

TELL US HOW IT IS...

UPPER HUTT YOUTH SURVEY 2008



www.uhyouth.com

You told us what you think.

Thanks for being part of the 2008 Upper Hutt Youth Survey. More than half of young people in Upper Hutt filled it in. By doing this, you affirmed that you care about youth issues and living in our city.

Lots of you think Upper Hutt is becoming a better place to live.

One in three said there were more places to hang out and more leisure opportunities.

One in four thought the city was safer and you felt more proud to be from Upper Hutt.

For those that thought there had been no change, top of your list for things to improve the city are:

- more places to hang out (leisure opportunities, sports facilities and events)
- more varied shopping
- making the city safer

We know there's always going to be a lot more to do but we're happy with these results. It seems we are on the right track.

We asked you to name the big issues.

Drugs was by far the top issue for 45% of you. This was much higher than the 2006 and 2007 surveys so we'll look closer to see what has changed.

Only one in six said they take drugs - and half of those only rarely. Drugs weren't named as a peer pressure issue, so maybe you see drugs as a social issue rather than a personal one.

Other big issues for females:

One in five said **Leisure opportunities** and **Alcohol**. Smaller numbers said **Bullying**, **Shopping** and **Gangs**.

Other big issues for males:

One in three said **Gangs**. Next was **Leisure opportunities**. A smaller number (mainly younger males) said **Bullying**.

Are you well and happy?

Huge numbers (around 80%) of you feel cheerful, relaxed and interested in life at least half the time.

But only about half of you usually feel fresh and rested when you wake up. No surprises there!

You gave us a clear picture of the sort of **peer pressure** experienced. Appearance and clothing was the highest. School subjects, training and jobs were next - then bullying or teasing others, and sex/relationships.

Peer pressure for females:

Cyber/text bullying (71%)
Appearance/Clothing (65%)
Joining gangs (20%)

Peer pressure for males:

Joining gangs (78%)
Appearance/Clothing (35%)
Cyber/text bullying (27%)

The most common "negative social behaviour" was wagging school - more than a third of those that filled in the survey. And it seems the more years spent at school, the more often wagging happens!

Do you know where to get help?

Young people said they know where to go for help for only about half the situations where they could do with help - but you become more aware the older you get.

Most of you are OK to find help for physical health, sexually transmitted diseases and careers.

But there is a gap in knowing where to get help for mental health, addiction and dealing with physical violence.

Males are less aware of where to get help for every issue in the survey, but especially for sexually transmitted diseases, and physical and mental health.

Violence

Physical violence is less common in Upper Hutt than nationally, but one quarter said they had been in a violent situation in the year before the survey.

That violence took place at parties, at home, in the main street and parks, on public transport - virtually everywhere you get together. And the survey told us that young people are more than twice as likely to be in a violent situation at school than anywhere else. Males are more likely to experience violence in public places - females in their own or other person's homes.

Most of this violence is caused by brothers or sisters, friends or parents or caregivers - but 39% of those who had been in a violent situation had experienced violence from strangers. More than 5% experience regular physical violence - mainly at school or at home. But 60% did not tell anyone about it.

We'll do something about these results - by making sure you know how to get help.

Alcohol

65% said they drink alcohol.

Most said they drink on rare occasions, but one in four drink at least once per week.

The percentage of those who drink increased steadily by age - about 30% of 14 year olds drink alcohol and about 80% of 17 year olds. This is interesting because it's not that simple for smoking or drugs.

Females are more likely to get alcohol from parents or friends, but males are more likely to buy it themselves.

Drugs

One in six said they use drugs. Most of these smoke cannabis and half do so rarely. They said they get drugs mostly from mates' houses or parties - but 25% of users get drugs from home.

More females than males use drugs - mainly cannabis or party pills - mostly in private homes. Males tend to use harder drugs - they use them more frequently and are more likely in public places.

Smoking

Only 11% smoke, which appears to be lower than national figures.

More females smoke but males actually smoke a greater number of cigarettes each.

It seems a lot of you try smoking early on, but in your late teens decide to either become a regular smoker or give up altogether.



IT'S ABOUT
YOUR COMMUNITY
SUPPORTING YOUTH

Because of the survey results, we'll keep on working to make Upper Hutt an even better place for young people.

Have you been to www.uhyouth.com? This is a space for you to find out where to go for help, and check out upcoming events. And now you can also send us your thoughts and ideas anonymously.

Keep on telling us how it is.

If you'd like to see more results of the survey, you can download the full report at www.uhyouth.com