

REPORT ON 15-YEARS OF RESEARCH SHEDS NEW LIGHT ON THE SOCIAL-EMOTIONAL WELLBEING (SEWB) OF AUSTRALIAN CHILDREN AND ADOLESCENTS!

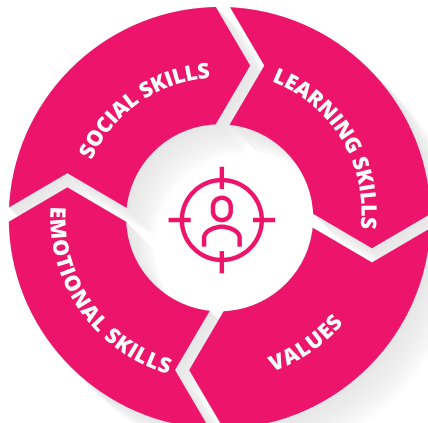
Since 2003, 137,408 students enrolled in 701 Australian primary and secondary schools have completed Professor Michael Bernard's *Survey of Social-Emotional Well Being* published by the Australian Council for Educational Research. Research findings have now been published: Bernard, M.E., & A. Stephanou, (2017). Ecological levels of social and emotional wellbeing of young people. *Child Indicators Research*. DOI 10.1007/s12187-017-9466-7.

THE SOCIAL AND EMOTIONAL WELLBEING OF YOUNG PEOPLE

Research reveals that a young person's level of SEWB is determined by quality of parenting, engagement at school, community connectedness as well as character (values, strengths), attitudes and social-emotional skills.



OUTSIDE WORLD



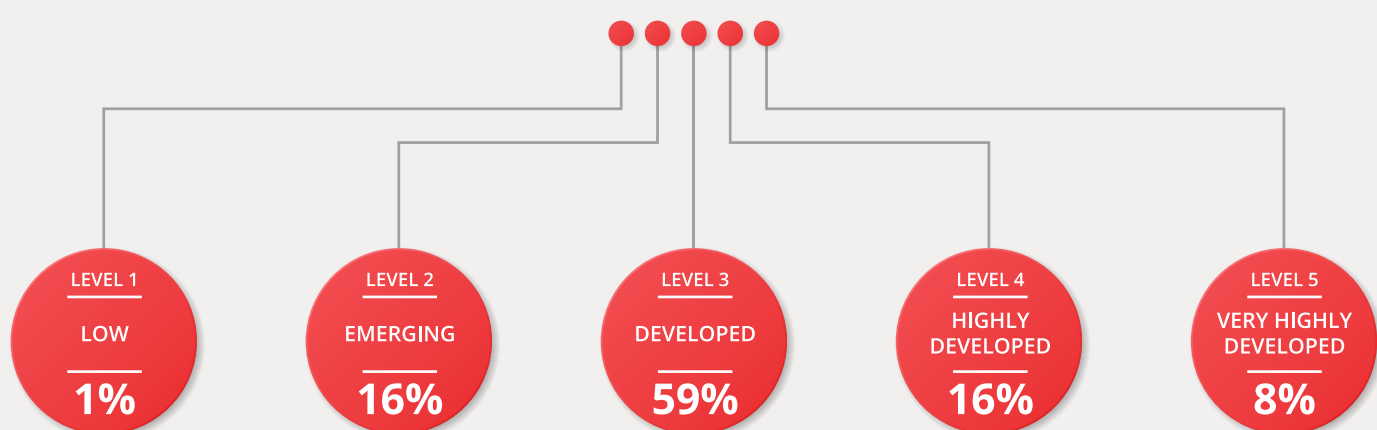
INSIDE WORLD



FEELINGS BEHAVIOURS

SEWB LEVELS FOR CHILDREN & ADOLESCENTS

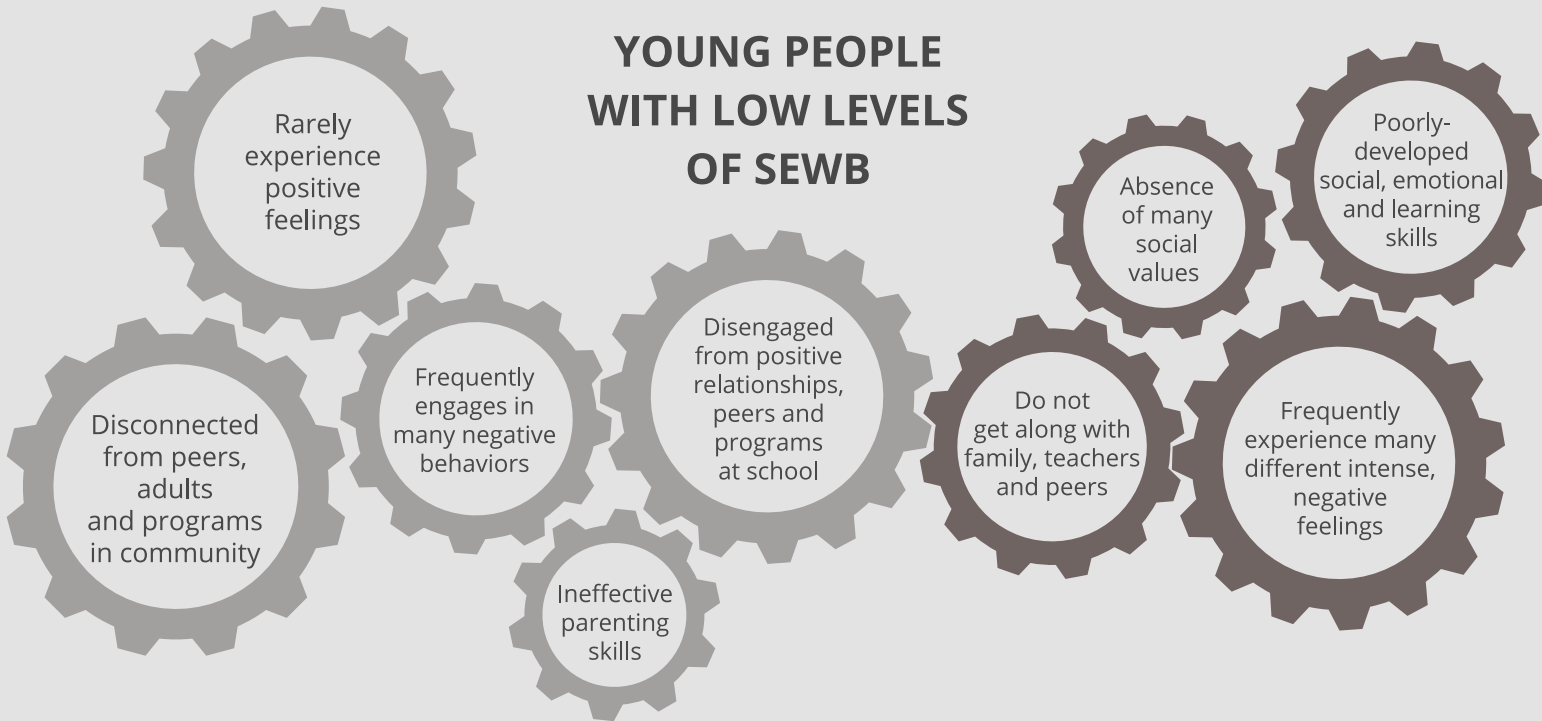
Five different levels of SEWB of Australian youth have been discovered. Approximate percentage of young people at each level of SEWB in the general population.



YOUNG PEOPLE WITH HIGHLY DEVELOPED SEWB

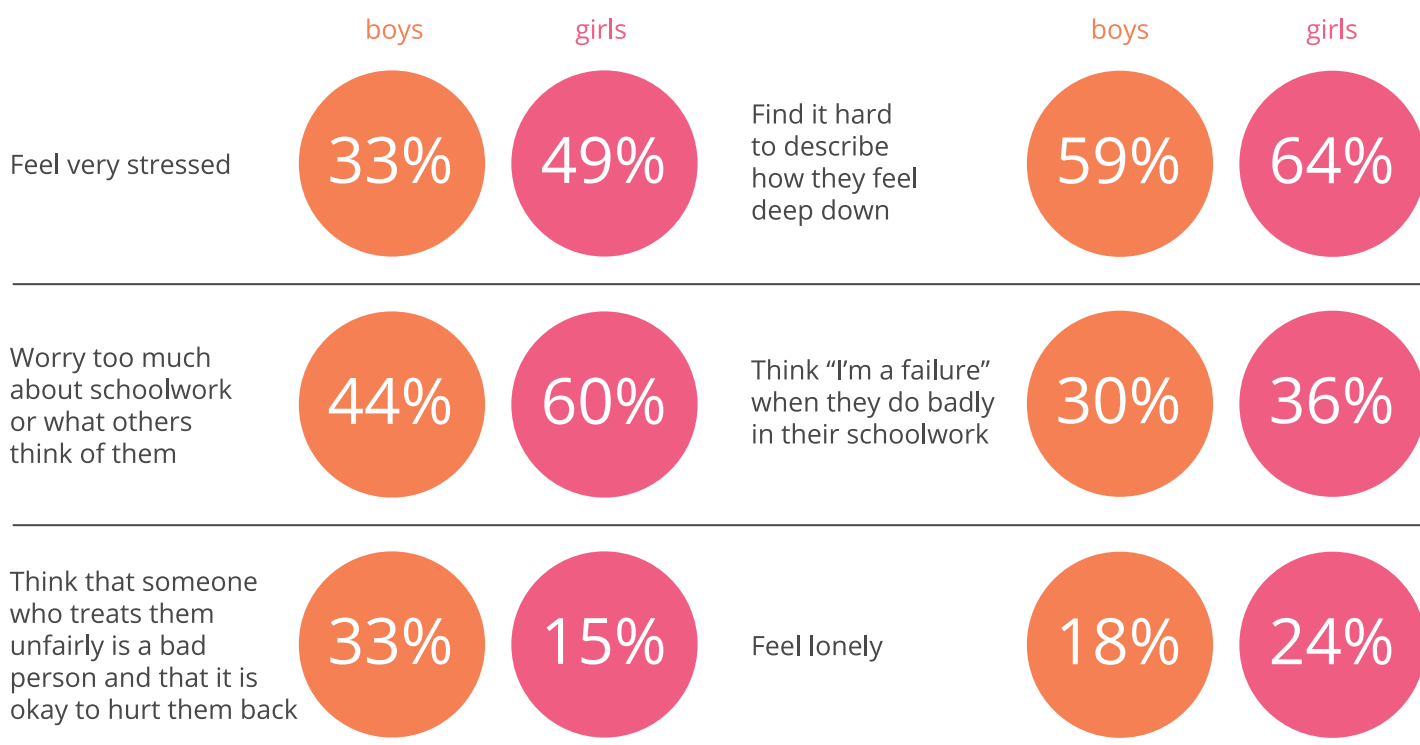
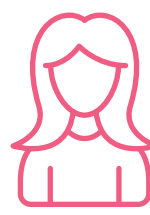
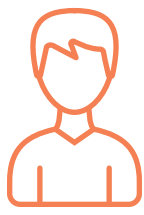


YOUNG PEOPLE WITH LOW LEVELS OF SEWB



SEWB IN BOYS VS GIRLS

Overall SEWB of girls is slightly higher than boys. However, in some aspects of their emotional lives, girls rate themselves higher in negative emotionality than boys.



15 YEAR SNAPSHOT OF AUSTRALIAN SEWB IN YOUNG PEOPLE [2003-2017]

Over the past 15 years, the SEWB of Australian young people has remained fairly stable with some exceptions.

	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
I am confident when doing difficult schoolwork	76%	67%	70%	70%	59%	64%	58%	61%	63%	60%	53%	58%	59%	58%	59%
I feel very stressed	29%	32%	33%	19%	31%	32%	37%	36%	37%	37%	43%	41%	44%	47%	49%
I worry too much about schoolwork or what others think	44%	41%	44%	38%	39%	40%	47%	49%	49%	49%	54%	54%	57%	57%	58%
I could do a lot better in my schoolwork	61%	65%	74%	65%	66%	54%	72%	74%	61%	64%	75%	72%	68%	70%	70%
I give up easily when I don't understand or am bored	32%	47%	35%	35%	39%	32%	40%	42%	38%	40%	44%	42%	40%	40%	38%
I have difficulty controlling my anger	41%	37%	38%	32%	30%	27%	64%	36%	38%	32%	29%	30%	28%	29%	28%

YCDI! Education programs are based on international research AND studies by Professor Michael Bernard and his colleagues into the social-emotional development of children and adolescents. Evaluation studies continue to show highly beneficial effects of YCDI! programs on the attitudes and social-emotional skills of young people leading to improved achievement, relationships and wellbeing.