less than two teachers had completed AEDC instruments for children in that location / AEDC instruments were completed for less than 80% of all non-special needs children.

Additional minor suppressions have occurred where necessary to preserve confidentiality of related suppressed cells

These tables and more information may be found at <http://www.aedc.gov.au/>

The AEDC formerly known as the AED Index has been monitored by the education department in Manjimup prior to it becoming a compulsory requirement for schools to undertake. Approximately 10 years ago, these scores were discussed by key partners as a concern and funding was sought to address these issues. While scores have improved since this early noted concern, it is of interest that the youth cohort in the 2017 Youth Survey are the same youth cohort identified 10 years ago as being developmentally vulnerable in more than two domains.

The United Nations Youth Ambassador who visited the South West of Western Australia and the Shire of Manjimup in 2008, identified the following issues:

- Young people need to be consulted in development projects - connectedness of communities is important as is town identity – urban sprawl is not ideal
- Boredom, lack of things to do were cited by vast majority as a problem
- The need for a youth space. The real issue is the lack of public space that young people are free to utilize to hang out in.
- Skate parks cater for a small subset of the population
- Young people need to be able to access the internet if they don't have it at home
- Public transport is vital with a HUGE effect on young people being able to access work and study opportunities

Suicide and self-harm:

Another key health indicator showing a change has occurred in the fabric of the community is the rate of suicide and self harm within the Warren Blackwood Health District.

Data from 2004 to 2008 showed that the suicide rate was 3.6 per 1,000 persons per year. As shown below, this is significantly higher than the state rate ratio of one.

SRR for Hospital admissions for intentional self-harm (2004-08)
and SMR for suicide and intentional self harm (2003-07)

	Hospital admission rates 2004-08		Mortality rates 2003-07	
	Female	Male	Female	Male
Bunbury	1.18**	0.98	0.43	0.79
Blackwood	0.86	1.13	1.29	1.09
Warren	0.97	1.36	1.9	3.6**
Wellington	1.01	0.8	0.66	1.3
Busselton	0.81	1.8**	1.70	0.89
Leeuwin	0.82	1.05	1.60	0.87
Leschenault	0.76*	0.71*	0	6.9

Data Source: Epidemiology Branch, Department of Health, accessed October 2010.

** indicates a significantly higher than expected number of cases compared to the State Rate Ratio (=1)

* indicates a significantly lower number of cases compared to the State.

The suicide rate continued to be significant compared to the state. By 2016 In the Shire of Manjimup, deaths from suicide or self-inflicted injury from 2011 to 2015 were 21 per 100,000 persons for persons aged 0-74 years. This was significantly higher than the state rate of 14 per 100,000 persons. (Social Health Atlas, 2017)

One of the objectives of the 2017 Youth Survey was:

- Gauge the level of risk factors present around suicide;

Recommendations for action by the Shire of Manjimup in relation to this issue can be supported by considering the impact of the identified community demographic changes above and the international research below.

International research indicates that one in four young people will experience issues related to mental health and wellbeing and is supported by the Mission Australia report released this year (2018) on the status of youth with a focus on social inclusion/exclusion, participation in education, employment and community, family

support and general wellbeing.(2018). Findings across the world by those in the United States of America; the United Kingdom and Australia all have similar themes such as:

- Social media has a major role to play in affecting the mood and mental health and wellbeing of our young people (Madden, Mission Australia, Twenge and Elmore, 2018).
- Parents can play a vital role in supporting and understanding what may be happening for their child – most importantly if they suspect something is wrong do not ignore it and ask them what they can do to help or support them (Madden, Elmore, Twenge, Shooter, 2018).
- Young people have expressed that they know they are anti social and spend too much time on electronic media but it is important to them. They have fed back through focus groups that they would like adults to continue to try and engage them on a personal level as they know that socially they need it but may not show that they do (Madden, 2018).

Appendix 3 contains fact sheets that can be used to provide support to parents and adults seeking to understand how they can support young people. These may also be used by agencies and support services to provide to parents and carers.

RECOMMENDED FOCUS AREAS:

Communication

- From 2012 to 2017 there has been a reduction in the numbers of youth in Manjimup who feel that they are being heard. In 2012, 47.89% felt that they were heard as a young person in the Shire of Manjimup versus 24% in 2017. This is evidence of a need to continue to engage young people and communicate with them about issues they consider important and how services may assist them.
- Electronic communication has also changed for the youth of Manjimup Shire. In 2012 young people spent more hours on a computer than in 2017. In 2012, 68.5% spent 1-5 hours on the computer versus 57% in 2017 and approximately the same percentage spent more than eight hours on a computer (in 2012 and 2017). In 2012 almost 79% of young people used Facebook but only 57% used Facebook in 2017. Instagram and Snapchat were used with 74% using Instagram and 53% using snapchat in 2017. The changing nature of electronic media means that if it is being used as a form of communication to young people then it requires being aware of which media networks are currently being utilised. Young people also use mobile phones a lot more than computers and it may well be that young people are exposing themselves to social media through the phone rather than the computer.
- There are still family households that do not have internet access. In the Shire of Manjimup 14.8% of dwellings in 2016 did not have access to the internet (Social Health Atlas, 2017). There needs to be other options for young people to

access the internet and build their skills around this. Specially focused training sessions could provide this.

- Partners providing mental health support services within the Shire should be informed of the Youth Survey results. The Shire needs to advocate for services to be promoted and communicated to young people so that their knowledge of support services for mental health is increased.
- Education plays a key role in dispensing and supporting information channels and the development of appropriate information. Key partnership arrangements with the schools should continue. Programs targeted to the Early Years as a prevention strategy will assist with youth development in later years.
- Continue to investigate youth access to the internet and mobile phones by the addition of a question in the next survey asking if the young person has a mobile phone and how often they spend on it.

Youth Engagement

- Continue the positive trend by the Shire to seek high engagement with the youth of the area. In 2012 there were 213 responses to the survey and 331 responses in 2017. In 2012 there were no responses from the 18-25 years old group in the survey but 14% of respondents in 2017 were in this age group. Aboriginal and Torres Strait Islanders youth participated at the same rates in 2012 to 2017. The majority (59%) of youth attended community events weekly or at least every few months. Forty one percent only attend a few times a year, or once a year, or less (2017). Some form of public transport may assist this engagement to be higher.
- There is a strong involvement by young people in the Shire of Manjimup in the areas of sport (77%), camping (55%), water activities (49%), cooking (41%), photography (35%) and art and fashion (32%). These activities have continued to be strongly supported by youth involvement since the 2012 survey and 2017. Sport is well catered for usually through clubs and sporting programs but there may be opportunity to enhance interest in other areas and raise the profile of youth in the community through a photography competition or calendar as an example.
- Opportunities to focus on good news stories related to youth in the Shire of Manjimup will raise the profile of young people and make them feel heard and involved in the community

RECOMMENDED ROLES AND ACTIONS FOR THE SHIRE OF MANJIMUP

Promote:

1. Electronic media such as the use of Instagram or the latest electronic network being used by young people as a way of communicating information to the youth of Manjimup.
2. Training sessions to enhance and foster youth leadership, relevant skills and ways to address mental health and wellbeing through the Shire electronic media.

3. Good news stories within the community related to youth through publishing in newspapers or within the Shire newsletter or articles.

Advocate:

1. Through existing agencies that provide services to the Shire of Manjimup. Meetings are scheduled with the Warren Blackwood Human Service group bi monthly and encouraging relevant agencies to attend would be beneficial
2. With this group to improve communication of existing services to young people in the Shire particularly around support for mental health issues.
3. For a review of public transport options for young people and others who are disadvantaged in the community and how these groups could be assisted to become more socially engaged and access employment, health care and other services that maybe necessary.

Facilitate

1. A Youth Advisory Committee (YAC) group and opportunities to engage with young people to express how they feel about the Shire and provide ideas and input into the direction of services, activities and events

Partner

1. With existing committees and organisations to prevent duplication and maximise current resources, ensuring no duplication of services to young people. Continue to work on ways to improve communication to other agencies and young people within their services.

Funding

1. Applications for grants and/or allocate small community projects that support young people's development and expressions. Eg, arts/photography competition/display, cooking competitions.
2. Provision in the form of In kind funding to training or programs that are being delivered in the area that enhance or build skills, or that create awareness of the needs of young people in the Shire of Manjimup.

Regulate

1. Look at future ways that social media could be regulated within "at risk" areas and work with these partners to overcome some of the pressures identified with social media influences on mental health and wellbeing, e.g: 'Unplugged' events.

Lead

1. The Shire of Manjimup increases their role through coordination and support but does not necessarily take the lead in addressing all issues associated with youth. The Shire continues to be proactive and innovative in surveying and consulting the young people of the shire to ensure that youth have a voice and are heard.

Deliver

1. Use the Public Health Planning Guide for Local Government template (p.27) to monitor and help support progress towards addressing identified issues and adapt current deliverables and programs as required. The template in Appendix two currently shows the existing outputs and results that have been achieved or are the current status for the Shire of Manjimup. The template can be expanded with an additional column to describe and monitor changes aligned to the Action Plan.

The current Shire of Manjimup Community Strategic Plan outlines the value of professionalism.

“We provide competent and effective services and encourage innovation and excellence in our people. **Courtesy:** We are polite, approachable and helpful in our dealings with all people. **Integrity:** We are honest and trustworthy and make fair and transparent decisions. **Reliability:** We deliver services in an efficient and consistent way and honour our commitments. **Proactivity:** We actively identify solutions to community issues by being consultative and open-minded, and by showing bold leadership.” (Shire of Manjimup, pg23 2017).

It is through these values and actions by the staff of the Manjimup Shire that the youth of Manjimup may be enabled to have the issues they raised through the Manjimup Youth Survey addressed and monitored for progress. The evidence gathered provides the Shire with a strong advocacy based argument for targeted services to support their young people with clear directions towards services and activities.

In conclusion:

The changing community demographics and community factors of the Shire of Manjimup, in conjunction with the evidence of decline in both mental health and wellbeing indicators within the Warren Blackwood Health District support the recommendation that an action response plan to support young people should be developed and implemented for the Shire of Manjimup. This plan would be supported through the Shire of Manjimup infrastructure and policy direction as outlined in the Community Strategic Plan and supports the concept that “It takes a village to raise a child”.

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APPENDICES

APPENDIX 1

Report on Shire of Manjimup 2017 Youth Survey

March 2018

Prepared with the assistance of Prof Rob Donovan, A/Prof Geoffrey Jalleh & Dr Chad Lin,
Mentally Healthy WA.

(i)

TABLE OF CONTENTS

		Page No
1.	INTRODUCTION	1
2.	METHOD	2
3.	RESULTS	3
3.1	Sample characteristics	3
3.2	Study and work, and intentions to leave the region for each	4
3.3	Participation in youth, community groups, and sporting activities	7
3.4	Use of social media and computer	11
3.5	Leisure activities and favourite ‘hang out’ locations	13
3.6	Housing and transport	15
3.7	Alcohol, tobacco and illicit drug use	17
3.8	Health matters	20
3.9	Living in Manjimup	24
3.10	Youth and shire matters	28
4.	SUMMARY OF MAJOR FINDINGS	32
	APPENDIX 1: The Questionnaire	33

1. INTRODUCTION

The Shire of Manjimup aspires to be a youth friendly community which is defined as a community where young people are treated with respect and where they feel safe, welcome and included. It is a community that encourages and recognises the participation and contributions of young people, supports youth development and provides youth-friendly services, facilities and programs. With 1 in 4 people aged 16-24 years in Australia experiencing a mental disorder within the last 12 months and suicide being the leading cause of death in young people and children aged 5-17, the Shire was keen to gain an insight into how our younger community members are faring and to find what services, activities and advocacy would best benefit them. Hence the Shire developed a questionnaire and invited young people to complete the questionnaire.

The objectives of the survey were to:

- allow young people to provide information and put forward their views;
- gauge youth aspirations and expectations around study, employment and a future in the Shire of Manjimup;
- gain information about the habits of young people around drugs and alcohol;
- gauge the level of risk factors present around suicide;
- measure young people's level of involvement in community, sporting and other organisations.

It was hoped that the information obtained would help the Shire identify youth needs and indicate how the Shire could best place its efforts to assist young people meet the challenges associated with their age and living rurally and remotely.

2. METHOD

During the month of November, youth aged from 12 to 25 were invited to complete a questionnaire about their lives and lifestyles. The questionnaire canvassed a number of topics such as ‘study and work’, ‘physical and mental health’, ‘transport and accommodation’. The questionnaire is attached as Appendix 1.

The questionnaire could be accessed on line through the Shire of Manjimup’s website or a paper copy could be obtained at the Shire of Manjimup Offices, all libraries within the Shire of Manjimup, the Manjimup Community Resource Centre, the Manjimup Family Centre, Chicken Treat and Alexander’s Outdoor and Leisure. Advertisements promoting the questionnaire were publicised in the Manjimup Bridgetown Times, Northcliffe Karri Pigeon, Pemberton Community News and Walpole Weekly. The Manjimup Senior High School, Northcliffe District High School and Pemberton High School assisted in the collection of information through having the students complete the questionnaire in class. Revolution Youth, assisted in participation by facilitating the group to complete the questionnaire. To thank those participating in the survey, participants were invited to participate in a draw conducted in December where participants could win a \$100 pre-paid visa card.

3. RESULTS

3.1 Sample characteristics

In total, 331 young people living in Manjimup completed the questionnaire: n = 6 online and n = 295 via paper and pencil. Table 1 shows the age and gender characteristics of respondents.

The vast majority of respondents (86%) were aged 12-17 years: 12-14 years: 45%; 15-17 years: 41%. Given the small number of 18-25 year-olds (n=46; 14%), generalisations from this subsample to that age group should be treated with caution. Just under half of the sample (45%) did not provide a gender response. This high non-response appears to have been due to the layout of the question in the survey instrument rather than a reluctance to disclose: only 2 of the online respondents did not answer the gender question versus 148 of the 300 paper respondents. Of those who did respond, a majority were females: 58%. There were approximately equal proportions of males and females in the 12-14 and 15-17 years categories (albeit a slight majority of females), but the 18-25 respondents were predominantly female: 61% vs 20% male, with approximately 20% not responding. Given the large number of non-respondents to gender, analyses by gender must be treated with caution.

Table 1: Sample socio-demographics

	N=331		N=331
	%		%
Gender:		Have a disability:	
Males	23	Yes	4
Females	32	No	91
No response	45	No response	4
Age group:		Aboriginal/Torres Strait Islander:	
12-14 years	45	Aboriginal	4
15-17 years	41	Torres Strait Islander	1
18-20 years	4	Neither	92
21-25 years	10	No response	3
LGBTIQ:		Family speak a language other than English at home:	
Yes	4	Yes	6
No	94	No	92
No response	2	No response	2

Small proportions of respondents identified themselves as Aboriginal or Torres Strait Islander

(5%), lesbian, gay, bisexual, transgender, intersex, or questioning (LGBTIQ; 4%), or a person with a disability (4%), with 6% reporting that their family spoke a language other than English at home.

The results below are presented under the major themes explored in the questionnaire. Responses to the major questions are tabled by age and gender, with substantial variations by age in particular noted in the text. Comments on gender differences are limited because of the large proportion of non-responses to gender.

3.2 Study, work, and intentions to leave the region for each

Respondents were asked whether they were “*studying at school, university, correspondence, home school, TAFE or equivalent?*”, whether they were “*prepared to leave the region to further your study?*”, whether they “*have paid work?*”, and if so, how many hours they worked per week, and whether they planned to “*leave the region to pursue a career?*”. The results are shown in Tables 2 to 6 respectively.

Table 2: Proportion of respondents studying at school, university, correspondence, home school, TAFE or equivalent

	Age group (years)			Gender			Total sample
	12-14 N=150 %	15-17 N=135 %	18-25 N=46 %	Males N=75 %	Females N=106 %	No response N=150 %	
Yes, studying full-time	78	77	11	68	62	73	68
Yes, studying part-time	5	14	13	11	9	10	10
No, not studying	16	6	76	20	26	17	20
No response	1	3	0	1	3	1	2
Total	100	100	100	100	100	100	100

Consistent with the age distribution of the sample, Table 2 shows that 68% of the total sample reported that they were studying full-time: 78% of 12-17 year-olds vs 11% of 18-25 year-olds. Of possible concern is that 16% of 12-14 year-olds claimed to be ‘not studying’. The sub-sample numbers are small, but there was no evident relationship in these 12-14 year-olds between not studying and the socio-demographics (disability, ATSI identification, language

other than English at home).

Among those currently studying, 59% reported being prepared to leave the region to further their study (Table 3). This was substantially higher among 15-17 year-olds (72%) than amongst 12-14 year-olds (46%). This may simply reflect that this sort of decision does not arise at the younger ages.

Table 4 shows that reporting paid work was not unexpectedly highest amongst 18-25s (74%), and lowest amongst 12-14 year-olds (19%), with 91% of 18-25 year-olds reporting working 20-40+ hours per week versus 90%+ of 12-17 year-olds working 20 hours or less (Table 5).

Table 3: Proportion currently studying prepared to leave to further their study

	Age group (years)			Gender			Total sample
	12-14 N=125 %	15-17 N=123 %	18-25 N=11 %	Males N=59 %	Females N=76 %	No response N=124 %	
Yes	46	72	64	52	65	59	59
No	54	25	36	46	36	39	39
No response	1	2	0	2	0	2	2
Total	100	100	100	100	100	100	100

Table 4: Proportion of respondents who have paid work

	Age group (years)			Gender			Total sample
	12-14 N=150 %	15-17 N=135 %	18-25 N=46 %	Males N=75 %	Females N=106 %	No response N=150 %	
Yes	19	60	74	33	53	42	44
No, but looking for work	45	28	15	41	24	37	34
No, but <u>not</u> looking for work	31	10	11	24	19	18	20
No response	4	2	0	1	4	3	3
Total	100	100	100	100	100	100	100

Table 5: Average number of hours worked a week

	Age group (years)			Gender			Total sample N=144 %
	12-14 N=29 %	15-17 N=81 %	18-25 N=34 %	Males N=25 %	Females N=56 %	No response N=63 %	
	1-10 hours	72	68	3	48	45	
11-20 hours	28	22	6	20	13	25	19
21-39 hours	0	7	53	24	21	10	17
40+ hours	0	3	38	8	21	2	10
Total	100	100	100	100	100	100	100

Table 6 shows that one third (33%) of respondents reported that they planned to leave the region to pursue a career, with approximately half stating ‘not sure’ (53%). With respect to age, 15-17 year-olds were more likely to report planning to leave than the 12-14 and 18-25 years age groups: 42% vs 27% and 26% respectively.

Table 6: Proportion of respondents planning to leave the region to pursue a career

	Age group (years)			Gender			Total sample N=331 %
	12-14 N=150 %	15-17 N=135 %	18-25 N=46 %	Males N=75 %	Females N=106 %	No response N=150 %	
	Yes	27	42	26	25	33	
No	11	5	30	13	16	7	12
Unsure	59	50	41	60	46	53	53
No response	3	3	2	1	5	2	3
Total	100	100	100	100	100	100	100

Later in the questionnaire, respondents were presented with the list of places in Table 7 and asked: “*In 10 years from now I picture myself living in....*” Table 7 shows that most think they will be living outside Manjimup, with approximately equal proportions nominating Perth and another regional area. However, 18-25 year-olds were more likely than other ages to nominate Manjimup (52%).

Table 7: Anticipated location of residence 10 years from now

	Age group (years)			Gender			Total sample N=331 %
	12-14 N=150 %	15-17 N=135 %	18-25 N=46 %	Males N=75 %	Females N=106 %	No response N=150 %	
Manjimup	37	20	52	37	31	30	32
Perth	32	39	15	31	30	35	32
Another regional/ country area in WA	30	27	26	28	34	25	28
Overseas	11	10	9	8	10	11	10
Eastern states	6	8	11	7	11	5	8
No response	3	4	7	4	2	5	4

3.3 Participation in youth, community groups, and sporting activities

Respondents were first asked whether they participated “*in projects, groups or programs with other youth outside of school or work?*” and whether they belonged “*to any formal or informal interest groups, clubs or organisations?*” These results are shown in Tables 8 and 9. They were then presented with the list of activities in Table 10 and asked: “*In the past year have you been involved in any of the following activities formally or informally?*”

Tables 8 and 9 respectively show that just over half the sample (55%) reported participation ‘in projects, groups or programs with other youth outside of school or work’, and almost three in four (71%) reported that they belonged to a ‘formal or informal interest group, club or organisation’ (71%). In each case the proportions reporting such participation were higher in 12-17 year-olds than in 18-25 year-olds.

A total of 46% responded ‘yes’ to both questions, with 22% responding ‘no’ to both. The latter tended to be in the older age groups. However, when provided with the list of activities, no one did not nominate any, although 9% did not respond to this question. It is likely that only a small percentage of these respondents have little contact with these sorts of groups and activities.

Table 8: Participation in projects, groups or programs with other youth outside of school or work

	Age group (years)			Gender			Total sample
	12-14	15-17	18-25	Males	Females	No response	
	N=150	N=135	N=46	N=75	N=106	N=150	
	%	%	%	%	%	%	%
Yes	63	53	37	48	57	57	55
No	34	45	59	49	42	39	42
No response	3	2	4	3	2	4	3
Total	100	100	100	100	100	100	100

Table 9: Belonging to any formal or informal interest groups, clubs or organisations

	Age group (years)			Gender			Total sample
	12-14	15-17	18-25	Males	Females	No response	
	N=150	N=135	N=46	N=75	N=106	N=150	
	%	%	%	%	%	%	%
Yes	74	70	61	72	70	71	71
No	23	29	37	28	28	26	27
No response	3	1	2	0	2	3	2
Total	100	100	100	100	100	100	100

Amongst the list of activities in Table 10, ‘Sport as a participant’ (77%) was the most frequently nominated activity engaged in in the past year, and particularly amongst 12-14 year-olds: 86%. ‘Sport as a spectator’ was the next most frequently nominated activity (56%). Combining across ‘Sport as a participant or a spectator’, the proportions were: 88%, 80% and 70% for 12-14, 15-17 and 18-25 year-olds respectively.

‘Volunteer work’ was nominated by almost one in three (31%), with all other activities nominated by 28% or less of the total sample. However, substantial proportions of respondents in each age group reported being involved in various activities: for example, volunteer work ranged between 23-41%; student or workplace leadership activities ranged from 17-39%; arts/theatre/cultural activities from 23-29%; and ‘youth groups and clubs’ from 11-33%.

Table 10: Proportion of respondents involved in various activities formally or informally in the past year

	Age group (years)			Gender			Total sample N=331 %
	12-14 N=150 %	15-17 N=135 %	18-25 N=46 %	Males N=75 %	Females N=106 %	No response N=150 %	
	Sports (as a participant)	86	76	54	75	73	
Sports (as a spectator)	52	60	57	56	54	57	56
Volunteer Work	23	41	30	40	35	25	31
Student or workplace leadership activities	20	39	17	21	28	30	28
Arts/theatre/cultural activities	29	23	26	19	26	30	26
Youth groups and clubs	33	24	11	29	22	27	26
Environmental groups or activities	15	17	7	19	10	16	15
Religious activities	14	15	20	17	15	14	15
Political activities	5	6	7	8	5	3	6
No response	5	8	20	15	10	4	9

3.3.1 Involvement in activities that measures social connectedness or ‘belonging’

Respondents were asked three questions that measure ‘belonging’ or ‘social connectedness’: “*Apart from your school or your job and members of your household, how often do you have contact with other people where you stop for a chat, talk on the phone or chat online?*”; “*How often do you get together with a group of friends, workmates or family for outings, meals or special events?*” and “*How often do you attend community events (e.g. music festivals, theatre, markets, local sporting events, school fairs, residents’ meetings, local government events, local business groups, local ‘clean up’ events)?*” The response categories and results are shown in Tables 11 to 13 respectively.

Table 11 shows that over 80% of the total sample have contact with people outside their school, home or workplace at least 2-3 times a week, with almost two-thirds having such contact daily (63%). Two thirds of the total sample (66%) reported getting together with friends, family or workmates for ‘outings or special events’ at least monthly (highest amongst 18-25 year-olds: 76% (Table 12), and just over a third (36%) attended community events at least monthly (Table 13). Further analyses showed only 1.5% (n=5) respondents engaging infrequently across all three areas. Perhaps not unexpectedly there were moderate correlations between these three

variables (r ranged from 0.165 to 0.422).

Table 11: Frequency of contact with people other than in school, work and household

	Age group (years)			Gender			Total sample
	12-14 N=150 %	15-17 N=135 %	18-25 N=46 %	Males N=75 %	Females N=106 %	No response N=150 %	
Daily	59	69	54	57	63	65	63
4-6 times weekly	9	7	13	9	8	9	9
2-3 times weekly	13	7	11	12	9	10	10
Once a week	4	8	15	8	10	5	7
Monthly	3	4	4	3	5	4	4
Less than monthly	11	3	0	8	3	7	6
No response	1	1	2	3	1	1	1
Total	100	100	100	100	100	100	100

Table 12: Frequency of getting together with a group of friends, workmates or family for outings, meals or special events

	Age group (years)			Gender			Total sample
	12-14 N=150 %	15-17 N=135 %	18-25 N=46 %	Males N=75 %	Females N=106 %	No response N=150 %	
Weekly	33	47	61	35	42	46	42
Monthly	25	25	15	20	26	25	24
Every few months	15	10	9	13	14	11	12
A few times a year	19	11	11	15	14	15	15
Once a year	4	5	4	13	1	3	5
No response	4	2	0	4	3	1	2
Total	100	100	100	100	100	100	100

Table 13: Frequency of attendance of community events

	Age group (years)			Gender			Total sample N=331 %
	12-14 N=150 %	15-17 N=135 %	18-25 N=46 %	Males N=75 %	Females N=106 %	No response N=150 %	
Weekly	18	17	9	19	12	18	16
Monthly	15	21	33	16	29	15	20
Every few months	23	22	24	17	24	25	23
A few times a year	27	31	22	27	27	29	28
Once a year or less	13	8	11	17	7	10	11
No response	4	1	2	4	1	3	2
Total	100	100	100	100	100	100	100

3.4 Use of social media and computer

Respondents were asked whether they used “*any social networking sites and provided with: Facebook, Instagram, Twitter, None and Other*”, and ‘how many hours a day they spent on the computer for study or work and leisure’ (with the response categories as in Table 15). The results are presented in Tables 14 and 15 respectively.

Table 14 shows that over 90% of the total sample used social networking sites, with Instagram being the most nominated site (74%), followed by Facebook (57%) and Snapchat (53%) (which was not listed). Almost all 18-25 year-olds used Facebook (98%) versus only 33% of 12-14 year-olds. Very few nominated Twitter (7%).

Table 15 shows that approximately two thirds report using the computer for study or work (61%) or leisure (66%), with most of these in each case doing so for 1-6 hours per day. Nevertheless, there is a small proportion spending more than 7 hours per day on the computer for leisure. For both study/work and leisure, usage was higher among 15 –25 year-olds versus 12-14 year-olds, and particularly for ‘leisure’.

Table 14: Proportion of respondents who report using social networking sites

	Age group (years)			Gender			Total sample N=331
	12-14	15-17	18-25	Males	Females	No response	
	N=150	N=135	N=46	N=75	N=106	N=150	
	%	%	%	%	%	%	%
Instagram	71	78	72	71	79	71	74
Facebook	33	69	98	57	65	50	57
Snapchat	57	60	20	41	56	57	53
Twitter	3	10	7	11	7	5	7
Messenger	3	4	0	5	0	5	3
Other	7	8	2	11	6	5	7
None	13	4	0	11	5	9	8
No response	1	1	0	1	2	0	1

Table 15: Number of hours a day spent on the computer for study, work or leisure

	Age group (years)			Gender			Total sample N=331
	12-14	15-17	18-25	Males	Females	No response	
	N=150	N=135	N=46	N=75	N=106	N=150	
	%	%	%	%	%	%	%
For study or work:							
None	41	33	37	49	26	39	37
1-6 hours	54	56	46	41	64	53	54
7-11 hours	1	6	9	1	6	5	4
12+ hours	2	4	7	7	3	2	3
No response	2	1	2	1	2	1	2
Total	100	100	100	100	100	100	100
For leisure:							
None	43	27	26	25	36	37	34
1-6 hours	49	62	63	57	59	55	57
7-11 hours	5	10	9	11	5	7	7
12+ hours	3	2	2	7	1	1	2
No response	0	0	0	0	0	0	0
Total	100	100	100	100	100	100	100

3.5 Leisure activities and favourite ‘hang out’ locations

Respondents were presented with the list of activities in Table 16 and asked: “*What sort of leisure activities do you currently enjoy?*” They were asked to nominate any not listed. They were then presented with the list of locations in Table 17 and asked: “*Where do you and your friends like to hang out?*”

Table 16 shows that the most frequently nominated activity enjoyed across all age groups and gender was ‘Watching TV/Movies’: 68%. The next most popular were ‘Camping’ (55%) (across all groups), and ‘Water activities’ (49%, but less so for males: 37%). ‘Cooking’ was popular amongst 18-25 year-olds (57%) and more so amongst females than males (54% vs 31%). ‘Mountain and BMX riding’ were popular amongst 12-14 year-old (and males). A number of not listed activities were nominated by small percentages of respondents.

Table 16: Proportion of respondents who currently enjoy various leisure activities

	Age group (years)			Gender			Total sample N=331 %
	12-14 N=150 %	15-17 N=135 %	18-25 N=46 %	Males N=75 %	Females N=106 %	No response N=150 %	
Presented activities:							
Watching TV/movies	66	73	63	69	71	66	68
Camping	59	51	52	53	49	59	55
Water activities, i.e. surfing/canoeing swimming	49	47	52	37	55	51	49
Cooking	42	34	57	31	54	37	41
Photography	38	34	26	21	45	34	35
Mountain Biking	35	17	15	33	12	29	25
Art	25	19	11	4	33	19	20
Playing/performing music	17	25	13	15	23	20	20
BMX riding	27	13	2	32	8	19	18
Fashion, i.e. sewing/jewellery making/knitting	13	10	17	4	17	13	12
Skate boarding	13	4	0	11	4	9	8

Table 16: Proportion of respondents who currently enjoy various leisure activities (Cont'd)

	Age group (years)			Gender			Total sample N=331 %
	12-14 N=150 %	15-17 N=135 %	18-25 N=46 %	Males N=75 %	Females N=106 %	No response N=150 %	
	Additional nominated activities:						
Gaming	7	5	0	9	2	5	5
Sports (non-specific)	5	7	0	9	5	4	5
Basketball	6	2	0	1	3	5	4
Football/soccer	5	4	0	7	1	5	4
Horse riding	3	4	4	0	6	4	4
Motorbike riding	3	5	0	5	1	5	4
Driving	4	1	4	7	2	1	3
Dancing	3	1	2	0	3	2	2
Fishing	3	1	0	1	0	3	2
Netball	3	2	2	0	3	3	2
Reading/writing	1	3	2	1	3	2	2
Other	9	10	20	11	11	11	11
No response	2	3	2	3	2	3	2

Table 17: Main place where respondents hang out with their friends

	Age group (years)			Gender			Total sample N=331 %
	12-14 N=150 %	15-17 N=135 %	18-25 N=46 %	Males N=75 %	Females N=106 %	No response N=150 %	
	Home	70	77	76	65	78	
Town	69	75	46	65	67	71	68
Beaches/dam rivers/ aquacenter	45	51	54	28	62	49	49
Park	49	47	26	40	49	45	45
The bush	39	32	28	37	30	37	35
Youth group	14	9	4	9	8	13	11
Local pub/tavern	0	4	44	8	12	5	8
Other	11	10	4	16	7	8	9
No response	3	4	4	4	2	5	4

Table 17 shows that the most popular place to hang out across all age groups and gender was ‘Home’ (73%), followed by ‘Town’ (68%) (although less so for 18-25 year-olds: 46%). ‘Outdoor/nature areas’ were nominated frequently: ‘Water’ locations 49%; ‘Park’ 45%; ‘Bush’ 35%). Just under half of 18-25 year-olds nominated the Local pub/tavern: 44%.’

3.6 Housing and transport

Respondents were asked ‘where they currently lived’ and their ‘current mode of transport’. The response categories provided and results are shown in Tables 18 and 19 respectively. Table 18 shows that 95% of 12-17 year-olds reported living with family, whereas among 18-25 year-olds, 52% reported living with family and 24% reported sharing a house. Similarly, Table 19 shows that 12-14 and 15-17 year-olds reported ‘Parents’ (60% & 56%) and ‘Walking’ (46% & 36%) as their main modes of transport, whereas 85% of 18-25 year-olds reported ‘Drive’. Use of a ‘Bicycle’ declines substantially with age: 33% of 12-14 year-olds vs 14% of 15-17 year-olds and 9% of 18-25 year-olds.

Table 18: Current accommodation arrangement

	Age group (years)			Gender			Total sample
	12-14 N=150 %	15-17 N=135 %	18-25 N=46 %	Males N=75 %	Females N=106 %	No response N=150 %	
Living with family	96	94	52	88	84	93	89
Share a house	3	2	24	8	8	2	5
Boarding	0	1	1	0	1	1	1
Living alone	0	0	2	0	1	0	<1
Homeless/insecure housing	0	1	0	0	0	1	<1
Foster care	0	1	0	0	0	1	<1
Other	1	1	17	4	6	1	3
No response	1	2	2	0	1	2	1

Table 19: Current mode of transport

	Age group (years)			Gender			Total sample N=331 %
	12-14 N=150 %	15-17 N=135 %	18-25 N=46 %	Males N=75 %	Females N=106 %	No response N=150 %	
	Parents	60	56	4	55	50	
Drive	35	43	85	39	47	47	45
Walk	46	36	28	47	34	40	40
Bicycle	33	14	9	33	8	27	22
Friend's car or motorbike	10	16	4	17	11	9	12
Motorbike	11	6	4	13	3	9	8
Skateboard	2	1	0	1	0	2	1
Other	13	10	0	7	13	9	10
No response	1	1	4	1	3	1	2

Respondents were then asked: “*If a public transport system existed in the Shire of Manjimup what would you use it for most?*” The response categories provided and the results are shown in Table 20. Just under half the 18-25 year-olds (44%) stated they ‘Would not use public transport’, along with substantial proportions of younger respondents: 28% of 12-14 year-olds and 31% of 15-17 year-olds. Conversely, almost three quarters of 12-14 year-olds, approximately two thirds of 15-17 year-olds, and approximately half of 18-25 year-olds stated they would use public transport for at least one of the listed purposes. Substantial proportions of 12-17 year-olds nominated several of these presented purposes, particularly ‘Visit friends’ (approximately 40%). The most frequently nominated purpose by 18-25 year-olds was to ‘Attend events/social gatherings’ (30%).

Table 20: Main uses of a public transport system if it existed in the Shire of Manjimup

	Age group (years)			Gender			Total sample N=331
	12-14	15-17	18-25	Males	Females	No response	
	N=150 %	N=135 %	N=46 %	N=75 %	N=106 %	N=150 %	
Visit friends	43	38	7	33	40	34	36
Attend events/social gatherings	20	30	30	21	32	23	26
Go shopping	27	23	11	11	27	26	23
Attend sporting events	24	18	7	19	19	19	19
Recreation	11	12	7	8	9	13	11
Access services	11	9	9	11	9	10	10
Other	0	1	4	0	3	0	1
I would not use public transport	28	31	44	35	26	33	31
No response	5	4	7	5	4	5	5

3.7 Alcohol, tobacco and illicit drug use

Respondents were asked: “*Although using illicit drugs is illegal and drinking alcohol under the age of 18 years is against the law, have you partaken in any of these activities over the last 12 months?*” Those who responded ‘yes’ were asked: “*Have you in the last year used any of the following drugs: marijuana/cannabis; tobacco; amphetamines?*” and “*Have you in the last year consumed any alcohol?*” Those under 18 who had consumed alcohol were asked: “*From whom did you obtain the alcohol you consumed in the last year?*” Those 18-25 year-olds who consumed alcohol were asked “*From where did you buy it?*” The results are presented in Tables 21 to 24 respectively.

Table 21 shows that overall, one third reported using alcohol, tobacco or illicit drugs: 63% of 18-25 year-olds; 44% of 15-17 year-olds; and 16% of 12-14 year-olds. There was no notable difference by gender.

Table 21: Proportion of respondents who reported using tobacco, illicit drugs or drinking alcohol in the last 12 months

	Age group (years)			Gender			Total sample N=331 %
	12-14 N=150 %	15-17 N=135 %	18-25 N=46 %	Males N=75 %	Females N=106 %	No response N=150 %	
	Yes	16	44	63	36	35	
No	78	54	37	59	64	63	63
No response	6	2	0	5	1	4	3
Total	100	100	100	100	100	100	100

Table 22 shows that alcohol is the most used substance, increasing from 15% of 12-14 year-olds, to 44% of 15-17 year-olds, and nearly two-thirds of 18-25 year-olds (63%). Use of tobacco and illicit drugs also increase with age, but are far lower than alcohol use. One in five 18-25 year olds reported using an illicit drug in the past year.

Table 22: Reported use of alcohol, tobacco and illicit drugs in the last year

	Age group (years)			Gender			Total sample N=331 %
	12-14 N=150 %	15-17 N=135 %	18-25 N=46 %	Males N=75 %	Females N=106 %	No response N=150 %	
	Alcohol	15	44	63	36	34	
Tobacco	1	9	26	9	9	7	8
Illicit drug	3	14	22	11	10	9	10
None of these	78	54	37	59	64	63	63
No response to these questions	6	2	0	5	1	4	3

Table 23 shows that amongst 12-17 year-olds who consumed alcohol in the last year, 'Friends' was the most frequently nominated source (60%), followed by 'Parents' (41%) and 'Other adult' (26%). For 12-17 year-olds (n = 285), these percentages are: 10%, 6% and 4%. Combining across 'home/family' categories (i.e., Parents, Brother/sister, Helped myself at home), it appears that almost two-thirds of 12-14 year-olds (63%) and 15-17 year-olds (65%)

who consumed alcohol, sourced the alcohol from a home/family source.

Table 23: Sources of alcohol among 12-17 year-olds who consumed alcohol in last year

	Age group (years)		Gender			Total sample N=84 %
	12-14	15-17	Males	Females	No response	
	N=24	N=60	N=20	N=22	N=42	
	%	%	%	%	%	
Friends	38	68	65	68	52	60
Parents	38	42	45	36	41	41
Other adult (not parents)	8	33	25	32	24	26
I helped myself to it from home	29	23	35	18	24	25
Brother, sister	25	23	25	27	21	24
Other	0	3	5	0	2	2
No response	13	3	0	9	7	6

Table 24 shows that amongst 18-25 year-olds who consumed alcohol, the most common place of purchase was ‘a liquor store’ (76%), followed by ‘Pub, sports event or club’ (62%), ‘Bottle shop’ (52%), and ‘Sporting event’ (41%). However, these overall percentages and their relativity need to be treated with caution given the small number of 18-25 year-olds.

Table 24: Main places of purchase of alcohol among 18-25 year-olds who consumed alcohol in the last year

	Age group (years)	Gender			Total sample N=29 %
	18-25	Males	Females	No response	
	N=29	N=7	N=15	N=7	
	%	%	%	%	
At a liquor store	76	86	73	71	76
At a pub, sports event, club	62	57	73	43	62
At a walk in or drive through bottle shop	52	57	67	14	52
At a sporting event/sport club	41	29	53	29	41
At a dance/music/other cultural event	35	57	33	14	35
Through the internet	14	14	20	0	14

Other	10	14	0	0	10
No response	17	0	20	29	17

While not directly comparable given the sample composition and the time since the last survey, in the ASSADS data for 2014, the % of 12-17 year-old WA schoolchildren reporting the use of an illicit drug in the past year was 17%; the proportion reporting drinking alcohol in the past year was 44%; and the proportion reporting tobacco use in the past year was 13.6%. The 12-17 year-old Manjimup respondents reported lower percentages for use in the past year for all three substances: illicit drugs: 8%; alcohol: 29%; and tobacco: 5%. The proportion of 18-25 year-olds reporting using an illicit drug in the past year is somewhat less but consistent with the National Drug Strategy Household Survey 2016 for 20-29 year olds.

3.8 Health matters

3.8.1 Overall wellbeing

Respondents were presented with the following subset of items from the Warwick-Edinburgh Mental Well-being Scale (WEMWBS): ‘*I feel optimistic about the future*’; ‘*I feel good about myself*’; ‘*I feel close to other people*’; ‘*I feel confident*’; ‘*I feel loved*’; and ‘*I feel cheerful*’. The response categories were: ‘all of the time’ (5 points), ‘often’ (4), ‘some of the time’ (3), ‘rarely’ (2), ‘none of the time’ (1). A wellbeing score was computed for each respondent by summing the scores on the six items. Table 25 shows the wellbeing categories adapted from a UK categorisation. These categories should be considered indicative only for this sample.

Table 25: Proportion of respondents in each of the wellbeing categories

	Age group (years)			Gender			Total sample
	12-14 N=150	15-17 N=135	18-25 N=46	Males N=75	Females N=106	No response N=150	
	%	%	%	%	%	%	%
‘above average’ 26+	22	14	20	15	16	22	18
‘average’ 18-25	59	65	67	68	58	63	62
‘below average’ 14-17	12	15	9	9	21	9	13
‘very low’ 6-13	7	5	4	8	4	6	6
No response	1	1	0	0	1	1	1
Total	100	100	100	100	100	100	100

Nevertheless, in the total sample, approximately two in three respondents were classified as ‘average’ in relation to their wellbeing score (62%), with similar proportions of respondents classified as ‘above average’ (18%) and ‘below average’ or ‘very low’ (19%).

3.8.2 Physical activity

Although previous questions included engagement in sporting and ‘physical’ leisure activities, respondents were also asked specifically: “*How often do you do something physically active?*” and provided with the response categories shown in Table 26.

Table 26 shows that in the total sample, almost 60% reported being active ‘daily’ (45%) or ‘4-6 times a week’ (14%), with the proportion highest among 12-14 year-olds relative to the older groups: 70% vs 53% and 39%.

Table 26: Frequency of doing something physically active

	Age group (years)			Gender			Total sample
	12-14 N=150	15-17 N=135	18-25 N=46	Males N=75	Females N=106	No response N=150	
	%	%	%	%	%	%	%
Daily	57	35	35	51	36	48	45
4-6 times weekly	13	18	4	7	17	15	14
2-3 times weekly	15	30	39	25	27	22	25
Once a week	9	10	7	5	10	9	9
Monthly	0	3	9	4	4	1	2
Less than monthly	3	4	4	7	5	2	4
No response	3	1	2	1	1	3	2
Total	100	100	100	100	100	100	100

3.8.3 Safety and support

Respondents were asked: “*How safe do you feel from violence and abuse?*” (Table 27) and whether there were “*adults outside of your family that you can talk to freely about abuse or violence if this was an issue for you or someone you were worried about?*” (Table 28). Table 27 shows that 81% of the total sample reported ‘always’ (46%) or ‘mostly’ (35%) feeling safe.

A small proportion of respondents indicated that they ‘often’ don’t feel safe (5%). Older respondents were more likely to respond ‘always’ but there was no difference by gender.

Table 27: Perceived level of safety from violence and abuse

	Age group (years)			Gender			Total sample N=331 %
	12-14 N=150 %	15-17 N=135 %	18-25 N=46 %	Males N=75 %	Females N=106 %	No response N=150 %	
	Always feel safe	41	48	57	37	42	
Mostly feel safe	35	38	30	39	38	32	35
Sometimes feel safe	16	9	2	17	10	9	11
Often don’t feel safe	5	4	7	4	8	4	5
No response	3	1	4	3	3	1	2
Total	100	100	100	100	100	100	100

Table 28 shows that the vast majority of respondents (82%) reported they have an adult outside the family to talk to about abuse or violence. Although sub-cell sizes are small, of some concern is that those who ‘sometimes feel safe’ or ‘often don’t feel safe’ are somewhat less likely than those who ‘always’ or ‘mostly’ feel safe to have someone outside the family they can talk to: 30% vs 12% (Table 29).

Table 28: Access to adults outside of family to freely talk about abuse or violence if perpetrated on yourself or someone else

	Age group (years)			Gender			Total sample N=331 %
	12-14 N=150 %	15-17 N=135 %	18-25 N=46 %	Males N=75 %	Females N=106 %	No response N=150 %	
	Yes	81	82	85	79	84	
No	15	17	11	16	15	15	15
No response	5	2	4	5	1	4	3
Total	100	100	100	100	100	100	100

Table 29: Perceived level of safety from violence and abuse by access to adults outside of family to freely talk about abuse or violence

	Perceived level of safety			
	Always feel safe	Mostly feel safe	Sometimes feel safe	Often don't feel safe
	N=153	N=117	N=37	N=17
	%	%	%	%
Have someone to talk to:				
Yes	89	82	65	65
No	9	16	30	30
No response	3	2	5	6
Total	100	100	100	100

Respondents were then asked whether they “*know of mental health care services (such as counselling) that you can go to if you feel sad or depressed?*”, and whether “*If needed, I can get support and help from professionals about all aspects of my health?*” These results are shown in Tables 30 and 31 respectively.

Tables 30 and 31 show that approximately one in four are not aware of mental health care services to go to if feeling sad or depressed (Table 30), and around one in six disagree that they can get professional support for all aspects of their health (Table 31).

Table 30: Aware of mental health care services to go to if feeling sad or depressed

	Age group (years)			Gender			Total sample
	12-14	15-17	18-25	Males	Females	No response	
	N=150	N=135	N=46	N=75	N=106	N=150	
	%	%	%	%	%	%	%
Yes	66	75	72	65	77	68	70
No	27	24	24	28	22	27	25
No response	7	2	4	7	1	5	4
Total	100	100	100	100	100	100	100

Table 31: Access to support from professionals about own health

	Age group (years)			Gender			Total sample
	12-14	15-17	18-25	Males	Females	No response	
	N=150	N=135	N=46	N=75	N=106	N=150	
	%	%	%	%	%	%	%
Yes	77	85	83	81	84	79	81
No	16	13	15	12	15	16	15
No response	7	2	2	7	1	5	4
Total	100	100	100	100	100	100	100

Further analyses showed that awareness of mental health care services is related to beliefs about getting support from health professionals for their own health if needed: almost all of those aware of mental health services also agreed they could get support if needed about their health (93%), compared to just over half (56%) of those *not* aware of mental health services.

3.9 Living in Manjimup

3.9.1 Best things about Manjimup and what could be made better

Respondents were asked to complete the following three statements in this order: “*The best thing about where I live is...*”; “*To make where you live a better place right now I would...*”; and “*To make where you live a better place to live when I am 10 years older I would...*”. The responses were grouped into themes and are shown in Tables 32 to 34 respectively.

Table 32 shows that most responses focused on social connectedness (family, friends and community), followed by environmental factors (peaceful; nature; location). The remaining nominations could also be included under community (sport; events) or physical environment (space; animals). There were no systematic differences by age.

With respect to making Manjimup a ‘better place to live’, there was considerable overlap with the ‘now’ and ‘ten years’ responses (which probably contributed to the relatively higher non-response rate to the latter question). Tables 33 and 34 show that most respondents suggested additional facilities, entertainment, cafes/ restaurants, and events of various sorts to make Manjimup a ‘better place to live’. Very few mentioned correction of any negatives.

Table 32: Best thing about where they live

	Age group (years)			Gender			Total sample N=331 %
	12-14 N=150 %	15-17 N=135 %	18-25 N=46 %	Males N=75 %	Females N=106 %	No response N=150 %	
	Friends/family	28	19	26	16	27	
Community	17	19	30	11	22	23	20
Peaceful/quiet	18	23	13	20	19	19	19
Nature/environment	19	17	22	17	23	16	18
Location	18	19	7	23	10	18	17
Sport	7	6	0	5	5	7	6
Safe	7	3	0	4	5	5	5
Space	3	8	4	7	5	5	5
Events	2	2	4	1	4	1	2
Animals	3	2	4	1	3	3	2
Other	5	7	7	8	8	4	6
Everything	1	2	0	3	0	1	1
Nothing	2	4	0	1	3	3	2
No response	8	12	20	11	9	13	11

Table 33: Main things to make where they live a better place right now

	Age group (years)			Gender			Total sample N=331 %
	12-14 N=150	15-17 N=135	18-25 N=46	Males N=75	Females N=106	No response N=150	
	%	%	%	%	%	%	
Provide more facilities/fix roads/buildings	35	20	22	35	23	26	27
Provide more entertainment centres	18	16	28	20	22	15	18
Open more shops/cafes/restaurants	20	13	9	23	15	13	16
Have more social/cultural/sporting events	11	13	22	11	19	11	13
Help promote community	2	5	4	1	8	2	4
Reduce tax and prices	5	2	2	1	3	4	3
Create more jobs	2	2	9	3	3	3	3
Leave this place	3	5	0	1	4	4	3
Reduce crimes/drugs/increase police presence	3	1	4	0	4	2	2
Improve public transport	1	4	0	1	2	3	2
Provide free/better wi-fi	3	2	0	3	3	1	2
Other	4	11	2	5	6	8	7
Nothing	8	7	4	11	4	7	7
Don't know	4	4	3	5	3	3	3
No response	13	24	28	17	17	22	19

Table 34: Main things to make Manjimup a better place when 10 years older

	Age group (years)			Gender			Total sample N=331 %
	12-14 N=150	15-17 N=135	18-25 N=46	Males N=75	Females N=106	No response N=150	
	%	%	%	%	%	%	
Provide more facilities	23	7	9	15	13	15	14
Open more shops and cafes	16	11	2	12	15	10	12
Provide more entertainment	14	8	13	9	15	10	12
Create more jobs	6	12	7	11	10	6	9
Have more events	4	4	20	3	11	5	6
Leave this place	3	8	0	4	4	6	5
Build a bigger community	3	5	4	1	8	3	4
Make the place safer	4	3	2	1	5	3	3
Improve public transport	1	2	0	0	2	1	1
Provide free and better wi-fi	2	0	0	1	1	1	1
Other	5	9	2	9	4	6	6
Nothing	3	5	0	7	1	4	4
Don't know	3	6	4	4	7	3	4
No response	35	40	52	49	62	53	40

3.9.2 Sources of information about events in Manjimup

Respondents were presented with the sources in Table 35 and asked where they would: “*most likely find information about events in town?*” Table 35 shows that for 12-17 year-olds, the main nominated sources of information about events in town were parents (61%) and teachers/school (60%), whereas for 18-25 year-olds, Facebook was by far the main source of information (87%). Newspapers were nominated by a substantial proportion of each age group (36-40%) as were ‘text messages’ (20-25%).

Table 35: Main sources of information about events in town

	Age group (years)			Gender			Total sample N=331 %
	12-14 N=150 %	15-17 N=135 %	18-25 N=46 %	Males N=75 %	Females N=106 %	No response N=150 %	
	Parents	62	60	20	59	52	
Teachers/school	62	58	11	52	46	59	53
Facebook	17	50	87	33	53	34	40
Newspaper	38	40	36	33	39	39	38
Text message	24	25	20	15	29	23	23
Radio	14	11	16	13	13	13	13
Other	11	5	11	12	9	6	9
No response	1	1	2	1	1	1	1

3.10 Youth and shire matters

3.10.1 Interest in participating in decision making process for youth matters

Respondents were asked: “*Would you be interested in being part of the decision-making process for the Shire youth service or helping with programmes (i.e. attend meetings etc.)?*”

Those who responded ‘yes’ or ‘maybe’ were presented with the days as in Table 36 and asked: “*What day would be the best day for you to attend meetings to discuss Youth issues?*” and “*How often would you be happy to attend?*” The results are presented in Tables 36 to 38 respectively.

With respect to interest in being part of the Shire’s decision-making process for youth, Table 36 shows that 12% of the total sample responded ‘yes’, and a further 30% responded ‘maybe’.

Table 36: Interest in being part of the decision-making process for the Shire youth service or helping with programmes

	Age group (years)			Gender			Total sample
	12-14	15-17	18-25	Males	Females	No response	
	N=150	N=135	N=46	N=75	N=106	N=150	
	%	%	%	%	%	%	%
Yes	9	11	22	12	11	11	12
Maybe	37	22	30	27	31	31	30
No	53	64	48	59	58	56	57
No response	1	2	0	3	0	1	1
Total	100	100	100	100	100	100	100

Amongst those interested, Table 37 shows that no particular day was favoured over any other, but there was a slight preference for a Monday or Wednesday. Table 38 shows that amongst those interested, 53% preferred scheduling meetings on a monthly basis, with 36% nominating fortnightly.

Table 37: Preferred day to attend meetings to discuss youth issues

	Age group (years)			Gender			Total sample
	12-14	15-17	18-25	Males	Females	No response	
	N=69	N=45	N=24	N=29	N=45	N=64	
	%	%	%	%	%	%	%
Monday	17	22	29	28	11	25	21
Tuesday	7	18	17	7	18	11	12
Wednesday	15	24	25	10	24	20	20
Thursday	6	13	17	7	16	8	10
Friday	13	11	8	14	9	13	12
Saturday am	17	16	17	24	18	13	17
Saturday pm	15	20	21	21	18	16	17
Sunday am	10	9	13	17	16	3	10
Sunday pm	15	13	13	21	7	16	14
Saturday am & pm	0	2	4	1	2	1	1
Sunday am & pm	0	2	4	1	2	1	1
No response	6	11	13	3	16	6	9

* Total exceeds 100% as n=30 of respondents nominated more than one day.

Table 38: Preferred frequency of meetings to discuss youth issues

	Age group (years)			Gender			Total sample N=138 %
	12-14 N=69 %	15-17 N=45 %	18-25 N=24 %	Males N=29 %	Females N=45 %	No response N=64 %	
	Monthly	57	38	71	69	58	
Fortnightly	33	47	25	14	36	47	36
Weekly	6	9	0	10	2	6	6
No response	4	7	4	7	4	5	5
Total	100	100	100	100	100	100	100

3.10.2 Do young people feel they are ‘heard’ by the Shire?

Respondents were presented with the statement: “*I feel heard as a young person in the Shire of Manjimup?*” and asked to respond ‘yes’ or ‘no’. They were also asked whether they would be more involved in or aware of Shire activities if the Shire used more social media like Facebook or Twitter, and whether they were aware that the Shire had a Facebook page. The responses are presented in Tables 39-41 respectively. These were the last questions, which could explain why these have a relatively higher non-response rate than early questions.

Table 39 shows that 24% of the total sample responded ‘yes’ to being heard, with a similar proportion not responding to the question.

Table 39: Proportion of respondents who felt that they are being heard as a young person in the Shire of Manjimup

	Age group (years)			Gender			Total sample N=331 %
	12-14 N=150 %	15-17 N=135 %	18-25 N=46 %	Males N=75 %	Females N=106 %	No response N=150 %	
	Yes	29	22	17	23	23	
No	47	58	61	47	62	50	53
No response	25	21	22	31	15	24	23
Total	100	100	100	100	100	100	100

Table 40 shows that the proportion indicating more involvement if the Shire used social media more increases with age – and was also higher amongst females than males.

Table 40: Proportion of respondents saying they would be more involved in/aware of Shire activities if Shire used social media like Facebook or Twitter more

	Age group (years)			Gender			Total sample
	12-14 N=150 %	15-17 N=135 %	18-25 N=46 %	Males N=75 %	Females N=106 %	No response N=150 %	
Yes	29	48	70	39	58	34	43
No	47	34	9	31	32	42	36
No response	24	18	22	31	10	24	21
Total	100	100	100	100	100	100	100

Table 41 shows that less than half (44%) of the total sample were aware of the Shire’s Facebook page, with awareness highest amongst 18-25 year-olds (and females).

Table 41: Proportion of respondents aware of the Shire of Manjimup’s Facebook page

	Age group (years)			Gender			Total sample
	12-14 N=150 %	15-17 N=135 %	18-25 N=46 %	Males N=75 %	Females N=106 %	No response N=150 %	
Yes	39	44	63	36	52	43	44
No	38	38	20	37	37	33	35
No response	23	18	17	27	11	23	20
Total	100	100	100	100	100	100	100

4. SUMMARY OF MAJOR FINDINGS

Overall, this sample of young people in Manjimup are actively involved in community clubs, events and activities in Manjimup, including volunteering activities in addition to leisure and sporting activities. They enjoy a wide range of activities, both indoor and outdoor, and like to hang out at home, in the town itself and in outdoor areas (park, bush, water areas). Consistent with reported activities, most also show adequate levels of measured wellbeing.

Although substantial proportions anticipate leaving the region for further study or work opportunities, no major negatives about the town were evident in their responses to various questions.

Reported alcohol, tobacco and illicit drug use was either lower or consistent with state and national data.

Over two thirds of 12 – 17 year-olds (and just over half the 18-25 year-olds) stated they would use a local public transport system, with 12-17 year-olds nominating a variety of purposes and to visit friends in particular.

The vast majority ‘always’ or ‘mostly’ feel safe from violence and abuse and have an adult outside the family they can talk to about abuse or violence. However, just under a third of those who only ‘sometimes’ or ‘often don’t’ feel safe report having someone to talk to. Similarly, a substantial proportion of those not aware of mental health services to go to if feeling sad or depressed, do not feel they have access to a health professional for their own health. Hence there is a need for increasing awareness of such services for youth in Manjimup.

A substantial proportion of the sample, and particularly amongst the 18-25 year-olds expressed some interest (‘yes’ or ‘maybe’) in being part of the Shire’s decision-making process for youth matters. The launch of such a group or program could reduce the current majority proportion who feel they are not being ‘heard’ by the Shire. While just under half claimed to be aware of the Shire’s Facebook page, substantial proportions stated they would be more aware of or involved in Shire activities if the Shire used Facebook more.

APPENDIX 1: The Questionnaire

Shire of Manjimup Youth Questionnaire



During the month of November youth aged from 12 to 25 are being asked to share information about their lives and lifestyles. The information shared will enable the Shire of Manjimup to understand where best to place its efforts to assist young people meet the challenges associated with their age and living rurally and remotely. To find where there is a need, and how the Shire might contribute to filling that gap the Youth Questionnaire will be asking young people for their input around such topics as 'study and work', 'physical and mental health', 'transport and accommodation'.

The Shire of Manjimup aspires to be a youth friendly community which is defined as a community where young people are treated with respect and where they feel safe, welcome and included. It is a community that encourages and recognises the participation and contributions of young people, supports youth development and provides youth-friendly services, facilities and programs. With 1 in 4 people aged 16-24 years in Australia experiencing a mental disorder within the last 12 months and suicide being the leading cause of death in young people and children aged 5-17, the Shire is keen to gain an insight into how our younger community members are faring and to find what services, activities and advocacy would best benefit them.

Through releasing this questionnaire we hope to;

- allow young people to provide information and put forward their views
- gauge youths aspirations and expectations around study, employment and a future in the Shire of Manjimup
- discern broadly the habits of young people around drugs and alcohol
- gauge the level of risk factor present around suicide
- discern young people's level of involvement in
 - The community
 - Sporting organisations
 - Other groups/organisations

All of this information will also help as to find out where there is a need, and how the Shire might contribute to filling that gap



The questionnaire can be accessed on line through the Shire of Manjimup's website or a paper copy can be obtained at the Shire of Manjimup Offices on Rose St, all libraries within the Shire of Manjimup, the Manjimup Community Resource Centre and the Manjimup Family Centre. To thank those participating in the survey a draw will be conducted in December where participants can win a \$100 pre-paid visa card.

Introduction

- Please do not write your name on this survey
- You will not be identified in anyway.
- You do not need to answer any questions that you are not comfortable answering.

Background

1. How old are you? Gender

12-14 15-17 18-20 21-25 Male Female

2. Do you identify as LGBTIQ (lesbian, gay, bisexual, transgender, intersex, or questioning)?

Yes No

3. Do you identify yourself as...

Aboriginal Torres Strait Islander Neither

4. Do you identify yourself as someone with a disability?

Yes No

5. Do you or your family speak a language other than English at home?

Yes Please specify _____ No

Study Work and activities

6. Are you studying at school, university, correspondence, home school, TAFE or equivalent?

Yes, studying full time (full time study refers to 20 to 24 hours of study per week.)

Yes, studying part-time

No, not studying

7. Are you prepared to leave the region to further your study?

Yes No

8. Do you have paid work?

Yes Go to question 9

No, but I am looking for work Go to question 10

No, but I am NOT looking for work Go to question 10

9. How many hours a week do you work on average?

1-10 11-20 21-39 40+

10. Do you plan to leave the region to pursue a career?

Yes No Unsure

11. Do you participate in projects, groups or programs with other youth outside of school or work?

Yes No

12. Do you belong to any formal or informal interest groups, clubs or organisations, (e.g. sports club, car club, book club, fitness group, theatre group, etc)?

Yes No

13. In the past year have you been involved in any of the following activities formally or informally

Arts/theatre/cultural activities Yes No

Student or workplace leadership activities Yes No

Religious activities Yes No

Volunteer Work Yes No

Political activities Yes No

Youth groups and clubs Yes No

Sports (as a participant) Yes No

Sports (as a spectator) Yes No

Environmental groups or activities Yes No

Any other activities Yes Specify _____ No

14. Apart from your school or your job and members of your household, how often do you have contact with other people where you stop for a chat, talk on the phone or chat online?

Less than monthly Monthly Once a week 2-3 times weekly 4-6 times weekly Daily

15. How often do you get together with a group of friends, workmates or family for outings, meals or special events?

Once a year or less A few times a year Every few months Monthly Weekly

16. How often do you attend community events (e.g. music festivals, theatre, markets, local sporting events, school fairs, residents' meetings, local government events, local business groups, local 'clean up' events)?

Once a year or less A few times a year Every few months Monthly Weekly

17. Do you use any social networking sites? (Tick all that apply)

Facebook Instagram Twitter None Other _____

18. How many hours a day do you spend on the computer for study or work?

None 1-6 7-11 More

19. How many hours a day do you spend on the computer for leisure?

None 1-6 7-11 More

20. What sort of leisure activities do you currently enjoy? (Tick all that apply)

Water activities i.e surfing/canoeing swimming Playing/performing music Art Camping
 Skate boarding BMX riding Mountain Biking Watching TV/movies Photography
 Cooking Fashion i.e sewing/jewellery making/knitting
 Other Please describe _____

21. Where do you and your friends like to hang out? Tick all that apply

Home Town Park Youth group Beaches/dam rivers/Aquacentre The Bush
 Local pub/tavern Other Please explain _____

Communication and Information

22. Where are you most likely to find information about events in town?

Parents Teachers/school newsletters Newspaper Text Message Radio
 Facebook Other Please explain _____

23. Would you be interested in being part of the decision making process for the Shire youth service or helping with programmes (i.e. attend meetings etc.)?

Yes Maybe No go to question 26

**24. What day would be the best day for you to attend meetings to discuss Youth issues?
 Meetings would be held out of school/work hours.**

Mon Tues Wed Thurs Fri Sat am Sat pm Sun am Sun pm

25. How often could you be happy to attend?

Weekly Fortnightly Monthly

Transport and Housing

26. Where do you currently live?

With family Share a house Alone Homeless/insecure housing Foster care Boarding Other

27. In 10 years from now I picture myself living in....

Manjimup Perth Another regional/country area in WA Eastern States Overseas

28. What is your current mode of transport?

Drive Walk Bicycle Parents Motorbike Skateboard
 Friends car or motorbike Other Please describe _____

29. If a public transport system existed in the Shire of Manjimup what would you use it for most?

I would not use public transport Visit friends Attend Sporting events Recreation
 Attend Events & social gatherings Go Shopping Access Services
 Other Please explain _____

Physical and Mental Health

30. I feel optimistic about the future

None of the time Rarely Some of the time Often All of the time

31. I feel good about myself

None of the time Rarely Some of the time Often All of the time

32. I feel close to other people

None of the time Rarely Some of the time Often All of the time

33. I feel confident

None of the time Rarely Some of the time Often All of the time

34. I feel loved

None of the time Rarely Some of the time Often All of the time

35. I feel cheerful

None of the time Rarely Some of the time Often All of the time

36. How often do you do something physically active (e.g. walking, playing sport, dancing)?

Less than monthly Monthly Once a week 2-3 times weekly 4-6 times weekly Daily

37. How safe do you feel from violence and abuse (abuse could be verbal, physical or sexual)?

Always feel safe Mostly feel safe Sometimes feel safe Often don't feel safe

38. Are there adults outside of your family that you can talk to freely about abuse or violence if this was an issue for you or someone you were worried about?

Yes No

39. Do you know of mental health care services (such as counselling) that you can go to if you feel sad or depressed?

Yes No

40. If needed, I can get support and help from professionals about all aspects of my health?

Yes No

41. Although using illicit drugs is illegal and drinking alcohol under the age of 18 years is against the law, have you partaken in any of these activities over the last 12 months? (Please remember you will not be identified in any way)

Yes go to Q 42 No go to Q 46

42. Have you in the last year used any of the following drugs? (Please tick all that apply)

None

Amphetamines (speed, goey, ice, meth, crystal methamphetamines, dexies)

Marijuana/cannabis (grass, hash, dope, weed, mull, pot, a joint, ganga)

Tobacco (smokes, cigarettes, rollies, fags)

Other Please specify _____

43. Have you in the last year consumed any alcohol? (Please remember you will not be identified in any way)

Yes if under 18 go to Q 44, if over 18 go to Q 45 No go to Q 45

44. From whom did you obtain the alcohol you consumed in the last year? (Please tick all that apply)

My parent/s Friends

My brother/sister I helped myself to it from home

Other adult (not parents)

Other Please specify _____

45. From where did you buy it?

At a pub, sports event, club At a sporting event/sport club

At a liquor store At a dance/music/other cultural event

At a walk in or drive through bottle shop Through the internet

Other Please specify _____

Tell us about where you live

46. The best thing about where I live is...

47. To make where you live a better place right now I would...

48. To make where you live a better place to live when I am 10 years older I would...

49. I feel heard as a young person in the Shire of Manjimup?

Yes No

50. I think I would be more involved in/aware of shire activities if they used more social media like Facebook or Twitter

Yes No

51. Are you aware that the Shire of Manjimup has a facebook page?

Yes No

APPENDIX 2

Appendix 2: Public Health Planning Report Template

Health Determinant	Factor	Output/Results
Biomedical factors	Population Age Youth	In 2017 there was an estimated 9.299% persons in the Shire of Manjimup with a medium age of 44.3 years of age. The percentage of people aged 15-24 years in 2016 was 11.1% (South West Development Commission, 2014) In the 2016 Census, there were 9,250 people in Manjimup (S) (Local Government Areas). Of these 50.4% were male and 49.6% were female. Aboriginal and/or Torres Strait Islander people made up 3.3% of the population. The percentage of children and young people by age groups: 0-4years – 5.3%; 5-9 years – 6.0%; 10-14 years – 7.4%; 15-19 years 6.3%; 20-24 years – 4.4% Total number 0-9 years is 1048 children; 10-24 years is 1678 youth. Children aged 0-14 years made up 18.7% of the population of the Shire of Manjimup. (ABS 2018)The median age of death from 2010-2014 in the Shire of Manjimup for males was 76 years and females 83 years (Social Health Atlas, 2017)
	Sex	The Shire of Manjimup based on ABS count 2016 had 50.4% of population who were males and 49.6% who were female. (ABS 2018)
	Hereditary Factors	
Health Behaviours	Physical Factors	In the South West Region over half of children (53%) did not do sufficient physical activity; (WACHS, 2018) In 2014-15, 18.4% of children aged 2-17 years were overweight but not obese and 5.6% who were obese (Social Health Atlas, 2017)
	Diet & Nutrition	In the South West Region most children (89%) did not eat the recommended daily serves of vegetables (WACHS, 2018) In the South West Region two in seven children (28%) did not eat the recommended daily serves of fruit(WACHS, 2018)
	Risk-taking Behaviours	In the South West Region, one in four children (25%) had a parent who smoked during their pregnancy although the proportion of people who reported their home was smoke free was 99 per cent (WACHS, 2018); In the South West Region one in twenty children (5%) reported height and weight measurements that classified them as obese (WACHS, 2018);
	Alcohol & Drug Related Risk-taking behaviours	In the Shire of Manjimup in 2014-15 there were 21% of 15 years old and over who consumed more than two standard alcoholic drinks per day on average (Social Health Atlas, 2017) In the Shire of Manjimup youth aged 12-24 surveyed showed that overall, one third reported using alcohol, tobacco or illicit drugs: 63% of 18-25 year-olds; 44% of 15-17 year-olds; and 16% of 12-14 year-olds. There was no notable difference by gender. Survey results showed that

		<p>alcohol is the most used substance, increasing from 15% of 12-14 year-olds, to 44% of 15-17 year-olds, and nearly two-thirds of 18-25 year-olds (63%). Use of tobacco and illicit drugs also increase with age, but are far lower than alcohol use. One in five 18-25 year olds reported using an illicit drug in the past year. Of those that consumed alcohol aged 12-17 year-olds who consumed alcohol in the last year, 'Friends' was the most frequently nominated source (60%), followed by 'Parents' (41%) and 'Other adult' (26%). For 12-17 year-olds (n = 285), these percentages are: 10%, 6% and 4%. Combining across 'home/family' categories (i.e., Parents, Brother/sister, Helped myself at home), it appears that almost two-thirds of 12-14 year-olds (63%) and 15-17 year-olds (65%) who consumed alcohol, sourced the alcohol from a home/family source. Of those surveyed aged 18-25 year-olds who consumed alcohol, the most common place of purchase was 'a liquor store' (76%), followed by 'Pub, sports event or club' (62%), 'Bottle shop' (52%), and 'Sporting event' (41%). However, these overall percentages and their relativity need to be treated with caution given the small number of 18-25 year-olds. (Youth Survey 2017)</p> <p>While not directly comparable given the sample composition and the time since the last survey, in the ASSADS data for 2014, the % of 12-17 year-old WA schoolchildren reporting the use of an illicit drug in the past year was 17%; the proportion reporting drinking alcohol in the past year was 44%; and the proportion reporting tobacco use in the past year was 13.6%. The 12-17 year-old Manjimup respondents reported lower percentages for use in the past year for all three substances: illicit drugs: 8%; alcohol: 29%; and tobacco: 5%. The proportion of 18-25 year-olds reporting using an illicit drug in the past year is somewhat less but consistent with the National Drug Strategy Household Survey 2016 for 20-29 year olds. (Donavan et al, 2018)</p> <p>14.1% of mothers smoked during pregnancy from 2012 to 2014 in the Shire of Manjimup (Social Health Atlas, 2017)</p>
	Stress & Mental Health	<p>Between 2006 and 2015 the South West Region the youth suicide rate for 15-24 years for males were 22.3 per 100,000 persons and females 6.6 per 100,000 persons. This is 1.4 times the State Rate Health and Wellbeing Survey collects information regarding psychological distress and perceived lack of control, which are both related to mental health and can have adverse effects on health. Eight per cent of South West adults reported high or very high psychological distress, while four per cent reported lack of control over their life in general. These figures were similar to the State. (WACHS, 2018)</p> <p>In the Shire of Manjimup deaths from suicide or self-inflicted injury from 2011 to 2015 was 21 per 100,000 persons for persons aged 0-74 years. This is significantly higher than the state rate of 14 per 100,000 persons. (Social Health Atlas, 2017)</p>

		In the Shire of Manjimup 18% of youth surveyed had a below average or very low average of Mental Health Well Being (WEMWBS). The majority of these were in the 12-17 year old age groups (13%). (Youth Survey, 2018)
	Protective Factors for Mental Health & Stress	56.7% of youth in the Shire of Manjimup participate in projects, groups or programs with other youth outside of school or work but 43.3% do not participate. 72.2% belong to a formal or information interest groups, club or organisation but 27.8% do not belong to any group, club or organisation. (Youth Survey, 2017)
	Communicable Diseases	In 2016 the following number of children in each age were fully immunised in the Shire of Manjimup: 91.6% of children at 1 year of age; 90.2% at 2 years of age were fully immunised; 90.4% by 5 years of age; 97% of 15 year old females and 85,5% of 15 year old males had 3 dose HPV coverage in the Shire of Manjimup. There were a total of 114 admissions to hospitals for vaccine preventable conditions for residents of the Shire of Manjimup in 2014/5. (Social Health Atlas, 2017)
	Chronic Conditions/ disability	In the South West Region one in eleven children (9%) had asthma. (WACHS, 2018) In the Shire of Manjimup 4.7% of youth identified themselves as having a disability. (Youth survey 2017) In 2016 in the Shire of Manjimup there were 4.9% of people with a profound or severe disability (Social Health Atlas, 2017)
	Sexual Activity	From 2013 to 2015 there were 284 registered births in the Shire of Manjimup with a fertility rate of 2.1 per 1,000 women. The fertility rate is higher than the Western Australian State fertility rate of 1.9 (Social Health Atlas, 2017)
	AEDC	28.9% of children in Shire of Manjimup have a developmental vulnerability in one or more domains 17.2% of children in the Shire of Manjimup have a developmental vulnerability in two or more domains.
Community & Socioeconomic Factors	Family Structure & Relationships	In the Shire of Manjimup 50.7% of the population are married; 3.7% separated; 9.1% divorced; 5.6% widowed and 30.8% who have never married. Of the population aged 15 years and over 50.7% were married and 12.8% were either divorced or separated. Of the families in Manjimup Shire, 36.7% were couple families with children, 48.0% were couple families without children and 14.1% were one parent families. (ABS, 2018) There were 186 single parent families with children aged less than 15 years; 106 jobless families with children aged less than 15 years and 1324 people aged 15 years and over providing child care to their own children and 501 providing child care to children who were not their own but were not being paid for this care (Social health Atlas, 2017)
	Housing Conditions	In the Shire of Manjimup of occupied private dwellings 3.9% had 1 bedroom, 15.9% had 2 bedrooms and 44.0%

		had 3 bedrooms. The average number of bedrooms per occupied private dwelling was 3.1. The average household size was 2.3 people. (ABS, 2018). In 2016 there were 454 household dwellings receiving rent assistance from the Australian Government this is 13% of dwellings in the Shire; 4.3% of dwellings are rented from the government housing authority
	Working Conditions	44.7% of youth were in paid work with a further 35% seeking employment. 34% plan to leave the region to pursue a career (Youth survey, 2017)
	Education	In the Shire of Manjimup, 28.8% of people were attending an educational institution. Of these, 28.2% were in primary school, 26.3% in secondary school and 7.6% in a tertiary or technical institution. Only 35.6% of young people complete year 12. 12.1% completed year 11 and 28.1 completed year 10. This is compared to 51.9 people Australia wide who completed year 12 (ABS, 2018). Youth survey identified 69.33% of youth were studying full time and 10% studying part time. (it was thought the other 20% did not identify with going to school as study). 57% of youth surveyed were prepared to leave the region to access further studies. (Youth Survey, 2017) The percentage of school leavers participating in higher education in 2016 was 42.8% (Social Health Atlas, 2017)
	Ethnicity/ Aboriginality/ LGBTIQ	In the Shire of Manjimup, 86.1% of people only spoke English at home. Other languages spoken at home included Italian 1.2%, Macedonian 0.8%, German 0.3%, Mandarin 0.3% and Filipino 0.2%. There are 302 (3.3) Aboriginal and/or Torres Strait Islander People. This is higher than the state percentage of 3.1%. (ABS, 2018) In the Shire of Manjimup less than 5% of youth identified with being LGBTIQ; 4% identified with being Aboriginal and 1% as being Torres Strait Islander; 6.5% spoke a language other than English at Home. (Youth survey 2017)
	Crime & Safety	In the Shire of Manjimup survey results showed that 81% of the total sample reported 'always' (46%) or 'mostly' (35%) feeling safe. A small proportion of respondents indicated that they 'often' don't feel safe (5%). Older respondents were more likely to respond 'always' but there was no difference by gender. Survey results showed that the vast majority of respondents (82%) reported they have an adult outside the family to talk to about abuse or violence. Although sub-cell sizes are small, of some concern is that those who 'sometimes feel safe' or 'often don't feel safe' are somewhat less likely than those who 'always' or 'mostly' feel safe to have someone outside the family they can talk to: 30% vs 12% (Youth Survey, 2017)
	Health & Social Services	There is 1163 person on the aged pension. 360 people on newstart allowance and 57 on Youth Allowance (ABS, 2018).

		<p>In the South West Region one in five children (20%) reported an injury requiring treatment from a medical professional in the previous year (WACHS, 2018)</p> <p>In the Shire of Manjimup the youth survey results showed that approximately one in four youth are not aware of mental health care services to go to if feeling sad or depressed, and around one in six disagree that they can get professional support for all aspects of their health. Further analyses showed that awareness of mental health care services is related to beliefs about getting support from health professionals for their own health if needed: almost all of those aware of mental health services also agreed they could get support if needed about their health (93%), compared to just over half (56%) of those <i>not</i> aware of mental health services. (Donovan et al, 2018)</p>
	Income	<p>The median weekly personal income for people aged 15 years and over in Shire of Manjimup was \$594. This has however improved since 2011 when the median weekly income was \$493 In the Shire of Manjimup, of couple families with children, 18.8% had both partners employed full-time, 5.8% had both employed part-time and 22.3% had one employed full-time and the other part-time. (ABS, 2018).</p>
	Affordable Housing	<p>In the Shire of Manjimup the average weekly rental is \$200 and average monthly mortgage repayments is \$1300. The mortgage repayment is 27% of a household's monthly average household income. (Calculated using ABS, 2018). In the Shire of Manjimup, 74.8% of private dwellings were occupied and 25.2% were unoccupied. Of occupied private dwellings in the shire of Manjimup, 40.4% were owned outright, 29.0% were owned with a mortgage and 26.6% were rented. (ABS, 2018) In the Shire of Manjimup 11.9% of low income households suffer from mortgage stress and 27.9% suffer from rental stress (Social Health Atlas, 2017).</p>
	Employment Opportunity	<p>There were 4,409 people who reported being in the labour force in the week before Census night in the Shire of Manjimup. Of these 54.8% were employed full time, 32.3% were employed part-time and 5.2% were unemployed. The total number of businesses operating in the LGA is 1,193 in 2017. The main employing industries are Agriculture, Forestry and Fishing 20.9% of businesses (ABS 2018).</p>
Environmental Factors	Air Quality	
	Contaminated Land, soil and Groundwater	
	Food Safety & Quality	
	Health Hazards In the built Environment	

	Radiation Safety	
	Vector-borne Diseases & pests	
	Drinking water	
	Wastewater Disposal	
	Recycled water	
	Recreational Water	
	Noise, odour, light	
	Public Open Spaces	In the Shire of Manjimup the youth like to hang out with friends in town (70%), park (46%), beaches/dam/rivers/Aquacentre (49%) (Youth Survey, 2017)
	Waste disposal/ Management	
	Transport	In the Shire of Manjimup, on the day of the Census, the most common methods of travel to work for employed people were: Car, as driver 62.8%, Worked at home 8.1% and Walked only 6.0%. Other common responses were Car, as passenger 5.1% and Truck 1.0%. On the day, 1.2% of employed people used public transport (train, bus, ferry, tram/light rail) as at least one of their methods of travel to work and 68.4% used car (either as driver or as passenger). (ABS, 2018) In the Shire of Manjimup 67.4% of Youth indicated they would use a public transport system if it was available. They would access this transport for attending sport, visiting friends, shopping and attending events. Most currently have parents or friends who drive but many cycle (22.2%) or walk (40%) (Youth survey, 2017) In the Shire of Manjimup 4.8% of private dwellings do not have a motor vehicle. (Social Health Atlas, 2017)
	Effects of climate & geography	

APPENDIX 3

Information Handouts for Parents from Caring for Kids from Canadian Paediatricians accessed September 2018

1 Social media: What parents should know



Sharing information and images via social media is a part of daily life for many children and teens. Social media allows kids to communicate with one another, and to document and share what they are doing in real time. The networking power of social media means that it is not uncommon for kids to be connected with people they have never met in person.

Whether it's via text message or a smartphone app like Instagram or Snapchat, today's children and youth are able to share personal information far beyond what their parents could do when they were young. It's important for parents to learn about the different technologies children are using to help keep them safe online.

Social media is always changing, with new apps appearing all the time. Because this document is only an introduction, we have included links to other websites you might find helpful.

What is social media?

Social media refers to websites and apps that allow people to interact with others, or create and share content. Popular social media platforms for youth include Snapchat, Instagram, Facebook, Twitter, YouTube and Flickr.

There are many different ways that people use social media:

- **Online profiles:** Most social media sites require users to set up a profile, which usually includes a name, e-mail address, birthdate, interests and a photo.
- **Friends:** Depending on the tool, users “follow” or “request” to be friends with people they know, such as classmates or family members. They may also use it to find new friends.
- **Messaging/Chats:** Using instant messaging over the Internet or between smartphones to send messages (e.g. Facebook Messenger, iMessage, WhatsApp, Hangouts).
- **Walls and boards:** Social media sites allow people to post or send messages in many different ways. On Facebook, for example, information is posted to a “wall”. Depending on a user's privacy settings, some messages

are visible to the public, while others can only be seen by friends or followers.

- **Photo and video sharing:** Many social networking sites or apps allow users to upload photos and videos, or to share live videos. These can also be public or private depending on privacy settings.
- **Vlogs:** Short for “video blogs”, vlogs are posted regularly to a video sharing platform (like YouTube) by individuals called “vloggers”. Vloggers can develop very big followings online.
- **Joining groups:** Many apps allow users to create groups. People “join”, “like” or “follow” groups to access information and have conversations with other members.
- **Playing games:** Children and teens visit online sites to play games, alone or with their friends. Some apps include free **online gambling**, and many feature product promotion or advertising.
- **Online dating:** Many apps or websites help strangers find romantic or sexual connections online.

How can I keep my children safe using social media?

- Learn about the programs and apps your child is using. Some social media platforms have age restrictions to join, but it’s easy for children to get around these.
- Show interest in your child’s online life and ask questions.
- When possible, keep tablets and computers in common areas where you can watch while your child uses them.
- Get online family protection. Programs that provide parental controls can block websites, enforce time limits, monitor the websites your child visits, and their online conversations.
- Follow your child’s online accounts, and tell them that you are monitoring their online activity to help keep them safe. Some children or teens may create a fake second account for their parents to follow.
- Ask them about the people they “meet” online. Showing genuine interest will help them feel comfortable talking about it. Explain that it’s easy for someone on the Internet to pretend to be someone they’re not.
- Talk about the importance of keeping online friendships in the online world. Make it clear that if your child wants to meet an online friend in person, it must be in a public place and with a trusted adult.
- Discuss what’s okay and safe to post online, and what isn’t. Online posts stay online forever. As a general rule, your child shouldn’t post anything they wouldn’t want a parent or teacher to see or read.
- People can’t always control what others post about them. Explain that information and photos found online can turn up again years later.
- Explain that autocorrect can sometimes lead to miscommunication and hurt feelings.
- Some teens may try to find dates or sexual partners on dating sites. Talk to them about finding healthy and safe relationships.

What about limits?

- Model good behaviour on your own social media accounts.

- **Set screen time limits** and set rules on when screens are appropriate to use.
- Teach your child the value of “unplugging” from devices for technology-free time. Social media can be exciting, but it should be considered entertainment. Remind your child that no message is so important that it can’t wait until the morning.
- Keep in mind that some children have “streaks” with online friends, which means they message daily to maintain a streak. Losing smartphone or social media privileges can trigger stress and anxiety if they can’t maintain their “streaks”.

What should I know about online privacy?

Most social media websites have privacy policies and settings, but they are all different. Some sites are completely public, meaning that *anyone* can read or look at *anything, anytime*. Other sites let you control who has access to your information.

The following suggestions will help you and your children protect their online privacy:

- Read a website’s privacy policy before sharing any personal information.
- Check your child’s privacy policy settings to make sure he isn’t sharing more information than you want (for example, his birthdate or location).
- If they use a GPS-enabled smartphone or tablet, they could be posting status updates, photos and videos with “geotags”. Geotags share the exact location of where your photo was taken. Make sure these are turned off on devices.
- Encourage your child to use an online nickname, instead of a real name, whenever possible.
- Make sure your child keeps every account password protected, and have them change passwords often.
- Remind your child not to share passwords, even with friends.
- Your child should not accept friend requests from (or actively connect with) people they don’t know in real life.
- Explain that Snapchat posts are NOT temporary, as they were intended to be. People can take screenshots of a photo before it disappears.
- Encourage them to protect and respect their friends’ privacy too. They should ask permission before posting something about a friend, such as a photo or a video. They should also be aware of what your friends are posting about them.

What is cyber-bullying?

Cyberbullying is when people are bullied online. While most online social interactions are positive, some people use the technology to intimidate and harass others. Cyberbullying can happen in many ways: by sending mean messages over e-mail or by posting them publicly in an app like Facebook, by sharing photos and videos without permission, or by excluding someone from a group chat.

Talk to your children about cyberbullying. If it isn't too serious, suggest that they ignore it at first. If it doesn't stop, is violent or sexually explicit, or if your child gets scared, encourage them to talk to you or another trusted adult.

What is sexting?

Sexting is sending sexually explicit messages, photos or videos between smartphones or social media apps. It can also happen over e-mail.

- Ask your teen what she knows about sexting.
- Talk about the dangers of sexting. Remind him that words and photos posted online can easily be shared with others.
- Remind them that nothing is ever really deleted online. Friends, enemies, parents, teachers, coaches, strangers, and potential employers can find past posts.
- Although most dating sites (like Tinder, Grindr, Bumble) are for people over 18 years old, many teens know about them. Online dating services allow users to create a profile and upload personal information and photos. Users can be encouraged by others to share inappropriate photos.

Last Updated: **February 2018**

Handout 2

2 How to talk with your teen

The teenage years are full of change for both parents and teenagers. Not only are teens growing and changing physically, but they are developing their identity and becoming more independent.

The hormones that drive puberty and bring on its physical changes also affect how a teen thinks and feels. At the same time, major changes happen in the adolescent brain, influencing judgment, decision-making, and emotions. Teens test their limits and try very hard to fit into their peer groups. You might even think that your teen's friends have become more important to him than you and your family.

Why is healthy communication important?

As your teen moves toward adulthood, it's normal and natural for her to put distance between herself and family. But it's more important than ever to keep the lines of communication open. If your teen feels she can talk to you, that she knows you will listen and consider her views, and chances are you have and will continue to have a healthy relationship.

By encouraging open and honest conversation, your teen is more likely to come to you for the important stuff—like relationships, school, sex, drugs—rather than turning to friends for help and guidance or feeling alone.

Here are some tips to help you communicate with your teen:

- **Talk with your teen** about his interests (music, sports, hobbies, plans for the weekend, future goals). Show interest. For example, if your teen is interested in theatre and you prefer sports, have an open-mind and explore theatre with them.
- **Schedule family time.** All teens need to feel that they're a valued member of the family. Part of that will come from setting aside family time to do regular activities together, such as going to the movies, going for a hike or skating. Family meals are an excellent way to connect with each other and talk about the things that happened during the day. Research also shows that having at least one family meal a day can prevent your teen from experimenting with risky health behaviour. Spending time as a family will help you know your teen as he grows and develops.
- **Listen.** Teens want their parents to listen to their stories, concerns and feelings with patience, understanding, and acceptance. Your teen needs to believe he can share problems and issues, and know that you will support him. It's also a good idea to repeat her own words when discussing what your teen tells you so that she knows you understand.
- **Be prepared and willing** to discuss the things he wants to talk about. Think about the things your teen might want to talk about (relationships, sex, drugs, alcohol) so that you are ready when he comes to you with difficult questions or ideas.

- **Treat your teen with respect** and don't dismiss his feeling or opinions. Find ways to discuss and acknowledge your differences without judging. Listen to your teen's point of view with an open mind. Active listening will help your teen feel important, know that you take her concerns seriously, and will strengthen your relationship. As teens grow they also develop real expertise in things. Try to recognize your teen's knowledge and learn from them too.
- **Be trustworthy.** Don't make fun of your teen, or share his personal stories with others. Respecting your teen's desire for privacy is important. If you do, he is more likely to talk about issues like violence, abuse, harassment or severe mood problems.
- **Stay calm,** and try not to get frustrated. Your questions and tone of voice might put your teen on the defensive.
- **Offer help.** The challenge is to be involved without intruding and to let your teen know you are always available. Ask your teen if they would like some advice. Sometimes, teens are not interested in advice but just want to talk. Ask them how they think they should handle an issue they've brought up. This allows them to bounce ideas around, without you telling them what to do.
- **Encourage** your teen to take on age-appropriate chores and responsibilities that will prepare him for adulthood. For example, if your child doesn't learn how to make his lunch by 13-14, they are not going to suddenly start doing it right when they move out. Embrace opportunities for growth.
- **Avoid lectures.** If your teen's stories spark a lecture from you, she'll be less likely to share with you another time. Express your concerns, but know that it's normal for teens to experiment. Be upfront about the rules and consequences.
- **Keep it short,** and to the point. Teens generally won't stay focused for long conversations.
- **Plan.** Set aside regular time to catch up, or talk about issues your teen is facing. Another good place to talk with your teen is while travelling together in the car, when you have a captive audience.
- **Don't rely on texting.** While text messages can be a good way to keep in touch with your teen, try to have more important conversations in person. Texting leaves too much room for misinterpretation and texts can easily be ignored.
- **Step away.** If a conversation becomes emotional or heated, it is probably a good idea to step away and come back to it when everyone has calmed down.
- **Be honest about your feelings.** If you are, your teen may be more open with you.

When should I call the doctor?

Change is normal in the teenage years, but drastic or dramatic changes in your teen's behaviour or routine may be cause for concern.

Here are some warning signs to watch for:

- extreme weight gain or weight loss,
- sleep problems,

- significant irritability or ongoing problems with mood,
- sudden change in friends, or isolation,
- trouble at school, either with learning or behaviour,
- trouble with the law,
- overuse of electronic media like cell phones or smart phones, or
- signs of drug or alcohol use.

If your teen is showing trouble with any of these things, talk to your doctor.

If your teen talks about suicide or harming himself, call your doctor right away.

Last Updated: **June 2017**

Handout 3

Teenage depression: things to try at home

If your child is suffering from depression, there are important things you can do to help in your everyday family life.

Physical health and wellbeing

Here are some ideas that can help:

- Encourage your child to make healthy food and drink choices. Make sure you have a variety of healthy foods in the cupboard and fridge, and offer tasty and nutritious options at meals.
- Get your child to do some regular physical activity. Staying physically active can help to improve your child's mental health. It might be as simple as taking a 10-minute walk every day to start with.
- Encourage your child to get enough sleep. If your child is having trouble sleeping, try not to let him nap during the day regardless of how tired he feels. Help him make time for relaxing activities before bedtime and encourage him to avoid screen time in the hour before bed.
- If you can, make sure your child avoids alcohol and other drugs. Using these to dull sadness or pain can make your child's problems worse.

Relationships and feelings

You can try these tips:

- Show affection in a way that suits your child's age and maturity. Just tell your child you love her.
- If your child has trouble talking about feelings, suggest a diary or journal. Sometimes it's easier to write things down than say them aloud.
- Suggest some other people your child could talk to if he doesn't want to talk to you – for example, aunts or uncles, close family friends, a trusted sports coach or religious leader, or your GP.
- Encourage your child to let you or another adult know if she thinks things are getting worse.

Everyday life

These tips might help:

- Share meals together regularly as a family.
- Try to reduce other family conflicts as much as possible.
- Make time in your family routine for things your child enjoys and finds relaxing. This could be reading, listening to music and so on.
- Spend time with people your child likes and trusts.
- Accept that there will be good and bad days.

Risk factors for teenage depression

Risk factors are things that might make a young person more vulnerable or sensitive to experiencing depression. They might include:

- factors that are individual to your child, like being highly anxious or sensitive or having low self-esteem
- family conflict or peer problems
- behavioural factors, like substance misuse or abuse
- life events or experiences, including a relationship break-up, recent death, neglect or physical abuse
- school factors – for example, a negative experience like being bullied, problems with starting secondary school, or concerns about study and exams.

Sometimes the risks for and causes of depression aren't obvious. And sometimes depression just happens, and there's no obvious single cause. **Depression is no-one's fault**, even if it seems to run in your family.

Raising children and Managing Teenage Depression accessed August 2018
http://raisingchildren.net.au/articles/depression_teenagers.html