



TE WHARE AWHERO

Hope House

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HORNBY YOUTH VOICE PROJECT FINDINGS REPORT

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FOREWORD



BY CAREY EWING
DIRECTOR - TE WHARE AWHERO

We often hear about issues relating to our youth – their behaviours, needs, and actions. Some of which delights, while at other times deeply concerns us. The question this report seeks to address is how can we, all the adults in Hornby, best support our youth to thrive in a rapidly changing world.

And it is changing fast. My 13 year old in her short life has already lived through a mass terrorism event in her city, a once-in-a-century global pandemic, and major earthquakes. Not only this, there are the added pressures of a constant, all-encompassing social media presence and a growing awareness of the challenges inherent in a world which is slowly coming to terms with the consequences of global warming. This is a great load to carry, and I do not feel I can fully comprehend what this is like for her and her generation.

Our young people live in a world of our creation. It is adults who own and profit from social media outlets, vape shops, alcohol, fast cars, and every other vice trap that our teenagers have to navigate. This is a world controlled and directed by adults.

In this project we have reached out to the youth living in the Hornby area and asked them directly: What do you need to thrive in this world we have created for you? How can we best help you to be what we all aspire for you to be – simply your very best?

I am thrilled that over 300 youth responded and I invite you to read what they have to say and how we can respond to the feedback.

Thanks,

Carey Ewing

INTRODUCTION

In a rapidly evolving world shaped by the digital age, understanding the thoughts, opinions, and experiences of young people is more critical than ever. As we navigate the complexities of modern society, it is imperative to provide a platform for the voices of our youth to be heard. Through this project, we gain insights into the diverse perspectives, aspirations, challenges, and dreams of the next generation, ultimately paving the way for a more inclusive and informed society.

Our aim with this project was to spend time with young people, and accurately report back their experiences of being a young person in Hornby, to help inform the community of how they can best support Hornby's valuable young people. The need for this project and report was highlighted by the number of concerns relating to youth in Hornby.

We utilised a social media survey conducted by Hornby High School, research and statistics, as well as youth voice survey responses to amplify the Hornby youth voice.

Our survey included seven core questions which we gained responses from via online survey, focus groups, and 1:1 engagement with youth. Hornby High School was integral in reaching young people as well as community sports teams.

Research and youth voices identified that mental health, social media and the reality of youth offending are a few aspects warranting our utmost attention.

We have concluded the report with a section on key initiatives from people who are working closely with youth in Hornby.

This report is structured in three main sections:

1. The Wider Context for Youth in NZ
2. The Themes in the Responses from the Youth Youth Voice Survey
3. Closing Discussion



319

Youth responded to our survey



7

Questions asked around key themes



15

In person workshops with young people

SECTION 1

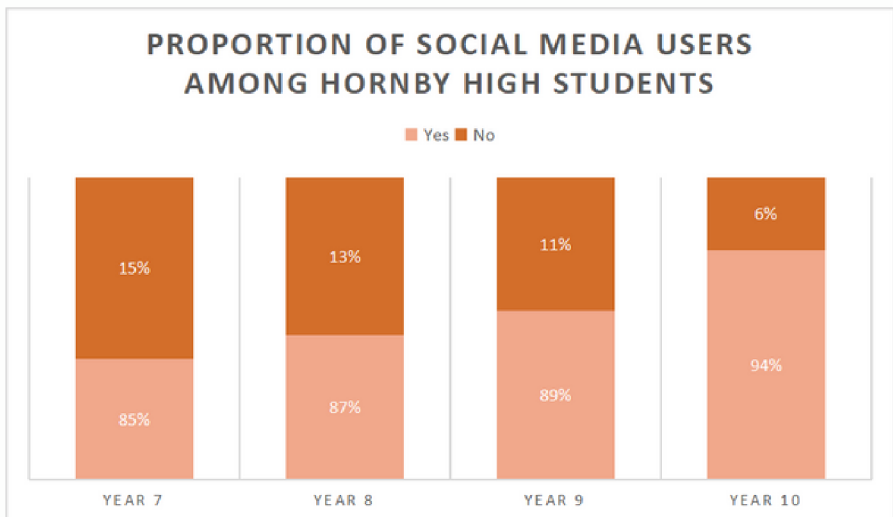
CONTEXT FOR NEW ZEALAND YOUTH

SOCIAL MEDIA

In the digital era social media has emerged as a prominent and pervasive aspect of the lives of today's youth. With the advent of platforms such as Facebook, Instagram, and Tik Tok, the world has become interconnected like never before. While social media offers numerous benefits, facilitating communication and knowledge sharing, it also brings forth a range of complex and profound impacts on the mental, emotional, and social well-being of the youth.

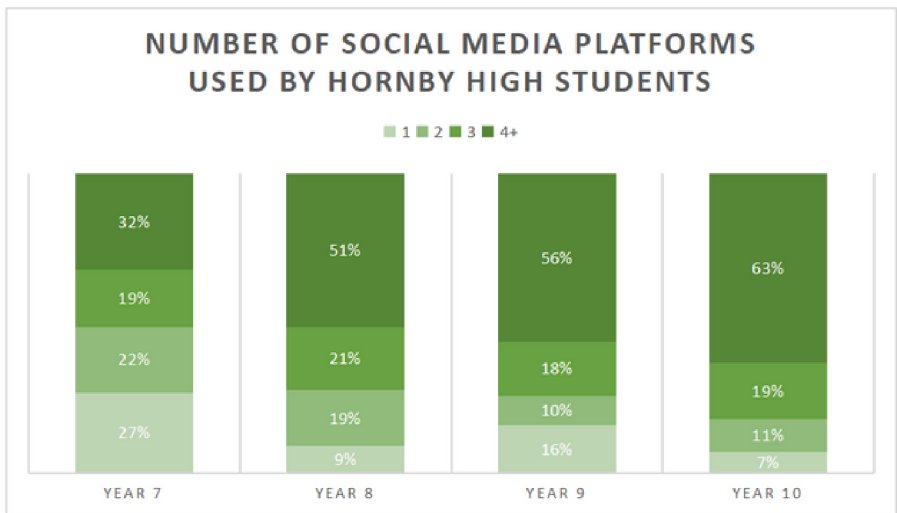
Hornby High school conducted a survey of their Year 7 to 10 students to dive into the complexities of social media and found the following to set the scene for social media engagement for young people.

The survey gathered responses from students across year 7 to year 10. Among the 415 respondents, 95 (23%) of students are in Year 7, while 94 (23%) are in Year 8, 110 (26%) in year 9 and 116 (28%) in year 10. This distribution provides a snapshot of how social media engagement might vary among different stages of adolescence.



The survey data found that the majority of students from year 7 to 10 use social media. The level of engagement increases from year 7 to 10. The data showed that 85% of year 7's, 87% of year 8's, 89% of year 9's, and 94% of year 10's engage with social media. This also demonstrates that engagement with social media increases with age.

It found that, among youth who use social media, the number of platforms they engage in increases from year 7 to 10 as well. The data showed 32% of year 7's, 51% of year 8's, 56% of year 9's, and 63% of year 10's use four or more social media platforms. This demonstrates that social media engagement not only increases in prevalence by year group, but also in the diversity/number of platforms.



The information presented in the data is significant for several reasons.

It clearly illustrates that a vast majority of students, ranging from year 7 to 10, are actively engaged with social media. This information is crucial because it highlights the widespread use of social media platforms among youth. It indicates that social media is not a niche activity but a mainstream part of their lives. It's important to note that social media also assists in a main way for young people to gain information about world and local events.

The data also demonstrates a consistent increase in social media engagement as students progress from year 7 to 10. This is vital information because it suggests that social media becomes progressively more relevant and influential as students grow older. Recognizing this trend is essential for educators, parents, and policymakers as it underscores the evolving role of social media in the lives of youth.

Another key finding is the increasing diversity of social media platform usage. As students move up in grade levels, they tend to use a greater number of platforms concurrently. This insight is valuable because it indicates that the social media landscape for youth is

multifaceted, with various platforms catering to different aspects of their lives and interests.

The clear pattern of increased social media usage with age suggests that social media plays a significant role in the social development of today's youth. It raises important questions about how social media impacts their self-identity, relationships, and interactions with the world. Understanding this influence is essential for educators, parents, and mental health professionals to provide appropriate guidance and support.

The information underscores the importance of studying and addressing youth engagement on social media. It highlights the need for educational institutions and policymakers to incorporate digital literacy and responsible social media usage into their curricula and programs. It also suggests the necessity for parents and guardians to be informed and engaged in guiding their children's online experiences.

OTHER NOTABLE SURVEY FINDINGS

The Hornby High School Social Media Survey also found parental access and monitoring of online accounts and content viewed was low. 34 percent of year 9 and 10 students selected yes to social media parental oversight, and 26 percent year 9 and 10 students indicated parental monitoring of their social media usage was present.

The connection between social media and exposure to criminal activity was explored in two categories. The first being exposure of videos, crimes being committed, fights or ram raids. The connection between social media and exposure to criminal activity was explored in two categories.

The first being exposure of videos, crimes being committed, fights or ram raids where 58.5 percent of year 7 and 8 students reported exposure and 46 percent years 9 and 10 students indicating exposure to criminal activity on social media.

The second category examines the connection between those who have been exposed to criminal activity and whether the perpetrators were known to the viewer. Out of the students who reported exposure to criminal content online, 72 percent reported knowing the perpetrators. 66.5 percent of the Year 9 and 10 students reported exposure to criminal content, with 46.5 percent reporting they knew the perpetrators in the social media content.

Results of a Hornby High School Social Media Survey conducted among ages 11 to 13 years olds (Year 7 & 8) touched on aspects of unmet need within the Hornby community. Participants were asked; Do you have a trusted adult in your life that you can talk to, to discuss issues and ask for help?

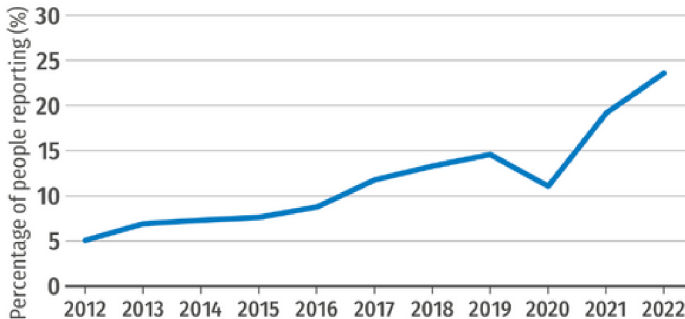
54% of Hornby high school students between the ages of 11 and 13 years reported having a trusted adult involved in their life that they felt comfortable discussing issues and seeking help from. 10 percent of students reported that they weren't sure and 7.5 percent of students reported they didn't have a trusted adult in their life.

YOUTH MENTAL HEALTH

The mental health landscape for young people in New Zealand has undergone significant scrutiny and transformation over the last 2-3 years. This section of the report delves into the key trends, initiatives and challenges that have characterised the state of mental health among our youth in 2020-2023.

The Salvation Army State of the Nation Report 2022 reports that there was an observed increase in psychological distress among young people (age 15-24). However, amidst this concern, the youth suicide rate has decreased. Although the rate remains high when compared to similar countries, the decline signifies progress in this area. The Proportion of young people reporting high or very high psychological distress (NZ Health Survey 2022) has increased steadily over the last decade.

PROPORTION OF YOUNG PEOPLE (AGED 15-24) REPORTING HIGH OR VERY HIGH PSYCHOLOGICAL DISTRESS (NZ HEALTH SURVEY 2022)



GROWING AWARENESS AND ADVOCACY

Awareness surrounding mental health concerns among young people has seen a remarkable uptick in recent years. Conversations around topics like depression, anxiety, and stress have become more open and destigmatised, enabling young individuals to feel more comfortable seeking help and discussing their struggles (NZ Mental Health Foundation, 2023). Advocacy groups, mental health campaigns, and social media have played a crucial role in fostering this environment of open dialogue, emphasising the importance of mental well-being and urging the government and institutions to take action.

In addition to these positive strides in mental health awareness, the impact of significant events such as the Christchurch earthquakes and the COVID-19 lockdowns cannot be

underestimated when considering the well-being of young people. The Christchurch earthquakes, which struck New Zealand in 2010 and 2011, had a profound effect on the mental health of young individuals in the affected areas. The destruction, displacement, and ongoing uncertainty resulting from these natural disasters took a toll on their psychological well-being, leading to increased rates of anxiety and post-traumatic stress disorder (PTSD) among young people (NZ Mental Health Foundation, 2023).

Furthermore, the COVID-19 pandemic, with its associated lockdowns and restrictions, posed unprecedented challenges for the mental health of young people worldwide. The sudden disruption of daily routines, social isolation, and concerns about health and the future created a unique set of stressors for young individuals. Studies have indicated a surge in anxiety and depression among young people during the pandemic, as they grappled with the abrupt changes to their lives and the uncertainties surrounding education, employment, and social connections (Kreski et al., 2020).

GOVERNMENT ACTION AND POLICY REFORMS

The New Zealand government has recognised the pressing need to address youth mental health comprehensively. In response, various policy reforms and initiatives have been introduced to improve mental health services and support systems (Social Well-Being Agency NZ, 2023).

Alongside Initiatives such as Mana Ake, New Zealand saw the rollout of the 'Youth Mental Health Project' and the establishment of 'He Ara Oranga: Report of the Government Inquiry into Mental Health and Addiction' have provided crucial insights into the challenges faced by young people and have outlined recommendations to enhance mental health care delivery (He Ara Oranga : Report of the Government Inquiry into Mental Health and Addiction, 2023).

SERVICE ACCESSIBILITY CHALLENGES

While efforts have been made to enhance mental health services, challenges in access and delivery still persist. Long waiting times for specialised services, particularly for young individuals seeking help, continue to be a concern (Te Whatu Ora, 2022). This has prompted calls for increased investment in mental health and infrastructure to cater to the growing demand. Additionally, disparities in access are observed among different demographics with Māori and Pacific youth facing barriers in accessing culturally responsive mental health care (Menzies, 2021).

Concerning statistics revealed in The Press article (Families in limbo as waiting list for child mental health services in Christchurch grows longer, published on September 2nd 2023) show that families in Canterbury are grappling with prolonged wait times of up to two years to secure specialist mental health support for their children. Currently, almost 500 children find themselves on the waiting list for Child, Adolescent, and Family (CAF) mental health services in the region, with an average of 400 additional young individuals being referred for specialised mental health assistance each month (Te Whatu Ora, 2022).

Over the past year, more than 4600 children and young people were referred to the CAF service, with approximately 1500 receiving ongoing treatment. The CAF service has experienced a 36% increase in emergency presentations over the last three years, with the typical age of referred children being just 12 years old, and the youngest being only 2 (Te Whatu Ora, 2022)

While the demand for outpatient services has surged by 121% in the last decade (Boland, 2023), full-time equivalent (FTE) psychologist positions have remained static, severely falling short of meeting population demands. This glaring gap in mental health resources has left many families without access to essential therapy and support, pushing some individuals to take on substantial financial burdens to see private psychologists.

Moreover, affordability remains a significant barrier, as the standard psychologist fee stands at a daunting \$200 per session. This cost, combined with waiting lists, further exacerbates the challenges faced by families seeking mental health assistance.

While some families have reported positive experiences with the Child, Adolescent, and Family (CAF) services, the stark realities of extended wait times and strained resources emphasise the critical need for immediate attention and investment in mental health support for young individuals in Canterbury.

LOOKING FORWARD

While progress has been made, there is a consensus that more needs to be done to ensure the mental well-being of young people in New Zealand. Strengthening the accessibility and quality of mental health services remains a priority. As the country continues to navigate the aftermath of the pandemic and adapt to changing societal dynamics, a holistic and forward-looking approach to mental health support for young people will be pivotal in building a resilient and thriving generation.

YOUTH OFFENDING

June 2022 saw a reduction in youth offences addressed in court to less than 1000 youth, almost half of figures recorded in 2018. Annually the Youth Court sees an average of 380 17 year olds, who on average are charged around 5 times. Aotearoa has seen reductions in both violent and non-violent youth offending. Violent offences in 2021 reduced by 16 percent, with 9 percent for other offences.

The reduction in charges obtained in court has not seen equity in outcomes improve for rangatahi Māori. Two thirds of youth charged in court were rangatahi Māori, this has been consistent for the last 8 years.

As of 2023 Aotearoa has seen a significant decrease in overall offending rates, including reoffending for young people who have appeared and charged in youth court. The two year reoffending rate saw a decrease from 66 percent to 44 percent, and three-year reoffending rates decreased from 74 percent to 70 (The Ministry of Justice, 2023).

Aotearoa has seen a 400 percent increase in ram raid offending since 2017, with liquor stores, vape stores and dairies being the primary target. Ram raids involve a number of different offences but the principal offence is burglary offences.

An underlying cause for youth offending has been frequently identified as the unmet complex needs among Aotearoa youth. Oranga Tamariki have undertaken research highlighting that youth offending is not directly related to their interventions, but showing that 88 percent of youth who are involved in Family Group Conference (FGC) related to their offending have previously been subject of a report of concern for unmet needs (Oranga Tamariki, 2020).

Unmet needs among youth are considered to include but are not limited to, lack of parental involvement, parental illness or incarceration, poverty and displacement from home, lack of love and positive attention (including support), undiagnosed mental health or physical health conditions and unequal participation in society (activities and sport). 55 percent of year 7 and 8 Hornby High school students indicated that they actively engaged in extracurricular or sporting activities compared to year 9 and 10 students where 45 percent participated in extracurricular and sporting activities. 14 percent of year 9 and 10 students, and 18 percent of year 7 and 8 wished to be involved in extracurricular activities.

An article has emerged from The New Zealand Herald; Election 2023: Youth Crime - the politics, numbers and what would make a difference. The article discusses the issue of youth crime in New Zealand. It highlights the political debates surrounding youth crime, focusing on the numbers and potential solutions.

The PR ministerial Chief Science Advisor (Justice) Dr Ian Lambie supports this, highlighting that New Zealand is in desperate need for wrap around support for families with intergenerational trauma and the need to focus on culturally responsive programmes, including iwi lead programmes that fit the countries needs while drawing from evidence based early interventions and programmes to address child and youth offending.

Statistics reflect that solutions to youth offending begin with better whānau and community support, but present distinct limitations in the failure to capture the voice of young offenders when establishing the underlying cause and way forward for youth. The New Zealand Herald article supports this by emphasising the need for more research that captures the voices of young offenders to better understand the underlying causes of youth crime.

SECTION 2

YOUTH VOICE SURVEY DEVELOPMENT

METHODOLOGY

The Hornby Youth Voice Project aimed to gather valuable insights and perspectives from the youth in our Hornby community. This section of the report outlines the methodology used, including the creation of a survey, engagement strategies, and discussion groups, to ensure a comprehensive understanding of youth opinions in Hornby.

SURVEY DEVELOPMENT

We began by formulating a survey comprising seven core questions designed to elicit meaningful responses from the youth. This process involved:

- **Defining “youth”:** For this project, we involved young people in Hornby ages 11-18 years of age, which roughly equates to year 7 until year 13.
- **Community Consultation:** We engaged with key community members within the youth space to understand the pressing issues and topics of interest.
- **Cultural Advisor Guidance:** A cultural advisor provided invaluable insights into framing questions that were culturally sensitive and inclusive.
- **Youth Engagement Knowledge:** We drew from existing youth engagement knowledge to ensure our questions were engaging and relatable to our target demographic.

The following seven core questions were developed and will be used to articulate the findings and results of our survey:

1. What do you wish adults knew about what it’s like to be your age?
2. Who are the supportive people in your life and who encourages you the most?
3. What do you think would help people your age to be happy?
4. What role does social media play in your life?
5. How can the big people in your life offer support in helping you to pursue your interests/dreams?
6. What pressures do you feel and how do these impact your life?
7. How do you feel about the environment and community you are a part of?

SURVEY DISSEMINATION

To maximise the reach of our survey, we employed a multi-faceted approach:

- **QR Code Flyer:** We created an eye-catching flyer with a QR code that provided easy access to the survey. This innovative approach catered to tech-savvy youth and streamlined the survey process.
- **Privacy and Confidentiality:** The survey included a clear privacy and confidentiality statement to reassure respondents about the security of their data. We also offered participants an opportunity to enter a prize draw to incentivize participation.
- **Online Promotion:** We posted the flyer and survey link online, leveraging social media platforms and community websites to reach a wider audience.
- **Participation incentives:** Participants were given the opportunity to enter a draw to win enticing rewards, including Hub vouchers, movie tickets, and McDonald's vouchers. This method allowed us to not only enhance the motivation for involvement but also offered a diverse range of incentives to cater to varying preferences, ultimately ensuring a broader and more representative participant pool for our project.
- **Community Outreach:** Physical copies of the flyer were strategically placed around the community to increase visibility.
- **Direct Engagement:** We spent time in the local shopping centre, actively engaging with youth and encouraging them to participate. We also visited the local high school, where we facilitated the survey to students between the ages of year 7 and 13. The Deputy Principal was integral arranging time during the school day to do this.
- **Privacy Measures:** Prior to participating in any discussions, students were required to sign privacy and confidentiality slips, assuring them that their opinions would remain confidential.

DISCUSSION GROUPS

In addition to the survey, we organised focused discussion groups based on the seven core questions. This approach allowed us to delve deeper into issues and gain qualitative insights. To ensure ethical participation:

DELIMITATIONS

The delimitations of the research project included a planned decision to focus the research on all Hornby youth voice willing to engage. It was identified within the design and planning phase that disengaged youth were not the primary demographic. This decision was made due to challenges associated with reaching and engaging with this particular group of youth, driven by limitations in research capacity and time constraints.

During the design and planning phase, limited technology access among some youth emerged as a potential obstacle to completing the online survey. Despite this, we opted to proceed with the online survey method. To proactively counter the risk of excluding participants due to technology limitations, we created strategies to manage this such as conducting in person group discussions, which consisted of collecting written responses and utilising our available technological resources (our own devices). It was expected that some youth would choose not to participate and therefore we planned for this to reflect in the quantity of responses generated from our time at Hornby High School.

The project's primary geographical area encompassed Hornby and its adjacent suburbs, this was our community of interest. While our work was limited to Hornby, our work could provide the basis for future research to provide invaluable insight into the lives of youth within other Christchurch suburbs.

DATA ANALYSIS

The data collected will serve as a foundation for informed decision-making, policy development, and initiatives that directly address the concerns and aspirations of our youth population. We are committed to using these insights to create a more inclusive and youth-friendly Hornby.

To facilitate the analysis of the extensive dataset comprising over 300 responses, a thematic approach was employed. Initially, thematic patterns began to emerge as we observed that between 60-80 responses frequently conveyed similar perspectives or insights. Subsequently, these recurring insights were meticulously categorised into a maximum of three overarching themes for each core question based on the content of the responses. Below you will see how these themes have been composed per question.

SECTION 3

YOUTH VOICE SURVEY FINDINGS

SURVEY FINDINGS

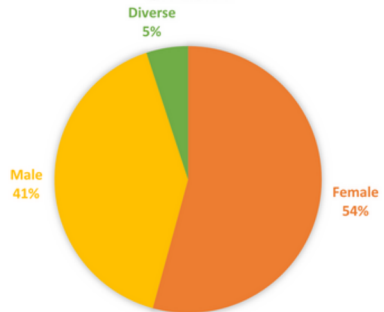
The findings from the Youth Voice Project survey reveal a rich tapestry of themes, shedding light on the multifaceted experiences and perspectives of the young individuals in Hornby, New Zealand. These themes offer a glimpse into the challenges they face, the sources of support in their lives, their aspirations for happiness, the impact of social media, and the pressures they navigate daily. Moreover, these themes provide valuable insights that can inform strategies for fostering a more inclusive, understanding, and supportive environment for the youth community.

DEMOGRAPHIC INFORMATION

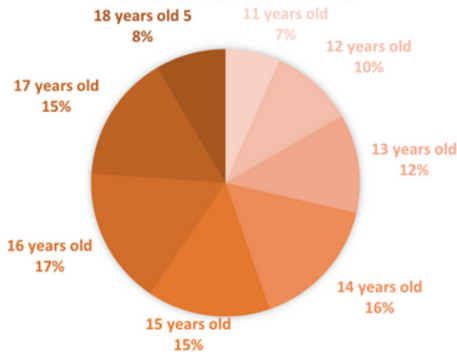
Our survey incorporated three mandatory questions to gather relevant demographic information.

These questions were designed to capture the age, gender, and ethnicity of young people in Hornby providing us with valuable insights into the diverse composition of our survey participants.

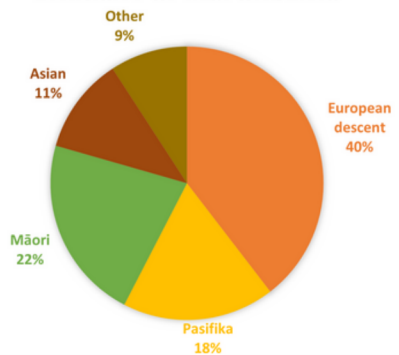
GENDER



AGE OF RESPONDENTS



ETHNICITY OF RESPONDENTS



QUESTION 1: WHAT DO YOU WISH ADULTS KNEW ABOUT WHAT IT'S LIKE TO BE YOUR AGE?

GENERATION DIFFERENCE

36 percent of young people mentioned that times have changed, and express the need for recognition and acceptance of the differences in their lived experiences compared to previous generations. Recommendations from responses include wanting adults to be more adaptable to societal changes, and accepting of generational differences towards the greater need for openness towards supportive relationships and respectful discussions on feelings and experiences. Young people express the need for greater support to navigate societal pressures and challenges they face in relation to peer pressure, social media and bullying.

"Life would be better if adults knew that it just gets harder and harder at school the older you get, that the pressures increase and it sometimes feels too much. That the pressures come from school, teachers, parents family and community to be something - to do this do that. I just need support, not being told what I am doing [is] wrong all the time."

- Year 7-8 Student

SLEEP PATTERNS AND ROUTINE

16.5 percent of young people expressed that their sleep schedules may differ from those of adults and young children, and this affects their ability to wake up early. Many of the responses highlight the difficulties of maintaining a stable school routine, including early wake-up times, stress, and the importance of understanding the modern educational environment.

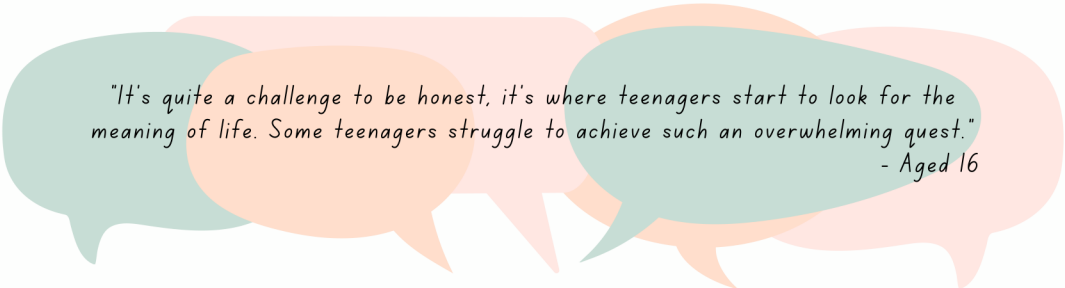
"That's it is very exhausting, school is just as tiring as work and planning for our future takes a lot of energy."

- Aged 18

MENTAL HEALTH AND WELLBEING

26 percent of responses connected to mental health, including feelings of depression, anxiety, and the needs for emotional support. Some individuals express a desire for adults to take their mental health seriously. The unique challenges young people face include technology and cyber bullying, gender and sexual identity.

Building and maintaining friendships was identified as paramount for the wellbeing of young people, serving as a crucial source of support in various aspects of their lives.



*"It's quite a challenge to be honest, it's where teenagers start to look for the meaning of life. Some teenagers struggle to achieve such an overwhelming quest."
- Aged 16*

EMPOWERMENT AND ACKNOWLEDGEMENT

24 percent of responses wish to be seen as capable, responsible individuals with valuable opinions and ideas. They want their voices to be heard and respected and express the desire for trust, independence, support and encouragement to pursue their dreams and aspirations



*"We become who you set us up to be. We are trying to be good people, but your negative beliefs about us set us up to fail."
- Aged 14*

QUESTION 2: WHO ARE THE SUPPORTIVE PEOPLE IN YOUR LIFE AND WHO ENCOURAGES YOU THE MOST?

SUPPORTIVE RELATIONSHIPS


In the intricate tapestry of life, supportive relationships form a cornerstone of well-being.

Family, notably parents, siblings, cousins, grandparents, and aunts/uncles, are steadfast pillars of support, providing love, guidance, and a safety net for **85 percent** of all our respondents.

An additional **10 percent** of respondents identified that friends, the chosen family, offer encouragement and motivation, shaping the journey with their unwavering presence.

Teachers and coaches, mentors on the educational and extracurricular fronts, extend a helping hand and words of encouragement, fostering growth for a further **5 percent** of our respondents.

All respondents were given the opportunity to provide any answer to this question that resonated with them - we could not identify any responses that indicated having no supportive people.



"I know that I need support, but even a pat on the back and a thumbs up would be enough to know that they are here for me"

- Aged 12

SPIRITUAL AND SELF-SUPPORT

The quest for support often takes diverse forms. For **55 percent** of our respondents, solace is found in the spiritual realm, with Christian and other faiths providing guidance and strength. Equally vital is the power of self-encouragement and self-motivation, as inner resolve becomes a potent source of support for an additional **40 percent** of our respondents. These sources, both external and internal, contribute significantly to individuals' resilience.

QUESTION 3: WHAT DO YOU THINK WOULD HELP PEOPLE YOUR AGE TO BE HAPPY?

SUPPORT AND WELLBEING

Some common responses included the following:

- Support and Understanding
- Mental Health Support
- Acceptance and Kindness
- Less Pressure and Expectations
- Safe Spaces
- Communication and Trust
- Economic Support

In the pursuit of happiness, **85 percent** of the survey responses emphasise the critical importance of support and well-being. They yearn for understanding and mental health support, both from adults and peers, as they navigate the complexities of life.

Acceptance for who they are and kindness, rather than judgment, were prominent in **15 percent** of responses.

There's a desire for less pressure and expectations from adults and society, allowing room for personal growth, especially for young people between the ages of 13-15, with **70 percent** including these themes in their responses.

60 percent of young people aged 16-18 identified the creation of safe spaces and effective communication and trust as important, along with economic support to alleviate financial pressures.

"Support. Support in the majority of things. I reckon it's a real confidence booster, and it can provide a sense of belonging and happiness if there is more support. Whether or not it's with mental health or school work."

- Aged 14

"Safe areas - I need quiet spaces. Quiet room in a public facility, school space or within the community. Sound proof to escape from the noise at home and school, a space just to take a breather and look after your mental health."

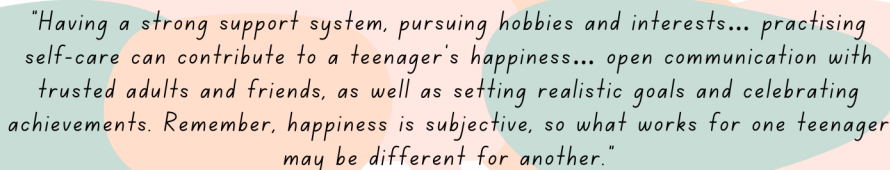
- Book Club Student

QUALITY OF LIFE AND PERSONAL GROWTH

Some common responses included the following:

- Freedom and Privacy
- Quality Time with Family and Friends
- Less Academic Pressure
- Access to Recreational Activities
- More Opportunities
- Respect for Individuality
- Less Technology
- Less Homework
- More Time

55 percent of the youth responses recognise the significance of personal growth and a balanced quality of life in achieving happiness. They express a need for greater freedom to express themselves and make choices while valuing quality time with loved ones. The reduction of academic pressure and stress is desired by an additional **25 percent** of youth, alongside increased access to recreational activities. More opportunities to pursue interests and passions are sought after (especially for **45 percent** of young people 14 years of age), along with respect for their individuality and preferences.



"Having a strong support system, pursuing hobbies and interests... practising self-care can contribute to a teenager's happiness... open communication with trusted adults and friends, as well as setting realistic goals and celebrating achievements. Remember, happiness is subjective, so what works for one teenager may be different for another."

- Aged 16

SOCIAL CONNECTION AND COMMUNITY

Some common responses included the following:

- Community and Socialisation
- More Opportunities
- Quality Time with Family and Friends
- Acceptance and Kindness
- Safe Spaces
- Communication and Trust

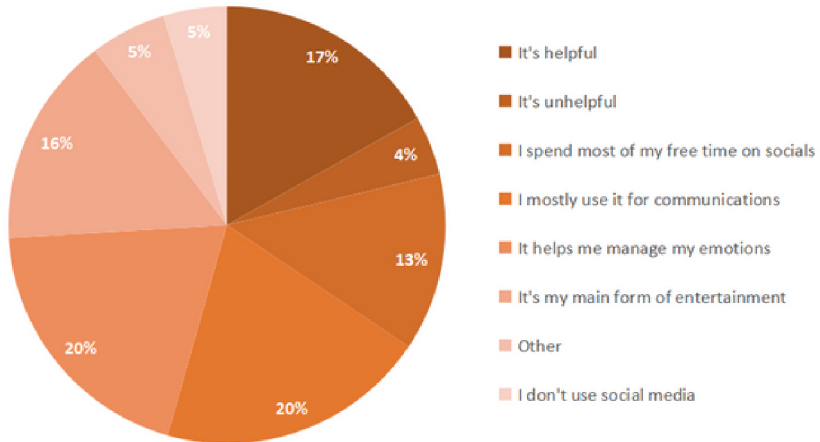
In the quest for happiness, social connections and community play a vital role for **60 percent** of our respondents. **45 percent** of these respondents highlight the significance of acceptance, kindness, and the creation of safe spaces within their communities. Effective communication and trust-building with adults are emphasised by **55 percent** of all 13-year-olds. Alongside these, the availability of more opportunities to engage with peers and communities is seen as contributing to their happiness.

QUESTION 4: WHAT ROLE DOES SOCIAL MEDIA PLAY IN YOUR LIFE?

SUPPORT AND WELLBEING

The relationship between young people and social media results have been categorised into 6 main categories: Main form of entertainment, Communication, Emotion Management, Helpful, Unhelpful, and Free Time Usage. Young people were also given the option to provide responses they best felt aligned with their relationship to social media.

THE ROLE SOCIAL MEDIA PLAYS



It's a way for us to share life experiences and communicate with one another."

- Aged 15

*"Social media is s**t and not healthy, it needs to be regulated or monitored for under 18s."*

- Aged 17

"Social media isn't important to me, my sports keeps me too busy."

- Aged 14

QUESTION 5: HOW CAN THE BIG PEOPLE IN YOUR LIFE OFFER SUPPORT IN HELPING YOU PURSUE YOUR INTERESTS AND DREAMS?

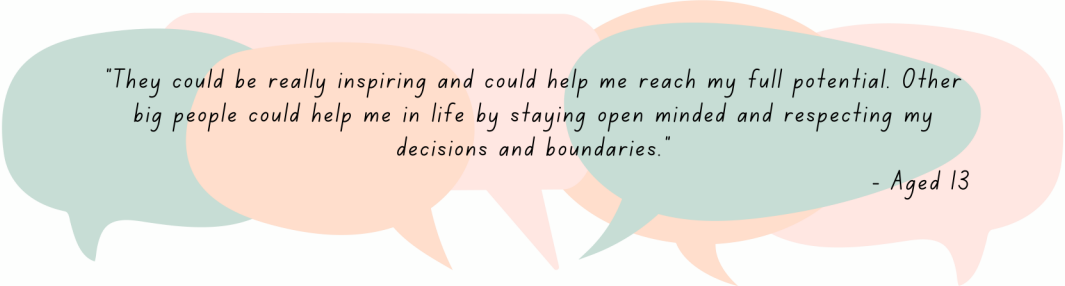
BELIEF AND ENCOURAGEMENT

Belief and encouragement are crucial for young individuals as they embark on their journeys to pursue their dreams.

When adults believe in them, **60 percent** of the respondents shared that it instills confidence and a sense of self-worth in them and that it communicates that their aspirations are valid and achievable. For most people, encouragement serves as a motivational force, pushing them to persevere through challenges and setbacks.

45 percent of our respondents shared that encouragement helps them stay focused and determined in the face of obstacles.

50 percent of respondents shared that having significant figures in their lives, such as parents, teachers, or mentors, play a pivotal role in nurturing this belief and providing the necessary encouragement. By offering support and reassurance, our respondents said that these adults create a positive and nurturing environment that fosters growth and development for them.



"They could be really inspiring and could help me reach my full potential. Other big people could help me in life by staying open minded and respecting my decisions and boundaries."

- Aged 13

LISTENING AND ACKNOWLEDGING

75 percent of respondents shared that when adults actively listen to their ideas, opinions, and feelings, it validates their experiences and perspectives. It makes them feel valued and respected, enhancing their self-esteem and self-expression.

By practising active listening and acknowledgment, **60 percent** of respondents shared that adults create an open and inclusive environment where they can freely share their dreams which ultimately leads to success for them.

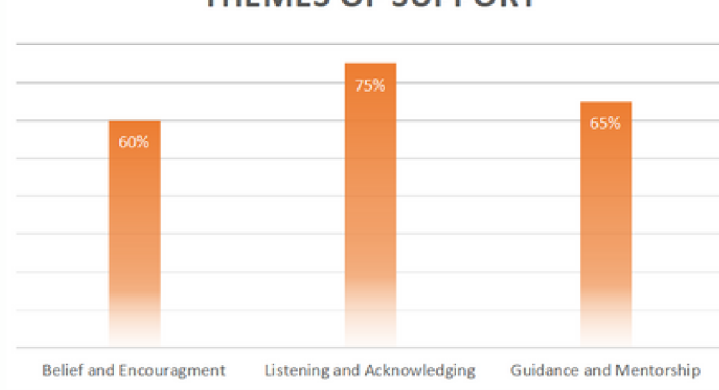
GUIDANCE AND MENTORSHIP

Our results demonstrated that guidance and mentorship are essential for young individuals as they navigate the path towards their dreams. These elements provide valuable insights, knowledge, and direction to help them make informed decisions.

65 percent of respondents shared that when adults offer guidance, it helps them to identify their interests and strengths. This helps them with setting realistic goals and developing strategies to achieve them.

An additional **40 percent** of responses show that mentorship goes beyond providing advice; it involves establishing a supportive and trusting relationship, and they serve as role models, inspiring young individuals to reach their full potential.

THEMES OF SUPPORT



"They can be supportive and encourage you to take steps towards your goal and not stop you from doing things that are working towards your goal. Not stop us from completing tasks that help us towards our goals."

- Aged 14

QUESTION 6: WHAT PRESSURES DO YOU FEEL AND HOW DO THEY IMPACT YOUR LIFE?

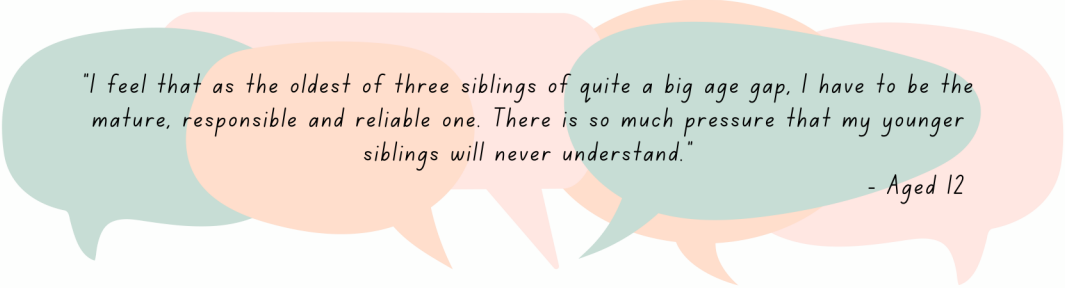
PRESSURE AND EXPECTATIONS

Some common responses included the following:

- Academic Pressure
- Family Expectations
- Career and Future Pressure
- Pressure to Be Perfect
- Expectations to Succeed
- Fear of Disappointing Others

In today's fast-paced world, **70 percent** of our respondents identified that they felt a relentless torrent of pressures and expectations. From the relentless grind of academic performance and the weight of family expectations to the daunting task of navigating future career choices, these pressures create a crucible of stress.

Interestingly enough, **40 percent** of these respondents were either 14 or 15 years old and identified that the quest for perfection and the fear of disappointing loved ones add to the emotional toll, leading many to question their own abilities and identity.



"I feel that as the oldest of three siblings of quite a big age gap, I have to be the mature, responsible and reliable one. There is so much pressure that my younger siblings will never understand."

- Aged 12

SOCIAL AND IDENTITY PRESSURE

Some common responses included the following:

- Social and Peer Pressure
- Self-Image and Body Image Pressure
- Societal and Cultural Pressure
- Pressure to Speak and Act a Certain Way
- Pressure to Change or Be Different
- Pressure to Hide Emotions

Navigating the intricate social web of peer pressure and societal norms can be a daunting task.

Across ages 11-18 years old, **65 percent** of our respondents demonstrated that the desire to fit in and meet standards of beauty and behaviour creates a constant struggle with self-worth and authenticity. The tension between conforming to external expectations and maintaining one's true self often leads to anxiety and self-consciousness.

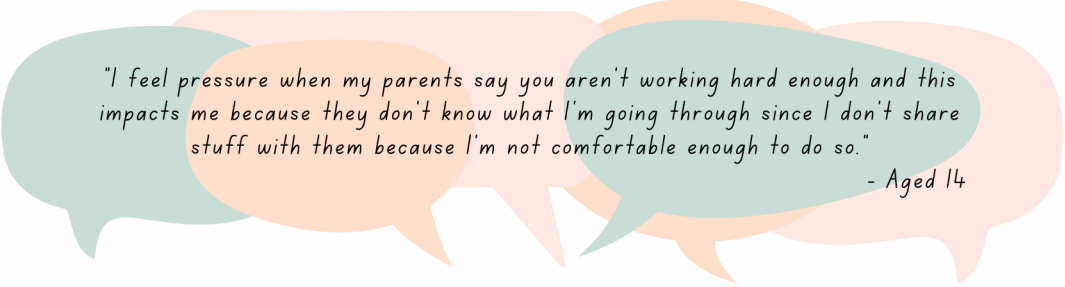
MENTAL HEALTH AND COPING

Some common responses included the following:

- Mental Health Impact
- Uncertainty and Confusion
- Pressure to Mature Quickly
- Pressure from Older Siblings
- Pressure to Please Others
- Time Management and Deadline Pressure

For **75 percent** of our respondents aged 13-16 years old the impact of these pressures on mental health cannot be overstated. Anxiety, stress, and sadness are frequent companions for those wrestling with academic, familial, and societal expectations. The challenge of managing time, handling deadlines, and the pressure to mature rapidly can compound these feelings.

In the pursuit of success and the fear of letting others down, **65 percent** of our respondents often find themselves struggling to maintain their emotional well-being.



"I feel pressure when my parents say you aren't working hard enough and this impacts me because they don't know what I'm going through since I don't share stuff with them because I'm not comfortable enough to do so."

- Aged 14

QUESTION 7: HOW DO YOU FEEL ABOUT THE ENVIRONMENT AND COMMUNITY YOU ARE A PART OF?


COMMUNITY SENTIMENTS

Communities are complex ecosystems, eliciting a spectrum of emotions from their inhabitants.

While **40 percent** of our respondents find a sense of belonging and pride, **60 percent** experience mixed feelings, influenced by factors like safety, support, and the community's positive and negative aspects. Cultural and ethnic communities often provide comfort and support within the larger community tapestry.

Some common responses included the following:

- Mixed Feelings
- Safety and Security
- Community Support
- Cultural and Ethnic Communities
- Sense of Belonging
- Positive Aspects of Hornby



"In my community, I appreciate the diversity and sense of unity."

-Aged 16

COMMUNITY NEEDS AND IMPROVEMENTS

Communities, like individuals, have needs and aspirations.

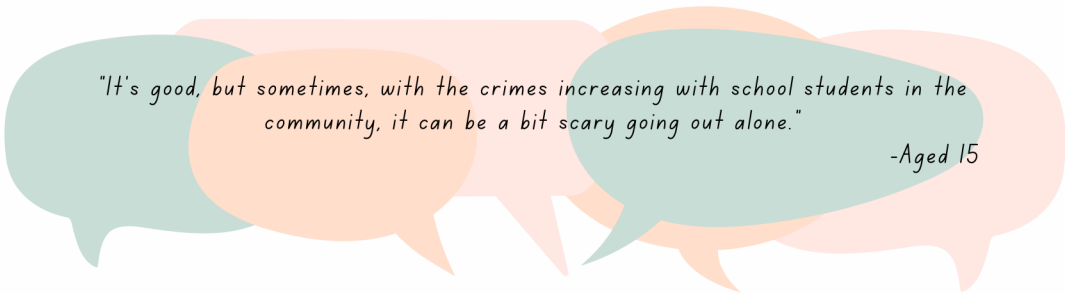
45 percent of respondents identified that often they feel misunderstood by older generations, yearning for more engaging activities and opportunities to combat boredom (such as a BMX park, escape rooms, aquatic complex to name a few).

Environmental concerns, cleanliness issues, and safety challenges also feature prominently, with **35 percent** of respondents demonstrating concern.

However, there is a desire for improvement, as the **55 percent** of respondents shared hopes for reduced crime, better facilities, and increased community involvement.

Some common responses included the following:

- Youth Perspective
- Boredom and Lack of Activities
- Environmental Concerns
- Community Events and Organisations
- Desire for Improvement
- Community Involvement



"It's good, but sometimes, with the crimes increasing with school students in the community, it can be a bit scary going out alone."

-Aged 15

CHALLENGES AND CONCERNS

While communities offer many positive aspects, they also grapple with their share of issues. Peer influences, especially negative ones like substance abuse, raise concerns as noted by **67 percent** of respondents aged 13-18 years old.

Some common responses included the following:

- Peer Influence
- Environmental Cleanliness
- Loneliness
- Safety and Security (concerns)
- Youth Perspective (gap in understanding)
- Boredom and Lack of Activities (limited entertainment)



"I feel pretty good about the community I am a part of because all of the people are nice and accepting. The environment is a bit dirty because of rubbish lying around in places."

-Aged 17

SECTION 4

REFLECTIONS AND WAYS FORWARD

DISCUSSION

The survey highlights the significance of acknowledging the modern challenges of school life. The concerns raised, including early wake-up times, stress, and the changing educational landscape, underscore the need for a responsive educational system that considers the well-being of its students. It is important for adults to recognize the impact of these challenges on the mental health and overall development of young individuals. (Challenges of School Life)

The recurring theme of mental health underscores the urgency of addressing this critical issue among the youth. Feelings of depression, anxiety, and the need for emotional support are poignant reminders that mental health should be a top priority for both adults and peers. Initiatives promoting mental health awareness and access to resources are key. (Mental Health Matters)

Family members, friends, teachers, and coaches emerge as vital pillars of support in the lives of these young individuals. Acknowledging the significance of these relationships is crucial, and it highlights the need for nurturing these connections further. Encouraging open communication and providing resources for parents, teachers, and mentors can strengthen this support network. (Supportive Figures)

The respondents' aspirations for happiness reflect their desires for support, understanding, and personal freedom. These aspirations call for a holistic approach to youth well-being that considers emotional support, recreational opportunities, and managing academic pressure. Listening to their voices and implementing strategies to address their needs can contribute to a happier youth community. (Happiness and Well-being)

It is evident that the role of social media plays various roles in the lives of young individuals, including entertainment, emotional management, communication, and both helpful and unhelpful aspects. Understanding the nuanced relationship between youth and social media is essential for fostering responsible and safe online environments. (Social Media Influence)

The pressures faced by the youth are diverse and impactful. Academic, social, family, and societal pressures contribute to stress, anxiety, and feelings of inadequacy. Recognizing the unique challenges of each individual and offering resources to cope with these pressures is vital for their well-being. (Navigating Pressures)

The discussion surrounding the community and environment reveals a mix of sentiments. While some express appreciation for the safety and support within their community, others cite concerns about safety, limited entertainment options, and environmental issues. This reflects the complexity of their relationship with their surroundings and the need for a responsive, engaged community that addresses their concerns. (Community Perceptions)

The Youth Voice survey has illuminated the diverse and evolving needs, challenges, and aspirations of young individuals in Hornby. These findings underscore the importance of fostering an environment that values their voices, recognizes their struggles, and actively works to create opportunities for growth and well-being. By engaging in open dialogue, implementing targeted support systems, and addressing the unique needs of the youth, we can collectively build a stronger, more inclusive, and supportive community that empowers the next generation.

"I need support to prepare myself academically for University and prep for the process of the applications and how I do the paperwork to fund it."
- Year 13 High School Student

"To find a balance between self discovery and mental health."
- Aged 16

"The freedom and ability to socialise more."
- Aged 17

"I feel a lot of pressure in all aspects of my life, school, friends, family, it's all very stressful and honestly overwhelming for someone my age."
- Aged 17

"Educate adults about our rainbow community so that they judge us less."
- Aged 16

"Free movies for kids under 15, and cheaper food at school cafes."
- Aged 13

"The burden of schoolwork. This impacts my life from constantly stressing all the time, which causes mental breakdowns and also puts pressure on my parents."
- Aged 16

CONSIDERATIONS

In our effort to further our understanding of the youth scene in Hornby, we engaged in informative conversations with prominent community youth advocates who are passionately dedicated to empowering the younger generation.

Our discussions with Carey Ewing, the Director of Te Whare Awhero, Karla, the Programmes Manager from the Graeme Dingle Foundation, Simon Scott, Deputy Principal of Hornby High School, James Harris, Manager and Community Youth Worker CDN Trust, and Emma Geldard, Hornby Youth Worker, revealed the invaluable initiatives they are spearheading to uplift our youth.

These dedicated individuals shared their perspectives on the vital role the community can play in supporting their efforts, emphasising the importance of collective support to nurture a thriving youth community in Hornby.

KARLA GUERIN - GRAEME DINGLE FOUNDATION PROGRAMMES MANAGER

The Graeme Dingle Foundation runs community programs with a community-focused project element. This teaches students they can make a positive impact beyond school and home. These programs aim to equip young individuals with essential life skills, values, and resilience while offering mentorship and support, helping them navigate the challenges of growing up and finding their purpose.

Kiwi Can in Schools: Focuses on primary-aged students with four key themes: resilience, respect, and integrity. It aims to instil these values in young children.

Stars HH (Year 9/10): Hornby High School helps year 8 transition to high school with older student mentors. They teach life skills, values, and address anti-bullying, including social media issues, alongside community projects like can drives.

Project K: A mentoring program for year 10 students struggling academically or emotionally. It includes a 21-day wilderness adventure program and year-round community mentors.

He Ara Akonga: A 6-day wilderness program, involving 26 students from multiple schools. It offers mentoring sessions throughout the year to guide and support students on their journey.

"It's not until you find your gifts and strengths that you can use them and be your best self. It is all about inspiring and journeying with young people to help them be their best selves."

The community can support youth by mentoring. Mentoring is rewarding and helps youth grow. Interested mentors must meet program requirements, commit time and effort, and no prior mentoring experience is needed; training is provided by the Graeme Dingle Foundation. For Graeme Dingle Foundation updates, follow on Facebook. To inquire about mentoring or contact the foundation, visit dinglefoundation.org.nz.

SIMON SCOTT - HORNBY HIGH SCHOOL DEPUTY PRINCIPAL

At Hornby High School, we prioritise the academic advancement and overall success of our students, placing their needs at the forefront of our educational endeavors. We actively foster an environment that encourages student engagement in extracurricular activities, recognising their pivotal role in skill development, enhancement of self-esteem, and the cultivation of confidence, ultimately contributing to improved academic performance.

Hornby High School takes great pride in its distinguished sporting achievements at local, national, and regional levels. We extend a hearty invitation to all students expressing interest in sports, providing opportunities for their active participation and the cultivation of leadership, refereeing, and coaching skills. Moreover, our commitment to student success is evident in the diverse range of supports and activities offered, encompassing cultural and creative arts (music, drama, and art), academic assistance, and dedicated support for student mental health and well-being.

Ensuring the mental health and well-being of our students is of utmost importance at Hornby High School. We provide confidential counseling services that prioritizes well-being and effective problem-solving. Our experienced counselors work diligently to support students in overcoming challenges, navigating complex situations, and identifying and achieving their goals. Confidentiality is maintained unless there are safety concerns, ensuring a safe and secure space for students to seek guidance.

We acknowledge and appreciate the invaluable support of the community with the support of our students.

For those interested in contributing to this essential aspect of student involvement, please feel free to contact Simon Scott at sc@hornby.school.nz. Your support is crucial in enriching the educational experience and opportunities for our students.

EMMA GELDARD - HORNBY YOUTH WORKER

I work within various youth activities and initiatives in Hornby, including 24-7 Youthwork at Hornby High School, CDN's youth hangout on Wycola Avenue, and youth programmes at Hope Presbyterian Church. I am also the Youth Pastor at Hope Hornby, where we host youth groups, youth events, and camps for young people in Years 7 - 13.

24-7 Youthwork is a partnership between a church and a local school within New Zealand. For us this means a partnership between Hope Hornby and Hornby High School, with our involvement in youth work at the school being ongoing since 2003. Our primary objective is to foster strong connections and offer support to the young people within our community by partnering with the school.

Youth workers actively engage in five key areas - establishing positive relationships, empowering students, facilitating leadership development, cultivating school spirit and integrating with extracurricular activities beyond school hours.

While I already feel the support of our community, it would be great to see local adults empowered to create positive and genuine connections with young people. We have so

many amazing young people in the greater Hornby area and I would love to see them actively contributing their skills, talents and ideas to enhance our community.

To join or find out more about Hornby youth groups and hangouts contact Emma at emma.geldard@hopeyouth.net.nz

JAMES HARRIS - COMMUNITY DEVELOPMENT NETWORK TRUST (CDN) MANAGER & COMMUNITY YOUTH WORKER

I started my journey at CDN as a volunteer kids camp leader, and later became a member of the CDN staff. I now lead our team of youth and whanau workers and our work is spread across kids camps, Teen Adventure Camps, Hornby Youth Hangout and the Youth Workers team at Hornby High School.

Our aim is to support the growth and success of young people; a significant aspect of this is ensuring that they have strong role models and trustworthy adults with whom they can communicate. Our events, programs, dedicated youth workers, and volunteers are all designed to foster meaningful connections. Our objective is to ensure that all young individuals establish trusted relationships with adults who serve as positive role models, both within their family and throughout the broader community. Our aspiration is that these young people have the opportunity to regularly engage with these role models, to enrich their personal growth and development.

There are several ways the community can support our work, such as introducing young people to our programs by bringing them to our hangout or recommending them for a camp. You can also extend an invitation to one of our youth workers to meet with families where young individuals would benefit from building connections. Another way the community can support us is through donations, whether financial or items like food for after-school gatherings at the hangout, are always appreciated.

If you want to learn more or are interested in supporting our work, please reach out to me via james@cdntrust.org.nz

CAREY EWING - DIRECTOR TE WHARE AWHERO

At Te Whare Awhero, we provide affordable counselling services to youth and offer a Longitudinal Whānau support programme. The programme spans a wide spectrum of support services, ensuring that we address the varied needs of Whānau thoroughly and inclusively within the broader Hornby area. We advocate for fairness and equitable opportunities that empower young individuals to thrive and succeed.

“Our primary focus is to ensure that the youth from our most marginalised families have an equitable chance at a prosperous future by establishing pathways to lifelong opportunities.”

Beyond sustainable funding, the community can contribute to Te Whare Awhero by volunteering their time participating in various initiatives hosted within the Hornby community, such as food resilience projects, among other ongoing initiatives.

To stay updated on what's happening at Te Whare Awhero, follow us on Facebook or, if you're interested in volunteering, reach out to Carey via director@hpct.org.nz

CONCLUSION

Through the Hornby Youth Voice Project, we have gained profound insights into the diverse perspectives, aspirations, challenges, and dreams of the next generation. This project has not only highlighted the diverse influences in their lives but has also paved the way for a more inclusive and informed society. Our aim with this project was to listen, and we have heard a lot.

The themes that have emerged from our survey, covering topics such as generational differences, sleep patterns and routine, mental health and wellbeing, empowerment and acknowledgment, supportive relationships, and the role of social media, reflect the diverse challenges and aspirations that our youth face daily. These findings emphasise the significance of fostering supportive relationships, acknowledging their capabilities, and addressing pressing issues such as mental health and social media usage.

The pressures our youth navigate daily, encompassing academic, social, familial, and societal expectations, have cast a spotlight on the urgent need for comprehensive support systems and resources that can help them manage these burdens effectively.

The Hornby Youth Voice Project has provided a comprehensive understanding of the challenges and aspirations of young people in our community. By listening, engaging in open dialogue, implementing targeted support systems, we can collectively build a stronger, more inclusive, and supportive community that empowers the next generation to thrive in the ever-changing landscape of the digital age.

Aimee Le Cren

AIMEE LE CREN
BSW STUDENT

Marijke Hattingh

MARIJKE HATTINGH
BSW (HONS) STUDENT

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The successful engagement with Hornby youth and development of the core questions for the Youth Voice Survey would not have been possible without the invaluable contributions and unwavering support of the following individuals and organisations:

Simon Scott, Deputy Principal at Hornby High School, deserves our heartfelt gratitude for his instrumental role in facilitating our engagement with the students. His unwavering support in granting us access to valuable class time was pivotal to the project's success. His dedication to empowering youth voices is truly commendable.

Bailey Peterson, Community Development Advisor from the Christchurch City Council, played a pivotal role in shaping our questions by sharing her profound insights into the youth scene in Hornby. Her willingness to meet with us and generously share her wisdom was a crucial element in refining our survey. We deeply appreciate her guidance and assistance throughout this process.

We also extend our sincere gratitude to **Mike Murray, our dedicated Cultural Advisor at Te Whare Awhero**. Mike's expertise and insights were instrumental in ensuring that our survey questions were thoughtfully crafted to encompass diverse cultural perspectives. His guidance not only improved the quality of our work but also deepened our appreciation for cultural considerations.

A sincere thank you is extended to **James Harris, Manager and Community Youth Worker from the CDN**, and **Emma Geldard, Youth Team Leader from 24/7 Youth Workers**, for their invaluable contributions to this project. Their assistance in crafting the project's scope, refining questions, and facilitating the survey with the young people they work with has been instrumental in ensuring the survey's relevance and effectiveness. Their commitment to youth empowerment is truly inspiring.

These individuals and organisations have shown exemplary dedication to the cause of amplifying the voices of our youth, and their collaborative efforts have significantly enriched the Hornby Youth Voice Survey. Their contributions have made a lasting impact and will serve as a cornerstone for our continued work in understanding and addressing the needs and aspirations of young people in Hornby. We extend our heartfelt thanks for their invaluable support and commitment to this vital endeavour.

We hope that this report will play a part in enhancing the wellbeing of the community.



TE WHARE AWHERO

Hope House

