

# Australia's largest and most comprehensive study of teenage mental health and wellbeing

What have we learned from over 6,300 students involved in the Future Proofing Study?

## Mental health and wellbeing



Sleep problems, feeling disconnected from peers at school, and feeling unsupported by family are some of the factors that put students at greater risk of developing symptoms of depression and anxiety in the future.

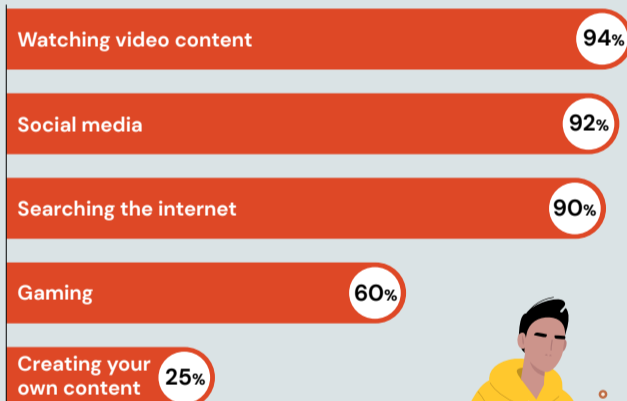
## Strategies for coping with stress

- 1 Gaming or watching TV/movies/YouTube
- 2 Spending time with friends or family
- 3 Spending time online or on social media
- 4 Resting or sleeping
- 5 Spending time alone
- 6 Doing a hobby
- 7 Doing physical exercise



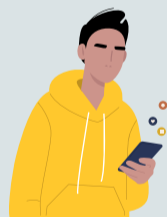
## Technology

Students are most likely to use technology for:

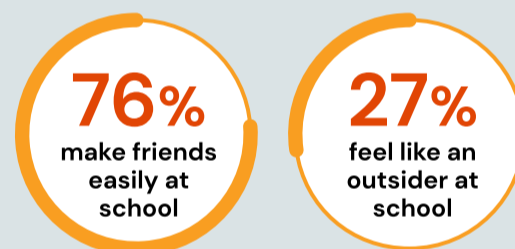


 **2-3hrs**  
on social media each day

 **79%**  
use social media to communicate with their peers



## Peer relationships

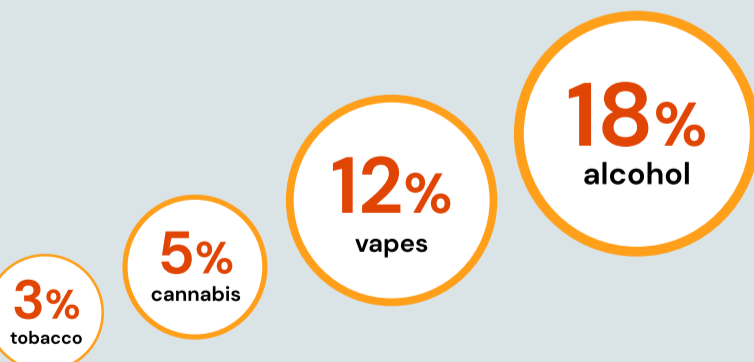


**12%** are bullied monthly or more

**14%** report they have bullied others

## Alcohol and drugs

The most common substances that Year 9 students use:



Students are approximately twice as likely to use alcohol and drugs if they're experiencing mental health problems like depression or anxiety.

## Top areas of concern

- 1 School and academics e.g. "Schoolwork"
- 2 Social relationships e.g. "Friend group issues"
- 3 Mental health and wellbeing e.g. "Feelings of anxiety"
- 4 Family and home life e.g. "Problems at home"
- 5 Society and environment e.g. "Impact of climate change"



If you are feeling distressed, you may find the following services helpful. These services are both completely confidential and free.

 **headspace**  
1800 650 890 | www.headspace.org.au

 **kids helpline**  
1800 55 1800 | www.kidshelpline.com.au

Learn more [www.futureproofing.org.au](http://www.futureproofing.org.au)

Have questions? Email us [futureproofing@blackdog.org.au](mailto:futureproofing@blackdog.org.au)

The data in this poster comes from the Future Proofing Study. Surveys were completed between 2019-2022 by over 6,300 students in Years 8, 9 and 10. Data about alcohol and drug use comes from students surveyed in Year 9. The Future Proofing Study sample is representative of the wider Australian adolescent population.