

The Wellbeing of Children and Adolescents in South Australia

This infographic presents data from a recently published study that uses data collected from school students in the 2019 Wellbeing and Engagement Collection.

Who was in the study?

 **75,966**



South Australian students aged 8-18



from 452 government schools

Key findings

 **22%** reported *low life satisfaction*

 **16%** reported *low optimism*

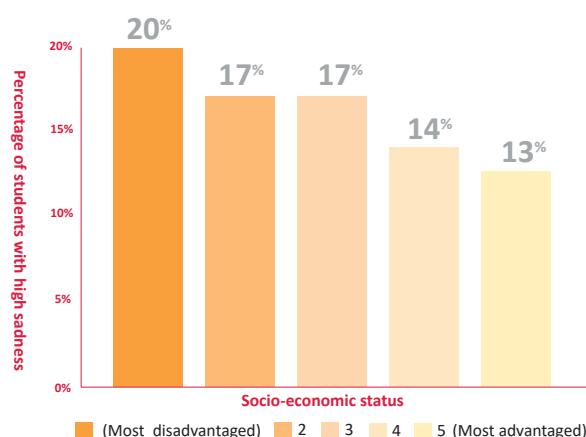
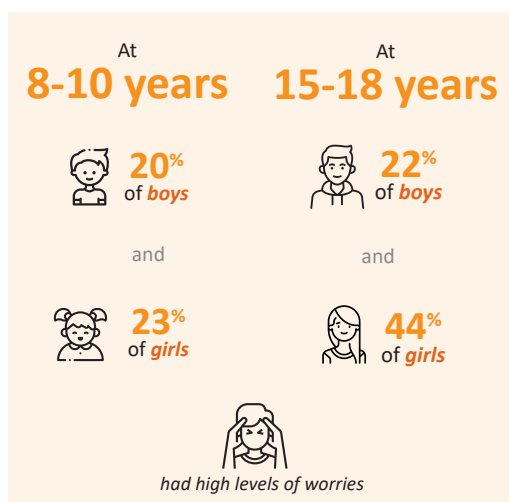
 **13%** reported *low happiness*

 **16%** reported *high sadness*

 **25%** reported *high worries*

Overall a total of **40.7%** of children and adolescents had *low wellbeing* on one or more of these indicators

The impact of age, gender, and socio-economic status



Poor wellbeing increases with age, particularly for female students, and children from families with a lower socio-economically position are disproportionately impacted by low wellbeing

How can we help children and adolescents thrive?



Poor wellbeing among South Australian students is a widespread problem. We need more than an individual-level, clinical response to help support student wellbeing. Instead we need a combination of universal and targeted approaches to support the wellbeing of South Australian students. Given the increase in poor wellbeing in adolescent girls, interventions focusing on building and sustaining good wellbeing before children enter adolescence are needed.