

# How resilient were Brimbank's young people in 2025?

**8,544** secondary school  
students said...

## Strengths

- **88%** think they are doing pretty well
- **89%** can disagree about things and still be friends
- **82%** know they can find a way to solve a problem
- **91%** have at least one good friend at school

## Challenges

- **32%** aren't physically active for at least 1 hour per day
- **21%** don't feel safe in the area they live in
- **33%** don't have an adult in their life they can talk to
- **38%** aren't involved in at least one extra-curricular activity
- **47%** are using a device between midnight and 6am



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# How resilient were Brimbank's young people in 2025?

**1,738** primary school students said...

## Strengths

- **88%** try hard at school
- **85%** think they are doing just as well as other kids
- **99%** are not vaping
- **86%** can disagree about things and still be friends

## Challenges

- **59%** can't talk about things that upset them
- **43%** don't forgive others who are mean to them
- **22%** don't have an adult in their life who they can talk to
- **35%** are feeling tired or low on energy
- **20%** are not physically active for at least one hour per day



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