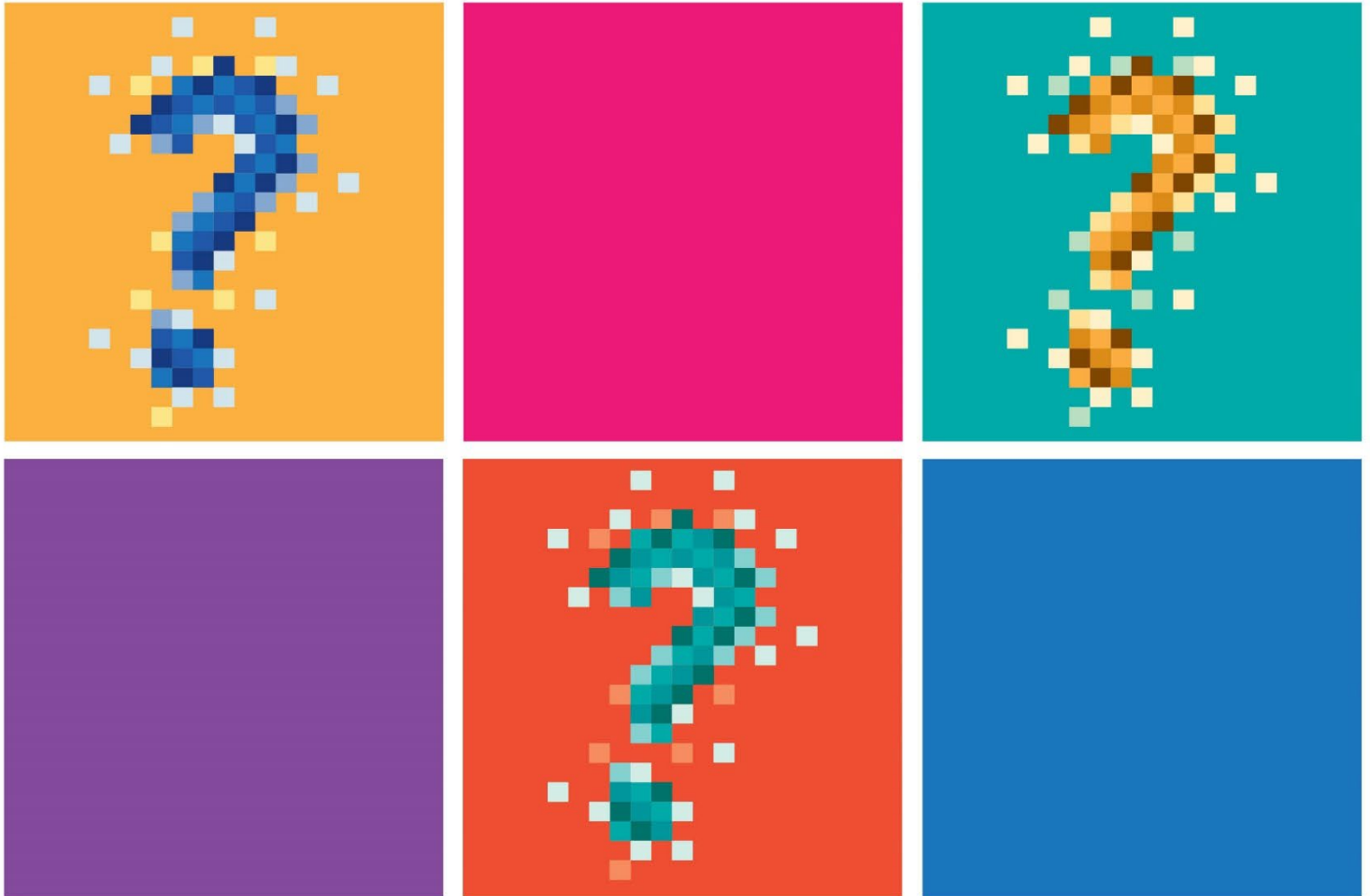


whataboutme.nz

the national youth health and wellbeing survey 2021



THE ORANGA TAMARIKI COHORT REPORT - DECEMBER 2023



New Zealand Government
Te Kāwanatanga o Aotearoa



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We would like to thank all young people who contributed their time and energy to building this picture of young people in Aotearoa New Zealand through *What About Me?*

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We hope this overview report includes information that will help continue to support young people in Aotearoa New Zealand.

December 2023

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Malatest International provides expertise in research and evaluation through whānau and community engagement, te reo, tikanga and mātauranga Māori and Pacific contexts and methodologies.

We ensure that all voices are brought to the table in any research and evaluation project, and offer opportunities to learn from one another, continually building the collective capability within our team, and those with whom we work.

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Key messages

Background

Government commissioned the *What About Me?* survey to build on existing information about young people by profiling their wellbeing, resilience, strengths and hopes for the future. Between June and November 2021, *What About Me?* reached 7,209 year 9 to 13 students in school settings across Aotearoa New Zealand.

What About Me? also reached 502 young people aged between 12 and 20 years old, who were recruited and surveyed in community settings (the community cohort). The community cohort includes responses from young people supported by 39 organisations around the country including alternative education providers (Alt-Ed), Youth One Stop Shops, Teen Parent Units (TPU) and other health and social service organisations working with young people in the community.¹ As the community cohort is not a random national sample, results cannot be generalised to all young people supported by community organisations.

The survey took place at a time when many young people's lives were disrupted by COVID-19. Regional and national lockdowns affected their participation in the survey. Numbers in both the overall community cohort and the overall school sample were reduced because of the impact of COVID-19². Low numbers from Auckland reflect the longer time Auckland was in COVID-19 lockdown during the months when we were surveying.

Within this context, *What About Me?* aimed to:

- Profile young people, their wellbeing, resilience and strengths and their hopes for the future
- Inform support services by identifying areas of difficulty in young people's lives
- Understand the support young people might need to live their best lives.
- The full report from *What About Me?* can be found on the Ministry of Social Development website:³

¹ The sample is detailed in Section 2.

² The intention was to survey 14,000 young people in schools and 2,500 in communities.

³ <https://msd.govt.nz/about-msd-and-our-work/publications-resources/consultations/youth-health-and-wellbeing-survey-results/index.html>



This report

This report describes findings from the 1,150 young people reached in the school sample and the 201 young people reached in the community cohort who said that either they or their family had been involved with Oranga Tamariki, this group is referred to here as the 'Oranga Tamariki cohort'. Bringing together young people from the two samples maximised the number of young people able to be included in the analysis.

Within that cohort, survey questions identified young people who had experienced an Oranga Tamariki social work visit, a family group conference and past or current Oranga Tamariki care experience. The percentage of the community cohort involved with Oranga Tamariki (46%) was much higher than the percentage in the overall school sample (18%).

Other priority groups

Oranga Tamariki are especially interested in several groups who are often exposed to more disadvantage and overrepresented in the Oranga Tamariki care and youth justice populations. These groups are: SOGIESC (rainbow and takatāpui), disabled, Māori, Pacific and refugee and migrant young people. These groups can be identified within the Oranga Tamariki cohort, as shown in this report. Young people self-identified for each group either directly by answering individual survey questions (for example, ethnicity) or they were identified as belonging to certain groups based on their responses to multiple questions (for example, disability, rainbow and takatāpui). Full details are provided in the sections about each group in this report.

Looking at these groups within the Oranga Tamariki cohort we saw the following:

- **Rainbow and takatāpui:** 20% of young people in the full school sample were Rainbow and takatāpui. Just under one-third (30%) of the Oranga Tamariki cohort were rainbow and takatāpui young people. Young people who had ever been in Oranga Tamariki care and those who were currently in care were more likely to be Rainbow and takatāpui, 33% and 39% respectively.
- **Disabled:** Disabled young people were identified in *What About Me?* through their answers to the Washington Group Short Set. 26% of young people in the full school sample were disabled. Nearly half (42%) of young people in the Oranga Tamariki cohort were identified as disabled. There was a significant overlap between the rainbow, takatāpui and disabled groups with 59% of the rainbow and takatāpui group also falling into the disabled group.



- Māori: Rangatahi Māori made up 23% of the full school sample and 55% of the Oranga Tamariki cohort. They were also over-represented in the ever in care (71%) and the currently in care (74%) groups.
- Pacific: Pacific young people made up 13% of the full school sample and 19% of the Oranga Tamariki cohort. Young people self-identified with different Pacific ethnicities have been grouped together as Pacific for analysis.
- Refugee and migrant: The study did not have a strong focus on the refugee and migrant group and the numbers identified are very small. The MELAA ethnicity group which is likely to have the strongest refugee representation made up just 1% of the full school sample and 1% of the Oranga Tamariki cohort.

Challenges and strengths for the Oranga Tamariki cohort

Young people in the Oranga Tamariki cohort displayed significant strengths and resilience, but often face many challenges and barriers to their learning, development and overall social and emotional wellbeing. They appeared to be experiencing instability in their home base and were generally worried about being able to afford essentials. Experiences of not being accepted in their communities and discrimination compounded these challenges for some. Some of these challenges were particularly evident for rainbow, takatāpui and disabled young people.

The *What About Me?* results help us to understand some of the challenges and strengths for the Oranga Tamariki cohort. Some highlights across key themes are summarised below.

Key themes	Challenges and strengths for the Oranga Tamariki cohort
Health and wellbeing	<p>The majority (72%) of young people in the Oranga Tamariki cohort considered their health in general to be good, very good or excellent, compared to 85% for the full school sample. Results for health and wellbeing of the Oranga Tamariki cohort highlighted some challenges. The mean overall wellbeing rating for young people in the cohort was 5.7 (on a dissatisfied to satisfied scale from 0-10) for life in general and 6.5 (on a 0-10 scale from not at all to very) for hope about the future. These ratings were 6.8 and 7.4 respectively for the full school sample.</p> <p>Rainbow, takatāpui and disabled rangatahi were less positive than others in both the Oranga Tamariki cohort and the full school sample.</p> <p>A low percentage (39%) of young people in the Oranga Tamariki cohort indicated good wellbeing (WHO-5 subjective wellbeing over the last two weeks) – 58% for the full school sample, while nearly half of young people</p>



Key themes	Challenges and strengths for the Oranga Tamariki cohort
	<p>indicated they were experiencing serious distress (based on the Kessler-6 score - feelings in the last 30 days used to identify distress) – 28% for the full school sample.</p> <p>The WHO-5 and Kessler-6 results are reflected in the worrying number of young people in the Oranga Tamariki cohort who in the last twelve months:</p> <ul style="list-style-type: none"> • Had felt so overwhelmed or down they could not cope (68%) • Had felt that life was not worth living (64%) • Had seriously thought about suicide (51%) • Had attempted suicide (31%). <p>Over half (57%) of young people in the Oranga Tamariki cohort said they had deliberately hurt or done anything that they knew would harm themselves in the last 12 months. This question was intended to target self-harm but may have been interpreted more broadly to include other harmful behaviours (for example, drinking alcohol or smoking).</p> <p>Some groups appeared to have particularly high mental health needs, especially females and disabled young people.</p> <p>Most (73%) young people in the Oranga Tamariki cohort had not been physically hurt or hit by an adult or seen it happen to a child or someone else. One-quarter (27%) had experienced these forms of harm.</p> <p>More than one-third (39%) of young people in the Oranga Tamariki cohort reported unwanted sexual contact. The percentage of young people experiencing unwanted sexual touching was high for disabled young people (54%), females (47%), and those who had ever been in the care of Oranga Tamariki (50%).</p>
Discrimination	<p>Young people in the Oranga Tamariki cohort gave an average rating of 3.2 (on a 0-10 scale from not at all to all the time) for how often they had been treated unfairly or made to feel different because of their ethnicity – this was 2.3 for the full school sample.</p> <p>Rainbow and takatāpui young people were more likely to have been treated unfairly because of their sexual identity (5.2) or something else about them (5.7) compared to the overall cohort. Disabled young people gave higher ratings for being treated unfairly because of something else about them.</p> <p>Young people felt most accepted by their friends, their colleagues at work, and those they lived with (mean ratings of 8.2, 7.3, and 7.2, respectively). They also gave mean ratings (on a 0-10 scale from disagree to agree) of</p>



Key themes	Challenges and strengths for the Oranga Tamariki cohort
	<p>their safety at their work as 7.4, at school as 7.0, and in the community where they lived as 7.0.</p>
Youth Justice	<p>The best survey measure for exposure to youth justice was involvement with Police. One-quarter (27%) of the Oranga Tamariki cohort had been in trouble with the Police in the past 12 months – this was 10% for the full school sample. The proportion was higher for young people who had ever been in Oranga Tamariki care (43%) or who were currently in care (38%).</p>
Whānau and community connection	<p>Most young people (71%) in the Oranga Tamariki cohort were cared for by their mum. Forty-five percent were cared for by their dad, and 36% by both their mum and dad. Fewer rangatahi Māori (39%) were cared for by their dad. Brothers and sisters played an important role in caring for the Pacific young people in the Oranga Tamariki cohort: 27% of Pacific young people were looked after by a brother or sister compared to 17% of rangatahi Māori and 12% of European young people).</p> <p>The overall mean rating of the Oranga Tamariki cohort for feeling loved by the people they consider to be their family and whānau was 8.1 (on a 0-10 scale from disagree to agree) – this was 8.9 for the full school sample.</p> <p>Most young people (79%) in the Oranga Tamariki cohort indicated they had someone to seek help from during a difficult time. Most of these young people preferred turning to adults in their families or whānau, while adults at school and youth or social workers also played an important role as sources of help for young people in the Oranga Tamariki cohort.</p> <p>Over half of young people in the Oranga Tamariki cohort (57%) reported being in a group, club, or team. Nearly half (48%) said they often or occasionally helped others in their neighbourhood or community.</p>
Health	<p>Access to healthcare was challenging for young people in the Oranga Tamariki cohort and 35% said there had been a time in the last 12 months when they had wanted or needed to see a doctor or nurse or other healthcare worker about their health but had not been able to. The figure for the full school sample was 18.3%.</p>
Education	<p>Young people in the Oranga Tamariki cohort agreed people expected them to do well in school, giving a mean rating of 8.1 (on a scale from 0-10 for disagree to agree) – 8.4 for the overall school sample. Half (49%) of young people wanted a university degree and 75% thought they would achieve</p>



Key themes	Challenges and strengths for the Oranga Tamariki cohort
	<p>the qualification they aspired – these figures were 61.5% and 85.5% respectively for the overall school sample.</p> <p>Young people’s ratings of their experience of education environments ranged from 5.8 (I feel/felt like I belong) to 6.8 (I have/had people there I could ask for help). Results for rainbow,takatāpui and disabled young people highlighted more challenges in education.</p>
Cultural connection	<p>Connection to culture was an area of strength, highlighting resilience for some young people. Young people in the Oranga Tamariki cohort provided mean ratings of 6.4 to 7.2 (on 0-10 scale from disagree to agree) about knowing their whakapapa (6.4), the importance of the values of their ethnic groups (6.9) and maintaining their family traditions and cultural heritage (6.6). Many felt pride in who they were (6.0) and found it easy to express their identity (6.7).</p> <p>Rangatahi Māori and Pacific young people gave the most positive ratings about connection to their culture.</p>
Transition to adulthood	<p>Accessing employment was an important part of the transition to adulthood. Just under one-third (29%) of young people in the Oranga Tamariki cohort had a regular paid part-time job and 3% a full-time job – these figures were 26% and 2% respectively for the overall school sample. Those with work rated the extent their work provided them opportunities to develop skills and knowledge for their future giving a mean of 7.2 (on a 0-10 scale from disagree to agree). They generally provided high mean ratings about knowing their rights (7.5), being treated well (7.7), being paid fairly (7.4) and having enough time for their studies (7.2).</p>
COVID-19	<p>Material wellbeing was an issue highlighted as being challenged by the COVID-19 period. In the Oranga Tamariki cohort, 55% of young people reported they and their whānau worried about paying for their essentials (food/kai, power/electricity, rent/mortgage, petrol/transport to get to important places) sometimes or more often. Disabled young people and young people who had ever been cared for by Oranga Tamariki were more likely to worry about paying for essentials than other groups of young people.</p> <p>About one-third (32%) of young people had moved in the past 12 months and of those who had moved, half (47%) had moved twice or more. Young people in the Oranga Tamariki cohort in general rated the quality of their homes positively (on a disagree to agree 0-10 scale) in terms of warmth</p>



Key themes	Challenges and strengths for the Oranga Tamariki cohort
	(mean of 9.0), homes that were not damp (mean of 8.2), and absence of mould (mean of 7.9).



2. Background and purpose of this report

In late 2018, Government agencies led by the Ministry of Social Development (MSD) commissioned a nationwide health and wellbeing survey of young people aged 12 to 18 years. The survey was commissioned to build on existing information and to fill gaps in what was known about young people by profiling their wellbeing, resilience, strengths and hopes for the future. After consultation with young people, the survey was branded as *What About Me?*

The survey took place at a time when many young people's lives were disrupted by COVID-19. Regional and national COVID lockdowns reduced the number of young people we had hoped would participate in the survey.⁴ The survey was completed by 7,209 of Aotearoa New Zealand's year 9 to 13 young people in school settings. However, lower numbers than intended from Auckland reflect the longer time Auckland was in COVID-19 lockdown during the months when we were surveying.

An overview report of findings for young people surveyed in school settings, downloadable tables, a technical report and data dictionary that sit alongside the dataset can be found on the Ministry of Social Development website⁵.

This report presents the results for young people involved with Oranga Tamariki within schools and across a range of community providers.

For this report we brought together the results from the young people involved with Oranga Tamariki in both school and community settings. This group is referred to as the 'Oranga Tamariki cohort'. We included all young people who said 'Yes' to "Have you or anyone in your family ever been involved with Child Youth & Family Services (CYFS) or Oranga Tamariki?" This approach has the advantage of including the largest possible cohort of young people for analysis. It does however limit our ability to generate confidence intervals because it combines young people reached through two different sampling strategies.

Comparisons between sub-groups within the Oranga Tamariki cohort

We have reported the results for sub-groups based on demographic characteristics and different levels of involvement with Oranga Tamariki. The relevant questions are:

- Did you have a social worker visit you or your family?

⁴ The intention was to survey 14,000 young people in schools and 2,500 in communities.

⁵ <https://www.msd.govt.nz/about-msd-and-our-work/publications-resources/consultations/youth-health-and-wellbeing-survey-results/index.html>



- Did you have a Family Group Conference meeting with a social worker, your family, and others?
- Have you ever been in Care (living with another adult or family organised by CYFS/Oranga Tamariki)?
- Are you currently in Care (living with another adult or family organised by CYFS/Oranga Tamariki)?

For each sub-group it is useful to understand the prevalence of each finding. Comparisons between groups to identify average differences can also be useful from the perspective of equity. In interpreting results and comparisons between sub-groups, we need to be mindful of the small sample size of some sub-groups, the non-representative nature of the sample and that only simple comparisons between means are outlined.

It is important to understand that the results for each of the sub-groups are not standardised to age, gender, ethnicity or any other characteristic. Differences between groups may be driven by differences in their composition. Greater or lesser representation of characteristics such as gender, ethnicity and socioeconomic status influence the results recorded for each group. All young people live in different contexts – such as different living arrangements, family/whānau incomes, gender, sexuality, friendships and whether they are born in Aotearoa New Zealand or not. These different contexts also influence their wellbeing.

It is important not to assume the cause of any possible differences between groups. Identifying the cause of differences observed requires more complex investigation of the data than presented here. The survey dataset is available for statistical experts to carry out some of these analyses.

The survey includes several skips and conditional questions, for example – ‘Are you a parent?’ Cells with fewer than 10 responses have not been presented in the tables. Details about how to read the tables and charts in this report are provided in Appendix 1. Information about the sub-groups of young people is provided in the ‘Who had their say’ section.

The findings need to be interpreted with caution in comparisons between the sub-groups because:

- The sample size of some sub-groups is small and not representative.
- The results for each of the sub-groups are not standardised to age, gender, ethnicity or any other characteristic.



Comparisons between overall school and overall community results

We present the results for the overall school sample and overall community cohort in the top two rows of all tables for context. Confidence intervals are presented for the overall school sample since we could construct a representative sample of young people attending secondary schools and their demographic profiles. The community cohort were not randomly sampled and cannot be considered representative of all young people supported by community providers.

Comparisons with other surveys

We compare the survey results of *What About Me?* With the data from Just Sayin' surveys and the Youth'19 survey. Youth'19 is a comprehensive adolescent health and wellbeing survey completed with 7,721 Year 9-13 students completed as part of the Youth 2000 series of surveys by the Adolescent Health Research Group. Respondents included 673 (9%) secondary school students who had ever been involved with Oranga Tamariki or Child Youth and Family Services. The results cover the same age as *What About Me?* So are included for comparison where questions were consistent.

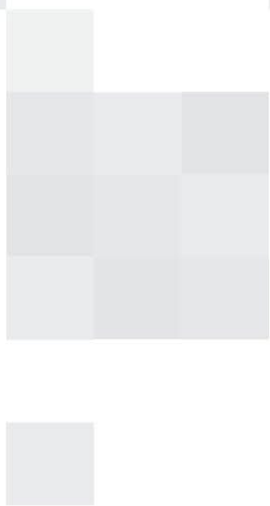
Just Sayin' is a series of surveys that are part of the wider evaluation of the Oranga Tamariki Transition Support Service.

Further details about these surveys are included in Appendix 1.





Who had their say



3.1. Asking young people in schools and community to contribute

The results in this report provide a description of wellbeing for the cohort of young people who reported some level of involvement with Oranga Tamariki. The Oranga Tamariki cohort analysed here includes those directly involved with Oranga Tamariki (either now or in the past) and those who have family members involved with Oranga Tamariki (either now or in the past) This analysis combines the results collected from 201 young people in community settings and 1,150 young people in schools around Aotearoa New Zealand.

Quotations from young people are presented in each section to illustrate some of the key themes in the survey results. Quotations come from young people’s responses to: What would help you have a good life, now and in the future?

Low numbers from Auckland reflect the longer time Auckland was in COVID-19 lockdown during the surveying months. Low numbers in Auckland limited the planned number of Pacific young people included in the community cohort.

Table 1. Breakdown of What About Me? Oranga Tamariki cohort

Regional Council	School sample	Community cohort ⁶	Total
Northland and Bay of Plenty	122	60	182
Auckland	131	11	142
Waikato	168	6	174
Gisborne	63	17	80
Hawke’s Bay	72	1	73
Taranaki and Manawatū-Whanganui	107	18	125
Wellington	91	25	116
Nelson, Marlborough, Tasman, West Coast	139	49	188
Canterbury	135	0	135
Otago and Southland	122	14	136
Total	1150	201	1,351

⁶ Some regions were not able to be included or included as fully as planned due to the impacts of COVID-19 and pressure on community organisations to dedicate time and staff to vaccination efforts.



Compared to young people in the overall school sample, the Oranga Tamariki cohort included a higher percentage of:

- Rangatahi Māori (55% compared to 23% in the overall school sample)
- Young people included in the rainbow and takatāpui grouping⁷ (30% compared to 20% in the overall school sample)
- Disabled young people (42% compared to 26% in the overall school sample)
- Young people aged between 16 and 20 (55% compared to 37% in the overall school sample).

These differences between the demographic profile of the Oranga Tamariki cohort and the overall school sample must be considered while reading the report as they influence the findings in each section. For example, in the overall school sample young people in the rainbow and takatāpui grouping and disabled young people had many more negative wellbeing responses than other groups.

The demographic profile of the Oranga Tamariki cohort is outlined in this section. Sample characteristics are summarised in the overview section.

⁷ Defined in Section 2.4.



3.2. Age

The young people in the Oranga Tamariki cohort were aged from 12 to 20 years old (Figure 1). We grouped young people into 12 to 15 year olds and 16 to 20 year olds to approximately match the ages of junior and senior students. The senior group also included 2% of young people who were aged from 19 to 20. The size of junior group (45%) is slightly smaller than the senior group (55%) (Figure 1).

Figure 1. Ages of young people in the Oranga Tamariki cohort (n = 1,347)

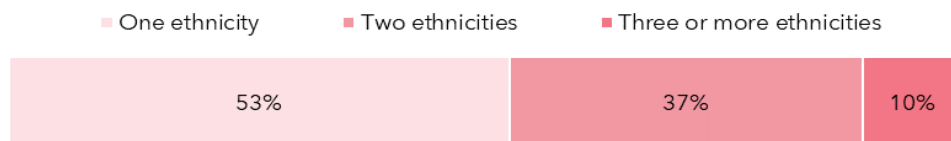


3.3. Ethnicity

Selection of multiple ethnicities

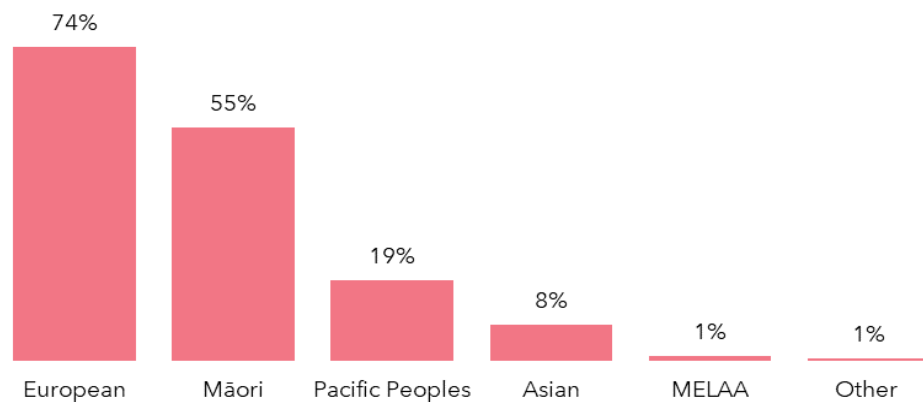
Close to half (53%) of young people selected one ethnic group, 37% selected two ethnicities and 10% chose three or more (Figure 2). We used a total count approach to analysing ethnicity where young people were counted in each ethnic group they identified.

Figure 2. Percentage of young people identifying with multiple ethnic groups (n = 1,329)



The largest ethnic groups were European (74%)⁸ and Māori (55%) (Figure 3). One-fifth (19%) of young people were Pacific and 8% were Asian. The small sample size of young people from Asian and MELAA ethnic groups limited the extent their results could be compared to other ethnic groups.

Figure 3. Total count ethnicity of young people (n = 1,337)



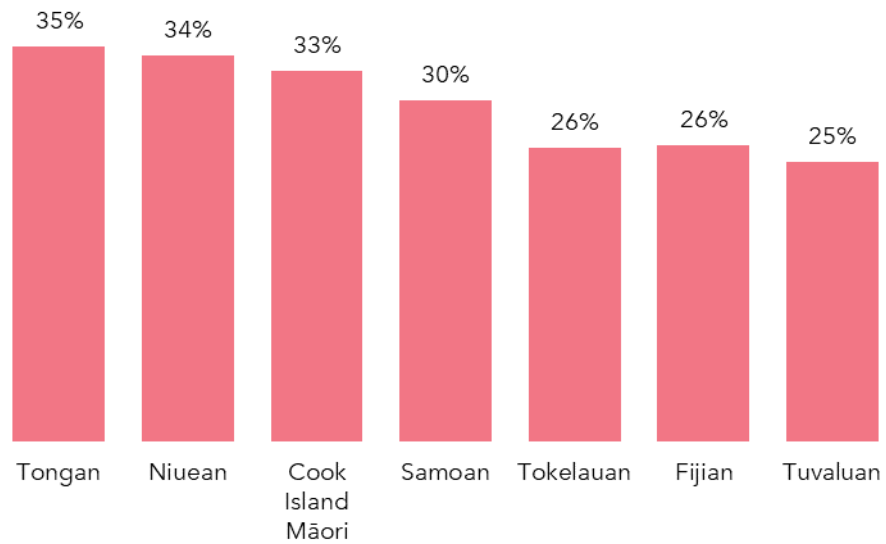
⁸ Using the Stats NZ European ethnicity level 1 classification.



The Pacific ethnic groups

Tongan (35%) and Niuean (30%) were the largest Pacific ethnic groups (Figure 4). Overall, 14% of young people identified as both Māori and Pacific Peoples.

Figure 4. Percentage of Pacific ethnic groups young people belong to (n = 1,337)



Born in Aotearoa New Zealand

The majority (91%) of young people were born in Aotearoa New Zealand (n = 1,214). Young people not born in Aotearoa New Zealand were most often born in Australia, England, South Africa, United States, Philippines, Samoa, and China.



3.4. Rainbow and takatāpui

Overall, 30% of young people in the Oranga Tamariki cohort were included in the rainbow and takatāpui grouping (n = 355). We constructed the rainbow and takatāpui grouping based on advice from Stats NZ and used young people's answers to questions about their gender, sexual identity and sexuality. Young people were included in the rainbow and takatāpui grouping if:

- Their sex assigned at birth and gender identity were different.
- For sexual identity they selected one or more of: gay or lesbian, mostly gay or lesbian, bisexual, pansexual, asexual, Takatāpui, Mahu, Vakasalewalewa, Palopa, Fa'afafine, Akava'ine, Fakaleiti/Leiti, or Fakafifini, Fa'afatama or Fa'atama, queer, something else not listed above, I'm not sure yet/questioning.
- For gender they selected one or more of: transgender male, transgender female, takatāpui, Mahu, Vakasalewalewa, Palopa, Fa'afafine, Akava'ine, Fakaleiti/Leiti, or Fakafifini, Fa'afatama or Fa'atama, non-binary, genderqueer or gender fluid, agender, something else not listed above, I'm not sure yet/questioning.

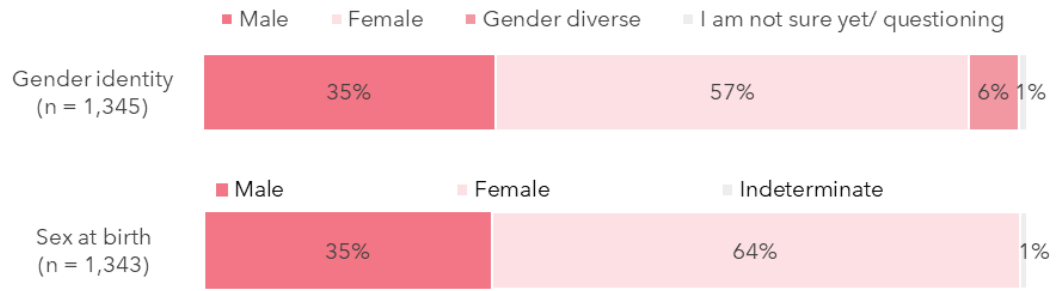
Sex and gender

There were differences between sex at birth and gender identity for young people, especially those who said they were assigned as female at birth (Figure 5). Young people were allocated to male if they selected male or transgender male, and female if they selected female or transgender female.⁹ Young people who made other selections were classified as gender diverse.

⁹ This approach follows the Stats NZ data standard found at: <https://www.stats.govt.nz/methods/data-standard-for-gender-sex-and-variations-of-sex-characteristics/>



Figure 5. Young people's gender identity and sex at birth

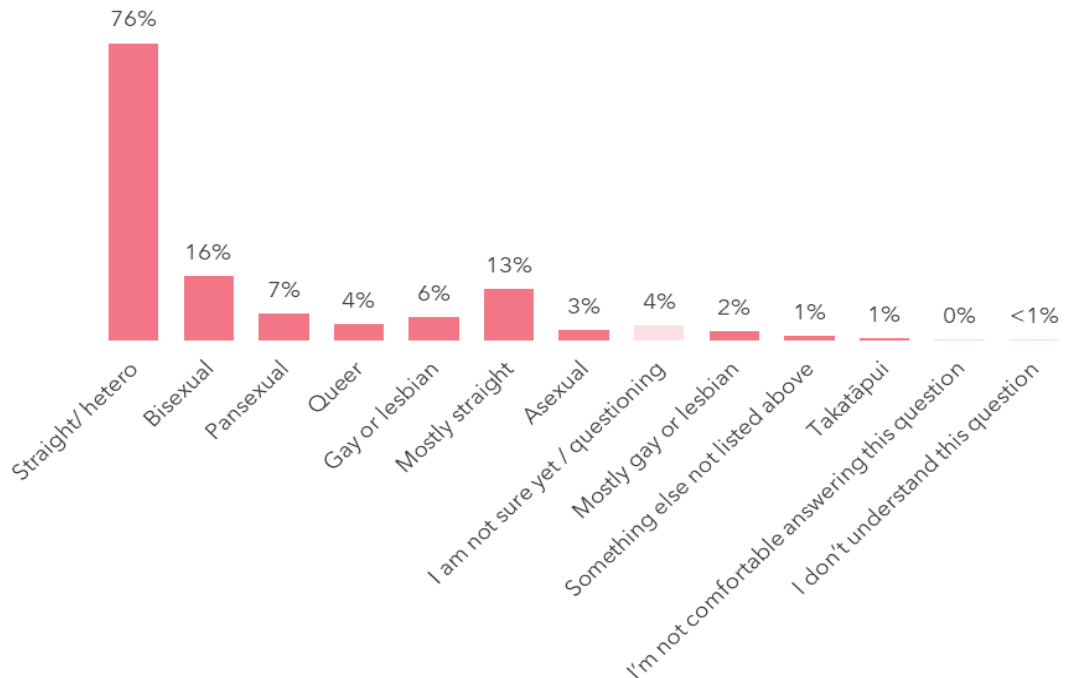


The percentage of the Oranga Tamariki cohort who identified as female and male was 57% and 35% respectively. A small percentage of young people in the Oranga Tamariki cohort identified as gender diverse (6%) or were not sure yet or questioning their gender identity (1%). The male and female gender groups have been included in the results table of this report. Results for gender diverse young people are included within the rainbow and takatāpui grouping.

Sexual identity

Overall, 76% of young people identified as straight or heterosexual (Figure 6), 16% identified as bisexual and 7% identified as pansexual.

Figure 6. Sexual identity of young people (n = 1,166, select multiple)



3.5. Disability

Disabled young people were identified based on their responses to the Washington Group Short Set (WGSS)¹⁰. The questions were developed to address six areas of functioning which, if restricted, are most often found to result in limitations in social participation. The WGSS was recommended for use by Stats NZ and the Office for Disability Issues in the questionnaire development process.¹¹ The questions do not cover all aspects of disability. They are not intended to measure the prevalence of disability in the population but to allow analysis of wellbeing for disabled young people.

There was a difference in how the questions were introduced to young people in *What About Me?* compared to the WGSS design. The design includes the words ‘...because of a health problem’ when asking about difficulties, but these were inadvertently excluded from the *What About Me?* questionnaire. This may have caused young people to respond differently.

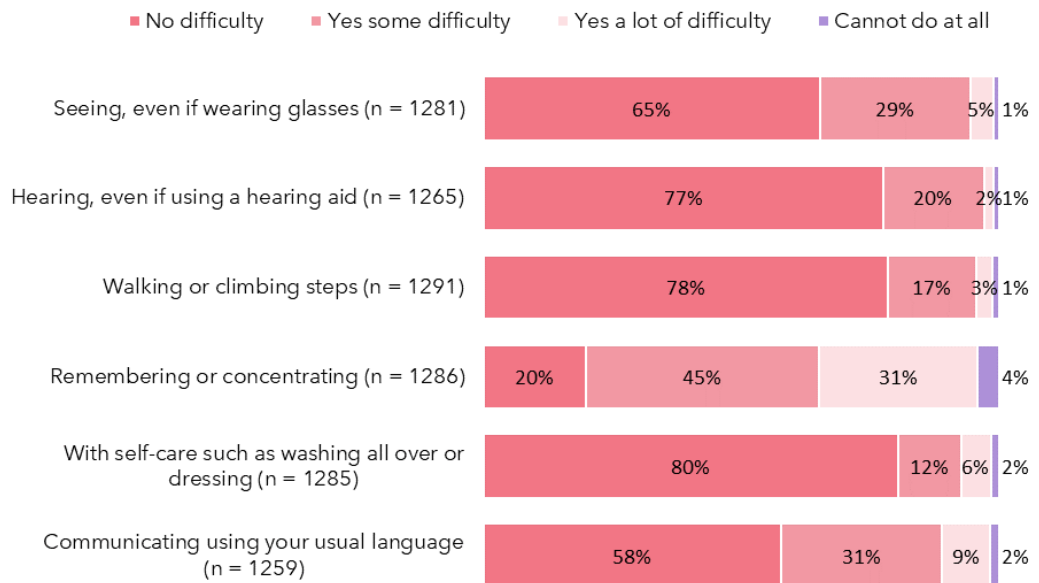
Each of the WGSS questions and young people’s responses are shown in Figure 7, highlighting the high percentage who identified difficulty with remembering and concentrating.

¹⁰ Further information available at: www.washingtongroup-disability.com/question-sets/wg-short-set-on-functioning-wg-ss/

¹¹ There is some discussion of the use of the WGSS in other surveys not targeting young people in a Stats NZ paper titled *Improving New Zealand Disability Data (2017)* available at: www.stats.govt.nz/assets/Reports/Improving-New-Zealand-disability-data/improving-new-zealand-disability-data.pdf.



Figure 7. Young people’s responses to each of questions from Washington Group Short Set on Functioning (n = 1,259 – 1,291)



The Washington Group identifies the four following thresholds based on responses to their Short Set:

- Disability 1: At least one domain/question answered ‘Some difficulty’ or ‘A lot of difficulty’ or ‘Cannot do at all’.
- Disability 2: At least two domains/questions answered ‘Some difficulty’ or any one domain/question answered ‘A lot of difficulty’ or ‘Cannot do at all’.
- Disability 3: Any one domain/question answered ‘A lot of difficulty’ or ‘Cannot do at all’.
- Disability 4: Any one domain answered ‘Cannot do at all’.

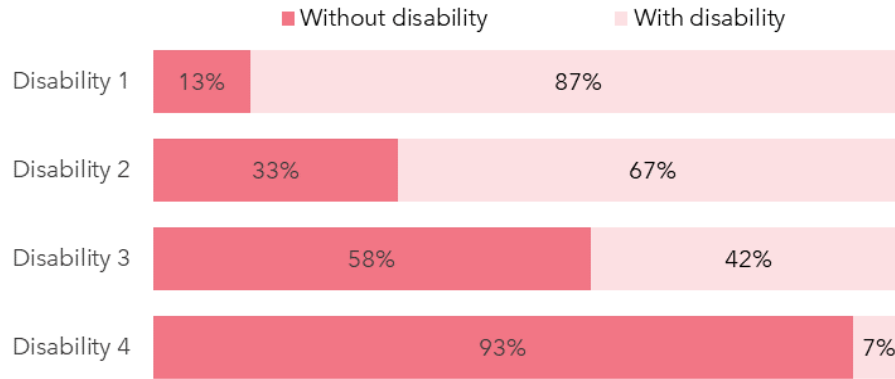
For this report, we used the Disability 3 threshold to identify disabled young people, which is recommended by the Washington Group. Using this definition of disability, 58%¹² of young people were identified as disabled (Figure 8). There were differences

¹² The prevalence of disability for young people identified by the Disability 3 option is higher than the percentage of adults identified as disabled in some other surveys. Youth19 found 8.6% of respondents had a disability using a single question: “Do you have a long-term disability (lasting 6 months or more) (e.g. sensory impairment, visual impairment, in a wheelchair, learning difficulties)?” (www.youth19.ac.nz/publications/disabilities). The 2013 disability survey reported 11% of children aged 0-14 years were disabled and 16% of those aged 15 to 44 were disabled (www.stats.govt.nz/information-releases/disability-survey-2013).



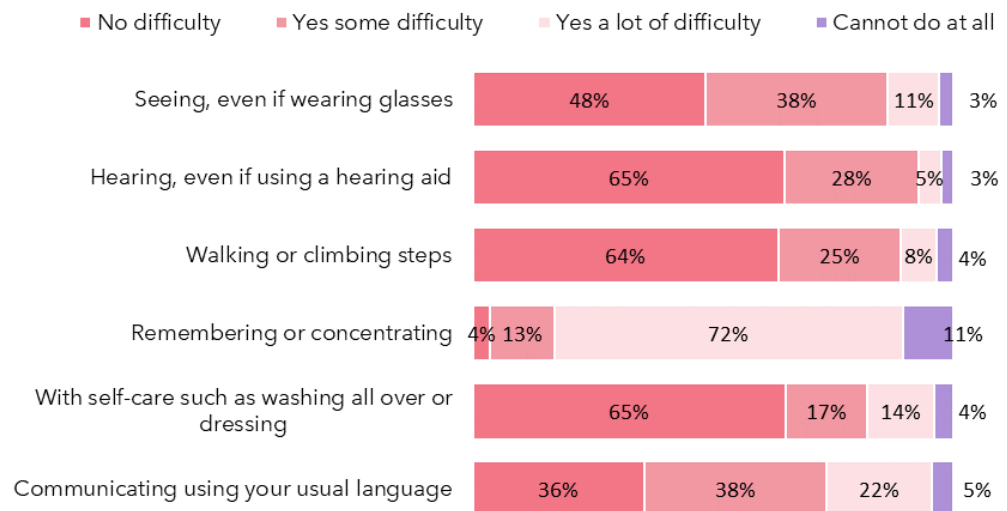
in the outcomes recorded using different thresholds. The results for the Disability 3 group were less positive than those for the Disability 2 or Disability 4 groups.

Figure 8. Washington Group disability thresholds for young people’s responses (n = 1,309)



Young people identified as meeting the Disability 3 threshold were more likely to have a lot of difficulty remembering or concentrating compared to the other domains/questions (Figure 9). If results for remembering or concentrating were disregarded, the percentage in the Disability 3 group would drop from 58% to 31%. This may indicate that young people interpret and answer this question differently, influencing the size and composition of the disabled group.

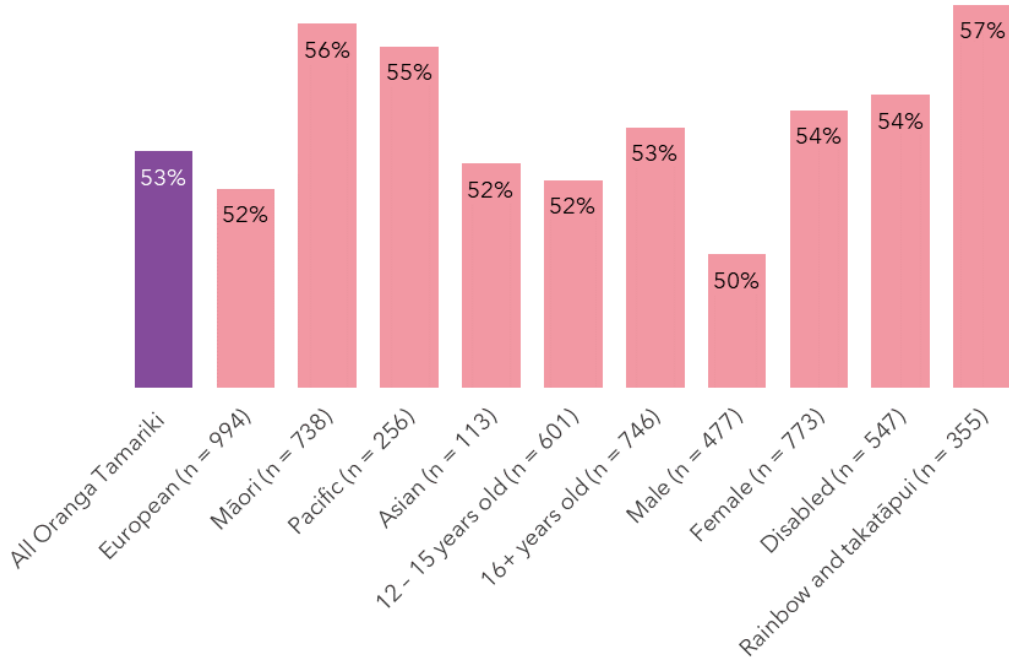
Figure 9. Young people’s responses to Washington Group Short Set on Functioning based on their inclusion within Disability 3 (n =547)



3.6. Involvement with Oranga Tamariki

Half (53%) of the Oranga Tamariki cohort had a social worker visit them or their families (Figure 10).

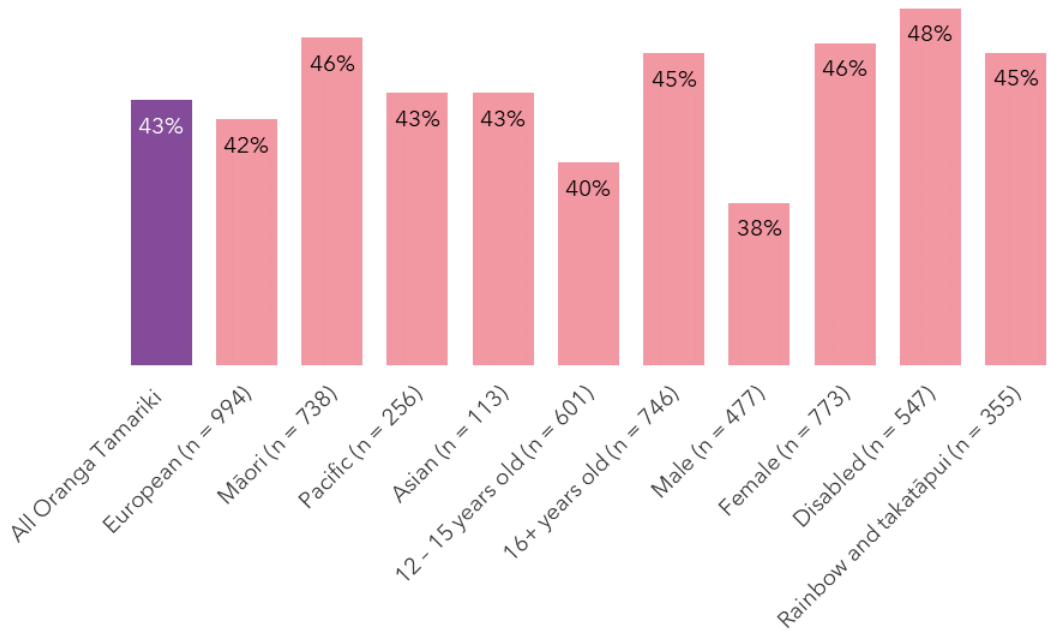
Figure 10. Percentage of young people who had social workers visit them or their families (n = 1,351)



Overall, 43% of Oranga Tamariki cohort reported having a Family Group Conference meetings with social workers, their families, and others (Figure 11).

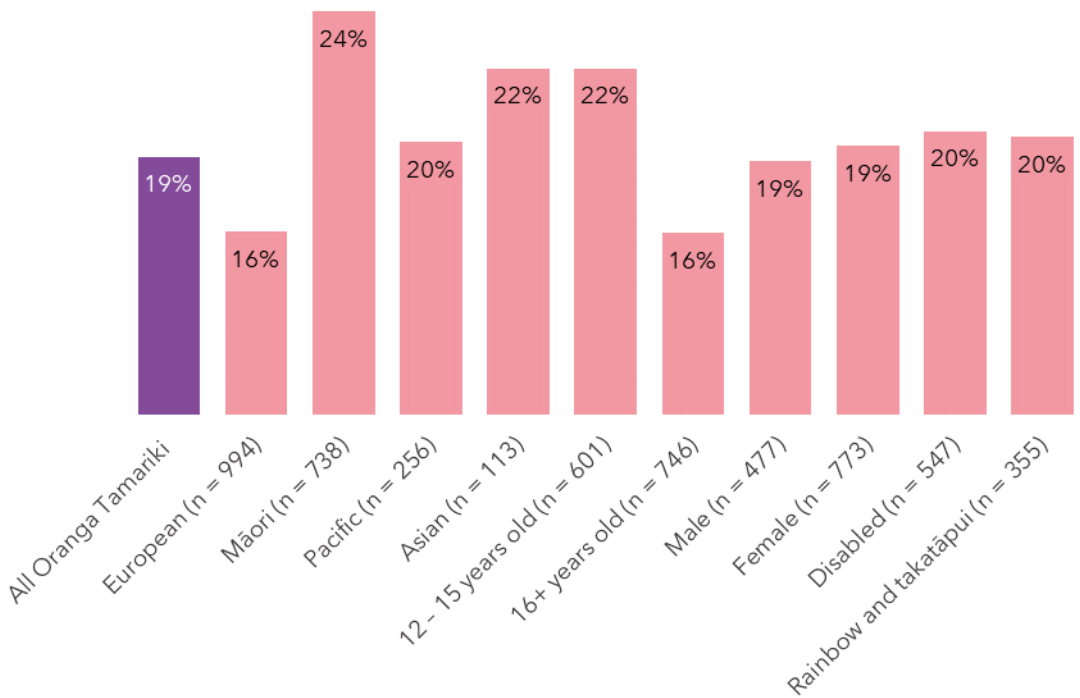


Figure 11. Percentage of young people who had Family Group Conference meetings with social workers, their families, and others (e.g. living with another adult or family organised by CYFS or Oranga Tamariki) (n = 1,351)



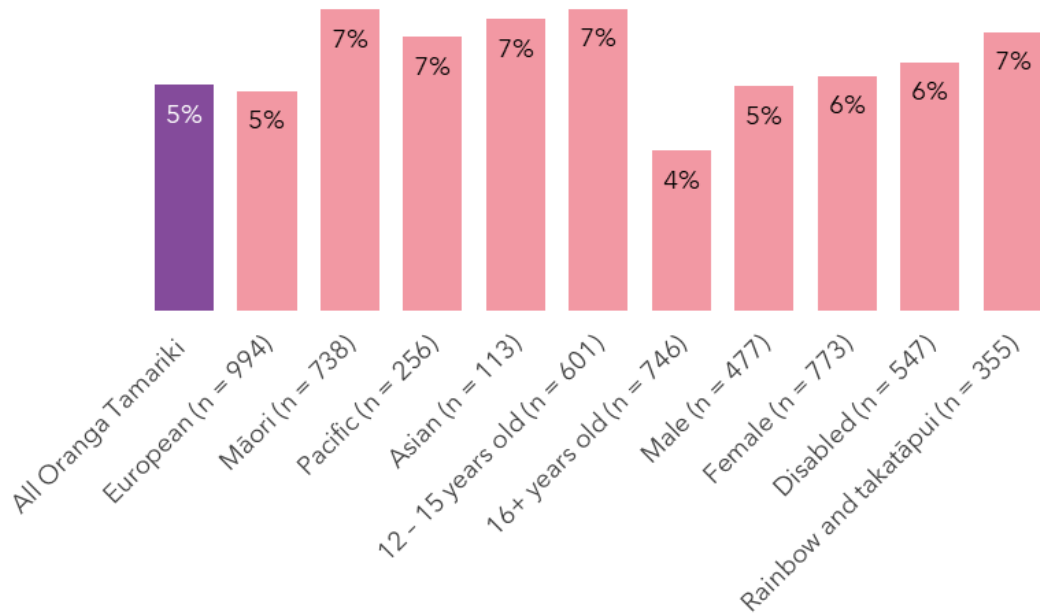
Just over one-third (36%) of the Oranga Tamariki cohort had ever been in Oranga Tamariki care (Figure 12).

Figure 12. Percentage of young people who had also ever been in the care of Oranga Tamariki (e.g. living with another adult or family organised by CYFS/Oranga Tamariki) (n = 1,351)



Overall, 5% of the Oranga Tamariki cohort were in the care of Oranga Tamariki when they participated in the survey (Figure 13).

Figure 13. Percentage of Oranga Tamariki cohort were also currently in the care of Oranga Tamariki (e.g. living with another adult or family organised by CYFS/Oranga Tamariki) (n = 1,351)



3.7. Overview: Who had their say

The Oranga Tamariki cohort reached by *What About Me?* in school and community settings was diverse. The representation of young people with different characteristics and combinations of characteristics is summarised in Table 2 below.



Table 2. Demographics of Oranga Tamariki cohort. Percentages show how many of the young people with the characteristic listed at the start of each row also identified with the characteristics listed in the column headings. For example, the top row shows the overall percentage of respondents who identified as European, Māori, Pacific Peoples, etc. The row labelled 'European' shows the percentage of European respondents who also identified as Māori, Pacific Peoples, Asian, etc.

	European	Māori	Pacific Peoples	Asian	MELAA	12 - 15 years old	16+ years old	Male	Female	Rainbow and takatāpui	Disabled	Had a SW visit	Had a FGC	Ever in care	Currently in care
All Oranga Tamariki	74%	55%	19%	8%	1%	45%	55%	36%	58%	30%	42%	55%	46%	20%	6%
All Oranga Tamariki (n values)	994	738	256	113	14	601	746	477	773	355	547	710	581	257	74
European		48%	13%	7%	1%	45%	55%	34%	59%	30%	44%	53%	45%	17%	34%
Māori	65%		25%	7%	0%	45%	55%	33%	60%	28%	43%	58%	49%	25%	31%
Pacific Peoples	51%	71%		17%	0%	48%	52%	41%	54%	24%	45%	58%	46%	21%	37%
Asian	59%	48%	38%		1%	43%	57%	40%	45%	43%	44%	55%	46%	24%	32%
MELAA	50%	14%	0%	7%		79%	21%	36%	43%	33%	23%	57%	36%	7%	0%
12 - 15 years old	75%	56%	21%	8%	2%		0%	38%	55%	29%	39%	54%	43%	23%	34%
16+ years old	74%	54%	18%	9%	0%	0%		33%	60%	31%	44%	55%	48%	17%	25%
Male	72%	52%	22%	10%	1%	48%	52%		0%	15%	29%	51%	41%	20%	31%
Female	76%	58%	18%	7%	1%	43%	57%	0%		29%	45%	56%	48%	20%	30%
Rainbow and takatāpui	78%	49%	14%	12%	1%	41%	59%	16%	57%		59%	59%	48%	20%	34%
Disabled	78%	57%	21%	9%	1%	42%	58%	24%	63%	42%		56%	50%	21%	31%
Had a SW visit	73%	59%	20%	8%	1%	44%	56%	34%	59%	32%	43%		68%	27%	33%
Had a FGC	73%	60%	19%	9%	1%	42%	58%	31%	61%	31%	46%	81%		30%	32%
Ever in care	65%	71%	20%	10%	0%	52%	48%	35%	59%	33%	45%	74%	69%		30%
Currently in care	73%	74%	23%	11%	0%	60%	40%	36%	60%	39%	46%	82%	73%	100%	





A strong identity

4.1. Feeling accepted

The survey asked young people whether they felt accepted for who they are in different parts of their life. There was a general pattern of young people in the Oranga Tamariki cohort who felt less accepted in comparison to the young people in the overall school sample. Young people in the Oranga Tamariki cohort gave similar ratings to all aspects of the questions about feeling accepted compared to the overall community cohort (Table 3).

Young people in the Oranga Tamariki cohort felt most accepted by their friends, their colleagues at work, and those they lived with.

The lowest ratings for acceptance in most settings (except with friends) were given by rainbow and takatāpui and disabled young people in the Oranga Tamariki cohort.

What would help you have a good life, now and in the future

A strong identity:

"Have more belief and confidence in myself."

"If more people truly accept who I am."

"Secure a feeling of belonging."

"Motivation, determination."



I feel accepted ... (mean on scale of 0 disagree to 10 agree)

	By the people I live with	At school/kura (Current/Past)	Of those currently employed: At work	By others	By my friends
Overall School	8.2 (8.1 - 8.3)	7.3 (7.2 - 7.4)	7.9 (7.8 - 8.0)	7.5 (7.5 - 7.6)	8.6 (8.5 - 8.7)
Overall Community	7.1	6.2	7.1	6.6	8.4
All Oranga Tamariki	7.2	6.2	7.3	6.6	8.2
European (n = 593-986)*	7.1	6.0	7.2	6.6	8.1
Māori (n = 387-729)	7.2	6.2	7.1	6.7	8.2
Pacific (n = 125-249)	7.3	6.7	7.5	6.9	8.3
Asian (n = 65-113)	7.2	6.3	6.9	6.5	8.2
12 – 15 years old (n = 387-798)	7.2	6.1	7.2	6.6	8.2
16+ years old (n = 353-529)	7.2	6.3	7.3	6.8	8.2
Male (n = 269-490)	7.9	6.9	7.7	7.2	8.4
Female (n = 449-782)	6.9	5.9	7.0	6.5	8.1
Disabled young people (n = 308-541)	6.3	5.3	6.6	5.8	8.0
Rainbow and takatāpui (n = 473-814)	5.9	4.9	6.3	5.2	8.0
Had a SW visit (n = 393-704)	7.0	6.0	7.1	6.5	8.1
Had a FGC (n = 316-574)	7.1	6.0	7.2	6.6	8.1
Ever in care (n = 120-253)	6.8	5.7	6.9	6.3	8.1
Currently in care (n = 30-73)	7.0	5.8	7.2	6.2	7.9

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



4.2. Values and whakapapa

Young people in the Oranga Tamariki cohort gave lower mean ratings than young people in the overall school sample about all aspects of the questions about identity except the importance of maintaining their cultural heritage and the importance of the values of their ethnic group (Table 4). There was a general pattern of young people in the Oranga Tamariki cohort providing higher mean ratings than the community cohort.

Among young people in the Oranga Tamariki cohort, rangatahi Māori, Pacific and Asian young people were most likely to know their whakapapa, rate the values of their ethnic groups and maintaining their family traditions and cultural heritage as important. In contrast, European young people, young people aged 16 or older, rainbow and takatāpui and disabled young people provided consistently low ratings across all aspects of connection to culture related to their ethnicity or family.



Table 4. Whakapapa and values

How much do you agree ... (mean on scale of 0 disagree to 10 agree)

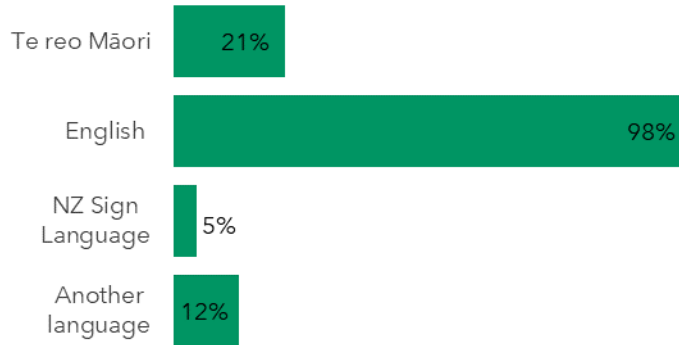
	I know my whakapapa	The values of my ethnic group are important to me	I have someone to ask about my culture, whakapapa or ethnic group	It is important to me to maintain my family traditions and cultural heritage
Overall School	6.7 (6.6 - 6.8)	7.0 (6.9 - 7.1)	7.7 (7.5 - 7.8)	6.6 (6.5 - 6.7)
Overall Community	6.0	6.4	7.0	6.1
All Oranga Tamariki	6.4	6.9	7.2	6.6
European (n = 934-970)*	6.1	6.6	6.8	6.2
Māori (n = 692-719)	7.2	7.9	8.0	7.4
Pacific (n = 238-249)	6.9	8.0	8.0	7.7
Asian (n = 107-108)	6.7	7.2	7.8	7.3
12 – 15 years old (n = 744-779)	6.6	7.2	7.6	6.8
16+ years old (n = 503-518)	6.1	6.6	6.7	6.3
Male (n = 444-470)	6.6	6.8	7.4	6.5
Female (n = 755-775)	6.4	7.0	7.1	6.8
Disabled young people (n = 516-533)	6.2	6.6	6.6	6.3
Rainbow and takatāpui (n = 786-811)	5.7	6.1	6.2	5.9
Had a SW visit (n = 665-689)	6.3	7.0	7.2	6.7
Had a FGC (n = 542-562)	6.5	7.1	7.2	6.8
Ever in care (n = 235-244)	6.4	7.4	7.3	6.9
Currently in care (n = 68-72)	6.3	7.6	7.5	7.2

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



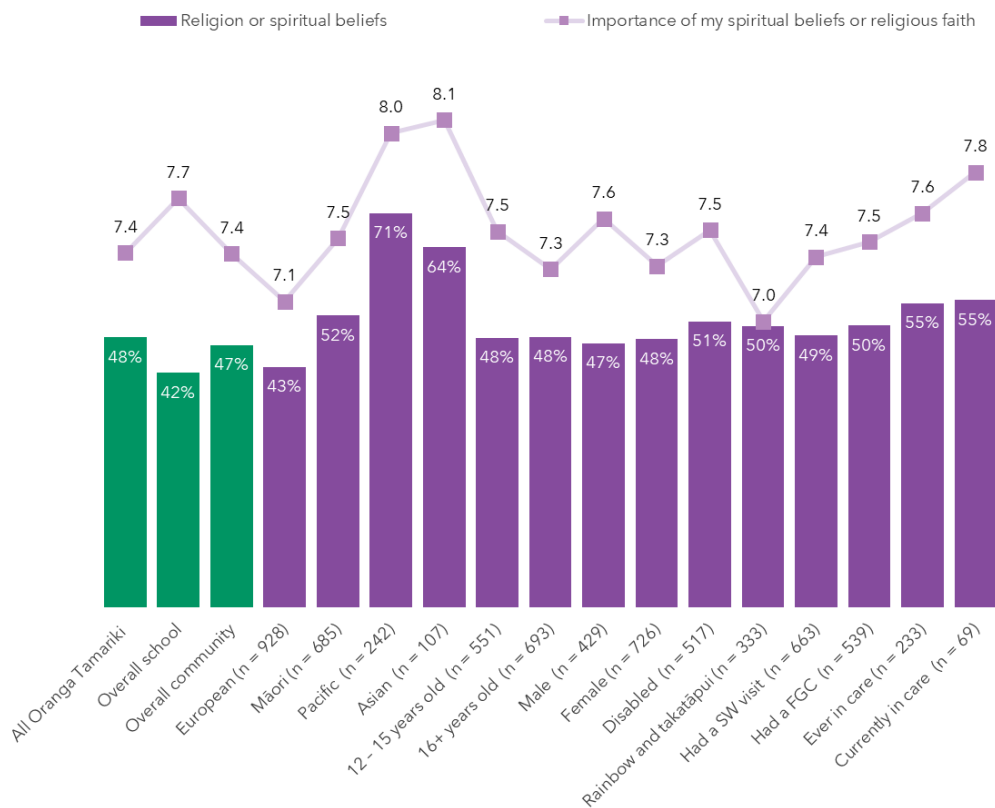
Overall, 21% of all young people in the Oranga Tamariki cohort can have an everyday conversation in te reo Māori (Figure 13). Almost all can speak English (98%) and 12% can speak another language.

Figure 13. Percentage of young people who can have an everyday conversation in different languages (n = 1,351)



Overall, 48% of young people in the Oranga Tamariki cohort said they had religious or spiritual beliefs (Figure 14). A higher percentage of Pacific young people than other ethnic groups said they had religious or spiritual beliefs and saw their faith as important.

Figure 14. Percentage of young people with religious or spiritual beliefs and their importance and mean score for its importance (mean on scale of 0 not important to 10 important, the importance question for the mean rating was only asked of those who had religious or spiritual beliefs; n = 1,245)



4.3. Expression of identity and discrimination

Many young people in the Oranga Tamariki cohort felt pride in who they were (mean 6.0 on a 'not at all' to 'all the time' scale from 0-10) and found it easy to express their identity (mean 6.7) (Table 5). The lowest ratings were provided by rainbow and takatāpui young people.

Young people in the Oranga Tamariki cohort rated how often they had been treated unfairly or made to feel different because of their ethnicity, gender or sexual identity or something else about them on a 'not at all' to 'all the time' scale from 0-10.

Overall mean ratings in the Oranga Tamariki cohort were 3.2, 2.8, and 4.3 respectively. Overall mean ratings in the overall school sample (2.3, 1.7 and 3.1 respectively) suggested young people in the overall school sample less often felt treated unfairly because of their ethnicity, gender or something else about them.

Rainbow and takatāpui young people were more likely to report being treated unfairly because of their sexual identity or something else (5.2 and 5.7 respectively) while disabled young people were more likely to report being treated unfairly because of something else (5.2).



Table 5. Expression of identity and discrimination



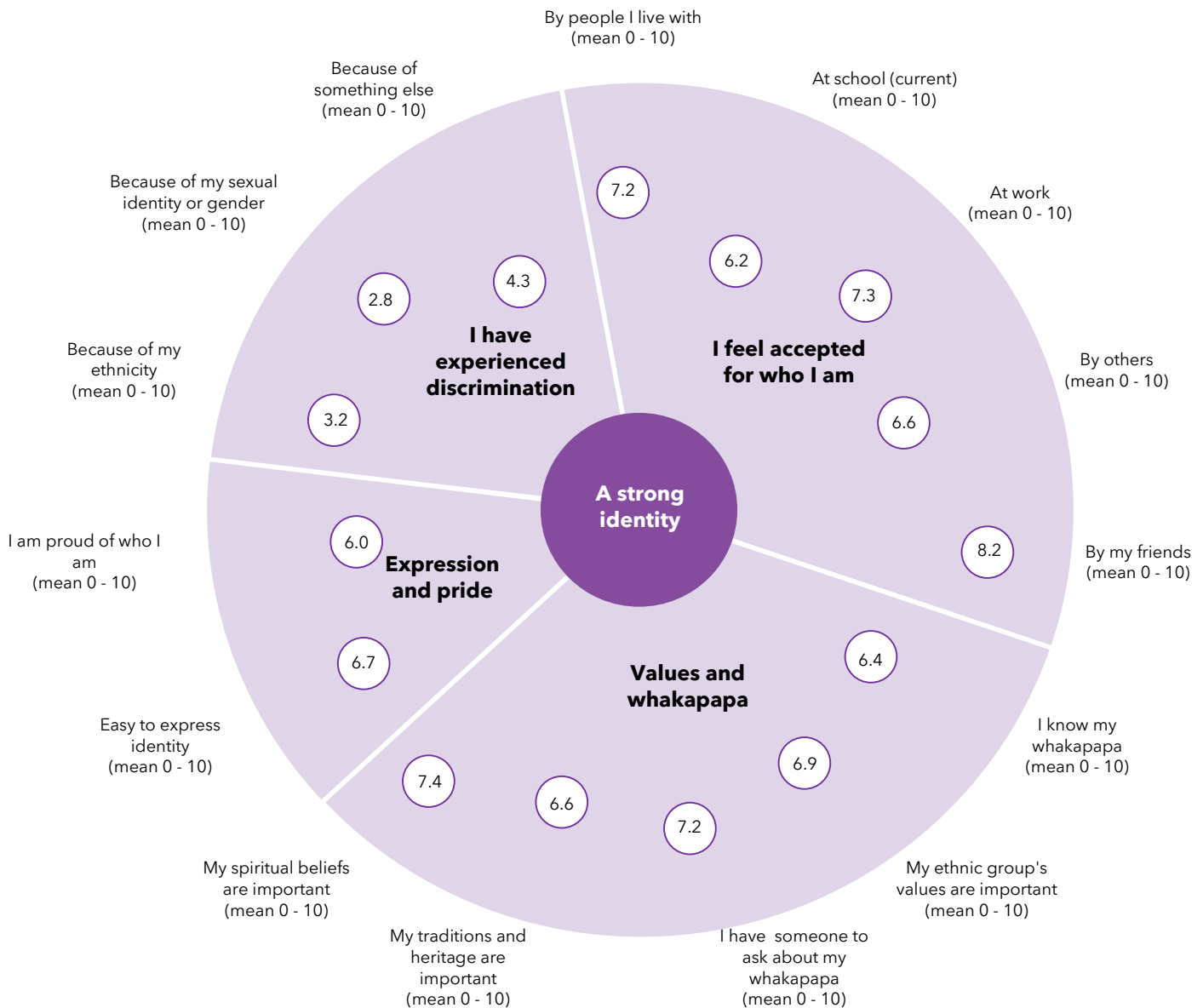
	It is easy for me to express my identity (mean on scale of 0 disagree to 10 agree)	I am proud of who I am (mean on scale of 0 not at all to 10 very)	My ethnicity	My gender or sexual identity	Something else about me
Overall School	7.3 (7.3 - 7.4)	7.1 (7.0 - 7.2)	2.3 (2.1 - 2.5)	1.7 (1.6 - 1.8)	3.1 (3.0 - 3.2)
Overall Community	6.5	6.4	2.9	3.5	4.5
All Oranga Tamariki	6.7	6.0	3.2	2.8	4.3
European (n = 821-882)*	6.7	5.8	2.9	2.8	4.3
Māori (n = 554-613)	6.7	6.2	3.7	2.7	4.3
Pacific (n = 180-203)	6.9	6.5	3.9	2.3	4.0
Asian (n = 92-97)	6.1	6.3	5.2	3.9	5.2
12 – 15 years old (n = 609-678)	6.6	6.0	3.2	2.8	4.2
16+ years old (n = 452-475)	6.7	6.0	3.2	2.7	4.3
Male (n = 360-391)	7.2	7.0	3.2	2.0	3.7
Female (n = 657-714)	6.6	5.6	3.2	2.7	4.5
Disabled young people (n = 449-483)	5.9	5.1	3.5	3.7	5.2
Rainbow and takatāpui (n = 733-796)	4.9	4.8	3.4	5.2	5.7
Had a SW visit (n =570-615)	6.6	5.9	3.3	2.9	4.6
Had a FGC (n =464-502)	6.7	5.8	3.4	2.9	4.7
Ever in care (n =190-209)	6.3	5.9	3.9	3.1	4.6
Currently in care (n =59-62)	6.5	6.2	3.5	2.7	4.8



4.4. Overview: Identity

Figure 15 provides an overview of some of the key survey results in the identity theme.

Figure 15. Oranga Tamariki cohort results for the strong identity theme



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.





**Strong relationships
and connections**

5.1. Whānau relationships

Participants could select multiple options when reporting who looked after them. Just under two-thirds (63%) of young people in the school cohort, one-third (33%) in the community cohort and one-third (36%) in the Oranga Tamariki cohort were cared for by both their mum and dad. Most young people in the Oranga Tamariki cohort (71%) were cared for by their mum and 45% by their dad (Table 6). Higher percentages of young people in the Oranga Tamariki and community cohorts were looked after by another adult or other family and wider whānau.

A small percentage (4%) of young people in the Oranga Tamariki cohort said they were cared for by 'no-one'.



Table 6. Percentage of young people who said they were looked after by different caregivers (n = 1,278)

	No-one	Mum	Dad	sibling(s)	Parent's partner(s) or step-parent(s)	Grand parent(s)	Another adult(s)	Other family and wider whanau
All Oranga Tamariki	4%	71%	45%	15%	16%	19%	12%	11%
Overall school	1%	84%	70%	16%	14%	13%	7%	6%
Overall community	6%	69%	42%	13%	13%	13%	12%	10%
European (n = 941)	3%	74%	49%	12%	17%	17%	10%	9%
Māori (n = 692)	4%	65%	39%	17%	16%	23%	16%	14%
Pacific (n = 235)	7%	67%	40%	27%	13%	23%	18%	17%
Asian (n = 105)	3%	77%	44%	22%	13%	24%	9%	9%
12 – 15 years old (n = 566)	3%	71%	45%	17%	18%	22%	12%	11%
16+ years old (n = 709)	5%	71%	45%	12%	14%	17%	12%	11%
Male (n = 446)	3%	72%	51%	15%	17%	18%	12%	11%
Female (n = 741)	4%	70%	43%	15%	16%	19%	13%	11%
Disabled (n = 511)	6%	70%	42%	14%	15%	17%	11%	10%
Rainbow and takatāpui (n = 331)	6%	69%	37%	11%	16%	17%	9%	8%
Had a SW visit (n = 672)	4%	69%	41%	15%	15%	21%	14%	13%
Had a FGC (n = 548)	3%	69%	39%	12%	16%	20%	15%	14%
Ever in care (n = 229)	7%	50%	33%	13%	14%	20%	21%	19%
Currently in care (n = 60)	2%	37%	17%	10%	5%	22%	25%	23%

Young people in the Oranga Tamariki cohort gave lower mean ratings (8.1 on a disagree to agree scale from 0-10) than the overall school sample (mean rating of 8.9) when asked if their family and whānau loved them (Table 7). Disabled young people in the Oranga Tamariki cohort and those who were currently in the care of Oranga Tamariki provided even lower mean ratings (7.5 and 7.3, respectively) for feeling loved by their family and whānau.

Compared to young people in the overall school sample and the overall community cohort, young people in the Oranga Tamariki cohort were less positive that their family and whānau spent enough time with them or that their whānau were doing well overall. Disabled young people gave the lowest ratings (means of 5.7 and 5.5 respectively).



How much do you agree that ...
(mean on scale of 0 disagree to 10 agree)

	My family and whānau love me	My family and whānau spend enough time with me	How well my whānau is doing overall (0 extremely badly to 10 extremely well)
Overall School	8.9 (8.8 - 8.9)	7.7 (7.6 - 7.8)	7.5 (7.4 - 7.5)
Overall Community	7.9	6.6	6.4
All Oranga Tamariki	8.1	6.5	6.1
European (n = 903-985)*	8.0	6.5	6.0
Māori (n = 657-731)	8.0	6.5	6.2
Pacific (n = 216-254)	8.2	6.5	6.4
Asian (n = 102-113)	7.8	6.5	6.3
12 – 15 years old (n = 736-800)	7.9	6.4	6.2
16+ years old (n = 469-526)	8.3	6.6	6.1
Male (n = 440-488)	8.4	7.1	6.8
Female (n = 722-784)	7.9	6.3	5.9
Disabled young people (n = 476-539)	7.5	5.7	5.5
Rainbow and takatāpui (n = 762-816)	7.3	5.6	5.4
Had a SW visit (n = 639-705)	7.9	6.3	5.9
Had a FGC (n = 524-573)	8.0	6.4	5.9
Ever in care (n = 211-252)	7.6	6.2	5.8
Currently in care (n = 59-72)	7.3	6.7	5.7

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.

5.2. Supporting whānau

Young people in the Oranga Tamariki cohort were more likely to look after someone on a regular basis than young people in the overall school sample and the community cohort (Table 8).

Of all young people in the Oranga Tamariki cohort, 41% looked after someone like a brother or sister, a relative or someone else on a regular basis (this was only 26% for the overall school sample). More rangatahi Māori and Pacific young people had regular caring responsibilities than European young people. Engaging in tuakana/teina relationships, caring for family members, is a common cultural practice within Māori and many Pacific communities.

Female young people were also more likely to look after someone on a regular basis than male young people.

Most often young people looked after children they lived with. Young people who were currently in care were more likely to look after children who lived in another house. Pacific and Asian young people were more likely to look after older family members.

While caring for others contributes to the family, connects young people with different generations, and maintains cultural connection it also appeared to impact on their school life and work. In the Oranga Tamariki cohort, young people gave a mean rating of the impacts of caring as 6.6 (on a 0-10 scale of often to never) (Table 9). In the overall school sample the mean rating was 7.4

Table 8. The percentage of young people who look after others and the characteristics of those being cared for (the characteristics question was only asked of those who looked after someone on a regular basis; n = 1,351)

	Look after someone on a regular basis	Children who you live with	Children who live in another house	Older family members	Someone seriously affected by a disability or long-term illness	Someone else
All Oranga Tamariki	41%	75%	22%	17%	7%	12%
Overall school	26%	77%	15%	17%	5%	11%
Overall community	30%	68%	25%	13%	6%	20%
European (n=994)	38%	74%	22%	14%	7%	12%
Māori (n = 738)	46%	77%	21%	20%	6%	12%
Pacific (n = 256)	48%	78%	20%	24%	7%	16%
Asian (n = 113)	50%	73%	25%	25%	9%	12%
12 – 15 years old (n = 601)	43%	75%	22%	18%	5%	15%
16+ years old (n = 746)	39%	75%	22%	16%	8%	10%
Male (n = 477)	35%	72%	17%	19%	7%	17%
Female (n = 773)	44%	75%	24%	16%	5%	11%
Disabled (n = 547)	44%	74%	26%	20%	9%	13%
Rainbow and takatāpui (n = 355)	43%	75%	23%	15%	13%	11%
Had a SW visit (n = 710)	45%	75%	23%	17%	7%	12%
Had a FGC (n = 581)	45%	76%	23%	17%	7%	12%
Ever in care (n = 257)	48%	71%	29%	16%	6%	12%
Currently in care (n = 74)	41%	50%	43%	18%	3%	11%



	(Of those who look after someone) I often miss work or kura, school, alternative education or other education or training to look after others <i>(mean score on scale of 0 often to 10 never)</i>
Overall School	7.4 (7.2 - 7.6)
Overall Community	6.2
All Oranga Tamariki	6.6
European (n = 371)	6.6
Māori (n = 334)	6.1
Pacific (n = 121)	6.0
Asian (n = 58)	6.3
12 – 15 years old (n = 331)	6.5
16+ years old (n = 207)	6.8
Male (n = 173)	6.4
Female (n = 345)	6.6
Disabled young people (n = 239)	6.5
Rainbow and takatāpui (n = 313)	6.6
Had a SW visit (n = 312)	6.5
Had a FGC (n = 254)	6.4
Ever in care (n = 118)	6.2
Currently in care (n = 30)	6.2

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



5.3. Friendships and romantic relationships

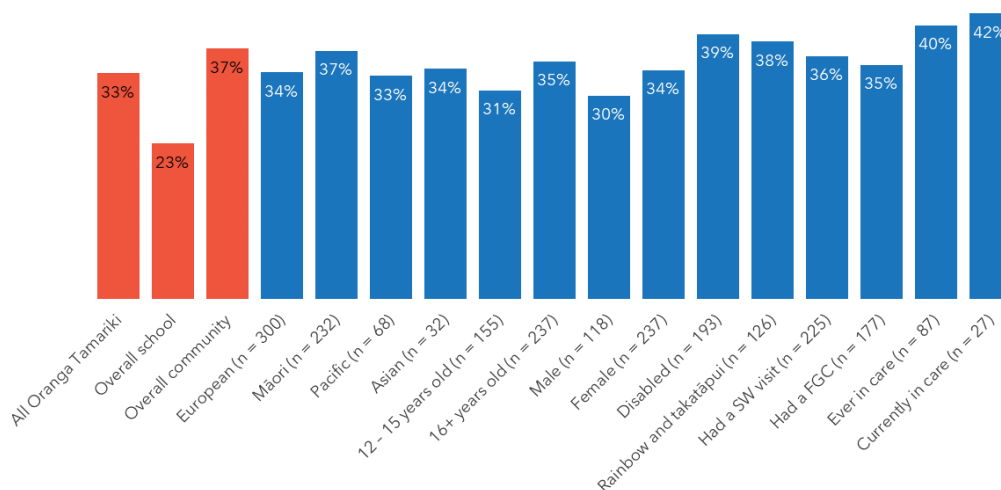
Young people in the Oranga Tamariki cohort gave high mean ratings for having friends they could trust, feeling safe with their friends and spending enough time with their friends (Table 10).

Young people in the Oranga Tamariki cohort provided similar mean ratings about all aspects of the questions about friendships compared to the community cohort but were less positive than the overall school sample.

Male young people were more positive than female young people about having friends they could trust and being able to spend enough time with their friends.

Overall, 33% of young people had a boyfriend, girlfriend, or partner (Figure 16). A high percentage of young people currently in care had a boyfriend, girlfriend, or partner (42%). Most young people who had a girlfriend, boyfriend or partner felt loved by them.

Figure 16. Percentage of young people with a boyfriend, girlfriend or partner (n = 393)



What would help you have a good life, now and in the future

Strong relationships and connections:

- "Keep connected with my church, family and friends."
- "Healthy friendships, positive mindset, being able to talk to someone when going through a hard time."
- "Be more connected to people and spend more time together."
- "No social media and a good group of mates that I can trust and like."

Table 10. Friendships and romantic relationships



How much do you agree ...
(mean on scale of 0 disagree to 10 agree)

	I have friends I trust	I feel safe with my friends	I get enough time to spend with my friends	(Of those with one) I feel loved by my girlfriend, boyfriend or partner
Overall School	8.2 (8.1 - 8.3)	8.5 (8.5 - 8.6)	7.7 (7.6 - 7.8)	8.9 (8.7 - 9.1)
Overall Community	7.6	8.1	7.1	9.0
All Oranga Tamariki	7.6	8.0	7.1	8.7
European (n = 294-894)*	7.5	8.0	7.0	8.6
Māori (n = 220-629)	7.6	8.0	7.1	8.9
Pacific (n = 62-206)	7.6	8.2	7.1	8.6
Asian (n = 32-99)	7.8	8.3	7.3	8.1
12 – 15 years old (n = 215-693)	7.6	8.0	7.1	8.7
16+ years old (n = 163-477)	7.7	8.1	7.0	8.8
Male (n = 119-403)	8.3	8.5	7.7	8.7
Female (n = 240-718)	7.2	7.9	6.8	8.7
Disabled young people (n = 187-492)	7.1	7.7	6.6	8.7
Rainbow and takatāpui (n = 243-806)	7.1	7.6	6.5	8.4
Had a SW visit (n = 215-622)	7.6	8.0	6.9	8.8
Had a FGC (n = 172-512)	7.5	8.0	7.1	9.0
Ever in care (n = 83-211)	7.4	7.9	7.0	9.1
Currently in care (n = 26-63)	7.3	7.7	7.1	9.1

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.

5.4. Social media

On average, young people in the Oranga Tamariki cohort found it easy to access the internet when they wanted to (mean rating of 8.4) (Table 11) – the mean rating for the overall school sample was 8.9. The Oranga Tamariki cohort rated the importance of social media to their lives as 6.1 (on a not important to important 0-10 scale) – higher than the overall school cohort whose mean rating was 5.8.

Young people in the Oranga Tamariki cohort generally felt safe online (mean rating of 7.2), though the younger age group gave higher levels of agreement to feeling safe online than the older group (8.3 and 7.0 respectively). The mean rating for young people in the overall school sample was 7.6.



How much do you agree that ...

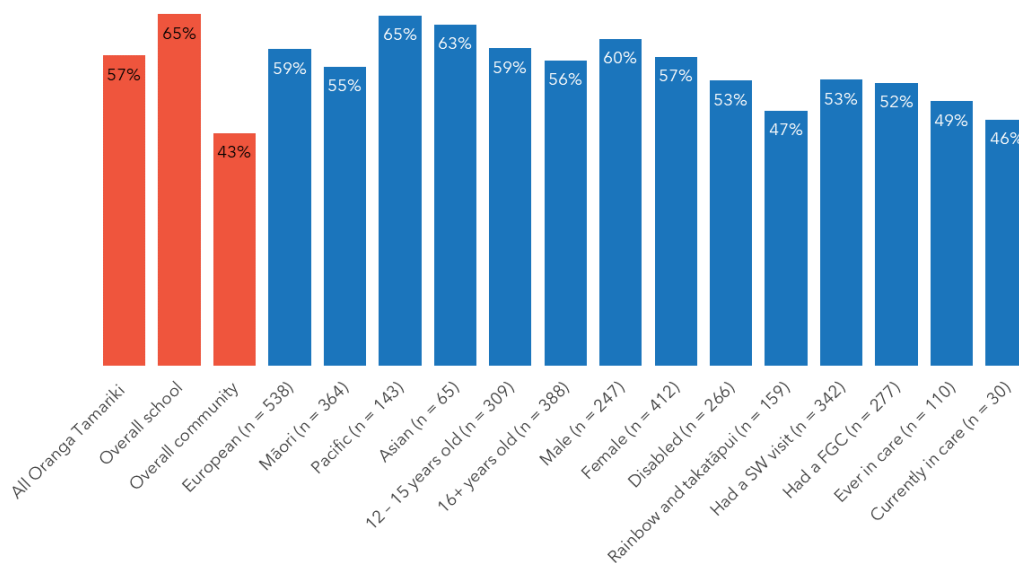
	It is easy for me to access the internet when I want <i>(mean on scale of 0 I don't access it, 1 difficult to 10 easy)</i>	Social media is important in my life <i>(mean on scale of 0 not at all important 10 important)</i>	(Of those who used the internet) I am worried by my use of the internet <i>(mean on scale of 0 worried to 10 not at all worried)</i>	(Of those who used the internet) I feel safe online <i>(mean on scale of 0 not safe to 10 safe)</i>
Overall School	8.9 (8.8 - 9.0)	5.8 (5.7 - 5.9)	6.5 (6.4 - 6.6)	7.6 (7.5 - 7.7)
Overall Community	8.4	6.1	6.5	7.2
All Oranga Tamariki	8.4	6.1	6.4	7.2
European (n = 944-967)*	8.4	6.0	6.4	7.2
Māori (n = 683-702)	8.4	6.2	6.6	7.2
Pacific (n = 229-241)	8.4	6.1	6.4	7.5
Asian (n = 104-108)	8.5	7.0	6.3	7.4
12 – 15 years old (n = 744-770)	8.3	6.2	6.8	8.3
16+ years old (n = 497-507)	8.6	5.9	5.9	7.0
Male (n = 442-456)	8.5	5.7	6.9	8.0
Female (n = 750-770)	8.3	6.3	6.2	6.8
Disabled young people (n = 519-534)	8.2	5.9	6.2	6.7
Rainbow and takatāpui (n = 800-816)	8.2	6.3	6.2	6.4
Had a SW visit (n = 662-675)	8.3	6.0	6.5	7.1
Had a FGC (n = 540-553)	8.3	6.0	6.6	7.1
Ever in care (n = 228-239)	8.1	6.1	6.7	7.2
Currently in care (n = 69-71)	8.1	6.4	7.2	7.3

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.

5.5. Community connection

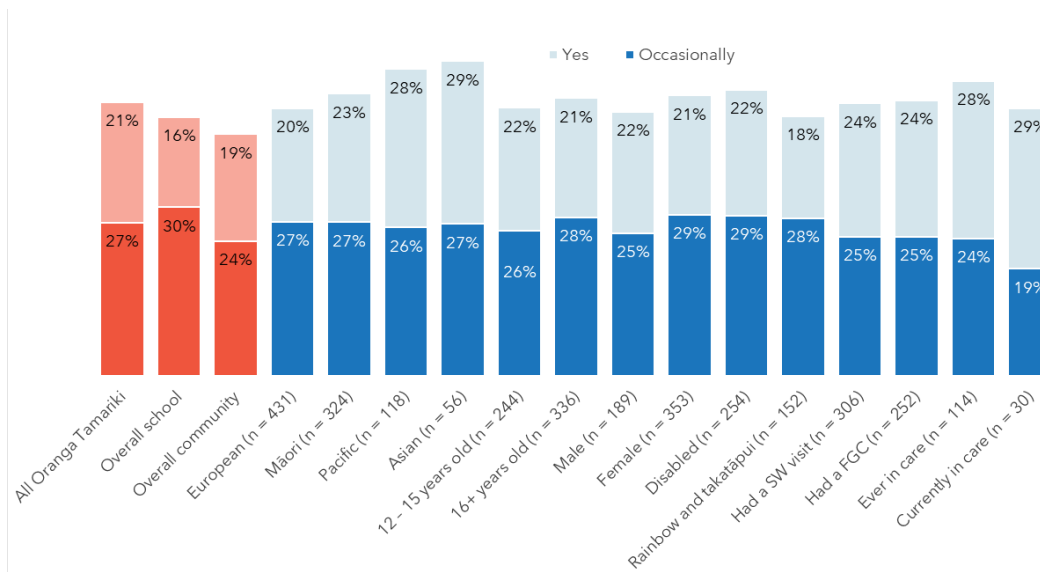
More than half (57%) of the young people in the Oranga Tamariki cohort were in a group, club, or team (Figure 17). Young people in the Oranga Tamariki cohort were more likely to be in a group, club or team than young people in the community cohort but less likely than the overall school sample.

Figure 17. Percentage of young people that were part of a group, club or team (n = 697)



Around half (48%) of young people in the Oranga Tamaki cohort said they often or occasionally help others in their neighbourhood or community (Figure 18) similar to the overall school and overall community cohorts.

Figure 18. Percentage of young people who help others in their neighbourhood or community (n = 581)



Young people in the Oranga Tamariki cohort rated the sense of belonging to the community they lived in as 6.3 (on a 0-10 scale) and safety in that community as mean 7.0 (Table 12). Young people in the Oranga Tamariki cohort were more positive about all aspects of the questions about the community they lived in than young people in the community cohort but less positive than the overall school sample.



To what extent do you agree ...
(mean on scale of 0 disagree to 10 agree)

	I feel like I belong in the community/s I live in	I feel safe in the community/s where I live
Overall School	7.2 (7.1 - 7.3)	7.9 (7.8 - 8.0)
Overall Community	5.8	6.7
All Oranga Tamariki	6.3	7.0
European (n = 889-896)*	6.2	6.9
Māori (n = 634-642)	6.3	7.0
Pacific (n = 215-216)	6.8	7.2
Asian (n = 99-101)	6.5	7.1
12 – 15 years old (n = 692-701)	6.4	5.9
16+ years old (n = 475-476)	6.1	6.8
Male (n = 408-410)	7.0	7.8
Female (n = 715-723)	6.0	6.7
Disabled young people (n = 485-493)	5.6	6.3
Rainbow and takatāpui (n = 789-795)	5.0	6.0
Had a SW visit (n = 620-622)	6.1	6.9
Had a FGC (n = 511-514)	6.0	6.9
Ever in care (n = 215-217)	5.9	6.8
Currently in care (n = 65-66)	5.9	7.0

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



5.6. Knowing where to get help

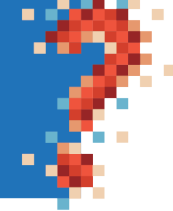
Many young people in the Oranga Tamariki cohort (79%), the community cohort (80%) and overall school sample (85%) said they had someone to turn to if they were going through a difficult time (Table 14). Of those young people, most would often turn to an adult within their family or whānau but an adult at school or a youth or social worker were also important alternatives where they might seek help (Table 13).

Young people in the Oranga Tamariki cohort who were Asian, rainbow and takatāpui, disabled, currently in care or ever in care were notably less likely to have someone to turn to. Those who were rainbow, takatāpui disabled or currently in care also scored lowest on finding it easy to get help during difficult times (Table 14).



Table 13. Who young people would go to for help – of those who said they had someone (n = 821)

	Adult family, friend or whanau member	Adult at school	Someone or someplace else	Health Professional	Youth or social worker	Neighbour or someone at work	Online resource
All Oranga Tamariki	75%	26%	28%	12%	16%	7%	8%
Overall school	83%	28%	21%	11%	8%	6%	6%
Overall community	72%	23%	28%	14%	22%	5%	11%
European (n = 610)	75%	27%	28%	13%	17%	7%	8%
Māori (n = 396)	76%	23%	28%	11%	13%	8%	6%
Pacific (n = 123)	77%	24%	28%	10%	18%	8%	9%
Asian (n = 60)	73%	30%	30%	12%	13%	8%	13%
12 – 15 years old (n = 299)	80%	25%	23%	10%	16%	8%	7%
16+ years old (n = 488)	72%	27%	31%	13%	16%	7%	9%
Male (n = 263)	81%	25%	22%	11%	16%	10%	8%
Female (n = 1474)	73%	27%	30%	11%	16%	7%	8%
Disabled (n = 303)	68%	25%	31%	13%	19%	5%	8%
Rainbow and takatāpui (n = 210)	62%	29%	36%	17%	21%	5%	13%
Had a SW visit (n = 416)	74%	26%	28%	12%	18%	7%	9%
Had a FGC (n = 332)	74%	25%	25%	14%	19%	7%	8%
Ever in care (n = 121)	72%	20%	31%	10%	20%	5%	6%
Currently in care (n = 37)	65%	19%	32%	8%	24%	8%	5%



How much do you agree that ...

	If I was going through a difficult time and needed help, I have someone to turn to (percentage yes)	It is easy for me to get help if I was going through a difficult time and needed help (mean on scale of 0 very hard to 10 very easy)
Overall School	85% (83% - 87%)	6.6 (6.5 - 6.7)
Overall Community	80%	5.7
All Oranga Tamariki	79%	5.6
European (n = 784-797)*	80%	5.5
Māori (n = 531-542)	77%	5.4
Pacific (n = 169-172)	77%	5.6
Asian (n = 87)	70%	5.6
12 – 15 years old (n = 583-592)	76%	5.5
16+ years old (n = 437-442)	83%	5.7
Male (n = 335-340)	82%	6.6
Female (n = 639-647)	78%	5.2
Disabled young people (n = 426-432)	73%	4.6
Rainbow and takatāpui (n = 692-707)	73%	4.2
Had a SW visit (n = 543-547)	80%	5.4
Had a FGC (n = 437-444)	78%	5.4
Ever in care (n = 181-186)	70%	5.2
Currently in care (n = 55-56)	70%	4.8

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



5.7. What do we know from other surveys?

The proportion of the Oranga Tamariki cohort who had helped others in their neighbourhood or community in the last 12 months was lower than Youth'19 (Table 15). The result of having someone they could turn to during a difficult time was similar across *What About Me?* and all Just Sayin' surveys.

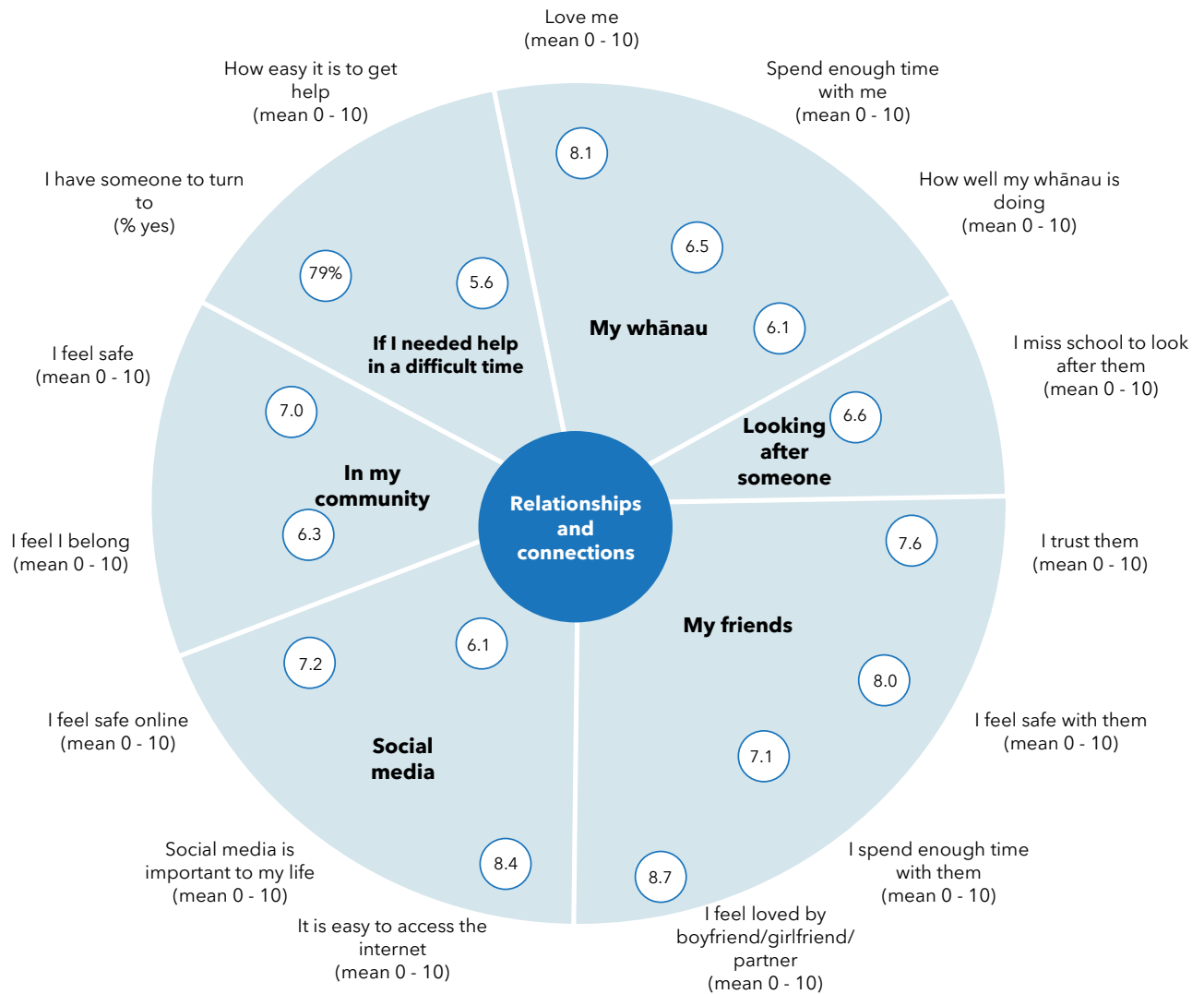
Table 15. Comparison of selected results to past surveys focusing on youth wellbeing

Question from <i>What About Me?</i>	Youth'19 Youth2000 series	2020 Just Sayin' 1	2021 Just Sayin' 2	2022 Just Sayin' 3	2021 <i>What About Me?</i>
Comparison across all age groups					
Do you help others in your neighbourhood or community (e.g. help-out on the marae or church, belong to a volunteer organisation, mow lawns, collect for charity, give people food)? <i>Percentage yes in the last 12 months</i>	54% (51% - 57%)	-	-	-	48%
Comparison for 16+ results					
If you were going through a difficult time and needed help, do you have someone you could turn to?	-	83%	76%	77%	87%

5.8. Overview: Relationships and connections

Figure 19 provides an overview of results for many of the questions in the relationships and connections theme.

Figure 19. Overall results for the relationships and connections theme



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.





A stable home base

6.1. Financial stability

A series of four questions asked young people how often they or their family or whānau worried about affording essentials (food/kai, power/electricity, rent/mortgage, petrol/ transport to get to important places). They could answer never, occasionally, sometimes, often or all the time. Results in Table 16 show the percentage who answered sometimes, often or all the time.

Overall, 55% of young people in the Oranga Tamariki cohort reported on at least one of these questions that they and their whānau worried about paying for their essentials sometimes, often or all of the time (Table 16). The percentage was lower in the overall school cohort (34%) but similar to the community cohort (58%).

How much the Oranga Tamariki cohort differ from the overall school sample is notable here and highlights how the Oranga Tamariki cohort are much more likely to face material deprivation.

Higher percentages of disabled young people and young people who had ever been cared for by Oranga Tamariki were worried about paying for essentials than other groups.

What would help you have a good life, now and in the future

A stable home base:

"Make housing more affordable."

"I'm worried about money, almost all the time. I hope in the future that the economy becomes more stable rather than favourable for a specific class or race."

"Less financial stress."



Table 16. Financial stability

How often I or my family or whānau worry about not having enough money to ...
(Percentage answering sometimes, often or all the time)

	Buy kai/food	Pay for power/electricity	Pay the rent or mortgage where I live	Pay for petrol or transport to get to important places	At least one answer of sometimes, often or all the time
Overall School	23% (21% - 24%)	20% (18% - 22%)	21% (19% - 23%)	22% (19% - 24%)	34% (32% - 37%)
Overall Community	44%	37%	35%	42%	58%
All Oranga Tamariki	41%	35%	32%	37%	55%
European (n = 978-992)*	39%	33%	32%	37%	54%
Māori (n = 720-735)	45%	38%	35%	40%	60%
Pacific (n = 245-254)	41%	37%	38%	41%	57%
Asian (n = 112-113)	36%	32%	29%	34%	50%
12 – 15 years old (n = 790-804)	40%	35%	31%	36%	55%
16+ years old (n = 523-529)	41%	34%	34%	38%	55%
Male (n = 479-491)	37%	32%	29%	34%	52%
Female (n = 779-789)	42%	36%	35%	38%	57%
Disabled young people (n = 535-546)	48%	43%	38%	44%	64%
Rainbow and takatāpui (n = 807-818)	50%	38%	35%	41%	63%
Had a SW visit (n = 693-707)	45%	38%	36%	41%	59%
Had a FGC (n = 564-578)	46%	38%	36%	43%	60%
Ever in care (n = 245-255)	53%	45%	42%	48%	68%
Currently in care (n = 71-74)	41%	35%	34%	42%	59%

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.

6.2. Housing quality and stability

Approximately one-third (32%) of young people in the Oranga Tamariki cohort had moved in the last 12 months compared to 20% of the overall school sample and 30% of the community cohort. Half (47%) of those who had moved had done so twice or more in the last 12 months compared to 25% of the overall school sample and 56% of the community cohort (Table 17). Young people who had ever been in or were currently in Oranga Tamariki care were more likely to have moved in the last year.

Young people in the Oranga Tamariki cohort were less positive about their housing quality (warmth, dampness and mould) than young people in the overall school sample (Table 18).

Table 17. Percentage of young people who had moved different numbers of times in the last 12 months – of those who had moved at least once (n = 425)

	Once	Twice	Three times	Four or more times
All Oranga Tamariki	53%	23%	14%	10%
Overall school	75%	15%	7%	3%
Overall community	44%	29%	12%	15%
European (n = 309)	54%	23%	13%	10%
Māori (n = 250)	47%	23%	16%	13%
Pacific (n = 75)	52%	20%	13%	15%
Asian (n = 32)	38%	34%	6%	22%
12 – 15 years old (n = 183)	53%	22%	15%	10%
16+ years old (n = 240)	53%	23%	13%	10%
Male (n = 135)	59%	16%	15%	10%
Female (n = 256)	51%	27%	13%	9%
Disabled (n = 188)	52%	23%	14%	11%
Rainbow and takatāpui (n = 105)	37%	27%	21%	15%
Had a SW visit (n = 240)	45%	27%	16%	12%
Had a FGC (n = 212)	46%	27%	16%	11%
Ever in care (n = 112)	36%	23%	21%	21%
Currently in care (n = 38)	21%	24%	24%	32%



How much do you agree you live somewhere...
(mean on scale of 0 disagree to 10 agree)

	In the last 12 months, I moved home (Percentage yes)	Warm	Not damp	Without mould
Overall School	20% (18% - 22%)	9.4 (9.4 - 9.5)	8.5 (8.6 - 8.3)	8.5 (8.5 - 8.4)
Overall Community	30%	8.9	8.1	7.8
All Oranga Tamariki	32%	9.0	8.2	7.9
European (n = 961-990)*	32%	9.0	8.3	7.9
Māori (n = 712-734)	35%	9.0	8.1	7.9
Pacific (n = 243-254)	30%	8.9	8.1	7.7
Asian (n = 108-112)	29%	8.6	7.5	7.4
12 – 15 years old (n = 739-801)	33%	9.0	8.2	7.9
16+ years old (n = 517-531)	30%	9.0	8.2	7.8
Male (n = 466-490)	29%	9.1	8.2	8.1
Female (n = 769-785)	34%	9.0	8.3	7.8
Disabled young people (n = 534-543)	35%	8.6	7.9	7.6
Rainbow and takatāpui (n = 789-820)	30%	8.4	7.6	7.0
Had a SW visit (n = 685-704)	34%	8.9	8.1	7.8
Had a FGC (n = 559-578)	37%	9.0	8.1	7.8
Ever in care (n = 246-251)	45%	8.6	8.3	7.9
Currently in care (n = 71-74)	51%	8.8	8.4	8.7

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.

6.3. What do we know from other surveys?

The percentage of Oranga Tamariki young people who had moved home in the past 12 months was slightly lower than Youth'19 (Table 19).

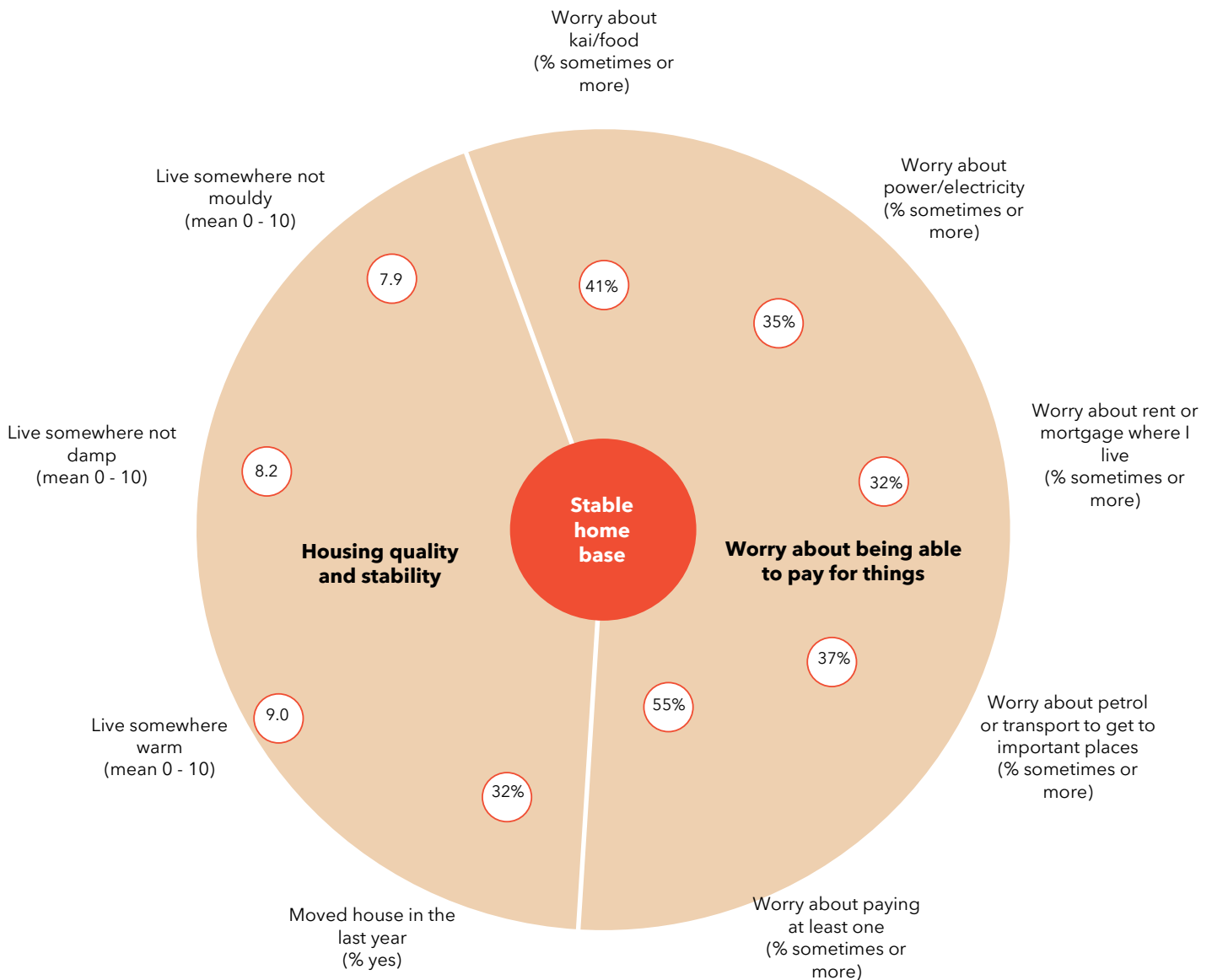
Table 19. Comparison of selected results to past surveys focusing on youth wellbeing

Question from <i>What About Me?</i>	Youth'19 Youth2000 series	2021 <i>What About Me?</i>
How many times have you moved in the last 12 months? <i>Two or more times</i>	20% (16% - 24%)	15%

6.4. Overview: Safe and stable home life

Figure 20 provides an overview of young people’s responses to questions in the stable home base theme.

Figure 20. Overall results for the stable home base theme



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.



**Achieving and
contributing**

7.1. Aspiration and achievement in education

In the Oranga Tamariki cohort, around half (49%) of young people wanted a university degree compared to 62% in the overall school sample (Table 20). And only 39% of those currently in care had aspirations for a university degree.

This disparity highlights how the Oranga Tamariki cohort face quite different circumstances to the general population and how this may impact on their educational aspirations and therefore on potential future life outcomes.

Asian and female young people were more likely to aspire to a university qualification than young people in other groups. Māori, Pacific, Disabled, Males, those currently in care and those ever in care were the least likely to aspire to a university qualification.

Three quarters (75%) of young people in the Oranga Tamariki cohort thought they would achieve the qualification they aspired to compared to 86% of the school sample and 77% of the community cohort (Table 21).



Table 20. Percentage of young people who have aspirations for different qualifications (n = 1,108)

	Some NCEA credits	NCEA 1	NCEA 2	NCEA 3	Trade certificate or diploma	University degree
All Oranga Tamariki	5%	4%	11%	17%	12%	49%
Overall school	3%	2%	7%	15%	9%	62%
Overall community	3%	4%	18%	22%	10%	40%
European (n = 825)	4%	3%	11%	16%	13%	51%
Māori (n = 605)	7%	4%	11%	20%	12%	43%
Pacific (n = 200)	8%	6%	10%	18%	13%	44%
Asian (n = 92)	1%	1%	8%	12%	13%	64%
Junior (n = 472)	9%	5%	12%	15%	8%	47%
Senior (n = 635)	1%	3%	9%	18%	15%	50%
Male (n = 389)	5%	3%	14%	18%	17%	39%
Female (n = 649)	4%	4%	8%	16%	9%	55%
Disabled (n = 439)	5%	4%	12%	18%	13%	44%
Rainbow and takatāpui (n = 277)	5%	3%	11%	14%	10%	52%
Had a SW visit (n = 580)	5%	5%	10%	18%	11%	49%
Had a FGC (n = 473)	5%	5%	11%	16%	12%	49%
Ever in care (n = 182)	10%	7%	9%	20%	12%	38%
Currently in care (n = 54)	7%	7%	11%	15%	15%	39%



Table 21. Education aspiration and achievement



How much do you agree that ...

	The highest qualification I want to achieve in the future: University degree <i>(percentage who selected university degree)</i>	People expect/expected me to do well at school <i>(mean score on scale of 0 disagree to 10 agree)</i>	I think I will get the qualification I aspire to <i>(Percentage yes)</i>
Overall School	62% (59% - 64%)	8.4 (8.3 - 8.5)	86% (84% - 88%)
Overall Community	40%	6.8	77%
All Oranga Tamariki	49%	8.1	75%
European (n = 761-875)*	51%	8.0	76%
Māori (n = 571-651)	43%	8.0	70%
Pacific (n = 191-227)	44%	8.1	72%
Asian (n = 86-103)	64%	8.4	80%
12 – 15 years old (n = 597-727)	47%	8.1	71%
16+ years old (n = 427-453)	52%	8.1	80%
Male (n = 369-425)	39%	8.2	82%
Female (n = 620-710)	55%	8.0	71%
Disabled young people (n = 414-482)	44%	7.8	65%
Rainbow and takatāpui (n = 667-752)	52%	7.9	66%
Had a SW visit (n = 534-629)	49%	8.0	74%
Had a FGC (n = 439-514)	49%	7.9	74%
Ever in care (n = 170-216)	39%	7.8	69%
Currently in care (n = 47-60)	39%	8.0	78%

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



7.2. Experience of the education environment

The Oranga Tamariki cohort included young people reached in school and in community settings. Many of those reached in the community attended alternative education (Alt-Ed) or Teen Parent Units. The survey included a series of questions about young people's experiences of their educational environments. Some are included on the following page but questions about safety and acceptance are included in other sections.

Overall, the lowest rating young people in the Oranga Tamariki cohort provided about the school environment was the rating for feeling they belonged (Table 22). Rainbow and takatāpui young people and disabled young people gave the lowest ratings to questions about their experience within their school environment.

There was a general pattern of young people in the Oranga Tamariki cohort providing lower mean ratings about all aspects of the questions about education environment than the overall school sample.

What would help you have a good life, now and in the future

Achieving and contributing:

"Make sure I am prepared and organised for the things I get myself involve with."

"Make the education system more creative, so we can learn how to think outside of the box."

"More opportunities in lower decile schools."



Table 22. Experience of education environment

How much do you agree with the following statements about your kura, school, alternative education or Teen Parent Unit, education or training provider ...
(mean score on scale of 0 disagree to 10 agree)

	I feel/felt like I belong(ed)	I feel/felt I am/was learning knowledge and skills that would help me in the future	My teachers treat(ed) me fairly	I can/could manage the work I get/got given	I have /had people there I can/could ask for help	My teachers consider(ed) my identity and values	I have/had opportunities to express myself creatively
Overall School	6.9 (6.8 - 7.1)	6.9 (6.7 - 7.0)	7.4 (7.3 - 7.5)	7.1 (7.0 - 7.2)	7.6 (7.5 - 7.7)	7.5 (7.3 - 7.6)	7.3 (7.1 - 7.4)
Overall Community	5.9	6.8	6.9	6.5	7.3	6.8	6.9
All Oranga Tamariki	5.8	6.1	6.5	6.3	6.8	6.6	6.5
European (n = 853-884)*	5.7	5.9	6.4	6.2	6.7	6.5	6.3
Māori (n = 625-659)	5.9	6.0	6.4	6.3	6.9	6.5	6.5
Pacific (n = 213-228)	6.2	6.2	6.4	6.4	7.0	6.8	6.8
Asian (n = 100-103)	6.4	6.3	6.6	6.4	6.7	6.7	6.6
12 – 15 years old (n = 689-734)	5.7	6.0	6.3	6.5	6.8	6.6	6.4
16+ years old (n = 446-457)	6.0	6.0	6.9	6.1	6.8	6.6	6.6
Male (n = 412-429)	6.7	6.8	6.9	6.9	7.3	7.0	6.9
Female (n = 679-715)	5.5	5.7	6.3	6.1	6.6	6.5	6.4
Disabled young people (n = 462-487)	5.0	5.1	6.0	5.4	6.1	6.0	5.8
Rainbow and takatāpui (n = 732-759)	4.9	5.3	6.1	5.5	5.9	5.6	5.8
Had a SW visit (n = 601-632)	5.8	6.1	6.4	6.2	6.7	6.6	6.5
Had a FGC (n = 494-518)	5.8	6.0	6.5	6.1	6.9	6.6	6.5
Ever in care (n = 206-219)	5.6	5.9	6.3	6.1	6.4	6.4	6.0
Currently in care (n = 64-66)	5.6	6.3	6.3	6.2	6.9	6.9	6.2

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



7.3. Employment

Overall, 29% of young people in the Oranga Tamariki cohort had a regular paid part-time job and 3% a full-time job (Table 23). Young people aged 16 years and older were more likely (37%) to have a regular part-time job. Young people in the Oranga Tamariki cohort were more likely to have a paid employment than young people in the overall school sample and the community cohort.

Among young people not in employment, nearly half (45%) wanted paid work. Almost all young people in the 16+ age group not in employment (98%) wanted paid work.

Young people in the Oranga Tamariki cohort rated all aspects of their work at 7.2 or higher (on a 0-10 disagree to agree scale) (Table 24). The mean ratings of the Oranga Tamariki cohort were lower than the mean ratings provided by young people in the overall school sample about the aspects of their work included in the survey.



Table 23. Percentage of young people in different types of employment (n = 1,274)

	Regular part time job	Job in the school holidays	Casual or occasional work	Full-time job	None of the above
All Oranga Tamariki	29%	18%	20%	3%	46%
Overall school	26%	16%	18%	2%	50%
Overall community	25%	9%	18%	7%	52%
European (n = 949)	30%	18%	23%	3%	43%
Māori (n = 688)	28%	18%	18%	3%	47%
Pacific (n = 240)	23%	18%	13%	5%	52%
Asian (n = 110)	25%	13%	15%	5%	51%
12 – 15 years old (n = 555)	19%	13%	16%	3%	59%
16+ years old (n = 718)	37%	21%	23%	3%	35%
Male (n = 389)	26%	20%	20%	4%	45%
Female (n = 649)	33%	17%	20%	2%	45%
Disabled (n = 524)	29%	16%	21%	3%	46%
Rainbow and takatāpui (n = 341)	28%	13%	21%	3%	48%
Had a SW visit (n = 669)	30%	16%	19%	2%	46%
Had a FGC (n = 548)	30%	17%	20%	2%	47%
Ever in care (n = 233)	27%	14%	15%	2%	54%
Currently in care (n = 68)	26%	12%	12%	3%	57%



How much do you agree that ... (mean score on scale of 0 disagree to 10 agree)

	My work provides me opportunities to build skills and knowledge for my future	I know my rights at work (e.g. minimum wages and health and safety)	I am treated well by people at work	I am paid fairly for my work	My work leaves me enough time for my studies
Overall School	7.5 (7.4 - 7.7)	8.0 (7.9 - 8.2)	8.4 (8.3 - 8.6)	8.1 (7.9 - 8.2)	8.2 (8.0 - 8.3)
Overall Community	6.9	7.4	7.6	7.3	7.3
All Oranga Tamariki	7.2	7.5	7.7	7.4	7.5
European (n = 514-589)*	7.1	7.4	7.7	7.3	7.4
Māori (n = 348-390)	7.0	7.4	7.7	7.3	7.4
Pacific (n = 109-122)	7.1	7.5	7.8	7.2	7.3
Asian (n = 56-64)	7.2	7.7	7.7	7.0	7.1
12 – 15 years old (n = 330-387)	7.3	7.6	7.9	7.2	7.9
16+ years old (n = 318-354)	7.0	7.3	7.6	7.6	7.1
Male (n = 230-266)	7.5	7.8	8.2	7.6	8.0
Female (n = 402-450)	6.9	7.2	7.5	7.2	7.3
Disabled young people (n = 269-307)	6.8	7.0	7.3	7.1	7.0
Rainbow and takatāpui (n = 425-478)	6.4	6.7	7.2	6.9	6.7
Had a SW visit (n = 347-390)	7.1	7.5	7.7	7.5	7.6
Had a FGC (n = 276-314)	7.2	7.5	7.7	7.4	7.5
Ever in care (n = 104-123)	6.8	7.2	7.3	7.0	7.3
Currently in care (n = 26-30)	7.2	7.8	8.0	6.8	7.2

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



7.4. What do we know from other surveys?

The percentage of young people in the Oranga Tamariki cohort who felt safe at school was lower than Youth'19 while the percentage of young people who felt they were trusted by their teachers was higher (Table 25).

A lower percentage of Oranga Tamariki young people in *What About Me?* and Youth'19 had paid employment compared to all the Just Sayin' results.

Table 25. Comparison of selected results to past surveys focusing on youth wellbeing

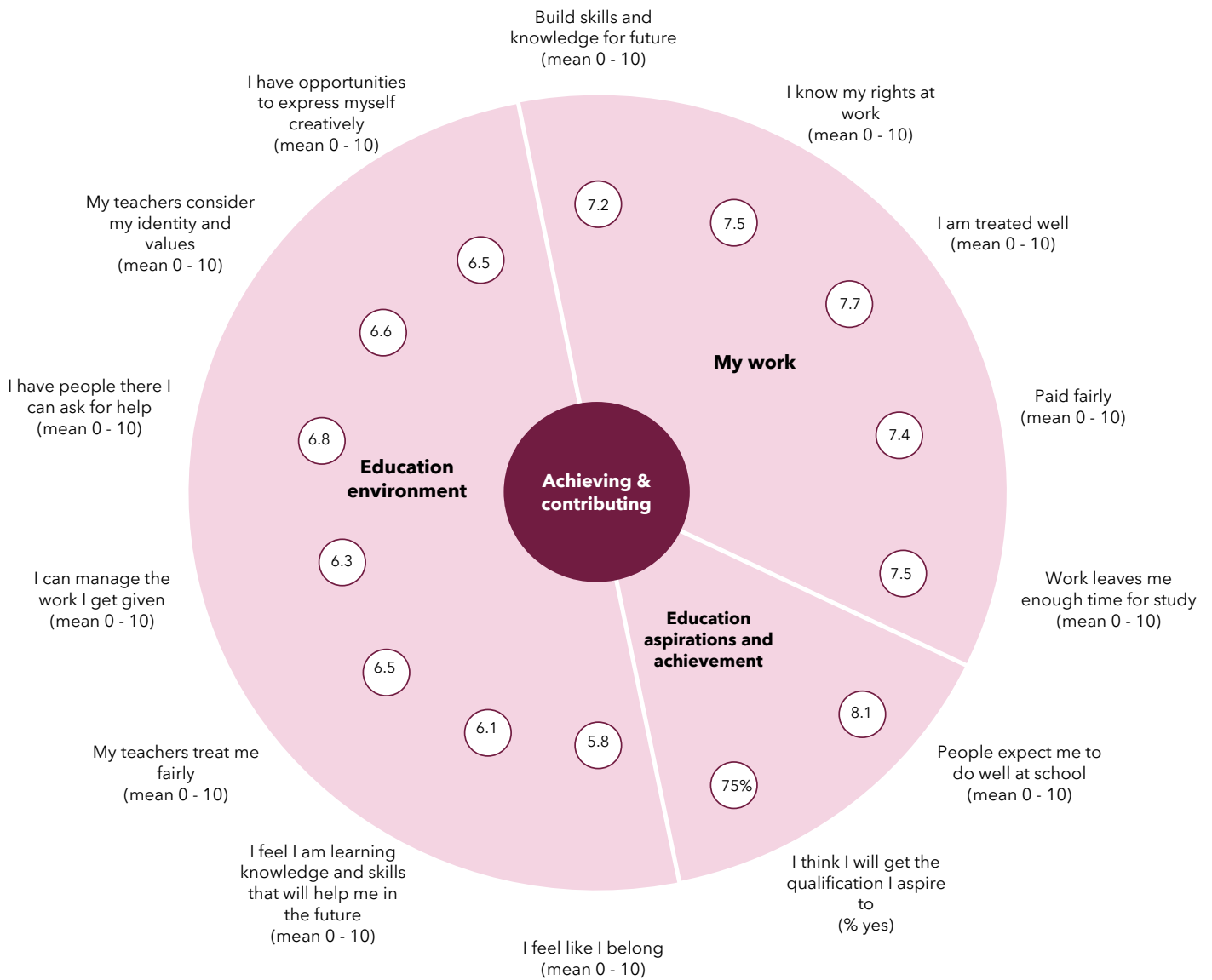
Question from <i>What About Me?</i>	Youth'19 Youth2000 series	2020 Just Sayin' 1	2021 Just Sayin' 2	2022 Just Sayin' 3	2021 <i>What About Me?</i>
Comparison across all age groups					
I feel safe at school or kura	74% (69% - 78%)	-	-	-	63% (≥7/10 on 0-10 scale)
My teachers treat me fairly	50% (45% - 55%)	-	-	-	58% ≥7/10 on 0-10 scale
In the last 12 months did you do any of the following types of paid work? <i>A regular part-time job, a job in the school holidays, casual or occasional work, or a full-time job</i>	54% (50% - 58%)	-	-	-	54%
Comparison for 16+ results					
In the last 12 months did you do any of the following types of paid work? <i>A regular part-time job, a job in the school holidays, casual or occasional work, or a full-time job</i>	-	60%	57%	65%	72%



7.5. Overview: Achieving and contributing

Figure 21 provides an overview of the results in the achieving and contributing theme.

Figure 21. Overall results for the achieving and contributing theme



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.





Feeling good physically
and mentally

8.1. Life overall

Young people in the Oranga Tamariki cohort provided an average rating of 5.7 about their life in general (on a scale from 0 dissatisfied to 10 satisfied). This was lower than the average rating of 6.8 for the overall school sample (Table 26).

On average young people in the Oranga Tamariki cohort appeared less hopeful about their future than young people in the overall school sample (average rating of 6.5 compared to 7.4 for young people surveyed in the school setting on a 0 to 10 scale from not at all to very) but were more positive than the community cohort (average rating of 6.1).

Male young people in the Oranga Tamariki cohort gave more positive results for both questions, while rainbow, takatāpui and disabled young people were less positive.

What would help you have a good life, now and in the future

Feeling good physically and mentally:

"Easier ways to access counseling and medical help without having to wait more months."

"Looking after my health, eating properly and exercising more."

"To have easily accessible mental health services that don't wait until I'm at the bottom of the cliff to help and that believe me, and take me seriously when I bring up issues surrounding my mental health instead of shutting me down."

"Better wellbeing systems in schools and better overall sexual education."



Table 26. Life overall



	How do you feel about life in general (0 dissatisfied to 10 satisfied)	I feel hopeful about my future (0 not at all to 10 very)
Overall School	6.8 (6.7 - 6.9)	7.4 (7.3 - 7.5)
Overall Community	5.6	6.1
All Oranga Tamariki	5.7	6.5
European (n = 882-990)*	5.6	6.3
Māori (n = 609-734)	5.8	6.6
Pacific (n = 199-254)	5.9	7.0
Asian (n = 98-113)	5.9	6.2
12 – 15 years old (n = 675-803)	5.6	6.6
16+ years old (n = 475-529)	5.7	6.3
Male (n = 388-489)	6.5	7.2
Female (n = 713-787)	5.3	6.2
Disabled young people (n = 482-542)	4.9	5.4
Rainbow and takatāpui (n = 796-816)	4.5	5.1
Had a SW visit (n = 609-704)	5.5	6.4
Had a FGC (n = 498-574)	5.5	6.3
Ever in care (n = 209-256)	5.3	6.1
Currently in care (n = 61-73)	5.3	6.3

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



8.2. Mental wellbeing

Young people answered several questions about their mental wellbeing including the WHO-5 (subjective wellbeing over the last two weeks), Kessler-6 (feelings in the last 30 days used to identify distress) and other questions about feeling overwhelmed, like life is not worth living, seriously thinking about suicide and suicide attempts over the last twelve-months.

A substantially lower percentage of young people in the Oranga Tamariki cohort indicated good wellbeing (based on WHO-5 scores) and a substantially higher percentage were experiencing serious distress (based on the Kessler-6 score) when compared to the overall school sample (Table 27). Young people in the Oranga Tamariki cohort gave ratings similar to the community cohort.

Just four out of ten (39%) young people in the Oranga Tamariki cohort indicated good to excellent wellbeing (based on WHO-5 scores) and nearly half of the young people (47%) were experiencing serious distress (based on the Kessler-6 score). Scores for the full school sample were 58% and 28% respectively.

The WHO-5 and Kessler-6 results are reflected in the worrying number of young people in the Oranga Tamariki cohort who in the last twelve months:

- Had felt so overwhelmed or down they could not cope (68%)
- Had felt that life was not worth living (64%)
- Had seriously thought about suicide (51%)
- Had attempted suicide (31%).

More than half (57%) of young people in the Oranga Tamariki cohort said they had deliberately hurt or done anything that they knew would harm themselves in the last 12 months compared to 34% of young people in the overall school sample. This question was intended to target self-harm but may have been interpreted more broadly to include other harmful behaviours (for example, drinking alcohol or smoking).

Results suggest that certain groups of young people had particularly high mental health needs, in particular rainbow, takatāpui, female and disabled young people.



Table 27. Mental wellbeing



In the last twelve months have you ever ... (Percentage yes)

	Good to excellent wellbeing (WHO-5) <i>(percentage with score 13 or more out of 25)</i>	Experiencing serious distress (Kessler-6) <i>(percentage with a score of 13 or more out of 24)</i>	Felt overwhelmed or so down you can't cope	Felt like life was not worth living	Hurt yourself deliberately <i>(Percentage yes once or more)</i>	Seriously thought about attempting suicide	Tried to kill yourself (attempted suicide)
Overall School	58% (56% - 60%)	28% (26% - 30%)	49% (47% - 51%)	41% (39% - 43%)	34% (32% - 36%)	26% (24% - 28%)	12% (10% - 13%)
Overall Community	39%	49%	69%	65%	61%	52%	32%
All Oranga Tamariki	39%	47%	68%	64%	57%	51%	31%
European (n = 815-939)*	38%	48%	70%	66%	58%	50%	29%
Māori (n = 540-678)	40%	45%	66%	64%	58%	54%	35%
Pacific (n = 173-226)	46%	41%	64%	61%	54%	54%	30%
Asian (n = 87-106)	50%	47%	65%	57%	58%	52%	35%
12 – 15 years old (n = 602-739)	41%	48%	68%	64%	61%	52%	34%
16+ years old (n = 439-502)	37%	45%	68%	65%	53%	49%	27%
Male (n = 349-438)	61%	28%	50%	49%	38%	36%	19%
Female (n = 652-753)	29%	53%	76%	70%	65%	56%	35%
Disabled young people (n = 437-523)	23%	66%	80%	80%	73%	66%	44%
Rainbow and takatāpui (n = 717-802)	20%	70%	88%	85%	78%	75%	52%
Had a SW visit (n = 553-658)	36%	48%	72%	68%	60%	52%	34%
Had a FGC (n = 451-536)	36%	50%	71%	67%	61%	55%	35%
Ever in care (n = 184-230)	38%	51%	72%	72%	65%	62%	47%
Currently in care (n = 55-69)	48%	49%	75%	74%	66%	68%	44%

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



8.3. Physical health

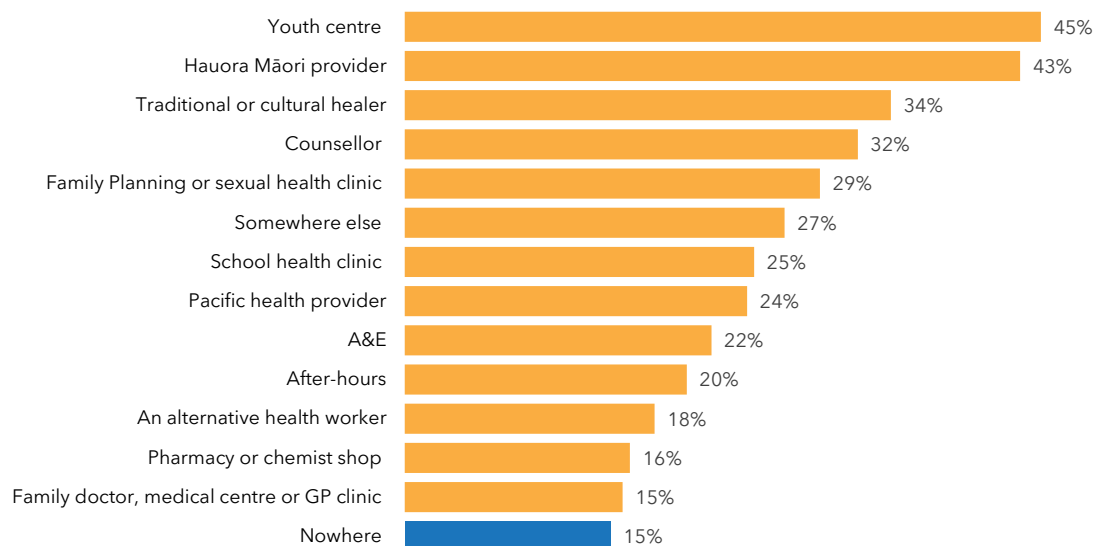
Around three quarters (72%) of young people in the Oranga Tamariki cohort considered their health in general to be good, very good or excellent on a scale running from 1 (poor) to 5 (excellent) compared to 86% in the overall school sample (Table 28).

Smaller percentages of disabled young people (57%) in the Oranga Tamariki cohort considered their health in general to be good, very good or excellent when compared to other demographic groups.

Access to healthcare was challenging for young people in the Oranga Tamariki cohort. Just over one-third (35%) said there had been a time in the last 12 months when they had wanted or needed to see a doctor or nurse or other healthcare worker about their health but hadn't been able to compared to 18% in the overall school sample.

The youth centre, hauora Māori provider, and traditional or cultural healer were the healthcare providers where young people most went to in the Oranga Tamariki cohort. Counsellors were also important with around a third (32%) of young people using a counsellor in the last 12 months. Of young people in the Oranga Tamariki sample, 15% had not used a health care provider in the last 12 months (Figure 22).

Figure 22. Percentage of young people who had used different types of healthcare provider in the last 12 months (note: respondents could select as many as they wanted; n = 872)



Young people who had not accessed a healthcare provider in the last twelve-months were less positive about their health. Half (54%) thought their health was good to excellent (Figure 23).



Figure 23. Health in general of young people who have not accessed a healthcare provider in the last 12 months (n = 349)

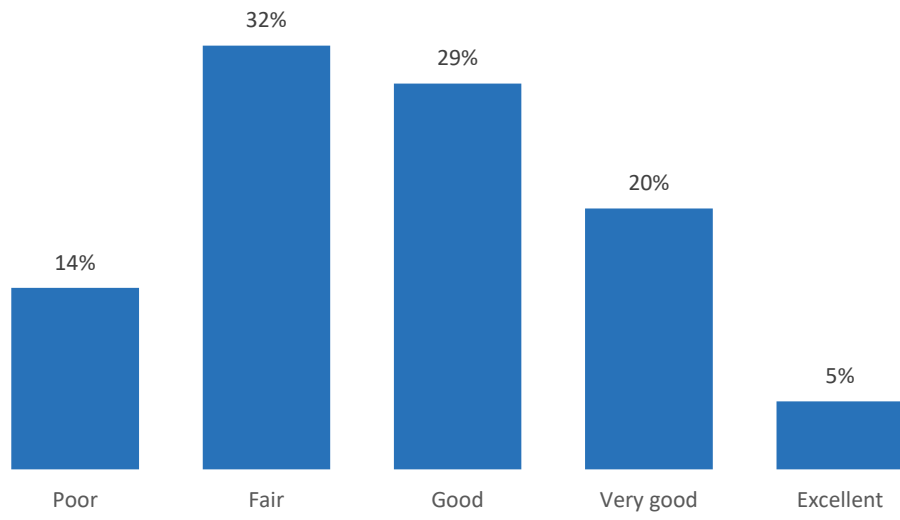


Table 28. Physical health

	In general my health is good, very good or excellent (Five-point scale from poor to excellent)	In the last 12 months, there has been a time I wanted or needed to see a doctor or nurse or other healthcare worker about my health but I wasn't able to (percentage yes)
Overall School	86% (84% - 87%)	18% (17% - 20%)
Overall Community	67%	37%
All Oranga Tamariki	72%	35%
European (n = 776-977)*	70%	35%
Māori (n = 508-719)	72%	39%
Pacific (n = 163-250)	73%	37%
Asian (n = 86-110)	68%	37%
12 – 15 years old (n = 568-782)	75%	36%
16+ years old (n = 428-518)	67%	34%
Male (n = 325-466)	81%	31%
Female (n = 623-781)	69%	36%
Disabled young people (n = 420-544)	57%	45%
Rainbow and takatāpui (n = 678-820)	54%	44%
Had a SW visit (n = 530-691)	70%	37%
Had a FGC (n = 426-565)	70%	38%
Ever in care (n = 177-243)	70%	47%
Currently in care (n = 55-71)	75%	42%

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



8.4. Sexual health

In the Oranga Tamariki cohort, 55% of young people aged 16 or older said they had ever had consensual sex compared to 25% of the 12-15 year old age group (Table 29).

Table 29. Age young people first had sex they consented to

	12 - 15 years old (n=601)	16+ years old (n= 746)
Ever had consensual sex	25%	55%
Median age first had consensual sex	13 years old	15 years old

A higher percentage of young people in the Oranga Tamariki cohort (37%) had ever had consensual sex compared to the overall school sample (22%).

Of those who had had consensual sex, 63% had used contraception or protection to stop getting pregnant and 39% had used a condom or dam to protect against sexually transmitted infections (STI) (Table 30). Young people in the Oranga Tamariki cohort were less likely to use protection to stop getting pregnant or protect against sexually transmitted infections than young people in the overall school sample.



Table 30. Sexual health

	I have had sex I consented to (Percentage yes)	Last time I had sex, I/my partner used a condom (or dam) against STD/STI (Percentage yes)	Last time I had sex, I/my partner used contraception or protection to stop getting pregnant (Percentage yes excl. not applicable)
Overall School	22% (20% - 23%)	50% (46% - 55%)	72% (67% - 77%)
Overall Community	54%	32%	60%
All Oranga Tamariki	37%	39%	63%
European (n = 278-873)*	37%	41%	66%
Māori (n = 230-606)	44%	36%	59%
Pacific (n = 71-196)	38%	30%	56%
Asian (n = 30-94)	36%	35%	60%
12 – 15 years old (n = 140-665)	25%	42%	55%
16+ years old (n = 225-466)	55%	36%	68%
Male (n = 123-390)	39%	45%	68%
Female (n = 226-694)	36%	33%	60%
Disabled young people (n = 168-475)	42%	39%	62%
Rainbow and takatāpui (n = 258-789)	41%	35%	60%
Had a SW visit (n = 217-599)	41%	38%	62%
Had a FGC (n = 189-491)	43%	39%	62%
Ever in care (n = 79-205)	46%	38%	62%
Currently in care (n = 25-61)	48%	36%	60%

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



8.5. What do we know from other surveys?

Youth'19 reported more positive health and wellbeing results than the Oranga Tamariki cohort, including better health and WHO-5 scores (Table 31).

The percentages of the Oranga Tamariki cohort seriously thinking about suicide and attempting suicide were higher than Youth'19. The results for unable to access healthcare were similar.

Young people in the Oranga Tamariki cohort were more likely to use contraception to prevent pregnancy and use protection against STIs compared to Youth'19.

Table 31. Comparison of selected results to past surveys focusing on youth wellbeing

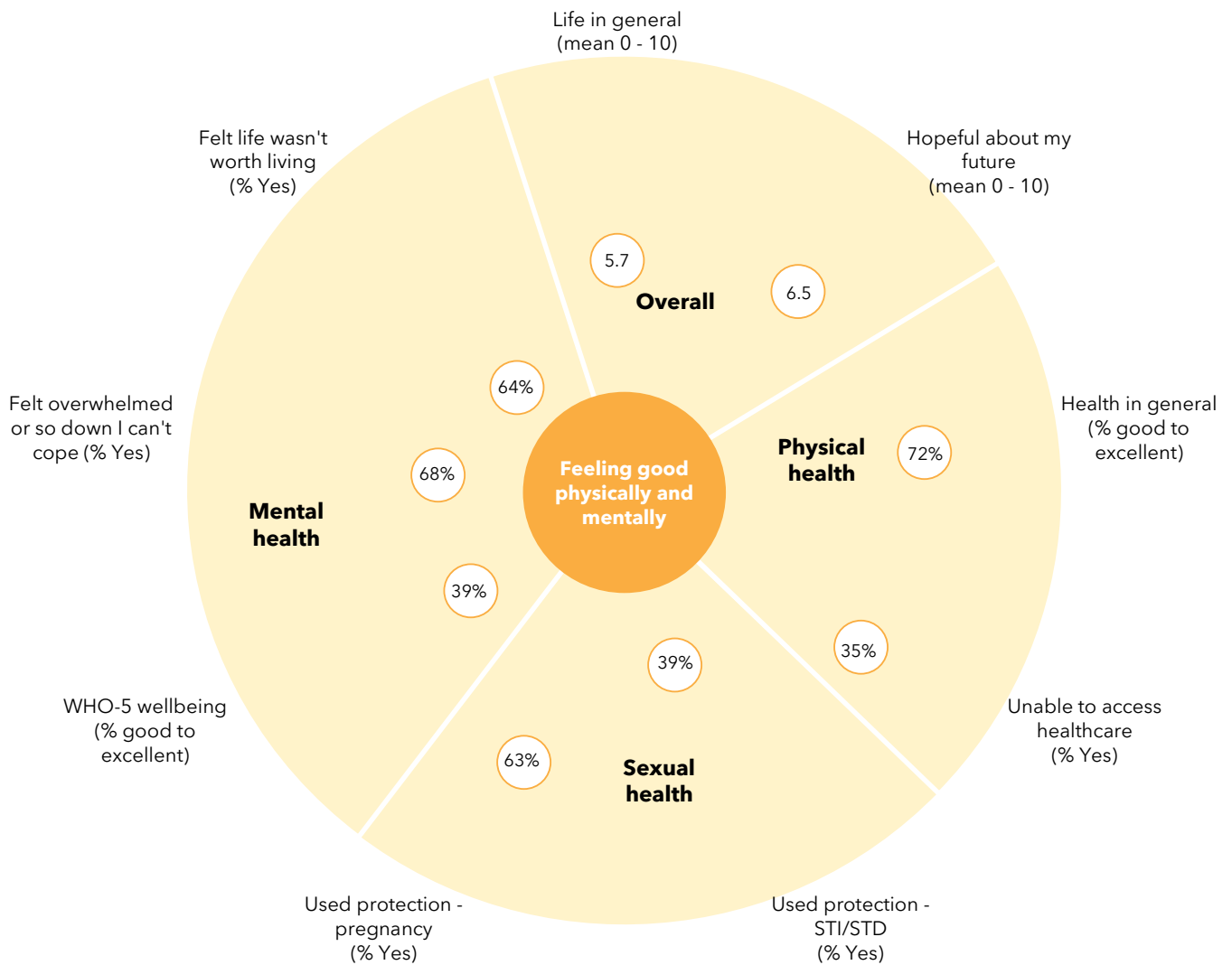
Question from <i>What About Me?</i>	Youth'19 Youth2000 series	2021 <i>What About Me?</i>
In general would you say your health is? <i>Good, very good or excellent</i>	84% ¹³ (81% - 88%)	72%
WHO-5 Wellbeing Scale <i>Score ≥13 indicating good wellbeing</i>	54% (49% - 58%)	39%
In the last 12 months have you seriously thought about killing yourself (attempting suicide)?	41% (38% - 45%)	51%
In the last 12 months have you attempted suicide tried to kill yourself (attempted suicide)?	22% (18% - 25%)	31%
In the last 12 months, has there been any time when you wanted or needed to see a doctor or nurse (or other healthcare worker) about your health, but you weren't able to?	39% (35% - 43%)	35%
Thinking about the last time you had sex, did you or your partner use contraception or protection to stop getting pregnant? <i>Yes, excluding not applicable</i>	40% (30% - 50%)	63%
Thinking about the last time you had sex, did you or your partner use a condom (or dam) against sexually transmitted disease (STD) or infection (STI)? <i>Percentage yes</i>	30% (23% - 38%)	39%

¹³ This appears to be the result of 'good, very good or excellent overall health' although it is labelled as 'very good or excellent' in the Youth'19 report – Young people who have been involved with Oranga Tamariki: Mental and physical health and healthcare access. In the overall findings of Youth'19, 91% of young people rated their overall health as 'good, very good or excellent'.

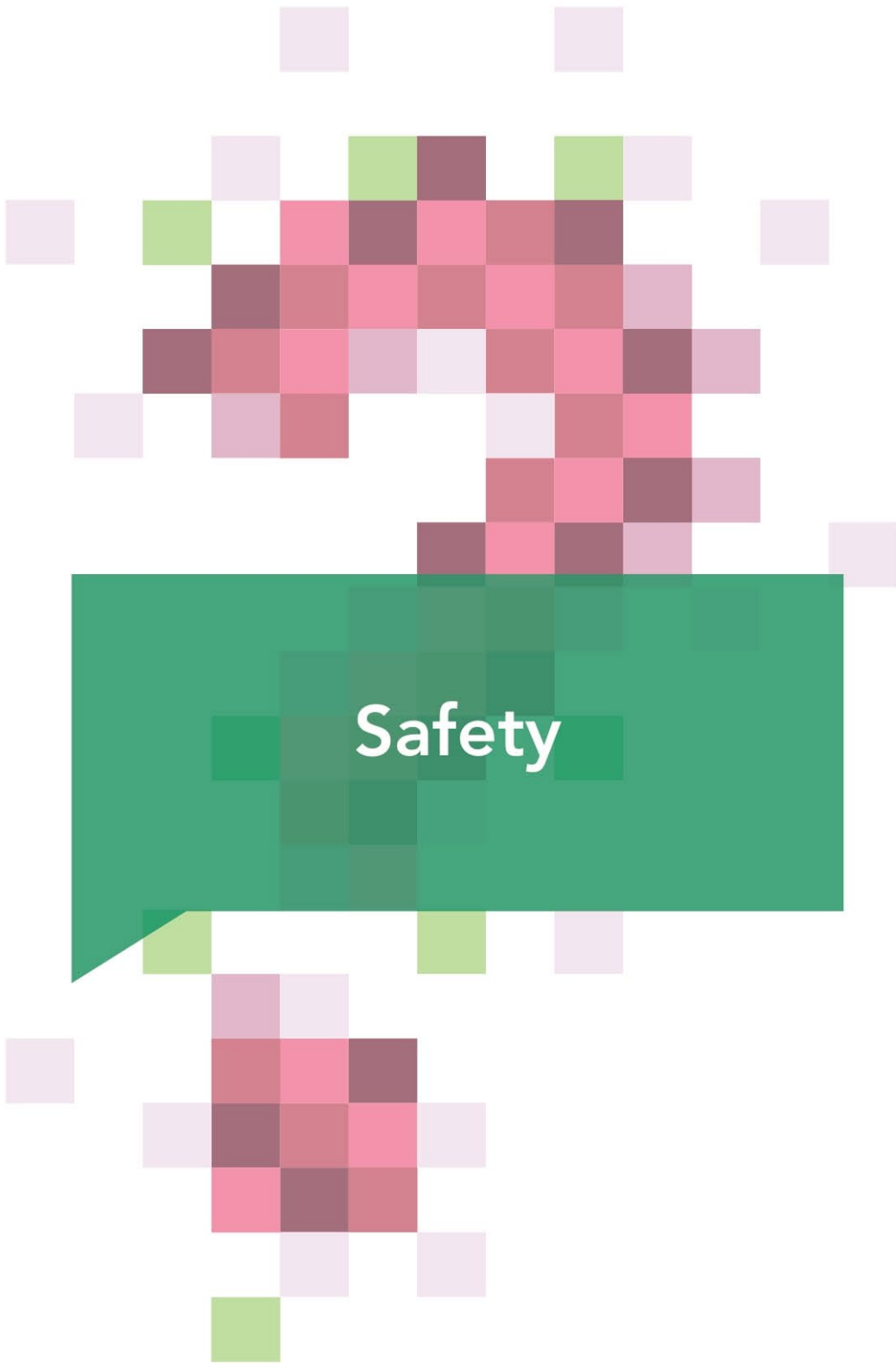
8.6. Overview: Feeling good physically and mentally

Figure 24 provides an overview of results for the feeling good physically and mentally theme.

Figure 24. Overall results for the feeling good physically and mentally theme



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.



Safety

9.1. Feeling safe where young people spend time

Young people in the Oranga Tamariki cohort were asked to rate the extent to which they felt safe in the place they usually lived. The mean rating of safety where they usually live was 7.9 (on a disagree-agree scale from 0-10) (Table 32).

Overall, many young people in the Oranga Tamariki cohort felt safe at work (mean 7.4), at school (mean 7.0) and in the communities where they live (mean 7.0). Young males provided the highest mean ratings for safety at work and where they usually live.

Young people in the overall school sample gave higher ratings of safety in all settings than young people in the Oranga Tamariki cohort.

What would help you have a good life, now and in the future

Safety:

"Racism not being tolerated."

"Maybe more support when it comes to abuse."

"Surrounding myself with good friends who understand me and i can trust."

"Having reliable people in life that I can openly talk to about what I'm going through without being yelled at or judged."



Table 32. Feeling safe where young people spend time

I feel safe ... (mean score on scale of 0 disagree to 10 agree)

	At work	At school/kura I attend(ed)	Where I usually live	In the community where I live
Overall School	8.1 (8.0 - 8.3)	7.7 (7.6 - 7.8)	8.8 (8.7 - 8.8)	7.9 (7.8 - 8.0)
Overall Community	7.4	7.0	7.8	6.7
All Oranga Tamariki	7.4	7.0	7.9	7.0
European (n = 592-989)*	7.4	6.8	7.8	6.9
Māori (n = 390-732)	7.3	6.9	8.0	7.0
Pacific (n = 123-253)	7.4	7.2	8.0	7.2
Asian (n = 64-111)	6.7	7.0	7.5	7.1
12 – 15 years old (n = 387-800)	7.5	6.8	7.8	7.2
16+ years old (n = 351-531)	7.3	7.2	8.0	6.8
Male (n = 264-488)	8.1	7.6	8.5	7.8
Female (n = 451-787)	7.1	6.7	7.6	6.7
Disabled young people (n = 307-542)	6.7	6.2	7.2	6.3
Rainbow and takatāpui (n = 474-819)	6.6	5.9	6.8	6.0
Had a SW visit (n = 392-705)	7.3	6.9	7.7	6.9
Had a FGC (n = 312-576)	7.5	6.9	7.8	6.9
Ever in care (n = 119-254)	7.2	6.6	7.6	6.8
Currently in care (n = 30-73)	7.6	6.6	8.0	7.0

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



9.2. Safety in personal relationships

Most young people from all groups felt safe with their girlfriend, boyfriend or partner and gave high scores for feeling safe with their friends (Table 33).

Young people in the Oranga Tamariki cohort gave lower ratings about feeling safe with their friends than young people in the overall school sample.



	I feel safe ... (mean score on scale of 0 disagree to 10 agree)	
	With my friends	With my girlfriend, boyfriend or partner (For those with one)
Overall School	8.5 (8.5 - 8.6)	9.2 (9.1 - 9.3)
Overall Community	8.1	9.1
All Oranga Tamariki	8.0	9.0
European (n = 296-892)*	8.0	9.0
Māori (n = 226-629)	8.0	9.0
Pacific (n = 65-206)	8.2	8.7
Asian (n = 32-99)	8.3	8.1
12 – 15 years old (n = 220-691)	8.0	9.0
16+ years old (n = 164-477)	8.1	9.1
Male (n = 123-403)	8.5	8.8
Female (n = 242-718)	7.9	9.1
Disabled young people (n = 191-490)	7.7	8.9
Rainbow and takatāpui (n = 246-801)	7.6	8.9
Had a SW visit (n = 220-620)	8.0	9.0
Had a FGC (n = 175-512)	8.0	9.1
Ever in care (n = 83-211)	7.9	9.0
Currently in care (n = 26-63)	7.7	9.0

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



9.3. What do we know from other surveys?

Questions about safety at where young people live were similar across different surveys (Table 34). Young people in the Oranga Tamariki cohort were less likely to feel safe at their school.

Table 34. Comparison of selected results to past surveys focusing on youth wellbeing

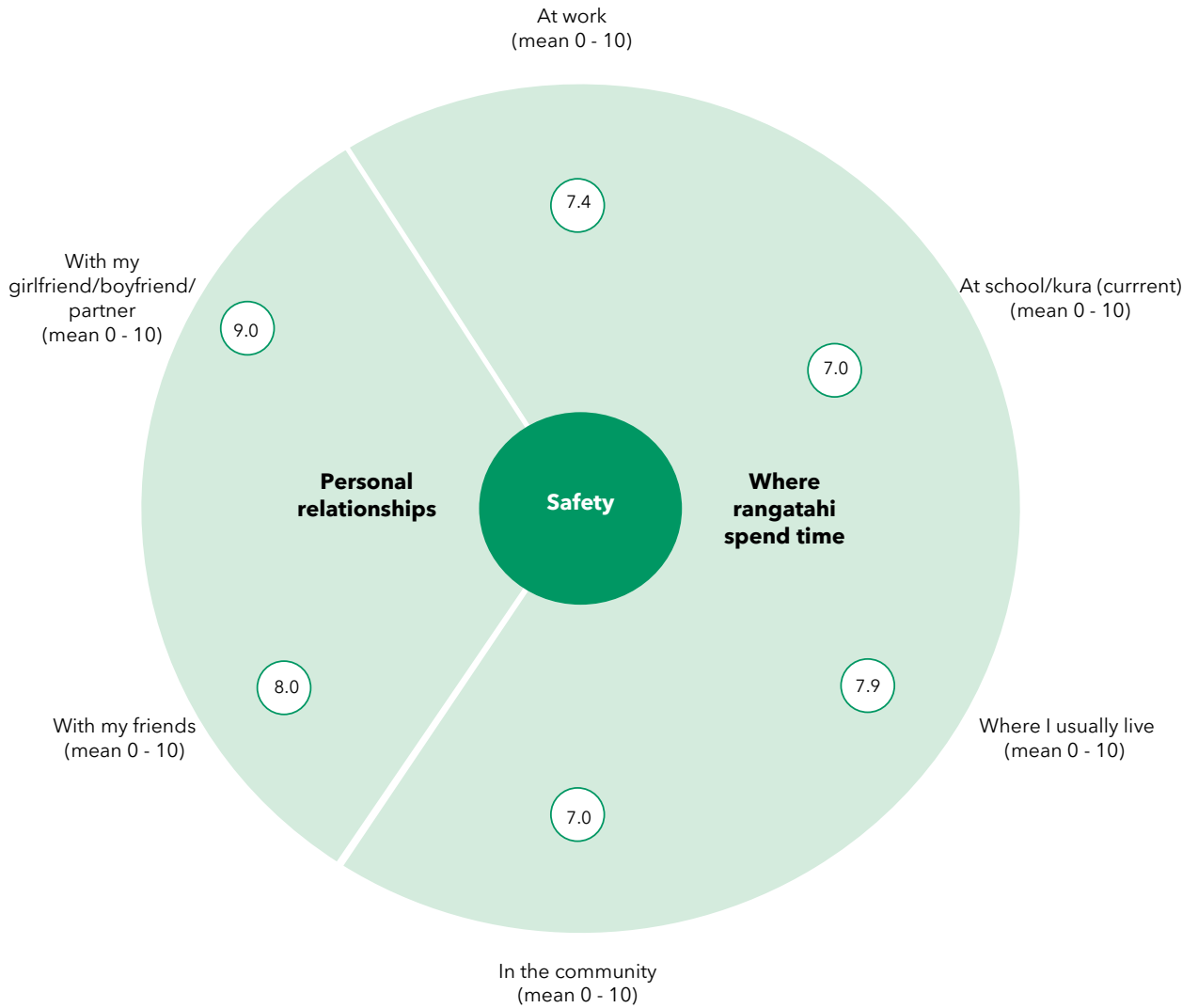
Question from <i>What About Me?</i>	Youth'19 Youth2000 series*	2020 Just Sayin' 1	2021 Just Sayin' 2	2022 Just Sayin' 3	2021 <i>What About Me?</i>
Comparison across all age groups					
I feel safe there (... about your kura, school, alternative education or teen parent unit, education or training provider)	74% (69% - 78%)	-	-	-	63% ≥7/10 on 0-10 scale
I feel safe where I live (Thinking about the places you usually live, how much do you disagree or agree with the following...)	78% (74% - 81%)	-	-	-	75% ≥7/10 on 0-10 scale
Comparison for 16+ results					
I feel safe where I live (Thinking about the places you usually live, how much do you disagree or agree with the following...)	-	85% ≥7/10 on 0-10 scale	84% ≥7/10 on 0-10 scale	82% ≥7/10 on 0-10 scale	88% ≥7/10 on 0-10 scale



9.4. Overview: Safety

Figure 25 provides an overview of results in the safety theme.

Figure 25. Overall results for the safety theme



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.





Reduced harm

10.1. Harm at home

Overall, 22% of young people in the Oranga Tamariki cohort had not been exposed to an adult yelling or swearing at them or someone else in their home in the last twelve months compared to 41% in the overall school sample and 30% in the community cohort (Table 35). Around three-quarters (73%) had not been physically hurt or hit by an adult, seen another child or someone else physically hurt or hit.

More males (32%) reported not being yelled at or sworn at in places where they usually lived in the last 12 months.

A higher percentage of young people in the Oranga Tamariki cohort said they had been being yelled at/sworn at or physically hurt/hit compared to the overall school sample and the community cohort (Table 36). Young people ever in care were more likely to say they had been physically hurt in the last 12 months (29%).



Table 35. Young people who have not experienced harm at home

	In the last 12 months adults in the places where you usually live HAVE NOT ...	
	Yelled or sworn at me/another child/each other (Percentage who have not)	Physically hurt me/another child/each other (Percentage who have not)
Overall School	41% (38% - 43%)	87% (85% - 89%)
Overall Community	30%	81%
All Oranga Tamariki	22%	73%
European (n = 809-822)*	22%	75%
Māori (n = 550-561)	20%	69%
Pacific (n = 177-182)	21%	64%
Asian (n = 89-93)	27%	64%
12 – 15 years old (n = 607-621)	23%	72%
16+ years old (n = 441-447)	22%	74%
Male (n = 354-364)	32%	81%
Female (n = 649-659)	17%	68%
Disabled young people (n = 441-451)	15%	65%
Rainbow and takatāpui (n = 729-744)	17%	67%
Had a SW visit (n = 558-572)	22%	69%
Had a FGC (n = 455-465)	21%	70%
Ever in care (n = 187-194)	21%	60%
Currently in care (n = 56-59)	29%	68%

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



Table 35. Harm at home

In the last 12 months have adults in the places where you usually live yelled or sworn at ...
(Percentage yes)

In the last 12 months have adults in the places where you usually live hit/physically hurt ...
(Percentage yes)

	Another child	Each other	Me	Another child	Each other	Me
Overall School	26% (24% - 27%)	31% (29% - 34%)	46% (44% - 48%)	5% (4% - 6%)	3% (2% - 4%)	10% (8% - 12%)
Overall Community	28%	40%	52%	5%	3%	10%
All Oranga Tamariki	39%	45%	60%	12%	9%	18%
European (n = 809-822)*	39%	47%	62%	10%	8%	17%
Māori (n = 550-561)	40%	48%	61%	12%	11%	21%
Pacific (n = 177-182)	42%	42%	59%	18%	12%	25%
Asian (n = 89-93)	45%	36%	51%	24%	9%	20%
12 – 15 years old (n = 607-621)	37%	43%	59%	12%	9%	20%
16+ years old (n = 441-447)	41%	49%	62%	12%	8%	16%
Male (n = 354-364)	32%	36%	47%	8%	6%	12%
Female (n = 649-659)	42%	50%	66%	14%	11%	21%
Disabled young people (n = 441-451)	44%	54%	68%	15%	10%	25%
Rainbow and takatāpui (n = 729-744)	45%	53%	67%	15%	12%	21%
Had a SW visit (n = 558-572)	40%	48%	62%	14%	10%	20%
Had a FGC (n = 455-465)	38%	47%	63%	13%	9%	20%
Ever in care (n = 187-194)	41%	46%	59%	17%	13%	29%
Currently in care (n = 56-59)	41%	41%	53%	13%	13%	21%

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.

10.2. Unwanted sexual contact

Overall, 39% of young people in the Oranga Tamariki cohort reported unwanted sexual contact – more than twice the 19% in the overall school sample. The percentage experiencing unwanted sexual touching was higher for rainbow, takatāpui, and disabled young people, females and those who had ever been or were currently in the care of Oranga Tamariki.

Young people in the Oranga Tamariki cohort gave an average rating of 8.0 on a scale running from 0 (very often) to 10 (not at all) for if they had ever felt pressured to do things they or someone else saw in porn (Table 37). The average rating for the overall school sample was 8.9.



Table 36. Unwanted sexual contact



	I have ...	
	Been touched in a sexual way or made to do sexual things I didn't want to (Percentage yes)	Been pressured to do things I or someone saw in porn (mean score on scale of 0 very often to 10 not at all)
Overall School	19% (17% - 20%)	8.9 (8.7 - 9.0)
Overall Community	35%	7.9
All Oranga Tamariki	39%	8.0
European (n = 825-929)*	40%	8.1
Māori (n = 561-669)	42%	7.9
Pacific (n = 179-229)	38%	7.5
Asian (n = 92-104)	42%	7.1
12 – 15 years old (n = 623-731)	39%	8.0
16+ years old (n = 449-487)	40%	7.9
Male (n = 362-432)	20%	8.1
Female (n = 666-739)	47%	8.0
Disabled young people (n = 456-508)	54%	7.7
Rainbow and takatāpui (n = 742-790)	60%	7.4
Had a SW visit (n = 566-651)	43%	8.0
Had a FGC (n = 462-532)	44%	7.9
Ever in care (n = 194-224)	50%	7.8
Currently in care (n = 61-68)	49%	8.4

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



10.3. Bullying

Around half (52%) of young people in the Oranga Tamariki cohort said they had experienced bullying in the last 12 months compared to 37% in the overall school sample and 46% in the community cohort (Table 38). Most commonly young people were bullied through being teased or verbally abused (59%).

In the Oranga Tamariki cohort, young people currently in care reported the highest percentage of having experienced bullying in the last 12 months. Rainbow, takatāpui, female and disabled young people and those currently in Oranga Tamariki care reported higher ratings for experiencing bullying within the last 12 months.

What would help you have a good life, now and in the future

Reduced harm:

"For my family to just get along, no yelling, screaming or cursing."

"To not be harassed and bullied."

"Stop vaping."





Percentage of young people experiencing bullying who experienced the following types of bullying in the last 12 months ...
(Percentage yes)

	I have experienced bullying in the last 12 months (Percentage yes)	A message, or a message I got online	A rumour about me e.g. on social media	Pushed or shoved around	Teased or verbally abused	Physically hit or harmed
Overall School	37% (34% - 39%)	34% (30% - 37%)	38% (35% - 41%)	20% (17% - 23%)	61% (59% - 63%)	21% (19% - 24%)
Overall Community	46%	47%	47%	22%	67%	31%
All Oranga Tamariki	52%	42%	49%	23%	59%	30%
European (n = 453-859)*	54%	44%	51%	24%	60%	29%
Māori (n = 276-591)	49%	44%	54%	26%	54%	32%
Pacific (n = 80-194)	43%	34%	41%	24%	51%	34%
Asian (n = 49-98)	51%	39%	49%	27%	51%	43%
12 – 15 years old (n = 350-649)	56%	43%	47%	28%	60%	33%
16+ years old (n = 206-469)	45%	41%	52%	15%	57%	26%
Male (n = 148-378)	41%	41%	42%	33%	59%	39%
Female (n = 376-692)	57%	43%	52%	20%	58%	27%
Disabled young people (n = 269-466)	59%	46%	52%	24%	62%	35%
Rainbow and takatāpui (n = 365-775)	60%	51%	54%	32%	68%	38%
Had a SW visit (n = 303-599)	52%	44%	50%	24%	58%	33%
Had a FGC (n = 253-488)	53%	45%	50%	24%	59%	34%
Ever in care (n = 110-211)	56%	45%	55%	26%	55%	39%
Currently in care (n = 36-62)	61%	44%	61%	36%	44%	47%

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



10.4. Other harm

Just under half (48%) of young people in the Oranga Tamariki cohort had never been in a serious physical fight compared to two-thirds (69%) in the overall school sample (Table 39). Young people who had ever been in the care of Oranga Tamariki were more likely than other groups to have been in a serious fight.

Table 38. Percentage of young people that have been in a serious physical fight (n = 1,133)

	Never	Not in the 12 months	Once or twice	Three or four times	Five or more times
All Oranga Tamariki	48%	16%	20%	7%	9%
Overall school	69%	12%	13%	3%	3%
Overall community	48%	14%	21%	8%	10%
European (n = 866)	49%	17%	20%	7%	8%
Māori (n = 600)	39%	18%	22%	8%	13%
Pacific (n = 193)	44%	16%	20%	7%	13%
Asian (n = 98)	38%	16%	22%	5%	18%
12 – 15 years old (n = 475)	43%	13%	24%	8%	12%
16+ years old (n = 658)	52%	19%	17%	6%	7%
Male (n = 371)	41%	18%	24%	6%	11%
Female (n = 682)	53%	15%	19%	6%	8%
Disabled (n = 476)	41%	16%	25%	8%	9%
Rainbow and takatāpui (n = 324)	45%	19%	19%	7%	10%
Had a SW visit (n = 597)	44%	17%	21%	8%	10%
Had a FGC (n = 492)	45%	16%	22%	8%	10%
Ever in care (n = 206)	34%	16%	26%	8%	16%
Currently in care (n = 63)	38%	13%	25%	8%	16%



In the last 12 months one-third (31%) of young people in the Oranga Tamariki cohort had been hit or physically harmed by a person they did not live with compared to 17% in the overall school sample. This percentage was higher for those who had ever been in Oranga Tamariki care.

A small percentage (15%) of young people in the Oranga Tamariki cohort said they had gambled for money or precious things in the last four weeks – close to twice the percentage in the overall school sample (which was 8%). The percentage was higher for Asian young people and those currently in care.

Police had been involved with 27% of young people in the Oranga Tamariki cohort compared to 10% in the overall school sample (Table 40). This percentage was higher for young people who were ever in care and those currently in care.



Table 39. Other harm

I have ... (Percentage yes)

	Been hit or physically harmed on purpose by a person I don't live with in the last 12 months	Gambled for money or bet precious things in the last 4 weeks	Been in trouble with the police in the last 12 months (once and more than once)
Overall School	17% (16% - 18%)	8% (7% - 9%)	10% (9% - 11%)
Overall Community	26%	13%	33%
All Oranga Tamariki	31%	15%	27%
European (n = 830-984)*	32%	15%	26%
Māori (n = 561-728)	35%	20%	32%
Pacific (n = 180-249)	32%	22%	36%
Asian (n = 91-112)	36%	25%	34%
12 – 15 years old (n = 625-794)	36%	17%	30%
16+ years old (n = 452-531)	24%	13%	24%
Male (n = 361-488)	33%	21%	33%
Female (n = 671-780)	31%	13%	26%
Disabled young people (n = 457-541)	37%	18%	31%
Rainbow and takatāpui (n = 744-811)	35%	17%	28%
Had a SW visit (n = 571-702)	36%	16%	31%
Had a FGC (n = 467-572)	34%	17%	30%
Ever in care (n = 201-255)	42%	23%	43%
Currently in care (n = 63-73)	38%	29%	38%

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



10.5. Smoking and vaping

Almost half (45%) of young people in the Oranga Tamariki cohort had smoked a cigarette and 73% had ever vaped (Table 41).

A higher percentage of young people in the Oranga Tamariki cohort reported having smoked or vaped than the overall school sample. Of those in the Oranga Tamariki cohort who had smoked or vaped, 25% and 41% were worried about their smoking or vaping respectively. Approximately half (54%) of those who vaped had smoked cigarettes before they began vaping or using e-cigarettes.

In the Oranga Tamariki cohort, young people who were currently in care and those who had ever been in care as well as rangatahi Māori reported higher percentages of having ever smoked or vaped. Females were more likely to have smoked or vaped than males.



Table 40. Smoking and vaping



	I have ever smoked a whole cigarette e.g., cigarettes, tobacco, roll-your-owns (Percentage yes)	(Of those who have smoked a cigarette) Have worried about how much I smoke cigarettes (Percentage yes)	Have ever vaped e.g., vaporisers, e-cigarettes (Percentage yes)	I smoked ordinary cigarettes (tobacco) when I first began vaping or using e-cigarettes (Percentage yes)	(Of those who have vaped) Have worried about how much I use e-cigarettes or vapes (Percentage yes)
Overall School	21% (19% - 23%)	21% (17% - 24%)	48% (44% - 51%)	40% (37% - 44%)	39% (35% - 43%)
Overall Community	49%	9%	70%	68%	16%
All Oranga Tamariki	45%	25%	73%	54%	41%
European (n = 394-959)*	44%	22%	73%	52%	41%
Māori (n = 353-701)	54%	29%	80%	58%	42%
Pacific (n = 105-240)	48%	30%	80%	54%	44%
Asian (n = 46-108)	45%	20%	70%	52%	41%
12 – 15 years old (n = 289-763)	41%	27%	70%	57%	41%
16+ years old (n = 239-563)	51%	23%	77%	52%	43%
Male (n = 162-453)	39%	28%	66%	55%	40%
Female (n = 346-766)	48%	23%	77%	53%	43%
Disabled young people (n = 264-529)	53%	27%	77%	59%	42%
Rainbow and takatāpui (n = 314-817)	53%	24%	74%	61%	38%
Had a SW visit (n = 318-678)	50%	23%	76%	56%	41%
Had a FGC (n = 269-554)	51%	25%	78%	57%	44%
Ever in care (n = 132-238)	59%	27%	79%	62%	46%
Currently in care (n = 41-71)	61%	37%	86%	60%	48%

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



10.6. Alcohol and cannabis

Approximately one-third (35%) of young people were worried or sometimes worried about drug use or drinking by anyone they live with compared to 22% in the overall school sample (Table 42).

Table 41. Percentage of young people worried about drug use or drinking by anyone they live with (n = 1,224)

	Yes	Sometimes	No	Not applicable
All Oranga Tamariki	16%	19%	59%	6%
Overall school	8%	14%	72%	6%
Overall community	14%	16%	63%	7%
European (n = 925)	15%	19%	60%	5%
Māori (n = 669)	16%	21%	58%	5%
Pacific (n = 222)	18%	17%	56%	9%
Asian (n = 103)	18%	11%	60%	11%
12 – 15 years old (n = 538)	15%	22%	57%	5%
16+ years old (n = 685)	16%	17%	60%	7%
Male (n = 417)	12%	15%	65%	7%
Female (n = 720)	17%	21%	56%	6%
Disabled (n = 506)	21%	20%	53%	6%
Rainbow and takatāpui (n = 337)	21%	21%	52%	6%
Had a SW visit (n = 650)	17%	20%	58%	6%
Had a FGC (n = 531)	15%	19%	58%	7%
Ever in care (n = 226)	16%	21%	56%	7%
Currently in care (n = 65)	14%	23%	52%	11%



Overall, 84% of young people in the Oranga Tamariki cohort had drunk alcohol compared to 67% in the overall school sample and 79% in the community cohort (Table 43). Binge drinking, defined as consuming five or more drinks on an occasion for men or four or more drinks on an occasion for women, is associated with many health problems.¹⁴ 59% of the Oranga Tamariki cohort are defined as 'binge drinkers', compared to 47% in the overall school sample.

Of young people in the Oranga Tamariki cohort who had drunk alcohol (n = 1,066), 59% had drunk five or more drinks in a four-hour period at least once in the past four weeks. This reported experience of binge-drinking represented 46% of young people overall in the Oranga Tamariki cohort.

A similar percentage (52%) of the Oranga Tamariki cohort had ever used cannabis compared to 26% in the overall school sample. In the Oranga Tamariki cohort, the percentage who had ever used cannabis was higher for young people who had ever been in Oranga Tamariki care and those currently in care as well as rainbow, takatāpui and disabled young people, those 16 years or older and rangatahi Māori.

¹⁴ <https://www.hpa.org.nz/sites/default/files/ABAS%20youth%2015-24%20REPORT%20FINAL.pdf>



I have ... (Percentage yes)

	Drunk alcohol (ever)	(Of those who have drunk alcohol) Had 5+ drinks within 4 hours (during the past four weeks)	Used cannabis (ever)
Overall School	67% (64% - 69%)	47% (45% - 50%)	26% (23% - 29%)
Overall Community	79%	60%	57%
All Oranga Tamariki	84%	59%	52%
European (n = 804-957)*	86%	60%	51%
Māori (n = 587-699)	87%	63%	62%
Pacific (n = 183-237)	81%	64%	55%
Asian (n = 80-108)	77%	61%	48%
12 – 15 years old (n = 599-761)	81%	55%	46%
16+ years old (n = 438-504)	88%	67%	60%
Male (n = 338-449)	77%	61%	48%
Female (n = 656-766)	88%	60%	54%
Disabled young people (n = 456-526)	89%	63%	60%
Rainbow and takatāpui (n = 668-816)	88%	58%	60%
Had a SW visit (n = 556-673)	84%	62%	57%
Had a FGC (n = 460-551)	85%	64%	59%
Ever in care (n = 193-238)	84%	67%	67%
Currently in care (n = 59-71)	85%	58%	62%

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



10.7. Other drugs

The percentages of the Oranga Tamariki cohort who had ever used various other drugs ranged from 14% for synthetic cannabis to 28% for huffing glue (Table 44). The percentages reporting use of other substances was higher than the percentage in the overall school sample. In the Oranga Tamariki cohort, higher percentages of disabled, rainbow and takatāpui young people had misused prescription drugs.

Of those who had used other drugs in the Oranga Tamariki cohort (n = 236), nearly half (48%) were worried at least sometimes about how much they used other substances.



Table 43. Other drugs

I have ... (Percentage yes)

	Smoked synthetic cannabis (ever)	Used prescription drugs in a way they were not intended to be used (ever) e.g. Ritalin	Used other drugs that can cause a high or trip (ever) e.g. acid (tabs), P, speed, ecstasy (MDMA), homebake, etc.	Huffed or sniffed glue, bleach, petrol, aerosol cans or similar (ever)	(Of those who used other drugs) Worried about how much I use other drugs (sometimes or yes)
Overall School	5% (5% - 6%)	9% (8% - 10%)	9% (7% - 10%)	18% (16% - 19%)	24% (22% - 26%)
Overall Community	18%	22%	26%	25%	37%
All Oranga Tamariki	14%	22%	19%	28%	48%
European (n = 175-943)*	14%	24%	19%	28%	46%
Māori (n = 155-684)	19%	24%	23%	31%	50%
Pacific (n = 57-230)	20%	20%	25%	28%	35%
Asian (n = 30-107)	24%	36%	29%	36%	40%
12 – 15 years old (n = 87-746)	13%	21%	17%	33%	44%
16+ years old (n = 148-498)	16%	24%	23%	20%	50%
Male (n = 82-442)	14%	18%	21%	22%	43%
Female (n = 128752)	15%	24%	19%	31%	53%
Disabled young people (n = 125-517)	18%	33%	24%	34%	54%
Rainbow and takatāpui (n = 88-808)	18%	35%	26%	33%	35%
Had a SW visit (n = 139-664)	16%	24%	21%	27%	53%
Had a FGC (n = 125-542)	18%	28%	23%	27%	55%
Ever in care (n = 65-234)	20%	27%	28%	33%	54%
Currently in care (n = 16-70)	10%	26%	23%	20%	50%

* Note: N value ranges represent the highest and lowest numbers of young people who answered the questions in each table. Response numbers are affected by young people skipping questions, finishing the survey early, or in some cases not meeting conditions for answering some questions.



10.8. What do we know from other surveys?

Oranga Tamariki young people’s exposure to physical harm at home was lower compared to Youth’19 (Table 45). Experience of unwanted sexual contact and being in trouble with police were similar.

Young people in the Oranga Tamariki cohort reported a higher percentage of binge drinking than Youth’19.

Table 44. Comparison of selected results to past surveys focusing on youth wellbeing

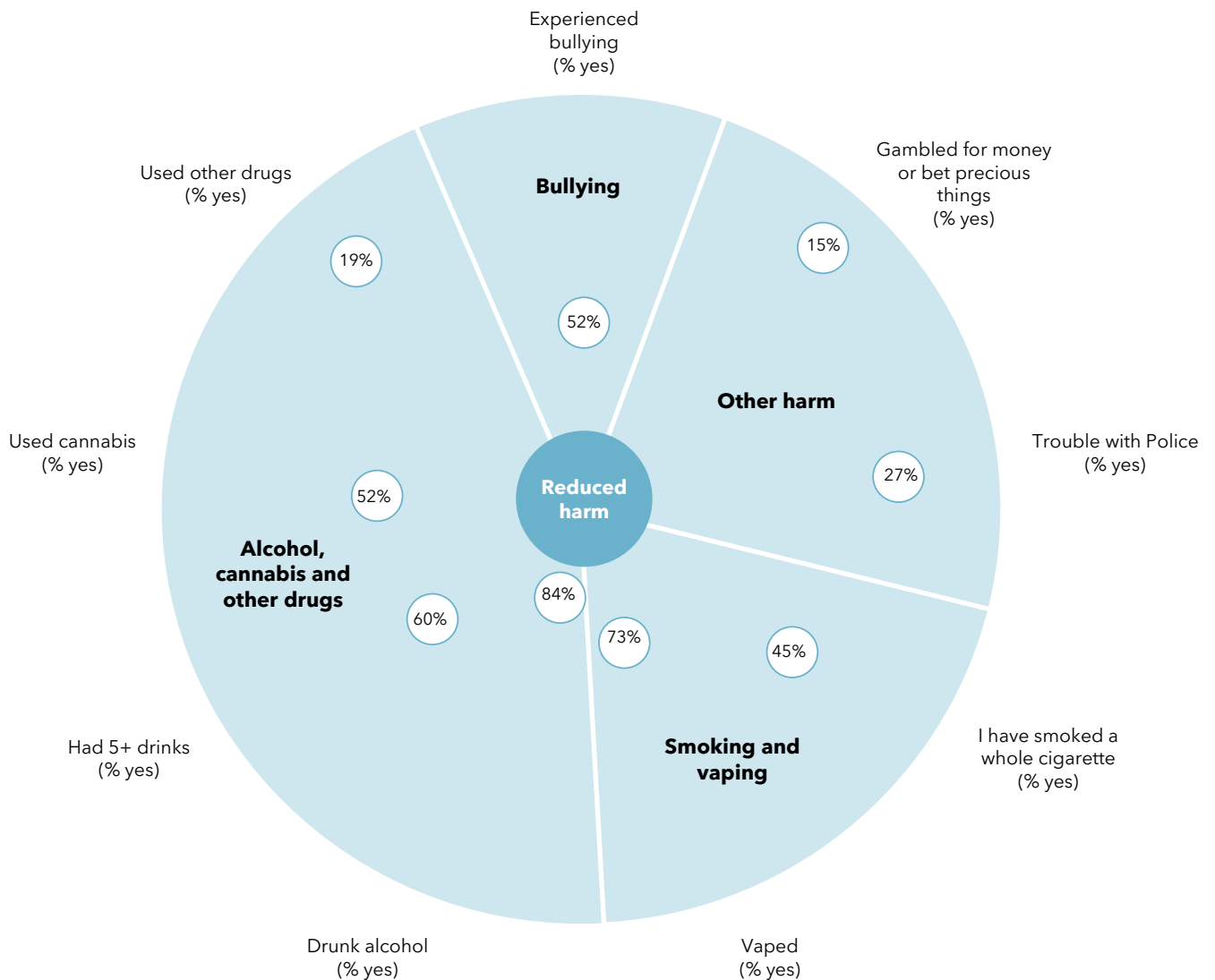
Question from <i>What About Me?</i>	Youth’19 Youth2000 series	2021 <i>What About Me?</i>
In the last 12 months have adults in the places where you usually live hit or physically hurt you? <i>Percentage yes</i>	26% (22% - 31%)	18%
Have you ever been touched in a sexual way or made to do sexual things that you didn't want to? <i>Percentage yes</i>	38% (34% - 42%)	39%
In the last 12 months have you ever been in trouble with the police? <i>Percentage yes</i>	23% (20% - 27%)	27%
During the past four weeks, how often did you drink 5 or more alcoholic drinks in one session (within 4 hours)? <i>Once or more, percentage of all respondents</i>	29% (24% - 33%)	46%



10.9. Overview: Experience of harm

Figure 26 shows a selection of the results for the experience of harm theme.

Figure 26. Overall results for the experience of harm theme



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.



Appendix 1:

Details of the methods and how
to read tables in this report



Overview of the survey method

The Youth2000 series of surveys included the first nationally representative health and wellbeing survey of New Zealand secondary school students. The first survey was conducted by the University of Auckland's Adolescent Health Research Group (AHRG)¹⁵ in 2001.¹⁶ This survey series was repeated in 2007, 2012 and most recently in 2019. The survey method we have used for *What About Me?* drew in part on the approaches used successfully in those earlier surveys. In particular, the questionnaire development phase asked stakeholders to consider which questions used in the Youth2000 surveys would be most valuable to include.

A full summary of the survey method can be found in the accompanying technical report. An overview is provided below.

Core components of the survey approach: The core parts of our approach to the survey included:

- A holistic approach to health and wellbeing that considered the different dimensions of young people's lives.
- A youth-centred survey that collected meaningful information about how young people saw their lives.
- Useful and usable information to inform policy development and service delivery and to provide a foundation for tracking progress.
- Strengths-based measures to complement many of the administrative data measures that were deficit based.
- An accessible survey with length and language that did not exclude young people with literacy or language challenges.
- An interactive reporting tool to provide schools and youth services with information about the young people they support.
- A full data set for government to underpin additional analyses.

Questionnaire development: We ran an extensive consultation process with stakeholders across government and with other organisations supporting and advocating for young people. Participants in the consultation process identified the information they most needed, including considering which questions included in past youth health and wellbeing surveys (including the Youth2000 series) would be most important to repeat to assess possible changes over time.

¹⁵ The AHRG now includes researchers from universities within New Zealand and overseas.

¹⁶ Information and publications on the Youth2000 series are collated at: www.fmhs.auckland.ac.nz/en/faculty/adolescent-health-research-group/publications-and-reports/publications-by-topic.html



The survey: Young people completed the survey on tablets. The survey was available in English, te reo Māori in written and audio formats. Earphones were provided to assist young people who found it easier to hear the questions alongside reading them. A video option was available for young people who wanted to read the survey in New Zealand Sign Language. Some tablets were available for young people with visual disability to use with a reader.

Sample: We intended to survey 14,000 young people with 11,500 in-school completions and 2,500 community cohort completions. The final sample size of 7,209 in school and 502 in the community was limited by the impact of COVID-19 on fieldwork.

We included all young people who said 'Yes' to "Have you or anyone in your family ever been involved with Child Youth & Family Services (CYFS) or Oranga Tamariki?" This approach has the advantage of including the largest possible cohort of young people for analysis. It does however limit our ability to generate confidence intervals because it combines young people reached through two different sampling strategies.

The survey questions were not compulsory, so each question contains a varying amount of missing data from young people who skipped, answered 'don't know' or who did not progress far enough through the survey, particularly if some groups of young people were more likely to miss answering questions – for example, those who were slower to make their way through the survey and ran out of time.

Survey timing: The intention was to complete survey fieldwork in school terms 2-3 of 2019. However, delays in gaining ethics approval in 2019 and 2020 COVID lockdowns resulted in fieldwork being completed in 2021.

The COVID-19 lockdowns in 2021 impacted the survey fieldwork. School closures meant planned fieldwork had to be cancelled. The impacts of the reduced sample size include:

- A smaller than planned survey response, especially for the community cohort, limiting sub-group comparisons and the strength of overall results
- Limited coverage of some regions, particularly for the community cohort (Table 1).

Survey weighting: Results in other reports for the overall school sample were weighted to school roll information from the Ministry of Education. Comparable information was not available for community settings. Because we combined cases from the school sample with cases from the non-representative community cohort in order to create the Oranga Tamariki cohort we can not apply weighting.



How to read the tables and figures in this report

Main result tables

Tables show the results for questions grouped into themes, as in the example below.

1. This is the stem and rating scale shared by the questions below. The question column here can be read as: I feel accepted ... by the people I live with. Young people answered by giving a rating between 0 and 10, where 0 represented disagree and 10 agree. The mean of their ratings is reported.
2. Results for the *What About Me?* school cohort overall, including Oranga Tamariki involved and all other young people reached in school settings.
3. Results for the *What About Me?* community cohort, including Oranga Tamariki involved and all other young people reached in community settings.
4. The results to each question for all young people involved with Oranga Tamariki are in the 'All Oranga Tamariki' row.
5. Subsequent rows report results for young people sharing a characteristic. The n-values shown are the range between the smallest number of responses and the largest number of responses to questions in the table.

Each cell provides the point estimate for the group of young people identified in the row heading for the question in the column heading.

Example results table

1. I feel accepted ... (mean on scale of 0 disagree to 10 agree)

	By the people I live with	At school/ kura (currently attending)	At work	By others	By my friends
2. Overall school					
3. Overall community					
4. All Oranga Tamariki					
5. European (n = 593-986)					
Māori (n = 387-729)					



Comparisons between subgroups of young people

The tables report results for different sub-groups of young people in the Oranga Tamariki cohort:

- Ethnicities¹⁷ – European, Māori, Pacific and Asian
- Gender – Young people who identified male or female as their gender
- Age – 12 to 15 year olds and 16+ year olds
- Rainbow and takatāpui – young people identified as rainbow and takatāpui
- Disability – young people who fitted the criteria for the third definition of disability defined by the Washington Group questions used in the survey.

For each sub-group it is useful to understand the prevalence of each finding. Comparisons between groups to identify average differences can also be useful from the perspective of equity. In interpreting results and comparisons between sub-groups, we need to be mindful of the small sample size of some sub-groups, the non-representative nature of the sample and that only simple comparisons between means are outlined.

It is important to understand that the results for each of the sub-groups are not standardised to age, gender, ethnicity or any other characteristic. Differences between groups may be driven by differences in their composition. Greater or lesser representation of characteristics such as gender, ethnicity and socioeconomic status influence the results recorded for each group. All young people live in different contexts – such as different living arrangements, family/whānau incomes, gender, sexuality, friendships and whether they are born in Aotearoa New Zealand or not. These different contexts also influence their wellbeing.

It is important not to assume the cause of any possible differences between groups. Identifying the cause of differences observed requires more complex investigation of the data than presented here. The survey dataset is available for statistical experts to carry out some of these analyses.

Overview charts

The overview charts provide a summary of the results for each theme. Abbreviated question text is provided around the outside, and questions are split into sub-themes by the white dividing lines.

The circled numbers give the overall result for the question, which may be a mean result or a percentage. Results are positioned closer to the outside if they are closer

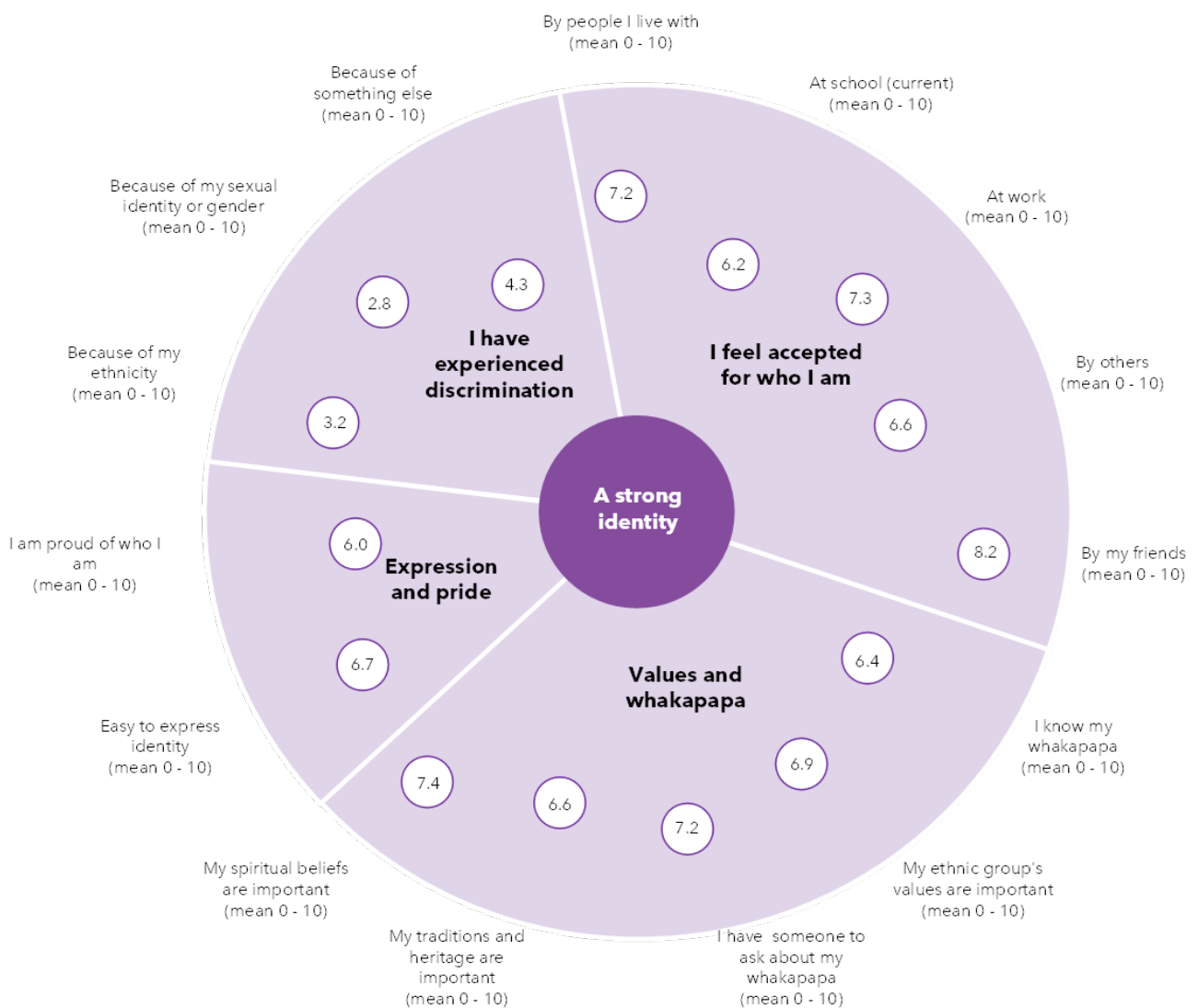
¹⁷ If young people identified with more than one ethnicity, their results were included with each ethnicity they identified. For example, if they identified as both Māori and Pacific, their results will be included in both groups.



to the most positive result (strengths). They are closer to the centre if they are closer to the most negative result (weaknesses).

The overview for the identity theme is shown below. They present overall results only. Note that for the questions on discrimination, low scores were most positive and indicated that the young person did not experience discrimination so they are closer to the outside edge. For the questions on feeling accepted, high scores were the most positive and indicated high acceptance so they are closer to the outside edge.

Example overview chart



The quotations included in this report

Quotations from young people are presented in each section to illustrate some of the key themes in the survey results. The quotations come from young people's responses to the question asked at the end of the survey: What would help you have a good life, now and in the future?

Comparisons between the Oranga Tamariki cohort and the other *What About Me?* Survey reports

Young people in the Oranga Tamariki cohort are drawn from both the school sample and the community cohort. They answered the same questions but the approach to sampling and selection as different. The overall school sample of young people was randomly selected, allowing for weighting and confidence intervals. The findings from the overall community cohort provided a snapshot of the wellbeing, resilience, strengths and hopes for the future of 502 young people reached through a non-random selection.

Findings from the Oranga Tamariki cohort can be compared to the overall school sample and the overall community cohort for insight into the challenges they face and their support needs. However, because the Oranga Tamariki cohort includes both random and non-random selection approaches, we do not know how representative the young people are of all young people who have been involved with Oranga Tamariki.

Comparisons with other surveys

We compare the survey results of *What About Me?* with the data from Just Sayin' surveys and the Youth'19 survey.

Youth2000, the first nationally representative health and wellbeing survey of New Zealand young people, was completed by the Adolescent Health Research Group of Auckland University in 2001.¹⁸ The survey was repeated in 2007, 2012 and most recently in 2019. Youth19 reported results for 673 (9%) secondary school students who had been involved with Oranga Tamariki or Child Youth and Family Services. These results are included in this report for comparison where the questions were consistent. They include young people in the same age range as *What About Me?*

¹⁸ Information and publications on the Youth2000 series are collated at: www.fmhs.auckland.ac.nz/en/faculty/adolescent-health-research-group/publications-and-reports/publications-by-topic.html



Just Sayin' is a series of surveys completed as part of the wider evaluation of the Oranga Tamariki Transition Support Service. The survey aimed to reach young people aged 16 – 21 so they are compared to *What About Me?* results for the 16+ age group.

The table below shows the details of the above surveys:

	Youth'19 Youth 2000 Series	2020 Just Sayin' 1	2021 Just sayin' 2	2022 Just Sayin' 3	2021 What About Me?
Data source	673 (9%) Year 9-13 students ever involved with Oranga Tamariki.	93 young people who aged 17-18 and have been in Oranga Tamariki care for more than three months.	331 young people who aged 16-21 and have been in Oranga Tamariki care for more than three months and are eligible for support from a transition worker.	408 young people aged 16-21 who have been in Oranga Tamariki care for more than three months and are eligible for support from a transition worker.	1,351 young people aged 12-20 who have or anyone in their family have been involved with Oranga Tamariki.

Question for Oranga Tamariki involvement	Have you ever been involved with Oranga Tamariki or Child, Youth and Family Services (CYFS)? E.g., someone was worried about your safety or protection.	Sample sourced from Oranga Tamariki administrative data so all involved with Oranga Tamariki by definition.	Have you or anyone in your family ever been involved with Child Youth & Family Services (CYFS) or Oranga Tamariki?
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Appendix 2:

Approaches to participant safety



What About Me? was reviewed by the Health and Disability Ethics Committee in 2019 and approval was granted for participation by year 9 to 13 students. An extensive safety process was clearly defined and included a pilot study to assess if any additional safety considerations were required.

In both the school sample and the community cohort, young people had access to staff to support them before, during and after the survey. In all schools and most community organisations, a member of our team explained the survey, the consent processes and where to get help. In the remaining community organisations a staff member was trained to provide the explanation. Prior to the survey, a member of our team asked the organisation to identify any young people who may be at additional risk through completing the survey and to consider whether they should be included in the survey sample.

Approaches to participant safety in community organisations are detailed below (Table 46). There were some differences between schools and community organisations. Safety in schools I outlined in the technical report.

Table 45. Components of the safety plan

Safety plan components	Details
Project design	
Team training	The research team was trained by Youthline to identify and respond to signs of distress. A youth worker was included in the data collection alongside a researcher both for additional safety and to introduce survey participants to someone they could contact locally.
Ethics review	The study protocol has been extensively reviewed by the Health and Disability Ethics committee and the Health Research Council in addition to review from experts in working with at-risk young people.
Pilot study	A pilot study with eight schools was undertaken to assess if there were any additional safety considerations for the main data collection.
School and organisation planning	
Safety and operational plan development	An operational and safety plan was filled out with each participating school and community organisation. The plans ensured each aspect of the approach to managing risk had been agreed with schools/ community organisations in advance and were in place during data collection.
Identification of at-risk young people	Part of the planning process was identifying young people who were at higher risk of requiring support during or after completing the survey. Community organisations identified young people at higher risk based



Safety plan components	Details
	on their professional expertise and/or knowledge of each young person. Individual safety plans were created for these young people.
Whānau were advised of the survey	In the community settings, young people were encouraged to share the survey information sheet with their whānau.
Safety during survey completion	
Pastoral care available on-site during data collection	In the community settings, the organisation confirmed there would be clinical and/or youth/social worker staff present when data collection was taking place.
Verbal briefing before survey starts	Before commencing the survey consent process, we conducted a verbal briefing to young people about what support was available and how to access it.
'Where to get help' cards	Every young person was given a 'Where to get help' card which had contact details for Youthline, school support and other support services. These contact details included phone, text, email and web-based modes. Copies can be seen on the website www.whataboutme.nz .
Help form in survey	A 'get help' button was visible on every page of the survey. Clicking the 'get help' button exited young people from the survey and to a 'help' form. This was not connected to the survey data. Completing the form generated an email to designated staff so they could follow-up with the young person. The email contact and process were agreed and tested before data collection. The young person could not re-enter the survey.



Appendix 3:

Data Tables



Data Table A1: Demographics of Oranga Tamariki cohort. Percentages show how many of the young people with the characteristic listed at the start of each row also identified with the characteristics listed in the column headings. For example, the top row shows the overall percentage of respondents who identified as European, Māori, Pacific Peoples, etc. The row labelled ‘European’ shows the percentage of European respondents who also identified as Māori, Pacific Peoples, Asian, etc.

	European	Māori	Pacific people	Asian	MELAA	12-15 years old	16+ years old	Male	Female	Rainbow and takatāpui	Disabled	Had a SW visit	Had a FGC	Ever in care	Currently in care
All Oranga Tamariki	74%	55%	19%	8%	1%	45%	55%	36%	58%	30%	42%	55%	46%	20%	6%
All Oranga Tamariki (n values)	994	738	256	113	14	601	746	477	773	355	547	710	581	257	74
European		48%	13%	7%	1%	45%	55%	34%	59%	30%	44%	53%	45%	17%	34%
Māori	65%		25%	7%	0%	45%	55%	33%	60%	28%	43%	58%	49%	25%	31%
Pacific Peoples	51%	71%		17%	0%	48%	52%	41%	54%	24%	45%	58%	46%	21%	37%
Asian	59%	48%	38%		1%	43%	57%	40%	45%	43%	44%	55%	46%	24%	32%
MELAA	50%	14%	0%	7%		79%	21%	36%	43%	33%	23%	57%	36%	7%	0%
12 – 15 years old	75%	56%	21%	8%	2%		0%	38%	55%	29%	39%	54%	43%	23%	34%
16+ years old	74%	54%	18%	9%	0%	0%		33%	60%	31%	44%	55%	48%	17%	25%
Male	72%	52%	22%	10%	1%	48%	52%		0%	15%	29%	51%	41%	20%	31%
Female	76%	58%	18%	7%	1%	43%	57%	0%		29%	45%	56%	48%	20%	30%
Rainbow and takatāpui	78%	49%	14%	12%	1%	41%	59%	16%	57%		59%	59%	48%	20%	34%
Disabled	78%	57%	21%	9%	1%	42%	58%	24%	63%	42%		56%	50%	21%	31%
Had a SW visit	73%	59%	20%	8%	1%	44%	56%	34%	59%	32%	43%		68%	27%	33%
Had a FGC	73%	60%	19%	9%	1%	42%	58%	31%	61%	31%	46%	81%		30%	32%
Ever in care	65%	71%	20%	10%	0%	52%	48%	35%	59%	33%	45%	74%	69%		30%
Currently in care	73%	74%	23%	11%	0%	60%	40%	36%	60%	39%	46%	82%	73%	100%	



Data Table A2. Sexual identity of young people (n = 1,166, select multiple)

Sexual identity	%
Straight/ hetero	76%
Bisexual	16%
Pansexual	7%
Queer	4%
Gay or lesbian	6%
Mostly straight	13%
Asexual	3%
I am not sure yet / questioning	4%
Mostly gay or lesbian	2%
Something else not listed above	1%
Takatāpui	1%
I'm not comfortable answering this question	0%
I don't understand this question	0%

Data Table A3. Young people's responses to each of questions from Washington Group Short Set on Functioning (n = 1,259 – 1,291)

	No difficulty	Yes some difficulty	Yes a lot of difficulty	Cannot do at all
Seeing, even if wearing glasses (n = 1281)	65%	29%	5%	1%
Hearing, even if using a hearing aid (n = 1265)	77%	20%	2%	1%
Walking or climbing steps (n = 1291)	78%	17%	3%	1%
Remembering or concentrating (n = 1286)	20%	45%	31%	4%
With self-care such as washing all over or dressing (n = 1285)	80%	12%	6%	2%
Communicating using your usual language (n = 1259)	58%	31%	9%	2%

Data Table A4. Young people's responses to Washington Group Short Set on Functioning based on their inclusion within Disability 3 (n = 547)

		No difficulty	Yes some difficulty	Yes a lot of difficulty	Cannot do at all
Seeing, even if wearing glasses?	Communicating using your usual language	36%	38%	22%	5%
Hearing, even if using a hearing aid?	With self-care such as washing all over or dressing	65%	17%	14%	4%
Walking or climbing steps?	Remembering or concentrating	4%	13%	72%	11%
Remembering or concentrating?	Walking or climbing steps	64%	25%	8%	4%
With self-care such as washing all over or dressing?	Hearing, even if using a hearing aid	65%	28%	5%	3%
Communicating using your usual language, for example understanding or being understood?	Seeing, even if wearing glasses	48%	38%	11%	3%



Data Table A5. Percentage of young people who had social workers visit them or their families (n = 1,351)

Cohort	%
All Oranga Tamariki	53%
European (n = 994)	52%
Māori (n = 738)	56%
Pacific (n = 256)	55%
Asian (n = 113)	52%
12 – 15 years old (n = 601)	52%
16+ years old (n = 746)	53%
Male (n = 477)	50%
Female (n = 773)	54%
Disabled (n = 547)	54%
Rainbow and takatāpui (n = 355)	57%

Data Table A6. Percentage of young people who had Family Group Conference meetings with social workers, their families, and others (e.g. living with another adult or family organised by CYFS or Oranga Tamariki) (n = 1,351)

Cohort	%
All Oranga Tamariki	43%
European (n = 994)	42%
Māori (n = 738)	46%
Pacific (n = 256)	43%
Asian (n = 113)	43%
12 – 15 years old (n = 601)	40%
16+ years old (n = 746)	45%
Male (n = 477)	38%
Female (n = 773)	46%
Disabled (n = 547)	48%
Rainbow and takatāpui (n = 355)	45%

Data Table A7. Percentage of young people who had also ever been in the care of Oranga Tamariki (e.g. living with another adult or family organised by CYFS/Oranga Tamariki) (n = 1,351)

Cohort	%
All Oranga Tamariki	19%
European (n = 994)	16%
Māori (n = 738)	24%
Pacific (n = 256)	20%
Asian (n = 113)	22%
12 – 15 years old (n = 601)	22%
16+ years old (n = 746)	16%
Male (n = 477)	19%
Female (n = 773)	19%
Disabled (n = 547)	20%
Rainbow and takatāpui (n = 355)	20%



Data Table A8. Percentage of Oranga Tamariki cohort were also currently in the care of Oranga Tamariki (e.g. living with another adult or family organised by CYFS/Oranga Tamariki) (n = 1,351)

Cohort	%
All Oranga Tamariki	19%
European (n = 994)	16%
Māori (n = 738)	24%
Pacific (n = 256)	20%
Asian (n = 113)	22%
12 – 15 years old (n = 601)	22%
16+ years old (n = 746)	16%
Male (n = 477)	19%
Female (n = 773)	19%
Disabled (n = 547)	20%
Rainbow and takatāpui (n = 355)	20%

Data Table A9. Percentage of young people with religious or spiritual beliefs and their importance and mean score for its importance (mean on scale of 0 not important to 10 important, the importance question for the mean rating was only asked of those who had religious or spiritual beliefs; n = 1,245)

	Religion or spiritual beliefs	Importance of my spiritual beliefs or religious faith
All Oranga Tamariki	48%	7.4
Overall school	42%	7.7
Overall community	47%	7.4
European (n = 928)	43%	7.1
Māori (n = 685)	52%	7.5
Pacific (n = 242)	71%	8.0
Asian (n = 107)	64%	8.1
12 – 15 years old (n = 551)	48%	7.5
16+ years old (n = 693)	48%	7.3
Male (n = 429)	47%	7.6
Female (n = 726)	48%	7.3
Disabled (n = 517)	51%	7.5
Rainbow and takatāpui (n = 333)	50%	7.0
Had a SW visit (n = 663)	49%	7.4
Had a FGC (n = 539)	50%	7.5
Ever in care (n = 233)	55%	7.6
Currently in care (n = 69)	55%	7.8



Data Table A10. Percentage of young people with a boyfriend, girlfriend or partner (n = 393)

Cohort	%
All Oranga Tamariki	33%
Overall school	23%
Overall community	37%
European (n = 300)	34%
Māori (n = 232)	37%
Pacific (n = 68)	33%
Asian (n = 32)	34%
12 – 15 years old (n = 155)	31%
16+ years old (n = 237)	35%
Male (n = 118)	30%
Female (n = 237)	34%
Disabled (n = 193)	39%
Rainbow and takatāpui (n = 126)	38%
Had a SW visit (n = 225)	36%
Had a FGC (n = 177)	35%
Ever in care (n = 87)	40%
Currently in care (n = 27)	42%

Data Table A11. Percentage of young people that were part of a group, club or team (n = 697)

Cohort	%
All Oranga Tamariki	57%
Overall school	65%
Overall community	43%
European (n = 538)	59%
Māori (n = 364)	55%
Pacific (n = 143)	65%
Asian (n = 65)	63%
12 – 15 years old (n = 309)	59%
16+ years old (n = 388)	56%
Male (n = 247)	60%
Female (n = 412)	57%
Disabled (n = 266)	53%
Rainbow and takatāpui (n = 159)	47%
Had a SW visit (n = 342)	53%
Had a FGC (n = 277)	52%
Ever in care (n = 110)	49%
Currently in care (n = 30)	46%



Data Table A12. Percentage of young people who help others in their neighbourhood or community (n = 581)

Cohort	Occasionally	Yes
All Oranga Tamariki	27%	21%
Overall school	30%	16%
Overall community	24%	19%
European (n = 431)	27%	20%
Māori (n = 324)	27%	23%
Pacific (n = 118)	26%	28%
Asian (n = 56)	27%	29%
12 – 15 years old (n = 244)	26%	22%
16+ years old (n = 336)	28%	21%
Male (n = 189)	25%	22%
Female (n = 353)	29%	21%
Disabled (n = 254)	29%	22%
Rainbow and takatāpui (n = 152)	28%	18%
Had a SW visit (n = 306)	25%	24%
Had a FGC (n = 252)	25%	24%
Ever in care (n = 114)	24%	28%
Currently in care (n = 30)	19%	29%

Data Table A13. Percentage of young people who had used different types of healthcare provider in the last 12 months (note: respondents could select as many as they wanted; n = 872)

Health care provider	%
Youth centre	45%
Hauora Māori provider	43%
Traditional or cultural healer	34%
Counsellor	32%
Family Planning or sexual health clinic	29%
Somewhere else	27%
School health clinic	25%
Pacific health provider	24%
A&E	22%
After-hours	20%
An alternative health worker	18%
Pharmacy or chemist shop	16%
Family doctor, medical centre or GP clinic	15%
Nowhere	15%

