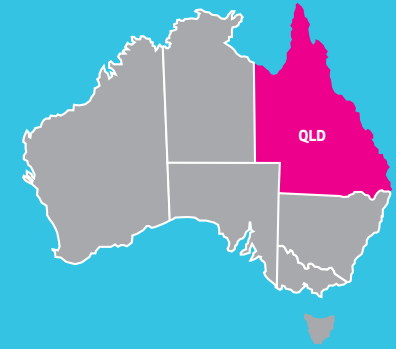


**MISSION  
AUSTRALIA**



**YOUTH  
SURVEY  
2023  
QUEENSLAND**



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# About this report

This is the **Queensland (QLD)** sub-report of the Mission Australia *Youth Survey Report 2023*.

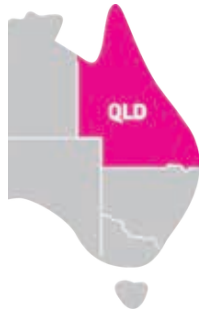
The Mission Australia *Youth Survey Report 2023* presents key findings based on national level data and can be found [here](#). It contains the methodology, national executive summary, national key findings, and findings for Aboriginal and Torres Strait Islander young people. The report also includes commentary on the national findings that may assist in the interpretation of the data found within this sub-report.

This **QLD** sub-report is a state-based overview of the key findings from the *Youth Survey 2023*. The report includes detailed data tables comparing state-level findings against the national data. Care needs to be taken when interpreting and generalising some results due to variations in sample sizes for different survey items. When sample sizes are under 100 and need to be read with caution, notes are included under the data tables. Care also needs to be taken when interpreting and generalising state-based gender breakdowns due to small sample sizes. **QLD** gender breakdowns are included where sample size allows. Results have been excluded where sample sizes are under 30 respondents.

# Acknowledgment

We acknowledge the traditional custodians of lands throughout Australia, and we pay our respects to the Elders past, present and future for they hold the memories, the culture and dreams of the Aboriginal and Torres Strait Islander people. We recognise and respect their cultural heritage, beliefs and continual relationship with the land and we recognise the importance of the young people who are the future leaders.

This report may be cited as: McHale, R., Brennan, N., Freeburn, T., Rossetto, A., Richardson, E., Boon, B., & Christie, R. (2023). *Youth Survey Report 2023: Queensland sub-report*. Sydney, NSW: Mission Australia



QLD

 **3,191** QLD RESPONSES

## MOST IMPORTANT ISSUES IN AUSTRALIA TODAY FOR QLD RESPONDENTS

1 

### The environment

**33%** identified it as one of the most important issues in Australia compared with 47% in 2022 and 33% in 2021.

14% of young people were personally extremely or very concerned about climate change.

2 

### The economy and financial matters

**31%** identified it as one of the most important issues in Australia compared with 22% in 2022 and 12% in 2021.

13% of young people were personally extremely or very concerned about financial security.

3 

### Mental health

**29%** identified it as one of the most important issues in Australia compared with 33% in 2022 and 35% in 2021.

26% of young people were personally extremely or very concerned about mental health.

This past year mental health has been my biggest concern. I was struggling with friendships and relationships which ultimately impacted my education and took a toll on my mental health and effecting [sic] my physical health. I became extremely anxious/slightly depressed and started to lose weight. I wasn't myself.

**Male, 15, QLD**



## CHALLENGES AND SOLUTIONS

In young peoples' own words

Young people told us in their own words and unprompted, what their **biggest personal challenge** has been in the past year, what they found helpful in dealing with that challenge and what more could be done to help them address their challenge. The key themes of young people's responses are shown below.

Over **1 in 3** young people said nothing more could help, or they were unsure what could help with their challenges, indicating there is an opportunity to improve awareness of supports available to them.

### THE BIGGEST PERSONAL CHALLENGES

### WHAT MORE WOULD HELP?

Solutions suggested by young people



#### 47% SCHOOL CHALLENGES

Academic pressure, high workload, challenges with teachers, learning difficulties, general school challenges

65% of students were satisfied or very satisfied with their studies

34% of students said there are barriers to achieving study or work goals

#### TOP 3 BARRIERS:

- 1 Academic ability
- 2 Mental health
- 3 Financial difficulty

- Study harder and more effectively
- Greater understanding from teachers and parents about stress levels
- Being comfortable asking for support or advice
- Being more organised and get help managing my time



#### 21% MENTAL HEALTH CHALLENGES

Low mental health, stress, anxiety, depression, low self-esteem or self-harm

21% had high psychological distress

20% felt lonely all or most of the time

31% were extremely or very concerned about coping with stress

- Being comfortable asking for support or advice
- Asking healthcare professionals for help
- Greater understanding from teachers and parents about stress levels
- Better access to and availability of mental healthcare services



#### 20% RELATIONSHIP CHALLENGES

Death, abuse, challenging relationships with family, friends or significant others

24% said their family's ability to get along was fair to poor

TOP SOURCE OF SUPPORT:  
70% friends

- Being comfortable asking for support or advice
- Asking healthcare professionals for help
- Asking those closest to me for advice and understanding

# Examples of personal challenges and solutions

Young person's profile	What was the biggest personal challenge you experienced in 2022-2023?	How did you handle the challenge?	What more could be done to help in the future?
------------------------	---	-----------------------------------	--

## School Challenges

Male, 16	<p>"I have been having problems with staying motivated to complete my schoolwork. I have usually achieved high grades but they have dropped over the last 6 months as schoolwork has increased and I no longer have much time to spend on activities I enjoy. Due to this I have started to not engage in my studies as actively as I used to which has led to pressure from my family to improve my grades and led to some minor mental health issues."</p>	<p>"I loved the support my youth group provided me as they consistently encouraged and supported me, providing me with a place to talk about my problems. My faith also helped me as I feel if I wasn't a Christian, I would have needed counselling."</p>	<p>"Encourage youth groups and community faith-based organizations which allow for the creation of a space where I don't feel judged or pressured."</p>
Gender diverse, 17	<p>"Chronic illness - makes doing schoolwork incredibly difficult, made worse by the stress of school and the lack of sleep from school, makes school and work a stressful environment."</p>	<p>"Accommodations provided by school - the ability to leave class when needed, breaks for exams, extensions on assignments, ability to skip homework/sleep in class mental health support, support from friends."</p>	<p>"Individually all that can be done is being done but the school system was not designed with the wellbeing of students in mind, many people (me included) struggle to keep up with schoolwork and easily fall behind in the event of illness or disrupting life events and the entire environment of it is incredibly stress inducing."</p>

**Young person's profile**

**What was the biggest personal challenge you experienced in 2022-2023?**

**How did you handle the challenge?**

**What more could be done to help in the future?**

**Mental Health Challenges**

Male, 16

"Balancing school with social commitments, extracurricular activities and work."

"Taking time to do the things I enjoy and making sure to have some time by myself so that I don't get burnt out."

"More resources which state how to avoid burnout and being too busy, as some sources state that involving yourself in more stuff decreases burnout, which is not true."

Female, 17

"The biggest personal challenge I have experienced in the past year has been supporting others while still maintaining adequate self-care. As college captain, I supported others and felt like I had to drop everything to help someone else- whether that was a friend, younger student, or staff member. This did have a negative impact on my physical and mental health. I would end each day exhausted, feeling pretty low, and unable to work on the schoolwork I needed to do. This culminated when supporting a particular student, I felt like an awful friend but I needed to get them specific help that wasn't just support from me."

"Speaking to my family, to my friends, and finally, to a college counsellor, I began to realise that it really wasn't good to be helping everyone else before myself and instead needed to pass that responsibility to a qualified adult. The support from the college counselling team, my mum, and my friends finally reinforced this to me, and I was able to progress this and lift that weight of my shoulders and begin to prioritise me."

"Destigmatising mental health support would be the absolute biggest priority. It was so empowering once I re-accessed support at the college and knowing that the other student was also going to get the help that they needed to support their journey was amazing. I feel that if it was a little less 'weird' to go and see the college counselling team, I would have accessed their service quicker, it would have been easier for the other student to access support quicker and take less of a toll on me, and overall, all students would be healthier and happier!"

**Young person's profile**

**What was the biggest personal challenge you experienced in 2022-2023?**

**How did you handle the challenge?**

**What more could be done to help in the future?**

**Relationship Challenges**

Gender diverse, 17

"Battles with my mental health and family relationships. I have C-PTSD from my current living situation and having bad mental health and still living with them it has been so difficult to get through my life. With the current housing crisis my family have been feeling unstable and not sure when we will become homeless because it is becoming more and more likely."

"I attend therapy once a fortnight to get a release, so it doesn't all build up, but I have also been planning how to change my life after school."

"I need to be able to move out of home, but I can't financially support myself enough to do that especially with the current housing crisis."

Female, 15

"Setting and enforcing boundaries with people I interact with (what you can demand from me). Identifying when a relationship has become toxic or unsupportive towards my mental health and how to say no to someone. Dealing with racism in the community. Becoming more aware of harmful behaviour (when someone is emotionally manipulating me) and articulating this to them. Figuring out what I want to do with the rest of my life e.g., answering "What is your passion?" or "What do you want to do after school?"

"Reading and using the internet to research more about how I can identify emotional manipulation. Talking to friends and family about how to deal with events. Writing it down in a journal or telling someone who understands what I'm going through. Taking a break from interacting with certain people to reassess how their impacting my life."

"Education around emotional manipulation (What does it look like? How should you respond to it? How do you avoid being emotionally manipulative?). Education about how to discover what you want to do after school (What jobs are out there? How can I get to the job that I want? Discovering my passion). Connecting schools with other communities outside of school and with other schools."



# QLD Data Tables

## PROFILE OF RESPONDENTS

**Table 1: Gender**

	QLD n	QLD %	National %
<b>Base</b>	<b>3175</b>	<b>3175</b>	<b>18790</b>
Female	1306	41.1	54.9
Male	1747	55.0	40.2
Gender diverse <sup>^</sup>	94	3.0	3.7
Prefer not to say	28	0.9	1.3

<sup>^</sup>A-gender/non-gendered, non-binary gender, transgender and not listed are combined under the gender diverse reporting category.

**Table 2: Locality**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>3074</b>	<b>1274</b>	<b>1686</b>	<b>83*</b>	<b>18857</b>
Major city	65.3	59.0	69.8	67.5	62.7
Regional area	19.6	24.3	16.3	15.7	24.7
Major city/regional area <sup>^</sup>	15.1	16.6	13.9	16.9	12.7

<sup>^</sup>Postcodes classified as both a major city and regional area in the *Australian Statistical Geography Standard* (Australian Bureau of Statistics, 2021). \*Sample is less than 100, please use caution when interpreting results.

**Table 3: Identify as Aboriginal and/or Torres Strait Islander**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>3115</b>	<b>1269</b>	<b>1715</b>	<b>91*</b>	<b>18824</b>
Non-Indigenous	94.2	94.2	94.7	83.5	95.6
Aboriginal and/or Torres Strait Islander	5.8	5.8	5.3	16.5	4.4
Aboriginal	4.0	4.2	3.5	12.1	3.5
Torres Strait Islander	0.8	0.9	0.6	1.1	0.4
Aboriginal and Torres Strait Islander	1.0	0.7	1.2	3.3	0.5

\*Sample is less than 100, please use caution when interpreting results.

**Table 4: Identify with a cultural or ethnic identity**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>3108</b>	<b>1264</b>	<b>1712</b>	<b>93*</b>	<b>18750</b>
Yes	17.3	15.9	17.9	21.5	21.6
No	82.7	84.1	82.1	78.5	78.4

\*Sample is less than 100, please use caution when interpreting results.

**Table 5: Spoke a language other than English**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>3113</b>	<b>1266</b>	<b>1715</b>	<b>93*</b>	<b>18698</b>
Yes	16.5	14.9	18.1	10.8	22.1
No, English only	83.5	85.1	81.9	89.2	77.9

\*Sample is less than 100, please use caution when interpreting results.

**Table 6: Identify as a person with disability**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>3097</b>	<b>1263</b>	<b>1701</b>	<b>93*</b>	<b>18545</b>
Yes, I have disability	6.7	6.4	5.2	34.4	7.3
No	89.2	89.6	91.2	51.6	88.6
Prefer not to say	4.1	4.0	3.5	14.0	4.1

\*Sample is less than 100, please use caution when interpreting results.

**Table 7: Identify as a person with a mental health condition**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>3090</b>	<b>1260</b>	<b>1699</b>	<b>93*</b>	<b>18533</b>
Yes, I have a mental health condition	14.6	21.4	7.7	45.2	17.4
No	75.1	65.1	85.8	28.0	70.8
Prefer not to say	10.3	13.5	6.5	26.9	11.7

\*Sample is less than 100, please use caution when interpreting results.

## PERSONAL CHALLENGES AND CONCERNS

**Table 8: Biggest personal challenge experienced by young people**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>2799</b>	<b>1130</b>	<b>1552</b>	<b>83*</b>	<b>16447</b>
School challenges	47.4	54.2	43.5	31.3	49.0
Mental health challenges	20.6	28.1	13.9	39.8	24.2
Interpersonal relationship challenges	19.6	26.4	14.4	20.5	21.3
Financial and Housing challenges	4.0	4.5	3.2	12.0	4.2
Other challenges	17.2	16.5	17.6	18.1	17.1
Not sure/no challenge identified	6.7	3.1	9.4	7.2	5.9

Note: Items ranked high to low according to the QLD responses with only the top-level themes being reported due to sample size. Examples in *Other challenges* included top-level themes like motivation, general health, moving to a new environment, etc. that stood out on their own. Items based on content analysis of 84% of responses to this question. The percentage figure for the top-level themes represents its proportion amongst the total responses for this question.

\*Sample is less than 100, please use caution when interpreting results.

**Table 9: Issues of personal concern to young people (extremely or very concerned)**

	QLD %	Female %	Male %	Gender diverse* %	National %
Coping with stress	31.2	47.9	17.5	52.1	38.4
School or study problems	30.9	44.4	20.5	37.2	37.1
Mental health	26.0	37.4	15.9	47.9	31.9
Body image	24.4	39.5	11.9	43.6	29.0
Physical health	15.6	17.4	13.8	23.4	19.1
Climate change	13.7	17.2	9.6	35.5	20.8
Family conflict	13.2	19.9	7.2	30.9	15.6
Financial security	13.1	16.5	9.6	28.7	14.7
Suicide	11.3	14.6	7.6	33.0	14.0
LGBTIQA+^ issues	9.7	8.0	7.8	57.0	11.8
Bullying/emotional abuse	9.7	13.7	5.9	22.8	11.1
Discrimination	8.9	10.0	7.0	30.9	11.6
Social media	8.7	12.2	5.7	15.1	11.2
Personal safety	8.3	11.1	5.1	24.5	10.6
Domestic/family violence	5.9	7.9	3.9	16.0	7.1
Alcohol and other drugs	5.6	7.1	4.0	17.0	7.1
COVID-19	3.3	4.4	2.1	11.8	5.0

^Lesbian, Gay, Bisexual, Trans, Intersex, Queer, Asexual issues. Bases vary across each aspect.

Note: Items ranked high to low according to QLD responses. \*Sample is less than 100, please use caution when interpreting results.

## NATIONAL CONCERNS

Table 10: Most important issues in Australia today

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>2701</b>	<b>1101</b>	<b>1483</b>	<b>81*</b>	<b>15556</b>
The environment	33.3	38.2	30.1	22.2	44.0
The economy and financial matters	31.4	30.3	32.0	34.6	31.2
Mental health	29.0	37.9	22.7	23.5	30.3
Equity and discrimination	25.8	27.2	24.9	25.9	31.4
Crime, safety and violence	25.5	30.2	22.6	14.8	17.7
Homelessness/housing	20.1	21.7	19.0	21.0	18.5
Alcohol & drugs	15.2	12.7	17.4	7.4	12.1
Family Conflict	7.6	12.3	4.3	3.7	5.5
Politics	7.1	5.2	8.8	6.2	7.2
Bullying	7.0	9.2	5.7	1.2	5.7

Note: Items are listed in order of QLD frequency.

\*Sample is less than 100, please use caution when interpreting results.

## EDUCATION AND EMPLOYMENT

**Table 11: Participation in education**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>3179</b>	<b>1303</b>	<b>1742</b>	<b>93*</b>	<b>19414</b>
Studying full-time	82.8	87.2	80.5	62.4	86.2
Studying part-time	9.6	6.9	10.9	22.6	7.4
Not studying	7.7	5.9	8.6	15.1	6.4

\*Sample is less than 100, please use caution when interpreting results.

**Table 12: Satisfaction with studies**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>2907</b>	<b>1216</b>	<b>1578</b>	<b>78*</b>	<b>17766</b>
Very satisfied or satisfied	65.5	65.5	66.9	46.2	62.9
Neither satisfied nor dissatisfied	27.3	27.8	26.6	33.3	28.1
Dissatisfied or very dissatisfied	7.2	6.7	6.5	20.5	9.0

Base: Respondents currently studying.

\*Sample is less than 100, please use caution when interpreting results.

**Table 13: Where they are currently studying**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>2926</b>	<b>1222</b>	<b>1589</b>	<b>79*</b>	<b>17864</b>
School or equivalent	97.6	98.0	97.6	89.9	97.9
TAFE or equivalent	1.5	1.1	1.5	7.6	1.2
University	0.9	0.9	0.9	2.5	0.9

Base: Respondents currently studying. Items are listed in order of QLD frequency.

\*Sample is less than 100, please use caution when interpreting results.

**Table 14: Plan to complete Year 12**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>2832</b>	<b>1190</b>	<b>1536</b>	<b>70*</b>	<b>17343</b>
Yes	98.7	99.0	98.6	97.1	97.2
No	1.3	1.0	1.4	2.9	2.8

Base: Respondents who reported they were studying at a school or equivalent.

\*Sample is less than 100, please use caution when interpreting results.

**Table 15: Currently doing a school-based apprenticeship or traineeship**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>2851</b>	<b>1196</b>	<b>1548</b>	<b>71*</b>	<b>17440</b>
Yes	9.1	10.6	7.9	11.3	5.5
No	90.9	89.4	92.1	88.7	94.5

Base: Respondents who reported they were studying at a school or equivalent.

\*Sample is less than 100, please use caution when interpreting results.

**Table 16: Plans after leaving school**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>2855</b>	<b>1197</b>	<b>1551</b>	<b>71*</b>	<b>17492</b>
Go to university	69.7	76.0	65.9	49.3	70.0
Get a job	43.9	48.8	40.2	39.4	46.2
Travel/gap year	28.8	38.3	21.9	19.7	32.5
Start a business	11.9	7.8	15.0	15.5	11.3
Go to TAFE or college	9.9	10.5	9.1	14.1	10.2
Become a professional athlete	9.3	5.6	12.3	9.9	7.6
Get an apprenticeship	8.8	4.8	11.9	11.3	8.7
Join the defence force or emergency services	7.8	5.6	9.4	8.5	7.1
Other	2.6	2.0	2.8	7.0	2.0
Not sure	5.7	5.2	6.0	8.5	7.0
No choices are available to me	0.2	0.3	0.1	1.4	0.1

Base: Respondents who reported they were studying at a school or equivalent.

Note: Respondents were able to choose more than one option. Items are listed in order of QLD frequency.

\*Sample is less than 100, please use caution when interpreting results.

**Table 17: Confidence in achieving study or work goals**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>2821</b>	<b>1179</b>	<b>1539</b>	<b>70*</b>	<b>17052</b>
Extremely or very confident	55.8	50.7	60.0	52.9	47.4
Somewhat or slightly confident	42.3	46.7	38.6	41.4	50.0
Not at all confident	2.0	2.5	1.4	5.7	2.6

Base: Respondents who reported having a plan or were *not sure* of their plan after leaving school.

\*Sample is less than 100, please use caution when interpreting results.

**Table 18: Are there any barriers to young people achieving their study/work goals**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>2695</b>	<b>1138</b>	<b>1460</b>	<b>66*</b>	<b>16215</b>
Yes	33.8	41.7	26.4	48.5	37.0
No	66.2	58.3	73.6	51.5	63.0

Base: Respondents who reported having a plan or were *not sure* of their plan after leaving school.

\*Sample is less than 100, please use caution when interpreting results.



**Table 19: Barriers to people achieving study/work goals**

	QLD %	Female %	Male %	Gender diverse %*	National %
<b>Base</b>	<b>912</b>	<b>475</b>	<b>386</b>	<b>33*</b>	<b>5994</b>
Academic ability	38.2	44.0	31.6	33.3	36.5
Mental health	37.7	42.5	28.0	75.8	42.4
Financial difficulty	31.7	34.9	25.6	51.5	28.9
Admission/job requirements	16.6	18.5	14.0	18.2	16.9
Where you live	16.6	15.6	17.1	27.3	16.2
Lack of information	15.8	17.5	14.0	18.2	15.6
Family responsibilities	13.4	14.9	11.1	21.2	13.0
Lack of jobs	12.3	13.3	10.1	15.2	12.6
Physical health	10.5	8.8	10.4	36.4	9.5
Transport	10.2	10.5	9.3	18.2	11.5
Lack of school support	9.4	10.5	7.5	12.1	9.8
Lack of family support	7.8	9.1	6.0	12.1	9.1
Discrimination	5.5	3.8	5.4	27.3	7.0
Caring responsibilities	5.0	4.6	4.9	9.1	5.1
COVID-19	3.2	2.7	2.6	15.2	3.2
Cultural responsibilities	2.3	1.5	2.8	6.1	2.6
Other	9.3	6.3	13.5	6.1	7.7

Base: Respondents who reported there were barriers to achieving their study/work goals.

Note: Respondents were able to choose more than one option. Items are listed in order of QLD frequency.

\*Sample is less than 100, please use caution when interpreting results.

**Table 20: Participation in paid employment**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>3182</b>	<b>1303</b>	<b>1744</b>	<b>94*</b>	<b>19390</b>
Permanent employee	4.3	4.8	3.9	6.4	4.6
Casual employee	50.0	56.0	46.0	43.6	48.2
Not in paid employment, looking for work	27.1	24.3	28.8	27.7	26.6
Not in paid employment, NOT looking for work	18.6	14.9	21.3	22.3	20.6

\*Sample is less than 100, please use caution when interpreting results.

**Table 21: Employment type**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>1718</b>	<b>788</b>	<b>865</b>	<b>47*</b>	<b>10031</b>
Working full-time	1.7	0.6	2.1	10.6	1.4
Working part-time	98.3	99.4	97.9	89.4	98.6

Base: Respondents who reported they are in paid employment.

Note: Part-time employment is considered to be less than 35 hours per week, while full-time employment is considered to be 35 hours or more.\*Sample is less than 100, please use caution when interpreting results.

**Table 22: Satisfaction with job**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>1718</b>	<b>787</b>	<b>866</b>	<b>47*</b>	<b>10024</b>
Very satisfied or satisfied	69.4	69.9	69.7	59.6	66.7
Neither satisfied nor dissatisfied	20.3	19.6	20.8	19.1	22.1
Dissatisfied or very dissatisfied	10.3	10.5	9.5	21.3	11.1

Base: Respondents who reported they are in paid employment.

\*Sample is less than 100, please use caution when interpreting results.

## WELLBEING

**Table 23: Young people's overall mental health and wellbeing**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>3149</b>	<b>1286</b>	<b>1728</b>	<b>93*</b>	<b>19110</b>
Excellent	12.7	5.9	18.2	7.5	10.4
Very good	24.4	18.9	29.7	5.4	22.0
Good	30.6	31.9	29.6	29.0	29.9
Fair	22.0	29.5	16.2	23.7	25.4
Poor	10.3	13.8	6.2	34.4	12.3

\*Sample is less than 100, please use caution when interpreting results.

**Table 24: Mean Personal Wellbeing Index scores of respondents compared with Australian adults**

	QLD Mean	Female Mean	Male Mean	Gender diverse Mean	National Mean	Adult National normative range <sup>^</sup>	Adult National Mean <sup>^</sup>
With their life as a whole	67.6	64.0	71.5	50.0	65.7	75.5 – 79.3	77.4
<b>Personal Wellbeing Index</b>	<b>69.6</b>	<b>66.1</b>	<b>73.1</b>	<b>56.8</b>	<b>68.2</b>	<b>74.2 – 76.8</b>	<b>75.5</b>
About the things they have e.g., money	73.1	71.2	75.3	61.8	73.1	75.8 – 80.6	78.2
With their health	67.9	62.6	73.1	52.0	65.9	72.5 – 76.0	74.2
With things they want to be good at	64.7	59.8	69.1	54.5	62.4	69.9 – 74.5	72.1
With getting on with the people they know	71.8	68.3	75.4	59.2	70.4	75.7 – 80.9	78.2
About how safe they feel	78.8	76.2	82.3	56.5	77.4	75.4 – 83.1	79.2
Doing things away from home	74.5	71.4	77.5	62.4	73.0	68.2 – 72.1	70.1
About what may happen to them later in their life	63.4	58.2	68.3	47.7	59.7	65.5 – 72.0	68.7
With their connection to culture <sup>**</sup>	67.3	65.3	69.4	56.3	68.1	n/a	n/a

<sup>^</sup>National average index is based on aggregated survey mean scores from 2002 to 2021 of adults 18 years and over where mean age = 50.55 and SD= 17.47 (Khor, S., Capic, T., Cummins, R.A., Fuller-Tyszkiewicz, M., Olsson, C.A., Hutchinson, D., Lycett, K. (2021). *Australian Unity Wellbeing Index - Report 38*. Subjective wellbeing in Australia during the second year of the pandemic. Geelong, Victoria: Australian Centre on Quality of Life, School of Psychology, Deakin University). Sample is less than 100 for gender diverse, please use caution when interpreting results.\*\*This question is not officially part of the PWI but a supplementary question to *spiritual and/or cultural beliefs*. Respondents who answered *yes* to having *spiritual and/or cultural beliefs* were only able to respond to this question.

**Table 25: Young people's level of control over their life**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>3137</b>	<b>1277</b>	<b>1726</b>	<b>93*</b>	<b>18982</b>
Complete control	11.1	6.0	15.4	5.4	9.6
Mostly in control	47.7	44.7	51.3	25.8	46.3
Some control	31.9	37.5	27.3	38.7	34.1
Almost no control	7.3	9.3	4.6	24.7	7.7
No control	2.0	2.5	1.4	5.4	2.3

\*Sample is less than 100, please use caution when interpreting results.

**Table 26: Level of psychological distress in young people (experienced in the past four weeks)**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>3097</b>	<b>1259</b>	<b>1707</b>	<b>92*</b>	<b>18554</b>
Low psychological distress	52.7	36.5	66.7	23.9	46.0
Moderate psychological distress	26.4	31.8	22.5	26.1	29.1
High psychological distress	20.9	31.8	10.8	50.0	24.9

Note: Cut-off scores for categories of psychological distress are as follows: low = 0 to 7, moderate = 8 to 12 and high = 13 to 24 (Hilton, M. F., Whiteford, H. A., Sheridan, J. S., Cleary, C. M., Chant, D. C., Wang, P. S., & Kessler, R. C. (2008). The prevalence of psychological distress in employees and associated occupational risk factors. *Journal of occupational and environmental medicine*, 50(7), 746-757). These cut-off scores are used by the Australian Institute of Family Studies (Riosco, P., Warren, D., & Daraganova, G. (2020). *Children's social-emotional wellbeing: The role of parenting, parents' mental health and health behaviours*. Southbank, Victoria: Australian Institute of Family Studies).

\*Sample is less than 100, please use caution when interpreting results.

**Table 27: Young people's level of loneliness (experienced in the past four weeks)**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>3136</b>	<b>1272</b>	<b>1730</b>	<b>93*</b>	<b>18991</b>
None of the time	19.8	11.8	26.5	11.8	17.2
A little of the time	31.9	31.4	33.1	16.1	31.1
Some of the time	28.7	32.3	26.2	23.7	30.8
Most of the time	16.3	20.4	12.0	35.5	16.6
All of the time	3.3	4.1	2.2	12.9	4.2

\*Sample is less than 100, please use caution when interpreting results.

**Table 28: Family's ability to get along with one another**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>3130</b>	<b>1268</b>	<b>1729</b>	<b>93*</b>	<b>18926</b>
Excellent	21.6	16.8	25.9	8.6	20.7
Very good	29.7	26.2	33.2	19.4	29.4
Good	25.0	26.9	23.0	32.3	25.3
Fair	15.8	19.3	12.5	25.8	16.2
Poor	7.9	10.8	5.4	14.0	8.4

\*Sample is less than 100, please use caution when interpreting results.

**Table 29: Feelings about the future**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>3137</b>	<b>1274</b>	<b>1729</b>	<b>93*</b>	<b>18953</b>
Very positive or positive	56.6	52.3	61.7	31.2	50.0
Neither positive nor negative	29.8	32.0	27.6	37.6	33.5
Negative or very negative	13.6	15.7	10.7	31.2	16.5

\*Sample is less than 100, please use caution when interpreting results.

## SUPPORT AND CONNECTEDNESS

**Table 30: Where young people go for help with important issues**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>3147</b>	<b>1286</b>	<b>1730</b>	<b>91*</b>	<b>19162</b>
Friend(s)	69.6	76.0	65.8	51.6	72.8
Parent(s) or guardian(s)	67.7	67.3	69.9	40.7	66.3
Relative/family friend	42.5	44.9	42.0	26.4	41.9
Brother/sister	39.0	43.5	37.1	22.0	39.4
Partner or significant other	24.6	25.0	24.7	22.0	23.5
Internet	22.2	24.9	19.4	34.1	24.6
Teacher	21.3	22.8	20.6	17.6	22.7
GP or health professional	19.8	26.4	14.9	23.1	23.0
School counsellor	17.8	18.6	17.2	17.6	16.1
Social media	10.4	13.8	7.7	16.5	13.6
Mobile apps	7.6	9.7	5.5	15.4	9.6
Spiritual/religious mentor	7.2	7.2	7.4	6.6	5.8
Community service	2.5	2.3	2.8	2.2	2.8
Other	4.0	2.5	4.8	8.8	3.3
None of the above	6.8	4.0	8.3	13.2	6.4

Note: Respondents were able to choose more than one option. Items are listed in order of QLD frequency.

\*Sample is less than 100, please use caution when interpreting results.

**Table 31: Activities young people were involved in during the past year**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>3133</b>	<b>1278</b>	<b>1721</b>	<b>93*</b>	<b>19065</b>
Sports (as a participant)	71.1	65.7	77.3	39.8	67.0
Sports (as a spectator)	54.4	45.5	62.8	33.3	49.7
Volunteer work (e.g., through a sports club, charity, religious organisation, school)	44.2	46.2	43.4	39.8	40.7
Arts/cultural/music groups/activities	32.1	36.0	28.8	35.5	29.4
Student leadership groups/activities	30.5	35.4	27.8	20.4	28.6
Youth groups/activities	20.2	20.7	19.5	24.7	18.2
Religious groups/activities	17.3	17.4	17.8	8.6	15.4
Environmental groups/activities	7.1	8.3	5.9	12.9	7.5
Political groups/activities	3.2	2.4	3.5	8.6	3.4
None of the above	10.5	11.7	8.6	23.7	12.4

Note: Respondents were able to choose more than one option. Items are listed in order of QLD frequency.

In 2023 this was asked as a multiple response question for the first time. In prior years it was asked as yes/no response per item which may impact historical comparisons.

\*Sample is less than 100, please use caution when interpreting results.

**Table 32: Whether young people have cultural and/or spiritual beliefs**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>3092</b>	<b>1268</b>	<b>1697</b>	<b>89*</b>	<b>18762</b>
Yes – both spiritual and cultural beliefs	17.7	18.9	16.7	20.2	18.5
Yes – spiritual beliefs	22.6	25.7	20.6	19.1	20.0
Yes – cultural beliefs	9.9	7.8	11.1	15.7	11.2
No beliefs	49.8	47.6	51.6	44.9	50.2

\*Sample is less than 100, please use caution when interpreting results.

**Table 33: Activities young people find hard to do**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>3060</b>	<b>1251</b>	<b>1680</b>	<b>91*</b>	<b>18452</b>
Turn to friends and family if you need help	28.0	36.1	21.1	40.7	29.3
Fit in and socialise with everyone else ( <i>at school, work or socially</i> )	26.8	33.7	20.1	49.5	28.5
Turn to services / organisations if you need help	20.0	25.7	15.1	29.7	21.1
Make choices and feel independent	19.2	26.7	12.6	27.5	21.6
Do everyday activities as young people your age usually do	16.3	20.4	11.5	41.8	19.2
Do things in public places with friends ( <i>e.g. go to shopping centres</i> )	15.1	17.0	11.7	42.9	16.0
Travel around the community ( <i>e.g. using footpaths</i> )	8.5	11.7	5.7	16.5	9.1
None of the above	48.9	37.6	58.6	33.0	45.5

Note: Respondents were able to choose more than one option. Items are listed in order of QLD frequency. \*Sample is less than 100, please use caution when interpreting results.

**Table 34: Young people and the feelings they have about their community**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>I am proud to be part of my community (Base)</b>	<b>3080</b>	<b>1245</b>	<b>1704</b>	<b>92*</b>	<b>18404</b>
Strongly agree/agree	61.8	58.5	66.1	41.3	60.1
Mixed feelings	29.9	32.6	26.8	38.0	31.8
Disagree/strongly disagree	8.3	8.9	7.2	20.7	8.1
<b>My community has the things that I need to have a positive and thriving future (Base)</b>	<b>3075</b>	<b>1242</b>	<b>1703</b>	<b>92*</b>	<b>18408</b>
Strongly agree/agree	64.5	62.1	67.9	44.6	62.5
Mixed feelings	28.2	30.2	25.8	33.7	29.7
Disagree/strongly disagree	7.3	7.7	6.2	21.7	7.8
<b>Young people in my community have a say on issues that matter to them (Base)</b>	<b>3071</b>	<b>1239</b>	<b>1701</b>	<b>92*</b>	<b>18390</b>
Strongly agree/agree	44.2	41.6	47.4	28.3	44.4
Mixed feelings	37.6	38.6	36.8	35.9	38.9
Disagree/strongly disagree	18.2	19.9	15.8	35.9	16.7

\*Sample is less than 100, please use caution when interpreting results.



## UNFAIR TREATMENT AND DISCRIMINATION

**Table 35: Unfair treatment or discrimination in the last year**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>3144</b>	<b>1284</b>	<b>1726</b>	<b>93*</b>	<b>19050</b>
Yes	24.2	28.3	19.9	48.4	26.6
No	75.8	71.7	80.1	51.6	73.4

\*Sample is less than 100, please use caution when interpreting results.

**Table 36: Reason(s) for being treated unfairly in the last year**

	QLD %	Female %	Male %	Gender diverse %	National %
<b>Base</b>	<b>762</b>	<b>363</b>	<b>343</b>	<b>45*</b>	<b>5060</b>
Physical appearance	37.5	37.2	38.2	35.6	36.4
Race/cultural background	36.5	30.0	44.3	26.7	34.6
Personal views	29.4	27.0	31.8	33.3	26.6
Gender	26.4	35.8	11.1	62.2	30.0
Mental health	24.0	28.4	17.2	42.2	23.6
Sexuality	19.6	17.6	13.7	73.3	20.2
Age	16.8	20.4	11.7	24.4	15.3
Religion	12.7	12.9	12.8	11.1	10.9
Disability	9.3	8.0	7.9	26.7	8.9
Financial background	7.6	7.7	7.3	6.7	6.3
Other	10.4	9.4	12.0	6.7	10.5

Base: Respondents who reported they had been treated unfairly or faced discrimination in the past year.

Note: Respondents were able to choose more than one option. Items are listed in order of QLD frequency. Examples in *other* included things like personality, family, hobbies, unsure etc.

\*Sample is less than 100, please use caution when interpreting results.

## Who is Mission Australia?

**Mission Australia is a national Christian charity motivated by a shared vision of an Australia where everyone has a safe home and can thrive.**

Since 1859, we've been standing alongside people and communities in need across Australia, offering real hope that has lasting impact. Backed by our supporters, churches, partners and funders, we work together for the long-term wellbeing of anyone who needs us by collaborating with them to tackle the root causes of their challenges.

Every day we deliver homelessness crisis and prevention services, provide social and affordable housing, assist struggling families and children, address mental health issues, fight substance dependencies, support people with disability and much more.

We measure our impact, collecting evidence of what works to inform our service design and delivery, and to advocate for change.

Mission Australia believes a person's circumstances shouldn't define their future and that given the right support, everyone can reach their full potential.

That's why we stand together with Australians in need, for as long as they need us.

## Thank you


This publication would not have been possible without the 19,501 young people who completed Mission Australia's Youth Survey 2023. We extend special thanks to them, the staff of Mission Australia, and the many schools and organisations who supported their involvement.

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**If you are a young person and need someone to talk with, you can contact Kids Helpline: 1800 55 1800 (24/7) [kidshelpline.com.au](http://kidshelpline.com.au)**

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