

GoodSpace Schools (GSS) Wellbeing Survey Report

Year Groups 9, 10, 11, 12 & 13

Deployed Feb – Nov 2022

Key highlights:

- 6055 students completed the Wellbeing Survey in 2022.
- Note there were more students who completed the survey in years 10 and 11 compared to 9, 12 and 13. This is because some schools already had an established programme for year 9 that they didn't want disrupted, they didn't want to disrupt any exam preparations in the older year groups and CAMHS have highlighted they usually see the highest needs in years 10 and 11 which influenced which schools have started with.
- Note in some areas such as body image, coping with school and substance use, there is an increasing level of need as you progress up with the year groups.
- In some areas, outlier schools may not be represented in the data below as it has been averaged out with the other schools. All schools have been provided their own data to allow them to compare against the average.
- There is one question – does school feel like a safe place? - where despite an average of 81%, we have noticed that schools either fall into category averaging 60s and 70s vs a handful of schools in the high 90s. We have briefly started to explore what could be driving this difference and are happy to connect you with those schools should you be interested in understanding further.
- The key areas of need which is consistent across all secondary schools in Auckland are: Body image concerns, belonging online use impacting on sleep and mental health, specifically anxiety.
- A strong sense of belonging is noted to be a protective factor for mental health. We note that there are some significant need in this area especially concerning the levels of discrimination experienced by students in the last 12 months. We have suggested to schools that they may want to explore further whether the discrimination is being experienced in school or out of school and what interventions may need to be put in place to respond to the outcome. We are also aware of one school that has started to work on a school based loneliness strategy in response to the outcome of the wellbeing survey.

Appendix 1: GoodSpace School Wellbeing Survey Summary Year Groups 9, 10, 11, 12 & 13 Schools						
No.	Question	Year Groups	Responses		Summary	Total Summary
			No	Yes		
1 Toku Kura - School Life						
101	Does your school feel like a safe place?	YR 9	204	887	81%	82%
		YR 10	258	1019	80%	
		YR 11	368	1918	84%	
		YR 12	126	582	82%	
		YR 13	109	584	84%	
102	Do you have a friend whom you can count on at school?	YR 9	71	1020	93%	93%
		YR 10	95	1182	93%	
		YR 11	140	2146	94%	
		YR 12	55	653	92%	
		YR 13	52	641	92%	
103	Do you have an adult at school who you feel cares about you?	YR 9	406	685	63%	64%
		YR 10	497	780	61%	
		YR 11	825	1461	64%	
		YR 12	226	482	68%	
		YR 13	218	475	69%	
104	Do any of the following apply to you: (choose all that apply)					
	I am being bullied at school	YR 9		57		16%
		YR 10		65		
		YR 11		65		
		YR 12		20		
		YR 13		22		
	I am bullying or have bullied another person at school	YR 9		21		16%
		YR 10		28		
		YR 11		23		
		YR 12		17		
		YR 13		18		
	I am or have been a witness to bullying at school	YR 9		149		16%
		YR 10		170		
		YR 11		281		
		YR 12		101		
		YR 13		124		
	None of these apply to me	YR 9		889	81%	84%
		YR 10		1055	83%	
		YR 11		1964	86%	
		YR 12		593	84%	
		YR 13		557	80%	
1041	Cyber	YR 9		85		
		YR 10		100		
		YR 11		182		
		YR 12		69		
		YR 13		83		

	Face to Face	YR 9		176		
		YR 10		200		
		YR 11		283		
		YR 12		103		
		YR 13		112		
105	Do you feel like you are coping with school?	YR 9	241	850	78%	71%
		YR 10	363	914	72%	
		YR 11	698	1588	69%	
		YR 12	235	473	67%	
		YR 13	228	465	67%	
2. Toku Tinana - Self-Care						
201	Do you worry about your body or weight?	YR 9	608	483	44%	45%
		YR 10	727	550	43%	
		YR 11	1276	1010	44%	
		YR 12	376	332	47%	
		YR 13	362	331	48%	
2011	Do you wish your weight was:					
	Lower	YR 9		392		
		YR 10		454		
		YR 11		823		
		YR 12		281		
		YR 13		278		
	Higher	YR 9		91		
		YR 10		96		
		YR 11		187		
		YR 12		51		
		YR 13		53		
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	222	170		
		YR 10	227	227		
		YR 11	506	317		
		YR 12	180	101		
		YR 13	155	123		
202	Do you worry about anything else to do with your body that's not about weight?	YR 9	580	511	47%	49%
		YR 10	738	539	42%	
		YR 11	1103	1183	52%	
		YR 12	322	386	55%	
		YR 13	343	350	51%	
203	Do you often feel you cannot control your behaviour?	YR 9	783	308	28%	26%
		YR 10	846	431	34%	
		YR 11	1769	517	23%	
		YR 12	543	165	23%	
		YR 13	553	140	20%	
2031	Do you take risks that could harm your safety?	YR 9	174	134		
		YR 10	224	204		
		YR 11	343	174		
		YR 12	118	47		
		YR 13	81	59		

204	Would you consider yourself a regular viewer of pornography?	YR 9	1031	60	5%	8%
		YR 10	1147	130	10%	
		YR 11	2127	159	7%	
		YR 12	666	42	6%	
		YR 13	625	68	10%	
2041	Would you like help with reducing how much time you watch pornography?	YR 9	21	39		
		YR 10	72	58		
		YR 11	93	66		
		YR 12	24	18		
		YR 13	32	36		
205	Do you do any sort of exercise?	YR 9	171	920	84%	
		YR 10	251	1026	80%	
		YR 11	322	1964	86%	
		YR 12	136	572	81%	
		YR 13	141	552	80%	
2051	How often do you exercise?					
	Less than once per week	YR 9		46		
		YR 10		53		
		YR 11		85		
		YR 12		25		
		YR 13		35		
	Once per week	YR 9		116		
		YR 10		167		
		YR 11		271		
		YR 12		104		
		YR 13		93		
	2-3 times per week	YR 9		388		
		YR 10		415		
		YR 11		752		
		YR 12		231		
		YR 13		213		
	More than 2-3 times per week	YR 9		370		
		YR 10		391		
		YR 11		856		
		YR 12		212		
		YR 13		211		
206	Do you usually eat healthy meals?	YR 9	224	867	79%	77%
		YR 10	396	881	69%	
		YR 11	418	1868	82%	
		YR 12	167	541	76%	
		YR 13	182	511	74%	
207	Do you drink alcohol?	YR 9	1031	60	5%	16%
		YR 10	1166	111	9%	
		YR 11	1905	381	17%	
		YR 12	559	149	21%	
		YR 13	438	255	37%	

2071	How often:					
	4 times a week or more	YR 9		9		
		YR 10		15		
		YR 11		15		
		YR 12		3		
		YR 13		12		
	1-3 times a week	YR 9		12		
		YR 10		18		
		YR 11		60		
		YR 12		27		
		YR 13		48		
	Less than once a week	YR 9		39		
		YR 10		78		
		YR 11		306		
		YR 12		119		
		YR 13		195		
2072	Do you want help with reducing how much you drink?	YR 9	39	21		
		YR 10	91	20		
		YR 11	373	8		
		YR 12	148	1		
		YR 13	247	8		
208	Do you smoke cigarettes?	YR 9	1060	31	3%	2%
		YR 10	1247	36	3%	
		YR 11	2246	40	2%	
		YR 12	698	10	1%	
		YR 13	668	25	4%	
2081	How often do you smoke:					
	Daily	YR 9		15		
		YR 10		18		
		YR 11		14		
		YR 12		3		
		YR 13		9		
	1-3 times a week	YR 9		10		
		YR 10		4		
		YR 11		9		
		YR 12		1		
		YR 13		5		
	Less than once a week	YR 9		6		
		YR 10		8		
		YR 11		17		
		YR 12		6		
		YR 13		11		
2082	Do you want help with reducing how much you smoke?	YR 9	5	20		
		YR 10	11	11		
		YR 11	17	6		
		YR 12	3	1		
		YR 13	12	2		

209	Do you vape?	YR 9	1024	67	6%	9%
		YR 10	1090	187	15%	
		YR 11	2132	154	7%	
		YR 12	659	49	7%	
		YR 13	609	84	12%	
2091	How often:					
	Daily	YR 9		32		
		YR 10		83		
		YR 11		87		
		YR 12		28		
		YR 13		54		
	3 days a week	YR 9		8		
		YR 10		28		
		YR 11		23		
		YR 12		6		
		YR 13		11		
	Once a week	YR 9		11		
		YR 10		32		
		YR 11		17		
		YR 12		8		
		YR 13		7		
	Less than once a week	YR 9		16		
		YR 10		44		
		YR 11		27		
		YR 12		7		
		YR 13		12		
2092	Do you want help with reducing how much you vape	YR 9	37	30		
		YR 10	150	37		
		YR 11	127	27		
		YR 12	44	5		
		YR 13	70	14		
2010	Have you tried or used any illegal or recreational drugs?	YR 9	1050	41	4%	8%
		YR 10	1191	86	7%	
		YR 11	2118	168	7%	
		YR 12	651	57	8%	
		YR 13	572	121	17%	
20101	Is your use of drugs (choose one):					
	Tried the once or twice	YR 9		23		
		YR 10		44		
		YR 11		77		
		YR 12		28		
		YR 13		44		
	For recreational purposes only. ie infrequent use such as at the occasional party	YR 9		9		
		YR 10		27		
		YR 11		60		
		YR 12		22		
		YR 13		57		

	Regular use ie daily / weekly use.	YR 9		9		
		YR 10		15		
		YR 11		31		
		YR 12		7		
		YR 13		20		
20102	After drug use, has there been situations where you have been unable to take care of your personal safety?	YR 9	18	23		
		YR 10	53	33		
		YR 11	138	30		
		YR 12	44	13		
		YR 13	92	29		
2011	Do you often lose sleep because you are on a screen or device?	YR 9	562	529	48%	55%
		YR 10	539	738	58%	
		YR 11	1055	1231	54%	
		YR 12	289	419	59%	
		YR 13	299	394	57%	
20111	Do you find you prioritise being online rather than sleep?	YR 9	276	253		
		YR 10	375	363		
		YR 11	668	563		
		YR 12	242	177		
		YR 13	226	168		
20112	Would you like support to change this?	YR 9	178	75		
		YR 10	105	270		
		YR 11	441	122		
		YR 12	143	34		
		YR 13	134	34		
3. Whakawhanaungatanga – Belonging						
301	Do you ever feel lonely or left out of activities?	YR 9	685	406	37%	38%
		YR 10	805	472	37%	
		YR 11	1409	877	38%	
		YR 12	453	255	36%	
		YR 13	416	277	40%	
302	Do you find it easy to express your identity or be yourself?	YR 9	354	737	68%	69%
		YR 10	421	856	67%	
		YR 11	664	1622	71%	
		YR 12	208	500	71%	
		YR 13	220	473	68%	
303	Do you have someone whom you can ask about your culture, whakapapa or ethnic group?	YR 9	309	782	72%	74%
		YR 10	310	967	76%	
		YR 11	576	1710	75%	
		YR 12	186	522	74%	
		YR 13	171	522	75%	
304	Do you feel a sense of belonging to Aotearoa/New Zealand as a whole?	YR 9	143	948	87%	85%
		YR 10	179	1098	86%	
		YR 11	348	1938	85%	
		YR 12	109	599	85%	
		YR 13	99	594	86%	

305	Have experienced discrimination in the previous 12 months?	YR 9	793	298	27%	27%
		YR 10	905	372	29%	
		YR 11	1711	575	25%	
		YR 12	484	224	32%	
		YR 13	501	192	28%	
4. Whanau Toku Kainga - Home Life						
401	Is there anyone at home you can talk to if you are worried about anything?	YR 9	159	932	85%	83%
		YR 10	275	1002	78%	
		YR 11	370	1916	84%	
		YR 12	125	583	82%	
		YR 13	124	569	82%	
402	Is there any violence in your home?	YR 9	1020	71	7%	6%
		YR 10	1175	102	8%	
		YR 11	2162	124	5%	
		YR 12	673	35	5%	
		YR 13	644	49	7%	
403	Are there financial struggles in your household	YR 9	995	96	9%	10%
		YR 10	1123	154	12%	
		YR 11	2117	169	7%	
		YR 12	639	69	10%	
		YR 13	600	93	13%	
4031	Are you working to earn money to help with these struggles?					
Never	YR 9		48			
	YR 10		63			
	YR 11		65			
	YR 12		25			
	YR 13		24			
Sometimes	YR 9		34			
	YR 10		60			
	YR 11		56			
	YR 12		24			
	YR 13		31			
Often	YR 9		6			
	YR 10		20			
	YR 11		28			
	YR 12		14			
	YR 13		19			
Always	YR 9		8			
	YR 10		11			
	YR 11		20			
	YR 12		6			
	YR 13		19			
4032	Would you like some help around this?	YR 9	20	28		
		YR 10	44	47		
		YR 11	77	27		
		YR 12	32	12		
		YR 13	47	22		

5. Te hōkakatanga me te ira tangata – Sexuality						
501	Do you identify as LGBTIAQ+ or takatapui?	YR 9	883	96	9%	12%
		YR 10	1004	129	10%	
		YR 11	1756	292	13%	
		YR 12	522	106	15%	
		YR 13	514	99	14%	
	I prefer not to answer	YR 9		112	10%	11%
		YR 10		144	11%	
		YR 11		238	10%	
		YR 12		80	11%	
		YR 13		80	12%	
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		11		
		YR 10		19		
		YR 11		53		
		YR 12		23		
		YR 13		13		
	I DO NOT feel supported at home with my sexual orientation.	YR 9		10		
		YR 10		32		
		YR 11		65		
		YR 12		32		
		YR 13		23		
	I have had negative experiences connected to my gender identity.	YR 9		20		
		YR 10		36		
		YR 11		78		
		YR 12		31		
		YR 13		28		
	I have had negative experiences connected to my sexual orientation.	YR 9		32		
		YR 10		57		
		YR 11		115		
		YR 12		45		
		YR 13		47		
	None of these apply to me	YR 9		48		
		YR 10		48		
		YR 11		125		
		YR 12		39		
		YR 13		42		
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	944	36	3%	4%
		YR 10	1074	47	4%	
		YR 11	2011	94	4%	
		YR 12	619	33	5%	
		YR 13	599	19	3%	
	Maybe	YR 9		52	5%	
		YR 10		71	6%	
		YR 11		90	4%	
		YR 12		36	5%	
		YR 13		35	5%	

	I prefer not to answer	YR 9		59	5%	5%
		YR 10		85	7%	
		YR 11		91	4%	
		YR 12		20	3%	
		YR 13		40	6%	
503	Are you sexually active?	YR 9	657	44	4%	6%
		YR 10	1059	67	5%	
		YR 11	1914	114	5%	
		YR 12	547	63	9%	
		YR 13	473	103	15%	
	I prefer not to answer	YR 9		90	8%	12%
		YR 10		151	12%	
		YR 11		258	11%	
		YR 12		98	14%	
		YR 13		117	17%	
5031	Which of the following apply to you? (Select all that apply to you)					
	I always use protection	YR 9		14		
		YR 10		22		
		YR 11		45		
		YR 12		33		
		YR 13		47		
	I use protection some of the time	YR 9		13		
		YR 10		13		
		YR 11		27		
		YR 12		19		
		YR 13		22		
	I never use protection	YR 9		9		
		YR 10		22		
		YR 11		27		
		YR 12		6		
		YR 13		24		
	I prefer not to answer	YR 9		8		
		YR 10		10		
		YR 11		15		
		YR 12		5		
		YR 13		10		
5032	Do you have an annual sexual health check?	YR 9	27	17		
		YR 10	55	12		
		YR 11	87	27		
		YR 12	48	15		
		YR 13	74	29		
504	Have you ever done or been pressured into doing anything sexual that made you feel uncomfortable?	YR 9	970	57	5%	8%
		YR 10	1072	106	8%	
		YR 11	1980	160	7%	
		YR 12	598	53	7%	
		YR 13	542	88	13%	

	I prefer not to answer	YR 9		64	6%	7%
		YR 10		99	8%	
		YR 11		146	6%	
		YR 12		57	8%	
		YR 13		63	9%	
505	Have you ever done anything sexual that made you feel uncomfortable or that you have not consented to?	YR 9	992	40	4%	6%
		YR 10	1093	80	6%	
		YR 11	2019	124	5%	
		YR 12	598	50	7%	
		YR 13	569	75	11%	
	I prefer not to answer	YR 9		59	5%	7%
		YR 10		104	8%	
		YR 11		143	6%	
		YR 12		60	8%	
		YR 13		49	7%	
6. Hinengaro - Mental Health						
601	Do you feel sad or down more than usual?	YR 9	633	458	42%	43%
		YR 10	753	524	41%	
		YR 11	1351	935	41%	
		YR 12	349	359	51%	
		YR 13	351	342	49%	
602	Have you lost interest in things that you usually like doing?	YR 9	640	451	41%	43%
		YR 10	691	586	46%	
		YR 11	1359	927	41%	
		YR 12	375	333	47%	
		YR 13	378	315	45%	
603	Are you having trouble sleeping?	YR 9	725	366	34%	36%
		YR 10	832	445	35%	
		YR 11	1464	822	36%	
		YR 12	410	298	42%	
		YR 13	414	279	40%	
6031	Have there been changes in your sleeping pattern?	YR 9	95	271		
		YR 10	106	339		
		YR 11	269	553		
		YR 12	104	194		
		YR 13	90	189		
6032	Which of these apply to you?					
	I am not getting enough sleep	YR 9		231		
		YR 10		278		
		YR 11		462		
		YR 12		174		
		YR 13		164		
	I am oversleeping	YR 9		56		
		YR 10		90		
		YR 11		112		
		YR 12		53		
		YR 13		40		

	None of the above	YR 9		18		
		YR 10		31		
		YR 11		59		
		YR 12		10		
		YR 13		18		
604	Do you find yourself spending less time with friends or family?	YR 9	757	334	31%	34%
		YR 10	828	449	35%	
		YR 11	1531	755	33%	
		YR 12	420	288	41%	
		YR 13	452	241	35%	
605	Are there situations or objects you avoid because you feel too anxious or worried?	YR 9	596	495	45%	49%
		YR 10	709	568	44%	
		YR 11	1081	1205	53%	
		YR 12	343	365	52%	
		YR 13	340	353	51%	
606	Have you had any recent thoughts about harming yourself or suicide?	YR 9	942	146	13%	13%
		YR 10	1070	207	16%	
		YR 11	2025	261	11%	
		YR 12	625	83	12%	
		YR 13	603	90	13%	
6061	Have you thought about how you might do this?	YR 9	43	106		
		YR 10	48	159		
		YR 11	77	184		
		YR 12	27	56		
		YR 13	32	58		
6062	Have you spoken with a counsellor about this?	YR 9	117	32		
		YR 10	163	44		
		YR 11	195	66		
		YR 12	63	20		
		YR 13	69	21		