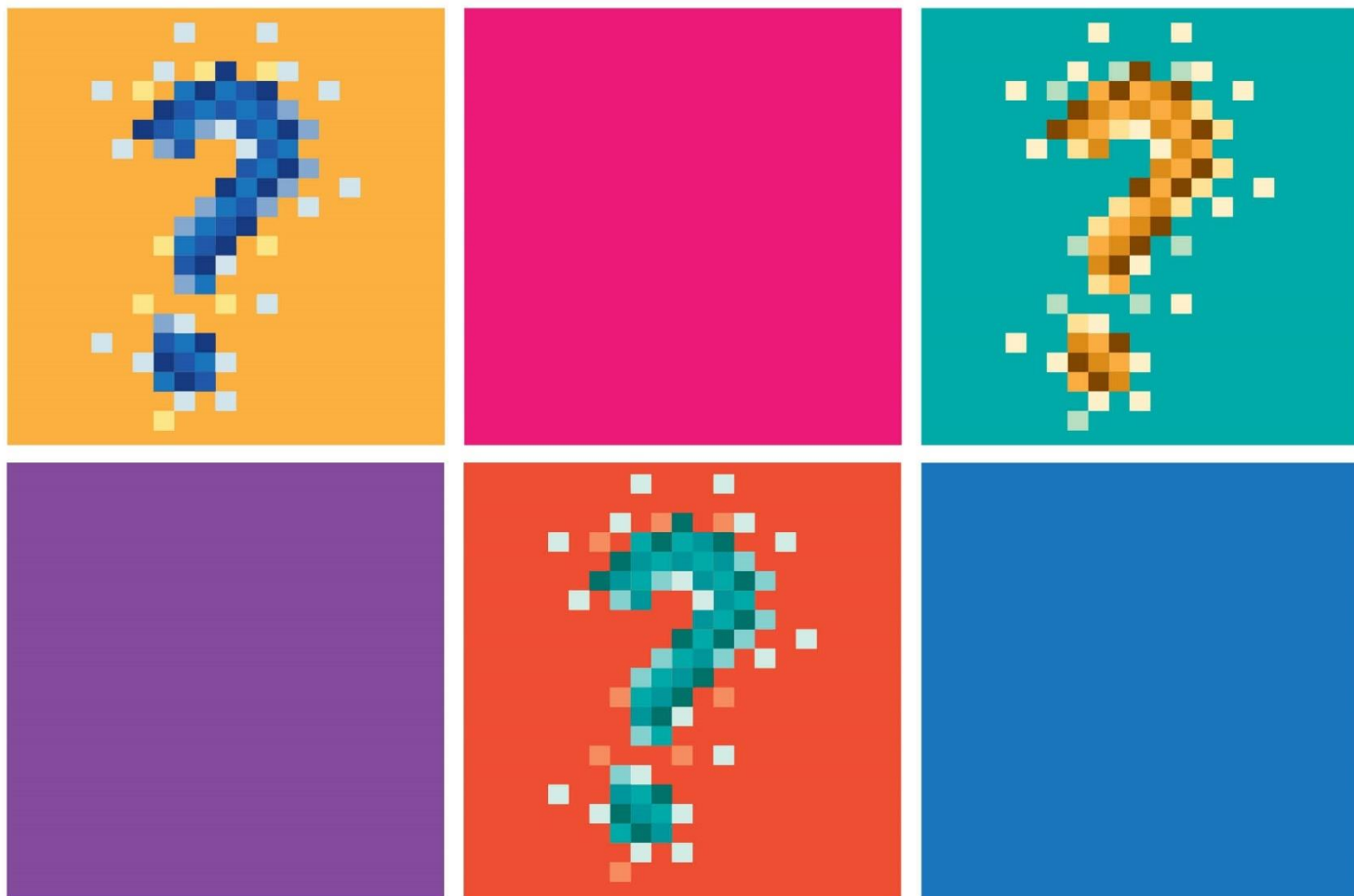


# whataboutme.nz

the national youth health and wellbeing survey 2021



PACIFIC REPORT - JUNE 2023



A pixelated graphic of a hand holding a sign. The hand is composed of light gray squares, with the thumb and index finger forming a grip around a dark blue rectangular sign. The sign has a small triangular notch on its left side. The word "Acknowledgements" is written in white, sans-serif font on the sign. The background is white with some faint, scattered gray pixels.

# Acknowledgements

We would like to thank all Pacific young people who contributed their time and energy to *What About Me?*

We would also like to thank the youth workers who supported our research team in delivering the survey and all the schools, kura and community organisations who welcomed us and helped us connect with young people in their spaces.

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We hope this report includes information that will help continue to support Pacific young people in Aotearoa New Zealand.

June 2023

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Malatest International provides expertise in research and evaluation through family and community engagement, Pacific contexts and methodologies, te reo Māori, tikanga and mātauranga Māori.

We ensure that all voices are brought to the table in any research and evaluation project, and offer opportunities to learn from one another, continually building the collective capability within our overall team, and those with whom we work.

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# 1. Summary of key messages

Government commissioned the *What About Me?* survey to build on existing information about young people by profiling their wellbeing, resilience, strengths and hopes for the future. Between June and November 2021, *What About Me?* reached 7,209 year 9 to 13 students in school settings across Aotearoa New Zealand.

The survey included 880 Pacific young people. Young people in the school sample were selected from a stratified random sample of schools and from randomly selected classrooms within each selected school.<sup>1</sup> All survey findings were weighted to the prevalence of Pacific ethnicity, gender and school decile based on Ministry of Education secondary school roll data. The national sample provides a voice to Pacific young people in regions often not included in previous studies.

However, the survey took place at a time when many young people's lives were disrupted by COVID-19. Regional and national lockdowns affected the participation of some young people in the survey. In Auckland, especially in South Auckland, the impact of the 2021 delta variant and subsequent lockdowns on Pacific peoples was extensive and disrupted fieldwork for the survey. Schools that had been scheduled to be part of *What About Me?* were no longer able to participate.

Over two-thirds of Pacific young people in year 9 to 13 in Aotearoa New Zealand live in Auckland and just under half (44%)<sup>2</sup> of year 9 to 13 Pacific students living in Auckland attend schools in South Auckland. Pacific young people in Counties Manukau and their families face significant socioeconomic inequalities that impact their wellbeing: they are over-represented in low decile schools, homelessness, unemployment and mental distress.<sup>3</sup> Not reaching Counties Manukau schools means the *What About me?* results may not be representative of these Pacific young people.

## **This report**

Within the context outlined above, the findings in this report provide an overview of the wellbeing of Pacific young people who participated in the *What About Me?* survey and identify opportunities for further research. The survey did not aim to

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<sup>1</sup> Selection of the in-school sample had two stages. In the first stage we selected a sample of schools through stratifying them by region and decile. The second stage was the selection of students within schools. Details are provided in the technical report.

<sup>2</sup> Based on the proportion of Pacific students recorded on the rolls of Counties Manukau DHB compared to the total Pacific students recorded in Auckland and Waitematā DHBs (Education Counts, 2021).

<sup>3</sup> Ministry of Health, 2020. NZ Health Survey 2019/2020 Available at: <https://www.health.govt.nz/publication/annual-update-key-results-2019-20-new-zealand-health-survey>



reach conclusions about ‘why’ and ‘how’ various factors influence the lives of young people. The report sits alongside other resources available on the Ministry of Social Development website.<sup>4</sup>

## Developing *What About Me?*

Details of the survey development are provided in the technical report on the Ministry of Social Development website and summarised in Section 3. An advisory group of Pacific experts was involved in all stages of the survey – from development to reporting. The Guidelines on Pacific Health Research<sup>5</sup> underpinned the approach.

## Who had their say

**More than half of Pacific young people identified with multiple ethnicities:** Our community of Pacific young people was diverse with 49% of Pacific young people selecting one ethnic group, 35% selected two ethnic groups and 17% choose three or more. The largest ethnic groups were Samoan (55%) followed by Tongan (26%). Almost one-third of Pacific young people identified as both Pacific and Māori – (the Pacific and Māori sub-group) (31%). One-third (36%) of Pacific young people spoke more than one language.<sup>6</sup> Of these, 79% could converse in at least one Pacific language.

**Over three-quarters of Pacific young people were born in Aotearoa New Zealand:** Most (77%) Pacific young people were born in Aotearoa New Zealand and those born overseas were most likely to have been born in Samoa. There were language barriers for 3% of Pacific young people who reported they cannot speak English.

**Pacific young people identified with a range of gender identities:** Most (89%) Pacific young people identified as straight or heterosexual and 7% identified as bisexual. Overall, 16% of Pacific young people were included in the rainbow grouping.<sup>7</sup>

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<sup>4</sup> <https://msd.govt.nz/about-msd-and-our-work/publications-resources/consultations/youth-health-and-wellbeing-survey-results/index.html>

<sup>5</sup> Health Research Council. (2014). <https://www.hrc.govt.nz/sites/default/files/2019-05/Resource%20Library%20PDF%20-%20Overview%20of%20the%20Pacific%20Health%20Research%20Guidelines.pdf>

<sup>6</sup> Other than English, te reo Māori and NZ Sign Language

<sup>7</sup> We constructed the rainbow variable based on advice from Stats NZ and used Pacific young people’s answers to questions about gender, sexual identity and sexual preference – detailed in section 5.6



**One-quarter (27%) of Pacific young people were included in the disabled group:**<sup>8</sup> Remembering or concentrating (22% a lot of difficulty or cannot do at all) was the most frequently identified area of difficulty.

## **Key themes and messages**

Pacific peoples have a long history with Aotearoa New Zealand. They make up 8% of the population in Aotearoa New Zealand and are the country's most youthful population, with a median age of 23 years compared to 41 years for European New Zealanders. Pacific young people are therefore important contributors to the economic, political, cultural and social fabric of Aotearoa New Zealand.

### **Strong identity and values**

A strong identity is an important element of resilience. The findings in the report show that identity, cultural and ethnic values, and spirituality remained a strength for Pacific young people. Pacific young people had higher levels of pride in who they were and provided higher ratings of their ability to express their identity, compared to non-Māori non-Pacific young people.

Pacific languages, cultures and values were important for Pacific young people. While Pacific young people were becoming more ethnically diverse, they remained generally positive in terms of their ethnic and cultural values, knowing who they could talk to about culture, their genealogy and ethnicity, and maintaining family traditions and their cultural heritage.

Faith was important to Pacific young people overall. More than three-quarters (78%) reported they held religious or spiritual beliefs. They rated the importance of their beliefs highly (8.7 on a 0-10 scale from not important to important).

### **Strong relationships and connections**

Pacific peoples generally come from collective rather than individualistic cultures and communities. Strong relationships and connections are important enablers of wellbeing and resilience. The findings in this report continue to support strong relationships and connections as an area of strength and resilience for Pacific young people. All groups of Pacific young people provided high ratings about the extent they felt loved by their family (mean 8.9 on a 0-10 disagree to agree scale). They were less positive about being able to spend enough time with them (mean 7.7 on a 0-10 disagree to agree scale).

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<sup>8</sup> Based on responses to the Washington scale. Further information available at <https://www.washingtongroup-disability.com/question-sets/wg-short-set-on-functioning-wg-ss/>



Young people generally thought their families were doing well. They reported strong friendships, and felt safe, loved, and supported by their family.

A higher percentage (42%) of Pacific young people had supported their family by looking after someone like a brother or sister, a relative, or someone else on a regular basis, compared to young people in the non-Māori non-Pacific ethnic groups (20%). While supporting family is important, Pacific young people were more likely to miss school or work due to caregiving responsibilities within the family compared to non-Māori non-Pacific young people.

Sense of belonging and acceptance are important to wellbeing and resilience. Pacific young people felt most accepted by their friends and the people they lived and worked with, but they provided the lowest acceptance ratings for feeling accepted at school.

Pacific young people had strong connections with their friends. They had friends they trusted and with whom they felt safe, and they felt loved by their girlfriends, boyfriends, and partners.

## Challenges

Like all young people in Aotearoa New Zealand, Pacific young people faced wellbeing challenges requiring further support and attention. Pacific young people faced additional challenges as they were more likely to have experienced discrimination because of their ethnicity (mean score of 3.4 on a 0-10 scale from not at all to all the time) than young people from the non-Māori non-Pacific ethnic group (mean score of 1.9). The survey results also demonstrated financial instability, physical and mental health as challenges for Pacific young people.

### Socioeconomic status and financial stability

School decile, the measure we used for socioeconomic status, is based on measures of each school's community including income, employment and skills and household crowding. While it is not a perfect proxy for family socioeconomic status, we have reported results for different school deciles because it usefully highlights disadvantages and advantages for young people.

A higher percentage of Pacific young people attended lower decile schools than non-Māori non-Pacific young people. Pacific young people across all decile groupings were similarly worried about not being able to pay for the essentials. It is relevant to consider the under-representation of South Auckland schools in our sample and whether their inclusion would have amplified the impacts of poverty.

Just over half (56%) of Pacific young people reported that they worried about their family's ability to afford essential items.



## Feeling good physically and mentally

Pacific young people gave an average rating of 6.9 (on a scale from 0 (dissatisfied) to 10 (satisfied)) when asked about their lives in general. Young Pacific males gave higher overall ratings, while female, rainbow and disabled Pacific young people gave lower ratings.

The mental wellbeing results from the *What About Me?* Overview report present a worrying picture of high needs of young people from all demographic groups and show a deterioration compared to results from past surveys. The findings for Pacific young people were similar. While more than half (57%) of Pacific young people had WHO-5<sup>9</sup> mental wellbeing scores representing good to excellent wellbeing, one-quarter (25%) had Kessler-6<sup>10</sup> scores indicating experience of serious distress. In the last year, 44% of Pacific young people felt overwhelmed or they could not cope. There were poorer results in mental wellbeing for Pacific females compared to males.

Vaping had overtaken tobacco and marijuana smoking. Around half (52%) of Pacific young people had vaped or used e-cigarettes compared to 23% who had smoked a whole cigarette, tobacco or roll-your-owns.

Most (85%) Pacific young people said they had someone to turn to if they were going through a difficult time. Most (80%) said they would turn to an adult family member or friend if they needed help. Overall, 19% of Pacific young people had not been able to see a doctor or nurse when they had wanted or needed to in the last 12 months.

## Sub-group profiles

This report includes individual profiles for young people identifying as both Pacific and Māori (the Pacific and Māori sub-group), Pacific rainbow, and Pacific disabled young people. In addition, there are individual profiles for the three largest Pacific ethnic groups, Samoan, Tongan and Cook Island Māori young people.<sup>11</sup> Samoan and Tongan young people had similar results and patterns of findings.

Young people who identify as Māori and Pacific are not visible in studies using prioritised ethnicity, as they are categorised as Māori. Demographics have shown that Pacific and Māori young people are a growing cohort requiring further

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<sup>9</sup> World Health Organization (WHO). (1998). Wellbeing Measures in Primary Health Care/The DepCare Project. WHO Regional Office for Europe: Copenhagen.

<sup>10</sup> Kessler, R. C. et al. (2002). Short screening scales to monitor population prevalences and trends in non-specific psychological distress. *Psychological Medicine*, 32, 959–976.

<sup>11</sup> Our total count approach to ethnicity means there is some overlap in individuals between the Pacific ethnic groups for young people who identify with more than one Pacific ethnicity.



attention, particularly in terms of the delivery of wellbeing support and services. In this survey, most young people who identified with more than one ethnic group identified as Pacific and Māori. What is of interest from these results is that young people identifying as both Pacific and Māori share findings and profiles similar to those of Cook Island Māori young people. These similarities may speak to the long history and special relationship that Cook Island Māori have with New Zealand because the Cook Islands are a New Zealand realm country.

Pacific rainbow and Pacific disabled young people as sub-groups also shared similar findings and often reported lower scores and results compared to the overall Pacific sample. This finding was consistent with findings for rainbow and disabled young people in the Overview report, in the Māori cohort and in a cohort of young people sampled in the community. The wellbeing and resilience needs of rainbow and disabled people in Aotearoa New Zealand are not well understood. The findings and analysis from *What About Me?* provide an important step towards more in-depth investigation and research for Pacific rainbow and Pacific disabled young people.

The analysis of sub-group findings provides information to inform some forward thinking about the expected demographic profile of future generations of Pacific young people. The results also show that some groups faced more challenges than others. This knowledge which will help to target support services.

### ***What About Me?* cohort reports**

The *What About Me?* Overview report was the first report with *What About Me?* findings. It summarised survey findings across the sample of young people reached in school settings. Three additional reports are now available to complement the Overview report:

- Māori Report: All rangatahi Māori sampled in school settings
- Pacific Report: All Pacific young people sampled in school settings
- Community Cohort Report: The cohort of young people reached in community settings including Alternative Education providers, Teen Parent Units, Youth One Stop Shops and NGOs.

Common themes emerge from all four reports. *What About Me?* results identified areas of strength and resilience for Aotearoa New Zealand's young people. Many had strong friendships, felt safe and loved with their family, were able to express their identity, connected to their culture and aspired to achieve in their education.

The results also showed the challenges faced by some groups. Across all reports disabled and rainbow young people were more often struggling with many aspects of their lives. Compared to other young people, they faced more discrimination and



were less able to express their identity. On average females were less positive than males about many aspects of their lives.

Many young people worried about their families having enough money to meet basic needs. Māori and Pacific young people were more likely to be worried about meeting basic needs than other young people.

The *What About Me?* results provide a snapshot of the wellbeing of young people in Aotearoa New Zealand in 2021, at a time when their lives were affected by COVID-19. This series of reports provide an overview of the findings for the school sample, rangatahi Māori, Pacific young people and the community cohort. They do not aim to reach conclusions about 'why' and 'how' various factors influence the lives of young people, but the results highlight many opportunities for deeper analysis and further research. Stats NZ has now made the *What About Me?* dataset available to this work to continue.





## 2. Introduction

In late 2018, government agencies led by the Ministry of Social Development (MSD) commissioned a nationwide health and wellbeing survey of young people aged 12 to 18 years. After consultation with young people, the survey was branded as *What About Me?*

The survey was commissioned to build on existing information and to fill gaps in what was known about young people by profiling young people, their wellbeing, resilience, strengths and hopes for the future. Indicators for the Child and Youth Wellbeing Strategy<sup>12</sup> were embedded in the survey. It was also important for the survey to identify parts of their lives where young people were struggling, to help inform how they could be supported.

This report provides an overview of findings from the survey of 880 Pacific young people in secondary school settings. The report sits alongside other resources available on the Ministry of Social Development website:<sup>13</sup>

- Overview report providing a summary of the results from all young people surveyed in secondary school settings.
- Technical report providing more detail on the survey method including sampling, weighting and analysis.
- Tables with all results included in this report and later a wider set of tables including results for other survey questions.
- More information about accessing the dataset with data dictionary and supporting documentation held by Stats NZ.
- Data collected from young people in community settings are not included here and will be the focus of another report.

### Purpose and objectives

The *What About Me?* survey utilised a youth-centred, holistic approach to health and wellbeing to consider the different dimensions of young people's lives and to collect meaningful information about how young people saw their lives.

This report aims to provide data and information about the health and wellbeing of Pacific young people in Aotearoa New Zealand and separate profiles for Samoan, Tongan, Cook Island Māori and Pacific rainbow young people. This report aims to

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<sup>12</sup> See [www.childyouthwellbeing.govt.nz/](http://www.childyouthwellbeing.govt.nz/)

<sup>13</sup> <https://msd.govt.nz/about-msd-and-our-work/publications-resources/consultations/youth-health-and-wellbeing-survey-results/index.html>



provide useful and usable information to inform policy development and service delivery and to provide a foundation for tracking progress.

This report presents an overview of the findings rather than attempt to identify the cause of findings or differences observed. As such, the survey results presented here will provoke more questions for further research and investigation.

## **Background to Pacific Peoples in Aotearoa New Zealand**

Pacific peoples in Aotearoa New Zealand refers to a group of diverse cultures and ethnicities from across the Pacific region including Cook Islands Māori and people from Niue, Tokelau, Samoa, Tonga, Niue, Fiji, Tuvalu and Kiribati. Pacific peoples have a long history with Aotearoa New Zealand and have become a well-established population group since mass migration from the Pacific region began in the 1940s. The Cook Islands, Tokelau and Niue have a special constitutional relationship as realm countries with Aotearoa New Zealand, and their people are New Zealand citizens. The transition of Pacific peoples from a migrant population to Aotearoa New Zealand is reflected in data from the 2018 census.<sup>14</sup>

The 2018 census data shows the Pacific population has increased from 7% of the total population in 2013 to 8% in 2018, with a growth rate of 29%. Pacific peoples have the most youthful population in Aotearoa New Zealand, with a median age of 23 years compared to 41 years for European New Zealanders. Pacific young people aged between 15 – 29 years represent 34% of the total Pacific population. Exactly two thirds (66%) of all Pacific peoples were born in Aotearoa New Zealand.

The largest Pacific population is the Samoan population (48%), followed by Tongan (22%), Cook Islands Māori (21%) and Niuean (8%). Within the Pacific population there is also diversity with the number of multicultural Pacific individuals growing. In 2013 24% of Pacific peoples reported with two ethnicities and this increased to 26% in 2018.

Pacific peoples are highly urbanised with the majority living in the Auckland region (64%) followed by the Wellington region (11%). In Aotearoa New Zealand, Pacific peoples can be characterised as a population that is growing, youthful and diverse. Given these characteristics it is important that we have a better understanding of the health and wellbeing of Pacific young people in Aotearoa so they can be supported to thrive and make positive social, economic, and cultural contributions to society.

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<sup>14</sup> <https://www.stats.govt.nz/tools/2018-census-ethnic-group-summaries/pacific-peoples>



## COVID-19 lockdowns

The *What About Me?* survey took place during the COVID-19 pandemic and lockdowns.. Regional and national lockdowns affected the participation of some young people in the survey. In Auckland (especially in South Auckland), the impact of the 2021 Delta variant and subsequent lockdowns on Pacific peoples was extensive and disrupted fieldwork for the survey. Schools that had been scheduled to be part of *What About Me?* were no longer able to participate.

Over two-thirds of Pacific young people in year 9 to 13 in Aotearoa New Zealand live in Auckland and just under half (44%)<sup>15</sup> of year 9 to 13 Pacific students living in Auckland attend schools in South Auckland. Pacific young people in Counties Manukau and their families face significant socioeconomic inequalities that impact their wellbeing: they are over-represented in low decile schools, experience high rates of homelessness, unemployment, and mental distress.<sup>16</sup> Not reaching Counties Manukau schools means the *What About me?* results may not be representative of these Pacific young people.

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<sup>15</sup> Based on the proportion of Pacific students recorded on the rolls of Counties Manukau DHB compared to the total Pacific students recorded in Auckland and Waitematā DHBs (Education Counts, 2021).

<sup>16</sup> Ministry of Health, 2020. NZ Health Survey 2019/2020 Available at: <https://www.health.govt.nz/publication/annual-update-key-results-2019-20-new-zealand-health-survey>



### 3. Overview of the survey method

Youth2000, the first nationally representative health and wellbeing survey of New Zealand young people, was completed by the Adolescent Health Research Group of Auckland University in 2001.<sup>17</sup> The survey was repeated in 2007, 2012 and most recently in 2019. The survey method we have used for *What About Me?* drew in part on the approaches used successfully in those surveys.

A full summary of the survey method can be found in the accompanying technical report.<sup>18</sup>

**Questionnaire development:** We ran an extensive consultation process with stakeholders across government and with other organisations supporting and advocating for young people. Participants in the consultation process identified the information they most needed, including considering which questions included in past youth health and wellbeing surveys (including the Youth2000 series) would be most important to repeat to assess change over time. Consultation included the Pacific Advisory Group who considered which questions used in the Youth2000 surveys would be most valuable to include and recommended priority topics.

**Ethics and privacy:** The survey was reviewed by the Health and Disability Ethics Committee in 2019 and approval was granted for participation by year 9 to 13 students. An extensive safety process was clearly defined and included a pilot study to assess whether any additional safety considerations were required, identification of at-risk young people, youth workers available during survey completion to support young people and providing contact details for support services to young people. The safety process is detailed in Appendix 1.

**The survey:** Young people completed the survey on tablets. The survey was available in English and te reo Māori in written and audio formats. Earphones were provided to assist young people who found it easier to hear the questions alongside reading them. A video option was available for young people who wanted to complete the survey in New Zealand Sign Language. Some tablets were available for young people with visual disability to use with a reader.

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<sup>17</sup> Information and publications on the Youth2000 series are collated at: [www.fmhs.auckland.ac.nz/en/faculty/adolescent-health-research-group/publications-and-reports/publications-by-topic.html](http://www.fmhs.auckland.ac.nz/en/faculty/adolescent-health-research-group/publications-and-reports/publications-by-topic.html)

<sup>18</sup> <https://www.msd.govt.nz/documents/about-msd-and-our-work/publications-resources/consultations/youth-health-and-wellbeing-survey-results/wam-technical-report-20221004.pdf>



The survey was not available in Pacific languages. However, some of the research team spoke Samoan. Assistance was available from school staff for young people with identified language barriers.

**Sample:** We intended to survey 14,000 young people with 11,500 in-school completions and 2,500 community completions. The planned sample size was intended to enable regional comparison by reducing the representation of Auckland in the sample and increasing the representation of all regions that would have a sample size of below 500 based on their proportion of the school roll. The final sample size of 7,209 in schools was limited by the impact of COVID-19 on fieldwork.

**Survey timing:** Survey fieldwork was delayed and completed in 2021 due to a protracted ethics approval process and COVID-19 lockdowns in 2020 and 2021.

The 2021 national and Auckland only COVID-19 lockdowns impacted the survey fieldwork as school closures meant scheduled fieldwork had to be cancelled. The impacts of the reduced sample size include:

- Grouping smaller regions for regional comparisons
- Some sub-group comparisons are not possible where numbers are small
- Auckland was particularly affected by the lockdowns. While all survey findings were weighted to national population proportions, Pacific young people in Counties Manukau are a particularly important group who were not reached and may not be represented in the findings. This issue is further discussed in section 5.9.

**Survey weighting:** All findings reported in this report are weighted to the prevalence of ethnicity (Māori, Pacific, European and Asian), gender (male, female) and school decile (low, mid, high) in regional groupings based on Ministry of Education secondary school roll data. We have used replicate weights to calculate confidence intervals to account for the impact of clustering of responses in schools.

**Demographic groups of young people:** Sub-group comparisons are included in the report where feasible. Individuals may be represented in more than one sub-group. The main sub-groups are:

- Pacific ethnicities: We provided analyses by the main Pacific population groups (Samoan, Tongan, Cook Island). Numbers in other Pacific ethnic groups were not large enough to enable robust comparisons. Other Pacific ethnic groups that were represented in the survey included Niuean, Tokelauan, Tuvaluan, and Fijian. A comparison group of non-Māori non-Pacific young people is included in all tables at the request of the Pacific Advisory Group. The non-Māori non-Pacific group was selected to provide consistency with the Youth 2000 reports.



- Pacific and Māori ethnic group: A group of young people who identified with both Pacific and Māori ethnicities was included because large numbers of Pacific young people also identify as Māori. Their Pacific identity is lost when their Māori ethnicity is prioritised.
- Male and female: Gender groups for young people who identified as male or transgender male and female or transgender female. Results for gender diverse young people were included in the rainbow group.
- Disabled young people: Identified by their responses to the Washington Group Short Set questions.
- Rainbow young people: Defined using questions about sexual identity, gender and sex in consultation with Stats NZ.

Details of the definitions of these groups are included in the 'Who had their say' section.



## 4. How to read the tables and figures in this report

### Main result tables

Tables show the results for questions grouped into themes, as in the example below.

1. This is the stem and rating scale shared by the questions below. The question column here can be read as: I feel accepted ... by the people I live with. Young people answered by giving a rating between 0 and 10, where 0 represented disagree and 10 agree. The mean of their ratings is reported.
2. The results for all Pacific young people to each question are in the All Pacific row.
3. Subsequent rows report results for young people sharing a characteristic.

Each cell provides the point estimate for the group of young people identified in the row heading for the question in the column heading. The lower and upper limits of the 95% confidence intervals for the estimate are bracketed below the point estimate.<sup>19</sup>

### Example results table

#### 1. I feel accepted ... (mean on scale of 0 disagree to 10 agree)

	By the people I live with	At school/ kura (currently attending)	At work	By others	By my friends
2. All Pacific	8.1 (7.8 - 8.4)	7.5 (7.0 - 7.9)	8.1 (7.6 - 8.5)	7.9 (7.5 - 8.3)	8.7 (8.4 - 9.0)
3. Pacific only	8.2 (7.4 - 9.0)	7.5 (6.6 - 8.4)	8.3 (7.6 - 9.1)	8.2 (7.6 - 8.9)	8.7 (8.2 - 9.3)

### Comparisons between sub-groups of young people

The tables report results for overall Pacific and the following sub-groups of young people:

- Ethnicities<sup>20</sup> – Pacific only, Samoan, Tongan, Cook Island Māori, Māori and Pacific, non-Māori non-Pacific and other Pacific
- Gender – Young people who identified either as male or female

<sup>19</sup> More information about the construction of the confidence intervals using replicate weights is provided in accompanying technical report.

<sup>20</sup> If young people identified with more than one ethnicity, their results were included with each ethnicity they identified. For example, if they identified as both Māori and Pacific, their results will be included in both groups.



- Seniority at school - Junior for young people in years 9 or 10 or senior for young people in years 11 or above
- Rainbow – young people identified as rainbow
- Disability – young people who fitted the criteria for the third definition of disability defined by the Washington Group questions used in the survey.
- Region – Auckland Pacific and non-Auckland Pacific.

For each sub-group it is useful to understand the prevalence of each result. Comparisons between groups to identify differences on average can also be useful from the perspective of equity. In interpreting results and comparisons between sub-groups, we need to be mindful of the uncertainty of the estimates that comes from survey sampling (i.e., confidence intervals). We adopt the standard practice of identifying a difference as ‘different’ if it is large enough after counting for the uncertainty involved in sampling.

It is important to understand that the data are not standardised. Differences between groups may be driven by other characteristics such as gender, ethnicity and socioeconomic status. All young people live in different contexts – such as different living arrangements, family incomes, gender, sexuality, friendships and whether they are born in Aotearoa New Zealand or not. These different contexts also influence their wellbeing.

The statistical weighting process has matched the sample composition to the population on ethnicity, gender and decile, but not on the composition within ethnic groups. The composition of the Pacific sample is shown in Table 3.

It is important not to assume the cause of differences between groups. Identifying the cause of differences observed requires more complex investigation of the data than presented here. The survey dataset is available for statistical experts to carry out some of these analyses.

### Overview charts

The overview charts provide a summary of the results for each theme. Abbreviated question text is provided around the outside, and questions are split into sub-themes by the white dividing lines.

The circled numbers give the overall result for the question, which may be a mean result or a percentage. Results are positioned closer to the outside if they are closer to the most positive result (strengths). They are closer to the centre if they are closer to the most negative result (weaknesses).

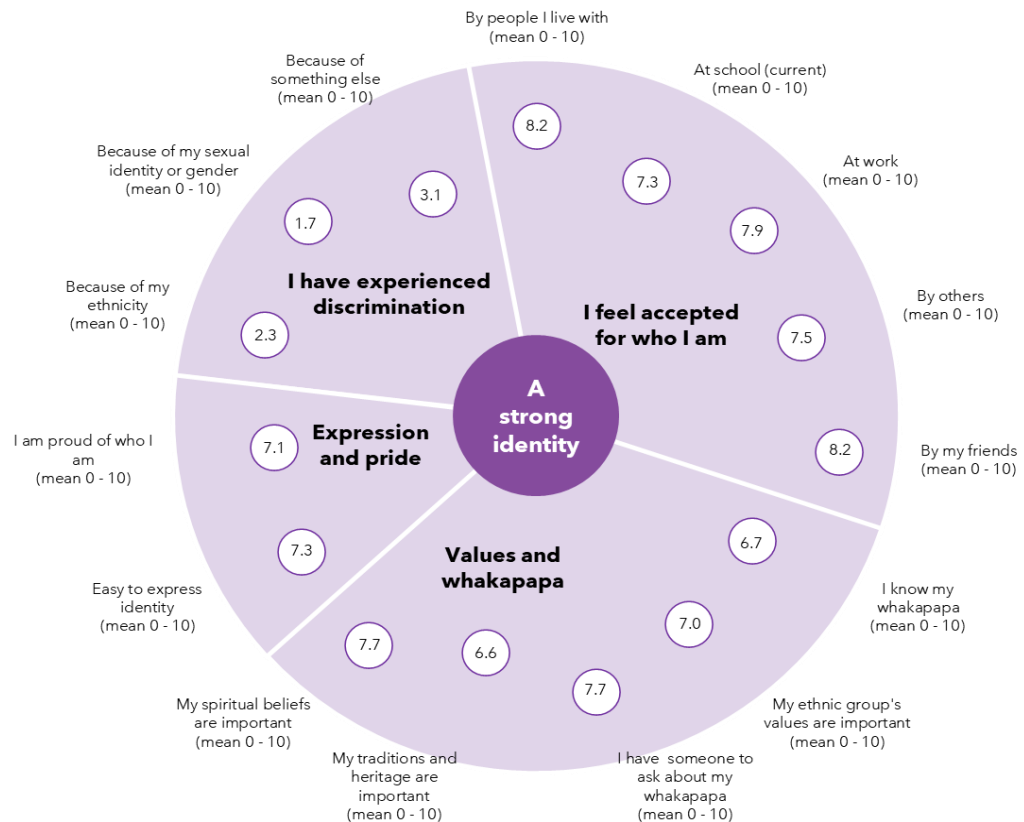
The overview for the ‘identity’ theme is shown on the next page. It presents overall results only. Note that for the questions on discrimination, low scores were most positive and indicated that the young person did not experience discrimination, so





they are closer to the outside edge. For the questions on feeling accepted, high scores were the most positive and indicated high acceptance so they are closer to the outside edge.

### Example overview chart



**The outer edge of the circle represents the best possible result and the centre represents the worst possible result.**

### Comparisons to results from Youth2000 series surveys

*What About Me?* drew questions from previous surveys<sup>21</sup> and some questions were included to allow comparison over time. The response scales for some questions were changed to provide internal consistency in *What About Me?* and/or to provide

<sup>21</sup> For full question text of Youth2000 series surveys see: Archer, D., Clark, T.C., Lewycka, S., DaRocha, M & Fleming, T. (2021). Youth19 Rangatahi Smart Survey, Data Dictionary. (Edited from The Adolescent Health Research Group previous Youth2000 series Data Dictionaries). The Youth19 Research Group, The University of Auckland and Victoria University of Wellington, New Zealand. Available on [www.youth19.ac.nz/the-surveys](http://www.youth19.ac.nz/the-surveys)

a more strengths-based framing. At the end of each results section we have included tables comparing results to those of the Youth2000 series surveys. Where scales differ, a 'best fit' approach has been applied and described alongside the results. Considerations for comparing *What About Me?* findings with those of other surveys are summarised in Table 1.

**Table 1. Survey approaches for *What About Me?* and the most recent Youth2000 series surveys**

Survey	Selection of participants	Age range and completions	Data collection
<i>What About Me?</i> 2021	Random selection of schools and then classes. Data weighted to school populations. Sample included regions.	12-18+ attending secondary school. 7,209 completions in school settings.	Online via tablets. completed in-person in class groups. National coverage.
Youth 19 – latest in the Youth2000 series from 2019	Random sample of 30% of Year 9-13 students from participating schools. Data weighted and regional results extrapolated.	7,721 secondary school students including 6 wharekura, 92 alternative education students and 84 young people not in education, employment or training (Y-NEETs).	Online survey administered in groups in school settings. Auckland, Tai Tokerau and Waikato regions.
Youth'12 - Youth2000 series survey from 2012	Randomly selected schools and randomly selected students within schools (including wharekura, alternative education and Teen Parent Units) participated in surveys	8,500 students in schools Students in alternative education settings surveyed separately	Online survey administered in groups in school settings. National coverage.
Youth'07 – Youth 2000 series survey from 2007	Randomly selected schools and randomly selected students within schools participated in surveys.	18 years old or younger attending secondary school. 9,107 students in schools.	Online survey administered in groups in school settings. National coverage.

### The quotations included in this report

Quotations from young people are presented in each section to illustrate some of the key themes in the survey results. The quotations come from a sample of 400 Pacific young people's responses to the question asked at the end of the survey: What would help you have a good life, now and in the future?





Who had their say

## 5.1. Asking young people to contribute

This report analyses the responses from the 880 Pacific young people who completed the *What About Me?* survey in schools across all regions of Aotearoa New Zealand. Those young people not attending secondary school (for example, in employment or tertiary or other education, or not in employment, education or training) were surveyed by the community component of *What About Me?*, which is reported separately.

Further details of the methods used can be found in the accompanying Overview report and technical report.



## 5.2. Response from around Aotearoa New Zealand

Table 2 below describes the response from schools and students in each region.

National lockdowns in response to COVID-19 affected the low participation in the survey of young people in Auckland, especially in South Auckland. Schools in South Auckland that had been scheduled to be part of *What About Me?* were no longer able to participate. Not reaching young people in these schools means the *What About me?* results may not be representative of Pacific young people in South Auckland.

**Table 2. Breakdown of in-school *What About Me?* participation by region**

Regional Council	All schools (sampled schools)	Participating schools	Participating schools (% of all schools)	School response (% of sampled schools)	Student responses (pre-cleaning)	Student responses (final dataset)	Pacific students (final dataset)
<b>Mainstream schools</b>							
Northland and Bay of Plenty	48 (13)	6	13%	46%	690	656	63
Auckland	105 (23)	6	6%	26%	679	652	155
Waikato	48 (15)	5	10%	33%	555	532	97
Gisborne	7 (7)	3	43%	43%	322	314	23
Hawkes Bay	23 (5)	4	17%	80%	429	420	48
Taranaki and Manawatū-Whanganui	40 (15)	8	20%	53%	861	843	72
Wellington	44 (14)	9	20%	64%	842	815	136
Nelson, Marlborough, Tasman, West Coast	21 (20)	9	43%	45%	811	792	53
Canterbury	56 (16)	9	16%	56%	910	848	59
Otago and Southland	40 (14)	8	20%	57%	973	945	49
<b>National mainstream</b>	<b>432 (142)</b>	<b>67</b>	<b>16%</b>	<b>47%</b>	<b>7,072</b>	<b>6,817</b>	<b>755</b>
<b>Other schools in the sample</b>							
Wharekura	36 (17)	2	6%	12%	359	336	121
Special schools	22 (10)	2	9%	20%	64	56	4
<b>National mainstream and other schools combined</b>	<b>490 (169)</b>	<b>71</b>	<b>14%</b>	<b>42%</b>	<b>7,495</b>	<b>7,209</b>	<b>880</b>



## 5.3. Socioeconomic status

Socioeconomic status is closely associated with different life experiences and wellbeing outcomes. Analysis of the results and particularly comparisons between groups of young people must be made with the impact of socioeconomic status in mind.

In *What About Me?* young people's responses were only associated with their school's location, not their individual address. Therefore, their individual socioeconomic status is not included in the survey dataset. The nearest proxy available in the survey results is school decile, which describes the extent schools draw students from communities with low socioeconomic status defined by the percentage of:<sup>22</sup>

- Households with income in the lowest 20% nationally
- Employed parents in the lowest skill level occupational groups
- Household crowding
- Parents with no educational qualifications
- Parents receiving income support benefits.

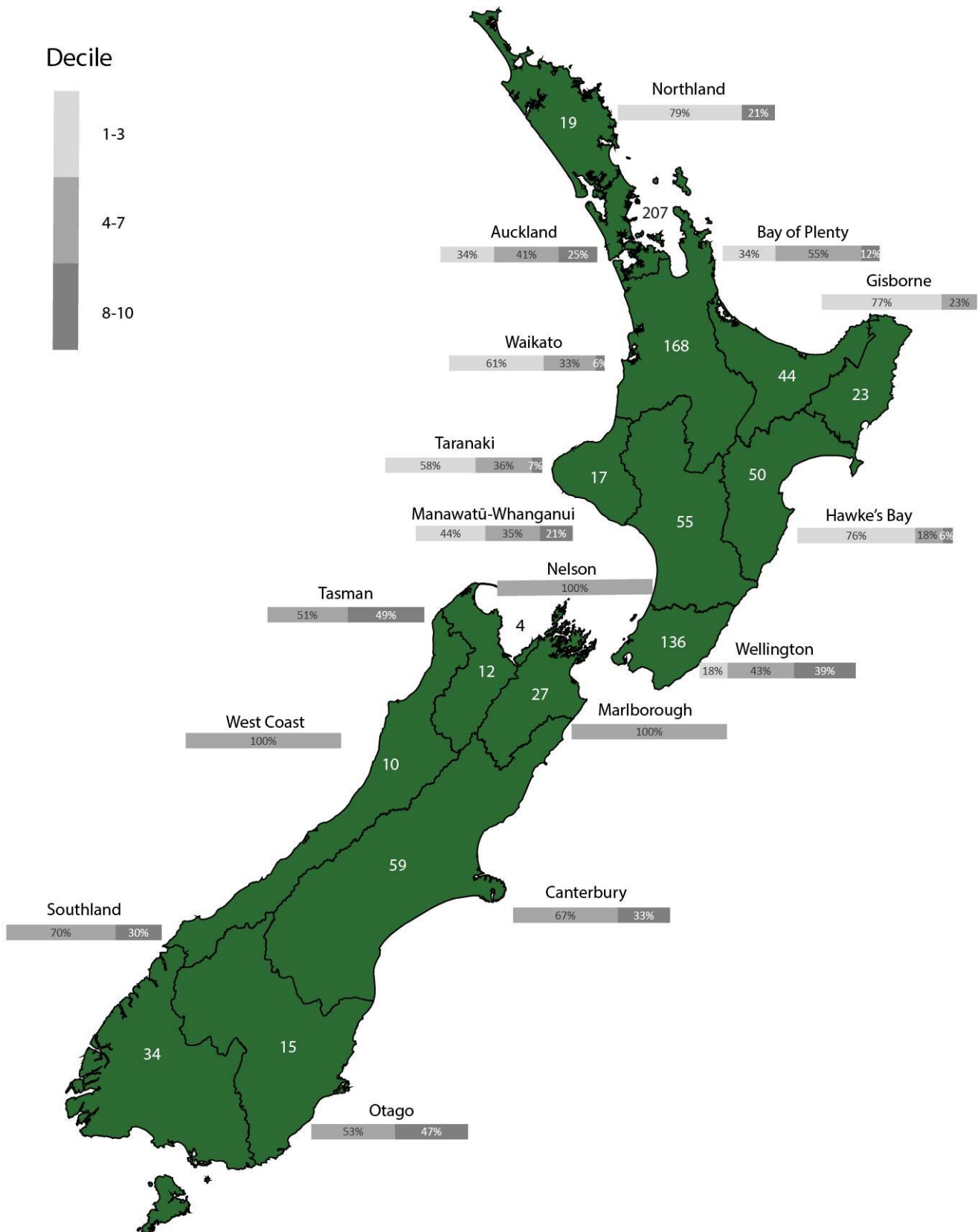
A description of the number of responses collected in each region and the decile group of each school are provided in Figure 1. Low decile schools are the most socio-economically deprived. Pacific young people are over-represented in lower decile schools at 34% compared with 24% in higher decile schools.

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<sup>22</sup> More information is available at: [www.education.govt.nz/school/funding-and-financials/resourcing/operational-funding/school-decile-ratings/](http://www.education.govt.nz/school/funding-and-financials/resourcing/operational-funding/school-decile-ratings/)



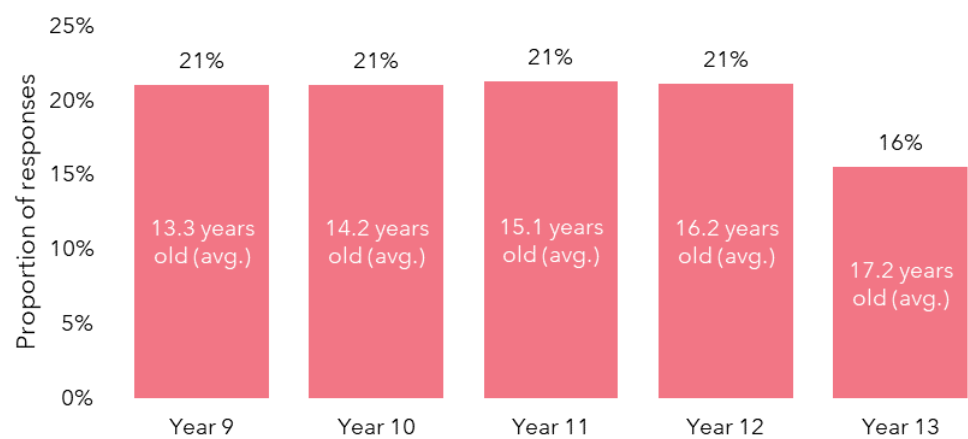
**Figure 1. Pacific responses from each region and the proportion from schools in each decile group**



## 5.4. Age and year group

The Pacific young people who had their say were distributed across school years 9 to 13 (Figure 2). Class sizes of year 12 and 13 students were typically smaller compared to junior students and some schools did not allow senior students to participate, particularly late in the year, to avoid disruption to exam preparation.

**Figure 2.** Distribution of responses by school year group and mean age of young people by year group



While Pacific young people were sampled in year group classes and year groups are recorded, we have focused on comparing junior (years 9 and 10) to senior (years 11, 12 and 13) instead of individual year groups or ages.



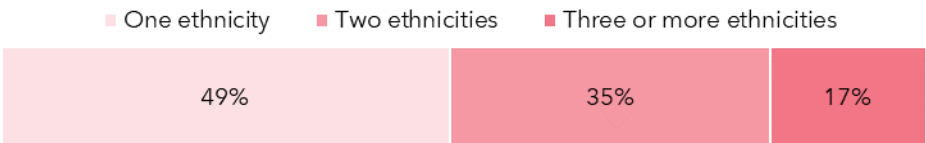


## 5.5. Ethnicity and place of birth

Most (77%) Pacific young people were born in Aotearoa New Zealand. Those that were not born in Aotearoa New Zealand were most often born in Samoa.

Figure 3 demonstrates the diversity of Pacific young people across Aotearoa New Zealand. Almost half (49%) of Pacific young people selected one ethnic group, 35% selected two ethnicities and 17% chose three or more. Young people who identified as both Pacific and Māori represented 31% of all Pacific young people.

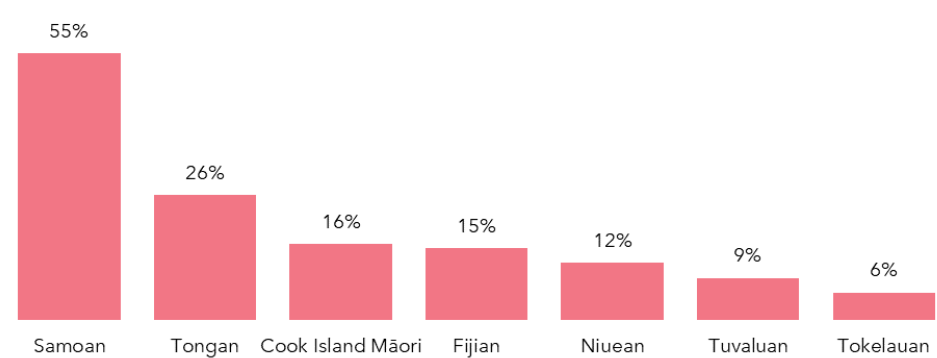
**Figure 3. Percentage of Pacific young people identifying with multiple ethnic groups**



We used a total count approach to analysing ethnicity where young people were counted in each ethnic group they identified. Figure 4 below presents the percentages for the Pacific ethnic groups that young people identified with in the survey.

The survey findings are summarised for all Pacific young people, Māori and Pacific young people (those who selected one or more Pacific ethnicities as well as Māori; a growing group about which little is known) and non-Māori non-Pacific young people (to provide a comparison group consistent with the Youth 2000 surveys).

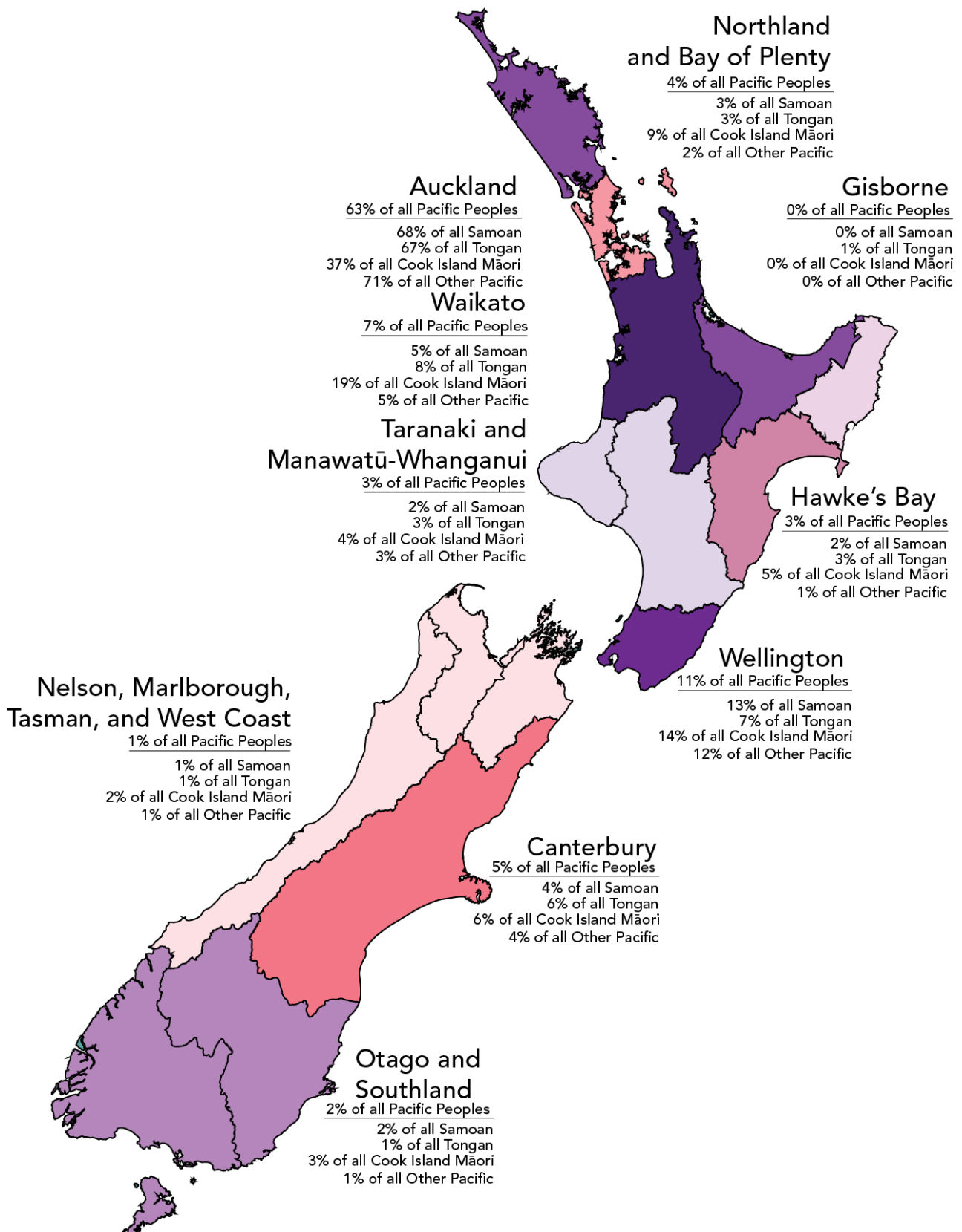
**Figure 4. Total count ethnicity of Pacific young people (select multiple)**



The weighting approach matched the ethnicity profile of the survey sample to the proportions across regional groupings. The final sample matches the ethnicity profile of each region, with some variation arising from combining some regions (Figure 5).



Figure 5. Percentage of Pacific young people's ethnicity (total count) by region



# 5.6. Rainbow

Many of the results are reported for rainbow young people. We constructed the rainbow variable based on advice from Stats NZ and used Pacific young people’s answers to questions about gender, sexual identity and sexual preference. Pacific young people are included in the rainbow grouping if:

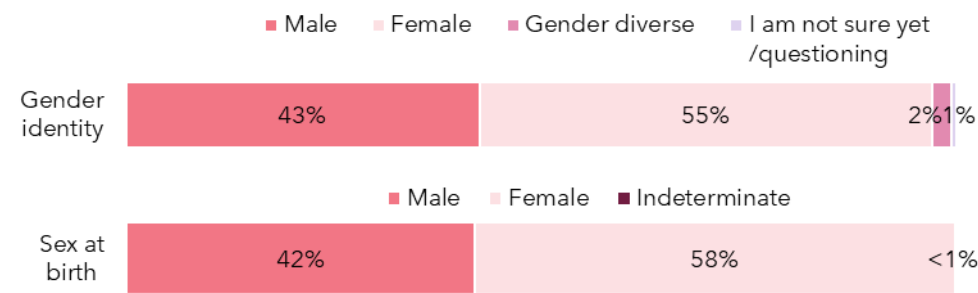
- Their sex at birth and gender identity were different; or
- For sexual identity they selected one or more of: gay or lesbian, mostly gay or lesbian, bisexual, pansexual, asexual, Takatāpui, Mahu, Vakasalewalewa, Palopa, Fa’afafine, Akava’ine, Fakaleiti/Leiti, or Fakafifine, Fa’afatama or Fa’atama, queer, something else not listed above, I’m not sure yet/questioning.
- Or, for gender they selected one or more of: transgender male, transgender female, takatāpui, Mahu, Vakasalewalewa, Palopa, Fa’afafine, Akava’ine, Fakaleiti/Leiti, or Fakafifine, Fa’afatama or Fa’atama, non-binary, genderqueer or gender fluid, agender, something else not listed above, I’m not sure yet/questioning.

Overall, 16% of Pacific young people identified as rainbow.

## Sex and gender

There were small differences between sex at birth and gender identity for Pacific young people (Figure 6). Young people were allocated to male if they selected male or transgender male, and female if they selected female or transgender female.<sup>23</sup> Young people who made other selections were gender diverse.

Figure 6. Pacific young people’s gender identity and sex at birth



<sup>23</sup> This approach follows the Stats NZ data standard found at: <https://www.stats.govt.nz/methods/data-standard-for-gender-sex-and-variations-of-sex-characteristics/>

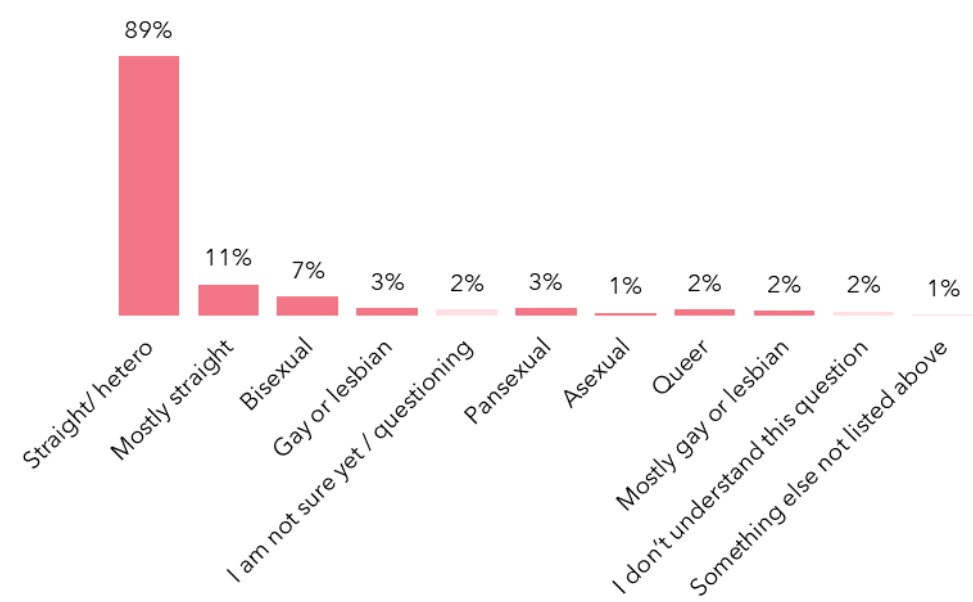


More Pacific young people identified as female (55%) than male (43%). Small percentages identified as gender diverse (2%) or were not sure yet or questioning their gender identity (1%). The male and female gender groups have been included in the results table of this report. Results for gender diverse young people are included within the rainbow grouping.

Sexual identity

Overall, 89% of Pacific young people identified as straight or heterosexual (Figure 7), 7% identified as bisexual and 16% identified as another sexual identity.

Figure 7. Sexual identity of Pacific young people (select multiple)<sup>24</sup>



<sup>24</sup> Young people could select multiple sexual identities so the total percentages add to more than 100.



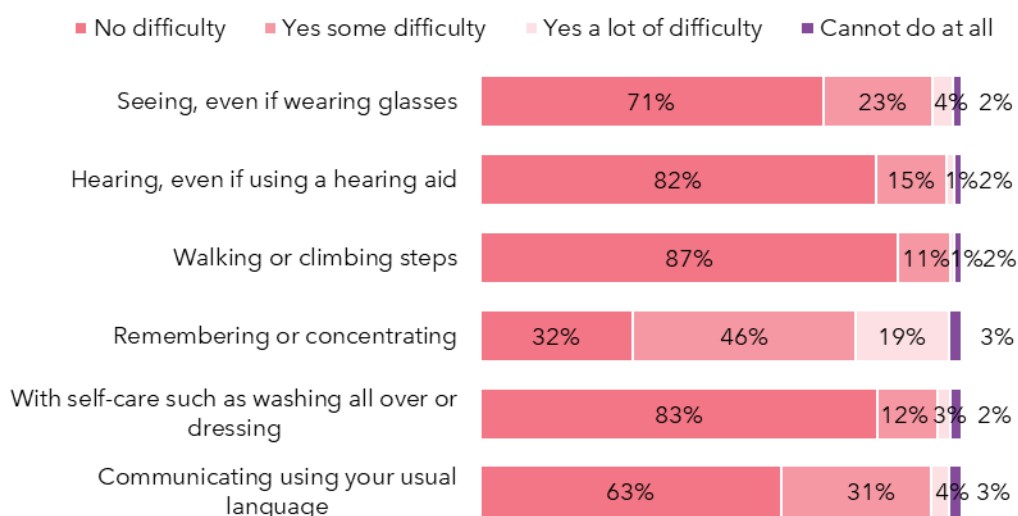
## 5.7. Disability

Disabled young people were identified based on their responses to the Washington Group Short Set (WGSS). The questions were developed to address six areas of functioning which, if restricted, are most often found to result in limitations in social participation.<sup>25</sup> The WGSS was recommended for use by Stats NZ and the Office for Disability Issues in the questionnaire development process.<sup>26</sup> The questions do not cover all aspects of disability. They are not intended to measure the prevalence of disability in the population but to allow analysis of wellbeing for disabled young people.

There was a difference in how the questions were introduced to young people in *What About Me?* compared to the WGSS design. The design includes the words ‘...because of a health problem’ when asking about difficulties, but these were inadvertently excluded from the *What About Me?* questionnaire. This may have caused young people to respond differently.

Each of the WGSS questions and Pacific young people’s responses are shown in Figure 8, highlighting the high percentage who identified difficulty with remembering and concentrating.

**Figure 8. Pacific young people’s responses to Washington Group Short Set on Functioning questions**



<sup>25</sup> Further information available at: [www.washingtongroup-disability.com/question-sets/wg-short-set-on-functioning-wg-ss/](http://www.washingtongroup-disability.com/question-sets/wg-short-set-on-functioning-wg-ss/)

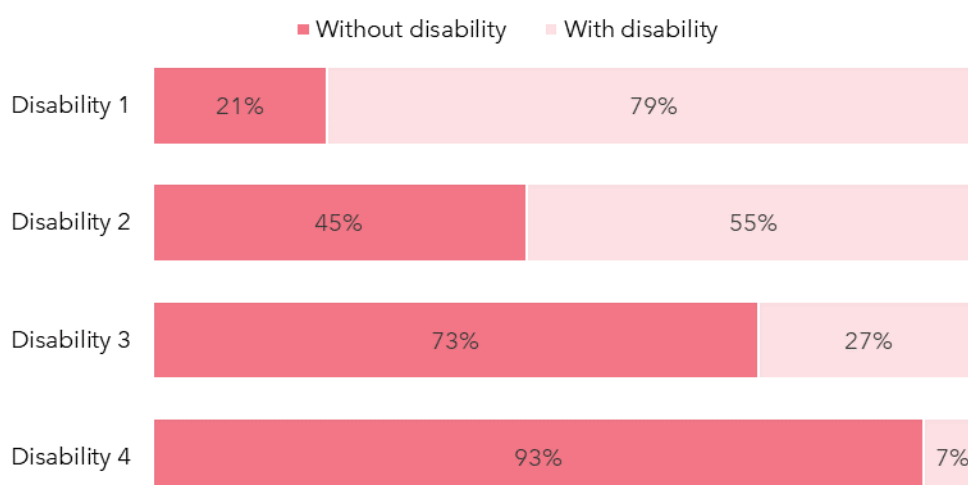
<sup>26</sup> There is some discussion of the use of the WGSS in other surveys not targeting young people in a Stats NZ paper titled *Improving New Zealand Disability Data (2017)* available at: [www.stats.govt.nz/assets/Reports/Improving-New-Zealand-disability-data/improving-new-zealand-disability-data.pdf](http://www.stats.govt.nz/assets/Reports/Improving-New-Zealand-disability-data/improving-new-zealand-disability-data.pdf)

The Washington Group identifies the four following thresholds based on responses to their Short Set:

- Disability 1: At least one domain/question answered 'Some difficulty' or 'A lot of difficulty' or 'Cannot do at all'.
- Disability 2: At least two domains/questions answered 'Some difficulty' or any one domain/question answered 'A lot of difficulty' or 'Cannot do at all'.
- Disability 3: Any one domain/question answered 'A lot of difficulty' or 'Cannot do at all'.
- Disability 4: Any one domain answered 'Cannot do at all'.

For this report, we used the Disability 3 threshold to identify disabled young people, which is recommended by the Washington Group. Using this definition of disability, 27%<sup>27</sup> of Pacific young people were identified as disabled (Figure 9). There were differences in the outcomes recorded using different thresholds. The results for the Disability 3 group were less positive than for the Disability 2 or Disability 4 groups.

**Figure 9. Washington Group disability thresholds for Pacific young people's responses**



Young people identified as meeting the Disability 3 threshold were more likely to have a lot of or some difficulty remembering or concentrating compared to the other domains/questions.

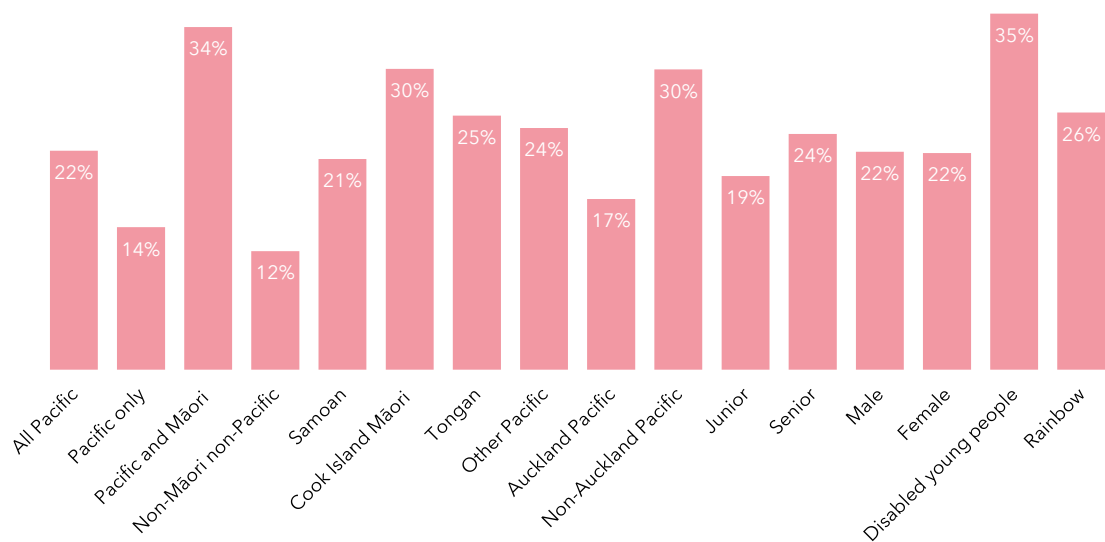
<sup>27</sup> The prevalence of disability for young people identified by the Disability 3 option is higher than the percentage of adults identified as disabled in some other surveys. Youth19 found 8.6% of respondents had a disability using a single question: "Do you have a long-term disability (lasting 6 months or more) (e.g. sensory impairment, visual impairment, in a wheelchair, learning difficulties)?" ([www.youth19.ac.nz/publications/disabilities](http://www.youth19.ac.nz/publications/disabilities)). The 2013 disability survey reported 11% of children aged 0-14 years were disabled and 16% of those aged 15 to 44 were disabled ([www.stats.govt.nz/information-releases/disability-survey-2013](http://www.stats.govt.nz/information-releases/disability-survey-2013)).

## 5.8. Involvement with Oranga Tamariki

Overall, 22% of Pacific young people answered that they or someone else in their family had ever been involved with Oranga Tamariki. Pacific and Māori young people were more likely to have ever been involved with Oranga Tamariki compared with Pacific only young people (Figure 10).

A higher percentage of non-Auckland Pacific young people had been involved with Oranga Tamariki than Auckland Pacific young people.

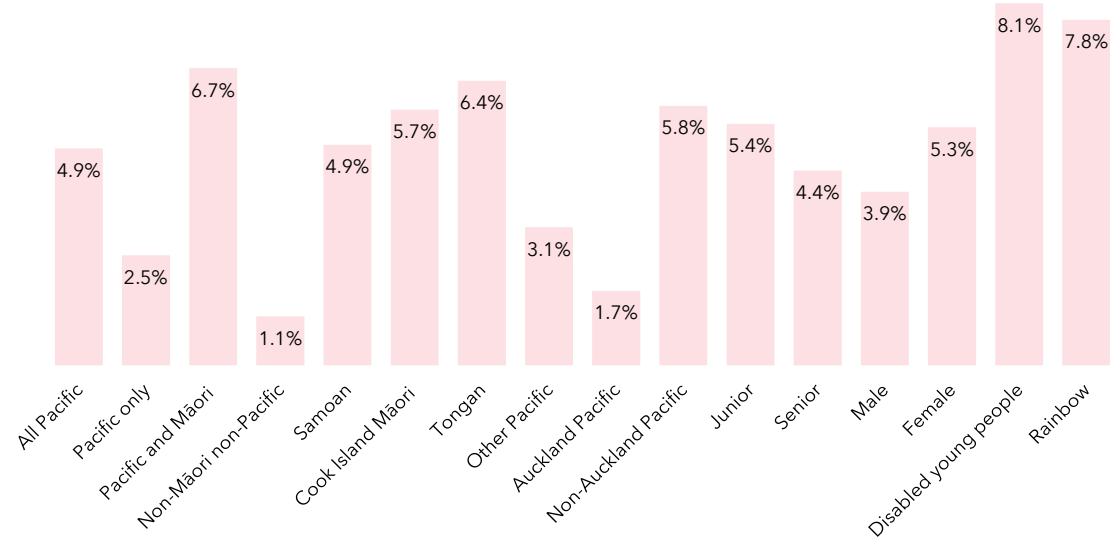
**Figure 10. Percentage of Pacific young people who said yes when asked if they or someone in their family had been involved with CYFS or Oranga Tamariki**



Overall, 4.9% of Pacific young people said they had ever been in the care of Oranga Tamariki (Figure 11).



**Figure 11. Percentage of Pacific young people who had ever been in the care of Oranga Tamariki (e.g. living with another adult or family organised by CYFS/OT)**





## 5.9. Overview: Who had their say

Selected demographics for Pacific young people who completed the survey are presented in Table 3. The COVID-19 Auckland lockdowns impacted on data collection resulting in a smaller Auckland sample than planned.

The weighting process balanced the overall sample to match the national school roll for the larger regions and combinations of smaller regions in its representation of high-level ethnicities, school decile and gender. It did not balance these characteristics within the Pacific sample. This means that the composition of the Pacific sample may be different in some ways to the national population of Pacific young people.

We note that the weighted results for Pacific have an over-representation of females (55%), though the proportion of young people living in Auckland (63%) matches the population. The largest Pacific ethnic groups are Samoan (55%), Tongan (26%) and Cook Island Māori (16%).

The results presented in this report are weighted to include the right proportion of low decile schools in Auckland. However, national lockdowns in response to COVID-19 affected the participation of some young people in the survey, especially in South Auckland. Not reaching young people in these schools means the *What About me?* results may not be representative of Pacific young people in South Auckland.

This report includes results for a selection of the sub-groups available for analysis in the research dataset held by Stats NZ.



**Table 3. Demographics of Pacific young people who had their say. Percentages (all weighted) show how many Pacific young people with the characteristic listed at the start of each row also identified with the characteristics listed in the column headings. The top row shows the percentage of Pacific young people who identified as Pacific only, Māori and Pacific, Samoan, etc.**

	Pacific only	Māori and Pacific	Samoan	Cook Island Māori	Tongan	Other Pacific	Auckland	Non-Auckland	Junior	Senior	Male	Female	With disability	Rainbow	OT Involvement
All Pacific	49%	31%	55%	16%	26%	35%	63%	37%	42%	58%	43%	55%	27%	16%	22%
Unweighted count	179	503	403	272	212	293	207	673	428	452	379	461	265	151	220
Pacific only		0%	70%	0%	36%	25%	76%	24%	37%	63%	43%	56%	25%	8%	14%
Māori and Pacific	0%		43%	52%	23%	30%	41%	59%	49%	51%	46%	49%	34%	22%	34%
Samoan	62%	24%		8%	28%	18%	68%	32%	37%	63%	44%	53%	29%	15%	21%
Cook Island Māori	0%	100%	29%		21%	24%	37%	63%	47%	53%	42%	54%	34%	20%	30%
Tongan	67%	27%	58%	13%		29%	67%	33%	57%	43%	50%	48%	35%	12%	25%
Other Pacific	36%	26%	28%	11%	22%		71%	29%	41%	59%	43%	56%	23%	19%	24%
Auckland	58%	20%	59%	10%	28%	39%		0%	39%	61%	41%	57%	26%	14%	17%
Non-Auckland	32%	49%	48%	27%	23%	27%	0%		48%	52%	45%	51%	29%	19%	30%
Junior	43%	36%	49%	18%	35%	34%	58%	42%		0%	43%	54%	24%	21%	19%
Senior	53%	27%	60%	15%	20%	35%	67%	33%	0%		43%	56%	29%	13%	24%
Male	49%	34%	58%	16%	31%	35%	61%	39%	42%	58%		0%	22%	8%	22%
Female	50%	27%	53%	16%	23%	35%	66%	34%	42%	58%	0%		29%	18%	22%
Disabled	45%	39%	60%	20%	34%	30%	61%	39%	38%	62%	35%	59%		24%	35%
Rainbow	23%	42%	53%	21%	20%	43%	56%	44%	49%	51%	20%	63%	40%		26%
OT Involvement	32%	48%	55%	22%	30%	37%	49%	51%	35%	65%	42%	56%	41%	15%	



An abstract graphic featuring a pixelated shape composed of green and purple squares. A solid purple banner with a pointed left edge is positioned horizontally across the middle of the shape. The text "A strong identity" is written in white on the banner. The background is a light gray gradient.

**A strong identity**

# 6.1. Feeling accepted

The survey asked young people whether they felt accepted for who they are in different parts of their life. There were only small variations and differences between sub-groups. Rainbow young people and disabled young people were less likely to feel accepted by others, at the school they were attending and by the people they lived with compared to Pacific young people in the other sub-groups. Pacific males were more likely to feel accepted by the people they lived with compared with females (Table 4).

What would help you have a good life, now and in the future

*A strong identity:*

- "To be able to come out as who I am to others."*
- "Just seeing more of our kids in a home where they feel they belong."*
- "Finding satisfaction in a land far from my own."*



## Table 4. Feeling accepted

I feel accepted ... (mean on scale of 0 disagree to 10 agree)

	By the people I live with	At school/ kura (currently attending)	At work	By others	By my friends
<b>All Pacific</b>	<b>8.1</b> (7.8 - 8.4)	<b>7.5</b> (7.0 - 7.9)	<b>8.1</b> (7.6 - 8.5)	<b>7.9</b> (7.6 - 8.2)	<b>8.7</b> (8.4 - 9.0)
<b>Pacific only</b>	<b>8.2</b> (7.4 - 9.0)	<b>7.5</b> (6.6 - 8.4)	<b>8.3</b> (7.6 - 9.1)	<b>8.2</b> (7.6 - 8.9)	<b>8.7</b> (8.2 - 9.3)
<b>Pacific and Māori</b>	<b>8.0</b> (7.8 - 8.2)	<b>7.2</b> (6.9 - 7.5)	<b>7.8</b> (7.4 - 8.2)	<b>7.4</b> (7.1 - 7.7)	<b>8.6</b> (8.3 - 8.8)
<b>Non-Māori non-Pacific</b>	<b>8.3</b> (8.2 - 8.4)	<b>7.3</b> (7.2 - 7.5)	<b>8.0</b> (7.9 - 8.1)	<b>7.5</b> (7.4 - 7.6)	<b>8.6</b> (8.5 - 8.7)
<b>Samoan</b>	<b>8.2</b> (7.6 - 8.7)	<b>7.4</b> (6.9 - 8.0)	<b>8.1</b> (7.6 - 8.6)	<b>8.0</b> (7.3 - 8.6)	<b>8.6</b> (8.2 - 9.1)
<b>Cook Island Māori</b>	<b>7.8</b> (7.4 - 8.2)	<b>7.0</b> (6.4 - 7.5)	<b>7.6</b> (6.9 - 8.3)	<b>7.4</b> (6.9 - 7.8)	<b>8.4</b> (8.1 - 8.8)
<b>Tongan</b>	<b>7.9</b> (7.1 - 8.7)	<b>6.9</b> (6.1 - 7.7)	<b>8.1</b> (7.3 - 8.9)	<b>7.9</b> (7.3 - 8.5)	<b>8.7</b> (8.3 - 9.1)
<b>Other Pacific</b>	<b>8.2</b> (7.9 - 8.5)	<b>7.5</b> (7.0 - 8.1)	<b>7.6</b> (7.0 - 8.3)	<b>7.9</b> (7.3 - 8.5)	<b>8.8</b> (8.4 - 9.2)
<b>Auckland Pacific*</b>	<b>8.1</b> (7.5 - 8.6)	<b>7.6</b> (6.9 - 8.3)	<b>8.2</b> (7.4 - 9.1)	<b>8.1</b> (7.6 - 8.6)	<b>8.7</b> (8.2 - 9.1)
<b>Non-Auckland Pacific</b>	<b>6.7</b> (6.3 - 7.2)	<b>7.3</b> (7.0 - 7.5)	<b>7.8</b> (7.6 - 8.1)	<b>7.5</b> (7.2 - 7.8)	<b>8.7</b> (8.5 - 8.9)
<b>Junior</b>	<b>8.5</b> (8.1 - 8.8)	<b>7.3</b> (6.9 - 7.8)	<b>8.1</b> (7.6 - 8.7)	<b>7.6</b> (7.1 - 8.1)	<b>8.8</b> (8.5 - 9.2)
<b>Senior</b>	<b>6.2</b> (5.6 - 6.9)	<b>7.5</b> (6.9 - 8.1)	<b>8.0</b> (7.5 - 8.5)	<b>8.1</b> (7.5 - 8.6)	<b>8.6</b> (8.2 - 9.0)
<b>Male</b>	<b>8.9</b> (8.6 - 9.1)	<b>7.9</b> (7.0 - 8.7)	<b>8.4</b> (7.8 - 9.1)	<b>8.5</b> (8.1 - 8.9)	<b>8.7</b> (8.4 - 9.1)
<b>Female</b>	<b>7.6</b> (7.2 - 8.0)	<b>7.3</b> (6.8 - 7.7)	<b>7.7</b> (7.2 - 8.2)	<b>7.5</b> (7.2 - 7.9)	<b>8.6</b> (8.3 - 9.0)
<b>Disabled young people</b>	<b>6.7</b> (6.3 - 7.2)	<b>5.8</b> (5.1 - 6.6)	<b>7.4</b> (6.6 - 8.2)	<b>6.8</b> (6.2 - 7.3)	<b>8.2</b> (7.6 - 8.7)
<b>Rainbow</b>	<b>6.2</b> (5.6 - 6.9)	<b>6.2</b> (5.6 - 6.8)	<b>7.8</b> (7.0 - 8.5)	<b>6.2</b> (5.6 - 6.7)	<b>8.7</b> (8.2 - 9.2)

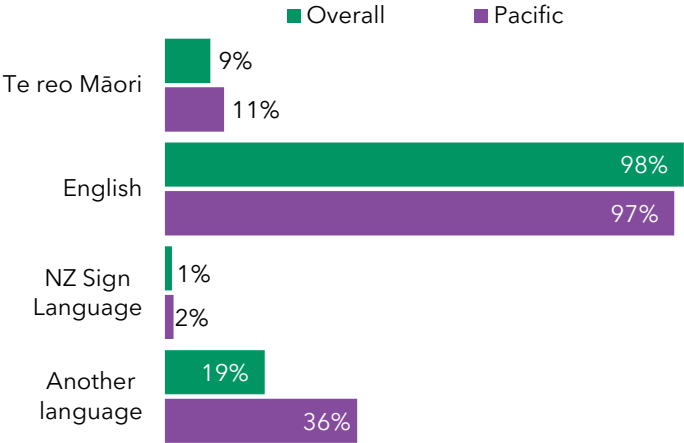
\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork.

## 6.2. Language, values and genealogy

Pacific languages, cultures and values are important for the wellbeing of Pacific young people. In this section the results demonstrate that Pacific young people overall reported positive results about language, values, and genealogy.

All Pacific young people could speak English, and 36% percent of Pacific young people were able to converse in another language (compared to 19% of the overall school sample) (Figure 12). Of Pacific young people who said they could speak another language, almost half (47%) could speak Samoan and almost one in five (19%) could speak Tongan.

**Figure 12.** Percentage of Pacific young people who can have an everyday conversation in different languages compared to the overall school sample



Overall, the results for values and genealogy were positive with marginal differences between the sub-groups. Compared to non-Māori non-Pacific young people, Pacific young people assigned higher mean importance to ethnic group values, having someone to ask about their culture, genealogy or ethnic group and the importance of maintaining family traditions and cultural heritage (Table 5).

## Table 5. Genealogy and values



How much do you agree ... (mean on scale of 0 disagree to 10 agree)

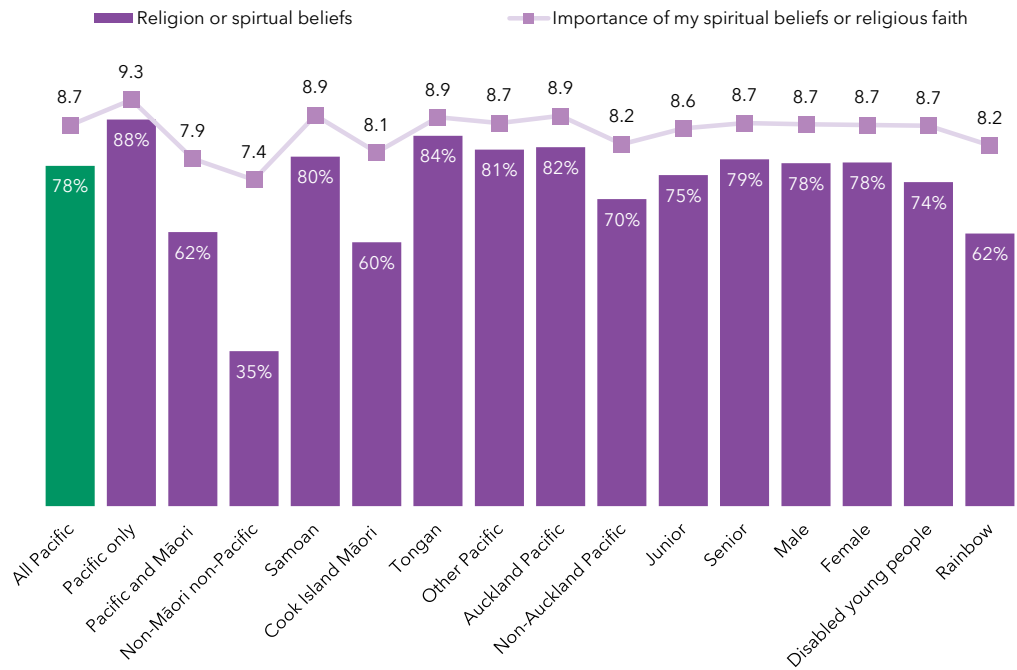
	I know my genealogy	The values of my ethnic group are important to me	I have someone to ask about my culture, genealogy or ethnic group	It is important to me to maintain my family traditions and cultural heritage
<b>All Pacific</b>	<b>7.2</b> (6.8 - 7.5)	<b>8.4</b> (8.1 - 8.8)	<b>8.7</b> (8.4 - 8.9)	<b>8.2</b> (7.9 - 8.4)
<b>Pacific only</b>	7.3 (6.5 - 8.1)	8.9 (8.2 - 9.6)	9.0 (8.6 - 9.4)	8.8 (8.3 - 9.2)
<b>Pacific and Māori</b>	7.3 (7.0 - 7.6)	8.2 (8.0 - 8.4)	8.5 (8.3 - 8.7)	7.9 (7.5 - 8.4)
<b>Non-Māori non-Pacific</b>	6.4 (6.3 - 6.5)	6.4 (6.3 - 6.6)	7.3 (7.2 - 7.4)	6.1 (5.9 - 6.2)
<b>Samoaan</b>	7.1 (6.5 - 7.7)	8.5 (8.0 - 9.0)	8.6 (8.4 - 8.9)	8.3 (8.0 - 8.5)
<b>Cook Island Māori</b>	7.2 (6.8 - 7.7)	8.4 (8.1 - 8.7)	8.4 (8.1 - 8.8)	8.1 (7.6 - 8.7)
<b>Tongan</b>	7.3 (6.6 - 8)	8.6 (8 - 9.2)	8.9 (8.3 - 9.4)	8.2 (7.8 - 8.7)
<b>Other Pacific</b>	7.2 (6.9 - 7.6)	8.4 (7.8 - 8.9)	8.7 (8.2 - 9.2)	8.2 (7.5 - 8.9)
<b>Auckland Pacific*</b>	7.2 (6.6 - 7.8)	8.5 (8.0 - 9.1)	8.7 (8.4 - 9.1)	8.3 (8.0 - 8.5)
<b>Non-Auckland Pacific</b>	7.0 (6.7 - 7.4)	8.2 (7.9 - 8.6)	8.5 (8.3 - 8.8)	8.0 (7.6 - 8.4)
<b>Junior</b>	7.4 (7.1 - 7.7)	8.5 (8.0 - 8.9)	9.0 (8.6 - 9.4)	8.2 (7.8 - 8.6)
<b>Senior</b>	7.0 (6.5 - 7.4)	8.4 (8.0 - 8.9)	8.4 (8.2 - 8.6)	8.1 (7.7 - 8.5)
<b>Male</b>	7.6 (7.0 - 8.3)	8.7 (8.2 - 9.1)	9.0 (8.7 - 9.3)	8.3 (7.9 - 8.6)
<b>Female</b>	6.8 (6.4 - 7.3)	8.3 (8.0 - 8.7)	8.4 (8.2 - 8.7)	8.1 (7.8 - 8.4)
<b>Disabled young people</b>	7.0 (6.5 - 7.5)	8.0 (7.3 - 8.7)	8.2 (7.8 - 8.6)	7.6 (7.0 - 8.2)
<b>Rainbow</b>	6.2 (5.5 - 6.9)	7.3 (6.8 - 7.8)	7.8 (7.2 - 8.4)	7.1 (6.3 - 7.9)

\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork.



Overall, 78% of Pacific young people said they had religious or spiritual beliefs. This was significantly higher than for non-Māori non-Pacific students (35%) (Figure 13). Most young people who identified with only Pacific ethnic groups (88%) had religious or spiritual beliefs and rated their spiritual beliefs or religious faith as important (9.3 out of 10).

**Figure 13.** Percentage of Pacific young people with religious or spiritual beliefs and their importance and mean score for its importance (mean on scale of 0 not important to 10 important)





### 6.3. Expression of identity and discrimination

Pacific young people provided higher ratings of pride in who they are and, in their ability to express their identity compared to non-Māori non-Pacific students (Table 6).


Young people gave mean scores about experiences of treated unfairly or made to feel different because of their ethnicity (3.4), their gender or sexual identity (1.5) or something else about them (3.0). Pacific young people were more likely to have experienced discrimination because of their ethnicity compared to non-Māori non-Pacific young people.

Rainbow and disabled young people said they experienced discrimination because of something else about them more often than other sub-groups. Rainbow young people were more likely to experience discrimination because of their gender or sexual identity than other groups of Pacific young people.

What would help you have a good life, now and in the future

**A strong identity:**

*"More people accepting me."  
"Stay going to church."*



# Table 6. Expression of identity and discrimination



In the last 12 months... How often have you been treated unfairly or made to feel different because of your ...  
(mean on scale of 0 not at all to 10 all the time)

	It is easy for me to express my identity (mean on scale of 0 disagree to 10 agree)	I am proud of who I am (mean on scale of 0 not at all to 10 very)	My ethnicity	My gender or sexual identity	Something else about me
All Pacific	7.6 (7.3 - 7.9)	7.7 (7.4 - 8.1)	3.4 (2.9 - 3.8)	1.5 (1.1 - 1.8)	3.0 (2.6 - 3.4)
Pacific only	8.0 (7.1 - 8.8)	8.1 (7.2 - 9.0)	3.4 (2.3 - 4.5)	1.2 (0.5 - 1.8)	3.1 (2.3 - 3.9)
Pacific and Māori	7.3 (6.9 - 7.7)	7.3 (7.0 - 7.6)	3.6 (3.2 - 4.0)	1.9 (1.6 - 2.3)	3.1 (2.6 - 3.5)
Non-Māori non-Pacific	6.4 (6.3 - 6.5)	7.0 (6.9 - 7.2)	1.9 (1.7 - 2.1)	1.6 (1.5 - 1.8)	3.0 (2.9 - 3.1)
Samoan	7.1 (6.5 - 7.7)	7.9 (7.2 - 8.5)	3.4 (2.6 - 4.2)	1.5 (1.1 - 1.8)	3.3 (2.7 - 3.9)
Cook Island Māori	7.2 (6.8 - 7.7)	7.2 (6.7 - 7.7)	3.7 (3.1 - 4.3)	1.6 (1.0 - 2.2)	3.0 (2.2 - 3.7)
Tongan	7.3 (6.6 - 8)	8.0 (7.3 - 8.8)	3.8 (2.5 - 5.0)	1.5 (0.5 - 2.5)	3.3 (2.5 - 4.1)
Other Pacific	7.2 (6.9 - 7.6)	7.4 (6.8 - 8.0)	3.5 (2.9 - 4.0)	1.4 (0.8 - 2.0)	3.0 (2.3 - 3.8)
Auckland Pacific*	7.2 (6.6 - 7.8)	7.9 (7.4 - 8.5)	3.2 (2.4 - 4.1)	1.2 (0.6 - 1.7)	3.0 (2.3 - 3.6)
Non-Auckland Pacific	7.0 (6.7 - 7.4)	7.3 (7.0 - 7.6)	3.6 (3.2 - 4.0)	2.1 (1.8 - 2.4)	3.1 (2.8 - 3.5)
Junior	7.4 (7.1 - 7.7)	7.7 (7.2 - 8.2)	3.1 (2.6 - 3.6)	1.6 (0.9 - 2.2)	2.9 (2.4 - 3.4)
Senior	7.0 (6.5 - 7.4)	7.7 (6.9 - 8.5)	3.5 (3.0 - 4.1)	1.5 (1.2 - 1.7)	3.1 (2.5 - 3.6)
Male	7.6 (7.0 - 8.3)	8.4 (7.9 - 8.8)	3.1 (2.5 - 3.6)	0.9 (0.2 - 1.7)	2.5 (2.0 - 3.0)
Female	6.8 (6.4 - 7.3)	7.3 (6.8 - 7.8)	3.6 (2.8 - 4.3)	1.8 (1.3 - 2.2)	3.3 (2.6 - 3.9)
Disabled young people	7.0 (6.5 - 7.5)	6.6 (5.8 - 7.5)	4.2 (2.7 - 5.7)	2.0 (1.3 - 2.7)	4.2 (3.4 - 5.0)
Rainbow	6.2 (5.5 - 6.9)	5.8 (5.3 - 6.4)	4.1 (3.2 - 4.9)	4.1 (3.2 - 5.1)	4.5 (3.8 - 5.2)

\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork.



## 6.4. Differences across school decile groups

Pacific students across all decile groupings gave similar ratings for identity indicators (Table 7).

**Table 7. Overview of results across the decile groups in the strong identity theme**

Question	Decile 1-3	Decile 4-7	Decile 8-10
<b>A strong identity</b>			
I feel accepted at school (current) (mean 0 - 10)	7.3 (6.9 - 7.7)	7.8 (7.3 - 8.3)	7.2 (6.3 - 8.1)
I know my genealogy (mean 0 - 10)	6.8 (6.1 - 7.5)	7.4 (6.9 - 7.9)	7.2 (6.7 - 7.8)
The values of my ethnic group(s) are important to me (mean 0 - 10)	8.3 (7.8 - 8.7)	8.8 (8.2 - 9.4)	8.1 (7.6 - 8.6)
It is important to me to maintain my family traditions and cultural heritage (mean 0 - 10)	8.2 (7.8 - 8.6)	8.3 (7.8 - 8.7)	7.9 (7.2 - 8.6)
It is easy for me to express my identity (mean 0 - 10)	7.9 (7.2 - 8.5)	7.7 (7.2 - 8.1)	7.1 (6.8 - 7.4)
I am proud of who I am (mean 0 - 10)	7.3 (6.9 - 7.8)	8.0 (7.3 - 8.6)	7.7 (7.3 - 8.1)
In the last 12 months... How often have you been treated unfairly or made to feel different because of your ethnicity? (mean 0 - 10)	3.1 (2.7 - 3.4)	3.3 (3.0 - 3.6)	3.9 (2.5 - 5.4)

## 6.5. What do we know from other surveys?

Spiritual beliefs or religious faith data from the Youth2000 series were collected using different scales. Table 8 below presents the results on the importance of spiritual beliefs or religious faith.

**Table 8. Comparison of selected results to past surveys focusing on youth wellbeing**

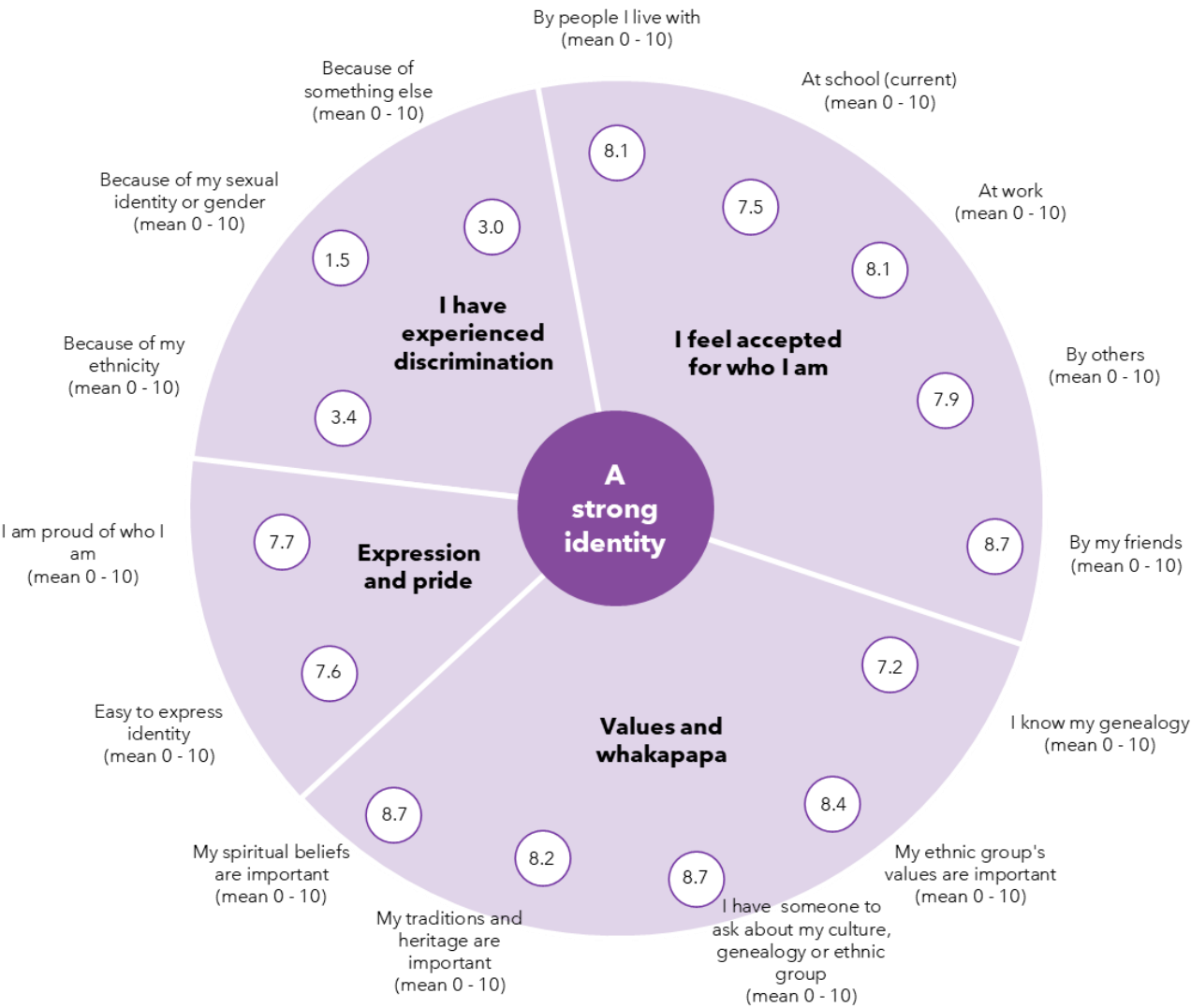
Question from <i>What About Me?</i>	Youth2000 Youth2000 series	Youth'07 Youth2000 series	Youth'12 Youth2000 series	Youth'19 Youth2000 series	2021 <i>What About Me?</i>
How important to you are your spiritual beliefs or religious faith?	<b>60%</b> (55% - 65%) Very important	<b>57%</b> (52% - 62%) Very important	<b>61%</b> (55% - 68%) Very important	<b>60%</b> (56% - 63%) Very important	<b>61%</b> (51% - 70%) ≥8 on a 10-point scale



# 6.6. Overview: Identity

Figure 14 provides an overview of key survey results for Pacific respondents in the strong identity theme.

**Figure 14.** Overall results for the strong identity theme



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.



An abstract graphic design featuring a central blue banner with a white diagonal line. The banner contains the text "Strong relationships and connections" in white. Surrounding the banner are several clusters of pixelated squares in shades of orange, brown, and light blue, arranged in a symmetrical, star-like pattern.

**Strong relationships  
and connections**

## 7.1. Family relationships

Most (80%) Pacific young people were looked after by their mum<sup>28</sup> and two-thirds (65%) were looked after by their dad (Table 9). Of those who were cared for by at least one of their parents, 73% were cared by both their mum and their dad.

**Table 9. Pacific young people who were looked after by different caregivers**

	Mum	Dad	Brother(s) and/or sister(s)	Parent's partner(s) or step- parent(s)	Grand parent(s)	Another adult(s)	Other family and wider whānau
All Pacific	80%	65%	28%	12%	21%	17%	16%
Pacific only	83%	71%	40%	10%	21%	18%	18%
Pacific and Māori	70%	53%	21%	15%	22%	18%	17%
Non-Māori non-Pacific	87%	76%	14%	14%	10%	4%	3%
Samoa	80%	64%	33%	12%	22%	15%	15%
Cook Island Māori	68%	58%	24%	12%	24%	19%	17%
Tongan	79%	68%	37%	14%	27%	19%	19%
Other Pacific	79%	66%	23%	14%	16%	18%	18%
Auckland Pacific	84%	71%	31%	9%	21%	16%	16%
Non-Auckland Pacific	74%	55%	22%	17%	21%	18%	17%
Junior	78%	64%	29%	15%	25%	17%	16%
Senior	81%	65%	27%	10%	18%	17%	17%
Male	83%	67%	26%	12%	25%	15%	15%
Female	78%	63%	30%	12%	18%	18%	18%
Disabled young people	71%	51%	32%	14%	22%	17%	16%
Rainbow	79%	66%	15%	15%	20%	15%	14%

<sup>28</sup> Pacific young people could select as many caregivers as they would like and therefore could potentially live with more caregivers beyond their mum or their dad.

Pacific young people generally reported positive family relationships. All groups of Pacific young people felt loved by their family and gave a mean rating of 8.9 (Table 10). However, they provided lower mean ratings about whether their family spent enough time with them (7.7).

Pacific rainbow and disabled young people were less likely to agree that they felt loved by their family, that their family spent enough time with them and were less positive about their family doing well overall compared to the overall Pacific sample.

What would help you  
have a good life, now  
and in the future

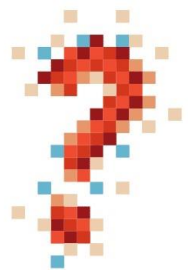
***Strong relationships and  
connections:***

*"Have friends that care for me and don't talk behind my back."*

*"More support through different ethical teachers in classes or school who you can relate to or turn to cause they are someone who can relate to you on the same level."*

*"Surround myself around people that make me feel happy"*

*"Talk to an adult on a weekly basis."*





# Table 10. Family relationships



How much do you agree that ...  
(mean on scale of 0 disagree to 10 agree)

	My family love me	My family spend enough time with me	How well my family is doing overall (0 extremely badly to 10 extremely well)
All Pacific	8.9 (8.7 - 9.1)	7.7 (7.4 - 8.0)	7.5 (7.3 - 7.8)
Pacific only	9.0 (8.6 - 9.5)	7.9 (7.3 - 8.6)	7.7 (7.0 - 8.5)
Pacific and Māori	8.7 (8.4 - 9.0)	7.3 (7.0 - 7.6)	7.2 (7.0 - 7.5)
Non-Māori non-Pacific	8.9 (8.8 - 9.0)	7.8 (7.7 - 7.9)	7.5 (7.4 - 7.6)
Samoan	9.0 (8.7 - 9.3)	7.7 (7.2 - 8.1)	7.6 (7.1 - 8.0)
Cook Island Māori	8.6 (8.1 - 9.1)	7.1 (6.7 - 7.6)	7.2 (6.9 - 7.6)
Tongan	9.2 (8.9 - 9.5)	7.9 (7.5 - 8.4)	7.5 (7.1 - 7.9)
Other Pacific	8.9 (8.5 - 9.2)	7.8 (7.5 - 8.2)	7.4 (7.2 - 7.6)
Auckland Pacific*	9.0 (8.7 - 9.3)	7.8 (7.3 - 8.2)	7.6 (7.3 - 8.0)
Non-Auckland Pacific	8.8 (8.6 - 9.0)	7.5 (7.3 - 7.7)	7.3 (7.1 - 7.6)
Junior	8.8 (8.5 - 9.1)	7.6 (7.2 - 8.0)	7.5 (7.2 - 7.9)
Senior	9.0 (8.7 - 9.3)	7.7 (7.2 - 8.2)	7.5 (7.1 - 7.9)
Male	9.2 (9.0 - 9.4)	8.3 (7.6 - 8.9)	8.1 (7.9 - 8.3)
Female	8.7 (8.5 - 8.9)	7.2 (6.8 - 7.6)	7.1 (6.8 - 7.4)
Disabled young people	8.3 (8.0 - 8.6)	6.6 (6.0 - 7.1)	6.4 (5.8 - 7.0)
Rainbow	7.7 (7.1 - 8.3)	6.6 (6.0 - 7.2)	6.4 (5.9 - 6.8)

\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork.



## 7.2. Supporting family

Pacific young people were twice as likely to look after someone on a regular basis compared to non-Māori non-Pacific young people (42% compared to 20%, respectively). Most (82%) of those they looked after were children they lived with (Table 11).

**Table 11. The percentage of Pacific young people who look after others and the characteristics of those being cared for**

	Look after someone on a regular basis	Children who you live with	Children who live in another house	Older family members	Someone seriously affected by a disability or long-term illness	Someone else
All Pacific	42%	82%	22%	26%	3%	7%
Pacific only	47%	83%	22%	34%	1%	4%
Pacific and Māori	39%	77%	18%	19%	10%	15%
Non-Māori non-Pacific	20%	77%	12%	12%	6%	12%
Samoa	43%	85%	23%	37%	5%	5%
Cook Island Māori	44%	82%	17%	19%	11%	13%
Tongan	46%	85%	34%	35%	5%	6%
Other Pacific	42%	78%	21%	24%	4%	11%
Auckland Pacific	44%	82%	23%	28%	2%	6%
Non-Auckland Pacific	38%	80%	21%	23%	6%	10%
Junior	38%	74%	27%	22%	3%	11%
Senior	44%	86%	19%	28%	4%	5%
Male	41%	85%	18%	32%	4%	7%
Female	43%	79%	25%	22%	2%	7%
Disabled	52%	77%	29%	39%	4%	5%
Rainbow	37%	86%	21%	11%	6%	9%

While caring for others contributed to the family, it also impacted on school and work. Average ratings for missing school or work because of family caregiving responsibilities were consistent across most sub-groups, with an overall mean score of 6.9 out of 10 (Table 12).

## Table 12. Looking after someone



	(Of those who look after someone) I often miss work or kura, school, alternative education or other education or training to look after others (mean score on scale of 0 often to 10 never)
<b>All Pacific</b>	<b>6.9</b> (6.3 - 7.5)
<b>Pacific only</b>	<b>6.6</b> (5.6 - 7.7)
<b>Pacific and Māori</b>	<b>6.4</b> (6.0 - 6.9)
<b>Non-Māori non-Pacific</b>	<b>8.0</b> (7.7 - 8.3)
<b>Samoan</b>	<b>6.4</b> (5.6 - 7.3)
<b>Cook Island Māori</b>	<b>6.6</b> (6.0 - 7.1)
<b>Tongan</b>	<b>6.3</b> (5.4 - 7.1)
<b>Other Pacific</b>	<b>7.5</b> (7.0 - 8.0)
<b>Auckland Pacific*</b>	<b>7.3</b> (6.3 - 8.2)
<b>Non-Auckland Pacific</b>	<b>6.2</b> (5.6 - 6.7)
<b>Junior</b>	<b>6.9</b> (6.1 - 7.7)
<b>Senior</b>	<b>6.9</b> (6.1 - 7.7)
<b>Male</b>	<b>5.9</b> (4.9 - 7.0)
<b>Female</b>	<b>7.6</b> (7.0 - 8.1)
<b>Disabled young people</b>	<b>6.4</b> (5.3 - 7.5)
<b>Rainbow</b>	<b>7.6</b> (6.6 - 8.5)

\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork.

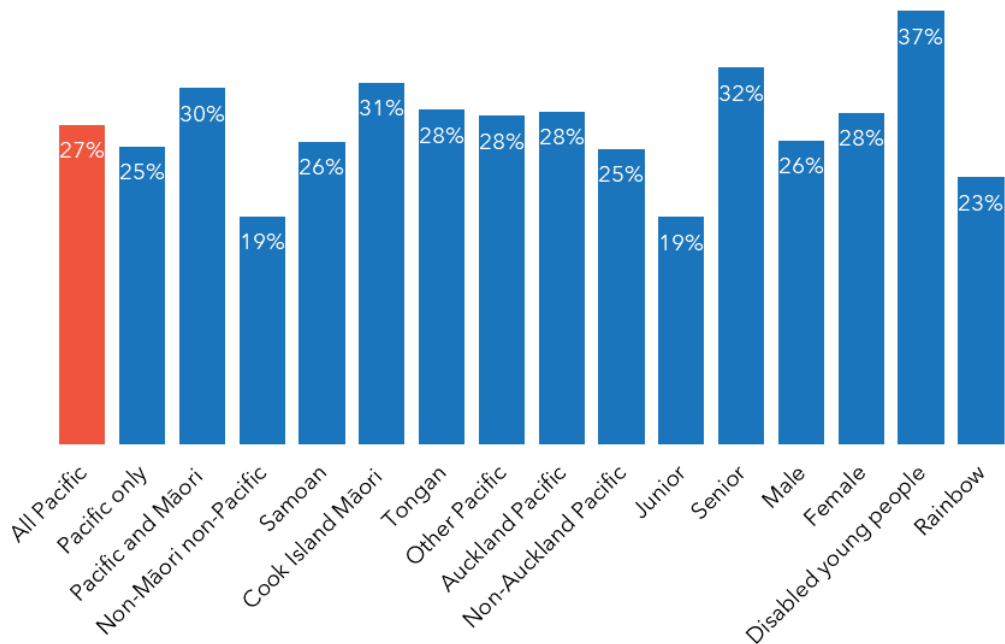


### 7.3. Friendships and romantic relationships

Pacific young people gave high ratings for friendship indicators that included having friends they could trust (mean score of 8.1 out of 10) and feeling safe with their friends (mean score of 8.3 out of 10) but had a lower mean score (7.7 out of 10) for spending enough time with friends (Table 13).

Over a quarter (27%) of Pacific young people had a boyfriend, girlfriend or partner (Figure 15). More than a third of disabled young people (37%) had a boyfriend, girlfriend or partner.

Figure 15. Percentage of Pacific young people with a boyfriend, girlfriend or partner



# Table 13. Friendships and romantic relationships



How much do you agree ... (mean on scale of 0 disagree to 10 agree)

	I have friends I trust	I feel safe with my friends	I get enough time to spend with my friends	(Of those with one) I feel loved by my girlfriend, boyfriend or partner
<b>All Pacific</b>	<b>8.1</b> (7.8 - 8.4)	<b>8.3</b> (8.0 - 8.7)	<b>7.7</b> (7.4 - 8.0)	<b>9.1</b> (8.8 - 9.5)
<b>Pacific only</b>	8.1 (7.2 - 9.1)	8.2 (7.5 - 9.0)	9.7 (7.0 - 8.4)	9.1 (8.2 - 10.1)
<b>Pacific and Māori</b>	8.1 (7.8 - 8.4)	8.4 (8.2 - 8.6)	7.6 (7.3 - 7.8)	9.0 (8.4 - 9.6)
<b>Non-Māori non-Pacific</b>	8.2 (8.1 - 8.4)	8.6 (8.5 - 8.7)	7.8 (7.6 - 7.9)	8.9 (8.6 - 9.1)
<b>Samoan</b>	8.0 (7.5 - 8.5)	8.2 (7.7 - 8.7)	7.6 (7.1 - 8.1)	9.4 (9.2 - 9.6)
<b>Cook Island Māori</b>	7.9 (7.4 - 8.4)	8.4 (8.0 - 8.8)	7.4 (6.9 - 7.9)	9.2 (8.7 - 9.7)
<b>Tongan</b>	8.5 (7.8 - 9.2)	8.4 (7.9 - 9.0)	8.4 (8.0 - 8.8)	9.2 (8.7 - 9.6)
<b>Other Pacific</b>	8.2 (7.9 - 8.6)	8.5 (8.1 - 8.8)	7.7 (7.3 - 8.1)	8.6 (7.7 - 9.6)
<b>Auckland Pacific*</b>	8.1 (7.7 - 8.5)	8.3 (7.7 - 8.8)	7.7 (7.2 - 8.1)	9.2 (8.6 - 9.8)
<b>Non-Auckland Pacific</b>	8.1 (7.8 - 8.4)	8.5 (8.2 - 8.8)	7.7 (7.4 - 8.0)	8.1 (8.8 - 9.4)
<b>Junior</b>	8.4 (8.0 - 8.9)	8.6 (8.2 - 8.9)	8.0 (7.6 - 8.5)	8.7 (7.7 - 9.7)
<b>Senior</b>	7.9 (7.4 - 8.3)	8.2 (7.7 - 8.7)	7.5 (7.0 - 8.0)	9.3 (9.1 - 9.6)
<b>Male</b>	8.6 (8.3 - 8.9)	8.6 (8.2 - 9.0)	8.0 (7.7 - 8.4)	9.4 (9.0 - 9.7)
<b>Female</b>	7.8 (7.3 - 8.3)	8.2 (7.7 - 8.6)	7.5 (7.0 - 7.9)	9.0 (8.0 - 10.0)
<b>Disabled young people</b>	7.2 (6.3 - 8.1)	7.7 (6.9 - 8.4)	7.6 (7.2 - 8.0)	9.3 (8.9 - 9.7)
<b>Rainbow</b>	7.6 (7.0 - 8.2)	7.9 (7.3 - 8.5)	7.1 (6.4 - 7.7)	9.3 (8.7 - 9.9)

\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork.



## 7.4. Social media

Increased online connectivity and social media has become an area of interest for the health and wellbeing of Pacific young people given the benefits of increased social connectedness and challenges such as cyber-bullying that social media presents.

Pacific young people on average found it easy to access the internet when they wanted to and saw social media as somewhat important with a mean score of 5.7 out of 10 (Table 14). Pacific males who use the internet reported feeling safer online and were less worried about their internet use compared to Pacific females.

# Table 14. Social media

How much do you agree that ...

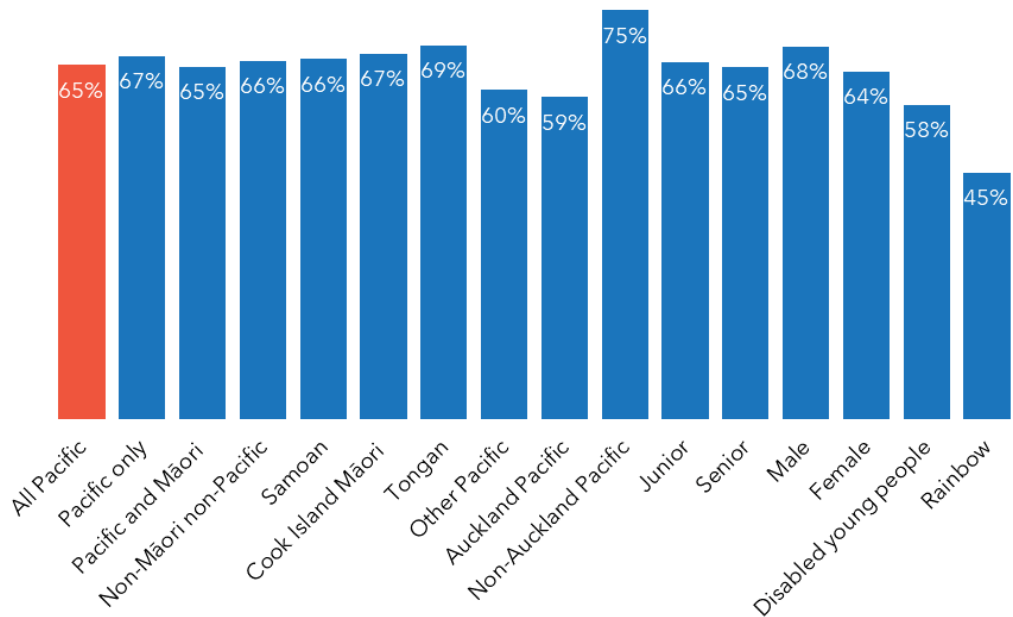
	It is easy for me to access the internet when I want (mean on scale of 0 I don't access it, 1 difficult to 10 easy)	Social media is important in my life (mean on scale of 0 not at all important 10 important)	(Of those who used the internet) I am worried by my use of the internet (mean on scale of 0 worried to 10 not at all worried)	(Of those who used the internet) I feel safe online (mean on scale of 0 not safe to 10 safe)
All Pacific	8.6 (8.3 - 8.9)	5.7 (5.4 - 6.0)	6.3 (6.0 - 6.6)	7.7 (7.5 - 7.9)
Pacific only	8.4 (7.8 - 9.0)	5.4 (4.8 - 6.0)	6.2 (5.5 - 7.0)	7.6 (7.2 - 8.1)
Pacific and Māori	8.7 (8.4 - 8.9)	6.1 (5.8 - 6.3)	6.4 (6.0 - 6.8)	7.8 (7.6 - 8.1)
Non-Māori non-Pacific	9.0 (8.9 - 9.1)	5.7 (5.6 - 5.9)	6.5 (6.4 - 6.6)	7.6 (7.5 - 7.7)
Samoan	8.6 (8.2 - 9.0)	5.7 (5.1 - 6.2)	6.3 (5.7 - 7.0)	7.7 (7.2 - 8.2)
Cook Island Māori	8.6 (8.2 - 9.0)	6.1 (5.7 - 6.6)	6.6 (6.1 - 7.1)	7.8 (7.5 - 8.1)
Tongan	8.9 (8.4 - 9.3)	5.1 (4.6 - 5.7)	6.3 (5.9 - 6.7)	8.1 (7.6 - 8.5)
Other Pacific	8.8 (8.5 - 9.2)	5.8 (5.4 - 6.2)	6.4 (6.0 - 6.9)	7.7 (7.3 - 8.1)
Auckland Pacific*	8.6 (8.1 - 9.2)	5.6 (5.2 - 6.0)	6.3 (5.9 - 6.7)	7.7 (7.4 - 8.1)
Non-Auckland Pacific	8.6 (8.4 - 8.8)	5.9 (5.7 - 6.1)	6.3 (6.0 - 6.5)	7.7 (7.5 - 7.9)
Junior	8.5 (8.1 - 8.9)	5.6 (5.2 - 6.0)	6.7 (6.4 - 7.1)	7.8 (7.4 - 8.2)
Senior	8.7 (8.3 - 9.0)	5.8 (5.4 - 6.3)	6.0 (5.4 - 6.6)	7.7 (7.2 - 8.1)
Male	9.1 (8.8 - 9.4)	5.3 (4.9 - 5.8)	7.0 (6.6 - 7.5)	8.5 (8.2 - 8.8)
Female	8.2 (7.8 - 8.7)	6.0 (5.5 - 6.5)	5.7 (5.4 - 6.0)	7.1 (6.9 - 7.4)
Disabled young people	8.3 (8.0 - 8.7)	5.7 (5.2 - 6.1)	6.4 (5.8 - 7.1)	7.6 (7.3 - 7.8)
Rainbow	8.9 (8.4 - 9.3)	6.1 (5.6 - 6.7)	6.0 (5.4 - 6.6)	7.0 (6.5 - 7.5)

\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork.

## 7.5. Community connection

Almost two-thirds (65%) of Pacific young people were in a group, club or team (Figure 16). Three quarters of non-Auckland Pacific young people were part of a group, club or team. Less than half (45%) of Pacific rainbow young people were part of a group club or team.

Figure 16. Percentage of Pacific young people who were part of a group, club or team



Around half of Pacific young people said they occasionally or do help others in their neighbourhood or community (Figure 17). Young people who identified with only Pacific ethnic groups were more likely to help others in their community compared to non-Māori non-Pacific young people.

What would help you have a good life, now and in the future

**Strong relationships and connections:**

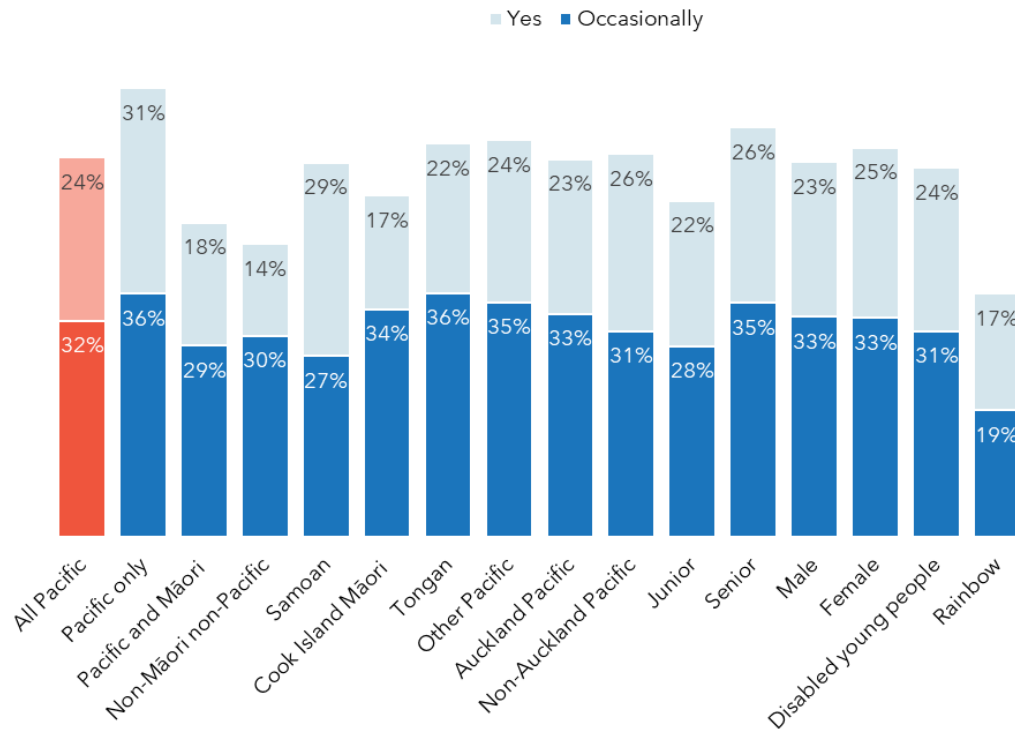
*"Healthy friendships, positive mindset, being able to talk to someone when going through a hard time."*

*"Better relationships with family and close friends."*

*"Someone who believes in me."*



**Figure 17. Percentage of Pacific young people who help others in their neighbourhood or community**



Overall, Pacific young people felt safe in the community/s they lived in (mean score 8.0 out of 10) but were less positive about feeling like they belonged in the community/s they lived in (means score 7.5 out of 10) (Table 15).

Pacific rainbow young people were less likely to feel like they belonged or to feel safe in the community/s where they lived compared to Pacific young people overall.



To what extent do you agree ...  
(mean on scale of 0 disagree to 10 agree)

	I feel like I belong in the community/s I live in	I feel safe in the community/s where I live
<b>All Pacific</b>	<b>7.5</b> (6.9 - 8.1)	<b>8.0</b> (7.7 - 8.3)
<b>Pacific only</b>	<b>7.9</b> (6.9 - 9.0)	<b>8.2</b> (7.6 - 8.8)
<b>Pacific and Māori</b>	<b>6.9</b> (6.6 - 7.3)	<b>7.6</b> (7.3 - 7.9)
<b>Non-Māori non-Pacific</b>	<b>7.2</b> (7.1 - 7.3)	<b>8.0</b> (7.9 - 8.1)
<b>Samoaan</b>	<b>7.6</b> (6.7 - 8.4)	<b>8.0</b> (7.6 - 8.4)
<b>Cook Island Māori</b>	<b>6.8</b> (6.4 - 7.2)	<b>7.5</b> (7.1 - 7.9)
<b>Tongan</b>	<b>7.6</b> (6.9 - 8.3)	<b>8.5</b> (8.0 - 9.0)
<b>Other Pacific</b>	<b>7.4</b> (6.8 - 8.0)	<b>7.8</b> (7.6 - 8.1)
<b>Auckland Pacific*</b>	<b>7.6</b> (6.7 - 8.5)	<b>8.1</b> (7.6 - 8.5)
<b>Non-Auckland Pacific</b>	<b>7.3</b> (7.0 - 7.6)	<b>7.8</b> (7.5 - 8.1)
<b>Junior</b>	<b>7.6</b> (7.1 - 8.2)	<b>8.0</b> (7.7 - 8.4)
<b>Senior</b>	<b>7.4</b> (6.6 - 8.2)	<b>7.9</b> (7.5 - 8.4)
<b>Male</b>	<b>8.0</b> (7.3 - 8.7)	<b>8.3</b> (7.9 - 8.7)
<b>Female</b>	<b>7.2</b> (6.6 - 7.7)	<b>7.8</b> (7.5 - 8.1)
<b>Disabled young people</b>	<b>6.7</b> (6.0 - 7.3)	<b>7.5</b> (6.9 - 8.1)
<b>Rainbow</b>	<b>6.3</b> (5.7 - 6.8)	<b>6.6</b> (6.2 - 7.1)

\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork.

## 7.6. Knowing where to get help

Most (85%) Pacific young people said they had someone to turn to if they were going through a difficult time (Table 17). Males found it easier than most other sub-groups to get help if they were going through a difficult time or needed help for another reason. Conversely, Pacific disabled and rainbow young people found it harder to find help when they needed it compared to Pacific young people overall.

Most Pacific young people (80%) said they would turn to an adult family member or friend if they needed help (Table 16). Only half of Pacific rainbow young people would turn to an adult family member or friend (50%) and would instead choose to seek help from someone or someplace else (47%) if they were going through a difficult time.

**Table 16. Who would Pacific young people turn to if they were going through a difficult time and needed help?**

	Adult family, friend or whānau member	Adult at school	Someone or someplace else	Health professional	Youth or social worker	Neighbor or someone at work	Online resource
All Pacific	80%	21%	23%	7%	8%	6%	4%
Pacific only	83%	16%	19%	4%	7%	7%	2%
Pacific and Māori	81%	22%	26%	7%	9%	6%	3%
Non-Māori non-Pacific	83%	30%	20%	12%	8%	6%	7%
Samoa	81%	21%	24%	6%	11%	8%	3%
Cook Island Māori	73%	20%	30%	7%	7%	7%	4%
Tongan	78%	20%	24%	7%	11%	14%	3%
Other Pacific	79%	19%	22%	8%	6%	5%	6%
Auckland Pacific	79%	19%	23%	6%	8%	6%	2%
Non-Auckland Pacific	82%	26%	23%	9%	10%	6%	7%
Junior	79%	25%	23%	2%	8%	7%	3%
Senior	81%	19%	23%	9%	9%	6%	5%
Male	94%	19%	12%	6%	9%	10%	5%
Female	70%	23%	32%	8%	8%	3%	3%
Disabled young people	62%	20%	36%	13%	12%	12%	4%
Rainbow	50%	29%	47%	6%	14%	5%	3%



	How much do you agree that ...	
	If I was going through a difficult time and needed help, I have someone to turn to (percentage yes)	It is easy for me to get help if I was going through a difficult time and needed help (mean on scale of 0 very hard to 10 very easy)
<b>All Pacific</b>	<b>85%</b> (81% - 88%)	<b>6.6</b> (6.4 - 6.9)
<b>Pacific only</b>	86% (78% - 94%)	6.9 (6.6 - 7.3)
<b>Pacific and Māori</b>	84% (77% - 92%)	6.4 (5.8 - 6.9)
<b>Non-Māori non-Pacific</b>	86% (84% - 89%)	6.7 (6.6 - 6.8)
<b>Samoaan</b>	85% (79% - 91%)	6.6 (6.2 - 7.1)
<b>Cook Island Māori</b>	83% (74% - 92%)	6.0 (5.4 - 6.7)
<b>Tongan</b>	89% (81% - 97%)	6.4 (5.8 - 7.0)
<b>Other Pacific</b>	89% (81% - 97%)	6.9 (6.2 - 7.5)
<b>Auckland Pacific*</b>	85% (80% - 90%)	6.8 (6.4 - 7.2)
<b>Non-Auckland Pacific</b>	84% (80% - 88%)	6.3 (6.0 - 6.7)
<b>Junior</b>	87% (77% - 96%)	6.9 (6.5 - 7.4)
<b>Senior</b>	84% (78% - 89%)	6.5 (6.0 - 6.9)
<b>Male</b>	90% (81% - 100%)	7.9 (7.5 - 8.3)
<b>Female</b>	81% (74% - 88%)	5.8 (5.3 - 6.4)
<b>Disabled young people</b>	79% (74% - 85%)	4.8 (4.2 - 5.4)
<b>Rainbow</b>	79% (71% - 88%)	5.2 (4.5 - 5.9)

\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork.



## 7.7. Differences across school decile groups

Pacific young people from different decile groups gave similar ratings to feeling loved by their family, safe with friends, safe in their community, feeling it is easy to access the internet and get help (Table 18).

**Table 18. Overview of strong relationships and connections results across decile groups**

Question	Decile 1-3	Decile 4-7	Decile 8-10
<b>Strong relationships and connections</b>			
My family love me (mean 0 - 10)	8.7 (8.5 - 9.0)	9.1 (8.7 - 9.4)	8.9 (8.7 - 9.2)
How often do I miss work or kura, school, alternative education or other education or training to look after others? (mean 0 - 10)	7.1 (5.7 - 8.6)	6.4 (5.8 - 7.0)	7.4 (6.1 - 8.7)
I feel safe with my friends (mean 0 - 10)	8.3 (7.8 - 8.8)	8.3 (7.7 - 8.9)	8.5 (8.0 - 9.1)
Ease of accessing the internet (mean 0 - 10)	8.8 (8.3 - 9.2)	8.6 (8.3 - 9.0)	8.4 (7.7 - 9.1)
Social media is important to my life (mean 0 - 10)	5.6 (5.0 - 6.1)	5.6 (5.2 - 6.0)	6.1 (5.6 - 6.7)
I feel safe in my community (mean 0 - 10)	7.8 (7.5 - 8.0)	8.2 (7.6 - 8.8)	7.9 (7.7 - 8.1)
How easy it is to get help (mean 0 - 10)	6.2 (5.6 - 6.9)	6.7 (6.2 - 7.2)	7.2 (6.7 - 7.6)



## 7.8. What do we know from other surveys?

The percentage of Pacific young people who felt safe in their community was higher than Youth'07, Youth'12 and Youth'19, though response scales differed (Table 19). A higher proportion of Pacific young people had helped others in their community in the last 12 months compared with Youth'07.

**Table 19. Comparison of selected results to past surveys focusing on youth wellbeing**

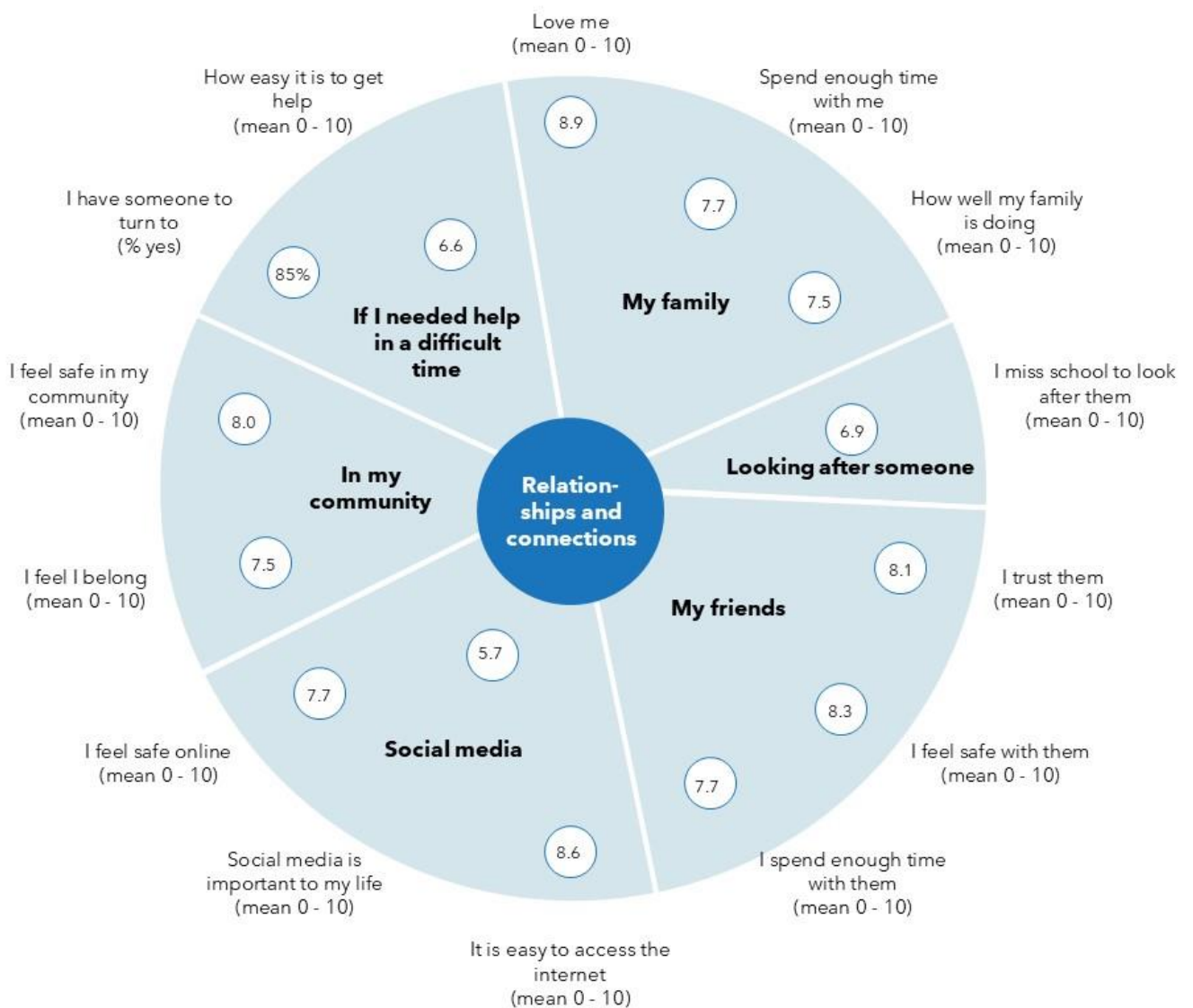
Question from <i>What About Me?</i>	Youth'07 Youth2000 series	Youth'12 Youth2000 series	Youth'19 Youth2000 series	2021 <i>What About Me?</i>
I feel safe in the community/s where I live	<b>44%</b> (40% - 47%) Feel safe in the neighbourhood	<b>53%</b> (50% - 57%) Feel safe in their neighbourhood	<b>51%</b> (47% - 55%) Feel safe in their neighbourhood	<b>65%</b> (58% - 73%) ≥8 on 0-10 scale
Do you help others in your neighbourhood or community (e.g. help-out on the marae or church, belong to a volunteer organisation, mow lawns, collect for charity, give people food)? <i>Percentage yes in the last 12 months</i>	<b>17%</b>	<b>37%</b> (34% - 40%)	-	<b>56%</b> (50% - 63%)



## 7.9. Overview: Relationships and connections

Figure 18 provides an overview of key survey results for Pacific respondents in the relationships and connections theme.

**Figure 18. Overall results for the relationships and connections theme**



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.



A stable home base



## 8.1. Financial stability

A series of four questions asked young people how often they or their family worried about affording essentials (food/kai, power/electricity, rent/mortgage, petrol/transport to get to important places). They could answer never, occasionally, sometimes, often or all the time. Results in Table 20 show the proportion who answered sometimes or more often to each question as well as to at least one of the four questions.

Overall, just over half (56%) of Pacific young people reported that they and their family worried about affording essentials compared with 26% of non-Māori non-Pacific young people.

What would help you have a good life, now and in the future

### *A stable home base:*

*"Have a New Zealand permanent residence."*

*"A separate room for myself so I can do my studies."*

*"Having enough money to pay for everything I need. To live a good life where I can get everything I need."*

*"Finding a part-time job."*



# Table 20. Financial stability

How often I or my family worry about not having enough money to ...  
(Percentage answering sometimes, often or all the time)

	Buy kai/food	Pay for power/ electricity	Pay the rent or mortgage where I live	Pay for petrol or transport to get to important places	At least one answer of sometimes, often or all the time
<b>All Pacific</b>	<b>38%</b> (33% - 43%)	<b>36%</b> (30% - 43%)	<b>39%</b> (32% - 46%)	<b>37%</b> (31% - 44%)	<b>56%</b> (50% - 63%)
<b>Pacific only</b>	<b>46%</b> (35% - 57%)	<b>45%</b> (31% - 58%)	<b>39%</b> (32% - 46%)	<b>46%</b> (33% - 58%)	<b>65%</b> (52% - 78%)
<b>Pacific and Māori</b>	<b>35%</b> (29% - 41%)	<b>32%</b> (27% - 36%)	<b>28%</b> (22% - 33%)	<b>32%</b> (27% - 38%)	<b>50%</b> (45% - 56%)
<b>Non-Māori non-Pacific</b>	<b>16%</b> (14% - 18%)	<b>14%</b> (12% - 16%)	<b>16%</b> (15% - 17%)	<b>15%</b> (13% - 17%)	<b>26%</b> (24% - 28%)
<b>Samoan</b>	<b>42%</b> (33% - 51%)	<b>39%</b> (32% - 45%)	<b>41%</b> (31% - 52%)	<b>41%</b> (34% - 48%)	<b>61%</b> (53% - 69%)
<b>Cook Island Māori</b>	<b>39%</b> (29% - 49%)	<b>39%</b> (33% - 45%)	<b>32%</b> (23% - 41%)	<b>37%</b> (29% - 45%)	<b>57%</b> (49% - 65%)
<b>Tongan</b>	<b>47%</b> (36% - 57%)	<b>39%</b> (27% - 51%)	<b>44%</b> (31% - 57%)	<b>38%</b> (26% - 51%)	<b>64%</b> (54% - 74%)
<b>Other Pacific</b>	<b>37%</b> (26% - 49%)	<b>36%</b> (27% - 45%)	<b>39%</b> (29% - 48%)	<b>39%</b> (30% - 48%)	<b>56%</b> (46% - 66%)
<b>Auckland Pacific*</b>	<b>39%</b> (32% - 47%)	<b>38%</b> (28% - 49%)	<b>44%</b> (33% - 55%)	<b>39%</b> (29% - 49%)	<b>60%</b> (49% - 71%)
<b>Non-Auckland Pacific</b>	<b>36%</b> (30% - 41%)	<b>33%</b> (28% - 38%)	<b>30%</b> (25% - 34%)	<b>35%</b> (29% - 40%)	<b>50%</b> (45% - 55%)
<b>Junior</b>	<b>33%</b> (27% - 40%)	<b>33%</b> (20% - 45%)	<b>31%</b> (20% - 42%)	<b>32%</b> (25% - 39%)	<b>55%</b> (43% - 67%)
<b>Senior</b>	<b>41%</b> (32% - 51%)	<b>39%</b> (31% - 48%)	<b>44%</b> (35% - 54%)	<b>42%</b> (30% - 53%)	<b>58%</b> (47% - 68%)
<b>Male</b>	<b>31%</b> (25% - 37%)	<b>32%</b> (23% - 42%)	<b>32%</b> (23% - 41%)	<b>29%</b> (19% - 40%)	<b>51%</b> (40% - 62%)
<b>Female</b>	<b>43%</b> (35% - 52%)	<b>40%</b> (31% - 49%)	<b>44%</b> (34% - 54%)	<b>44%</b> (36% - 52%)	<b>61%</b> (53% - 69%)
<b>Disabled young people</b>	<b>55%</b> (45% - 65%)	<b>55%</b> (43% - 67%)	<b>55%</b> (42% - 67%)	<b>51%</b> (39% - 62%)	<b>71%</b> (64% - 79%)
<b>Rainbow</b>	<b>38%</b> (26% - 50%)	<b>32%</b> (21% - 44%)	<b>32%</b> (22% - 41%)	<b>39%</b> (25% - 53%)	<b>58%</b> (44% - 72%)

\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork.



## 8.2. Housing quality and stability

Overall, one-fifth (21%) of young people had moved in the last 12 months. Of those who had moved in the last 12 months most (65%) had moved only once but 35% had moved twice or more (Table 21).

**Table 21. Number of times Pacific young people moved in the last 12 months – of those who had moved at least once**

	Once	Twice	Three times	Four or more times
All Pacific	65%	19%	12%	4%
Pacific only	63%	20%	17%	0%
Pacific and Māori	64%	19%	10%	7%
Non-Māori non-Pacific	81%	12%	6%	1%
Samoa	61%	18%	15%	6%
Cook Island Māori	63%	21%	9%	6%
Tongan	52%	42%	4%	1%
Other Pacific	59%	24%	10%	7%
Auckland Pacific	63%	18%	14%	5%
Non-Auckland Pacific	67%	21%	9%	3%
Junior	61%	23%	13%	3%
Senior	67%	17%	11%	5%
Male	70%	21%	6%	3%
Female	61%	16%	18%	5%
Disabled young people	65%	23%	5%	6%
Rainbow	63%	19%	8%	11%

Pacific young people generally said they lived somewhere warm, dry and free from mould. Ratings were similar across all sub-groups (Table 22).



## Table 22. Housing quality and stability



How much do you agree you live somewhere...  
(mean on scale of 0 disagree to 10 agree)

	In the last 12 months, I moved home (Percentage yes)	Warm	Not damp	Without mould
All Pacific	21% (17% - 25%)	9.4 (9.2 - 9.5)	8.4 (8.0 - 8.8)	8.2 (7.9 - 8.4)
Pacific only	20% (9% - 31%)	9.3 (9.0 - 9.6)	8.2 (7.4 - 9.1)	8.0 (7.5 - 8.5)
Pacific and Māori	28% (21% - 36%)	9.3 (9.2 - 9.4)	8.3 (8.1 - 8.6)	8.2 (7.9 - 8.4)
Non-Māori non-Pacific	19% (16% - 21%)	9.5 (9.4 - 9.5)	8.5 (8.4 - 8.6)	8.6 (8.5 - 8.7)
Samoan	21% (13% - 28%)	9.4 (9.2 - 9.6)	8.3 (7.8 - 8.9)	8.3 (7.9 - 8.6)
Cook Island Māori	25% (15% - 35%)	9.2 (8.9 - 9.4)	8.2 (7.7 - 8.6)	7.9 (7.4 - 8.4)
Tongan	19% (10% - 29%)	9.1 (8.7 - 9.4)	8.4 (7.7 - 9.0)	8.0 (7.4 - 8.6)
Other Pacific	21% (14% - 28%)	9.3 (9.1 - 9.5)	8.5 (7.9 - 9.1)	8.1 (7.5 - 8.8)
Auckland Pacific*	20% (14% - 25%)	9.3 (9.1 - 9.6)	8.4 (7.7 - 9.1)	8.2 (7.9 - 8.6)
Non-Auckland Pacific	24% (19% - 30%)	9.4 (9.3 - 9.5)	8.5 (8.2 - 8.7)	8.1 (7.8 - 8.4)
Junior	21% (17% - 25%)	9.2 (9.1 - 9.4)	8.3 (7.7 - 8.9)	8.3 (8.0 - 8.6)
Senior	22% (16% - 28%)	9.4 (9.3 - 9.6)	8.5 (8.1 - 8.9)	8.1 (7.8 - 8.4)
Male	20% (16% - 24%)	9.5 (9.3 - 9.6)	8.3 (7.6 - 9.1)	8.3 (7.8 - 8.7)
Female	21% (14% - 29%)	9.3 (9.2 - 9.5)	8.5 (8.2 - 8.8)	8.1 (7.7 - 8.6)
Disabled young people	26% (17% - 36%)	8.7 (8.4 - 9.1)	8.1 (7.5 - 8.7)	7.9 (7.4 - 8.4)
Rainbow	20% (13% - 28%)	8.8 (8.3 - 9.3)	8.2 (7.7 - 8.6)	7.6 (6.7 - 8.5)

\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork.



### 8.3. Differences across school decile groups

Wide confidence intervals meant the differences between decile groups were not significant. However, the point estimates for levels of worry about affording essentials show a consistent pattern, with highest levels of worry at low decile schools and lower levels of worry at higher decile schools (Table 23).

Measures of housing quality showed similar results across deciles where young people report living in warm, dry, and mould-free homes.

**Table 23. Overview of results across the decile groups in the stable home base theme**

Question	Decile 1-3	Decile 4-7	Decile 8-10
<b>Stable home base</b>			
I or my family worry about not having enough money to (% sometimes or more): ... pay for at least one essential	59% (53% - 64%)	61% (54% - 69%)	45% (32% - 58%)
... pay for kai/food	45% (39% - 51%)	36% (32% - 40%)	31% (21% - 42%)
... pay for power/electricity	38% (33% - 43%)	40% (30% - 51%)	28% (18% - 38%)
... pay for the rent or mortgage where I live	46% (36% - 56%)	41% (31% - 51%)	25% (13% - 37%)
... pay for petrol or transport to get to important places	41% (34% - 49%)	37% (27% - 48%)	32% (22% - 42%)
Moved home in the last twelve months (% yes)	22% (16% - 28%)	21% (15% - 27%)	22% (11% - 32%)
I live somewhere that is warm (mean 0-10)	9.2 (9.0 - 9.4)	9.5 (9.3 - 9.6)	9.4 (9.3 - 9.6)
I live somewhere without mould (mean 0-10)	8.2 (7.8 - 8.5)	8.0 (7.8 - 8.3)	8.4 (7.7 - 9.1)
I live somewhere that is not damp (mean 0-10)	8.5 (8.2 - 8.9)	8.1 (7.5 - 8.8)	8.8 (8.4 - 9.2)



## 8.4. What do we know from other surveys?

The percentage of Pacific young people who worried about affording kai/food often or all the time were similar to previous survey findings (Table 24).

A lower percentage of Pacific young people had moved two or more times in the last 12 months.

**Table 24.** Comparison of selected results to past surveys focusing on youth wellbeing

Question from <i>What About Me?</i>	Youth2000 Youth2000 series	Youth'07 Youth2000 series	Youth'12 Youth2000 series	2021 <i>What About Me?</i>
Do you or your family worry about not having enough money to buy kai /food? <i>Often or all the time</i>	<b>15%</b> (12% - 18%)	<b>16%</b> (14% - 18%)	<b>24%</b> (21% - 26%)	<b>19%</b> (14% - 24%)
How many times have you moved in the last 12 months? <i>Two or more times</i>	<b>20%</b> (17% - 23%)	<b>22%</b> (18% - 26%)	<b>13%</b> (11% - 14%)	<b>8%</b> (5% - 10%)

What would help you  
have a good life, now  
and in the future

### *A stable home base:*

*"For my whole family to live together."*

*"Having permanent stability, not having to worry about  
the next step all the time."*

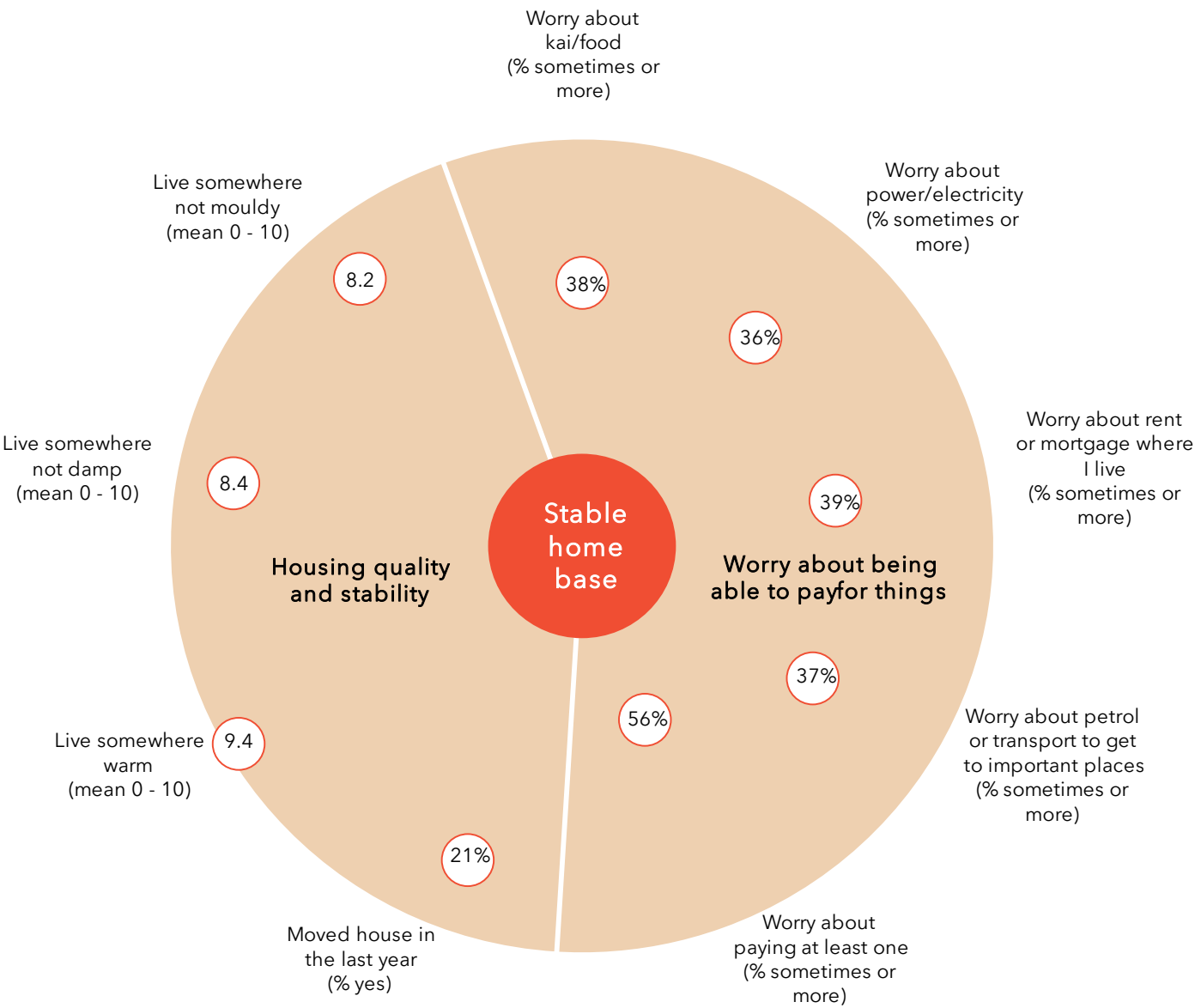
*"Money to help out with family and myself."*



# 8.5. Overview: Stable home base

Figure 19 provides an overview of key survey results for Pacific respondents in the stable home base theme.

Figure 19. Overall results for the stable home base theme



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.





# Achieving and contributing



## 9.1. Aspiration and achievement in education

Overall, 57% of Pacific young people wanted to obtain a university degree and 80% thought they would get the qualification they aspired (Table 26). Pacific young people, overall, gave high ratings when asked if they agree that people expected them to do well at school (8.6 out of 10).

Pacific young people who did not want a university degree most often wanted NCEA level 3 (18%) or a trade certificate (9%) (Table 25).

**Table 25. Percentage of Pacific young people who aspire to different qualifications**

	Some NCEA credits	NCEA 1	NCEA 2	NCEA 3	Trade certificate or diploma	University degree
All Pacific	3%	3%	8%	19%	9%	57%
Pacific only	1%	4%	7%	21%	8%	59%
Pacific and Māori	4%	2%	10%	22%	11%	46%
Non-Māori non-Pacific	2%	2%	6%	12%	9%	66%
Samoa	2%	3%	9%	22%	8%	52%
Cook Island Māori	5%	2%	9%	22%	10%	48%
Tongan	3%	1%	8%	20%	10%	57%
Other Pacific	2%	1%	9%	6%	9%	69%
Auckland Pacific	2%	2%	6%	20%	8%	61%
Non-Auckland Pacific	5%	4%	10%	17%	11%	50%
Junior	8%	2%	7%	20%	5%	54%
Senior	0%	3%	8%	18%	11%	59%
Male	3%	4%	5%	23%	17%	46%
Female	3%	1%	9%	16%	4%	64%
Disabled young people	5%	0%	11%	19%	8%	52%
Rainbow	3%	3%	9%	12%	6%	65%

**What would help you have a good life, now and in the future**

**Achieving and contributing:**

"Do school work that will benefit my future and my future passion."

"Leave school and do my apprenticeship."

"More education on what to expect when leaving college."



# Table 26. Education aspiration and achievement



How much do you agree that ...

	The highest qualification I want to achieve in the future: University degree (percentage who selected university degree)	People expect me to do well at school (mean score on scale of 0 disagree to 10 agree)	I think I will get the qualification I aspire to (Percentage yes)
All Pacific	57% (51% - 62%)	8.6 (8.4 - 8.8)	80% (73% - 87%)
Pacific only	59% (47% - 70%)	8.9 (8.6 - 9.2)	81% (68% - 94%)
Pacific and Māori	46% (40% - 52%)	8.3 (8.1 - 8.5)	71% (65% - 76%)
Non-Māori non-Pacific	66% (63% - 69%)	8.4 (8.4 - 8.5)	89% (88% - 91%)
Samoan	52% (42% - 62%)	8.7 (8.5 - 8.9)	77% (65% - 89%)
Cook Island Māori	48% (38% - 58%)	8.2 (7.9 - 8.5)	77% (71% - 84%)
Tongan	57% (42% - 71%)	8.9 (8.5 - 9.2)	77% (63% - 90%)
Other Pacific	69% (62% - 77%)	8.6 (8.2 - 9.0)	79% (67% - 90%)
Auckland Pacific*	61% (53% - 69%)	8.7 (8.4 - 9.0)	82% (70% - 94%)
Non-Auckland Pacific	50% (43% - 58%)	8.4 (8.3 - 8.6)	78% (72% - 83%)
Junior	54% (47% - 60%)	8.4 (8.1 - 8.8)	80% (73% - 88%)
Senior	59% (50% - 67%)	8.7 (8.5 - 8.9)	80% (70% - 90%)
Male	46% (37% - 55%)	8.9 (8.6 - 9.1)	86% (81% - 91%)
Female	64% (55% - 74%)	8.4 (8.3 - 8.6)	77% (66% - 88%)
Disabled young people	52% (40% - 64%)	8.3 (7.8 - 8.8)	55% (33% - 78%)
Rainbow	65% (56% - 75%)	8.1 (7.7 - 8.6)	75% (64% - 85%)

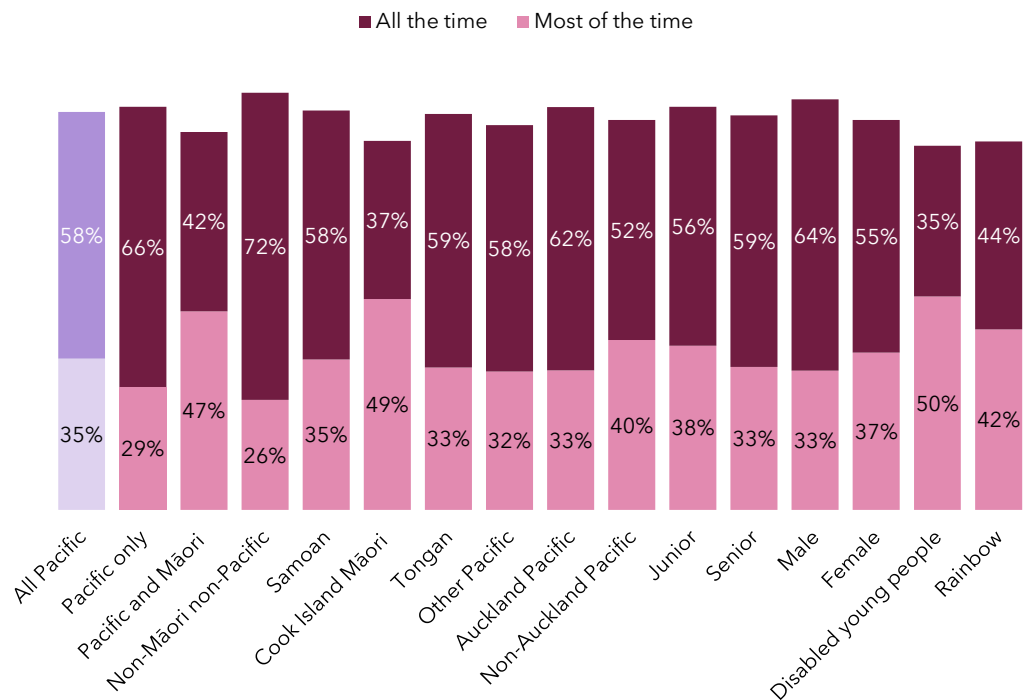
\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork.



## 9.2. Experience of the education environment

The survey included a series of questions about the educational environment. Almost all (93%) Pacific young people said they were attending school or kura most or all of the time (Figure 20).

**Figure 20. Percentage of Pacific young people who attend their kura or school most or all of the time**



Overall, Pacific young people provided high ratings for having people they could ask for help and lower ratings for feeling they were learning knowledge and skills to help them in the future and feeling they belong in their current educational environment (Table 27).

Pacific disabled young people and rainbow young people gave lower ratings for feeling they belong compared to the overall Pacific group. Pacific males were more likely to feel like they belonged at school compared to females.

What would help you have a good life, now and in the future

**Achieving and contributing:**

"Finishing high-school and not dropping out."  
"Scholarship to a good university."



# Table 27. Experience of last education environment – currently attending

How much do you agree with the following statements about your kura, school, alternative education or TPU, education or training provider\* ...  
(mean score on scale of 0 disagree to 10 agree)

	I feel like I belong	I feel I am learning knowledge and skills that will help me in the future	My teachers treat me fairly	I can manage the work I get given	I have people there I can ask for help	My teachers consider my identity and values	I have opportunities to express myself creatively
<b>All Pacific</b>	<b>6.9</b> (6.5 - 7.3)	<b>6.8</b> (6.2 - 7.4)	<b>7.4</b> (7.0 - 7.7)	<b>7.1</b> (6.7 - 7.5)	<b>8.0</b> (7.7 - 8.2)	<b>7.7</b> (7.3 - 8.2)	<b>7.4</b> (7.0 - 7.8)
<b>Pacific only</b>	7.0 (6.1 - 7.9)	7.0 (5.6 - 8.5)	7.7 (7.1 - 8.4)	7.4 (6.5 - 8.3)	8.4 (7.9 - 9.0)	8.3 (7.5 - 9.1)	7.6 (6.7 - 8.4)
<b>Pacific and Māori</b>	6.6 (6.3 - 7.0)	6.5 (6.0 - 7.0)	6.8 (6.4 - 7.2)	6.8 (6.6 - 7.1)	7.6 (7.3 - 7.9)	7.0 (6.6 - 7.4)	7.0 (6.6 - 7.4)
<b>Non-Māori non-Pacific</b>	7.1 (6.9 - 7.3)	7.0 (6.9 - 7.1)	7.6 (7.5 - 7.7)	7.2 (7.1 - 7.3)	7.6 (7.5 - 7.8)	7.5 (7.4 - 7.7)	7.4 (7.1 - 7.6)
<b>Samoan</b>	6.9 (6.4 - 7.5)	6.8 (5.9 - 7.6)	7.3 (7.0 - 7.7)	7.2 (6.7 - 7.6)	8.1 (7.8 - 8.5)	8.0 (7.4 - 8.6)	7.5 (7.0 - 7.9)
<b>Cook Island Māori</b>	6.1 (5.6 - 6.5)	6.2 (5.6 - 6.9)	6.4 (5.8 - 7.0)	6.7 (6.2 - 7.2)	7.3 (6.7 - 7.8)	6.9 (6.2 - 7.5)	6.6 (6.0 - 7.3)
<b>Tongan</b>	6.6 (5.8 - 7.3)	6.8 (5.5 - 8.0)	7.0 (6.4 - 7.6)	7.1 (6.5 - 7.7)	8.1 (7.6 - 8.5)	7.6 (7.2 - 8.1)	7.0 (6.5 - 7.6)
<b>Other Pacific</b>	6.9 (6.4 - 7.4)	6.8 (6.2 - 7.4)	7.3 (6.6 - 7.9)	6.9 (6.0 - 7.7)	7.7 (7.2 - 8.1)	7.5 (7.0 - 8.0)	7.4 (6.7 - 8.2)
<b>Auckland Pacific**</b>	7.0 (6.4 - 7.7)	6.9 (5.8 - 7.9)	7.6 (7.1 - 8.1)	7.2 (6.6 - 7.9)	8.2 (7.9 - 8.5)	8.1 (7.3 - 8.8)	7.6 (7.0 - 8.3)
<b>Non-Auckland Pacific</b>	6.7 (6.4 - 7.0)	6.7 (6.4 - 7.0)	7.0 (6.7 - 7.3)	6.9 (6.6 - 7.1)	7.5 (7.3 - 7.8)	7.2 (7.0 - 7.5)	7.1 (6.9 - 7.3)
<b>Junior</b>	6.8 (6.4 - 7.3)	6.8 (6.3 - 7.3)	7.1 (6.7 - 7.5)	7.2 (6.9 - 7.6)	7.6 (7.2 - 8.0)	7.6 (7.2 - 7.9)	7.2 (7.0 - 7.5)
<b>Senior</b>	6.9 (6.4 - 7.5)	6.8 (6.0 - 7.6)	7.5 (7.1 - 8.0)	7.0 (6.3 - 7.6)	8.2 (8.0 - 8.4)	7.9 (7.2 - 8.5)	7.6 (7.0 - 8.2)
<b>Male</b>	7.6 (7.2 - 8.1)	7.5 (6.6 - 8.5)	7.4 (6.5 - 8.2)	7.7 (7.2 - 8.2)	8.4 (8.1 - 8.7)	8.0 (7.4 - 8.7)	7.8 (7.0 - 8.6)
<b>Female</b>	6.5 (6.1 - 6.8)	6.4 (5.8 - 6.9)	7.4 (7.0 - 7.8)	6.7 (6.3 - 7.1)	7.7 (7.3 - 8.1)	7.6 (7.1 - 8.1)	7.2 (6.9 - 7.5)
<b>Disabled young people</b>	5.4 (4.6 - 6.2)	5.7 (4.9 - 6.6)	6.3 (5.7 - 7.0)	5.5 (4.9 - 6.1)	7.2 (6.5 - 8.0)	7.1 (6.1 - 8.0)	6.4 (5.7 - 7.1)
<b>Rainbow</b>	5.7 (5.2 - 6.2)	5.5 (4.9 - 6.0)	6.6 (6.1 - 7.1)	6.4 (5.8 - 6.9)	6.8 (6.3 - 7.4)	6.6 (5.8 - 7.3)	7.0 (6.4 - 7.5)

\* Only young people reached in schools/kura are included. Young people attending TPUs, alternative education and other training/education providers are in the community sample.

\*\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork.



## 9.3. Employment

Overall, 18% of Pacific young people had a regular paid part-time job (Table 28). Half of Pacific disabled students had some form of employment with a quarter (25%) having a regular paid part-time job.

**Table 28. Percentage of Pacific young people in different types of employment**

	Regular part-time job	Job in the school holidays	Casual or occasional work	Full-time job	None of the above
All Pacific	18%	14%	9%	2%	65%
Pacific only	12%	13%	4%	3%	72%
Pacific and Māori	20%	20%	12%	3%	54%
Non-Māori non-Pacific	27%	16%	21%	1%	48%
Samoa	15%	14%	8%	1%	68%
Cook Island Māori	20%	22%	10%	4%	52%
Tongan	13%	23%	8%	5%	57%
Other Pacific	22%	12%	10%	1%	64%
Auckland Pacific	14%	12%	7%	2%	71%
Non-Auckland Pacific	23%	17%	12%	3%	54%
Junior	10%	7%	8%	4%	75%
Senior	23%	19%	10%	1%	58%
Male	14%	14%	13%	4%	63%
Female	20%	15%	6%	1%	66%
Disabled young people	25%	23%	10%	5%	50%
Rainbow	19%	11%	10%	2%	63%

For the most part, Pacific young people provided high ratings about being treated well, being paid fairly and knowing their rights (Table 29). Mean ratings were less positive about opportunities to develop skills and knowledge for their future, and about their work leaving them enough time for their studies.





How much do you agree that ... (mean score on scale of 0 disagree to 10 agree)

	My work provides me opportunities to build skills and knowledge for my future	I know my rights at work (e.g., minimum wages and health and safety)	I am treated well by people at work	I am paid fairly for my work	My work leaves me enough time for my studies
<b>All Pacific</b>	<b>7.7</b> (7.1 - 8.3)	<b>8.5</b> (8.0 - 9.0)	<b>8.7</b> (8.3 - 9.1)	<b>8.1</b> (7.7 - 8.6)	<b>7.8</b> (7.3 - 8.3)
<b>Pacific only</b>	7.6 (6.3 - 9.0)	9.2 (8.8 - 9.7)	9.1 (8.6 - 9.6)	8.5 (7.8 - 9.3)	7.8 (6.7 - 8.8)
<b>Pacific and Māori</b>	7.5 (6.9 - 8.1)	8.0 (7.6 - 8.4)	8.5 (8.0 - 8.9)	7.9 (7.4 - 8.4)	7.4 (6.8 - 8.0)
<b>Non-Māori non-Pacific</b>	7.5 (7.3 - 7.7)	8.0 (7.8 - 8.2)	8.5 (8.3 - 8.6)	8.1 (7.9 - 8.2)	8.3 (8.1 - 8.4)
<b>Samoa</b>	7.4 (6.6 - 8.2)	8.8 (8.3 - 9.3)	9.0 (8.5 - 9.4)	8.0 (7.2 - 8.7)	7.9 (7.4 - 8.5)
<b>Cook Island Māori</b>	7.7 (7.2 - 8.3)	8.1 (7.6 - 8.7)	8.2 (7.6 - 8.8)	7.8 (7.2 - 8.4)	7.7 (7.1 - 8.3)
<b>Tongan</b>	7.9 (7.1 - 8.7)	9.0 (8.4 - 9.5)	8.9 (8.4 - 9.4)	8.0 (7.3 - 8.7)	7.2 (5.8 - 8.6)
<b>Other Pacific</b>	7.7 (6.9 - 8.4)	8.2 (7.4 - 8.9)	8.1 (7.4 - 8.9)	8.1 (7.5 - 8.7)	7.4 (6.5 - 8.4)
<b>Auckland Pacific*</b>	7.7 (6.5 - 8.8)	8.8 (8.1 - 9.5)	8.9 (8.2 - 9.5)	8.3 (7.6 - 9.1)	7.7 (6.8 - 8.5)
<b>Non-Auckland Pacific</b>	7.7 (7.3 - 8.1)	8.1 (7.7 - 8.5)	8.5 (8.2 - 8.7)	7.9 (7.6 - 8.2)	8.0 (7.6 - 8.4)
<b>Junior</b>	7.8 (7.2 - 8.4)	8.3 (7.5 - 9.1)	8.8 (8.4 - 9.3)	7.8 (7.2 - 8.4)	8.0 (7.2 - 8.9)
<b>Senior</b>	7.6 (6.8 - 8.5)	8.6 (8.1 - 9.1)	8.6 (8.2 - 9.1)	8.3 (7.7 - 8.9)	7.7 (7.0 - 8.4)
<b>Male</b>	8.3 (7.8 - 8.7)	8.7 (8.2 - 9.2)	9.0 (8.7 - 9.4)	8.5 (8.1 - 8.9)	8.1 (7.3 - 9.0)
<b>Female</b>	7.2 (6.2 - 8.1)	8.3 (7.7 - 9.0)	8.4 (8.0 - 8.9)	7.9 (7.3 - 8.5)	7.6 (6.6 - 8.5)
<b>Disabled young people</b>	7.4 (6.3 - 8.5)	8.9 (8.4 - 9.3)	8.2 (7.6 - 8.9)	8.2 (7.6 - 8.8)	7.0 (6.1 - 7.9)
<b>Rainbow</b>	7.7 (7.0 - 8.3)	8.4 (7.7 - 9.1)	8.4 (7.6 - 9.3)	8.2 (7.5 - 8.8)	8.1 (7.4 - 8.8)

\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork.



## 9.4. Differences across school decile groups

Most measures of Pacific young people's experiences at school and work were similarly positive across the school decile groupings. However, Pacific young people at lower decile schools were less likely to feel like their work left enough time for them to study and were less confident in achieving the qualifications they aspired to compared with those attending high decile schools (less socio-economically deprived).

**Table 30. Overview of results across the decile groups in the achieving and contributing theme**

Question	Decile 1-3	Decile 4-7	Decile 8-10
<b>Achieving and contributing</b>			
I am treated well at work (mean 0-10)	8.3 (7.8 - 8.8)	8.9 (8.4 - 9.3)	8.9 (8.3 - 9.5)
Work leaves me enough time for study (mean 0-10)	6.9 (6.1 - 7.7)	7.8 (7.2 - 8.3)	8.7 (8.0 - 9.4)
People expect me to do well at school (mean 0-10)	8.6 (8.4 - 8.8)	8.6 (8.2 - 9.0)	8.5 (8.2 - 8.8)
I feel like I belong at school (mean 0-10)	6.7 (6.4 - 7.0)	7.2 (6.6 - 7.9)	6.7 (6.1 - 7.2)
I think I will get the qualification I aspire to (% yes)	70% (62% - 78%)	83% (72% - 94%)	89% (80% - 98%)



## 9.5. What do we know from other surveys?

Results about feeling safe at school were similar to the Youth2000 series findings, though there were differences in the response scales (Table 31). Results about people's expectations to do well at school were steady. While there was a significant difference in regard to teachers treating students fairly, the questions were asked differently in *What About Me?* compared to the previous Youth2000 series surveys.

**Table 31. Comparison of selected results to past surveys focusing on youth wellbeing**

Question from <i>What About Me?</i>	Youth2000 Youth2000 series	Youth'07 Youth2000 series	Youth'12 Youth2000 series	Youth'19 Youth2000 series	2021 <i>What About Me?</i>
I feel safe at school or kura	<b>72%</b> (69% - 76%) All/most of the time	<b>84%</b> (81% - 86%) All/most of the time	<b>87%</b> (86% - 89%) All/most of the time	<b>87%</b> (85% - 89%) All/most of the time	<b>80%</b> (76% - 84%) ≥7 on 0-10 scale
People expect me to do well	<b>90%</b> Schools expect me to do well with my studies	<b>92%</b> (91% - 94%) Teachers expect me to do well with my studies	<b>90%</b> (88% - 92%) People at school expect student to do well	-	<b>90%</b> (87% - 92%) ≥7 on 0-10 scale
My teachers treat me fairly	<b>33%</b> Teachers treat students fairly most of the time	<b>37%</b> (34% - 40%) Teachers treat students fairly most of the time	<b>44%</b> (41% - 48%) Teachers treat students fairly most of the time	-	<b>70%</b> (65% - 75%) ≥7 on 0-10 scale
In the last 12 months did you do any of the following types of paid work? <i>Regular part-time</i>	-	<b>30%</b> (27% - 34%)	<b>15%</b> (12% - 19%)	-	<b>18%</b> (13% - 23%)
In the last 12 months did you do any of the following types of paid work? <i>School holiday job</i>	-	<b>22%</b> (19% - 25%)	-	-	<b>14%</b> (10% - 19%)

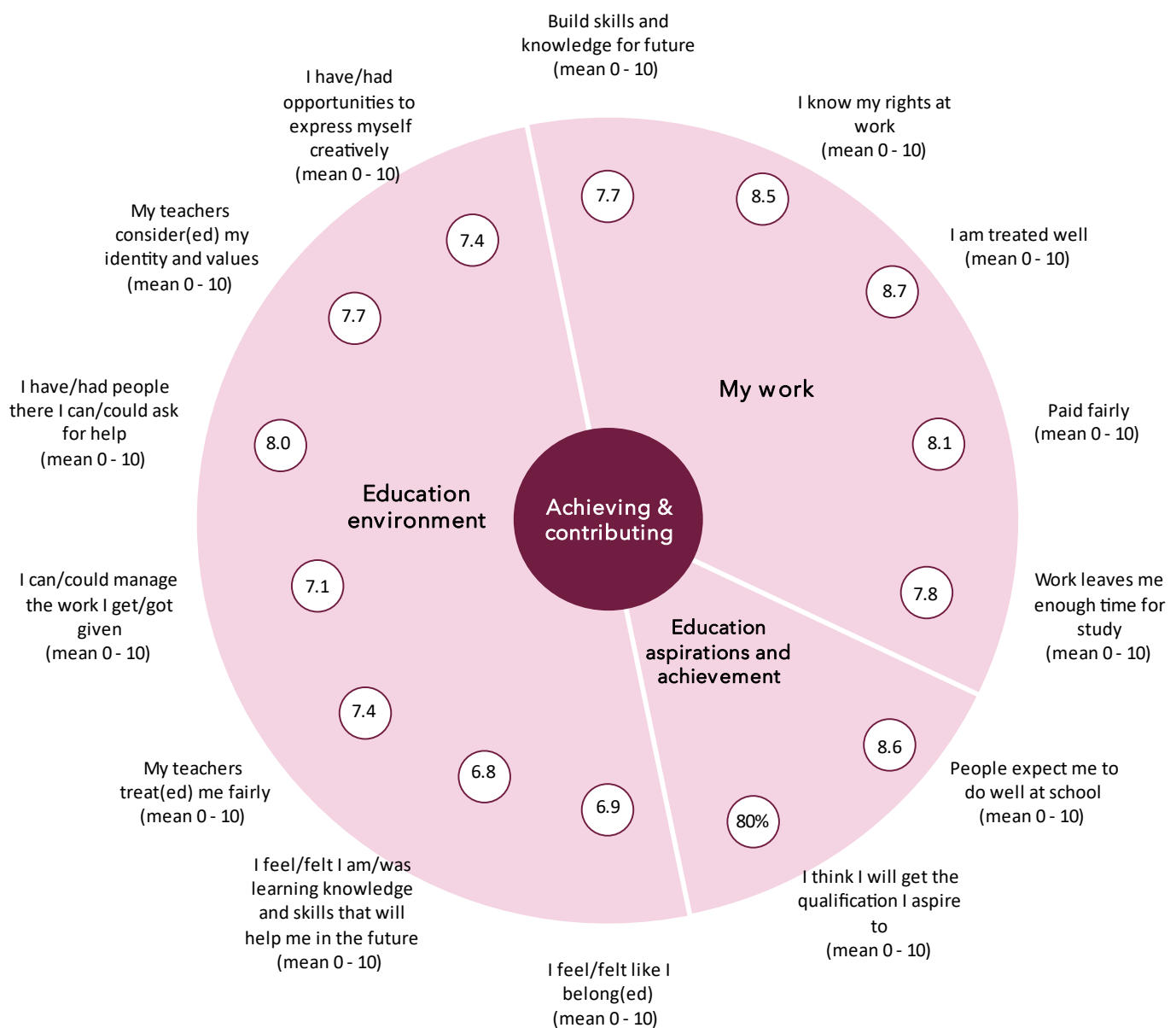




## 9.6. Overview: Achieving and contributing

Figure 21 provides an overview of key survey results for Pacific respondents in the achieving and contributing theme.

**Figure 21. Overall results for the achieving and contributing theme**



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.





Feeling good physically  
and mentally

# 10.1. Life overall

Young people’s average rating for their life in general was 6.9 on a scale from 0 dissatisfied to 10 satisfied (Table 32). Pacific females, disabled young people and rainbow young people were less positive compared to Pacific young people overall. Pacific rainbow young people were also less likely to feel positive about the future compared to most other sub-groups.

What would help you have a good life, now and in the future


**Feeling good physically and mentally:**

*"Better wellbeing systems in schools and better overall sexual education."*

*"To be fit and healthy with a positive mindset."*

*"Better mental health support for youth."*

*"More awareness and acceptance around having off days as it's so uncommon and expected for everyone just to be okay."*







	How do you feel about life in general (0 dissatisfied to 10 satisfied)	I feel hopeful about my future (0 not at all to 10 very)
<b>All Pacific</b>	<b>6.9</b> (6.5 - 7.3)	<b>7.8</b> (7.6 - 8.1)
<b>Pacific only</b>	7.1 (6.3 - 8.0)	8.2 (7.3 - 9.0)
<b>Pacific and Māori</b>	6.6 (6.2 - 6.9)	7.3 (7.0 - 7.6)
<b>Non-Māori non-Pacific</b>	6.9 (6.8 - 7.0)	7.4 (7.2 - 7.5)
<b>Samoa</b>	7.0 (6.5 - 7.6)	7.9 (7.3 - 8.5)
<b>Cook Island Māori</b>	6.4 (5.8 - 6.9)	7.3 (6.8 - 7.8)
<b>Tongan</b>	7.0 (6.2 - 7.7)	7.9 (7.2 - 8.6)
<b>Other Pacific</b>	6.7 (6.3 - 7.1)	7.6 (7.2 - 8.0)
<b>Auckland Pacific*</b>	7.0 (6.3 - 7.6)	8.1 (7.6 - 8.5)
<b>Non-Auckland Pacific</b>	6.7 (6.5 - 6.9)	7.5 (7.2 - 7.7)
<b>Junior</b>	6.9 (6.5 - 7.3)	7.8 (7.4 - 8.3)
<b>Senior</b>	6.9 (6.3 - 7.5)	7.8 (7.2 - 8.5)
<b>Male</b>	8.0 (7.4 - 8.5)	8.4 (8.1 - 8.8)
<b>Female</b>	6.1 (5.8 - 6.4)	7.4 (7.0 - 7.8)
<b>Disabled young people</b>	5.5 (4.8 - 6.3)	6.5 (5.4 - 7.6)
<b>Rainbow</b>	5.4 (4.9 - 5.9)	6.4 (5.9 - 6.8)

\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork.



## 10.2. Mental wellbeing

Young people answered several questions about their mental wellbeing including the WHO-5 (subjective wellbeing over the last two weeks), Kessler-6 (feelings in the last 30 days used to identify distress) and other questions about feeling overwhelmed, like life is not worth living, seriously thinking about suicide and suicide attempts over the last twelve-months.

Overall, 30% of Pacific young people had deliberately hurt themselves or done anything that they knew would harm themselves in the last 12 months. This question was intended to target self-harm but may have been interpreted more broadly to include other harmful behaviours (for example, drinking alcohol or smoking).

The mental health results present a worrying picture of high needs of young people and show a deterioration compared to results from past surveys. While more than half (57%) of Pacific young people had WHO-5 scores representing good to excellent wellbeing, one-quarter (25%) had Kessler-6 scores indicating experience of serious distress. There were poorer WHO-5 scores for Pacific female, disabled and rainbow young people compared to Pacific young people overall. Pacific males reported significantly higher wellbeing scores on the WHO-5 compared to females and the overall cohort, while Pacific females reported higher distress scores on the Kessler-6 than males.

In the last twelve months, 44% of Pacific young people had felt so overwhelmed they could not cope and 43% felt life was not worth living. Almost one third (31%) had seriously thought about suicide and 17% had attempted suicide (Table 33).

Pacific males reported the most positive mental health results with the lowest levels of mental health distress across most indicators (compared to results for the overall cohort).



# Table 33. Mental wellbeing

In the last twelve months have you ever ... (Percentage yes)

	Good to excellent wellbeing (WHO-5) (percentage with score 13 or more out of 25)	Experiencing serious distress (Kessler-6) (percentage with a score of 13 or more out of 24)	Felt over-whelmed or so down you can't cope	Felt like life was not worth living	Hurt yourself deliberately (Percentage yes once or more)	Seriously thought about attempting suicide	Tried to kill yourself (attempted suicide)
<b>All Pacific</b>	<b>57%</b> (51% - 63%)	<b>25%</b> (19% - 31%)	<b>44%</b> (34% - 53%)	<b>43%</b> (36% - 50%)	<b>30%</b> (22% - 38%)	<b>31%</b> (23% - 39%)	<b>17%</b> (12% - 21%)
<b>Pacific only</b>	60% (46% - 74%)	19% (7% - 30%)	39% (23% - 56%)	38% (25% - 52%)	22% (8% - 35%)	25% (9% - 41%)	14% (4% - 24%)
<b>Pacific and Māori</b>	52% (44% - 60%)	33% (22% - 44%)	45% (38% - 52%)	46% (40% - 52%)	40% (32% - 48%)	38% (30% - 45%)	21% (14% - 27%)
<b>Non-Māori non-Pacific</b>	59% (57% - 61%)	26% (24% - 28%)	48% (45% - 50%)	38% (36% - 40%)	32% (30% - 35%)	23% (21% - 25%)	9% (7% - 10%)
<b>Samoa</b>	63% (54% - 71%)	24% (16% - 33%)	47% (35% - 59%)	45% (34% - 55%)	33% (21% - 45%)	32% (19% - 44%)	17% (9% - 24%)
<b>Cook Island Māori</b>	50% (38% - 62%)	40% (26% - 53%)	51% (43% - 59%)	53% (44% - 61%)	47% (36% - 59%)	46% (36% - 56%)	25% (17% - 33%)
<b>Tongan</b>	59% (49% - 70%)	19% (9% - 30%)	50% (33% - 66%)	42% (27% - 57%)	25% (10% - 41%)	22% (10% - 34%)	13% (5% - 21%)
<b>Other Pacific</b>	50% (37% - 63%)	27% (18% - 37%)	42% (28% - 56%)	40% (28% - 52%)	24% (14% - 34%)	33% (24% - 43%)	15% (8% - 21%)
<b>Auckland Pacific*</b>	56% (47% - 66%)	21% (11% - 30%)	42% (26% - 57%)	40% (29% - 52%)	23% (12% - 34%)	28% (15% - 41%)	16% (8% - 23%)
<b>Non-Auckland Pacific</b>	57% (52% - 63%)	33% (29% - 38%)	47% (41% - 53%)	47% (41% - 53%)	42% (36% - 48%)	36% (31% - 42%)	18% (14% - 22%)
<b>Junior</b>	57% (47% - 67%)	27% (18% - 37%)	38% (27% - 50%)	36% (29% - 43%)	29% (23% - 36%)	29% (23% - 35%)	16% (12% - 20%)
<b>Senior</b>	57% (44% - 69%)	24% (17% - 31%)	46% (30% - 63%)	46% (35% - 58%)	30% (20% - 40%)	32% (21% - 43%)	17% (10% - 24%)
<b>Male</b>	77% (71% - 84%)	14% (9% - 19%)	19% (10% - 29%)	18% (6% - 30%)	15% (7% - 23%)	11% (5% - 16%)	6% (2% - 10%)
<b>Female</b>	42% (36% - 48%)	33% (25% - 41%)	61% (55% - 67%)	59% (49% - 70%)	40% (31% - 49%)	44% (34% - 54%)	24% (18% - 31%)
<b>Disabled young people</b>	33% (18% - 48%)	41% (33% - 49%)	62% (43% - 81%)	59% (44% - 75%)	45% (30% - 61%)	47% (33% - 61%)	30% (19% - 40%)
<b>Rainbow</b>	34% (21% - 48%)	62% (48% - 75%)	71% (61% - 81%)	69% (58% - 80%)	53% (43% - 63%)	63% (51% - 76%)	38% (20% - 56%)

\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork.

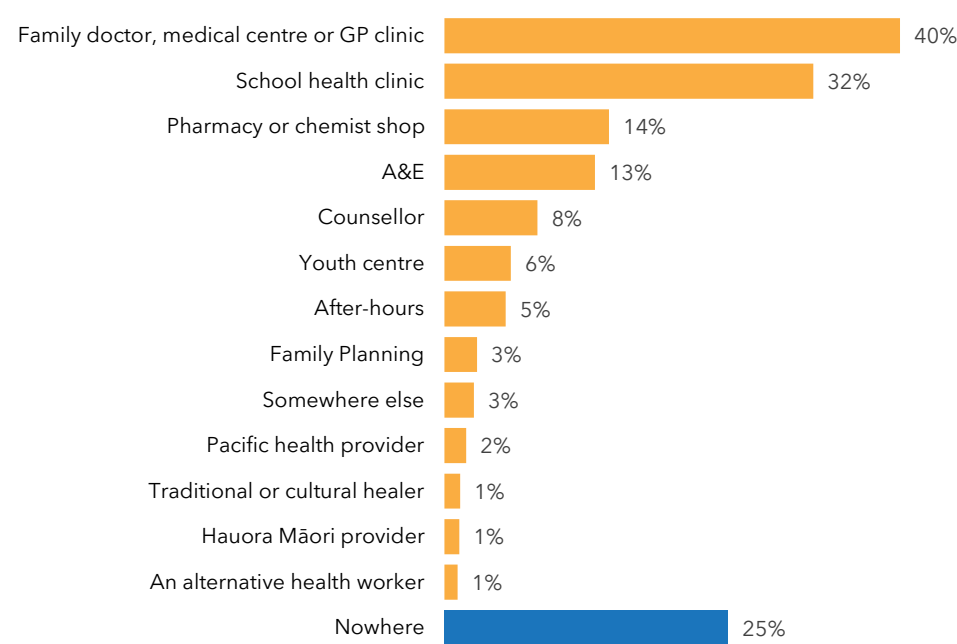


### 10.3. Physical health

Overall, most (83%) Pacific young people considered their health good, very good or excellent on a scale running from 1 (poor) to 5 (excellent). Pacific disabled young people were less likely to rate their health in general as good, very good or excellent compared to Pacific young people overall. A lower percentage of Pacific females had good to excellent health than Pacific males (Table 34).

One-fifth (19%) of Pacific young people had not been able to see a doctor or nurse when they have wanted or needed to in the last 12 months. Primary care providers and school health clinics were the most common healthcare providers Pacific young people had used in the last 12 months (Figure 22). One-quarter (25%) of young people had not accessed healthcare in the last year.

**Figure 22. Percentage of Pacific young people who had used different types of healthcare providers in the last 12 months (note: respondents could select as many as they wanted)**



What would help you have a good life, now and in the future

*Feeling good physically and mentally:*

*"Better mental health system and better jobs."  
"Better health lines and child services."  
"Medical treatment."*



# Table 34. Physical health



	In general my health is good, very good or excellent (Percentage of good, very good, and excellent)	In the last 12 months, there has been a time I wanted or needed to see a doctor or nurse or other healthcare worker about my health but I wasn't able to (percentage yes)
<b>All Pacific</b>	<b>83%</b> (77% - 90%)	<b>19%</b> (15% - 23%)
<b>Pacific only</b>	84% (68% - 100%)	19% (13% - 25%)
<b>Pacific and Māori</b>	80% (75% - 85%)	23% (19% - 28%)
<b>Non-Māori non-Pacific</b>	87% (85% - 88%)	17% (14% - 19%)
<b>Samoa</b>	82% (72% - 91%)	19% (15% - 24%)
<b>Cook Island Māori</b>	74% (68% - 81%)	26% (17% - 35%)
<b>Tongan</b>	81% (67% - 96%)	23% (10% - 36%)
<b>Other Pacific</b>	84% (76% - 91%)	16% (11% - 21%)
<b>Auckland Pacific*</b>	83% (73% - 93%)	19% (12% - 25%)
<b>Non-Auckland Pacific</b>	84% (81% - 87%)	20% (17% - 24%)
<b>Junior</b>	85% (81% - 90%)	20% (9% - 31%)
<b>Senior</b>	82% (73% - 91%)	19% (14% - 23%)
<b>Male</b>	92% (89% - 95%)	17% (11% - 24%)
<b>Female</b>	77% (67% - 88%)	20% (14% - 26%)
<b>Disabled young people</b>	64% (54% - 74%)	36% (20% - 52%)
<b>Rainbow</b>	72% (63% - 81%)	21% (12% - 31%)

\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork.



# 10.4. Sexual health

Overall, 26% of Pacific young people had consented to sex (Table 36). By year 13, 32% of young people said they had had consensual sex. A small percentage of young people in year 9 (6%) and year 10 (10%) said they had had consensual sex (Table 35).

Table 35. Age Pacific young people first had sex they consented to by school year

	Year 9	Year 10	Year 11	Year 12	Year 13
Ever had consensual sex	6%	10%	16%	36%	32%
Median age first had consensual sex	13 years old	13 years old	14 years old	15 years old	16 years old

Less than half (43%) of all Pacific young people who had sex said they had used a condom (or dam) to protect against STD/STI. A higher percentage (59%) had used contraception to avoid pregnancy.





	I have had sex I consented to (Percentage yes)	Last time I had sex, I/my partner used a condom (or dam) against STD/STI (Percentage yes)	Last time I had sex, I/my partner used contraception or protection to stop getting pregnant (Percentage yes excl. not applicable)
<b>All Pacific</b>	<b>26%</b> (17% - 36%)	<b>43%</b> (34% - 53%)	<b>59%</b> (45% - 72%)
<b>Pacific only</b>	19% (7% - 31%)	50% (20% - 80%)	48% (18% - 78%)
<b>Pacific and Māori</b>	37% (29% - 45%)	41% (31% - 52%)	58% (46% - 70%)
<b>Non-Māori non-Pacific</b>	18% (17% - 20%)	56% (50% - 61%)	78% (71% - 85%)
<b>Samoan</b>	24% (10% - 38%)	41% (24% - 58%)	44% (25% - 63%)
<b>Cook Island Māori</b>	38% (30% - 47%)	43% (28% - 59%)	61% (49% - 73%)
<b>Tongan</b>	19% (7% - 31%)	18% (0% - 43%)	20% (0% - 44%)
<b>Other Pacific</b>	28% (17% - 40%)	37% (20% - 54%)	72% (58% - 87%)
<b>Auckland Pacific*</b>	26% (12% - 40%)	42% (27% - 56%)	61% (37% - 85%)
<b>Non-Auckland Pacific</b>	27% (21% - 33%)	46% (35% - 56%)	54% (43% - 66%)
<b>Junior</b>	11% (6% - 16%)	38% (17% - 59%)	40% (15% - 66%)
<b>Senior</b>	36% (24% - 49%)	44% (33% - 55%)	61% (45% - 77%)
<b>Male</b>	27% (12% - 42%)	50% (35% - 66%)	57% (38% - 76%)
<b>Female</b>	26% (16% - 35%)	37% (20% - 54%)	60% (42% - 78%)
<b>Disabled young people</b>	35% (21% - 50%)	36% (22% - 49%)	59% (38% - 80%)
<b>Rainbow</b>	32% (21% - 43%)	34% (15% - 53%)	55% (31% - 79%)

\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork.



## 10.5. Differences across school decile groups

Across decile groupings, Pacific young people gave similar ratings across wellbeing indicators such as the WHO-5 and Kessler-6. However, Pacific young people from lower decile schools (the most socio-economically deprived) were less likely to see their health as good to excellent compared to those from medium and high decile schools. Pacific young people from low decile schools were also less likely to have used protection against STI/STDs compared to medium decile schools.

**Table 37. Overview of results across the decile groups in the feeling good physically and mentally theme**

Question	Decile 1-3	Decile 4-7	Decile 8-10
<b>Feeling good physically and mentally</b>			
Health in general (percentage good to excellent)	73% (63% - 82%)	88% (83% - 94%)	90% (87% - 93%)
Used protection - STI/STD (% Yes)	35% (26% - 44%)	59% (45% - 72%)	34% (21% - 47%)
Used protection - pregnancy (% Yes)	45% (25% - 65%)	68% (47% - 89%)	66% (50% - 82%)
WHO-5 wellbeing score 13+ indicating good wellbeing	52% (43% - 62%)	61% (53% - 70%)	54% (43% - 64%)
Kessler-6 score 13+ indicating high risk	31% (26% - 36%)	23% (12% - 34%)	22% (12% - 31%)
Attempted suicide (% Yes)	23% (17% - 29%)	14% (10% - 19%)	11% (6% - 17%)



## 10.6. What do we know from other surveys?

The percentage of Pacific young people who had accessed healthcare through their family doctor, medical centre or GP clinic was far lower than the Youth'07 and Youth'12 findings (Table 38).

The percentages of Pacific young people seriously thinking about suicide and attempting suicide were higher than Youth'07 and Youth'12. The results for general health question were similar across the Youth2000 series findings.

Use of contraception to prevent pregnancy and use of protection from STIs were consistent with previous findings, though there were differences in the wording of questions.

**Table 38. Comparison of selected results to past surveys focusing on youth wellbeing**

Question from <i>What About Me?</i>	Youth2000	Youth'07 Youth2000 series	Youth'12 Youth2000 series	2021 <i>What About Me?</i>
In general would you say your health is? <i>Good, very good or excellent</i>	<b>88%</b> (86% - 90%)	<b>86%</b> (84% - 88%)	<b>88%</b> (86% - 90%)	<b>83%</b> (79% - 85%)
In the last 12 months, which of the following places have you used for healthcare? <i>Family doctor, medical centre, or GP clinic</i>	-	<b>91%</b> (89% - 93%)	<b>83%</b> (80% - 85%)	<b>40%</b> (33% - 47%)
In the last 12 months, which of the following places have you used for healthcare? <i>School health clinic</i>	-	<b>33%</b> (28% - 38%)	<b>6%</b> (4% - 7%)	<b>32%</b> (27% - 38%)
In the last 12 months have you seriously thought about killing yourself (attempting suicide)?	<b>27%</b> (24% - 30%)	<b>18%</b> (15% - 20%)	-	<b>31%</b> (29% - 39%)
In the last 12 months have you attempted suicide tried to kill yourself (attempted suicide)?	<b>13%</b> (11% - 15%)	<b>9%</b> (8% - 11%)	<b>9%</b> (7% - 10%)	<b>17%</b> (12% - 21%)
In the last 12 months, has there been any time when you wanted or needed to see a doctor or nurse (or other healthcare worker) about your health, but you weren't able to?	<b>55%</b> Reported problems accessing healthcare	<b>26%</b> (23% - 30%)	<b>25%</b> (23% - 27%)	<b>19%</b> (15% - 23%)
Thinking about the last time you had sex, did you or your partner use contraception or protection to stop getting pregnant? <i>Yes, excluding not applicable</i>	-	<b>41%</b> (36% - 47%) Used at least one form of contraception to prevent pregnancy all the time	<b>44%</b> (37% - 51%) Used at least one form of contraception to prevent pregnancy all the time	<b>59%</b> (45% - 72%)



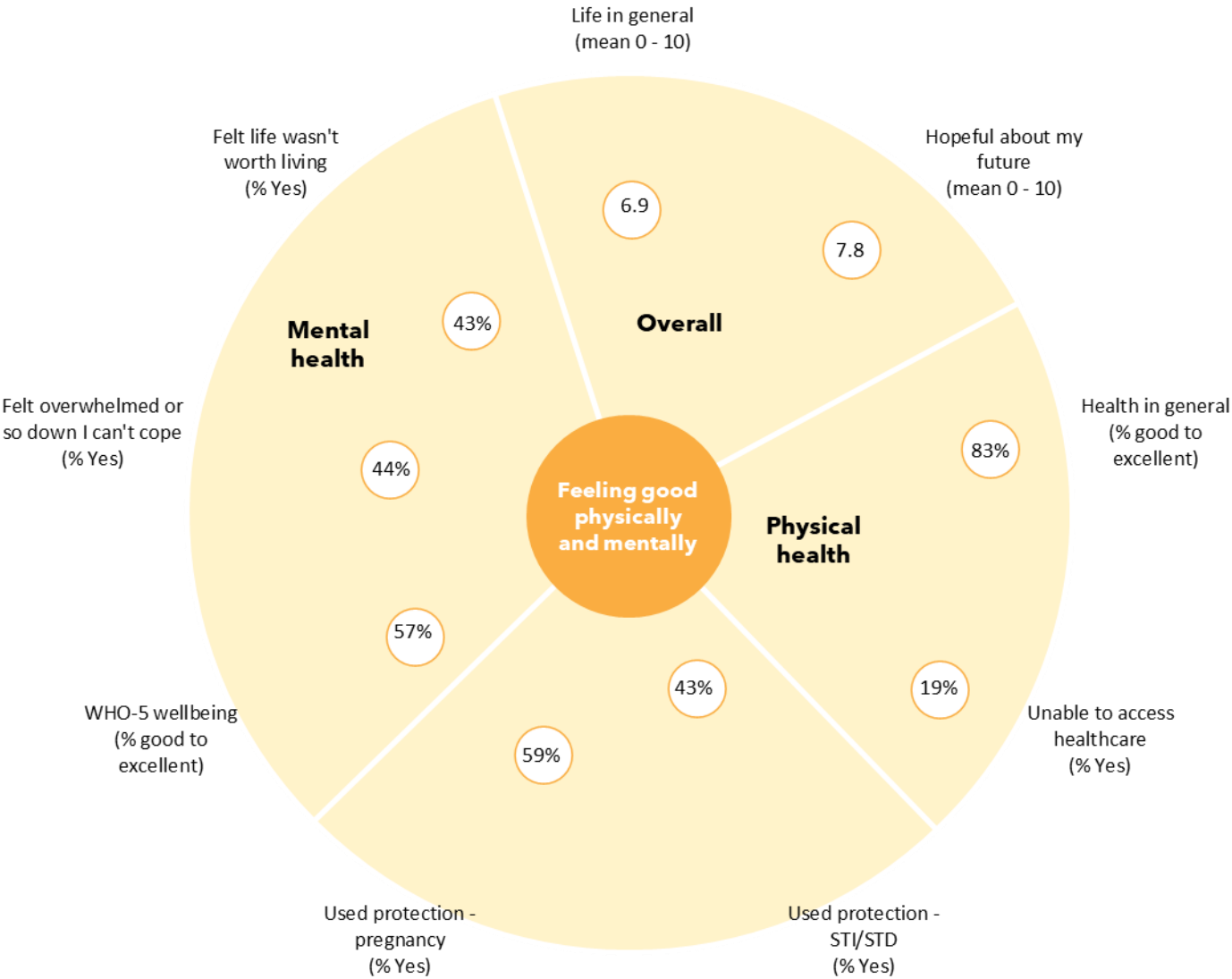
Question from <i>What About Me?</i>	Youth2000	Youth'07 Youth2000 series	Youth'12 Youth2000 series	2021 <i>What About Me?</i>
Thinking about the last time you had sex, did you or your partner use a condom (or dam) against sexually transmitted disease (STD) or infection (STI)? <i>Percentage yes</i>	-	<b>35%</b> (30% - 40%) Used a condom to protect against sexually transmitted infections all the time	<b>36%</b> (32% - 41%) Used a condom to protect against sexually transmitted infections all the time	<b>43%</b> (34% - 53%)



# 10.7. Overview: Feeling good physically and mentally

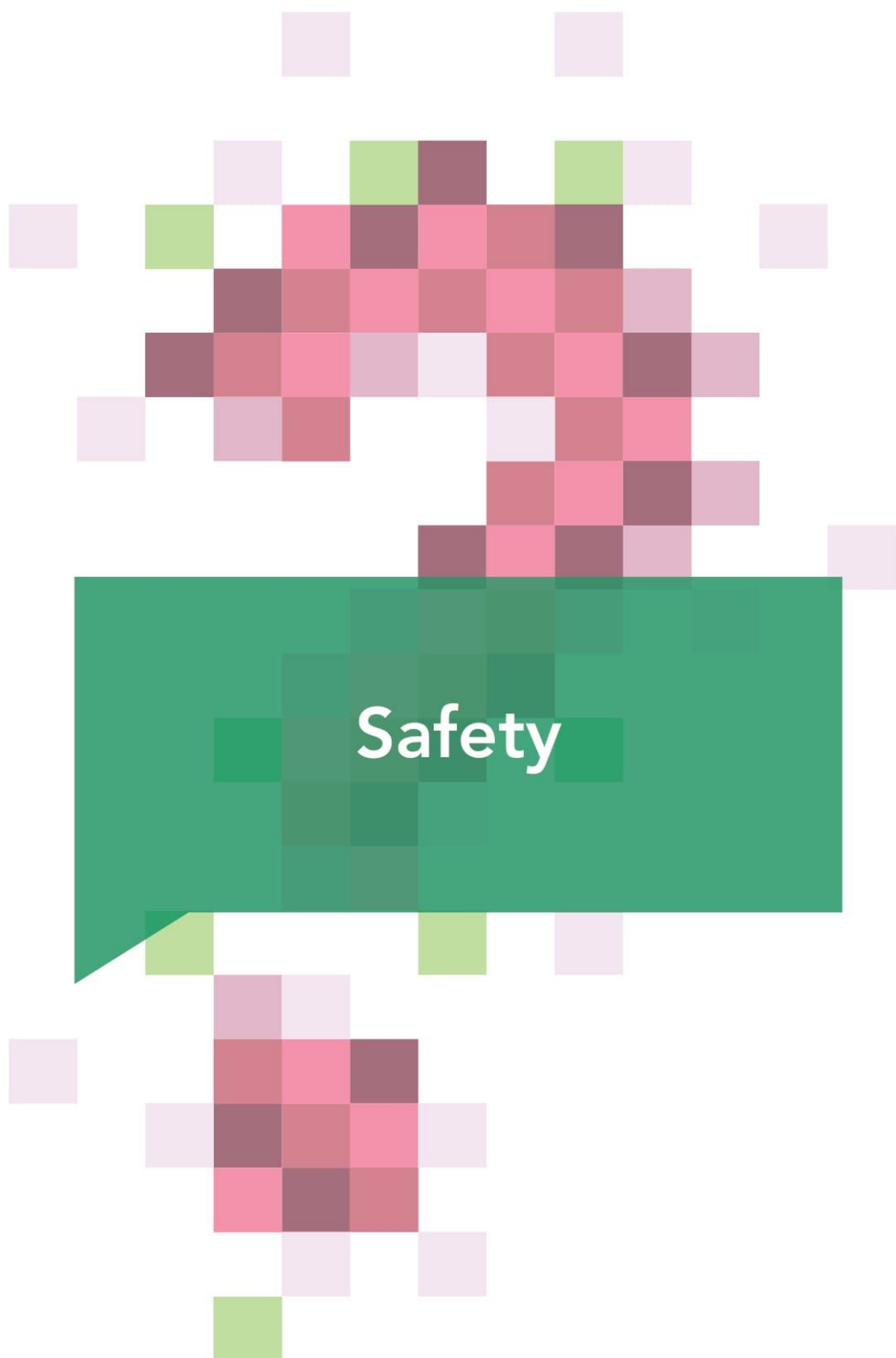
Figure 23 provides an overview of key survey results for Pacific respondents in the feeling good physically and mentally theme.

Figure 23. Overall results for the feeling good physically and mentally theme



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.





# 11.1. Feeling safe where young people spend time

Pacific young people rated the place they usually lived as the place they felt safest (Table 39). Pacific rainbow and disabled young people rated their safety in most settings lower than the overall cohort of Pacific young people.

What would help you have a good life, now and in the future

**Safety:**

*"To be able to come out as who I am to others."*

*"I would like awareness to be spread that there are people who want to identify as an opposite gender without feeling unaccepted or abused because of it."*

*"Equity between races and ethnicities."*

*"Everyone to treat each other fairly."*







# Table 39. Feeling safe where young people spend time



I feel safe ... (mean score on scale of 0 disagree to 10 agree)

	At work	At school/kura I attend	Where I usually live	In the community where I live
<b>All Pacific</b>	<b>8.2</b> (7.7 - 8.7)	<b>7.8</b> (7.6 - 8.1)	<b>8.7</b> (8.5 - 8.9)	<b>8.0</b> (7.7 - 8.3)
<b>Pacific only</b>	8.6 (7.8 - 9.4)	8.2 (7.6 - 8.8)	8.7 (8.1 - 9.4)	8.2 (7.6 - 8.8)
<b>Pacific and Māori</b>	7.9 (7.3 - 8.4)	7.3 (7.0 - 7.6)	8.7 (8.5 - 8.9)	7.6 (7.3 - 7.9)
<b>Non-Māori non-Pacific</b>	8.2 (8.0 - 8.4)	7.8 (7.8 - 7.9)	8.8 (8.7 - 8.9)	8.0 (7.9 - 8.1)
<b>Samoan</b>	8.3 (7.6 - 9.1)	7.9 (7.6 - 8.3)	8.6 (8.2 - 9.0)	8.0 (7.6 - 8.4)
<b>Cook Island Māori</b>	7.7 (7.1 - 8.3)	7.2 (6.7 - 7.7)	8.5 (8.1 - 8.8)	7.5 (7.1 - 7.9)
<b>Tongan</b>	8.3 (7.4 - 9.3)	7.8 (7.2 - 8.4)	8.6 (8.3 - 9.0)	8.5 (8.0 - 9.0)
<b>Other Pacific</b>	7.9 (7.2 - 8.6)	7.7 (7.2 - 8.1)	8.6 (8.3 - 8.9)	7.8 (7.6 - 8.1)
<b>Auckland Pacific*</b>	8.4 (7.4 - 9.4)	8.2 (7.8 - 8.5)	8.7 (8.3 - 9.1)	8.1 (7.6 - 8.5)
<b>Non-Auckland Pacific</b>	8.0 (7.7 - 8.3)	7.4 (7.0 - 7.7)	8.7 (8.6 - 8.9)	7.8 (7.5 - 8.1)
<b>Junior</b>	8.4 (7.7 - 9.0)	7.6 (7.3 - 8.0)	8.8 (8.5 - 9.1)	8.0 (7.7 - 8.4)
<b>Senior</b>	8.2 (7.5 - 8.8)	8.0 (7.6 - 8.4)	8.6 (8.2 - 9.1)	7.9 (7.5 - 8.4)
<b>Male</b>	8.7 (8.1 - 9.2)	8.3 (7.8 - 8.7)	9.0 (8.7 - 9.3)	8.3 (7.9 - 8.7)
<b>Female</b>	7.9 (7.2 - 8.5)	7.7 (7.3 - 8.0)	8.5 (8.2 - 8.8)	7.8 (7.5 - 8.1)
<b>Disabled young people</b>	7.6 (6.7 - 8.5)	6.7 (6.0 - 7.5)	7.8 (7.3 - 8.3)	7.5 (6.9 - 8.1)
<b>Rainbow</b>	7.9 (7.1 - 8.8)	7.0 (6.5 - 7.4)	7.8 (7.2 - 8.4)	6.6 (6.2 - 7.1)

\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork.



## 11.2. Safety in personal relationships

All groups of Pacific young people gave high mean ratings for feeling safe with their friends and partner if they had one (Table 40).

I feel safe ... (mean score on scale of 0 disagree to 10 agree)		
	With my friends	With my girlfriend, boyfriend or partner (For those with one)
<b>All Pacific</b>	<b>8.3</b> (8.0–8.7)	<b>9.2</b> (8.8–9.5)
<b>Pacific only</b>	8.2 (7.5–9.0)	9.0 (8.5–9.6)
<b>Pacific and Māori</b>	8.4 (8.2–8.6)	9.4 (9.0–9.7)
<b>Non-Māori non-Pacific</b>	8.6 (8.5–8.7)	9.2 (9.0–9.4)
<b>Samoan</b>	8.2 (7.7–8.7)	9.0 (8.6–9.4)
<b>Cook Island Māori</b>	8.4 (8.0–8.8)	9.4 (9.0–9.7)
<b>Tongan</b>	8.4 (7.9–9.0)	8.5 (7.5–9.5)
<b>Other Pacific</b>	8.5 (8.1–8.8)	9.1 (8.8–9.4)
<b>Auckland Pacific*</b>	8.3 (7.7–8.8)	9.1 (8.6–9.6)
<b>Non-Auckland Pacific</b>	8.5 (8.2–8.8)	9.3 (9.0–9.6)
<b>Junior</b>	8.6 (8.2–8.9)	9.3 (9.0–9.6)
<b>Senior</b>	8.2 (7.7–8.7)	9.1 (8.7–9.5)
<b>Male</b>	8.6 (8.2–9.0)	9.4 (9.1–9.7)
<b>Female</b>	8.2 (7.7–8.6)	9.0 (8.7–9.3)
<b>Disabled young people</b>	7.7 (6.9–8.4)	8.8 (8.0–9.5)
<b>Rainbow</b>	7.9 (7.3–8.5)	9.4 (9.0–9.9)

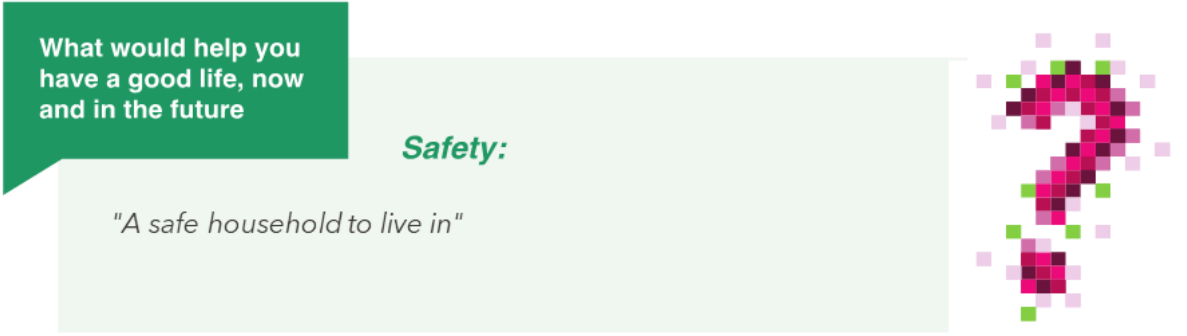
\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork.

### 11.3. Differences across school decile groups

Pacific young people from different decile groups gave similar ratings to their feelings of safety in different settings (Table 41).

**Table 41. Overview of results across the decile groups in the safety theme**

Question	Decile 1-3	Decile 4-7	Decile 8-10
Safety			
I feel safe at work (mean 0 - 10)	7.5 (6.9 - 8.1)	8.5 (8.0 - 9.1)	8.6 (7.8 - 9.3)
I feel safe at school/kura (mean 0 - 10)	7.6 (7.2 - 8.0)	8.1 (7.5 - 8.7)	7.7 (7.2 - 8.2)
I feel safe in the community (mean 0 - 10)	7.8 (7.5 - 8.0)	8.2 (7.6 - 8.8)	7.9 (7.7 - 8.1)
I feel safe with my friends (mean 0 - 10)	8.3 (7.8 - 8.8)	8.3 (7.7 - 8.9)	8.5 (8.0 - 9.1)



## 11.4. What do we know from other surveys?

Questions about safety at school were asked slightly differently between the Youth2000 series and *What About Me?* as shown below (Table 42).

**Table 42.** Comparison of selected results to past surveys focusing on youth wellbeing

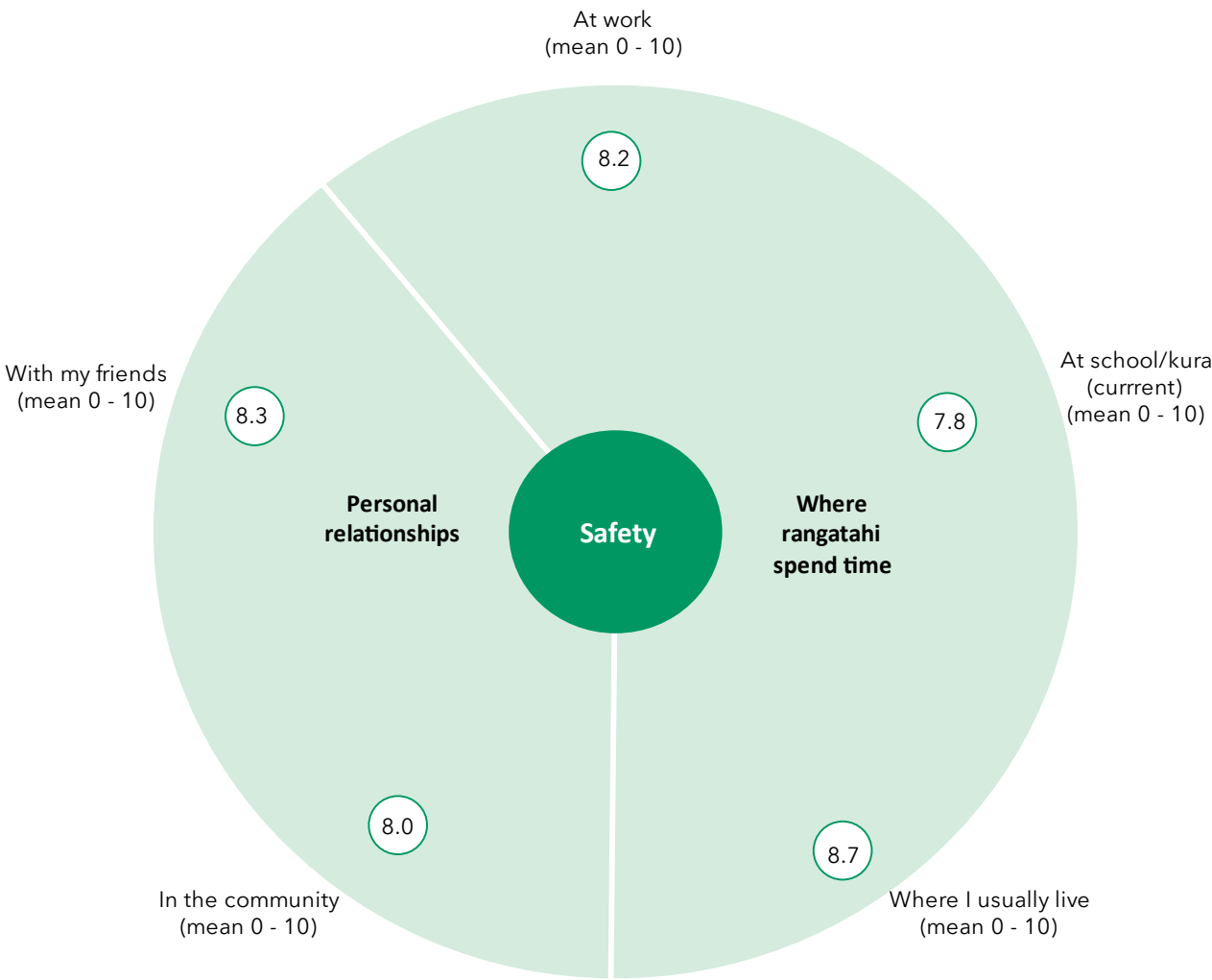
Question from <i>What About Me?</i>	Youth2000 Youth2000 series	Youth'07 Youth2000 series	Youth'12 Youth2000 series	Youth'19 Youth2000 series	2021 <i>What About Me?</i>
I feel safe there (... about your kura, school, alternative education or teen parent unit, education or training provider)	<b>72%</b> All/most of the time	<b>84%</b> (81% - 86%) All/most of the time	<b>87%</b> (86% - 89%) All/most of the time	<b>87%</b> (85% - 89%) All/most of the time	<b>80%</b> (76% - 84%) ≥7 on 0-10 scale



# 11.5. Overview: Safety

Figure 24 provides an overview of results for Pacific respondents in the safety theme.

Figure 24. Overall results for the safety theme



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.





Reduced harm

## 12.1. Harm at home

Overall, 47% of Pacific young people had not been exposed to an adult yelling or swearing at them or someone else in their home in the last twelve months (Table 43). Most (81%) had not been physically hurt or hit by an adult or seen another child or someone else physically hurt or hit (Table 44).

**Table 43. Pacific young people who have not experienced harm at home**

	In the last 12 months have adults in the places where you usually live ...	
	Yelled or sworn at me/another child/each other (Percentage who have not)	Physically hurt me/another child/each other (Percentage who have not)
<b>All Pacific</b>	<b>47%</b> (40% - 53%)	<b>81%</b> (73% - 88%)
<b>Pacific only</b>	56% (46% - 65%)	84% (71% - 96%)
<b>Pacific and Māori</b>	36% (30% - 43%)	77% (71% - 84%)
<b>Non-Māori non-Pacific</b>	42% (39% - 45%)	89% (87% - 91%)
<b>Samoa</b>	50% (42% - 58%)	84% (76% - 91%)
<b>Cook Island Māori</b>	40% (32% - 48%)	76% (70% - 82%)
<b>Tongan</b>	43% (29% - 58%)	75% (52% - 97%)
<b>Other Pacific</b>	47% (34% - 60%)	79% (69% - 89%)
<b>Auckland Pacific*</b>	52% (43% - 62%)	83% (71% - 95%)
<b>Non-Auckland Pacific</b>	38% (32% - 43%)	78% (73% - 82%)
<b>Junior</b>	52% (43% - 62%)	80% (66% - 93%)
<b>Senior</b>	45% (31% - 59%)	82% (75% - 88%)
<b>Male</b>	55% (45% - 65%)	85% (68% - 100%)
<b>Female</b>	41% (31% - 52%)	78% (74% - 83%)
<b>Disabled young people</b>	34% (12% - 44%)	69% (54% - 84%)
<b>Rainbow</b>	35% (25% - 45%)	67% (55% - 80%)

\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork.



In the last 12 months have adults in the places  
where you usually live yelled or sworn at ...  
(Percentage yes)

In the last 12 months have adults in the places  
where you usually live hit/physically hurt ...  
(Percentage yes)

	Another child	Each other	Me	Another child	Each other	Me
<b>All Pacific</b>	<b>28%</b> (22% - 34%)	<b>28%</b> (23% - 32%)	<b>38%</b> (29% - 47%)	<b>10%</b> (6% - 14%)	<b>4%</b> (3% - 6%)	<b>14%</b> (7% - 20%)
<b>Pacific only</b>	25% (14% - 37%)	24% (18% - 30%)	27% (12% - 43%)	11% (3% - 18%)	4% (1% - 6%)	13% (1% - 25%)
<b>Pacific and Māori</b>	32% (27% - 38%)	33% (28% - 39%)	47% (39% - 54%)	9% (6% - 13%)	7% (1% - 13%)	14% (9% - 18%)
<b>Non-Māori non-Pacific</b>	24% (22% - 26%)	30% (27% - 33%)	46% (43% - 48%)	4% (3% - 4%)	2% (1% - 3%)	8% (6% - 10%)
<b>Samoaan</b>	28% (20% - 35%)	26% (22% - 30%)	31% (23% - 40%)	9% (2% - 16%)	5% (3% - 7%)	11% (5% - 17%)
<b>Cook Island Māori</b>	32% (25% - 40%)	35% (26% - 44%)	46% (36% - 55%)	10% (5% - 15%)	6% (1% - 12%)	15% (9% - 22%)
<b>Tongan</b>	32% (13% - 51%)	29% (15% - 43%)	45% (20% - 69%)	12% (3% - 21%)	4% (0% - 9%)	20% (1% - 39%)
<b>Other Pacific</b>	24% (17% - 31%)	22% (14% - 30%)	43% (32% - 55%)	11% (6% - 17%)	4% (0% - 10%)	16% (7% - 24%)
<b>Auckland Pacific*</b>	27% (17% - 37%)	24% (18% - 31%)	31% (18% - 44%)	10% (4% - 17%)	3% (1% - 6%)	12% (2% - 23%)
<b>Non-Auckland Pacific</b>	30% (25% - 36%)	34% (28% - 40%)	49% (43% - 55%)	9% (6% - 12%)	6% (4% - 9%)	16% (12% - 19%)
<b>Junior</b>	25% (13% - 37%)	26% (17% - 35%)	41% (25% - 57%)	10% (1% - 19%)	5% (0% - 11%)	15% (5% - 25%)
<b>Senior</b>	30% (24% - 36%)	29% (22% - 35%)	36% (29% - 44%)	10% (4% - 16%)	4% (3% - 6%)	13% (7% - 19%)
<b>Male</b>	25% (18% - 33%)	19% (14% - 25%)	30% (16% - 44%)	7% (0% - 14%)	2% (0% - 5%)	10% (0% - 25%)
<b>Female</b>	30% (19% - 40%)	34% (26% - 42%)	43% (32% - 53%)	12% (7% - 16%)	6% (4% - 8%)	16% (12% - 20%)
<b>Disabled young people</b>	33% (20% - 46%)	42% (31% - 52%)	51% (38% - 65%)	12% (5% - 20%)	6% (2% - 10%)	22% (8% - 37%)
<b>Rainbow</b>	39% (30% - 48%)	43% (35% - 52%)	57% (46% - 68%)	19% (10% - 28%)	8% (3% - 13%)	25% (15% - 36%)

\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork.





## 12.2. Unwanted sexual contact

One in five (19%) Pacific young people reported unwanted sexual contact (Table 45). Pacific rainbow young people were more likely than the Pacific cohort to report unwanted sexual contact.

Pacific young people gave a rating of 8.4 on a scale running from 0 ('very often') to 10 ('not at all') for how often they had been pressured to do things they or someone else saw in porn.



# Table 45. Unwanted sexual contact



I have ...

	Been touched in a sexual way or made to do sexual things I didn't want to (Percentage yes)	Been pressured to do things I or someone saw in porn (mean score on scale of 0 very often to 10 not at all)
<b>All Pacific</b>	<b>19%</b> (15% - 23%)	<b>8.4</b> (8.1 - 8.8)
<b>Pacific only</b>	15% (9% - 22%)	8.4 (7.7 - 9.2)
<b>Pacific and Māori</b>	24% (18% - 30%)	8.1 (7.8 - 8.5)
<b>Non-Māori non-Pacific</b>	17% (15% - 18%)	9.0 (8.9 - 9.1)
<b>Samoan</b>	18% (12% - 25%)	8.6 (8.0 - 9.1)
<b>Cook Island Māori</b>	26% (16% - 35%)	8.2 (7.8 - 8.7)
<b>Tongan</b>	17% (9% - 25%)	7.9 (6.9 - 8.9)
<b>Other Pacific</b>	19% (15% - 23%)	8.0 (7.3 - 8.8)
<b>Auckland Pacific*</b>	15% (9% - 21%)	8.5 (7.9 - 9.2)
<b>Non-Auckland Pacific</b>	26% (21% - 31%)	8.3 (7.9 - 8.6)
<b>Junior</b>	18% (13% - 24%)	8.2 (7.9 - 8.6)
<b>Senior</b>	19% (14% - 25%)	8.6 (8.1 - 9.1)
<b>Male</b>	6% (2% - 9%)	8.5 (8.2 - 8.9)
<b>Female</b>	28% (21% - 36%)	8.4 (7.8 - 8.9)
<b>Disabled young people</b>	24% (17% - 32%)	8.1 (7.3 - 8.9)
<b>Rainbow</b>	35% (27% - 43%)	8.2 (7.5 - 8.9)

\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork.



### 12.3. Bullying

Overall, 28% of young people said they had experienced bullying in the last 12 months. The most common way young people were bullied was by being teased or verbally abused (59%). This was followed by rumours (47%) including on social media and 35% had reported bullying via messages (online and offline).

Pacific disabled young people were more likely to have experienced bullying compared to the overall cohort (Table 46). Pacific males were less likely to have experienced bullying compared to females.





Percentage of young people experiencing bullying who experienced the following types of bullying in the last 12 months ... (Percentage yes)

	I have experienced bullying in the last 12 months (Percentage yes)	A message, or a message I got online	A rumour about me e.g., on social media	Pushed or shoved around	Teased or verbally abused	Physically hit or harmed
All Pacific	28% (24% - 32%)	35% (27% - 42%)	47% (38% - 55%)	14% (10% - 18%)	59% (50% - 68%)	25% (17% - 34%)
Pacific only	23% (14% - 32%)	35% (12% - 58%)	54% (36% - 71%)	2% (0% - 9%)	75% (56% - 93%)	21% (4% - 38%)
Pacific and Māori	28% (23% - 34%)	34% (25% - 43%)	35% (25% - 46%)	30% (20% - 40%)	51% (38% - 63%)	36% (25% - 47%)
Non-Māori non-Pacific	37% (34% - 39%)	31% (26% - 37%)	34% (31% - 38%)	21% (17% - 24%)	62% (59% - 65%)	20% (17% - 23%)
Samoaan	30% (25% - 35%)	38% (27% - 50%)	52% (42% - 62%)	10% (1% - 19%)	68% (59% - 78%)	23% (11% - 35%)
Cook Island Māori	31% (24% - 39%)	39% (21% - 56%)	35% (20% - 50%)	32% (15% - 49%)	44% (29% - 59%)	38% (19% - 56%)
Tongan	27% (15% - 40%)	24% (7% - 41%)	58% (45% - 71%)	14% (4% - 24%)	56% (41% - 72%)	43% (14% - 72%)
Other Pacific	30% (19% - 40%)	40% (23% - 57%)	47% (29% - 64%)	13% (6% - 21%)	42% (30% - 54%)	30% (15% - 45%)
Auckland Pacific*	24% (18% - 31%)	37% (24% - 49%)	51% (36% - 65%)	6% (2% - 11%)	60% (43% - 77%)	22% (7% - 36%)
Non-Auckland Pacific	34% (29% - 40%)	32% (22% - 42%)	41% (30% - 52%)	24% (18% - 30%)	58% (50% - 66%)	30% (22% - 38%)
Junior	26% (17% - 35%)	31% (19% - 43%)	52% (36% - 68%)	25% (16% - 33%)	59% (48% - 70%)	30% (14% - 45%)
Senior	29% (24% - 35%)	36% (22% - 51%)	43% (31% - 56%)	8% (2% - 14%)	59% (48% - 71%)	23% (12% - 34%)
Male	19% (13% - 25%)	22% (9% - 35%)	44% (28% - 61%)	19% (11% - 27%)	65% (47% - 84%)	26% (15% - 37%)
Female	35% (28% - 41%)	39% (26% - 51%)	49% (37% - 60%)	12% (6% - 18%)	57% (47% - 66%)	25% (14% - 36%)
Disabled young people	41% (35% - 48%)	34% (20% - 47%)	33% (12% - 54%)	19% (12% - 25%)	66% (54% - 79%)	28% (15% - 41%)
Rainbow	39% (30% - 48%)	34% (21% - 48%)	39% (23% - 54%)	19% (9% - 29%)	71% (59% - 83%)	28% (18% - 39%)

\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork.



## 12.4. Other harm

Most (64%) of Pacific young people had never been in a serious physical fight. Disabled young people were more likely to have been in a serious physical fight compared to the overall sample (Table 47).

**Table 47. Percentage of Pacific young people that have been in a serious physical fight**

	Never	Not in the last 12 months	Once or twice	Three or four times	Five or more times
All Pacific	64%	10%	16%	6%	5%
Pacific only	71%	7%	12%	7%	4%
Pacific and Māori	50%	14%	22%	5%	10%
Non-Māori non-Pacific	74%	12%	11%	2%	2%
Samoa	64%	8%	16%	8%	5%
Cook Island Māori	45%	15%	26%	5%	9%
Tongan	57%	8%	18%	12%	5%
Other Pacific	67%	11%	13%	3%	7%
Auckland Pacific	67%	8%	15%	6%	5%
Non-Auckland Pacific	57%	13%	18%	5%	6%
Junior	64%	9%	17%	7%	3%
Senior	64%	10%	15%	4%	7%
Male	54%	10%	17%	8%	11%
Female	71%	9%	14%	4%	1%
Disabled young people	42%	17%	21%	15%	4%
Rainbow	67%	16%	11%	5%	1%

A small percentage (11%) had gambled for money or precious things in the last four weeks.

Twelve percent of Pacific young people had been in trouble with the police in the last twelve months (Table 48). Auckland Pacific students were less likely to get into trouble with police compared to non-Auckland students.



I have ... (Percentage yes)

	Been hit or physically harmed on purpose by a person I don't live with in the last 12 months	Gambled for money or bet precious things in the last 4 weeks	Been in trouble with the police in the last 12 months
<b>All Pacific</b>	<b>17%</b> (13% - 20%)	<b>11%</b> (7% - 15%)	<b>12%</b> (9% - 15%)
<b>Pacific only</b>	16% (6% - 26%)	8% (-3% - 19%)	10% (6% - 14%)
<b>Pacific and Māori</b>	23% (19% - 27%)	18% (14% - 23%)	17% (14% - 20%)
<b>Non-Māori non-Pacific</b>	15% (14% - 17%)	6% (5% - 7%)	7% (6% - 8%)
<b>Samoan</b>	16% (9% - 23%)	9% (2% - 16%)	16% (11% - 20%)
<b>Cook Island Māori</b>	29% (20% - 37%)	22% (15% - 29%)	19% (14% - 23%)
<b>Tongan</b>	20% (4% - 37%)	18% (6% - 30%)	19% (12% - 26%)
<b>Other Pacific</b>	15% (4% - 27%)	13% (6% - 20%)	10% (1% - 18%)
<b>Auckland Pacific*</b>	14% (9% - 18%)	10% (4% - 15%)	9% (5% - 13%)
<b>Non-Auckland Pacific</b>	22% (17% - 27%)	14% (10% - 19%)	18% (14% - 22%)
<b>Junior</b>	21% (12% - 29%)	14% (7% - 22%)	12% (9% - 16%)
<b>Senior</b>	14% (10% - 19%)	9% (4% - 15%)	12% (7% - 18%)
<b>Male</b>	19% (13% - 24%)	19% (13% - 25%)	17% (11% - 22%)
<b>Female</b>	15% (9% - 21%)	5% (1% - 9%)	9% (5% - 12%)
<b>Disabled young people</b>	24% (9% - 38%)	23% (9% - 38%)	21% (11% - 31%)
<b>Rainbow</b>	17% (7% - 26%)	16% (10% - 23%)	16% (8% - 23%)

\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork.



## 12.5. Smoking and vaping

Pacific young people were more likely to vape than they were to have smoked tobacco (Table 49). One in five (23%) young people had smoked a whole cigarette, tobacco or roll-your-owns compared to just over half (52%) who had vaped or used e-cigarettes.

Cook Island Māori (42%) and disabled young people (42%) were more likely to have smoked tobacco compared to the overall sample. Non-Auckland young people were more likely to have ever vaped or used e-cigarettes compared to Auckland young people.

Of those who had ever smoked, 28% were worried about how much they smoked. Almost half (47%) were worried about how much they vaped or used e-cigarettes.

What would help you  
have a good life, now  
and in the future

### *Reduced harm:*

*"Less over sexualized content all over the Internet."*

*"Services and organisations going to greater amounts when dealing with troubled youth in our community, specifically Māori and Pasifika."*

*"Get help with my nicotine addiction."*



# Table 49. Smoking and vaping



	I have ever smoked a whole cigarette e.g. tobacco, roll-your-owns (Percentage yes)	(Of those who have smoked a cigarette) Have worried about how much I smoke cigarettes (Percentage yes)	Have ever vaped e.g. vaporisers, e-cigarettes (Percentage yes)	I smoked ordinary cigarettes (tobacco) when I first began vaping or using e-cigarettes (Percentage yes)	(Of those who have vaped) Have worried about how much I use e-cigarettes or vapes
<b>All Pacific</b>	<b>23%</b> (18% - 28%)	<b>28%</b> (20% - 37%)	<b>52%</b> (46% - 58%)	<b>60%</b> (50% - 70%)	<b>47%</b> (38% - 55%)
<b>Pacific only</b>	17% (11% - 22%)	29% (9% - 49%)	44% (32% - 56%)	90% (80% - 101%)	51% (33% - 68%)
<b>Pacific and Māori</b>	34% (27% - 42%)	31% (21% - 41%)	67% (59% - 76%)	50% (42% - 57%)	43% (34% - 52%)
<b>Non-Māori non-Pacific</b>	17% (15% - 19%)	16% (12% - 20%)	41% (38% - 45%)	32% (27% - 36%)	36% (31% - 42%)
<b>Samoaan</b>	22% (17% - 27%)	28% (18% - 38%)	52% (45% - 60%)	77% (63% - 91%)	47% (34% - 60%)
<b>Cook Island Māori</b>	42% (33% - 52%)	32% (24% - 39%)	75% (64% - 87%)	46% (34% - 58%)	48% (39% - 58%)
<b>Tongan</b>	27% (20% - 34%)	29% (10% - 49%)	51% (39% - 64%)	79% (63% - 94%)	47% (23% - 70%)
<b>Other Pacific</b>	20% (13% - 28%)	40% (23% - 56%)	49% (42% - 56%)	48% (32% - 63%)	50% (35% - 66%)
<b>Auckland Pacific*</b>	19% (11% - 27%)	26% (9% - 43%)	44% (34% - 54%)	69% (54% - 85%)	46% (30% - 62%)
<b>Non-Auckland Pacific</b>	30% (25% - 36%)	31% (24% - 39%)	66% (60% - 71%)	50% (40% - 59%)	48% (40% - 55%)
<b>Junior</b>	17% (11% - 22%)	31% (18% - 44%)	44% (36% - 52%)	55% (40% - 70%)	45% (34% - 56%)
<b>Senior</b>	28% (21% - 35%)	27% (15% - 39%)	57% (50% - 65%)	62% (50% - 74%)	48% (39% - 57%)
<b>Male</b>	20% (12% - 28%)	26% (12% - 41%)	45% (37% - 52%)	67% (52% - 82%)	53% (35% - 71%)
<b>Female</b>	25% (18% - 33%)	28% (19% - 38%)	58% (44% - 72%)	55% (39% - 71%)	44% (37% - 51%)
<b>Disabled young people</b>	42% (31% - 53%)	26% (15% - 37%)	74% (65% - 83%)	73% (63% - 84%)	49% (38% - 59%)
<b>Rainbow</b>	37% (24% - 49%)	26% (10% - 42%)	57% (48% - 66%)	46% (30% - 61%)	49% (34% - 65%)

\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork





## 12.6. Alcohol and cannabis

Most (62%) of Pacific young people were not worried about drug use or drinking by anyone they lived with compared with 14% who were worried (Table 50).

**Table 50. Percentage of Pacific young people worried about drug use or drinking by anyone they live with**

	Yes	Sometimes	No	Not applicable
All Pacific	14%	15%	62%	9%
Pacific only	20%	18%	55%	8%
Pacific and Māori	10%	13%	68%	9%
Non-Māori non-Pacific	6%	13%	75%	6%
Samoa	17%	15%	58%	9%
Cook Island Māori	12%	17%	63%	8%
Tongan	8%	24%	60%	8%
Other Pacific	12%	12%	67%	9%
Auckland Pacific	17%	16%	59%	8%
Non-Auckland Pacific	11%	13%	66%	10%
Junior	8%	15%	72%	5%
Senior	19%	15%	55%	11%
Male	13%	13%	66%	8%
Female	16%	17%	58%	9%
Disabled young people	21%	11%	60%	9%
Rainbow	14%	19%	60%	8%



Over half (56%) of Pacific young people had drunk alcohol and 26% had used cannabis (Table 51). Young people identifying with only Pacific ethnic groups were less likely to have consumed alcohol compared with non-Māori non-Pacific, and Pacific and Māori young people. Rainbow young people were more likely to have used cannabis compared to the overall sample.

Of those Pacific young people who had drunk alcohol, 46% reported binge drinking. Binge drinking, defined as consuming five or more drinks on an occasion for men or four or more drinks on an occasion for women, is associated with many health problems.



# Table 51. Alcohol and cannabis



I have ... (Percentage yes)

	Drunk alcohol (ever)	(Of those who have drunk alcohol) Had 5+ drinks within 4 hours (during the past four weeks)	Used cannabis (ever)
<b>All Pacific</b>	<b>56%</b> (49% - 63%)	<b>46%</b> (39% - 54%)	<b>26%</b> (19% - 32%)
<b>Pacific only</b>	42% (33% - 51%)	36% (17% - 54%)	16% (10% - 23%)
<b>Pacific and Māori</b>	74% (69% - 80%)	54% (48% - 59%)	41% (32% - 51%)
<b>Non-Māori non-Pacific</b>	65% (62% - 68%)	45% (42% - 48%)	22% (19% - 25%)
<b>Samoa</b>	51% (42% - 61%)	45% (35% - 55%)	23% (16% - 30%)
<b>Cook Island Māori</b>	78% (68% - 87%)	60% (52% - 69%)	49% (37% - 60%)
<b>Tongan</b>	59% (45% - 73%)	40% (25% - 54%)	24% (16% - 32%)
<b>Other Pacific</b>	59% (52% - 66%)	50% (40% - 60%)	24% (17% - 32%)
<b>Auckland Pacific*</b>	50% (40% - 59%)	37% (25% - 49%)	21% (12% - 31%)
<b>Non-Auckland Pacific</b>	67% (61% - 73%)	58% (51% - 65%)	34% (26% - 41%)
<b>Junior</b>	49% (42% - 55%)	43% (33% - 52%)	23% (15% - 30%)
<b>Senior</b>	61% (53% - 70%)	48% (39% - 58%)	28% (19% - 36%)
<b>Male</b>	53% (40% - 66%)	48% (38% - 58%)	20% (11% - 29%)
<b>Female</b>	59% (50% - 67%)	45% (36% - 54%)	30% (20% - 41%)
<b>Disabled young people</b>	67% (56% - 78%)	54% (39% - 69%)	39% (30% - 48%)
<b>Rainbow</b>	65% (59% - 71%)	54% (39% - 69%)	44% (34% - 54%)

\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork



## 12.7. Other drugs

Almost a quarter of Pacific young people (23%) had huffed or sniffed glue, bleach, petrol, aerosol cans or similar substances. Smaller proportions had misused prescription drugs (8%), used synthetic cannabis (7%) or used other drugs (9%). The results for harm from other drugs were similar between the sub-groups (Table 52).

A quarter (25%) of those who had used other drugs were worried about how much they used.



Table 52. Other drugs

I have ... (Percentage yes)

	Smoked synthetic cannabis (ever)	Used prescription drugs in a way they were not intended to be used (ever) e.g., Ritalin	Used other drugs that can cause a high or trip (ever) e.g., acid (tabs), P, speed, ecstasy (MDMA), homebake, etc.	Huffed or sniffed glue, bleach, petrol, aerosol cans or similar (ever)	(Of those who used other drugs) Worried about how much I use other drugs (sometimes or yes)
All Pacific	7% (4% - 10%)	8% (4% - 12%)	9% (6% - 13%)	23% (19% - 26%)	25% (19% - 29%)
Pacific only	3% (0% - 8%)	7% (0% - 15%)	6% (0% - 12%)	23% (13% - 32%)	20% (8% - 31%)
Pacific and Māori	12% (9% - 15%)	12% (9% - 16%)	16% (12% - 19%)	24% (20% - 29%)	25% (19% - 32%)
Non-Māori non-Pacific	3% (3% - 4%)	8% (7% - 10%)	7% (6% - 8%)	15% (13% - 17%)	21% (18% - 24%)
Samoan	7% (3% - 11%)	10% (3% - 17%)	8% (3% - 14%)	20% (15% - 25%)	19% (12% - 27%)
Cook Island Māori	13% (9% - 17%)	15% (10% - 20%)	19% (14% - 24%)	31% (24% - 38%)	25% (16% - 34%)
Tongan	12% (7% - 17%)	9% (2% - 16%)	6% (3% - 9%)	26% (21% - 32%)	22% (7% - 37%)
Other Pacific	9% (4% - 13%)	4% (1% - 7%)	7% (4% - 10%)	24% (18% - 29%)	31% (19% - 43%)
Auckland Pacific*	6% (1% - 10%)	7% (0% - 13%)	7% (3% - 12%)	23% (18% - 28%)	26% (19% - 33%)
Non-Auckland Pacific	9% (6% - 13%)	10% (7% - 14%)	12% (7% - 17%)	22% (18% - 26%)	21% (15% - 28%)
Junior	9% (4% - 14%)	7% (4% - 11%)	9% (5% - 12%)	31% (26% - 36%)	15% (5% - 25%)
Senior	6% (1% - 10%)	9% (0% - 17%)	9% (5% - 14%)	17% (10% - 24%)	32% (25% - 38%)
Male	8% (2% - 13%)	9% (0% - 17%)	10% (2% - 18%)	19% (12% - 26%)	24% (11% - 38%)
Female	6% (2% - 10%)	8% (4% - 11%)	8% (5% - 11%)	26% (21% - 31%)	25% (19% - 30%)
Disabled young people	14% (5% - 22%)	19% (9% - 29%)	18% (11% - 25%)	35% (24% - 46%)	35% (22% - 48%)
Rainbow	10% (4% - 15%)	16% (6% - 25%)	23% (16% - 31%)	24% (16% - 31%)	35% (21% - 49%)

\*Auckland Pacific does not include Pacific young people from South Auckland schools because of the impact of COVID on fieldwork



## 12.8. Differences across school decile groups

There were no differences across decile groupings for different types of harm experienced by Pacific young people (Table 53).

**Table 53. Overview of results across the decile groups in the reduced harm theme**

Question	Decile 1-3	Decile 4-7	Decile 8-10
<b>Reduced harm</b>			
Yelled/sworn at someone else or me (% no)	51% (34% - 68%)	50% (40% - 59%)	35% (30% - 41%)
Physically hit or hurt someone else or me (% no)	78% (72% - 84%)	83% (68% - 98%)	80% (75% - 86%)
Touched in a sexual way or made to do sexual things I didn't want to (% yes)	23% (14% - 31%)	17% (9% - 25%)	17% (9% - 25%)
Experienced bullying (% yes)	30% (26% - 35%)	25% (15% - 35%)	32% (20% - 43%)
Gambled for money or bet precious things (% yes)	37% (24% - 49%)	19% (7% - 32%)	19% (12% - 26%)
I have smoked a whole cigarette (% yes)	24% (14% - 35%)	21% (11% - 31%)	26% (16% - 36%)
Vaped (% yes)	52% (35% - 69%)	51% (38% - 65%)	53% (39% - 67%)
Drunk alcohol (% yes)	56% (42% - 70%)	52% (38% - 66%)	64% (51% - 77%)



## 12.9. What do we know from other surveys?

Pacific young people's exposure to physical harm at home was lower compared to previous surveys (Table 54). Experience of unwanted sexual contact was similar.

**Table 54. Comparison of selected results to past surveys focusing on youth wellbeing**

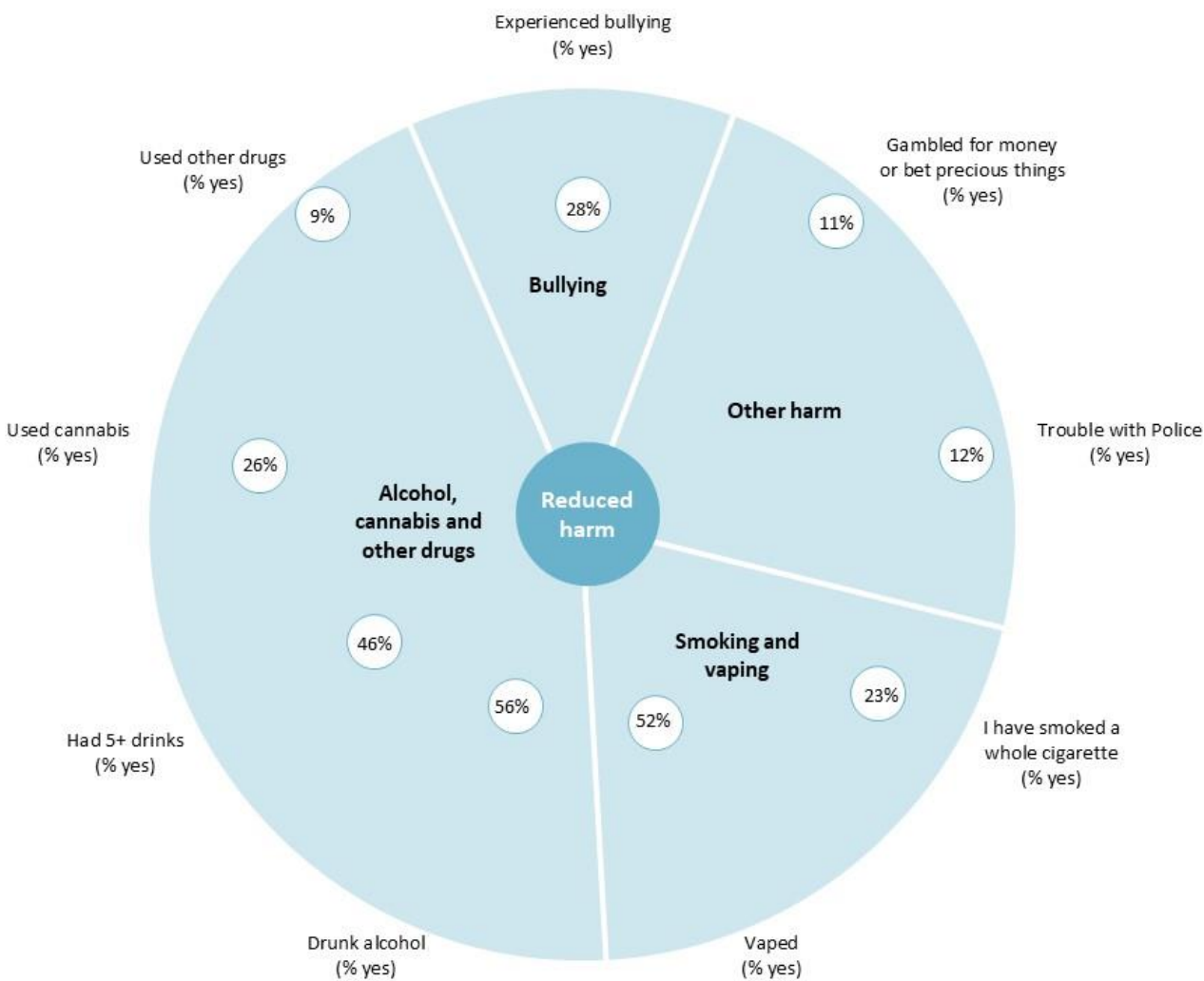
Question from <i>What About Me?</i>	Youth2000 Youth2000 series	Youth'07 Youth2000 series	Youth'12 Youth2000 series	Youth'19 Youth2000 series	2021 <i>What About Me?</i>
In the last 12 months have adults in the places where you usually live hit or physically hurt a child (other than yourself)? <i>Percentage yes</i>	<b>26%</b> (23% - 29%)	<b>36%</b> (32% - 40%)	<b>27%</b> (24% - 30%)	<b>17%</b> (15% - 19%)	<b>10%</b> (6% - 14%)
In the last 12 months have adults in the places where you usually live hit or physically hurt each other? <i>Percentage yes</i>	<b>12%</b> (10% - 14%)	<b>22%</b> (20% - 24%)	<b>15%</b> (13% - 18%)	<b>10%</b> (9% - 12%)	<b>4%</b> (3% - 6%)
Have you ever been touched in a sexual way or made to do sexual things that you didn't want to? <i>Percentage yes</i>	<b>28%</b> (25% - 32%)	<b>20%</b> (17% - 23%)	<b>22%</b> (19% - 25%)	<b>25%</b> (21% - 28%)	<b>19%</b> (15% - 23%)
Have you ever drunk alcohol (e.g., beer, wine, spirits, pre-mixed drinks, etc.)? <i>Percentage yes</i>	-	<b>65%</b> (61% - 70%)	<b>49%</b> (44% - 54%)	<b>47%</b> (43% - 50%)	<b>56%</b> (49% - 63%)
During the past four weeks, how often did you drink 5 or more alcoholic drinks in one session (within 4 hours)? <i>Once or more, percentage of all respondents</i>	<b>34%</b> (29% - 38%)	<b>32%</b> (28% - 36%)	<b>18%</b> (15% - 22%)	<b>16%</b> (14% - 19%)	<b>26%</b> (21% - 31%)
Have you ever used cannabis (e.g. marijuana, weed, pot, hash, grass etc.)? <i>Percentage yes</i>	<b>44%</b>	<b>34%</b> (30% - 38%)	<b>24%</b> (20% - 28%)	-	<b>26%</b> (19% - 32%)



# 12.10. Overview: Experience of harm

Figure 25 shows results for Pacific respondents in the experience of harm theme.

Figure 25. Overall results for the experience of harm theme



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.





# Pacific population group profiles

## 13.1. Samoan Young People

This section presents results for all Pacific young people who identified as Samoan (55%). There were 403 responses included in the final dataset before weights were applied. It is important to note the strengths and limitations of the sample in describing the population of Samoan students. Characteristics of the Samoan sample are:

- **Year group:** Many Samoan students who participated in *What About Me?* were senior students (63%).
- **Sex and gender:** Over half of Samoan young people (53%) identified as female while 15% identified as rainbow.
- **Disability:** Using the Washington Group Short Set measure, one-third of Samoan young people (29%) reported having a disability.
- **Place of birth:** A higher proportion of Samoan young people (81%) were born in Aotearoa New Zealand compared with all Pacific young people (77%).
- **Involvement with Oranga Tamariki:** About one in five Samoan young people had been involved with Oranga Tamariki themselves or through someone in their family.

**Table 55. Selected demographics for Samoan young people (unweighted n = 403)**

	Junior	Senior	Male	Female	Disabled	Rainbow	Born in New Zealand	OT Involvement
All Samoan	37%	63%	44%	53%	29%	15%	81%	21%
Junior		0%	45%	51%	28%	25%	85%	19%
Senior	0%		44%	54%	30%	10%	79%	22%
Male	38%	62%		0%	23%	11%	87%	23%
Female	36%	64%	0%		32%	13%	76%	20%
Disabled	22%	78%	43%	50%		26%	82%	32%
Rainbow	55%	45%	31%	50%	46%		89%	19%
Born in New Zealand	39%	61%	48%	50%	31%	16%		23%
OT Involvement	32%	68%	46%	52%	45%	13%	88%	



**Feeling accepted:** Samoan young people's responses with regard to feeling accepted by the people they live with, at school/kura, at work, by others, and by their friends were similar across all Pacific sub-groups except rainbow and/or disabled young people.

**Language, values and genealogy:** All Samoan young people could speak English, and 31% also spoke Samoan. Samoan young people's results for values and genealogy were positive with marginal differences between the sub-groups.

**Expression of identity and discrimination:** Samoan young people's responses about pride in themselves and ease of expressing their identity were consistent across all sub-groups and rated at a higher level in comparison non-Māori and non-Pacific students. Young people's feelings of being unfairly treated because of their ethnicity or something else about them were fairly uniform across all Pacific sub-groups. Overall, Pacific young people were more likely to have experienced discrimination because of their ethnicity compared to non-Māori non-Pacific young people.

**Relationships and physical and mental wellbeing:** Samoan young people's responses to questions relating to strong relationships and connections<sup>29</sup>, a stable home base<sup>30</sup>, achieving and contributing<sup>31</sup>, feeling good physically and mentally<sup>32</sup>, safety<sup>33</sup>, and reduced harm<sup>34</sup> were fairly positive and uniform across all Pacific sub-groups except rainbow and/or disabled young people, and in some cases non-Māori non-Pacific young people.

**Overall insights:** The following diagram provides the mean scores for selected key questions. The best results overall for Samoan young people were feeling loved by family and the importance of spiritual beliefs. Samoan young people were more likely to agree that their traditions and heritage were important to them. Overall, Samoan young people reported positive results for identity and family.

The worst result for Samoan young people was worrying about being able to pay for essential items (food, power/electricity, rent/mortgage, petrol/transport to get to important places).

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<sup>29</sup> Including family relationships, supporting family, friendships and romantic relationships, social media, community connection, knowing where to get help, and differences across decile groups.

<sup>30</sup> Including financial stability and housing quality and stability.

<sup>31</sup> Including aspiration and achievement in education, education environment and employment.

<sup>32</sup> Including life overall, mental wellbeing, physical health and sexual health.

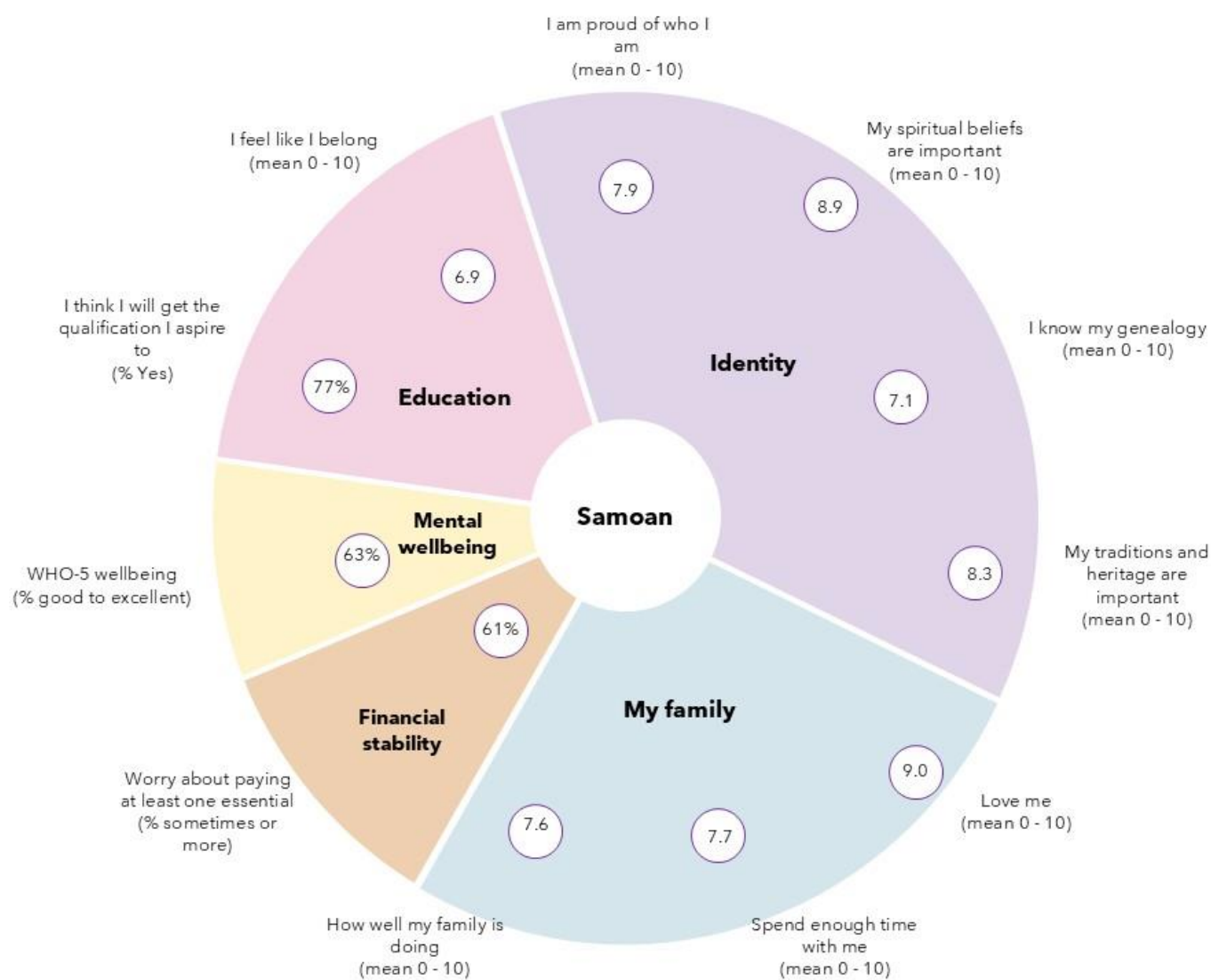
<sup>33</sup> Including feeling safe where young people spend time and safety in personal relationships.

<sup>34</sup> Including harm at home, unwanted sexual contact, bullying, other harm, smoking and vaping, alcohol and cannabis and other drugs.

The WHO-5 wellbeing measure provides scores of subjective wellbeing over the last two weeks. The result presented in Figure 26 for mental wellbeing shows that 63% of Samoan young people recorded a score of 13 or more out of 25 indicating good to excellent wellbeing.

A high percentage of Samoan students believed they would achieve the qualification that they aspired to despite reporting average results for feeling like they belonged at their school.

**Figure 26. Results for selected questions and themes for Samoan young people**



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.



## 13.1. Tongan Young People

This section presents results for all Pacific young people who identified as Tongan (26%). There were 212 responses included in the final dataset before weights were applied. It is important to note the strengths and limitations of the sample in describing the population of Tongan students. Characteristics of the Tongan sample are:

- **Year group:** Most Tongan students who participated in *What About Me?* were junior students (57%).
- **Sex and gender:** Half of young Tongan people identified as male while 12% identified as rainbow.
- **Disability:** Using the Washington Group Short Set measure just over one-third of Tongan young people reported having a disability.
- **Place of birth:** Three quarters of Tongan young people were born in Aotearoa New Zealand. This was the lowest percentage for the Pacific sub-groups profiled in this report.
- **Involvement with Oranga Tamariki:** About one in four Tongan young people had been involved with Oranga Tamariki themselves or through someone in their family. Over half of the Tongan young people who reported having some involvement with Oranga Tamariki also had a disability (Table 56).

**Table 56. Selected demographics for Tongan Young People (unweighted n = 212)**

	Junior	Senior	Male	Female	Disabled	Rainbow	Born in New Zealand	OT Involvement
All Tongan	57%	43%	50%	48%	35%	12%	75%	25%
Junior		0%	55%	41%	26%	13%	71%	14%
Senior	0%		43%	56%	47%	12%	81%	40%
Male	63%	37%		0%	34%	8%	73%	28%
Female	49%	51%	0%		33%	10%	77%	21%
Disabled	42%	58%	48%	46%		18%	89%	55%
Rainbow	52%	48%	27%	45%	49%		65%	29%
Born in New Zealand	54%	46%	48%	49%	41%	11%		32%
OT Involvement	29%	71%	50%	43%	68%	14%	92%	



**Feeling accepted:** Tongan young people's responses to feeling accepted by the people they live with, at school/kura, at work, by others, and by their friends at were fairly uniform across all Pacific sub-groups except rainbow and/or disabled young people.

**Language, values and genealogy:** All Tongan young people could speak English and 25% of Tongan young people were able to speak Tongan.<sup>35</sup> Tongan young people's results for values and genealogy were positive with marginal differences between the sub-groups.

**Expression of identity and discrimination:** Tongan young people's responses about pride in themselves and ease of expressing their identity were consistent across all sub-groups and rated at a higher level in comparison non-Māori and non-Pacific students. Young people's feelings of being unfairly treated because of their ethnicity or something else about them were fairly uniform across all Pacific sub-groups. Overall, Pacific young people were more likely to have experienced discrimination because of their ethnicity compared to non-Māori non-Pacific young people.

**Relationships and physical and mental wellbeing:** Tongan young people's responses to questions relating to strong relationships and connections<sup>36</sup>, a stable home base<sup>37</sup>, achieving and contributing<sup>38</sup>, feeling good physically and mentally<sup>39</sup>, safety<sup>40</sup>, and reduced harm<sup>41</sup> were fairly positive and uniform across all Pacific sub-groups except rainbow and/or disabled young people, and in some cases non-Māori non-Pacific young people.

**Overall insights:** Figure 27 provides the results for selected key questions for Tongan young people. The results show similar patterns to Samoan young people with the best results overall for Tongan young people including feeling loved by family and the importance of spiritual beliefs. Tongan young people reported the highest mean score (9.2) for all Pacific sub-groups when asked how much they agreed that their

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<sup>35</sup> This small percentage reflects the total count of those who said they identified with the Tongan ethnic group.

<sup>36</sup> Including family relationships, supporting family, friendships and romantic relationships, social media, community connection, knowing where to get help, and differences across decile groups.

<sup>37</sup> Including financial stability and housing quality and stability.

<sup>38</sup> Including aspiration and achievement in education, education environment and employment.

<sup>39</sup> Including life overall, mental wellbeing, physical health and sexual health.

<sup>40</sup> Including feeling safe where young people spend time and safety in personal relationships.

<sup>41</sup> Including harm at home, unwanted sexual contact, bullying, other harm, smoking and vaping, alcohol and cannabis and other drugs.

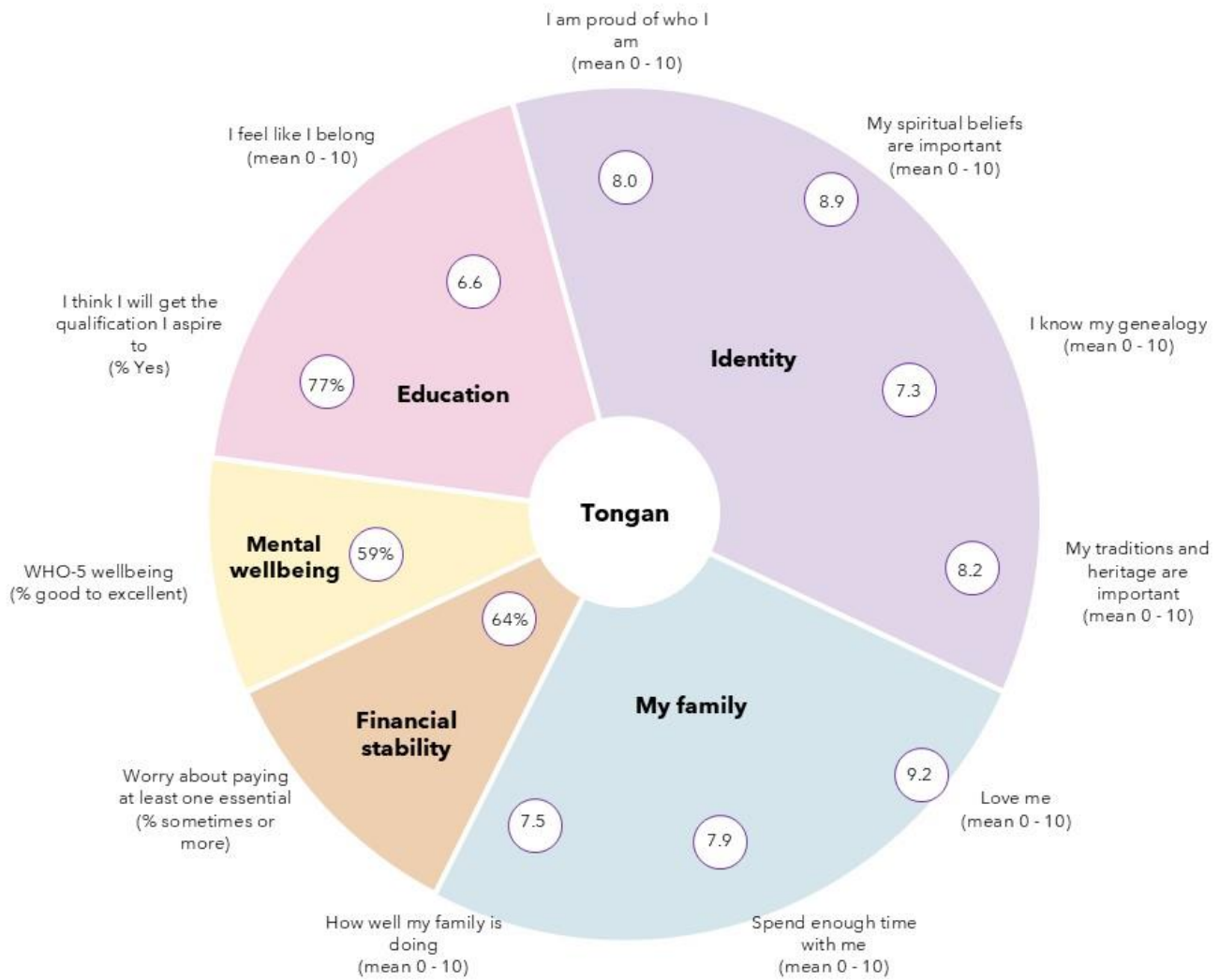
family loves them. Overall, Tongan young people reported positive results for identity and family wellbeing.

The worst results include two thirds of Tongan young people worrying about being able to pay for essential items (food, power/electricity, rent/mortgage, petrol/transport to get to important places) and mental wellbeing. However, the WHO-5 wellbeing measure provides scores of subjective wellbeing over the last two weeks, and the result presented in Figure 27 for mental wellbeing shows that 59% of Tongan young people recorded a score of 13 or more out of 25 indicating good to excellent wellbeing. These results show similar patterns for Samoan young people.

A high percentage of Tongan students believed they would achieve the qualification that they aspire to despite reporting lower mean scores for feeling like they belonged at their school.



**Figure 27. Results for selected questions and themes for Tongan young people**



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.





## 13.2. Cook Island Māori Young People

This section presents results for all Pacific young people who identified as Cook Island Māori (16%). There were 272 responses included in the final dataset before weights were applied. It is important to note the strengths and limitations of the sample in describing the population of Cook Island Māori students. Characteristics of the Cook Island Māori sample are:

- **Year group:** Most Cook Island Māori young people who participated in *What About Me?* were senior students.
- **Sex and gender:** More females identified as Cook Island Māori compared to males and
- **Place of birth:** The majority of Cook Island Māori young people (89%) were born in Aotearoa New Zealand (Table 56).
- **Involvement with Oranga Tamariki:** Out of all the Pacific ethnic groups, Cook Island Māori young people were more likely to have been involved with Oranga Tamariki, either directly or through someone in their family. The only other ethnic sub-group to have higher percentages of young people or their family involved with OT were Pacific and Māori young people at 34% (Table 57).

**Table 57. Selected demographics for Cook Island Māori young people (unweighted n = 272)**

	Junior	Senior	Male	Female	Disabled	Rainbow	Born in New Zealand	OT Involvement
All Cook Island Māori	47%	53%	42%	54%	34%	20%	89%	30%
Junior		0%	34%	61%	33%	18%	91%	31%
Senior	0%		49%	48%	34%	21%	88%	29%
Male	38%	62%		0%	19%	6%	89%	30%
Female	52%	48%	0%		43%	23%	90%	31%
Disabled	32%	68%	22%	69%		56%	80%	32%
Rainbow	39%	61%	12%	68%	65%		81%	28%
Born in New Zealand	47%	53%	42%	55%	33%	18%		30%
OT Involvement	45%	55%	42%	56%	46%	20%	87%	



**Feeling accepted:** Cook Island Māori young people's responses with regard to feeling accepted by the people they live with, at school/kura, at work, by others, and by their friends were fairly uniform across all Pacific sub-groups except rainbow and/or disabled young people.

**Language, values and genealogy:** All Cook Island Māori young people's results for values and genealogy were positive with marginal differences between the sub-groups.

**Expression of identity and discrimination:** Cook Island Māori young people's responses to pride in themselves and ease of expressing their identity were consistent with all sub-groups and rated at a higher level in comparison non-Māori and non-Pacific students. Young people's feelings of being unfairly treated because of their ethnicity or something else about them were similar across all Pacific sub-groups. Overall, Pacific young people were more likely to have experienced discrimination because of their ethnicity compared to non-Māori non-Pacific young people.

**Relationships and physical and mental wellbeing:** Cook Island Māori young people's responses to questions relating to strong relationships and connections<sup>42</sup>, a stable home base<sup>43</sup>, achieving and contributing<sup>44</sup>, feeling good physically and mentally<sup>45</sup>, safety<sup>46</sup>, and reduced harm<sup>47</sup> were fairly positive and uniform across all Pacific sub-groups except rainbow and/or disabled young people, and in some cases non-Māori non-Pacific young people.

**Overall insights:** Cook Island Māori and Pacific and Māori young people share similar patterns of findings and results. Figure 28 provides the results for selected questions and themes for Cook Island Māori young people. Based on the figure below Cook Island Māori young people reported more positive results for 'identity' and 'family' themes compared to their education, mental wellbeing, and financial stability results.

Only half of Cook Island Māori young people reported their subjective wellbeing as good or excellent and 57% worried about affording essential items.

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<sup>42</sup> Including family relationships, supporting family, friendships and romantic relationships, social media, community connection, knowing where to get help, and differences across decile groups.

<sup>43</sup> Including financial stability and housing quality and stability.

<sup>44</sup> Including aspiration and achievement in education, education environment and employment.

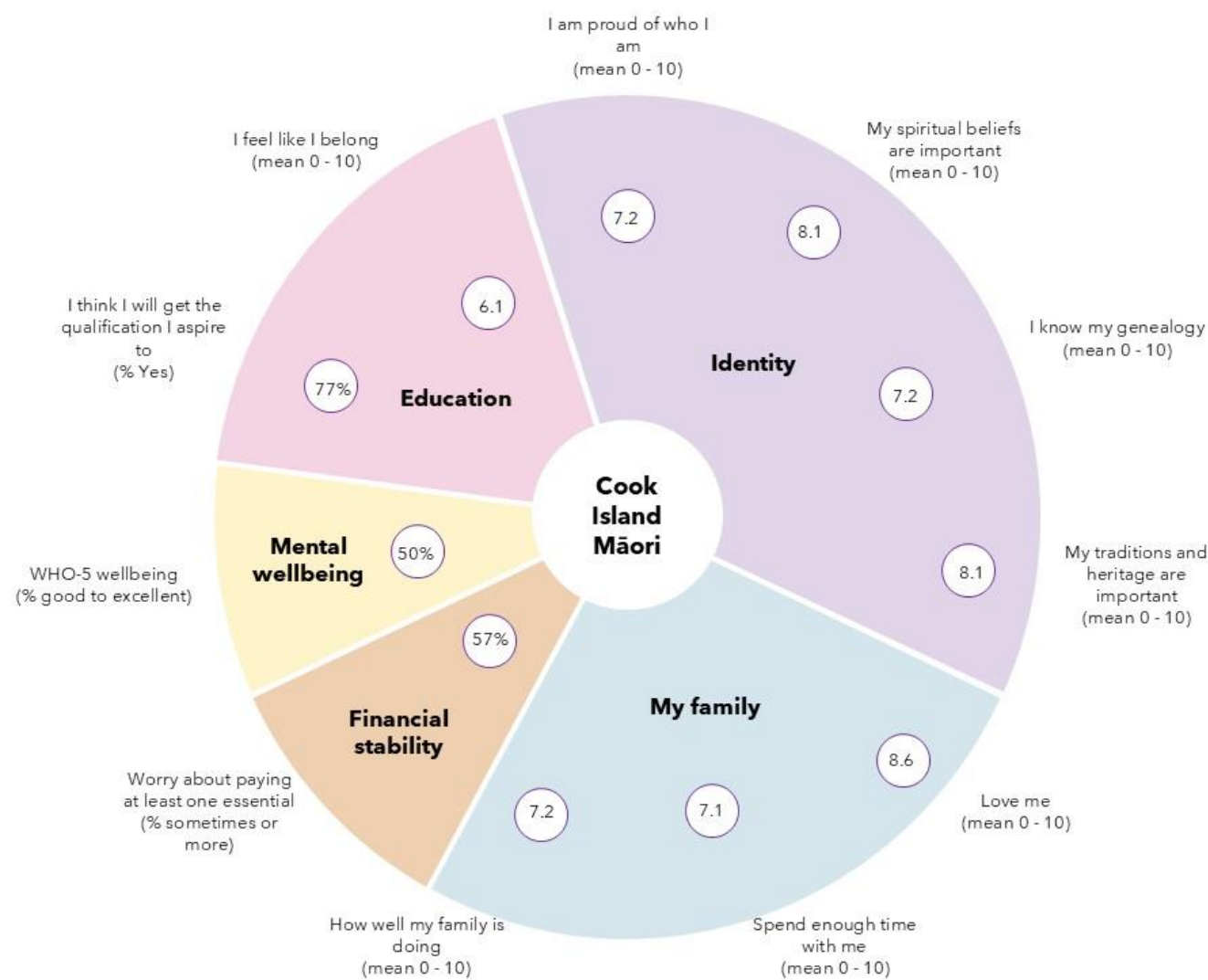
<sup>45</sup> Including life overall, mental wellbeing, physical health and sexual health.

<sup>46</sup> Including feeling safe where young people spend time and safety in personal relationships.

<sup>47</sup> Including harm at home, unwanted sexual contact, bullying, other harm, smoking and vaping, alcohol and cannabis and other drugs.

While most Cook Island Māori young people believed that they would gain the qualification they aspire to, they were less positive about feeling like they belonged in their school environment.

Figure 28. Results for selected questions and themes for Cook Island Māori young people



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.



### 13.3. Pacific and Māori Young People

Thirty-five percent of all Pacific young people selected two ethnicities. Of Pacific young people, 31% identified as Pacific and Māori. There were 503 responses included in the final dataset before weights were applied. It is important to note the strengths and limitations of the sample in describing the population of Pacific and Māori young people. Characteristics of the Pacific and Māori sample are:

- **Year group:** There was a near-even split between junior (49%) and senior (51%) students.
- **Sex and gender:** There was a near-even split between male (46%) and female (49%) students, and 22% identified as rainbow.
- **Disability:** One third of Pacific and Māori young people reported having a disability using the Washington Group Short Set measure.
- **Place of birth:** Almost all Pacific and Māori young people were born in Aotearoa New Zealand.
- **Involvement with Oranga Tamariki:** One-third (34%) of Pacific and Māori young people reported being involved with Oranga Tamariki directly or through someone in their family (Table 58).

**Table 58. Selected demographics for Pacific and Māori young people (unweighted n = 503)**

	Junior	Senior	Male	Female	Disabled	Rainbow	Born in New Zealand	OT Involvement
All Pacific Māori	49%	51%	46%	49%	34%	22%	92%	34%
Junior		0%	41%	52%	34%	24%	93%	35%
Senior	0%		51%	46%	35%	19%	91%	33%
Male	44%	56%		0%	23%	10%	92%	35%
Female	52%	48%	0%		40%	22%	92%	34%
Disabled	48%	52%	31%	58%		41%	94%	39%
Rainbow	50%	50%	20%	52%	67%		91%	34%
Born in New Zealand	50%	50%	46%	49%	34%	21%		35%
OT Involvement	48%	52%	48%	48%	40%	22%	94%	



**Feeling accepted:** Pacific and Māori young people's responses to feeling accepted by the people they live with, at school/kura, at work, by others, and by their friends were fairly uniform across all Pacific sub-groups except rainbow and/or disabled young people.

**Language, values and genealogy:** All Pacific and Māori young people could speak English. Pacific and Māori young people's results regarding values and genealogy were positive with marginal differences between the sub-groups. Pacific and Māori young people were least likely to hold religious or spiritual beliefs (62%). This is the same as Pacific rainbow young people, however, they had the lowest mean score (7.4) when asked the importance of spiritual beliefs or religious faith.

**Expression of identity and discrimination:** Pacific and Māori young people's responses to pride in themselves and ease of expressing their identity were consistent with all sub-groups and rated at a higher level in comparison non-Māori and non-Pacific students. Young people's feelings of being unfairly treated because of their ethnicity or something else about them were fairly uniform across all Pacific sub-groups. Overall, Pacific young people were more likely to have experienced discrimination because of their ethnicity compared to non-Māori non-Pacific young people.

**Relationships and physical and mental wellbeing:** Pacific and Māori young people's responses to questions relating to strong relationships and connections<sup>48</sup>, a stable home base<sup>49</sup>, achieving and contributing<sup>50</sup>, feeling good physically and mentally<sup>51</sup>, safety<sup>52</sup>, and reduced harm<sup>53</sup> were fairly positive and uniform across all Pacific sub-groups except rainbow and/or disabled young people, and in some cases non-Māori non-Pacific young people. Pacific and Māori young people were more likely to drink alcohol.

**Overall insights:** The following diagram provides the mean scores for selected key questions. The best result overall for Pacific and Māori young people was feeling loved by family. The results of the 'identity' and 'my family' themes were also generally positive, as indicated by their placement in Figure 29 below.

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<sup>48</sup> Including family relationships, supporting family, friendships and romantic relationships, social media, community connection, knowing where to get help, and differences across decile groups.

<sup>49</sup> Including financial stability and housing quality and stability.

<sup>50</sup> Including aspiration and achievement in education, education environment and employment.

<sup>51</sup> Including life overall, mental wellbeing, physical health and sexual health.

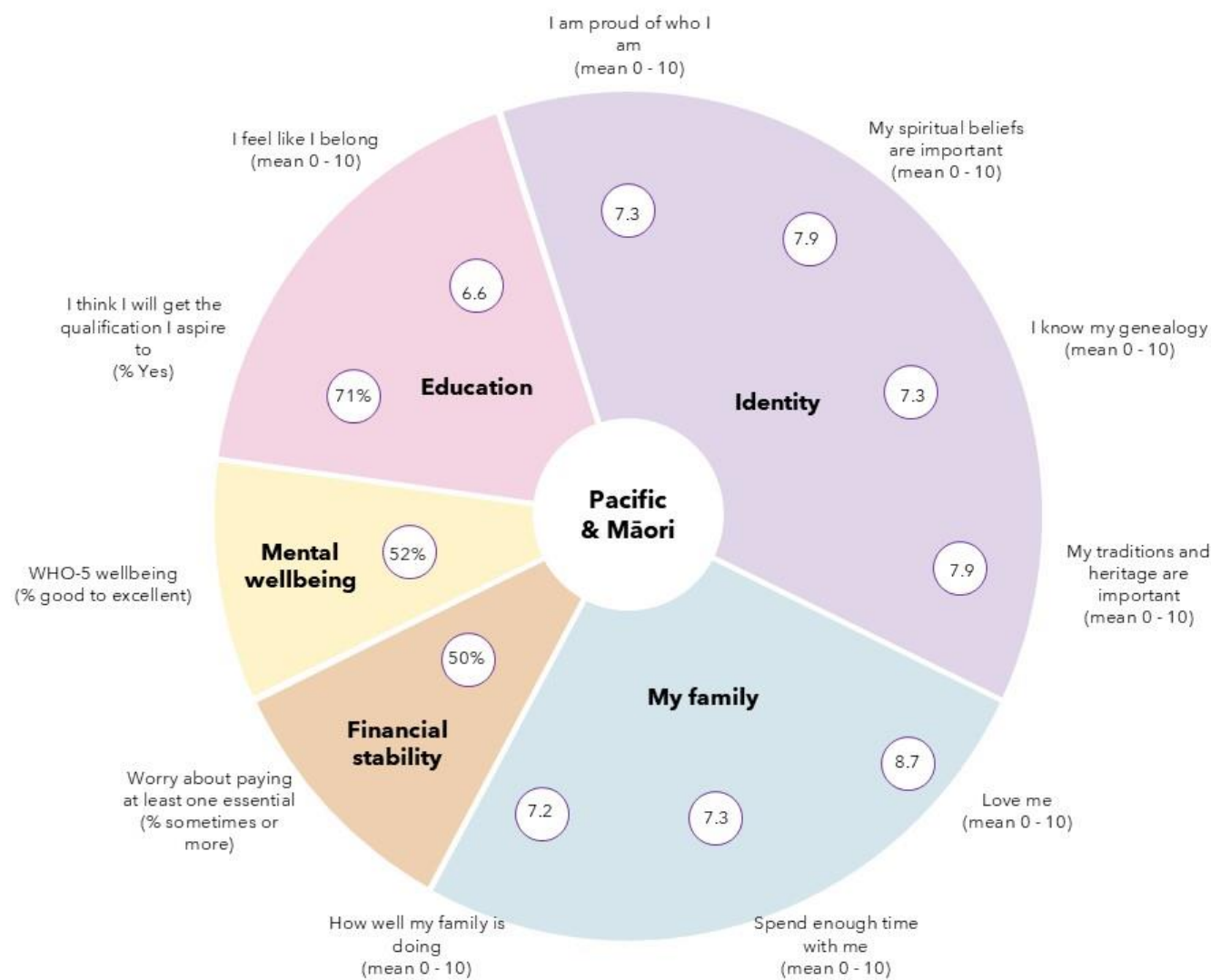
<sup>52</sup> Including feeling safe where young people spend time and safety in personal relationships.

<sup>53</sup> Including harm at home, unwanted sexual contact, bullying, other harm, smoking and vaping, alcohol and cannabis and other drugs.

The education results were fairly average with 71% thinking they will attain the qualification they aspire to and a mean score of 6.6 when asked about the extent to which they felt like they belonged in their school environment.

Half of Pacific and Māori young people worry about affording essentials and just over half (52%) reported good wellbeing.

**Figure 29. Results for selected questions and themes for Pacific and Māori young people**



The outer edge of the circle represents the best possible result, and the centre represents the worst possible result.

## 13.4. Pacific Rainbow Young People

This section presents results for all Pacific young people who identified as rainbow (16%). There were 151 responses included in the final dataset before weights were applied. It is important to note the strengths and limitations of the sample in describing the population of Pacific rainbow young people.

The Adolescent Health Research Group published a Pacific rainbow Youth19 brief<sup>54</sup> highlighting Pacific rainbow key findings from the Youth19 project. Compared to the Youth19 study, a larger proportion of Pacific young people identified as rainbow in the *What About Me?* survey (about 9% of all Pacific participants).

Characteristics of the Pacific rainbow sample are described below.

- **Year group:** There was a near-even split between junior and senior students who identified as rainbow.
- **Sex and gender:** The majority (63%) of students identified as female, and this is comparable to the Youth19 study where 62% were identified as female.
- **Disability:** 40% reported a disability, as defined by the Washington Group Short Set (WGSS).
- **Place of birth:** Most (83%) Pacific rainbow young people were born in Aotearoa New Zealand
- **Involvement with Oranga Tamariki:** One in four (26%) Pacific rainbow young people had been involved with Oranga Tamariki themselves or through someone in their family (Table 59).

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<sup>54</sup> Tiatia-Seath, J., Fleming, T., Sutcliffe, K., Fenaughty, J., Roy, R., Greaves, L., & Clark, T. (2021). *A Youth19 Brief: Pacific Rainbow young people*. The Youth19 Research Group, Victoria University of Wellington and the University of Auckland, New Zealand



**Table 59. Selected demographics for Pacific Rainbow young people (unweighted n = 151)**

	Junior	Senior	Male	Female	Gender diverse	Disabled	Born in New Zealand	OT Involvement
All Pacific Rainbow	49%	51%	20%	63%	13%	40%	83%	26%
Junior		0%	22%	57%	18%	38%	89%	29%
Senior	0%		18%	70%	8%	42%	76%	22%
Male	54%	46%		0%	0%	43%	94%	20%
Female	44%	56%	0%		0%	31%	78%	26%
Gender diverse	67%	33%	0%	0%		75%	87%	35%
Disabled	47%	53%	22%	49%	25%		84%	40%
Born in New Zealand	53%	47%	23%	59%	14%	40%		29%
OT Involvement	57%	43%	16%	65%	18%	55%	95%	

**Feeling accepted:** Pacific rainbow young people were less likely to feel accepted by others, at the school they were attending and by people with whom they lived.

**Language, values, and genealogy:** All Pacific rainbow young people could speak English. Pacific rainbow young people's results about values and genealogy were generally positive and 62% held religious or spiritual beliefs.

**Expression of identity and discrimination:** Pacific rainbow young people had similar levels of pride to other Pacific sub-groups. They also had high levels of agreement when asked if they were able to express their identity. Pacific rainbow young people said they experienced discrimination more often than other groups because of their gender and sexual identity.

**Relationships and physical and mental wellbeing:** More than a third of Pacific rainbow young people look after someone on a regular basis. Just 45% of Pacific rainbow young people reported that they were part of a group, club, or team – the lowest percentage of all groups surveyed. Just 19% reported that they help others in their neighbourhood or community. These percentages are much lower than the Youth19 survey findings, where 58% of Pacific rainbow responded 'yes' to the same question.

Mental wellbeing and general wellbeing are areas in which more research about Pacific rainbow young people is required. Pacific rainbow young people were less likely to feel positive about the future and reported they found it hard to get help when they needed it. Over a third (38%) of Pacific rainbow young people had attempted suicide and 63% reported suicidal ideation. The Youth19 suicide ideation





rate was lower at 42%. Over half (53%) of Pacific rainbow participants in the survey reported self-harming.

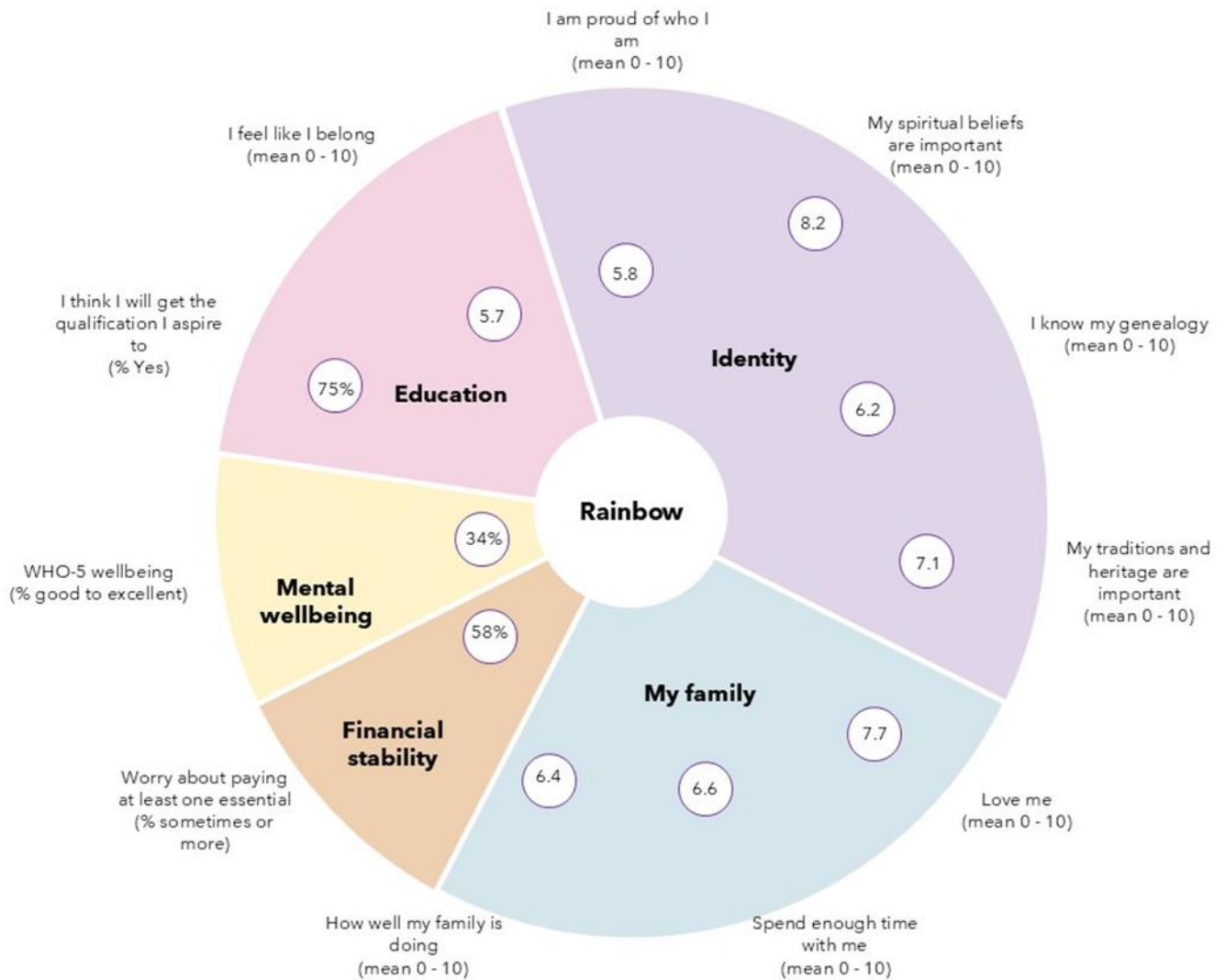
**Overall insights:** Figure 30 provides the results for Pacific rainbow young people's responses to selected key questions. The results show that Pacific rainbow young people have positive results about their spiritual beliefs, the importance of traditions and heritage, feeling loved by family and educational aspirations.

As the inner circle represents the worst possible results, the findings for mental wellbeing and financial stability are of concern. The 'mental wellbeing' result for Pacific rainbow young people was particularly concerning - just 34% reported good wellbeing. This was lower than the result for the Youth19 Pacific rainbow young people where 52% reported good wellbeing (based on the WHO-5 Wellbeing index). The majority (58%) of Pacific rainbow young people worry about affording essential items and 38% worry specifically about affording food (Table 20). By comparison food insecurity was less of a concern for *What About Me?* participants than those in the Youth19 study, where 42% of Pacific rainbow young people indicated that they worried about buying food (42%).

Regarding belonging at school, the Youth19 survey asked: "Do you feel like you are part of your school or alternative education?" and 85% of Pacific rainbow respondents said yes. In comparison the mean score for the *What About Me?* question asking respondents how much they agree feeling like they belonged at their school was 5.7.



**Figure 30. Results for selected questions and themes for Pacific rainbow young people**



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.



## 13.5. Pacific Disabled Young People

This section presents results for all Pacific young people identified as disabled based on their responses to the Washington Group Short Set questions (27%).

Characteristics of the Pacific disabled young people sample are:

- **Year group:** There were more senior students (62%) than junior (38%) who identified as disabled.
- **Sex and gender:** The majority (59%) of students identified as female compared to 35% who identified as male.
- **Rainbow:** A small percentage (5%) identified as gender diverse.
- **Place of birth:** Most (83%) Pacific disabled young people were born in Aotearoa New Zealand. This is the same percentage as Pacific rainbow young people.
- **Involvement with Oranga Tamariki:** Just over one third (35%) of Pacific disabled young people had been involved with Oranga Tamariki themselves or through someone in their family (Table 60).

**Table 60. Selected demographics for Pacific disabled young people (unweighted n = 265)**

	Junior	Senior	Male	Female	Gender diverse	Born in New Zealand	OT Involvement
All Pacific Disabled	38%	62%	35%	59%	5%	83%	35%
Junior		0%	36%	54%	9%	90%	35%
Senior	0%		34%	62%	2%	79%	36%
Male	39%	61%		0%	0%	83%	40%
Female	35%	65%	0%		0%	82%	33%
Gender diverse	75%	25%	0%	0%		86%	43%
Born in New Zealand	41%	59%	35%	59%	5%		41%
OT Involvement	32%	68%	35%	59%	6%	97%	

**Feeling accepted:** Pacific disabled young people were less likely to feel accepted by others, at the school they were attending and by people with whom they lived.

**Language, values, and genealogy:** All Pacific disabled young people could speak English and reported generally positive results about the importance of the values of their ethnic group, having someone to ask about their culture, genealogy or ethnic group and the importance of maintaining family traditions and cultural heritage.



About three quarters (74%) of Pacific disabled young people held religious or spiritual beliefs and reported that these were important to them.

**Expression of identify and discrimination:** Pacific disabled young people had similar levels of pride to the rest of the other Pacific sub-groups. They also had high levels of agreement when asked if they were able to express their identity.

**Relationships and physical and mental wellbeing:** Just over half (52%) of Pacific disabled young people look after someone on a regular basis. This was the highest percentage for all Pacific sub-groups with the majority looking after other children (77%) and older family members (39%).

Pacific disabled young people were less positive about life overall, together with Pacific females and rainbow young people. Similarly, Pacific disabled people, Pacific females and rainbow young people had much poorer WHO-5 scores.

Pacific disabled young people and Cook Island Māori young people were more likely to have smoked tobacco (42%)

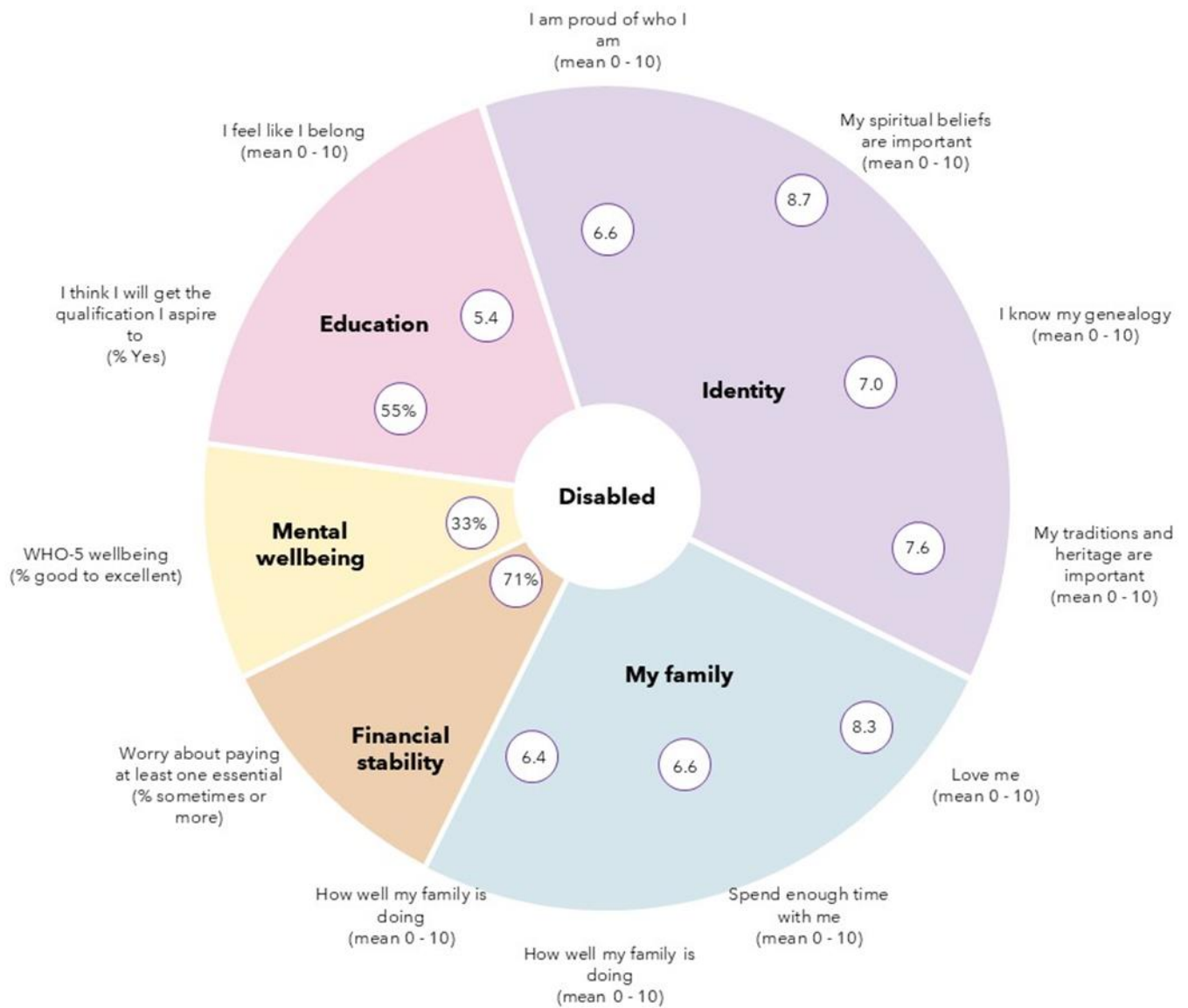
**Overall insights:** Figure 31 provides the results for Pacific disabled young people for selected key questions. The results show that Pacific rainbow young people have positive results for spiritual beliefs, feeling loved by family and educational aspirations.

As the inner circle represents the worst possible results, the findings for mental wellbeing and financial stability are of concern. Most (71%) of Pacific disabled young people worried about affording essential items. This is the highest percentage for all Pacific sub-groups. Mental wellbeing is also an area for investigation as only a third of Pacific disabled young people reported good wellbeing.

Just over half (55%) of Pacific disabled young people believe they will achieve the qualification they aspire and are ambivalent about feeling like they belonged at their school.



**Figure 31. Results for selected questions and themes for Pacific disabled young people**



The outer edge of the circle represents the best possible result and the centre represents the worst possible result.



# Appendix 1:

## Approaches to participant safety



The survey was reviewed by the Health and Disability Ethics Committee in 2019 and approval was granted for participation by year 9 to 13 students. An extensive safety process was clearly defined and included a pilot study to assess if any additional safety considerations were required.

The table below provides an overview of the plan to support the safety of rangatahi participating in the survey (Table 61).

**Table 61. Components of the safety plan**

Safety plan components	Details
<b>Project design</b>	
Team training	The research team was trained by Youthline to identify and respond to signs of distress. A youth worker was included in the data collection alongside a researcher both for additional safety and to introduce survey participants to someone they could contact locally.
Ethics review	The study protocol has been extensively reviewed by the Health and Disability Ethics committee and the Health Research Council in addition to review from experts in working with at-risk young people.
Pilot study	A pilot study with eight schools was undertaken to assess if there were any additional safety considerations for the main data collection.
<b>School and organisation planning</b>	
Safety and operational plan development	An operational and safety plan was filled out with each participating school and community organisation. The plans ensured each aspect of the approach to managing risk had been agreed with schools/ community organisations in advance and were in place during data collection.
Identification of at-risk young people	Part of the planning process was identifying students who were at higher risk of requiring support during or after completing the survey. Once the sampled school classes were identified, the researchers and school staff consulted teachers and school counsellors to identify any students who were at higher risk. Community organisations identified young people at higher risk based on their professional expertise and/or knowledge of each young person. Individual safety plans were created for these young people.
Families were advised of the survey	Families were advised of the survey through school newsletter inserts and family information sheets sent home through the school's usual communication channels. Young people were encouraged to discuss the survey with their family. They were able to opt-out of the survey in advance by contacting the school or the research team directly. In the community settings, young people were encouraged to share the survey information sheet with their family.



Safety plan components	Details
<b>Safety during survey completion</b>	
Pastoral care available on-site during data collection	We confirmed with schools that pastoral care staff would be available when survey data collection took place. A process for connecting any young people who become distressed or made a disclosure to the pastoral care team was developed and agreed with the team. Similarly, in the community setting, the organisation confirmed there would be clinical and/or youth/social worker staff present when data collection was taking place.
Verbal briefing before survey starts	Before commencing the survey consent process, we conducted a verbal briefing to young people about what support was available and how to access it. That included talking to young people about local services and introducing the youth worker in the room and in some cases pastoral care staff.
Youth workers in data collection teams	Our research staff were complemented by a youth worker. Where feasible the youth worker was from the school or a local organisation. The youth worker was qualified and experienced in working with at-risk young people, including how to respond to disclosures or safety concerns. Youth workers were responsible for responding to participants who become distressed or made disclosures.
'Where to get help' cards	Every young person was given a 'Where to get help' card which had contact details for Youthline, school support and other support services. These contact details included phone, text, email and web-based modes. Copies can be seen on the website <a href="http://www.whataboutme.nz">www.whataboutme.nz</a> .
Help form in survey	A 'get help' button was visible on every page of the survey. Clicking the 'get help' button exited young people from the survey and to a 'help' form. This was not connected to the survey data. Completing the form generated an email to one of the school's pastoral care staff so they could follow-up with the student. The email contact and process were agreed and tested before data collection and details recorded in the school's operational and safety plan. The young person could not re-enter the survey.

