



**PEER POWER**

**2015**

# **ADOLESCENTOLOGY SURVEY RESULTS**

**THEME: INTERPERSONAL RELATIONSHIPS**

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# METHOD:

- Responses were collected across 29 schools (8 State schools and 21 Private schools) from a sample of the Peer Power seminars in 2015.
- A total of 3838 students completed at least one of the questions below, with 2884 completing all of the questions. Year 11 girls were over-represented in the sample, and Year 9-10 boys were under-represented. The students who completed all items were distributed as follows:

	Year 8	Year 9	Year 10	Year 11	Year 12	Total
Female	170	374	233	715	325	1817
Male	428	83	118	300	138	1067

- Students were asked to respond to the following questions:

1. Do you notice when something is bothering a friend of yours?: always, usually, sometimes, rarely, never.
2. What is the most important thing in a friend: caring, fun, generous, honest, loyal, other
3. How many friends do you chat with each day on social media? 0, 1-4, 5-9, 10-14, 15-19, 20+.
4. How many friends do you talk with face to face about deep issues each week? [eg. hopes/ dreams/ problems] 0, 1, 2, 3, 4, 5, 6+.
5. How important is it for you to spend time with your family?: extremely important; very important; important; slightly important; unimportant.
6. How often do you spend time in deep conversations with your family? [siblings & parent(s)/ guardian(s)]: everyday, once-week, once-month, once-year, almost never.
7. To what extent do trusted adults influence your personal decisions?: very much; quite a lot; to some extent; very little; not at all.
8. How often do you help people outside your friendship circles? [eg. acts of random kindness]: very often; often; sometimes; not often; never.

- Students’ responses to these questions are reported below, together with analyses by year level and gender.
- Wherever possible, 2015 responses are compared with responses to the same questions provided by 3645 students in 2010. Differences between these samples can not necessarily be attributed to changes over time, as the samples were different. Where differences between 2010 and 2015 are detected in the full sample, they are further tested in an attempt to eliminate the influence of demographic differences between the samples.

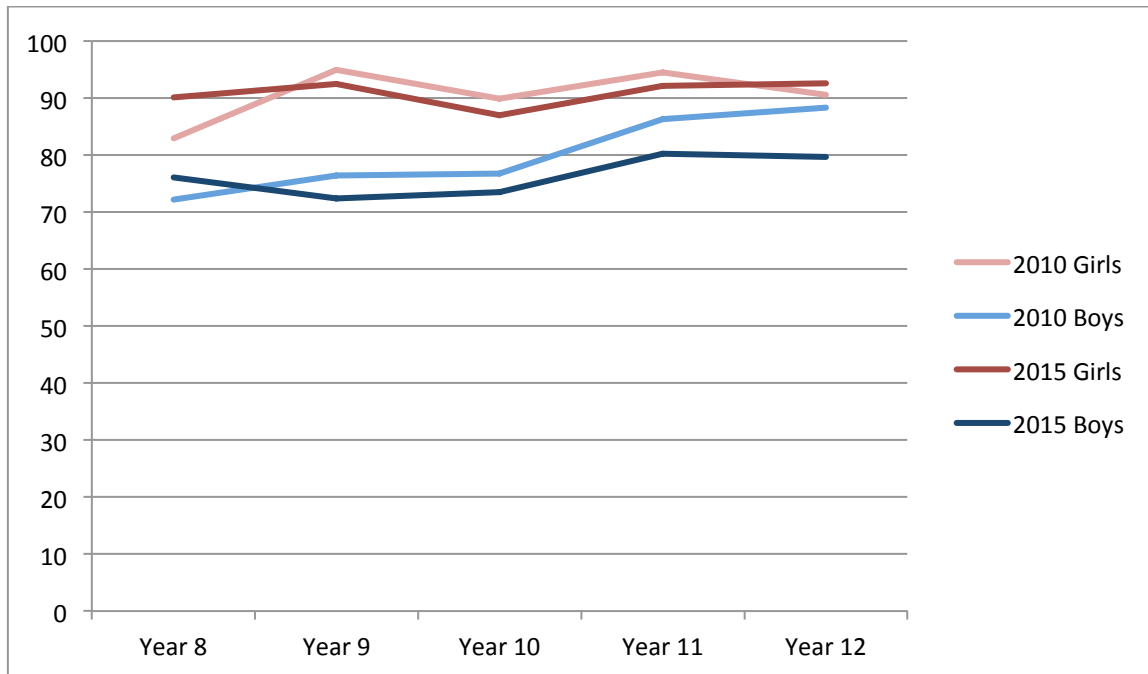
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# Peer Power Adolescentology 2015 Survey



## 1. Do you notice when something is bothering a friend of yours?

The majority of students in 2015 (86%) reported that they always (33%) or usually (53%) notice when something is bothering a friend. This had not changed since 2010. Girls were more likely than boys to report that they noticed when something was bothering a friend.



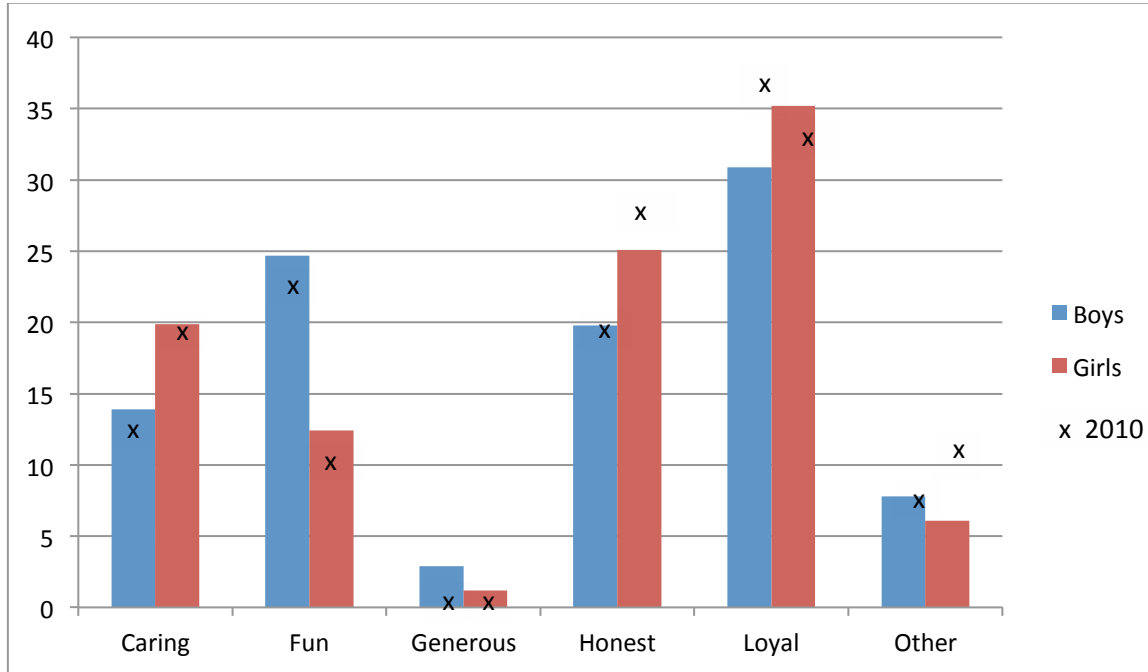
% who always or usually notice by year level and gender

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**2. What is the most important thing in a friend?**

Of the options provided (caring, fun, generous, honest, loyal), the most important thing respondents looked for in a friend was loyalty, selected by 37% of students in 2015 and by 35% in 2010. “Fun” was more important to boys than girls; “honest” and “caring” were more important to girls than boys. Two “other” qualities noted by students were “trust” and “respect”.



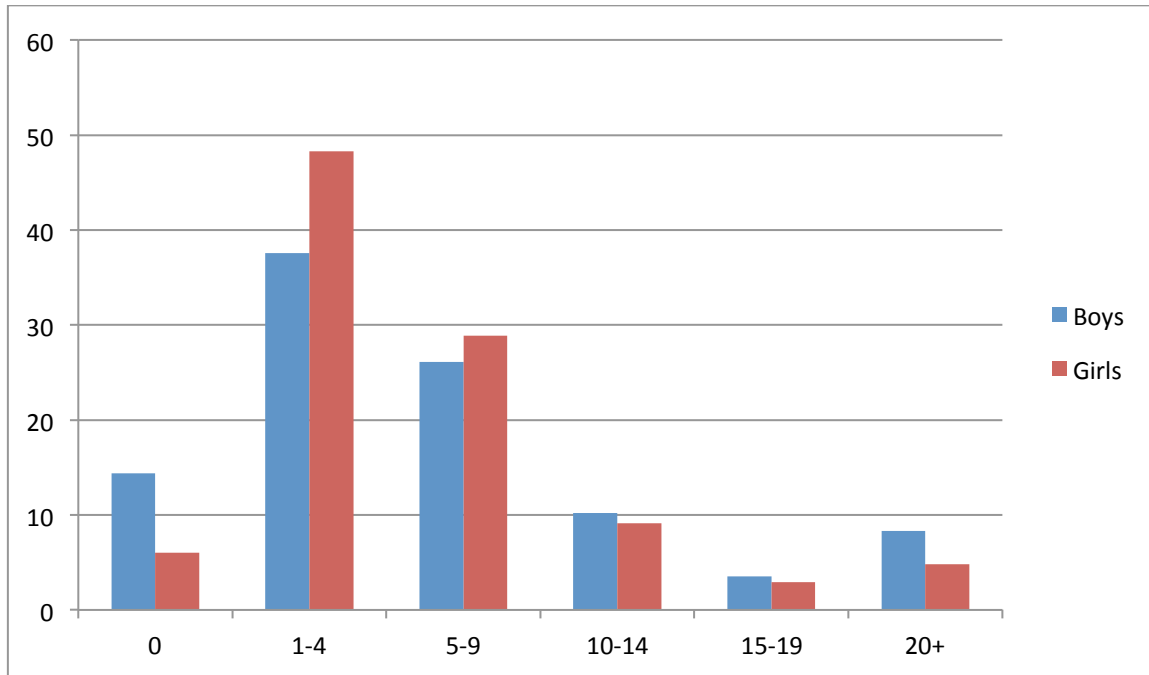
% of students who considered each attribute most important

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3. How many friends do you chat with each day on social media?

Just under half of the students (44%) reported chatting with 1-4 people each day on social media. Approximately 10% of students reporting chatting with no-one and 20% of students reported chatting with 10 or more people per day. This question was not asked in 2010.



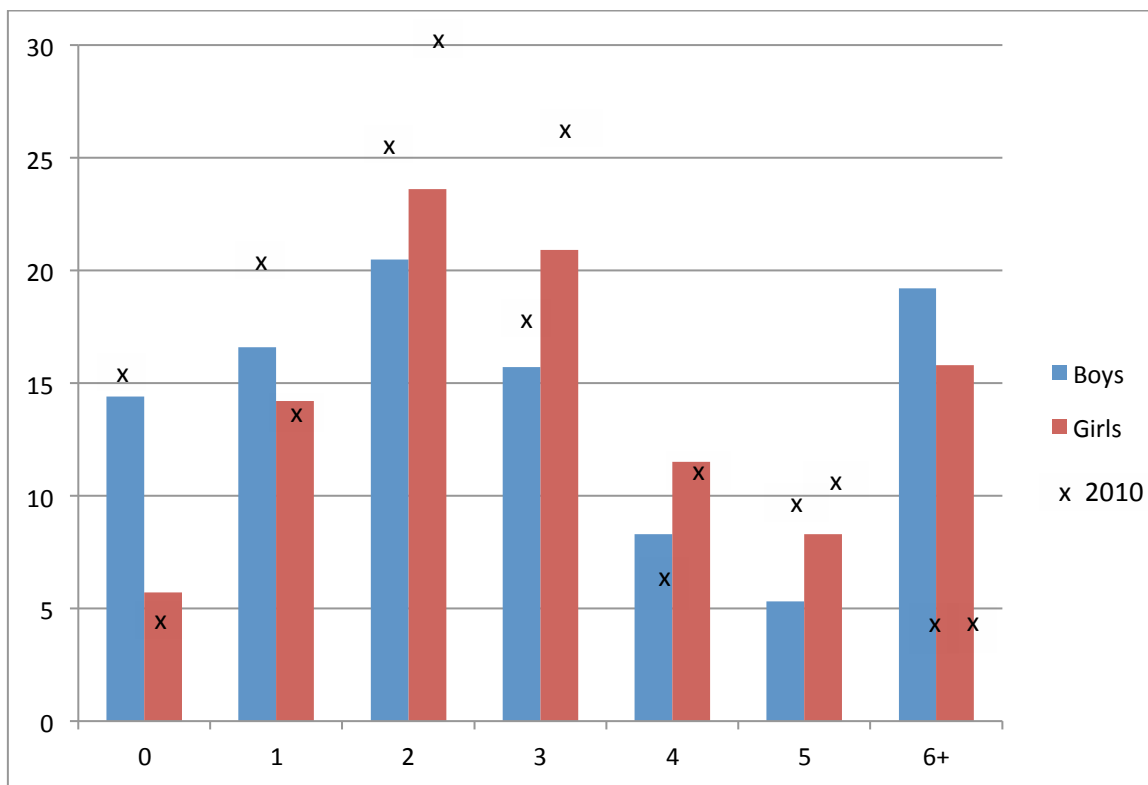
% of students selecting each response option

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4. How many friends do you talk with face to face about deep issues each week [eg. hopes/ dreams/ problems]?

The number of friends people talked to face-to-face each week averaged around 2-3 (41% responded either 2 or 3; 66.8% responded between 1 and 4). Although the modal (most frequently selected) response was 2 for both boys and girls, the mean number for girls (3.06) was higher than for boys (2.80). Comparisons with 2010 data are difficult because an “other” option was provided in 2010 rather than the “6+” option. In 2010, those wanting to select the highest number of friends would have selected either 5 or other (15% of girls and 14% of boys). In 2016, those wanting to select the highest number of friends would have selected either 5 or 6 (24% of girls and 25% of boys). Given the percentages selecting 0-3 friends had mostly decreased, it can be concluded that there has been an increase from 2010 to 2015 in the number of friends students reported they were talking with face to face. In 2015, 9% of students selected zero, compared with 11% in 2010.



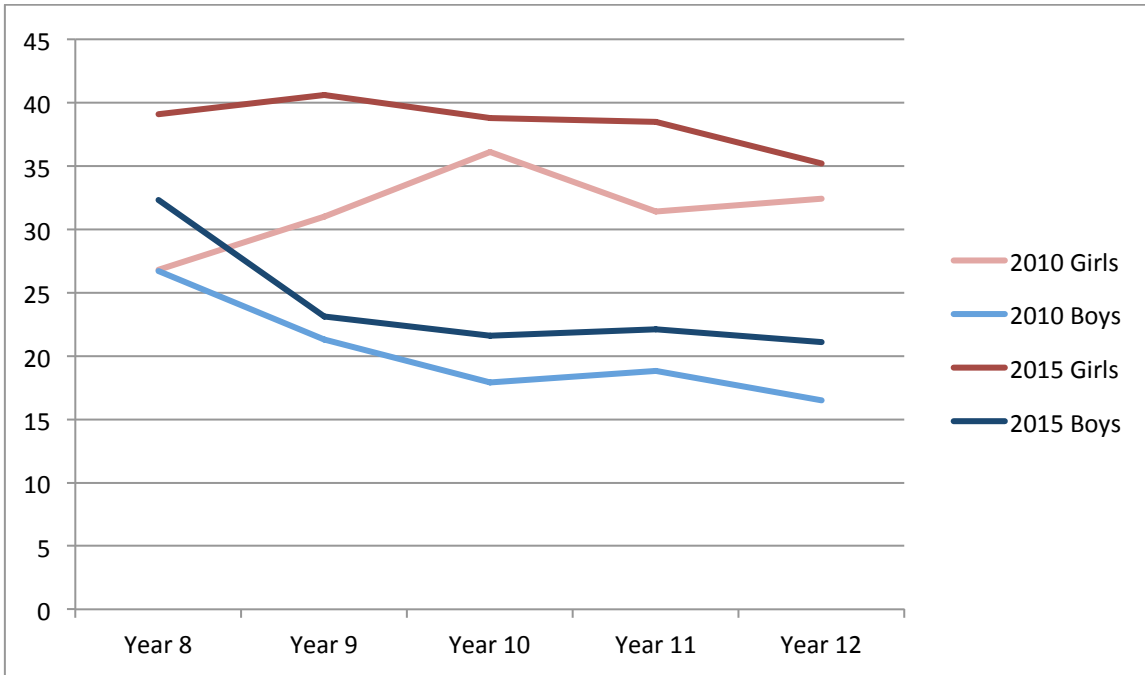
% of students selecting each response option

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5. How important is it for you to spend time with your family?

The majority (65%) of the respondents considered it “extremely important” (34%) or “very important” (31%) to spend time with their family. Girls were more likely than boys to consider it “extremely important” (39% compared with 26%). The importance placed on spending time with family had increased from 2010 to 2015 (from 25% to 34% responding extremely important, and the mean importance increasing from “important” to “very important”).



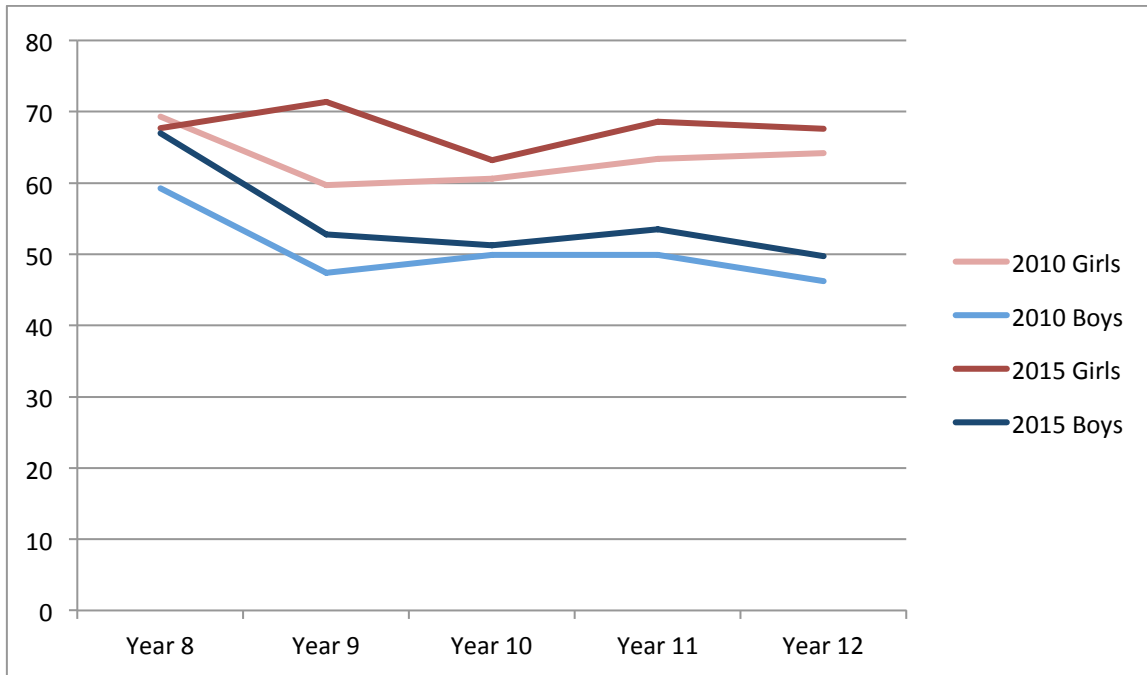
% of students who thought it was extremely important to spend time with their family

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6. How often do you spend time in deep conversations with your family?

The majority (64%) of the respondents said they spend time in deep conversation with their family at least once a week. 13 % of students reported that they “never” spent time in deep conversations with their family. Girls were more likely than boys to spend time weekly or daily (68% compared with 58%). Reported time spent in deep conversations with family members had increased from 2010 to 2015, for both girls and boys.



% of students who reported spending time every day or once a week

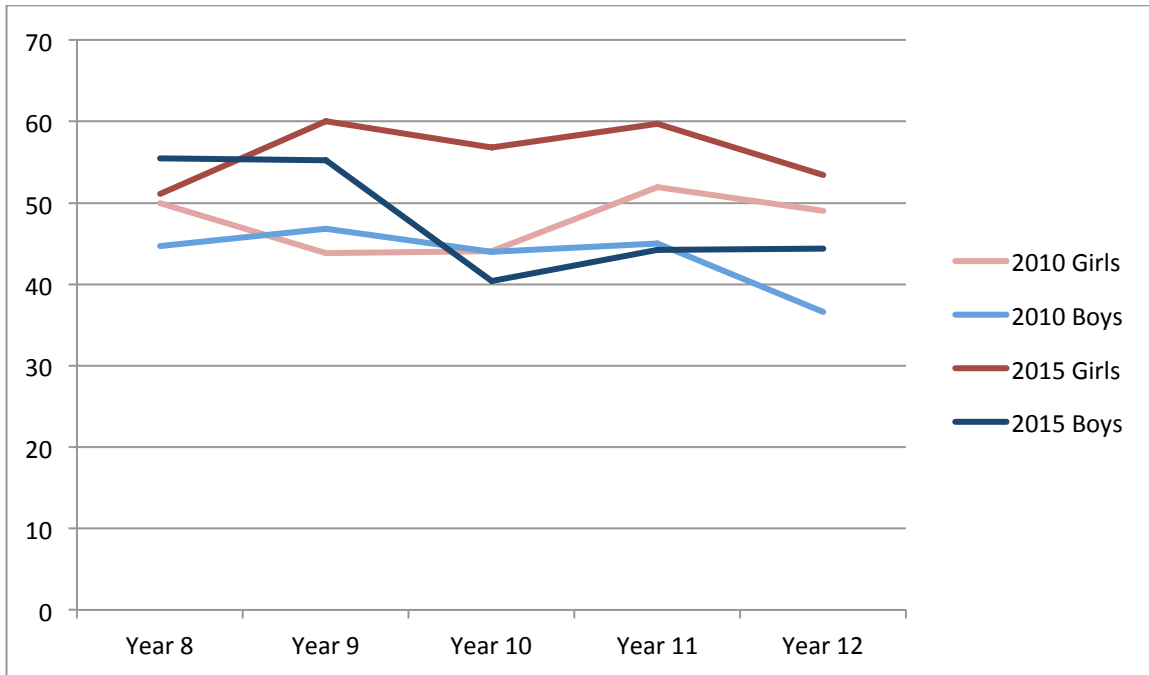
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7. To what extent do trusted adults influence your personal decisions?

Just over half of the students (54%) said that trusted adults influenced their decisions very much (17%) or quite a lot (37%). Girls were more influenced than boys (57% vs 49%). Reported influence had increased from 2010 to 2015, except for year 10 and 11 boys.



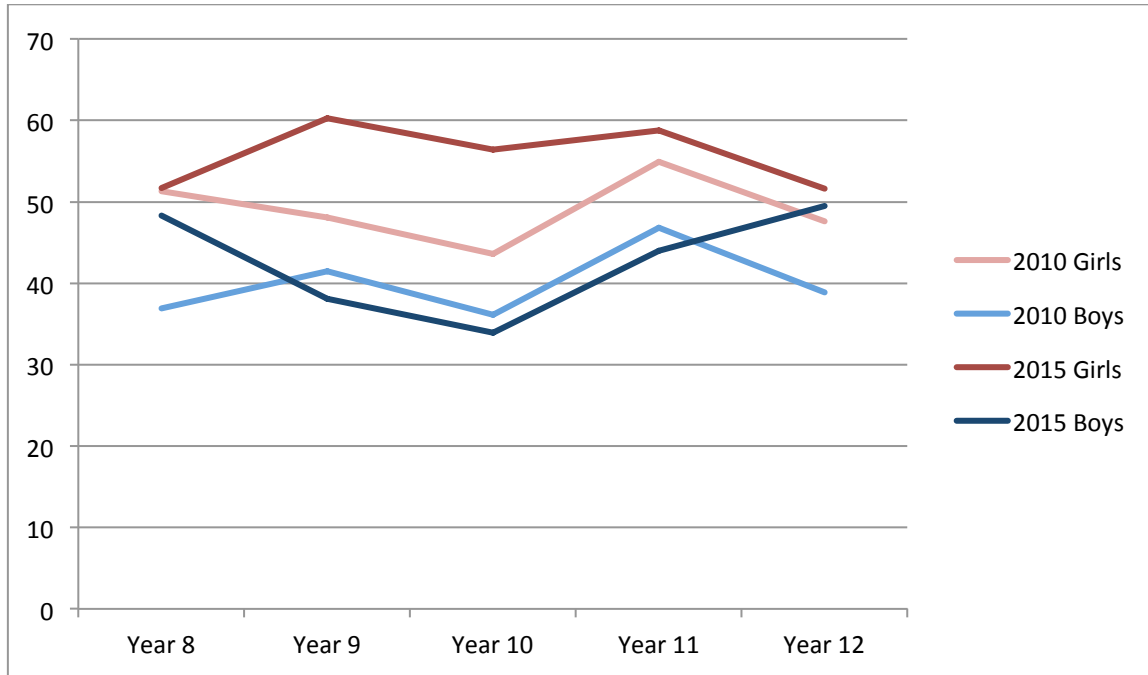
% of students who reported that they were influenced by trusted adults very much or quite a lot.

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8. How often do you help people outside your friendship circles? [eg. acts of random kindness]

Just over half of the students (52%) said that they helped people outside their friendship circle often (40%) or very often (12%). Girls were more likely to help people than boys (57% of girls help often or very often, compared with 45% of boys). Reported helping behaviours had increased from 2010 to 2015.



% of students who reported that they helped people outside their friendship circles often or very often.

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## SUMMARY OF RESPONSES

- Most students (**86%**) reported that they usually or always notice when something is bothering a friend.
- Two-thirds of the students (**67%**) reported that they talked face to face about deep issues with 1-4 friends each week.
- The majority of students (**65%**) considered it extremely important to spend time with their family.
- Most students (**64%**) reported spending time in deep conversation with their family at least once a week.
- Just over half of the students (**54%**) said that trusted adults influenced their decisions quite a lot or very much.
- Just over half of the students (**52%**) said that they helped people outside their friendship circle often or very often.
- Just under half of the students (**44%**) reported chatting with 1-4 people each day on social media.
- Students mostly look for loyalty in a friend (**37%**), followed by honesty for girls and fun for boys.
- Girls were more likely to report a higher level of interpersonal relationships than boys, across all 8 items.
- Confidence in interpersonal relationships appeared to have increased from 2010 to 2015.

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