

## GoodSpace Schools Version 3 Survey Report

Year Groups 9, 10, 11, 12 & 13

### **Note:**

Below is summary data of all New Zealand schools who have used the standard GoodSpace Schools question template. The data is broken down by each question and year group. Schools are welcome to review the data against their own aggregate data on their school dashboard.

Schools with customised template need to consider how best to compare the data below to the questions they have on their templates. There may be questions that are similar enough to be comparable however schools need to be cautious in this circumstance.

### **Key highlights:**

- The high proportion of body image (39%) and sleep concerns (49%) persist amongst students across all year groups.
- We continue to have a binomial curve with regards to whether school feels like a safe place at either 70% and 90%.
- For all consistent questions with last year, we have seen similar responses. There are some small improvements across issues concerning body image.
- Key publications this year have noted that the key indicators for future anxiety and depression in students are belonging and sleep.

### Appendix 1: GoodSpace School Version 3 Survey Summary Year Groups 9, 10, 11, 12 & 13

No.	Question	Year Groups	Responses		Summary	Total Summary
			No	Yes		
<b>1 Toku Kura - School Life</b>						
101	Does your school feel like a safe place?	YR 9	203	1283	86%	83%
		YR 10	301	1281	81%	
		YR 11	195	908	82%	
		YR 12	257	1159	82%	
		YR 13	106	561	84%	
102	Do you have a friend whom you can count on at school?	YR 9	90	1396	94%	94%
		YR 10	120	1462	92%	
		YR 11	60	1043	95%	
		YR 12	85	1331	94%	
		YR 13	45	622	93%	
103	Is there an adult at school whom you feel you would be able to talk to?	YR 9	472	1014	68%	68%
		YR 10	559	1023	65%	
		YR 11	386	717	65%	
		YR 12	399	1017	72%	
		YR 13	168	499	75%	
104	Do any of the following apply to you: (choose all that apply)					
	I am being bullied at school	YR 9		68		18%
		YR 10		65		
		YR 11		33		
		YR 12		42		
		YR 13		25		
	I am bullying or have bullied another person at school	YR 9		42		18%
		YR 10		23		
		YR 11		13		
		YR 12		20		
		YR 13		15		
	I am or have been a witness to bullying at school	YR 9		163		18%
		YR 10		230		
		YR 11		124		
		YR 12		178		
		YR 13		112		
	None of these apply to me	YR 9		1249	82%	82%
		YR 10		1299	80%	
		YR 11		949	85%	
		YR 12		1203	83%	
		YR 13		533	78%	

1041	Online	YR 9		90		
		YR 10		128		
		YR 11		69		
		YR 12		103		
		YR 13		57		
	In real life	YR 9		214		
		YR 10		261		
		YR 11		146		
		YR 12		202		
		YR 13		129		
105	Do you feel like you are coping with school?	YR 9	313	1173	79%	74%
		YR 10	366	1216	77%	
		YR 11	296	807	73%	
		YR 12	441	975	69%	
		YR 13	184	483	72%	
2. Toku Tinana - Self-Care						
201	Do you worry about your body or weight?	YR 9	987	499	34%	39%
		YR 10	953	629	40%	
		YR 11	671	432	39%	
		YR 12	819	597	42%	
		YR 13	398	269	40%	
2011	Do you wish your weight was:					
	Lower	YR 9		401		
		YR 10		498		
		YR 11		362		
		YR 12		479		
		YR 13		210		
	Higher	YR 9		98		
		YR 10		131		
		YR 11		70		
		YR 12		118		
		YR 13		59		
2012	If Lower: Do you try things to control your weight such as extreme restriction of what or how much you eat, exercising excessively or taking supplements or other pills?	YR 9	238	163		
		YR 10	291	207		
		YR 11	207	155		
		YR 12	292	187		
		YR 13	122	88		
202	Do you worry about anything else to do with your body that's not about weight?	YR 9	966	520	35%	40%
		YR 10	907	675	43%	
		YR 11	640	463	42%	
		YR 12	809	607	43%	
		YR 13	404	263	39%	

203	Do you often feel you cannot control your behaviour?	YR 9	1071	415	28%	24%
		YR 10	1169	413	26%	
		YR 11	847	256	23%	
		YR 12	1096	320	23%	
		YR 13	553	114	17%	
2031	Do you take risks that could harm your safety?	YR 9	229	186		
		YR 10	226	187		
		YR 11	152	104		
		YR 12	213	107		
		YR 13	80	34		
204	Would you consider yourself a regular viewer of pornography?	YR 9	1408	78	5%	6%
		YR 10	1476	106	7%	
		YR 11	1067	36	3%	
		YR 12	1317	99	7%	
		YR 13	607	60	9%	
2041	Would you like help with reducing how much time you watch pornography?	YR 9	37	41		
		YR 10	49	57		
		YR 11	22	14		
		YR 12	59	40		
		YR 13	31	29		
205	Do you do any sort of exercise?	YR 9	252	1234	83%	84%
		YR 10	225	1357	86%	
		YR 11	173	930	84%	
		YR 12	252	1164	82%	
		YR 13	112	555	83%	
2051	How often do you exercise?					
	Less than once per week	YR 9		52		
		YR 10		62		
		YR 11		47		
		YR 12		54		
		YR 13		18		
	Once per week	YR 9		160		
		YR 10		199		
		YR 11		151		
		YR 12		159		
		YR 13		59		
	2-3 times per week	YR 9		497		
		YR 10		522		
		YR 11		354		
		YR 12		455		
		YR 13		183		

		YR 9		525		
		YR 10		574		
	More than 2-3 times per week	YR 11		378		
		YR 12		496		
		YR 13		295		
206	Do you usually eat nutritious meals?	YR 9	276	1210	81%	80%
		YR 10	303	1279	81%	
		YR 11	212	891	81%	
		YR 12	318	1098	78%	
		YR 13	159	508	76%	
207	Alcohol can impact our health and daily functioning. How much alcohol do you drink?					
		YR 9		1376	93%	81%
	I do not drink alcohol	YR 10		1433	91%	
		YR 11		913	83%	
		YR 12		963	68%	
		YR 13		359	54%	
		YR 9		14		
	4 times a week or more	YR 10		14		
		YR 11		0		
		YR 12		18		
		YR 13		14		
		YR 9		15		
	1-3 times a week	YR 10		21		
		YR 11		24		
		YR 12		70		
		YR 13		65		
		YR 9		81		
	Less than once a week	YR 10		114		
		YR 11		163		
		YR 12		365		
		YR 13		229		
2071	Has your drinking caused you problems with school / home / relationships / your health and safety (eg. Finding yourself in an unsafe situation or passing out)	YR 9	90	20		
		YR 10	125	24		
		YR 11	178	12		
		YR 12	412	41		
		YR 13	285	23		
2072	Would you like help with reducing how much you drink?	YR 9	92	18		
		YR 10	142	7		
		YR 11	187	3		
		YR 12	439	14		
		YR 13	301	7		

208	Do you smoke cigarettes? How often do you smoke:					
	I do not smoke	YR 9		1456	98%	98%
		YR 10		1558	98%	
		YR 11		1085	98%	
		YR 12		1366	96%	
		YR 13		636	95%	
	Daily	YR 9		12		
		YR 10		9		
		YR 11		0		
		YR 12		15		
		YR 13		8		
	1-5 times a week	YR 9		0		
		YR 10		0		
		YR 11		0		
		YR 12		10		
		YR 13		0		
	Less than once a week	YR 9		14		
		YR 10		12		
		YR 11		8		
		YR 12		25		
		YR 13		21		
2081	Has your smoking caused you problems with school / home / relationships / your health and safety (eg. Getting stood down from school)	YR 9	12	18		
		YR 10	12	12		
		YR 11	15	3		
		YR 12	39	11		
		YR 13	24	7		
2082	Would you like help with reducing how much you smoke or to quit smoking?	YR 9	15	15		
		YR 10	16	8		
		YR 11	14	4		
		YR 12	45	5		
		YR 13	28	3		
209	Do you vape? How often:					
	I do not vape	YR 9		1377	93%	90%
		YR 10		1471	93%	
		YR 11		1005	91%	
		YR 12		1229	87%	
		YR 13		570	85%	
	Daily	YR 9		46		
		YR 10		51		
		YR 11		52		
		YR 12		126		
		YR 13		55		

	3 days a week	YR 9		13		
		YR 10		15		
		YR 11		10		
		YR 12		16		
		YR 13		11		
	Once a week	YR 9		17		
		YR 10		9		
		YR 11		12		
		YR 12		14		
	Less than once a week	YR 9		33		
		YR 10		36		
		YR 11		24		
		YR 12		31		
		YR 13		27		
	Has your vaping caused you problems with school / home / relationships / your health and safety (eg. Getting stood down from school)	YR 9	78	31		
		YR 10	86	25		
		YR 11	82	16		
		YR 12	152	35		
		YR 13	86	11		
2092	Would you like help with reducing how much you vape	YR 9	72	37		
		YR 10	85	26		
		YR 11	80	18		
		YR 12	161	26		
		YR 13	80	17		
2010	Have you tried or used any illegal or recreational drugs?	YR 9	1437	49	3%	8%
		YR 10	1497	85	5%	
		YR 11	1034	69	6%	
		YR 12	1240	176	12%	
		YR 13	552	115	17%	
20101	Is your use of drugs (choose one):					
	Tried the once or twice	YR 9		29		
		YR 10		42		
		YR 11		30		
		YR 12		56		
		YR 13		52		
	For recreational purposes only. ie infrequent use such as at the occasional party	YR 9		12		
		YR 10		24		
		YR 11		23		
		YR 12		77		
		YR 13		48		

	Regular use ie daily / weekly use.	YR 9		8		
		YR 10		19		
		YR 11		16		
		YR 12		43		
		YR 13		15		
	Has the use of drugs caused you problems with school / home / relationships / your health and safety (eg. finding yourself in situations where you felt unsafe)	YR 9	31	18		
		YR 10	60	25		
		YR 11	58	11		
		YR 12	151	25		
		YR 13	100	15		
2011	Do you often lose sleep because you are on a screen or device?	YR 9	837	649	44%	50%
		YR 10	802	780	49%	
		YR 11	518	585	53%	
		YR 12	644	772	55%	
		YR 13	320	347	52%	
20111	Do you find you prioritise being online rather than sleep?	YR 9	360	289		
		YR 10	450	330		
		YR 11	326	259		
		YR 12	420	352		
		YR 13	200	147		
20112	Would you like support to change this?	YR 9	206	83		
		YR 10	246	84		
		YR 11	198	61		
		YR 12	269	83		
		YR 13	113	34		
<b>3. Whakawhanaungatanga – Belonging</b>						
301	Do you ever feel lonely or left out of activities?	YR 9	1018	468	31%	34%
		YR 10	1012	570	36%	
		YR 11	744	359	33%	
		YR 12	920	496	35%	
		YR 13	458	209	31%	
302	Do you find it easy to express your identity or be yourself?	YR 9	406	1080	73%	73%
		YR 10	451	1131	71%	
		YR 11	291	812	74%	
		YR 12	346	1070	76%	
		YR 13	173	494	74%	
303	Do you have someone whom you can ask about your culture, whakapapa or ethnic group?	YR 9	345	1141	77%	76%
		YR 10	379	1203	76%	
		YR 11	245	858	78%	
		YR 12	334	1082	76%	
		YR 13	194	473	74%	

304	Do you feel a sense of belonging to Aotearoa/New Zealand?	YR 9	154	1332	90%	86%
		YR 10	256	1326	84%	
		YR 11	158	945	86%	
		YR 12	203	1210	85%	
		YR 13	99	568	85%	
305	Have you experienced unfair treatment based on your culture or gender in the previous 12 months?	YR 9	1216	270	18%	22%
		YR 10	1233	349	22%	
		YR 11	858	245	22%	
		YR 12	1053	363	26%	
		YR 13	516	151	23%	
4. Whanau Toku Kainga - Home Life						
401	Is there anyone at home you can talk to if you are worried about anything?	YR 9	223	1263	85%	85%
		YR 10	248	1334	84%	
		YR 11	157	946	86%	
		YR 12	220	1196	84%	
		YR 13	107	560	84%	
402	Is there any violence/abuse in your home or in your relationships?	YR 9	1403	83	6%	5%
		YR 10	1504	78	5%	
		YR 11	1049	54	5%	
		YR 12	1343	73	5%	
		YR 13	641	26	4%	
403	Are there financial struggles in your household that affect your basic needs (food/shelter/warmth)?	YR 9	1373	113	8%	8%
		YR 10	1474	108	7%	
		YR 11	1019	84	8%	
		YR 12	1277	139	10%	
		YR 13	590	77	12%	
4031	Are you working to earn money to help with these struggles?					
Never	YR 9		48			
	YR 10		60			
	YR 11		36			
	YR 12		40			
	YR 13		21			
Sometimes	YR 9		42			
	YR 10		34			
	YR 11		35			
	YR 12		60			
	YR 13		28			
Often	YR 9		7			
	YR 10		3			
	YR 11		7			
	YR 12		16			
	YR 13		15			

	Always	YR 9		16		
		YR 10		11		
		YR 11		6		
		YR 12		23		
		YR 13		13		
4032	Would you like some help around this?	YR 9	36	29		
		YR 10	31	17		
		YR 11	33	15		
		YR 12	64	35		
		YR 13	41	15		
404	Are you responsible for the care of a parent / adult at home?	YR 9	1330	156	10%	8%
		YR 10	1445	137	9%	
		YR 11	1026	77	7%	
		YR 12	1337	79	6%	
		YR 13	607	60	9%	
405	Are you struggling to keep up with school because of your caring responsibilities?	YR 9	104	52		
		YR 10	96	41		
		YR 11	53	24		
		YR 12	57	22		
		YR 13	37	23		
406	Are you responsible for the care of one or more siblings / children at home?	YR 9	1127	359	24%	21%
		YR 10	1203	379	24%	
		YR 11	906	197	18%	
		YR 12	1169	247	17%	
		YR 13	542	125	19%	
407	Are you struggling to keep up with school because of your caring responsibilities?	YR 9	302	57		
		YR 10	321	58		
		YR 11	158	39		
		YR 12	211	36		
		YR 13	102	23		
5. Te hōkakatanga me te ira tangata – Sexuality						
501	Do you identify as LGBTIAQ+ or takatapui?	YR 9	1250	98	7%	9%
		YR 10	1335	92	6%	
		YR 11	897	127	12%	
		YR 12	1153	153	11%	
		YR 13	528	85	13%	
	I prefer not to answer	YR 9		138	9%	9%
		YR 10		155	10%	
		YR 11		79	7%	
		YR 12		110	8%	
		YR 13		54	8%	

5011	Which of these statements apply to you? (choose all that apply)				
I DO NOT feel supported at home with my gender identity.	YR 9		12		
	YR 10		18		
	YR 11		24		
	YR 12		20		
	YR 13		7		
I DO NOT feel supported at home with my sexual orientation.	YR 9		17		
	YR 10		20		
	YR 11		30		
	YR 12		29		
	YR 13		15		
I have had negative experiences connected to my gender identity.	YR 9		13		
	YR 10		27		
	YR 11		26		
	YR 12		28		
	YR 13		20		
I have had negative experiences connected to my sexual orientation.	YR 9		22		
	YR 10		35		
	YR 11		46		
	YR 12		50		
	YR 13		36		
None of these apply to me	YR 9		54		
	YR 10		41		
	YR 11		61		
	YR 12		74		
	YR 13		34		
502 Have you ever felt that your gender identity (internal sense of who you are) did not match the sex you were assigned at birth?	YR 9	1325	38	3%	3%
	YR 10	1427	35	2%	
	YR 11	991	39	4%	
	YR 12	1280	38	3%	
	YR 13	594	24	4%	
Maybe	YR 9		60	4%	3%
	YR 10		51	3%	
	YR 11		35	3%	
	YR 12		48	3%	
	YR 13		21	3%	
I prefer not to answer	YR 9		63	4%	4%
	YR 10		69	4%	
	YR 11		38	3%	
	YR 12		50	4%	
	YR 13		28	4%	

503	Have you been, or are you currently sexually active with someone else?	YR 9	1353	34	2%	7%
		YR 10	1391	51	3%	
		YR 11	962	53	5%	
		YR 12	1081	168	12%	
		YR 13	454	115	17%	
	I prefer not to answer	YR 9		99	7%	9%
		YR 10		140	9%	
		YR 11		88	8%	
		YR 12		167	12%	
		YR 13		98	15%	
5031	If you are sexually active, do you use protection?					
	I always use protection	YR 9		7		
		YR 10		20		
		YR 11		22		
		YR 12		86		
		YR 13		55		
	I use protection some of the time	YR 9		4		
		YR 10		13		
		YR 11		14		
		YR 12		40		
		YR 13		32		
	I never use protection	YR 9		15		
		YR 10		13		
		YR 11		8		
		YR 12		25		
		YR 13		14		
	I prefer not to answer	YR 9		8		
		YR 10		5		
		YR 11		9		
		YR 12		17		
		YR 13		14		
5032	Have you ever had a sexual health check?	YR 9	13	5		
		YR 10	19	5		
		YR 11	12	9		
		YR 12	37	24		
		YR 13	28	17		
	I prefer not to answer	YR 9		1		
		YR 10		2		
		YR 11		1		
		YR 12		4		
		YR 13		1		

504	Have you ever been engaged in sexual activity that you didn't want or consent to?	YR 9	1377	44	3%	4%
		YR 10	1458	40	3%	
		YR 11	995	55	5%	
		YR 12	1234	75	5%	
		YR 13	577	39	6%	
	I prefer not to answer	YR 9		65	4%	6%
		YR 10		84	5%	
		YR 11		53	5%	
		YR 12		107	8%	
		YR 13		51	8%	
<b>6. Hinengaro - Mental Health</b>						
601	Over the last 2 weeks, how often have you felt nervous, anxious or on edge?					
	Not at all	YR 9		764	51%	40%
		YR 10		649	41%	
		YR 11		393	36%	
		YR 12		452	32%	
		YR 13		235	35%	
	Several days	YR 9		430	29%	35%
		YR 10		586	37%	
		YR 11		395	36%	
		YR 12		515	36%	
		YR 13		238	36%	
	More than half the days	YR 9		118	8%	10%
		YR 10		141	9%	
		YR 11		138	13%	
		YR 12		179	13%	
		YR 13		77	12%	
	Nearly every day	YR 9		174	12%	15%
		YR 10		206	13%	
		YR 11		177	16%	
		YR 12		270	19%	
		YR 13		117	18%	
602	Over the last 2 weeks, how often have you not been able to stop or control worrying?					
	Not at all	YR 9		922	62%	54%
		YR 10		889	56%	
		YR 11		561	51%	
		YR 12		650	46%	
		YR 13		340	51%	
	Several days	YR 9		328	22%	27%
		YR 10		422	27%	
		YR 11		308	28%	
		YR 12		436	31%	
		YR 13		186	28%	

	More than half the days	YR 9		121	8%	9%
		YR 10		139	9%	
		YR 11		116	11%	
		YR 12		144	10%	
		YR 13		63	9%	
	Nearly every day	YR 9		115	8%	10%
		YR 10		132	8%	
		YR 11		118	11%	
		YR 12		186	13%	
		YR 13		78	12%	
603	Over the last 2 weeks, how often have you had little interest or pleasure in doing things?					
	Not at all	YR 9		802	54%	49%
		YR 10		778	49%	
		YR 11		526	48%	
		YR 12		628	44%	
		YR 13		314	47%	
	Several days	YR 9		387	26%	29%
		YR 10		457	29%	
		YR 11		323	29%	
		YR 12		446	31%	
		YR 13		204	31%	
	More than half the days	YR 9		144	10%	12%
		YR 10		173	11%	
		YR 11		152	14%	
		YR 12		183	13%	
		YR 13		77	12%	
	Nearly every day	YR 9		153	10%	11%
		YR 10		174	11%	
		YR 11		102	9%	
		YR 12		159	11%	
		YR 13		72	11%	
604	Over the last 2 weeks, how often have you felt down, depressed, or hopeless?					
	Not at all	YR 9		1050	71%	62%
		YR 10		1007	64%	
		YR 11		672	61%	
		YR 12		778	55%	
		YR 13		386	58%	
	Several days	YR 9		270	18%	24%
		YR 10		369	23%	
		YR 11		272	25%	
		YR 12		387	27%	
		YR 13		182	27%	

	More than half the days	YR 9		89	6%	7%
		YR 10		108	7%	
		YR 11		91	8%	
		YR 12		124	9%	
		YR 13		47	7%	
	Nearly every day	YR 9		77	5%	7%
		YR 10		98	6%	
		YR 11		68	6%	
		YR 12		127	9%	
		YR 13		52	8%	
605	Have you ever had any-thoughts about hurting or harming yourself?	YR 9	1217	269	18%	19%
		YR 10	1284	298	19%	
		YR 11	897	206	19%	
		YR 12	1148	268	19%	
		YR 13	540	127	19%	
606	Have you had these thoughts in the last month?	YR 9	112	157		
		YR 10	133	165		
		YR 11	87	119		
		YR 12	124	144		
		YR 13	72	55		
607	Have you had any thoughts about how you might do this?	YR 9	70	161		
		YR 10	60	165		
		YR 11	50	133		
		YR 12	65	164		
		YR 13	31	66		
608	Have you ever had any thoughts about ending your life?	YR 9	1263	223	15%	17%
		YR 10	1299	283	18%	
		YR 11	924	179	16%	
		YR 12	1155	261	18%	
		YR 13	550	117	18%	
609	Have you had these thoughts in the last month?	YR 9	115	108		
		YR 10	158	125		
		YR 11	90	89		
		YR 12	151	110		
		YR 13	83	34		
610	Have you had any thoughts about how you might do this?	YR 9	64	112		
		YR 10	54	138		
		YR 11	51	102		
		YR 12	85	122		
		YR 13	38	52		