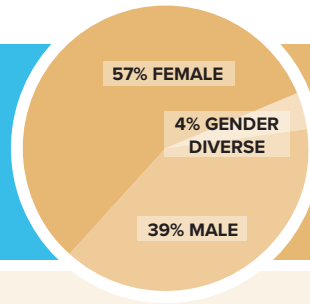




2023 UPPER CLUTHA YOUTH VOICE SURVEY

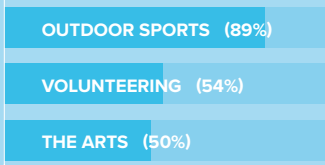
The survey collects information about the activities and attitudes of young people and their use of harmful substances.



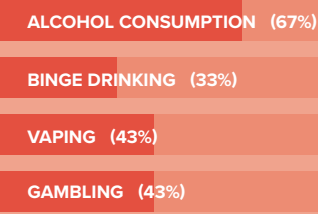
- 181 valid responses
- All students surveyed attend Te Kura o Tititea Mount Aspiring College.

WHAT WE LEARNED

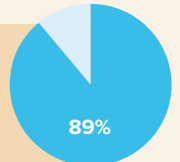
The majority of youth surveyed engage in **positive risk-taking behaviour**.



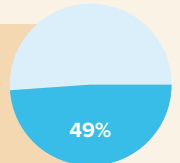
Negative risk-taking behaviour is also common among young people.



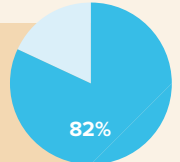
The majority of young people surveyed have been exposed to worrying and nasty online content.



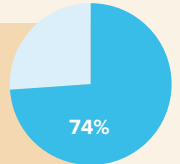
Half the students surveyed had not shared information or images that they later regretted.



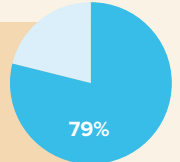
The majority of surveyed youth feel hopeful about their future.



Parents were cited as the top source of alcohol supply.



The majority of vapes used by the surveyed students contain nicotine.



WHAT YOUNG PEOPLE SAY ABOUT WHY THEY TAKE RISKY SUBSTANCES

- It makes them feel good. 64%
- They are bored. 32%
- It's fun and they enjoy it. 19%
- They are stressed. 17%

WHAT YOUNG PEOPLE SAY ABOUT THEIR HOPES FOR THE FUTURE

- They feel positive about the future. 82%
- They see a future for themselves in New Zealand. 68%
- The majority felt they had opportunities to show their talents and skills. 72%
- They feel they will get the support they need to achieve their plans. 65%

WHAT YOUNG PEOPLE SEE AS THE BIGGEST PROBLEMS THEY FACE TODAY

- Vaping
- Mental health
- Social media
- Peer pressure

"I feel like parents should be more aware of what their kids are doing and try to take action to stop them."

WHAT YOUNG PEOPLE SAY SHOULD HAPPEN TO SUPPORT THEM BETTER

"We need more support for youth to get involved in activities such as sports, the arts and community groups."

"We need a wider range of after-school activities where we can meet to share a common interest."

"Teach younger kids about this stuff and why it is bad. If we can find someone locally willing to talk to young kids, that would be a bonus."

"Remove disposable vapes because they create as many problems as they solve."

COMMUNITY PARTNERS

[KAHU YOUTH](#)

Provides productive learning and fun activities and programmes so young people can connect to the wider community and continue to build life skills, increase self-esteem and grow their confidence.

[WĀNAKA RECREATION CENTRE](#)

Offers an 8-lane 25m lap pool plus courts, field and equipment hire.

[MOUNT ASPIRING COLLEGE](#)

MAC students and their parents and whānau can seek support from our school guidance counsellors who are trained mental health professionals.

[COMMUNITY NETWORKS / LINKS](#)

This one-stop community support and connection centre supports our growing community across the full welfare spectrum.

[STUDENTS AGAINST DANGEROUS DRIVING \(SADD\)](#)

The SADD team provides guidance and support using best practice, evidence based, road safety education approaches to influence their peers and wider community to positively promote safe road user behaviours.

[NZ POLICE](#)

The Wānaka branch of NZ Police delivers educational programmes to our youth, including the [Loves-Me-Not programme](#), the [Blue Light Alternative Strategy for Teenagers \(BLAST\) programme](#), and the DARE programme.

[ADL](#)

ADL provides accessible and sector-leading youth wellbeing, mental health, and substance misuse services.

RESOURCES FOR PARENTS & WHĀNAU

[LIFELINE](#)

Call 0800 LIFELINE (0800 543 354) or send a text to HELP (4357), for free confidential support – 24 hours a day, 7 days a week.

[ALCOHOL DRUG HELPLINE](#)

Call 0800 787 797 or text 8681, 24 hours a day, 7 days a week, to speak with a trained counsellor. All calls are free and confidential.

[GAMBLING HELPLINE](#)

Contact the Gambling Helpline on 0800 654 655, 7 days a week.

[NETSAFE HELPLINE](#)

Call toll-free on 0508 NETSAFE (0508 638 723) or email help@netsafe.org.nz

Want to know more?

Through education, research, advocacy, collaborative dialogue and supporting positive initiatives, Path Wānaka | Ara ki Wānaka addresses risk areas such as harmful substances, mental wellbeing, digital harm and relationships.

Please contact us at: pathwanaka@gmail.com

Path Wānaka