

The Student Resilience Survey

The Student Resilience Survey is an online survey which collects, analyses and reports the resilience of young people at a cohort level in terms of their strengths, life satisfaction, hopefulness, anxiety and depression, coping style, and risk and protective behaviours. Specifically, the survey measures the resilience and wellbeing of your young people across 9 key domains: Understanding Self, Social Skills, Positive Relationships, Safety, Healthy Body and Healthy Mind, Learning, Positive Attitude, Positive Values, Positive Identity.

The Resilience Survey has been administered to nearly 400,000 young Australians aged 7-19 and used in over 1,500 schools nationwide. The Survey incorporates scientifically validated, reliable and internationally accepted measures, meaning you can rely on the results as an accurate measure of the resilience, mental health and wellbeing of the young people in your school or community. It also provides a sound basis for planning and implementing targeted resilience building initiatives.

How does the survey benefit my school?

- The ability to accurately and efficiently measure vital data within school cohorts.
- Clear visual & written reports on student resilience, mental health and wellbeing.
- Evidence-based strategies to help school leaders respond in a proven, scientific and practical way.

What are the key features of the Resilience Survey?

- **Online, quick and user friendly** - The 60-question survey can be completed in under 30 minutes.
- **Rapid turnaround of reports** - Through our online client portal your school survey data is available on demand and interactive in a full range of formats, with easy to read and interpret gender and year level detail.
- **Confidential, safe and secure** - All student data is non-identified and anonymous. Data transmission and storage is secure.
- **Widely used, definitive dataset** - The Resilience Survey is the definitive measure of youth resilience and wellbeing in Australia, used by over 1,500 schools and nearly 400,000 students across the country.
- **University co-developed** - The survey was developed in collaboration with the Department of Psychology, Social Work and Social Policy at the University of South Australia (UniSA), led by Professor Kurt Lushington and Professor Jill Dorrian.
- **Interactive online portal** - To test drive our exclusive interactive online portal, contact us for your demonstration login.

For more information about the survey, please visit <http://resilientyouth.org/survey>.