

Hope and Resilience Survey 2025

Start of Block: Welcome

Q1 Hi! 🙌 We're so glad you're here 😊 We want to hear from young people about their hopes for the future. The survey should take approximately 15 minutes. We're going to ask:

Some general questions to get to know you. What hope means to you. What effect hope has on your life. What influences your hopefulness. How hopeful you are about the future. There are also some questions on resilience - your ability to face, learn from and grow through challenges. There are no right or wrong answers 😊 This research is funded by the Centre for Resilient and Inclusive Societies. It is being run by the Young and Resilient Research Centre at Western Sydney University, in partnership with the Alannah and Madeline Foundation. Keen to take part? Click through to tell us about yourself...

Page Break

End of Block: Welcome

Start of Block: Age



Q1.2 How old are you?

- ☐ Younger than 12 (1)
- ☐ 12 (2)
- ☐ 13 (3)
- ☐ 14 (4)
- ☐ 15 (5)
- ☐ 16 (6)
- ☐ 17 (8)
- ☐ 18 (9)
- ☐ Older than 18 (10)

End of Block: Age

Start of Block: Outside age parameters

Display this question:

If How old are you? = Younger than 12

Or How old are you? = Older than 18

Unfortunately you're not eligible to complete the survey today. Thanks for your interest 😊

End of Block: Outside age parameters

Start of Block: Consent

Q2.1 Great, thanks for that! **Please read the following information carefully before continuing. If you are under 18, make sure your parent or legal guardian is around so that they can give you permission to complete the survey. VOLUNTARY** – Doing this survey is completely your choice. If you change your mind and want to stop, you can close the

page at any time. Your responses up to that point won't be included in the results. This won't change your relationship with Western Sydney University or any other organisation. Anything you share will only be used for research. **IMPACTFUL** – Your views and ideas are very important! We hope findings from this survey can help young people in Australia. We'll publish and present what we find out in reports and academic publications. The data we collect might also be used in other projects about young people's hope and resilience. **PRIVACY** – Your answers are anonymous. We won't ask for your name and your responses won't be linked to you in any way. We'll protect your responses so only the researchers will have access. We'll keep survey responses for 5 years, and delete them after that. **SUPPORT** – The survey will ask you how hopeful you are for the future. You may feel some difficult emotions when you answer our questions. If you do start to feel uncomfortable, you can stop the survey. This survey is not regularly monitored and the research team can't provide immediate or crisis support, but if you need help right now, or know someone who does, there are 24/7 services available. **CONSENT** – We're asking you to give 'extended consent'. This means you're okay with us and our partners using your data in this and other similar projects. We ask for this because research can take up a lot of time for people like you and researchers like us. Extended consent means we can learn more from what you share, and hopefully help more young people. If you or your parent/guardian have any questions or want to find out more, please send an email to Louisa Welland at Western Sydney University: l.welland@westernsydney.edu.au. **PARENT/GUARDIAN PERMISSION** – If you're aged under 18, you need a parent or legal guardian to also provide permission for you to take part. Please make sure they read more information about the project here: [Hope & Resilience Survey - Parent-Guardian Information](#) **COMPLAINTS or CONCERNS** – Do you have a complaint or are you worried about any part of this project? Would you like to talk to someone about it? You can email the Ethics Committee at Western Sydney University or call them on 02 4736 0229. The ethics reference number to tell them is H15624. Your conversation will be private and they won't tell the research team who you are. **Before you click '→' to start the survey, please indicate whether you have read the above and agree to take part:**

- ☐ I have read and understood the information and **agree** to complete the survey and for my responses to be used in this research and in future similar research (1)
- ☐ I **do not agree** and do not wish to take part in the survey (5)

End of Block: Consent

Start of Block: Parent/guardian consent

Display this question:

If How old are you? != 18

Q2.2 Your parent or guardian can read about the survey here: Hope & Resilience Survey - Parent-Guardian Information Once they have read this information, please choose from the following:

- ☐ I have my parent or guardian's consent to do this survey (1)
- ☐ I do not have my parent or guardian's consent, so I cannot do this survey (2)

End of Block: Parent/guardian consent

Start of Block: NoParentConsent

Display this question:

If Your parent or guardian can read about the survey here: Hope & Resilience Survey - Parent-Guardia... = I do not have my parent or guardian's consent, so I cannot do this survey

Q2.2.1 Unfortunately, if you don't have your parent or guardian's permission, you can't take part in this survey. Please make sure that they read the information on the previous page and agree to you taking part to continue (you can go back to show them the information).

Q2.3

Remember, if at any time you feel uncomfortable, you can stop the survey. If you need further wellbeing support, please contact one of the following 24/7 services:

Kids Helpline (1800 55 1800) / kidshelpline.com.au
headspace (1800 650 890) / eheadspace.org.au
13 YARN (13 92 76) / 13yarn.org.au Lifeline (13 11 14) / lifeline.org.au

End of Block: NoParentConsent

Start of Block: Demographic Questions

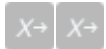


Q3.1 These questions help us to get to know you a little... How do you describe your gender?

- ☐ Boy/man/male (1)
- ☐ Girl/woman/female (2)
- ☐ Non-binary (3)
- ☐ I use a different term (4)
- ☐ Prefer not to answer (5)



Q3.2 What is your postcode?



Q3.3 Where do you live?

- ☐ New South Wales (1)
- ☐ Victoria (2)
- ☐ Queensland (3)
- ☐ Australian Capital Territory (4)
- ☐ Northern Territory (5)
- ☐ Tasmania (6)
- ☐ Western Australia (7)
- ☐ South Australia (8)
- ☐ I don't live in Australia (99)

Q3.4 Which best describes your current situation? Please select all that apply.

- ☐ Working full-time (1)
 - ☐ Working part-time (2)
 - ☐ Working casually (3)
 - ☐ Studying full-time (4)
 - ☐ Studying part-time (5)
 - ☐ Not working or studying (6)
-

Q3.5 What language do you speak at home?

- ☐ English only (1)
 - ☐ English and another language. Please specify (2)

 - ☐ Another language only. Please specify (3)

-



Q3.6 Do you identify with any of the following backgrounds? Please select all that apply. *Note: You do not have to be born overseas to identify as migrant or refugee background. For example, your parents/family may have moved to Australia.*

- ☐ Refugee (1)
- ☐ Migrant (2)
- ☐ Asylum seeker (3)
- ☐ None of the above (4)
- ☐ Prefer not to say (5)



Q3.7 Do you identify as...?

- ☐ Aboriginal (1)
- ☐ Torres Strait Islander (2)
- ☐ Both Aboriginal and Torres Strait Islander (3)
- ☐ None of the above (4)
- ☐ Prefer not to say (5)

End of Block: Demographic Questions

Start of Block: NotinAustralia

Display this question:

If Where do you live? = I don't live in Australia

Q3.3.1 Unfortunately, you're not eligible to complete the survey today. Thanks for your interest



End of Block: NotinAustralia

Start of Block: Kessler Scale



Q4.1_K6 The following question asks about how you have been feeling in the **last 4 weeks**. For each statement, select the option that best describes the amount of time you felt that way.

During the last 4 weeks, about how often did you feel...

	None of the time (1)	A little of the time (2)	Some of the time (3)	Most of the time (4)	All of the time (5)
Nervous (K6_Nervous)	☐	☐	☐	☐	☐
Hopeless (K6_Hopeless)	☐	☐	☐	☐	☐
Restless or fidgety (K6_Restless)	☐	☐	☐	☐	☐
So sad that nothing could cheer you up (K6_Sad)	☐	☐	☐	☐	☐
That everything was an effort (K6_Effort)	☐	☐	☐	☐	☐
Worthless (K6_Worthless)	☐	☐	☐	☐	☐

Display this question:

If The following question asks about how you have been feeling in the last 4 weeks. For each state... [Most of the time] (Count) >= 4

Or The following question asks about how you have been feeling in the last 4 weeks. For each state... [All of the time] (Count) >= 3

Or The following question asks about how you have been feeling in the last 4 weeks. For each state... [All of the time] (Count) >= 1

And The following question asks about how you have been feeling in the last 4 weeks. For each state... [Most of the time] (Count) >= 2

Q4.1.1 From what you've told us, it sounds like you may need some support. You're not alone. If you're having a tough time and need someone to talk to right now, you can check out services here. They are confidential and available 24/7. Click → to get back to the survey 😊

End of Block: Kessler Scale

Start of Block: What hope means, personal and societal hopes

Q5.1_Hope picture If hope was a picture, what would it look like? Why?

Page Break

Q5.2 Thinking about your **personal** hopes for the future... What are up to three things you're personally hoping for in the **next year**?

☐ 1. (1) _____

☐ 2 (4) _____

☐ 3 (5) _____

Q5.3 What are up to three things you're personally hoping for in the **next 10 years**?

☐ 1. (1) _____

☐ 2. (2) _____

☐ 3. (3) _____

Page Break

Q5.4 Now thinking about your hopes for **society's** future... What are up to three things you're hoping for **society** in the **next year**? In your response, tell us if this hope is for **Australia, the world**, or for **both**.

☐ 1. (1) _____

☐ 2. (2) _____

☐ 3 (4) _____

Q5.5 What are up to three things you're hoping for **society** in the **next 10 years**? In your response, tell us if this hope is for **Australia, the world**, or for **both**.

☐ 1. (1) _____

☐ 2. (2) _____

☐ 3. (3) _____

End of Block: What hope means, personal and societal hopes

Start of Block: What hope does

Q6 We're keen to understand what role hope plays in your life... How much do you agree or disagree with the following statements?

	Strongly disagree (1)	Disagree (2)	Neither agree nor disagree (3)	Agree (4)	Strongly agree (5)
Hope is important to me (Q6.2_Important to me)	☐	☐	☐	☐	☐
Hope is important to my friends (Q6.2_Important friends)	☐	☐	☐	☐	☐
Hope is important for us as a society (Q6.2_Important society)	☐	☐	☐	☐	☐
Hope helps me take positive action when I'm facing challenges (Q6.2_Positive action)	☐	☐	☐	☐	☐
Hope helps me to be more resilient (face, learn from and grow through challenges) (Q6.2_More resilient)	☐	☐	☐	☐	☐
Hope is a form of denying reality and can make it harder to face what's really happening (Q6.2_Denying reality)	☐	☐	☐	☐	☐

Hope helps me
maintain a
positive outlook
on life
(Q6.2_Positive
outlook)

☐☐☐☐☐

Hope is
important to my
mental health
(Q6.2_Important
Mental health)

☐☐☐☐☐

Hope inspires
me to pursue
my goals
(Q6.2_Inspires
goals)

☐☐☐☐☐

Hope helps me
deal with
uncertainty
(Q6.2_Deal
uncertainty)

☐☐☐☐☐

End of Block: What hope does

Start of Block: Hope influencers (interpersonal)

Q7.1 Do the following **increase** or **decrease** your sense of hope? (Increase = gives you more hope) (Decrease = takes away hope)

	Increase my sense of hope (1)	Decrease my sense of hope (2)	Both increase and decrease my sense of hope (3)	Doesn't influence my sense of hope (4)	Don't know (0)
Friends (Q7_Friends)	☐	☐	☐	☐	☐
Family (Q7_Family)	☐	☐	☐	☐	☐
Faith / religion (Q7_Faith/religion)	☐	☐	☐	☐	☐
Cultural beliefs / traditions (Q7_Cultural beliefs/traditions)	☐	☐	☐	☐	☐
My personal attitude or mindset (Q7_Myself)	☐	☐	☐	☐	☐
Community / groups I belong to (Q7_Community/groups)	☐	☐	☐	☐	☐
My generation (Q7_My generation)	☐	☐	☐	☐	☐
My parent's generation (Q7_Parent's generation)	☐	☐	☐	☐	☐

End of Block: Hope influencers (interpersonal)

Start of Block: Why increase or decrease hope (interpersonal)

Display this question:

If Do the following increase or decrease your sense of hope? (Increase = gives you more hope)
(Decrease = Decrease my sense of hope)

Carry Forward Selected Choices from "Do the following increase or decrease your sense of hope?(Increase = gives you more hope) (Decrease = takes away hope)"



Q7.1.1_Why decrease Can you briefly tell us why the following **decrease** your sense of hope?

- ☐ Friends (1) _____
- ☐ Family (2) _____
- ☐ Faith / religion (3) _____
- ☐ Cultural beliefs / traditions (4) _____
- ☐ My personal attitude or mindset (5) _____
- ☐ Community / groups I belong to (6) _____
- ☐ My generation (7) _____
- ☐ My parent's generation (8) _____

Display this question:

*If Do the following increase or decrease your sense of hope? (Increase = gives you more hope)
(Decre... = Increase my sense of hope*

*Carry Forward Selected Choices from "Do the following increase or decrease your sense of
hope?(Increase = gives you more hope) (Decrease = takes away hope)"*



Q7.1.2_Why increase Can you briefly tell us why the following **increase** your sense of hope?

- ☐ Friends (1) _____
- ☐ Family (2) _____
- ☐ Faith / religion (3) _____
- ☐ Cultural beliefs / traditions (4) _____
- ☐ My personal attitude or mindset (5) _____
- ☐ Community / groups I belong to (6) _____
- ☐ My generation (7) _____
- ☐ My parent's generation (8) _____

Display this question:

*If Do the following increase or decrease your sense of hope? (Increase = gives you more hope)
(Decre... = Both increase and decrease my sense of hope*

*Carry Forward Selected Choices from "Do the following increase or decrease your sense of
hope?(Increase = gives you more hope) (Decrease = takes away hope)"*

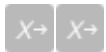


Q7.1.3_Why both Can you briefly tell us why the following **both increase and decrease** your sense of hope?

- ☐ Friends (1) _____
- ☐ Family (2) _____
- ☐ Faith / religion (3) _____
- ☐ Cultural beliefs / traditions (4) _____
- ☐ My personal attitude or mindset (5) _____
- ☐ Community / groups I belong to (6) _____
- ☐ My generation (7) _____
- ☐ My parent's generation (8) _____

End of Block: Why increase or decrease hope (interpersonal)

Start of Block: Hope influences (external)



Q8.1 Do the following **increase** or **decrease** your sense of hope? (Increase = gives you more hope) (Decrease = takes away hope)

	Increase my sense of hope (1)	Decrease my sense of hope (2)	Both increase and decrease my sense of hope (3)	Doesn't influence my sense of hope (4)	Don't know (5)
Social media (Q7.2_Social media)	☐	☐	☐	☐	☐
Online influencers / celebrities (Q7.2_Influencers/celebs)	☐	☐	☐	☐	☐
Traditional media (TV, radio) (Q7.2_Traditional media)	☐	☐	☐	☐	☐
Australian politicians (Q7.2_Aus politicians)	☐	☐	☐	☐	☐
Australia's way of choosing leaders and making decisions (Q7.2_Aus democracy)	☐	☐	☐	☐	☐
Global politics (Q7.2_Global politics)	☐	☐	☐	☐	☐
World leaders (Q7.2_World leaders)	☐	☐	☐	☐	☐
My work / employment (Q7.2_Work)	☐	☐	☐	☐	☐
My school / TAFE / Uni (Q7.2_School/uni)	☐	☐	☐	☐	☐
Artificial Intelligence (Q7.2_AI)	☐	☐	☐	☐	☐
Climate technologies (e.g. renewable energy) (Q7.2_Climate tech)	☐	☐	☐	☐	☐
Biomedical technologies (e.g. artificial organs, genetic and nano technologies) (Q7.2_Biomed tech)	☐	☐	☐	☐	☐

Social movements and campaigns (e.g. school strike for climate, #BlackLivesMatter, #MeToo) (Q7.2_Social movements)

The economy (Q7.2_Economy)



End of Block: Hope influences (external)

Start of Block: Why increases or decreases hope (external)

Display this question:

If Do the following increase or decrease your sense of hope? (Increase = gives you more hope)
(Decrease = Decrease my sense of hope)

Carry Forward Selected Choices from "Do the following increase or decrease your sense of hope?(Increase = gives you more hope) (Decrease = takes away hope)"



Q8.2.1_Why decrease Can you briefly tell us why the following **decrease** your sense of hope?

☐ Social media (1) _____

☐ Online influencers / celebrities (2)

☐ Traditional media (TV, radio) (3)

☐ Australian politicians (4) _____

☐ Australia's way of choosing leaders and making decisions (5)

☐ Global politics (6) _____

☐ World leaders (7) _____

☐ My work / employment (8)

☐ My school / TAFE / Uni (9)

☐ Artificial Intelligence (10) _____

☐ Climate technologies (e.g. renewable energy) (11)

☐ Biomedical technologies (e.g. artificial organs, genetic and nano technologies) (12)

☐ Social movements and campaigns (e.g. school strike for climate, #BlackLivesMatter, #MeToo) (13) _____

☐ The economy (14) _____

Display this question:

*If Do the following increase or decrease your sense of hope? (Increase = gives you more hope)
(Decrease = Decrease my sense of hope)*

Carry Forward Selected Choices from "Do the following increase or decrease your sense of hope?(Increase = gives you more hope) (Decrease = takes away hope)"



Q8.2.2_Why increase Can you briefly tell us why the following **increase** your sense of hope?

☐ Social media (1) _____

☐ Online influencers / celebrities (2)

☐ Traditional media (TV, radio) (3)

☐ Australian politicians (4) _____

☐ Australia's way of choosing leaders and making decisions (5)

☐ Global politics (6) _____

☐ World leaders (7) _____

☐ My work / employment (8)

☐ My school / TAFE / Uni (9)

☐ Artificial Intelligence (10) _____

☐ Climate technologies (e.g. renewable energy) (11)

☐ Biomedical technologies (e.g. artificial organs, genetic and nano technologies) (12)

☐ Social movements and campaigns (e.g. school strike for climate, #BlackLivesMatter, #MeToo) (13) _____

☐ The economy (14) _____

Display this question:

*If Do the following increase or decrease your sense of hope? (Increase = gives you more hope)
(Decre... = Both increase and decrease my sense of hope*

*Carry Forward Selected Choices from "Do the following increase or decrease your sense of
hope?(Increase = gives you more hope) (Decrease = takes away hope)"*



Q8.2.3_Why both Can you briefly tell us why the following **both increase and decrease** your sense of hope?

☐ Social media (1) _____

☐ Online influencers / celebrities (2)

☐ Traditional media (TV, radio) (3)

☐ Australian politicians (4) _____

☐ Australia's way of choosing leaders and making decisions (5)

☐ Global politics (6) _____

☐ World leaders (7) _____

☐ My work / employment (8)

☐ My school / TAFE / Uni (9)

☐ Artificial Intelligence (10) _____

☐ Climate technologies (e.g. renewable energy) (11)

☐ Biomedical technologies (e.g. artificial organs, genetic and nano technologies) (12)

☐ Social movements and campaigns (e.g. school strike for climate, #BlackLivesMatter, #MeToo) (13) _____

☐ The economy (14) _____

End of Block: Why increases of decreases hope (external)

Start of Block: Hope - in domains of life - importance



Q9

Great! You're about halfway through the survey now...

How **hopeful** are you about the following things happening in your **lifetime**?

	Not hopeful at all (2)	Neutral/Not sure (3)	Somewhat hopeful (4)	Very hopeful (5)	Not important to me (1)
I'll be able to find and maintain meaningful work (Q8.1_Work)	☐	☐	☐	☐	☐
I'll get a good education (Q8.1_Education)	☐	☐	☐	☐	☐
I'll be able to live the life I want to live (Q8.1_Life I Want)	☐	☐	☐	☐	☐
I'll have good friendships (Q8.1_Friends)	☐	☐	☐	☐	☐
I'll have healthy family relationships (Q8.1_Family)	☐	☐	☐	☐	☐
I'll have good physical health (Q8.1_Health)	☐	☐	☐	☐	☐
I'll have good mental health (Q8.1_Mental health)	☐	☐	☐	☐	☐
I'll have access to affordable/secure housing (Q8.1_Housing)	☐	☐	☐	☐	☐
I'll have children one day (Q8.1_Children)	☐	☐	☐	☐	☐
I'll live in a society where climate change is resolved (Q8.1_Climate change resolved)	☐	☐	☐	☐	☐
I'll live in a society where the economy is fair and stable (Q8.1_Fair economy)	☐	☐	☐	☐	☐

I'll live in a society where inequality and discrimination don't exist (Q8.1_Equal society)	☐	☐	☐	☐	☐
I'll live in a society where political leaders/governments look after everyone, including the most disadvantaged (Q8.1_Fair society)	☐	☐	☐	☐	☐
I'll live in a society where children and young people's views are taken seriously (Q8.1_Youth respected society)	☐	☐	☐	☐	☐

End of Block: Hope - in domains of life - importance

Start of Block: Hope - in domains of life - likelihood



Q10 How **likely** do you think it is that the following things will happen in the **next 10 years**?

	Extremely unlikely (1)	Unlikely (2)	Neither likely nor unlikely (3)	Likely (4)	Extremely likely (5)
I'll be able to find and maintain meaningful work (Q9.1_Work)	☐	☐	☐	☐	☐
I'll get a good education (Q9.1_Education)	☐	☐	☐	☐	☐
I'll have the resources to live the life I want to live (Q9.1_Resources)	☐	☐	☐	☐	☐
I'll have good friendships (Q9.1_Friends)	☐	☐	☐	☐	☐
I'll have healthy family relationships (Q9.1_Family)	☐	☐	☐	☐	☐
I'll have good physical health (Q9.1_Health)	☐	☐	☐	☐	☐
I'll have good mental health (Q9.1_Mental health)	☐	☐	☐	☐	☐
I'll have access to affordable/secure housing (Q9.1_Housing)	☐	☐	☐	☐	☐
I'll have children one day (Q9.1_Children)	☐	☐	☐	☐	☐
I'll live in a society where climate change is resolved (Q9.1_Climate change resolved)	☐	☐	☐	☐	☐
I'll live in a society where the economy is fair and stable (Q9.1_Fair economy)	☐	☐	☐	☐	☐

I'll live in a society where inequality and discrimination don't exist (Q9.1_Equal society)

☐☐☐☐☐

I'll live in a society where political leaders/governments look after everyone, including the most disadvantaged (Q9.1_Fair society)

☐☐☐☐☐

I'll live in a society where children and young people's views are taken seriously (Q9.1_Youth respected society)

☐☐☐☐☐

End of Block: Hope - in domains of life - likelihood

Start of Block: Q10.1 (Hope in domains of life - likelihood cont.)

Display this question:

If How likely do you think it is that the following things will happen in the next 10 years? = Unlikely

Carry Forward Selected Choices from "How likely do you think it is that the following things will happen in the next 10 years? "



Q10.1 For the below, what, if anything, would help to make them **more likely**? (If the below are not important to you, please tell us here).

☐ I'll be able to find and maintain meaningful work (1)

☐ I'll get a good education (2)

☐ I'll have the resources to live the life I want to live (3)

☐ I'll have good friendships (4)

☐ I'll have healthy family relationships (5)

☐ I'll have good physical health (6)

☐ I'll have good mental health (7)

☐ I'll have access to affordable/secure housing (8)

☐ I'll have children one day (9)

☐ I'll live in a society where climate change is resolved (10)

☐ I'll live in a society where the economy is fair and stable (11)

☐ I'll live in a society where inequality and discrimination don't exist (12)

☐ I'll live in a society where political leaders/governments look after everyone, including the most disadvantaged (13) _____

☐ I'll live in a society where children and young people's views are taken seriously (14)

Display this question:

If How likely do you think it is that the following things will happen in the next 10 years? = Extremely unlikely

Carry Forward Selected Choices from "How likely do you think it is that the following things will happen in the next 10 years? "



Q10.2 For the below, what, if anything, would help to make them **more likely**? (If the below are not important to you, please tell us here).

☐ I'll be able to find and maintain meaningful work (1)

☐ I'll get a good education (2)

☐ I'll have the resources to live the life I want to live (3)

☐ I'll have good friendships (4)

☐ I'll have healthy family relationships (5)

☐ I'll have good physical health (6)

☐ I'll have good mental health (7)

☐ I'll have access to affordable/secure housing (8)

☐ I'll have children one day (9)

☐ I'll live in a society where climate change is resolved (10)

☐ I'll live in a society where the economy is fair and stable (11)

☐ I'll live in a society where inequality and discrimination don't exist (12)

☐ I'll live in a society where political leaders/governments look after everyone, including the most disadvantaged (13) _____

☐ I'll live in a society where children and young people's views are taken seriously (14)

End of Block: Q10.1 (Hope in domains of life - likelihood cont.)

Start of Block: Hope in domains of life - control



Q11 How much **influence** or **control** do you have over whether the following things will happen in your **lifetime**?

	None at all (1)	A little (2)	A moderate amount (3)	A lot (4)	A great deal (5)
I'll be able to find and maintain meaningful work (Q10.1_Work)	☐	☐	☐	☐	☐
I'll be able to get a good education (Q10.1_Education)	☐	☐	☐	☐	☐
I'll be able to live the life I want to live (Q10.1_Life I want)	☐	☐	☐	☐	☐
I'll have good friendships (Q10.1_Friends)	☐	☐	☐	☐	☐
I'll have healthy family relationships (Q10.1_Family)	☐	☐	☐	☐	☐
I'll have good physical health (Q10.1_Health)	☐	☐	☐	☐	☐
I'll have good mental health (Q10.1_Mental health)	☐	☐	☐	☐	☐
I'll have access to affordable/secure housing (Q10.1_Housing)	☐	☐	☐	☐	☐
I'll have children one day (Q10.1_Children)	☐	☐	☐	☐	☐
I'll live in a society where climate change is resolved (Q10.1_Climate change resolved)	☐	☐	☐	☐	☐
I'll live in a society where the economy is fair and stable (Q10.1_Fair economy)	☐	☐	☐	☐	☐

I'll live in a society where inequality and discrimination don't exist (Q10.1_Equal society)

☐

☐

☐

☐

☐

I'll live in a society where political leaders/governments look after everyone, including the most disadvantaged (Q10.1_Fair society)

☐

☐

☐

☐

☐

I'll live in a society where children and young people's views are taken seriously (Q10.1_Youth respected society)

☐

☐

☐

☐

☐

End of Block: Hope in domains of life - control

Start of Block: Q12 Do to enhance hope

Q12

What are the **most important things** that make you feel more hopeful? You can choose **up to five**.

- ☐ Spending time with friends and family (1)
 - ☐ Spending time in community / groups I am part of (2)
 - ☐ My religion / faith / cultural beliefs (3)
 - ☐ Setting goals / having a plan (4)
 - ☐ Believing in myself and my abilities (5)
 - ☐ Learning (school / uni / TAFE) (13)
 - ☐ My employment / earning money (12)
 - ☐ My hobbies / interests / sports (7)
 - ☐ Doing something creative (art/craft/journaling) (8)
 - ☐ Spending time in the outdoors (9)
 - ☐ Seeing inspirational stories from others overcoming hardships (10)
 - ☐ Taking action on issues I care about (11)
 - ☐ Using social media (6)
 - ☐ Reading or hearing about new technologies (e.g. renewable energy, Artificial Intelligence) (14)
 - ☐ Something else (please tell us what) (99)
-
- ☐ None of these (0)

Display this question:

If What are the most important things that make you feel more hopeful? You can choose up to five. = Using social media

Q12.1 Social media How does using social media help you feel more hopeful?

Page Break



Q13 Enhance hope YP What are the **most important** things you want to see happen to make young people in Australia feel more hopeful? You can choose **up to five**.

- ☐ Climate action / environmental protection (1)
 - ☐ Action to address social issues like homelessness, poverty & inequalities (2)
 - ☐ Secure and affordable housing (3)
 - ☐ Inclusion of young people in government decision-making (4)
 - ☐ More funding for mental health support (5)
 - ☐ Seeing kindness and acceptance in society (6)
 - ☐ Technological advancement (7)
 - ☐ Protecting human rights (e.g. Indigenous peoples, women, LGBTQIA+) (8)
 - ☐ Trustworthy politicians and healthy democracy (democracy = Australia's way of choosing leaders & making decisions) (9)
 - ☐ None of these (0)
 - ☐ Something else (please tell us what) (99)
-

End of Block: Q12 Do to enhance hope

Start of Block: Q14 Adults role

What should adults do and say to support young people to feel more hopeful? Please tell us which adults you mean, e.g. politicians, teachers, parents, etc.

End of Block: Q14 Adults role

Start of Block: Snyder - Children's Hope Scale



Q15

Thanks, almost finished, only one more page after this! For each statement, think about how you are in most situations. Choose the option that describes YOU the best.

	None of the time (1)	A little of the time (2)	Some of the time (3)	A lot of the time (4)	Most of the time (5)	All of the time (6)
I think I am doing pretty well (Synder Agency_Doing well)	☐	☐	☐	☐	☐	☐
I can think of many ways to the get things in life that are most important to me (Sydner Pathways_Action towards goals)	☐	☐	☐	☐	☐	☐
I am doing just as well as other kids my age (Synder Agency_Doing well as others)	☐	☐	☐	☐	☐	☐
When I have a problem I can come up with lots of ways to solve it (Sydner Pathways_Problem solving)	☐	☐	☐	☐	☐	☐
I think the things I have done in the past will help me in the future (Synder Agency_Learning from past)	☐	☐	☐	☐	☐	☐
Even when others want to quit I know that I can find ways to solve a problem (Synder Pathways_Persistence to problem solve)	☐	☐	☐	☐	☐	☐

End of Block: Snyder - Children's Hope Scale

Start of Block: Ungar - Child and Youth Resilience Measure

Q16 This is our final question... To what extent do the following statements apply to you?

	Not at all (1)	A little (2)	Somewhat (3)	Quite a bit (4)	A lot (5)
I get along with people around me (Resilience_Sociability)	☐	☐	☐	☐	☐
Getting an education is important to me (Resilience_Valuing education)	☐	☐	☐	☐	☐
I know how to behave/act in different social situations (such as school, home and church) (Resilience_Social behaviour)	☐	☐	☐	☐	☐
My parent(s)/caregiver(s) really look out for me (Resilience_Parent connection1)	☐	☐	☐	☐	☐
My parent(s)/caregiver(s) know a lot about me (for example, who my friends are, what I like to do) (Resilience_Parent connection2)	☐	☐	☐	☐	☐
If I am hungry, there is enough to eat (Resilience_Food)	☐	☐	☐	☐	☐
People like to spend time with me (Resilience_Social belonging/acceptance)	☐	☐	☐	☐	☐
I talk to my family/caregiver(s) about how I feel (for example when I am hurt or sad) (Resilience_Family support)	☐	☐	☐	☐	☐
I feel supported by my friends (Resilience_Friend support)	☐	☐	☐	☐	☐

I feel that I
belong/belonged at my
school/university
(Resilience_Social
belonging)

☐☐☐☐☐

My family/caregiver(s)
care about me when
times are hard (for
example if I am sick or
have done something
wrong)
(Resilience_Family
support personal
challenges)

☐☐☐☐☐

My friends care about
me when times are hard
(for example if I am sick
or have done something
wrong)
(Resilience_Friend
support personal
challenges)

☐☐☐☐☐

I am treated fairly in my
community
(Resilience_Fair
treatment by others)

☐☐☐☐☐

I have chances to show
others that I am growing
up and can do things by
myself
(Resilience_Demonstrate
maturity)

☐☐☐☐☐

I feel safe when I am
with my
family/caregiver(s)
(Resilience_Family
security)

☐☐☐☐☐

I have chances to learn
things that will be useful
when I am older (like
cooking, working, and
helping others)
(Resilience_Learn life
skills)

☐☐☐☐☐

I like the way my family/caregiver(s) celebrates things (like holidays or learning about my culture) (Resilience_Family heritage attachment)



End of Block: Ungar - Child and Youth Resilience Measure

Start of Block: Close

Page Break

Close Thanks so much for completing this survey! We know that sometimes participating in research can feel uncomfortable and can trigger complex emotions. If that's you today, we encourage you to reach out to one of these support services, or to contact Dollys Dream.

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End of Block: Close

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