

Hope and Resilience 2.0: Interview discussion guide – final

Participants: Young people aged 12 – 18 years

Total time: 1 hour

Introduction

My name is [___] and I'm a researcher at the Young and Resilient Research Centre at Western Sydney University. This project is designed to explore your hopes for the future, how you envision the future, and what helps to keep you hopeful for the future. The ultimate aim of this research is to help inform governments how they can best: understand young people's hopes and aspirations for the future; nurture hope and resilience in young people so they can realise their ideal futures; mitigate anxieties; and take action to build a more resilient world. We will use your input today, along with input from other young people who have participated in this study, to write a report about what we discover. We'll publish this report so that government decision-makers, researchers and organisations who support young people can read it. But don't worry – everything you say today will be anonymous, and we won't use your name or any information that could identify you in our report. We may use your quotes, but we won't link these back to you.

You've provided your consent to take part today. Do you have any questions about what this means?

Here are some important points about today's interview:

- It will last about an hour.
- We will audio-record our conversation on Zoom today.
- Your participation is 100% voluntary. You do not have to take part if you don't want to and this won't affect your relationship with me, WSU, or any other organisation.
- If you feel the interview is distressing at any point, you can take a break, or stop the interview altogether (this won't affect your gift voucher). I'll also give you information about where you can go and who you can contact for extra support.
- If a question makes you feel uncomfortable, you don't have to answer it, and you can ask me to move on.
- If you need clarification about what is being asked, then please do not hesitate to ask me to explain.
- There are no right or wrong answers to any of our questions. We just want to hear about your perspectives and experiences.
- To help us protect you and your family's identity, we request that you do not provide identifying information to us. For example, do not tell us the name of the place where you live. Please try not to use other people's names in the interview.

Lastly, this project is funded by the Centre for Resilient and Inclusive Societies. They're a group of researchers who work to understand key issues facing young people and their communities

today. They also explore young people's roles as change leaders in building resilient and inclusive societies.

Do you have any questions before we start?

[If participants are unsure about terms used throughout the interview, you can provide the following and check their understanding, e.g.:

Optimism: describes a positive outlook, an ability to see the good in things, and confidence in good outcomes.

Pessimism: is the opposite of optimism and describes a tendency to see or expect the worst in a situation.

"Optimism sees a glass half full; pessimism sees a glass half empty"]

START RECORDING

Ok, let's begin.

1. Can you tell me about your image/video/photo you provided that represents your hopes for the future? What is it about, and why did you choose it?
2. How hopeful do you feel about your future as a whole? Why?
 - a. What about the next twelve months? Do you feel hopeful, and if so, what are you feeling hopeful about?
 - b. How do you feel about your long term future in the next 10 years? Why?
 - c. How about the distant future, say in 50 years? Why do you feel this way?
 - d. Can you explain how a sense of hopefulness about the future makes you feel? What does it mean to *not* feel hopeful? Do these feelings make a difference in your day-to-day life? Does feeling hopeful or not hopeful make a difference to your day to day life?
3. Thinking more specifically about your own future, what do you feel *most* positive or optimistic about? [Probe: What are the goals you feel positive about?]
4. What do you need to achieve your hopes for the future? [Probes: Do you need help or support from anyone? Who do you need this from? Does anything need to change to help you realise your hopes?]
5. Is there anything in your future that you feel pessimistic about? Why do you feel this way?

6.
 - a. How hopeful do you feel about the future of Australia? Why?
 - b. How do you feel about the future of the world? [Explore if/why they feel differently about Australia/the world/their own futures if there are differences in their answers]
 - c. Is there anything that makes you feel worried or sad about the future?
7. Does anything or anyone in particular help you to keep feeling hopeful? What/who? Why?
8. Are there things in wider society – whether people, movements, behaviours, changes, attitudes or anything else – that help you to feel more hopeful? Why?
9. Are there things in wider society – whether people, movements, behaviours, changes, attitudes or anything else – that **decrease** your sense of hope about the future? Why?
10. We are often inspired by stories of people who have endured real hardships but have managed to keep going and make a positive difference in the world. What effect do you think hardships have on hopefulness?
11. Let's think optimistically.
 - a. What does your ideal future look like? What are some of your key goals or aspirations?
 - b. What about the ideal future of Australia? How do you imagine it?
 - c. What about the ideal future of the world? What sort of future do you want for upcoming generations?
12. Now let's think about realities. When you think about the future you *expect*, does it look different to the future you hope for? How? Why?
13.
 - a. What are the biggest changes in society that you expect to see in the future?
 - b. In which areas will these changes happen? (E.g. technology; climate; society)? How do you feel about these changes?
14. What would help Australian young people to feel more hopeful?

SURVEY INSTRUMENT QUESTIONS:

We want to run a survey with young people all over Australia about their hopes for the future, asking about what hope means to young people, the effects that hope has on young people's lives, what increases and decreases young people's hopefulness, and how hope can build resilience (young people's capacity to deal with tough times).

1. Firstly, is it important to explore experiences of hope in young Australians? Why/why not?
2. What do you think are the most important things that adults should be asking young people about hopefulness?
3. If you were going to survey young people about hope and resilience, what would you ask them? Why?

Thank, provide info about gift voucher (will receive \$50 e-git card from Prezzy to their email) and close.

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Professor Amanda Third
Institute for Culture and Society
Western Sydney University
Locked Bag 1979
Penrith NSW 2751
a.third@westernsydney.edu.au