


# 2023 Youth Report

*State of the Nation 2023 Resilient Youth Report* data from approximately 140,000 students.

- 27.4% of primary school students are dealing with high levels of anxiety and/or depression.
- For high school students, that number goes up to 35.9%.
- Between 40-50% of students across the board are feeling disengaged and losing hope.

(Kohler et al., 2024)



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## Within Western Australia

- 72% have experienced 1 ACE
- 1 in 7 (14%) of young people assessed as having mental disorders in last year
- ADHD was most common in children and adolescence (7.4%) followed by anxiety disorders (6.9%)
- Girls (69.9% of their cohort) in WA rate their mental health much less favourably than boys (compared to 49.7% of their cohort)
- Intentional self-harm for WA Aboriginal children and young people was almost 9 times higher than non-Aboriginal WA children and young people

(CCYP, 2024; Mental Health Commission Western Australia, 2024)

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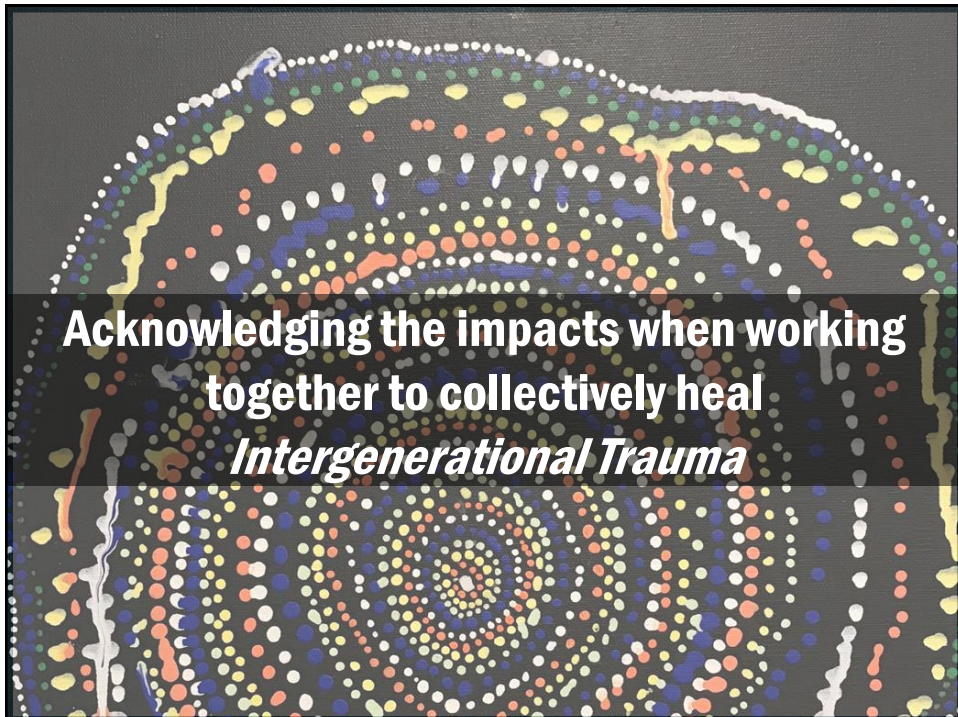
# Defining the terms:



*Childhood  
trauma*

*Neurobiological  
& developmental  
impacts*

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