

Australia's largest and most comprehensive study of teenage mental health and wellbeing

What have we learned from over 6,300 students involved in the Future Proofing Study?

Mental health and wellbeing



Sleep problems, feeling disconnected from peers at school, and feeling unsupported by family are some of the factors that put students at greater risk of developing symptoms of depression and anxiety in the future.

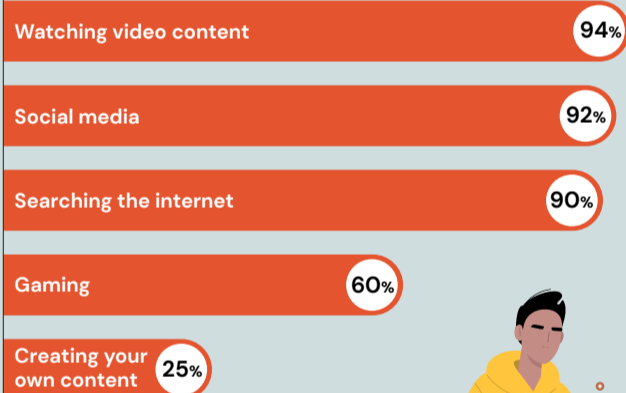
Strategies for coping with stress

- 1 Gaming or watching TV/movies/YouTube
- 2 Spending time with friends or family
- 3 Spending time online or on social media
- 4 Resting or sleeping
- 5 Spending time alone
- 6 Doing a hobby
- 7 Doing physical exercise



Technology

Students are most likely to use technology for:



2-3hrs
on social media
each day



79%
use social media
to communicate
with their peers

Peer relationships

76%
make friends
easily at
school

27%
feel like an
outsider at
school

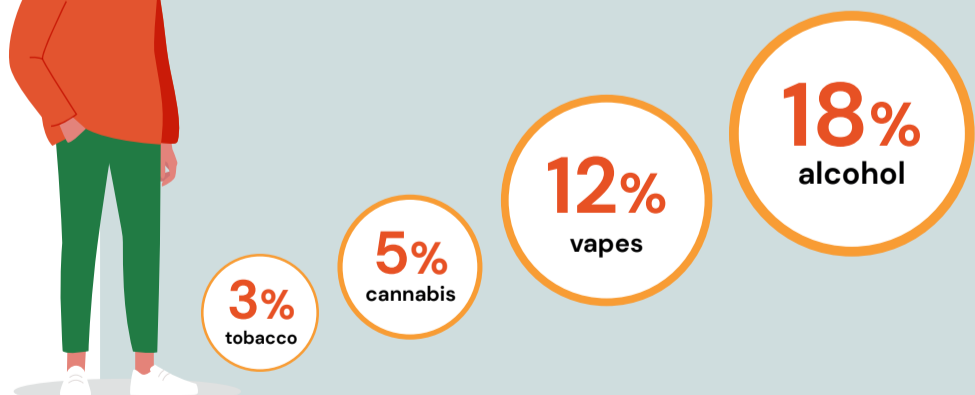


12% are bullied monthly or more

14% report they have bullied others

Alcohol and drugs

The most common substances that Year 9 students use:



Students are approximately twice as likely to use alcohol and drugs if they're experiencing mental health problems like depression or anxiety.

Top areas of concern

- 1 School and academics e.g. "Schoolwork"
- 2 Social relationships e.g. "Friend group issues"
- 3 Mental health and wellbeing e.g. "Feelings of anxiety"
- 4 Family and home life e.g. "Problems at home"
- 5 Society and environment e.g. "Impact of climate change"



If you are feeling distressed, you may find the following services helpful. These services are both completely confidential and free.