



YOUTH2000 SURVEY SERIES

# The health and wellbeing of takatāpui and rainbow young people who have been involved with Oranga Tamariki

[www.youth19.ac.nz](http://www.youth19.ac.nz)

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Further Youth19 publications are available at [www.youth19.ac.nz](http://www.youth19.ac.nz)

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# Summary

This report provides data from the Youth19 Rangatahi Smart Survey (Youth19) about the wellbeing of takatāpui and rainbow young people who have been involved with Oranga Tamariki or Child Youth and Family Services. It is part of a series of Youth19 reports about health and wellbeing topics for young people involved with Oranga Tamariki [1-5].

Youth19 is a comprehensive adolescent health and wellbeing survey completed with 7,721 Year 9–13 students in schools and kura kaupapa Māori in the Tāmaki Makaurau (Auckland), Te Tai Tokerau (Northland) and Waikato education districts in 2019. Almost all these students were aged between 13 and 18 years. In addition, 92 Alternative Education (AE) students and 78 young people who were not in employment, education, or training (NEET) took part in Youth19; their responses are included in this report. The survey was completed in English or Te Reo Māori with optional voiceover. Ethical approval was granted by The University of Auckland Human Subjects Ethics Committee (application #022244). For more about Youth19, see references 6-8 and our website [www.youth19.ac.nz](http://www.youth19.ac.nz).

As part of Youth19, participants answered questions about their gender identity and sexual orientation. For this report, ‘takatāpui and rainbow young people’ refer to young people who responded as being takatāpui, gender diverse, same-sex attracted or multiple-sex attracted, including those who identified as trans, non-binary and other identities, as detailed under the section entitled ‘Defining takatāpui and rainbow, gender diverse, same-sex and multiple-sex attracted (SSMS), and cis-heterosexual participants.’

The role of Oranga Tamariki — Ministry for Children — is to promote the wellbeing of tamariki, rangatahi and their whānau. Oranga Tamariki support children and young people in Aotearoa whose wellbeing is at significant risk of harm (Care and Protection). They also work with young people who may have offended or are likely to offend (Youth Justice). (For more information, see Appendix 3). The predecessor of Oranga Tamariki was Child, Youth and Family (CYF). The Youth19 survey asks participants: ‘Have you ever been involved with Oranga Tamariki (OT) or Child, Youth and Family Services (CYFS)? E.g., Someone was worried about your safety or protection’, and ‘Are you still currently involved with Oranga Tamariki?’ These questions are framed to capture the full number of young people who have engaged with Oranga Tamariki or Child Youth and Family Services (hereafter ‘Oranga Tamariki’). The questions do not identify whether the young person had brief contact only, entered care or youth justice custody, or engaged with Oranga Tamariki in another way.

In this report we consider aspects of life for takatāpui and rainbow students who reported they had been involved with Oranga Tamariki. In our main analyses we compare takatāpui and rainbow students who have ever been involved with Oranga Tamariki with takatāpui and rainbow students who have never been involved with Oranga Tamariki. These results are provided for takatāpui and rainbow young people in one combined group rather than divided into more specific identities, since confidence intervals are wide for small groups, which makes clear interpretation of the data challenging (see ‘Reading the Tables...’ for an explanation of this point and of the use of the terms ‘apparent’ and ‘definitive’ differences).

We also provide 'Additional Tables', which present a breakdown of results by gender identity and sexual attraction. However, these results should be interpreted with particular caution given the numbers involved. To protect participants' anonymity, data are not provided for young people who are currently involved with Oranga Tamariki and are not provided where there are fewer than ten people in a specific grouping. To aid readability, percentages are rounded to the nearest whole number in the text of the report.

## Key Findings

Takatāpui and Rainbow young people have high rates of involvement with Oranga Tamariki. They form 10% of the general high school and kura population in Youth19 but are 15% of those involved with Oranga Tamariki. Takatāpui Māori were approximately twice as likely to be involved with Oranga Tamariki as rainbow young people from other ethnicities. Rates of involvement were about four times higher among takatāpui and rainbow young people in AE or NEET than takatāpui and rainbow young people in school. Gender diverse young people reported higher rates of involvement than same or multiple sex attracted young people.

Takatāpui and rainbow young people who have been involved with Oranga Tamariki reported high challenges in many areas of life. These were often higher than for takatāpui and rainbow young people who had not been involved and higher than for cis-heterosexual young people who had been involved in Oranga Tamariki.

Takatāpui and rainbow young people involved with Oranga Tamariki reported:

- High housing deprivation and material deprivation. For example, more than 1 in 10 reported severe housing deprivation in the last 12 months and nearly half reported that their parents or caregivers often worry about money for food.
- High rates of living away from parents. Almost one in three did not live with either or both parents.
- Low rates of feeling safe at home. Approximately 1 in 3 did not report feeling safe at home.
- Lower rates of feeling cared for by parents or feeling that family members respect them than other groups.
- Very high mental health needs, with approximately 2 in 3 reporting clinically significant symptoms of depression and 2 in 3 reporting serious thoughts of suicide in the last year.
- High rates of disability, with more than half reporting a disability, chronic health condition or chronic pain that impacts on their daily lives.
- Insufficient health care access. Although most had seen a health care provider in the last year, more than half had been unable to access care when they needed in it in the last year.
- High rates of cigarette use, binge drinking and marijuana use.

- High exposure to violence, with over half reporting sexual violence or unwanted sexual experiences and over half being hit or hurt by others in the last year.
- High rates of being treated unfairly by police because of ethnicity.
- Much higher rates of bullying at school than others, as well as generally lower rates of feeling safe at school, feeling that teachers treat students fairly and adults at school caring, than reported by other students.

In some areas there were fewer differences:

- Levels of cultural knowledge and feeling comfortable in cultural settings were generally high, with relatively small differences by involvement with Oranga Tamariki.
- Levels of connectedness with friends and adults outside the family were generally high for takatāpui and rainbow young people involved with Oranga Tamariki.
- Takatāpui and rainbow young people involved with Oranga Tamariki reported high rates of being involved in their communities. For example, more than half looked after others at home more than once a week and more than 6 in every 10 gave time to help others in their school or community.

## Discussion

The findings of other Youth19 Oranga Tamariki reports [1-5], illustrate that young people who have been involved with Oranga Tamariki face inequities across multiple areas of life, including material deprivation; safety at home; quality of family relationships; physical wellbeing, sexual health, and mental health; school safety and inclusion; and community opportunities and safety.

The findings of this report indicate that approximately 15% of adolescents involved in Oranga Tamariki-involved adolescents are takatāpui and/or rainbow, and that takatāpui rainbow young people who have been involved with Oranga Tamariki face especially challenging environments. In many areas, the challenges they face are greater than those faced by takatāpui and rainbow young people who have not been involved and higher than those faced by cis-heterosexual young people who have been involved with Oranga Tamariki.

There are limitations to this work. Youth19 is a cross-sectional survey. The survey is self-report; some students may have forgotten experiences or answered incorrectly. Only some people are included in the survey. For example, students not at school on the day of the survey are not included. This means the results may paint an overly positive picture. The survey does not cover the whole of Aotearoa New Zealand; we may have missed issues that are important in some regions. However, the survey includes large numbers of young people. The strength and breadth of the associations shown here provide strong indications that takatāpui and rainbow young people involved with Oranga Tamariki face serious challenges and major inequities.

While this document reports health and wellbeing needs, rather than focusing on next steps, there are important implications for change. The findings illustrate that:

- There should be urgent efforts to hear the voices, address inequities and prioritise the wellbeing of Takatāpui and rainbow young people involved with Oranga Tamariki.
- There must be mana-enhancing, comprehensive, and integrated approaches. The data in this report show that takatāpui and rainbow young people involved with Oranga Tamariki have needs in many areas of their lives. Where there are documented needs in multiple areas, it is seldom useful to send young people to multiple services for disjointed assistance. It is important to engage skilled providers who can develop strong relationships and address the priorities of young people and whānau across many areas of wellbeing. Further, in the context of systemic injustices, individual pathology-focused interventions can be stigmatizing for young people and their families and add to hopelessness or disengagement. Growing strengths and supporting the interests and hopes of the young person and family are important. As well as addressing problems, efforts must uplift the mana of young people and whānau.

The findings also illustrate specific areas for action, including urgent needs to:

- Improve school safety and reduce bullying of takatāpui and rainbow young people.
- Address the disparities in school belonging, and inclusion.
- Support the mental health of takatāpui and rainbow young people involved with Oranga Tamariki. This is likely to require:
  - increased access to services which are culturally appropriate and skilled at supporting takatāpui and rainbow young people who have had care and protection or youth justice experiences
  - friends and family being supported to assist; given that this is where most young people have sought help
  - screening and or outreach processes rather than relying on help seeking or referral alone; this is indicated given the level of need reported here.
- Address disabling conditions.
- Ensure that takatāpui and rainbow young people can access quality sexual health care and that comprehensive, culturally- and rainbow-appropriate sexuality and relationships education is easily available.
- Prevent violence and sexual violence and ensure the availability of culturally- and rainbow-responsive support.
- Ensure fairness and non-discrimination in all areas of education, health, justice and social services.
- Identify and amplify cultural knowledges that affirm takatāpui and rainbow identities.



Despite their strengths, including caring for others and maintaining family, school, and community connections, takatāpui and rainbow young people involved with Oranga Tamariki have urgent needs for rights that all young people in Aotearoa New Zealand should be able to take for granted. It is vital that we do not fail young people who have already faced challenging lives. This requires the urgent efforts of Oranga Tamariki, along with government agencies, schools, health services and communities.

# Methods

Youth19 is a large-scale cross-sectional survey and the latest in the Youth 2000 Survey Series. For more about the Youth19 survey, see our *Youth19 Rangatahi Smart Survey, Initial Findings: Introduction and Methods* report [7], which explains how the survey was conducted, who was included and how to interpret the results.

The full text for each question used in this report is shown in Appendix 1: Questionnaire items. The Youth19 questionnaire is available on our website [www.youth19.ac.nz](http://www.youth19.ac.nz)

## Defining takatāpui and rainbow, gender diverse, same-sex and multiple-sex attracted (SSMS), and cis-heterosexual participants

Gender identity and sexual attraction were explored through a series of branching questions, where certain question responses prompted additional questions. As with all questions, participants could select a response option or skip the question.

Participants were asked how they identified ('Boy/man,' 'Girl/woman,' 'I identify another way'). Those who responded 'another way' were asked to further describe their gender identity with the following question and answer options:

*Which of the following best describes you? (You may choose as many as you need)*

*Trans boy or man, Trans girl or woman, Non-binary, Genderqueer, Genderfluid, Agender, Takatāpui, Whakawahine, Tangata ira tane, Fa'afafine, Fa'atatama, Akava'ine, I'm not yet sure of my gender, Something else, please state..., and I don't understand this question.*

Those who selected any of the following response options were included as gender diverse in this report: Trans boy or man, Trans girl or woman, Non-binary, Genderqueer, Genderfluid, Agender, Takatāpui, Whakawahine, Tangata ira tane, Fa'afafine, Fa'atatama, Akava'ine, or those who had responded to the open text 'Something else' option. Those responding as 'Not sure' or 'I don't understand this question' were not included in these results.

Participants were asked about their sexual attractions using the following question and answer options:

*Who are you attracted to?*

*The opposite or a different sex (e.g., I am a male attracted to females or I am a female attracted to males), The same sex (e.g., I am a male attracted to males or I am a female attracted to females), I am attracted to males and females, I'm not sure, Neither, and I don't understand this question.*

Those who responded that they were attracted to the same sex or multiple sexes were categorised as Same-sex or multiple-sex (SSMS) attracted for this report. Those who responded with 'Not sure,' 'Neither', or 'I don't understand this question' were not included in these results.

In this report we present data for takatāpui and rainbow students – those who are gender diverse, SSMS attracted, or both. We also present data for cis-gender heterosexual young people (cis-heterosexual). Cis-heterosexual refers to young people whose gender and birth-assigned sex are aligned and who are attracted exclusively to members of the opposite sex.

## Participants included in this analysis

7,721 Year 9–13 students from 49 schools, including 4 kura kaupapa Māori, participated in the Youth19 survey. In addition, 91 students from Alternative Education (AE) and 84 young people who were not in education, employment, or training (NEET) took part. Details of participants are included in Appendix 2: Participant inclusion criteria.

Of the total survey responses, 10.4% (95% CI 9.0-11.9%) of young people identified as takatāpui and /or rainbow.

More than 97% of Youth19 survey participants — a total of 7,717 students — responded to questions regarding their

involvement with Oranga Tamariki or Child Youth and Family (CYF) and provided sufficient information to be included in this report. Of these participants, a total of 782 young people identified as takatāpui and rainbow (123 were gender diverse and 722 were SSMS attracted). Note that young people can respond as being both gender diverse and SSMS attracted. Their demographics are shown in Table 1.

A total of 671 (86%) takatāpui and rainbow students reported they had never been involved with Oranga Tamariki, and 111 (14%) had been involved with Oranga Tamariki, as shown in Table 1.

## Statistical methods and reporting for this report

In this report, we present data for each major indicator for those who reported they had *never* been involved with Oranga Tamariki and those who had been involved now and or previously. Tables are presented with data for takatāpui and rainbow young people and data for cis-heterosexual young people. We also present data separately for each major indicator for gender diverse young people and for SSMS attracted young

people in the section entitled 'Additional tables'. Young people may appear in both columns if they are both gender diverse and SSMS attracted. These tables are included as 'additional', rather than as the primary analyses, as participant numbers are quite small in some groups, hence differences should be considered with particular caution.

Where numbers are too low to provide realistic data estimates, or where participant identities might not be well protected, these data are not shown (cells are grey).

Responses were weighted to adjust for unequal probabilities of selection and the effects of complex surveys, this is a standard statistical method [6].

For this report, unlike most Youth19 reports, data are not calibrated to provide New Zealand-wide estimates since doing so would omit responses from students who did not identify as having a male or female sex [7]. This means that percentages presented in this report represent prevalence estimates for the surveyed population rather than estimates for the total New Zealand high school student population.

## Reading the tables and interpreting results

Table 1 shows the number of takatāpui and rainbow participants of each demographic (e.g., age or ethnicity) who participated in the survey and answered the question about being involved with Oranga Tamariki. For example, reading the first row, there were a total of 782 takatāpui and rainbow young people included in the analysis, of whom 671 (86%) had never been involved with Oranga Tamariki, and 111 (14%) had been involved (had ever and or were currently involved) with Oranga Tamariki. Gender diverse young people totalled 123, of whom 98 (80%) were never involved and 25 (20%) had been involved. Of the 722 same-sex or multiple-sex attracted students, 625 (87%) had never been involved with Oranga Tamariki and 97 (13%) had been involved.

Other tables show how many students answered a question in a particular way, with columns representing students who reported they had never been involved or had at some time been involved with Oranga Tamariki.

In each row, 'n' refers to the number of students who responded in a particular way. For example, in the top row of Table 2, of the 403 takatāpui and rainbow young

people who had never been involved with Oranga Tamariki and answered this question, 354 responded that they know about their culture (this represented 88.1% of takatāpui and rainbow respondents who had never been involved with Oranga Tamariki).

N refers to the number of participants who answered that question. N varies between questions as, first, students could choose not to answer questions and, second, the survey was branched so students only saw questions that were relevant to them.

The percentage value refers to the percentage of students who reported that response after adjustments had been made for the sampling design.

The confidence interval (95% CI) indicates the precision of this estimate by providing an interval within which we are 95% sure the true value lies. The size of the confidence interval is impacted by the number of responses in that group; results from larger groups have narrower confidence intervals than those from small groups.

Where confidence intervals do not overlap for different groups, we can be confident that the apparent differences between groups are not due to chance.

When confidence intervals *do* overlap, it is possible that apparent differences are chance or random effects, hence apparent differences should not be interpreted as *definitive* nor as *proof* of differences. At the same, overlapping confidence intervals does not mean apparent differences are unimportant. They may still be quite large, and other sources of data, or patterns of difference may increase our confidence that these are important [9-10].

Non-overlapping confidence intervals is a more conservative (i.e., tighter) criterion than  $p < 0.05$  and is a more appropriate indicator for survey data [9-10]. For these reasons, we refer to differences between groups as '*definitive*' where confidence intervals do not overlap. Where confidence intervals do overlap, we are more cautious and discuss these as '*apparent*' differences where these are sufficiently large to suggest that not considering them would be inappropriate (see references 9 and 10 for more discussion).

## Participants

As shown in Table 1, 14% of takatāpui and rainbow participants in Youth19 (a total of 111 young people) and 9% of cis-heterosexual young people in Youth19 had been involved with Oranga Tamariki.

Takatāpui Māori were approximately twice as likely to be involved with Oranga Tamariki as rainbow young people from other ethnicities.

Gender diverse young people were particularly likely to report involvement with Oranga Tamariki (20% of gender diverse participants; 13% for same- and multiple-sex attracted students).

Most participants attended mainstream schools or kura kaupapa Māori, while 33 takatāpui and rainbow participants attended Alternative Education (AE) or were not in education, employment, or training (NEET).

Over half (52%) of those in AE or NEETs had been involved with Oranga Tamariki, compared to 13% of mainstream school and kura kaupapa Māori participants.

Table 1: Demographics of takatāpui and rainbow student responses by involvement with Oranga Tamariki

	Takatāpui and rainbow*					Gender diverse*					Same-sex or multiple-sex attracted*					Cis-heterosexual				
	Total	Never involved with Oranga Tamariki		Been involved with Oranga Tamariki		Total	Never involved with Oranga Tamariki		Been involved with Oranga Tamariki		Total	Never involved with Oranga Tamariki		Been involved with Oranga Tamariki		Total	Never involved with Oranga Tamariki		Been involved with Oranga Tamariki	
	n	n	pct	n	pct	n	n	pct	n	pct	n	n	pct	n	pct	n	n	pct	n	pct
<b>Total</b>	<b>782</b>	671	86.0%	111	14.0%	<b>123</b>	<b>98</b>	80.0%	25	20.0%	<b>722</b>	625	87.0%	97	13.0%	<b>6,927</b>	6296	90.9%	631	9.1%
<b>Age</b>																				
15 years and under	<b>409</b>	354	87.0%	55	13.0%	<b>68</b>	55	81.0%	13	19.0%	<b>376</b>	328	87.0%	48	13.0%	<b>4384</b>	3944	90.0%	440	10.0%
16 years and over	<b>373</b>	317	85.0%	56	15.0%	<b>55</b>	43	78.0%	12	22.0%	<b>346</b>	297	86.0%	49	14.0%	<b>2543</b>	2352	92.5%	191	7.5%
<b>Reported sex</b>																				
Female	<b>577</b>	496	86.0%	81	14.0%	<b>79</b>	64	81.0%	15	19.0%	<b>546</b>	469	>85%	77	>15%	<b>3644</b>	3319	<90%	325	8.9%
Male	<b>190</b>	164	86.0%	26	14.0%	<b>29</b>	23	79.0%	6	21.0%	<b>174</b>	154	<90%	20	<10%	<b>3279</b>	2975	<90%	304	9.3%
Sex not disclosed	<b>15</b>	>10	>70%	<5	<30%	<b>15</b>	>10	>70%	<5	<30%	<b>&lt;5</b>					<b>&lt;5</b>				
<b>Ethnicity</b>																				
Māori	<b>161</b>	123	76.0%	38	24.0%	<b>25</b>	18	72.0%	7	28.0%	<b>146</b>	112	77.0%	34	23.0%	<b>1404</b>	1154	82.2%	250	17.8%
Pacific	<b>65</b>	57	88.0%	8	12.0%	<b>12</b>	>5	>65%	<5	<35%	<b>56</b>	>50	>90%	<5	<10%	<b>870</b>	780	89.7%	90	10.3%
Asian	<b>197</b>	172	87.0%	25	13.0%	<b>26</b>	>20	>85%	<5	<15%	<b>182</b>	159	87.0%	23	13.0%	<b>1551</b>	1458	94.0%	93	6.0%
Pākehā and other ethnicities	<b>359</b>	319	88.9%	40	11.1%	<b>60</b>	50	83.3%	10	16.7%	<b>338</b>	302	89.3%	36	10.7%	<b>3102</b>	2904	93.6%	198	6.4%
<b>Education provider type</b>																				
Mainstream and kura kaupapa Māori	<b>749</b>	655	87.4%	94	12.6%	<b>114</b>	92	80.7%	22	19.3%	<b>693</b>	612	88.3%	81	11.7%	<b>6795</b>	6211	91.4%	584	8.6%
AE or NEET	<b>33</b>	16	48.5%	17	51.5%	<b>9</b>	>5	>65%	<5	<35%	<b>29</b>	13	44.8%	16	55.2%	<b>132</b>	85	64.4%	57	35.6%

\*Takatāpui and rainbow refers to young people who are gender diverse, same-sex and multiple-sex attracted, or both.

Includes responses from young people in mainstream schools, kura kaupapa Māori, Alternative Education, and those not in education, employment, or training.

This table uses ethnic prioritisation reporting as per Ministry of Health Ethnicity Data Protocols (Ministry of Health, 2017).

Demographic data represents the number of students participating in the survey and is not survey weighted.

Where numbers are low, precise numbers are not given in order to protect anonymity.

# Findings

## Cultural connections

**Most takatāpui and rainbow young people and most cis-heterosexual young people reported positive cultural connections, regardless of their involvement with Oranga Tamariki.**

In all groups of young people shown in Table 2, including takatāpui and rainbow and cis-heterosexual young people who had and had not been involved with Oranga Tamariki:

- The majority reported knowing about their culture, and knew their iwi or where their family are from
- More than half could understand or speak the language of their culture
- More than half were proud to be from their culture
- Three quarters felt comfortable in their cultural setting.

**There were no definitive differences between takatāpui and rainbow young people who reported Oranga Tamariki involvement and takatāpui and rainbow young people without involvement.**

Takatāpui and rainbow young people who had never been involved with Oranga Tamariki appeared to have stronger cultural connections across most measures; however, confidence interval ranges overlapped for all measures, meaning that it is possible these differences are due to chance. An explanation of reading confidence intervals can be found in the section entitled 'Reading the tables and interpreting results'.

**When comparing takatāpui and rainbow young people with cis-heterosexual young people, the only definitive difference was seen in terms of pride in their culture, with takatāpui and rainbow participants reporting lower levels of being proud of being from their culture for both those who had and had not been involved with Oranga Tamariki.**

Table 2: Cultural connections, takatāpui and rainbow students

	Takatāpui and rainbow				Cis-heterosexual			
	Never involved with Oranga Tamariki		Been involved with Oranga Tamariki		Never involved with Oranga Tamariki		Been involved with Oranga Tamariki	
	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]
<b>Cultural knowledge</b>								
Know about their culture*	354 (403)	88.1 [83.8-92.5]	70 (86)	83.1 [75.4-90.7]	3279 (3765)	87.3 [85.0-89.5]	434 (484)	89.7 [86.5-92.8]
Can speak their language*	216 (399)	55.5 [48.1-62.8]	51 (86)	56.9 [41.4-72.5]	2211 (3748)	57.8 [54.3-61.3]	281 (480)	58.3 [53.3-63.3]
Can understand their language*	261 (402)	65.9 [59.8-72.0]	55 (86)	61.7 [46.8-76.5]	2573 (3757)	68.4 [65.4-71.5]	325 (485)	67.7 [61.3-74.1]
Are proud of being from their culture	329 (600)	53.7 [48.0-59.4]	62 (104)	60.8 [50.7-70.8]	4183 (5865)	70.9 [67.8-74.0]	437 (578)	75.6 [69.1-82.2]
Know their iwi or their family's place of origin †	477 (611)	78.5 [74.5-82.4]	76 (105)	73.4 [65.3-81.5]	4563 (5960)	75.9 [74.1-77.6]	451 (611)	71.5 [67.6-75.3]
Feels comfortable in their cultural setting*	304 (400)	77.0 [72.7-81.2]	61 (86)	73.2 [62.5-84.0]	3094 (3734)	82.6 [80.7-84.5]	374 (474)	77.5 [74.0-81.0]

\*Not asked of participants who answered "NZ European" as their only ethnicity

†Knowledge of iwi for Māori students, knowledge of parents' or family's place of origin for others, as shown in Appendix 1.



# Home and housing

## Housing deprivation and housing stress

**Overall, takatāpui and rainbow young people who have been involved with Oranga Tamariki reported very high rates of housing deprivation and housing stress.** Table 3 shows that for these participants:

- Almost two out of three had experienced housing deprivation in the past 12 months
- There were high levels of severe housing deprivation and large numbers of families split up due to housing deprivation
- Many had moved multiple times in the past 12 months.

Generally, on housing deprivation measures, takatāpui and rainbow young people who have been involved with Oranga Tamariki appeared to face:

- Similar or greater challenges than cis-heterosexual young people who had been involved with Oranga Tamariki
- Greater challenges than takatāpui and rainbow young people who had not been involved with Oranga Tamariki
- Considerably greater challenges than cis-heterosexual young people who had not been involved with Oranga Tamariki.

Note that many confidence intervals overlap. As described in the section entitled 'Reading the tables and interpreting results' this does not mean differences are not important, rather that they are not definitive and should not be considered 'proven' to be different. However, data presented in other Youth19 reports on gender diversity provide supporting evidence that takatāpui and rainbow young people experience more housing insecurity than their cis-heterosexual peers [11-13].

## Food, electricity, and transport insecurity

**Takatāpui and rainbow young people who have been involved with Oranga Tamariki experience high rates of resource insecurity,** they reported:

- High rates of food, electricity, and transport insecurity
- About double the rate of food insecurity as those without involvement

- More than double the electricity and transport insecurity as those without involvement.

These patterns were similar to those for cis-heterosexual young people involved with Oranga Tamariki (Table 3).

## Household composition

**There are major differences in household composition for takatāpui and rainbow young people who have been involved with Oranga Tamariki compared to takatāpui and rainbow young people who have not.**

- Almost one in three young people who have been involved with Oranga Tamariki reported that they live away from their parents; this is more than

three times higher than those with no involvement

- Those with no involvement with Oranga Tamariki were more likely to live with at least one parent.

When compared to cis-heterosexual young people, takatāpui and rainbow young people were definitively less likely to live with both parents together, especially for those who had been involved with Oranga Tamariki (Table 3).

## Family relationships

**Takatāpui and rainbow young people involved with Oranga Tamariki reported relatively low rates of important aspects of family support and safety** as shown in Table 3, for example:

- 67% of takatāpui and rainbow young people involved with Oranga Tamariki reported feeling safe at home, this was lower than for each comparison group
- 65% of takatāpui and rainbow young people involved with Oranga Tamariki reported having at least one parent who cares a lot this was lower than for each comparison group
- Under 60% of both takatāpui and rainbow groups said that there is someone in their family they can talk with about things that are worrying them

- Under 60% of both takatāpui and rainbow groups said that there is someone in their family they can talk with about things that are worrying them.

For all markers of family relationships, takatāpui and rainbow young people without involvement with Oranga Tamariki experienced definitively lower levels of connectedness, support, and safety in the home compared to cis-heterosexual young people without involvement.

Although there are overlaps in confidence intervals for some markers, there appears to be a pattern of consistent disparities for takatāpui and rainbow young people, especially for those who have been involved with Oranga Tamariki, compared with cis-heterosexual young people.

## Friends and adults in the community

### **Most takatāpui and rainbow young people reported positive friendships.**

More than three quarters of takatāpui and rainbow young people involved with Oranga Tamariki reported they had a friend:

- Who they could talk to
- Who respects what is important to them
- Who they can trust to share their feelings with
- Who they have a close bond with.

There were relatively small differences between takatāpui and rainbow young people who had been and had not been involved with Oranga Tamariki.

Among those who had not been involved, there were no or few differences between takatāpui and rainbow participants and cis-heterosexual participants.

**Takatāpui and rainbow young people involved with Oranga Tamariki reported higher levels of connectedness with adults outside of the family** for all measures in this report, including:

- Having a close bond with an adult
- Having an adult they can talk to, who trusts them and who respects them.

Takatāpui and rainbow young people with no involvement with Oranga Tamariki reported lower connectedness with adults than cis-heterosexual young people, whether they were involved or not, whereas takatāpui and rainbow young people who were involved with Oranga Tamariki reported similar levels of connectedness with adults as cis-heterosexual young people who were involved with Oranga Tamariki.

Table 3: Home and housing, takatāpui and rainbow students

	Takatāpui and rainbow				Cis-heterosexual			
	Never involved with Oranga Tamariki		Been involved with Oranga Tamariki		Never involved with Oranga Tamariki		Been involved with Oranga Tamariki	
	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]
<b>Housing</b>								
Experienced housing deprivation in last 12 months*	229 (671)	33.4 [27.6-39.3]	75 (111)	63.6 [53.9-73.4]	1672 (6296)	26.0 [22.8-29.2]	345 (631)	55.5 [49.5-61.6]
Severe housing deprivation*	19 (671)	2.1 [0.8-3.3]	16 (111)	10.5 [3.7-17.2]	79 (6296)	1.3 [0.9-1.6]	43 (631)	6.2 [3.8-8.6]
Housing financial stress*	108 (620)	17.1 [13.6-20.6]	28 (103)	27.0 [17.7-36.3]	763 (5803)	13.1 [10.8-15.4]	148 (549)	27.2 [22.1-32.3]
Family split up because of housing problems	86 (670)	12.7 [9.1-16.4]	39 (107)	34.2 [23.0-45.4]	529 (6279)	8.0 [6.9-9.2]	157 (623)	26.2 [21.5-30.8]
Moved two or more times in last 12 months	53 (670)	6.9 [5.0-8.8]	29 (111)	19.6 [11.1-28.1]	406 (6290)	6.1 [5.0-7.2]	123 (630)	18.8 [14.5-23.0]
<b>Housing deprivation levels*</b>								
No housing deprivation indicator	406 (620)	65.8 [59.8-71.9]	32 (99)	37.1 [27.0-47.2]	4214 (5788)	73.4 [70.2-76.7]	242 (543)	44.3 [37.9-50.6]
One indicator of housing deprivation	138 (620)	22.3 [17.2-27.4]	32 (99)	30.6 [18.2-43.0]	1111 (5788)	18.8 [16.7-20.9]	149 (543)	28.3 [24.4-32.2]
Two indicators of housing deprivation	53 (620)	8.6 [5.4-11.8]	19 (99)	22.4 [12.9-32.0]	336 (5788)	5.6 [4.6-6.7]	88 (543)	16.1 [12.4-19.8]
Three or more indicators of housing deprivation	23 (214)	9.6 [4.2-14.9]	16 (67)	15.7 [4.3-27.2]	127 (1574)	8.0 [6.0-10.1]	64 (301)	20.2 [15.2-25.3]
<b>Material deprivation*</b>								
Food insecurity	172 (643)	24.7 [18.9-30.4]	49 (101)	47.2 [36.5-57.8]	1447 (5899)	24.1 [20.0-28.2]	277 (571)	47.8 [41.2-54.4]
Electricity insecurity	53 (627)	7.9 [4.8-10.9]	23 (104)	20.1 [11.4-28.8]	505 (5920)	8.3 [5.8-10.9]	108 (558)	18.1 [13.5-22.7]
Transport insecurity (money for petrol/public transport)	95 (626)	13.6 [9.6-17.7]	34 (103)	30.0 [20.4-39.6]	739 (5923)	12.1 [8.8-15.3]	152 (556)	27.0 [20.7-33.3]
<b>Household composition</b>								
Live with two parents together	431 (669)	64.5 [60.7-68.3]	31 (109)	24.4 [14.6-34.3]	4455 (6274)	71.9 [69.6-74.1]	240 (623)	42.3 [38.2-46.4]
Live with at least one parent or between parents	178 (669)	27.3 [23.3-31.3]	46 (109)	45.7 [35.5-55.9]	1470 (6274)	23.1 [21.0-25.2]	258 (623)	40.9 [35.9-45.9]
Live with other family members (not parents)	29 (669)	4.1 [1.9-6.2]	16 (109)	18.1 [7.5-28.7]	172 (6274)	2.4 [1.7-3.1]	89 (623)	12.2 [9.4-14.9]
Board, flat or live with people who are not their family, or live alone	31 (669)	4.1 [1.9-6.4]	16 (109)	11.7 [4.2-19.3]	177 (6274)	2.6 [1.4-3.9]	36 (623)	4.6 [2.4-6.8]

	Takatāpui and rainbow				Cis-heterosexual			
	Never involved with Oranga Tamariki		Been involved with Oranga Tamariki		Never involved with Oranga Tamariki		Been involved with Oranga Tamariki	
	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]
<b>Family relationships</b>								
Feeling safe at home	569 (669)	83.6 [78.9-88.4]	77 (111)	67.0 [55.8-78.2]	5998 (6291)	95.2 [94.5-95.9]	527 (630)	82.6 [79.0-86.1]
At least one parent cares a lot	539 (606)	89.3 [86.7-91.9]	67 (99)	64.8 [53.1-76.5]	5170 (5457)	94.7 [93.9-95.5]	469 (560)	85.1 [81.4-88.9]
Family usually or always wants to know who young person is with	579 (666)	87.4 [84.7-90.2]	89 (111)	82.5 [75.7-89.4]	5807 (6283)	92.9 [91.9-93.8]	545 (625)	87.0 [82.4-91.6]
Have a family member they can trust to share their feelings with	411 (663)	61.4 [57.4-65.4]	64 (110)	58.5 [46.1-70.9]	4849 (6254)	77.7 [76.1-79.2]	436 (620)	72.5 [68.2-76.7]
Have a family member they can talk to about things that worry them	387 (660)	57.5 [53.4-61.7]	57 (108)	55.2 [43.8-66.6]	4776 (6225)	76.9 [75.3-78.4]	402 (610)	66.6 [61.2-72.0]
Have a family member who respects what is important to them	455 (661)	68.7 [63.6-73.7]	61 (108)	59.1 [45.4-72.8]	5275 (6232)	84.8 [83.5-86.1]	453 (606)	75.4 [71.2-79.5]
Have a family member who will stick up for them and has 'got their back'	498 (660)	75.8 [71.3-80.3]	72 (108)	65.5 [55.8-75.1]	5490 (6221)	88.0 [86.8-89.2]	495 (602)	82.8 [78.4-87.2]
Feel like they get enough quality time with their family/whānau	362 (658)	55.6 [49.4-61.9]	48 (109)	48.3 [35.2-61.4]	4611 (6218)	74.1 [72.8-75.3]	378 (606)	64.8 [60.3-69.3]
Family/whānau are proud and supportive of them	501 (657)	75.9 [69.8-81.9]	69 (108)	69.2 [59.5-78.8]	5482 (6224)	87.8 [86.5-89.2]	477 (601)	78.7 [75.0-82.4]
<b>Connectedness</b>								
Have a friend they can talk to	540 (660)	83.4 [78.7-88.0]	85 (105)	79.8 [73.1-86.6]	5294 (6243)	84.7 [83.5-85.9]	492 (613)	80.3 [77.4-83.3]
Have a friend who respects what is important to them	507 (660)	78.3 [73.0-83.6]	78 (104)	75.2 [65.4-85.0]	5278 (6222)	84.7 [83.7-85.7]	489 (610)	80.1 [75.6-84.5]
Have a friend they can trust to share their feelings with	551 (661)	83.6 [80.5-86.7]	91 (106)	85.1 [76.7-93.4]	5438 (6243)	86.9 [85.5-88.2]	509 (616)	83.2 [79.3-87.2]
Have a friend they have a close bond with	557 (660)	86.0 [82.8-89.2]	89 (105)	84.9 [76.4-93.4]	5586 (6219)	89.4 [88.4-90.5]	523 (606)	85.9 [82.8-89.0]
Have an adult outside family they can talk to	247 (598)	38.4 [33.6-43.3]	52 (85)	65.3 [52.3-78.4]	2731 (5573)	49.0 [47.1-50.9]	278 (496)	54.2 [47.9-60.5]
Have an adult outside family who respects what is important to them	260 (598)	40.6 [35.5-45.6]	45 (83)	59.2 [45.5-73.0]	3031 (5509)	54.5 [52.0-57.0]	283 (481)	57.5 [50.8-64.3]
Have an adult outside family they can trust to share their feelings with	242 (599)	38.6 [34.2-42.9]	50 (86)	60.4 [46.9-73.9]	2820 (5594)	50.1 [47.9-52.3]	299 (497)	60.2 [53.9-66.6]
Have an adult outside family they have a close bond with	249 (592)	38.2 [33.5-43.0]	43 (80)	56.3 [41.2-71.3]	2860 (5485)	51.5 [49.3-53.7]	280 (482)	56.7 [50.4-63.0]

\*see Appendix 1 for wording of housing deprivation, housing financial stress and material deprivation measures as well as wording of questionnaire items.

# Mental and physical health and healthcare access

## Mental health and help seeking

**Takatāpui and rainbow young people who have been involved with Oranga Tamariki reported alarming and urgent mental health needs.**

Compared to takatāpui and rainbow young people who were not involved with Oranga Tamariki, takatāpui and rainbow young people who had been involved were markedly:

- Less likely to report good emotional wellbeing
- More likely to report thoughts of suicide and suicide attempts
- More likely to seek help from a professional (e.g., GP, nurse, counsellor).

**The mental health needs and help-seeking behaviours of takatāpui and rainbow young people who both had and had not been involved with Oranga Tamariki far exceeded those of cis-heterosexual young people.**

These findings are consistent with our 'Negotiating Multiple Identities: Intersecting Identities among Māori, Pacific, Rainbow and Disabled Young People report and related outputs [11-13].

## Physical health, disability, and sexual health

**Most takatāpui and rainbow young people reported good or excellent physical health, with no definitive differences noted between those with and without Oranga Tamariki involvement.**

However, overall, a higher proportion of takatāpui and rainbow young people reported having a disabling condition than that of cis-heterosexual young people. A disabling condition was recorded when the young person reported having a long-term disability, chronic condition, or pain

that impacts on day-to-day functioning (see 'Appendix 1: Questionnaire items

Appendix 1: Questionnaire items' for item wording).

Takatāpui and rainbow young people who had been involved with Oranga Tamariki were twice as likely to report having had sex as those who not been involved with Oranga Tamariki. Furthermore, **less than half of sexually active takatāpui and rainbow young people reported always using condoms and contraceptives**, whether they were involved with Oranga Tamariki or not.

Takatāpui and rainbow young people who had been involved with Oranga Tamariki were much more likely to have had sex than cis-heterosexual young people who had been involved with Oranga Tamariki. There were no definitive differences in condom and contraception use between takatāpui and rainbow young people and cis-heterosexual young people, but condom and contraception use among takatāpui and rainbow young people who had not been involved with Oranga Tamariki appeared to be lower than that of cis-heterosexual young people who had not been involved with Oranga Tamariki.

## Health and wellbeing access and barriers

**Takatāpui and rainbow young people who have been involved with Oranga Tamariki reported high rates of period poverty and missing school due to period poverty.**

While most had accessed a healthcare service in the past year, **over half of takatāpui and rainbow young people who have been involved with Oranga**

**Tamariki had not been able to access health care when they wanted it in the last 12 months.** This was considerably higher than for other groups.

Takatāpui and rainbow participants who had been involved with Oranga Tamariki were more likely to have seen a health provider in private than others.

Table 4: Mental and physical health and healthcare access, takatāpui and rainbow students

	Takatāpui and rainbow				Cis-heterosexual			
	Never involved with Oranga Tamariki		Been involved with Oranga Tamariki		Never involved with Oranga Tamariki		Been involved with Oranga Tamariki	
	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]
<b>Mental health</b>								
Good emotional wellbeing <sup>^</sup>	273 (646)	41.2 [36.4-45.9]	33 (100)	28.9 [17.0-40.8]	4460 (6089)	72.8 [70.8-74.9]	342 (561)	60.2 [56.0-64.4]
Depressive symptoms <sup>∅</sup>	318 (629)	50.7 [45.4-56.1]	66 (101)	64.9 [53.5-76.3]	1232 (6100)	21.0 [18.6-23.4]	232 (564)	42.2 [37.9-46.5]
Thoughts of suicide <sup>*</sup>	271 (651)	43.4 [37.3-49.6]	69 (104)	67.8 [56.9-78.7]	1073 (6109)	18.0 [16.2-19.7]	210 (574)	36.2 [32.4-40.1]
Suicide attempts <sup>*</sup>	66 (653)	10.4 [7.9-12.8]	36 (103)	30.4 [18.8-41.9]	294 (6109)	4.8 [3.5-6.2]	115 (578)	17.3 [12.7-22.0]
<b>Mental health help seeking</b>								
Sought help from family, friend, or another person <sup>*‡</sup>	490 (639)	77.4 [74.8-80.1]	86 (102)	87.3 [79.6-95.0]	4448 (6003)	75.0 [72.3-77.7]	426 (563)	75.1 [71.3-79.0]
Sought help from phone or online service or app <sup>*¶</sup>	131 (639)	20.8 [17.5-24.1]	32 (102)	34.1 [22.5-45.8]	485 (6003)	8.3 [7.0-9.6]	57 (563)	9.9 [7.9-12.0]
Sought help from professional such as GP, nurse, counsellor <sup>*§</sup>	173 (639)	27.0 [24.2-29.9]	49 (102)	51.2 [38.7-63.7]	786 (6003)	13.5 [12.0-14.9]	164 (563)	29.1 [24.8-33.4]
<b>Physical health and disability</b>								
Very good or excellent overall health	535 (663)	80.2 [75.4-84.9]	76 (108)	74.1 [63.7-84.4]	5749 (6249)	92.2 [91.3-93.1]	536 (620)	86.6 [83.3-89.9]
Have a disabling condition <sup>#</sup>	266 (671)	41.6 [35.5-47.7]	67 (111)	57.2 [43.2-71.2]	1321 (6296)	20.8 [19.3-22.3]	242 (631)	36.4 [31.5-41.3]
<b>Sexual health</b>								
Ever had sex	146 (634)	22.6 [18.3-26.8]	50 (101)	48.1 [37.1-59.0]	1012 (5983)	15.4 [13.6-17.3]	163 (555)	24.6 [20.5-28.6]
Always use condoms (among sexually active students)	40 (136)	31.5 [21.3-41.8]	15 (46)	30.2 [13.3-47.1]	407 (965)	42.6 [36.6-48.5]	40 (148)	31.3 [21.5-41.1]
Always use contraception (among sexually active students)	54 (140)	36.1 [26.7-45.4]	22 (49)	41.5 [26.3-56.7]	513 (990)	52.8 [48.0-57.7]	54 (157)	40.2 [30.7-49.7]



	Takatāpui and rainbow				Cis-heterosexual			
	Never involved with Oranga Tamariki		Been involved with Oranga Tamariki		Never involved with Oranga Tamariki		Been involved with Oranga Tamariki	
	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]
<b>Health and wellbeing access and barriers</b>								
Experienced period poverty (among those who have had a menstrual period)	71 (453)	15.1 [10.5-19.7]	23 (72)	26.3 [13.7-38.9]	335 (2999)	10.7 [8.5-12.9]	82 (287)	26.4 [18.1-34.6]
Missed school due to period poverty	41 (454)	9.4 [4.5-14.3]	11 (69)	16.9 [3.9-29.9]	200 (2989)	5.9 [4.0-7.9]	65 (285)	20.9 [14.6-27.3]
Accessed at least one healthcare service*	510 (649)	77.6 [74.0-81.2]	74 (103)	71.7 [60.3-83.1]	4796 (6134)	78.0 [76.0-80.1]	424 (592)	71.5 [67.4-75.5]
Talked with a health professional in private*	215 (507)	43.1 [39.1-47.2]	53 (73)	72.7 [62.0-83.5]	1715 (4754)	35.4 [33.4-37.4]	221 (417)	50.0 [44.5-55.5]
Unable to access healthcare when wanted - at least once*	184 (647)	28.3 [25.0-31.5]	60 (101)	55.9 [44.9-66.8]	1153 (6124)	18.6 [17.1-20.1]	199 (590)	33.6 [28.5-38.7]

^ Good emotional wellbeing as indicated by a score of 13 or more on the WHO-5 wellbeing index (see Appendix 1 for item wording)

◇ Depression symptoms as measured using the Short Form of the Reynolds Adolescent Depression Scale (RADS-SF)

\* In the past 12 months

‡ A friend or young person you know; A parent or other adult in your family; someone else (not one of those listed below)

¶ A phonline (e.g., Kidsline, Whatsup, 1737, Youthline); A social media or chat room post that people you know might see; An anonymous social media or chat room post; A website with information such as Youthline, The Lowdown or Depression.org; An app or online program like SPARX.org or Headspace

§ Your family doctor/GP; A school counsellor; A school nurse; A counsellor or mental health professional not at your school (e.g., psychologist, psychiatrist)

# 'Disabling condition' was defined by the student reporting as having a long-term disability, chronic condition, or pain that impacts on day-to-day functioning (see Appendix 1 for item wording).

# Community and contexts

## School

**Takatāpui and rainbow young people who have been involved with Oranga Tamariki report high challenges at school. On each indicator included here they appear worse off than each comparison group**, although many of the confidence intervals overlap.

More specifically, compared to takatāpui and rainbow young people who have not been involved, takatāpui and rainbow young people who have been involved with Oranga Tamariki are less likely to feel that teachers treat students fairly; appear less likely to feel that adults at school care about them; and are more likely to be bullied at school weekly or more often.

Compared to cis-heterosexual young people who have been involved with Oranga Tamariki, takatāpui and rainbow young people who have been involved with Oranga Tamariki are less likely to feel part of school and they appear less likely to feel that adults at school care about them, feel that teachers are fair, and feel safe. They are also more likely to be bullied weekly or more often.

Compared to cis-heterosexual young people who have not been involved with Oranga Tamariki, takatāpui and rainbow young people who have been involved with Oranga Tamariki are worse off on every indicator included in this area.

## Substance use

**Substance use for takatāpui and rainbow young people who report having been involved with Oranga Tamariki is of particular concern**, with levels of weekly cigarette use, marijuana use, and regular binge drinking much higher than for those without involvement.

**Across the majority of measures, takatāpui and rainbow young people report higher substance use than cis-heterosexual young people, irrespective of their involvement with Oranga Tamariki.**

## Violence and police involvement

**Levels of violence and police discrimination are high for takatāpui and rainbow young people**, but for those with Oranga Tamariki involvement, the levels are much higher. Compared to those who have never been involved with Oranga Tamariki, the incidence of being hit or harmed by anyone (including peers, siblings, and adults) is markedly higher for those with involvement. Furthermore, levels of being harmed by an adult in the home or of sexual violence or abuse are nearly double for takatāpui and rainbow

young people who have been involved with Oranga Tamariki. Equally, the incidence of reports of having been in trouble or treated unfairly by the police is much higher for those who have been involved with Oranga Tamariki compared to those who have not. For those who have been involved with Oranga Tamariki, when compared to cis-heterosexual young people, reports of takatāpui and rainbow young people being hit by an adult at home and reports of unwanted sexual behaviour are definitively higher.

## Activities

**Takatāpui and rainbow young people who have been involved with Oranga Tamariki are likely to look after others at home and volunteer in their school or community** with each of these reported by over half of takatāpui and rainbow students.

About half of the takatāpui and rainbow participants belonged to a non-sports group or had paid employment, and about a third belonged to a sports group.

Participation in sports teams was higher among cis-heterosexual young people.

Table 5: Community and contexts, takatāpui and rainbow students

	Takatāpui and rainbow				Cis-heterosexual			
	Never involved with Oranga Tamariki		Been involved with Oranga Tamariki		Never involved with Oranga Tamariki		Been involved with Oranga Tamariki	
	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]
<b>School</b>								
Feel a part of their school	527 (645)	82.4 [77.6-87.2]	70 (98)	72.3 [63.0-81.6]	5362 (6168)	87.2 [85.4-88.9]	519 (606)	86.3 [83.0-89.6]
Adults at school care about them	484 (651)	75.4 [70.4-80.5]	60 (101)	62.4 [48.9-75.9]	4954 (6213)	80.4 [78.5-82.3]	446 (611)	73.2 [67.4-78.9]
Teachers treat students fairly	441 (650)	70.4 [63.2-77.7]	47 (100)	49.8 [37.6-62.0]	4302 (6234)	69.2 [67.0-71.5]	330 (610)	54.1 [50.0-58.2]
Feel safe at school	534 (651)	82.4 [78.3-86.4]	61 (99)	62.6 [52.1-73.0]	5569 (6231)	88.6 [86.5-90.7]	479 (614)	76.2 [72.2-80.2]
Had been bullied weekly or more at school in previous 12 months	47 (644)	6.5 [4.4-8.5]	17 (94)	19.3 [9.4-29.2]	270 (6180)	4.5 [3.6-5.3]	64 (598)	9.7 [7.0-12.4]
<b>Substance use</b>								
Smoke cigarettes at least once a week	29 (629)	3.1 [1.4-4.8]	19 (95)	12.2 [4.7-19.8]	147 (5949)	1.7 [1.1-2.4]	56 (544)	7.1 [4.2-9.9]
Vape at least once a week	44 (628)	7.9 [4.0-11.8]	11 (97)	8.4 [2.1-14.7]	336 (5941)	5.1 [3.7-6.4]	55 (541)	10.5 [7.4-13.7]
Drink alcohol at least once a week	53 (625)	7.2 [3.6-10.7]	16 (97)	17.5 [6.4-28.6]	404 (5914)	5.8 [4.6-7.0]	57 (546)	10.1 [6.7-13.5]
Binge drank (5 or more drinks within 4 hours) in previous 4 weeks	128 (619)	20.1 [16.2-24.0]	35 (96)	35.4 [23.2-47.6]	1087 (5864)	16.5 [14.1-19.0]	139 (542)	20.7 [15.3-26.1]
Smoke marijuana at least once a week	35 (620)	4.3 [2.2-6.5]	20 (92)	14.8 [7.2-22.3]	222 (5814)	2.9 [2.1-3.8]	64 (531)	8.3 [4.9-11.7]
<b>Violence and police involvement</b>								
Been deliberately hit or physically harmed in last 12 months*	312 (583)	52.4 [48.5-56.2]	66 (90)	68.3 [55.8-80.8]	2746 (5512)	48.8 [46.7-50.8]	311 (499)	59.8 [55.4-64.2]
Been hit or physically harmed by an adult at home in last 12 months	83 (627)	13.3 [10.2-16.4]	33 (95)	30.5 [18.6-42.3]	559 (5925)	9.3 [8.4-10.3]	117 (533)	22.3 [18.5-26.1]
Experienced sexual violence, abuse or unwanted sexual experiences	195 (627)	31.7 [26.5-36.9]	54 (91)	56.0 [43.4-68.7]	874 (5915)	15.0 [13.0-17.1]	177 (538)	31.4 [27.1-35.7]
Been in trouble with the police in last 12 months	34 (633)	4.9 [3.1-6.7]	22 (97)	19.0 [10.4-27.6]	345 (5948)	5.2 [4.4-6.0]	103 (539)	17.8 [13.5-22.0]
Been treated unfairly by the police because of their ethnicity in last 12 months	16 (621)	2.0 [0.6-3.4]	13 (95)	11.4 [5.1-17.8]	126 (5873)	1.7 [1.2-2.1]	28 (524)	4.5 [2.6-6.4]

Activities	Takatāpui and rainbow				Cis-heterosexual			
	Never involved with Oranga Tamariki		Been involved with Oranga Tamariki		Never involved with Oranga Tamariki		Been involved with Oranga Tamariki	
	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]
Looks after others at home at least once a week‡	194 (625)	29.7 [24.9-34.5]	46 (96)	52.0 [40.8-63.2]	2034 (5894)	34.2 [31.2-37.2]	265 (527)	48.1 [43.2-52.9]
Belong to a sports team or group	242 (596)	38.5 [33.5-43.5]	26 (92)	30.1 [20.7-39.6]	3574 (5650)	62.6 [58.7-66.5]	264 (503)	52.2 [46.8-57.5]
Belong to another group	318 (596)	54.1 [48.6-59.6]	46 (92)	47.2 [35.3-59.2]	2174 (5650)	38.2 [35.8-40.6]	198 (503)	41.4 [35.2-47.6]
Had paid employment in last 12 months	298 (606)	51.9 [45.2-58.7]	49 (92)	50.5 [34.9-66.1]	2814 (5758)	48.0 [44.3-51.8]	229 (508)	42.1 [35.2-49.0]
Gave time to help others in their school or community	335 (597)	58.0 [52.8-63.1]	53 (90)	61.7 [48.4-74.9]	3056 (5605)	54.7 [52.0-57.4]	255 (504)	49.0 [45.2-52.9]
Enrolled or plan to enrol to vote	460 (603)	77.2 [73.1-81.4]	60 (95)	65.3 [51.6-79.0]	4146 (5667)	73.0 [70.3-75.7]	314 (516)	59.3 [53.6-64.9]

\*Hit or harmed including by peers, siblings, adults

‡Such as younger children or older family members

# Additional tables

To protect participants' anonymity, data are not provided where there are fewer than ten people in a specific grouping.

Table 6: Cultural connections, gender diverse, same-sex or multiple-sex attracted, and cis-gender and exclusively same-sex attracted students

	Gender diverse				Same-sex or multiple-sex attracted			
	Never involved with Oranga Tamariki		Been involved with Oranga Tamariki		Never involved with Oranga Tamariki		Been involved with Oranga Tamariki	
	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]
<b>Cultural connections and knowledge</b>								
Know about their culture*	46 (57)	80.9 [66.3-95.6]	16 (20)	83.8 [69.0-98.6]	323 (368)	87.9 [83.7-92.2]	60 (73)	83.6 [73.9-93.4]
Can speak their language*	27 (54)	53.0 [41.0-64.9]	13 (20)	66.6 [41.1-92.2]	198 (366)	55.0 [47.4-62.6]	42 (73)	54.3 [37.2-71.5]
Can understand their language*	37 (56)	68.4 [54.9-81.8]	13 (20)	66.7 [45.1-88.3]	235 (368)	64.5 [58.2-70.8]	46 (73)	60.0 [43.5-76.6]
Are proud of being from their culture	50 (90)	51.8 [40.9-62.7]	13 (25)	51.4 [27.1-75.7]	301 (556)	53.1 [47.4-58.8]	55 (90)	62.6 [49.9-75.3]
Know their iwi or their family's place of origin*†	66 (91)	68.6 [56.4-80.7]	15 (25)	68.0 [49.5-86.6]	446 (567)	79.0 [75.0-83.0]	67 (91)	74.7 [65.7-83.7]
Feel comfortable in their cultural setting*	38 (57)	66.9 [54.3-79.5]	15 (20)	73.0 [52.1-93.9]	282 (365)	78.0 [73.5-82.5]	53 (73)	76.0 [65.6-86.3]

\*Not asked of students who answered 'NZ European' as their only ethnicity

†Knowledge of iwi for Māori students, knowledge of parents' or family's place of origin for others, as shown in Appendix 1.

Table 7: Home and housing, cis-gender and exclusively same-sex attracted students

	Gender diverse				Same-sex or multiple-sex attracted			
	Never involved with Oranga Tamariki		Been involved with Oranga Tamariki		Never involved with Oranga Tamariki		Been involved with Oranga Tamariki	
	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]
<b>Housing</b>								
Experienced any housing deprivation in last 12 months*	46 (98)	45.4 [34.9-55.8]	19 (25)	76.7 [58.2-95.2]	204 (625)	32.1 [26.0-38.3]	66 (97)	62.9 [51.2-74.6]
Experienced severe housing deprivation*					16 (625)	2.1 [0.8-3.3]	13 (97)	8.1 [2.0-14.2]
Experienced housing financial stress*	22 (84)	28.2 [17.7-38.6]			95 (583)	16.0 [12.4-19.6]	24 (92)	25.3 [14.6-36.0]
Family split up because of housing problems	17 (97)	16.7 [8.4-25.1]			74 (625)	11.8 [7.9-15.6]	34 (94)	32.7 [19.9-45.6]
Moved two or more times in last 12 months	9 (97)	7.9 [-0.1-16.0]			47 (625)	6.6 [4.9-8.3]	27 (97)	20.5 [11.0-29.9]
<b>Housing deprivation levels*</b>								
No housing deprivation indicator	44 (84)	52.2 [41.9-62.6]			390 (583)	67.1 [60.8-73.5]	28 (89)	37.2 [25.6-48.9]
One indicator of housing deprivation	23 (84)	28.5 [18.5-38.5]			127 (583)	21.9 [16.7-27.2]	30 (89)	32.3 [20.1-44.6]
Two indicators of housing deprivation	10 (84)	10.6 [4.6-16.6]			47 (583)	8.2 [5.0-11.4]	16 (89)	21.3 [10.6-31.9]
Three or more indicators of housing deprivation					19 (193)	8.3 [4.1-12.5]	15 (61)	14.6 [3.0-26.2]
<b>Material deprivation*</b>								
Food insecurity	26 (90)	28.1 [17.4-38.7]			157 (601)	24.1 [18.5-29.7]	47 (91)	50.3 [38.1-62.5]
Electricity insecurity	10 (90)	10.5 [3.0-18.0]			43 (585)	6.9 [4.1-9.7]	21 (92)	20.7 [11.1-30.4]
Transport insecurity (money for petrol/public transport)	15 (88)	16.9 [6.4-27.4]			85 (586)	13.1 [9.1-17.1]	31 (91)	30.3 [19.8-40.8]
<b>Household composition</b>								
Live with two parents together	55 (98)	60.6 [45.2-76.0]			406 (623)	65.1 [60.8-69.3]	27 (95)	24.3 [13.9-34.7]
Live with at least one parent or between parents	32 (98)	30.6 [20.0-41.3]	12 (25)	55.6 [32.3-78.9]	165 (623)	27.2 [22.7-31.8]	39 (95)	44.8 [33.5-56.1]
Live with other family members (not parents)					26 (623)	3.7 [1.9-5.4]	14 (95)	18.2 [7.0-29.4]
Board, flat or live with people who are not their family, or live alone					26 (623)	4.0 [1.7-6.3]	15 (95)	12.7 [4.4-21.0]

	Gender diverse				Same-sex or multiple-sex attracted			
	Never involved with Oranga Tamariki		Been involved with Oranga Tamariki		Never involved with Oranga Tamariki		Been involved with Oranga Tamariki	
	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]
<b>Family relationships</b>								
Feel safe at home	73 (96)	76.6 [66.5-86.6]	16 (25)	56.1 [41.2-71.0]	536 (625)	83.9 [78.9-89.0]	67 (97)	67.0 [55.2-78.7]
At least one parent cares a lot	66 (85)	80.1 [72.4-87.7]	11 (21)	48.3 [22.6-74.0]	512 (569)	90.3 [88.1-92.5]	63 (89)	67.6 [57.1-78.2]
Family usually or always wants to know who young person is with	81 (94)	90.7 [84.8-96.6]	19 (25)	77.1 [59.2-95.0]	543 (623)	87.6 [84.7-90.4]	79 (97)	83.9 [76.4-91.3]
Have family member they can trust to share their feelings with	53 (96)	50.8 [40.0-61.6]	15 (24)	63.1 [44.2-82.0]	382 (618)	61.4 [57.1-65.8]	56 (97)	58.8 [45.7-71.9]
Have family member they can talk to	46 (94)	46.0 [33.1-58.9]	13 (23)	57.7 [41.6-73.9]	365 (617)	58.0 [53.5-62.4]	49 (96)	54.4 [42.8-66.0]
Have family member who respects what is important to them	57 (94)	62.2 [49.7-74.8]	10 (23)	49.2 [19.7-78.6]	429 (618)	69.1 [63.7-74.4]	56 (96)	62.0 [48.8-75.2]
Have family member who will stick up for them and has 'got their back'	64 (94)	71.3 [60.1-82.5]	10 (23)	42.2 [18.2-66.1]	467 (617)	76.0 [71.1-80.8]	68 (96)	71.1 [60.6-81.6]
Feel like they get enough quality time with their family/whānau	45 (92)	50.8 [39.3-62.3]	12 (24)	55.3 [33.5-77.2]	337 (617)	55.4 [48.8-61.9]	40 (96)	47.0 [33.2-60.9]
Family/whānau are proud and supportive of them	64 (92)	67.8 [57.3-78.3]	13 (24)	57.7 [35.7-79.7]	475 (616)	76.7 [70.5-83.0]	61 (95)	70.8 [62.3-79.4]
<b>Connectedness with friends and community adults</b>								
Have a friend they can talk to	74 (93)	78.1 [69.1-87.0]	19 (24)	80.0 [64.1-96.0]	507 (618)	83.9 [79.0-88.8]	76 (92)	81.8 [74.4-89.2]
Have a friend who respects what is important to them	64 (93)	67.9 [54.0-81.7]	18 (24)	74.8 [58.8-90.8]	483 (618)	79.8 [74.6-84.9]	69 (91)	75.8 [65.1-86.6]
Have a friend they can trust to share their feelings with	76 (93)	83.0 [75.1-90.9]	20 (25)	79.3 [61.0-97.6]	520 (619)	84.3 [80.9-87.6]	80 (92)	86.1 [77.0-95.3]
Have a friend they have a close bond with	76 (93)	80.9 [71.3-90.5]	20 (24)	84.3 [68.3-100.2]	527 (618)	87.0 [84.2-89.8]	79 (92)	86.5 [77.3-95.7]
Have an adult outside family they can talk to	37 (82)	38.5 [28.1-48.9]			229 (559)	38.4 [33.5-43.2]	50 (78)	69.3 [55.9-82.8]
Have an adult outside family who respects what is important to them	37 (81)	42.1 [30.4-53.8]			241 (560)	40.2 [35.2-45.3]	43 (76)	62.4 [47.5-77.2]
Have an adult outside family they can trust to share their feelings with	39 (82)	42.8 [32.5-53.1]			222 (560)	37.9 [33.4-42.3]	48 (76)	66.3 [52.2-80.4]
Have an adult outside family they have a close bond with	29 (78)	31.7 [21.5-41.9]			234 (557)	38.3 [33.2-43.4]	43 (74)	62.0 [47.2-76.8]

\*see Appendix 1 for wording of housing deprivation, housing financial stress and material deprivation measures as well as wording of questionnaire items.



Table 8: Mental and physical health and healthcare access, cis-gender and exclusively same-sex attracted students

	Gender diverse				Same-sex or multiple-sex attracted			
	Never involved with Oranga Tamariki		Been involved with Oranga Tamariki		Never involved with Oranga Tamariki		Been involved with Oranga Tamariki	
	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]
<b>Mental health</b>								
Good emotional wellbeing <sup>^</sup>	35 (90)	37.4 [27.7-47.1]			252 (607)	40.5 [35.8-45.2]	30 (89)	30.5 [16.4-44.5]
Depressive symptoms <sup>∅</sup>	43 (87)	50.9 [40.7-61.0]	16 (21)	75.7 [54.0-97.4]	300 (591)	51.0 [45.3-56.8]	60 (90)	66.0 [54.6-77.3]
Thoughts of suicide <sup>*</sup>	43 (95)	47.4 [37.0-57.9]	18 (23)	75.9 [59.4-92.3]	255 (607)	43.9 [37.7-50.1]	61 (92)	68.2 [56.8-79.7]
Suicide attempts <sup>*</sup>	11 (95)	15.6 [4.7-26.5]	10 (22)	46.1 [14.3-77.9]	61 (609)	10.4 [7.6-13.1]	35 (92)	33.0 [21.9-44.1]
<b>Mental health help seeking</b>								
Sought help from family, friend, or another person <sup>*‡</sup>	69 (91)	79.3 [71.1-87.6]	20 (23)	88.8 [72.2-105.4]	459 (598)	77.2 [74.4-80.0]	76 (90)	87.7 [79.4-95.9]
Sought help from phone or online service or app <sup>*¶</sup>	21 (91)	25.0 [13.1-37.0]			125 (598)	21.4 [17.9-24.8]	31 (90)	38.0 [25.1-51.0]
Sought help from professional such as GP, nurse, counsellor <sup>*§</sup>	32 (91)	36.8 [24.1-49.5]	13 (23)	55.5 [28.6-82.4]	162 (598)	27.1 [24.0-30.2]	44 (90)	53.5 [42.0-65.1]
<b>Physical health and disability</b>								
Very good or excellent overall health	78 (96)	79.9 [69.5-90.3]	16 (25)	70.1 [51.7-88.5]	497 (619)	79.7 [74.8-84.6]	64 (94)	72.1 [60.1-84.0]
Has a disabling condition <sup>#</sup>	38 (98)	40.0 [30.5-49.5]	18 (25)	64.9 [38.2-91.5]	252 (625)	42.6 [36.0-49.1]	59 (97)	58.7 [45.2-72.2]
<b>Sexual health</b>								
Ever had sex	23 (89)	27.5 [16.0-39.0]			133 (593)	22.0 [17.5-26.5]	45 (90)	48.8 [36.9-60.7]
Always use condoms (among sexually active students)					39 (126)	33.1 [22.8-43.4]	13 (41)	27.9 [11.0-44.8]
Always use contraception (among sexually active students)					52 (129)	37.2 [27.0-47.3]	19 (44)	38.5 [22.5-54.6]

	Gender diverse				Same-sex or multiple-sex attracted			
	Never involved with Oranga Tamariki		Been involved with Oranga Tamariki		Never involved with Oranga Tamariki		Been involved with Oranga Tamariki	
	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]
<b>Health and wellbeing access and barriers</b>								
Have experienced period poverty (among those who have had a menstrual period)	13 (45)	27.4 [11.4-43.4]			66 (434)	14.6 [9.9-19.2]	22 (70)	25.3 [14.1-36.6]
Have missed school due to period poverty					40 (435)	9.5 [4.2-14.7]	10 (67)	15.6 [4.5-26.7]
Have accessed at least one healthcare service*	67 (93)	70.3 [59.0-81.5]	17 (23)	68.5 [51.0-85.9]	481 (607)	78.2 [74.5-81.9]	65 (91)	71.6 [58.9-84.2]
Have talked with a health professional in private*	28 (65)	44.0 [29.3-58.8]	11 (17)	70.6 [48.8-92.3]	204 (480)	43.3 [39.2-47.3]	47 (64)	72.9 [61.2-84.6]
Unable to access health care when wanted - at least once*	34 (94)	39.1 [27.8-50.4]	16 (22)	74.0 [54.2-93.8]	171 (603)	28.0 [24.8-31.3]	52 (90)	52.1 [40.9-63.2]

^ Good emotional wellbeing as indicated by a score of 13 or more on the WHO-5 wellbeing index (see Appendix 1 for item wording)

◇ Depression symptoms as measured using the Short Form of the Reynolds Adolescent Depression Scale (RADS-SF)

\* In the past 12 months

‡ A friend or young person you know; A parent or other adult in your family; someone else (not one of those listed below)

¶ A phonenumber (e.g., Kidsline, Whatsup, 1737, Youthline); A social media or chat room post that people you know might see; An anonymous social media or chat room post; A website with information such as Youthline, The Lowdown or Depression.org; An app or online program like SPARX.org or Headspace

§ Your family doctor/GP; A school counsellor; A school nurse; A counsellor or mental health professional not at your school (e.g., psychologist, psychiatrist)

# 'Disabling condition' was defined by the student reporting as having a long-term disability, chronic condition, or pain that impacts on day-to-day functioning (see Appendix 1 for item wording).

Table 9: Community and contexts, cis-gender and exclusively same-sex attracted students

	Gender diverse				Same-sex or multiple-sex attracted			
	Never involved with Oranga Tamariki		Been involved with Oranga Tamariki		Never involved with Oranga Tamariki		Been involved with Oranga Tamariki	
	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]
<b>School</b>								
Feel a part of their school	63 (89)	68.8 [58.0-79.6]	16 (24)	69.3 [49.3-89.4]	498 (605)	83.1 [78.2-88.1]	62 (84)	74.7 [63.8-85.6]
Adults at school care about them a lot	57 (90)	62.9 [50.2-75.6]	13 (24)	59.4 [37.3-81.6]	454 (610)	75.7 [70.6-80.9]	52 (87)	63.3 [47.6-79.1]
Treated fairly by teachers	54 (89)	58.2 [44.9-71.6]			416 (610)	71.1 [63.9-78.3]	44 (86)	55.4 [42.5-68.3]
Feel safe at school	62 (88)	67.2 [56.6-77.7]	11 (24)	49.6 [26.0-73.2]	504 (612)	82.8 [78.7-86.9]	54 (85)	64.6 [52.6-76.6]
Had been bullied frequently at school in previous 12 months	13 (86)	14.7 [7.4-22.0]			40 (607)	5.9 [3.9-7.9]	14 (82)	18.1 [7.7-28.6]
<b>Substance use</b>								
Smoke cigarettes at least once a week					25 (588)	2.8 [1.2-4.5]	17 (87)	10.9 [3.5-18.4]
Vape at least once a week					38 (589)	7.3 [3.2-11.4]	10 (89)	8.1 [2.0-14.2]
Drink alcohol at least once a week					45 (585)	6.4 [2.8-10.1]	14 (88)	17.3 [5.4-29.2]
Have engaged in binge drinking (5 or more drinks within 4 hours) in previous 4 weeks					119 (581)	19.9 [15.9-23.9]	33 (87)	37.3 [24.0-50.5]
Smoke marijuana at least once a week					29 (583)	3.8 [1.8-5.7]	19 (84)	15.3 [7.4-23.1]
<b>Violence and police involvement</b>								
Have been deliberately hit or physically harmed in last 12 months*	48 (81)	57.7 [43.6-71.8]	16 (18)	83.6 [66.5-100.7]	289 (549)	51.7 [47.8-55.6]	59 (82)	66.1 [53.0-79.1]
Have been hit or physically harmed by an adult at home in last 12 months	15 (89)	15.4 [7.0-23.8]	10 (20)	53.0 [29.3-76.7]	75 (586)	13.1 [10.0-16.2]	29 (86)	28.3 [16.7-39.9]
Have experienced unwanted sexual touching or behaviours	32 (88)	39.4 [27.2-51.7]	13 (18)	69.7 [45.0-94.5]	181 (585)	31.5 [26.0-36.9]	50 (83)	56.6 [42.7-70.5]
Have been in trouble with the police in last 12 months					28 (592)	4.5 [2.8-6.2]	20 (89)	18.6 [9.3-27.9]
Have been treated unfairly by the police because of their ethnicity in last 12 months					13 (583)	1.8 [0.4-3.3]	11 (85)	9.6 [3.2-15.9]

Activities	Gender diverse				Same-sex or multiple-sex attracted			
	Never involved with Oranga Tamariki		Been involved with Oranga Tamariki		Never involved with Oranga Tamariki		Been involved with Oranga Tamariki	
	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]	n (N)	Pct [95% CI]
Looks after others at home at least once a week‡	35 (87)	38.0 [24.1-51.8]			176 (585)	28.8 [23.9-33.7]	42 (87)	52.8 [41.1-64.6]
Belongs to a sports team or group	34 (81)	42.6 [30.8-54.4]			227 (561)	38.2 [33.3-43.0]	23 (83)	28.2 [18.6-37.8]
Belongs to another group	51 (81)	63.0 [52.1-73.8]	14 (19)	68.7 [47.4-89.9]	300 (561)	54.4 [48.8-59.9]	40 (83)	45.3 [32.3-58.3]
Had paid employment in last 12 months	44 (84)	53.3 [41.2-65.4]	12 (20)	59.5 [41.8-77.2]	282 (569)	52.5 [45.6-59.5]	42 (82)	47.9 [31.3-64.5]
Gave time to help others in their school or community	50 (80)	65.4 [55.1-75.8]	10 (18)	56.9 [25.5-88.3]	313 (562)	57.7 [52.2-63.2]	49 (82)	63.2 [49.6-76.8]
Have enrolled to vote or plan to enrol	58 (82)	72.5 [60.1-84.9]	10 (19)	48.7 [20.7-76.7]	437 (567)	77.9 [73.9-82.0]	56 (86)	67.1 [52.8-81.5]

\*Hit or harmed including by peers, siblings, adults

‡Such as younger children or older family members

# Resources and getting help

This report covers some important and upsetting topic areas. In this section we have included some resources and options for help.

If you are having a hard time or you are worried about another person, *let someone know*. Talking to someone can make a real difference, and they might be able to help in ways you haven't thought of. Whether it is serious or something you are not sure about, there are many people, groups and agencies who want to help or will provide options. Sometimes it's hard to get started, or you might need to try different people. But there *will be* people who can help. It is ok to take someone with you, and it's ok to go to someone who might not be 'the right person'. They can help you get started.

## **Talk to a family member or friend.**

There are some great hints on how to get started or what you might say on these and other websites: [mentalwealth.nz](http://mentalwealth.nz) | [thelowdown.co.nz](http://thelowdown.co.nz) | [youthline.co.nz](http://youthline.co.nz) | [etuwhanau.org.nz](http://etuwhanau.org.nz).

**Webchat, phone or text Youthline, What's Up or 1737.** They're free, private and *want* to help people with problems, big or small. Even if you're not sure if it's worth bothering someone, they can help you work this out. They won't mind if you call the wrong service, and it's fine to try different ones and see what works best for you. To get in touch with WhatsUp's: free call 0800 942 8787 or web chat [whatsup.co.nz/contact-us](http://whatsup.co.nz/contact-us). Youthline: Free call 0800 376 633, Free text 234 or web chat [youthline.co.nz/web-chat-counselling](http://youthline.co.nz/web-chat-counselling).

**Check out [familyservices.govt.nz/directory](http://familyservices.govt.nz/directory)** who can help with all sorts of problems in different parts of New Zealand, or call **Healthline** free on 0800 611 116 for advice and information from a registered nurse.

**You can also talk to a doctor, nurse, counsellor or other health professional.** It's their *job* to talk about private, embarrassing or tricky stuff – lots of them do it every day. Doctors and nurses talk about personal things – not just illnesses. School counsellors and school nurses are there to help too. You can talk to them about big or small things.

**YouthLaw Aotearoa** helps child and young people with legal issues. You can contact them to get free legal advice on lots of different issues from bullying at school or feeling safe at home, to police and youth justice: 0800 884 529 or [email: nzyouthlaw@gmail.com](mailto:nzyouthlaw@gmail.com).

Manaakitia a Tātou Tamariki, the Children's Commissioner, has a **Child Rights Line** where you can get info and advice about your rights, and how you should be treated 0800 224 453.

Any person can contact **Oranga Tamariki** if they are concerned about a child or young person being unsafe or suffering from ill treatment abuse or neglect 0508 326 459 [orangatamariki.govt.nz](http://orangatamariki.govt.nz).

The **Transition Support Service** helps young people who are leaving care or youth justice **0800 55 89 89**.

### **Takatāpui and Rainbow Resources**

We have focused on services available across Aotearoa New Zealand. Many of these will be able to provide information about services in your area.

**Rainbow Youth** is a national youth-led organisation that works with young people, their whānau, and wider communities to provide safe and respectful support. They can help with a range of things including gender and sexuality support, transgender support, whānau support, and homelessness support [ry.org.nz/support-services](http://ry.org.nz/support-services)

**OutLine** is a rainbow mental health organisation that provides a free and confidential all-ages support line, staffed by trained rainbow volunteers. They can help with a range of things including identity, family relationships, loneliness, and navigating gender-affirming healthcare. Call them on 0800 688 5463 or visit them at [outline.org.nz/](http://outline.org.nz/) for online chat support between 6pm – 9pm.

**Gender Minorities Aotearoa** is a nationwide transgender organisation run by and for transgender people, including binary and non-binary, intersex, and irawhiti takatāpui. They offer phone and email peer support and can help with a range of things including health navigation support, parents and family support and support updating identity documents. [genderminorities.com/](http://genderminorities.com/)

**InsideOUT** is a national organisation which works with youth, whānau, schools, and communities to make Aotearoa safer for all rainbow young people. Their website has useful resources and links to local rainbow groups. [insideout.org.nz/](http://insideout.org.nz/)

**Tiwhanawhana (Te Whanganui-a-Tara Wellington)** is a takatāpui community group based in Wellington for people of diverse sexualities and gender identities. One of their initiatives, [takatāpui.nz](http://takatāpui.nz), includes resources for takatāpui and their whānau. [tiwhanawhana.com/](http://tiwhanawhana.com/)

**Aadhikar Aotearoa** is a new organisation that provides support, education, and advocacy for LGBTQIA+ people of colour, particularly South Asians, in Aotearoa. [adhikaaraotearoa.co.nz/support/](http://adhikaaraotearoa.co.nz/support/)

**F'INE Pasifika Aotearoa Trust (Tāmaki Makaurau Auckland)** is a Pasifika organisation that helps Pasifika MVPFAFF+, LGBTQI+, Rainbow and queer people and their families. [finepasifika.org.nz/](http://finepasifika.org.nz/)

**Rainbow Fale** run by **Village Collective (Tāmaki Makaurau Auckland)** provides a supportive and safe environment for Pasifika rainbow young people. [villagecollective.org.nz/rainbow-fale](http://villagecollective.org.nz/rainbow-fale)

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# Appendix 1: Questionnaire items

Indicator	Explanation of indicator	Youth19 questions
Involvement with Oranga Tamariki.	Participants were asked whether they had ever been involved with Oranga Tamariki or Child Youth and Family Services. Participants indicating that they had been involved were asked if they were still involved. Participants were categorised into 'Never involved with Oranga Tamariki,' 'Been involved with Oranga Tamariki,' and 'Currently involved with Oranga Tamariki' which is a subset of 'Been involved'.	Have you ever been involved with Oranga Tamariki (OT) or Child, Youth and Family Services (CYFS)? E.g., someone was worried about your safety or protection. <ul style="list-style-type: none"> <li>- Yes</li> <li>- No</li> </ul> Are you still (currently) involved with Oranga Tamariki? <ul style="list-style-type: none"> <li>- Yes</li> <li>- No</li> </ul>
Gender identity.	Gender was identified through a series of branching questions. Participants who described themselves as identifying another way were then asked if they might be transgender or gender diverse, and then asked to specify the best way to identify themselves. Participants who responded that they did not understand, or that missed a question, were exited from the branch with no further questions.	How do you describe yourself? <ul style="list-style-type: none"> <li>- I am a boy or a man</li> <li>- I am a girl or a woman</li> <li>- I identify another way</li> </ul> Are you (or might you be) transgender or gender diverse? By this, we mean that your current gender is different from your gender at birth (e.g., trans, non-binary, Queen, fa'afafine, whakawahine, tangata ira tane, genderfluid or genderqueer). <ul style="list-style-type: none"> <li>- Yes</li> <li>- No</li> <li>- I'm not sure</li> <li>- I don't understand the question</li> </ul> Which of the following best describes you? (You may choose as many as you need): <ul style="list-style-type: none"> <li>- Trans boy or man</li> <li>- Trans girl or woman</li> <li>- Non-binary, genderqueer, genderfluid</li> <li>- Agender</li> <li>- Takatāpui</li> <li>- Whakawahine</li> <li>- Tangata ira tane</li> <li>- Fa'afafine</li> <li>- Fa'atatama</li> <li>- Akava'ine</li> <li>- I'm not yet sure of my gender</li> <li>- Something else, please state:</li> </ul> I don't understand this question
Sexual attraction.	Participants were categorised as exclusive opposite sex attraction, same-sex, multiple-sex, or unsure of attraction (I'm not sure and Neither).	Who are you attracted to? <ul style="list-style-type: none"> <li>- The opposite or a different sex (e.g., I am a male attracted to females or I am a female attracted to males)</li> <li>- The same sex (e.g., I am a male attracted to males or I am a female attracted to females)</li> <li>- I am attracted to males and females</li> <li>- I'm not sure</li> <li>- Neither</li> </ul> I don't understand this question

## Cultural identity question items

Indicator	Explanation of indicator	Youth19 questions
<p><b>Cultural connection questions</b></p> <p>The items — <i>Know about their culture, Can speak their language, Can understand their language, Feel comfortable in their cultural setting, Are proud of being from their culture</i> and <i>Know their cultural origins</i> — were asked with reference to the participants’ culture. For example, Māori participants were asked with reference to their Māori culture, as shown in the questions below. Pacific participants were asked with reference to their Pacific culture, Indian participants with reference to their Indian culture and so on. Questions are shown below for Māori participants and then for other groups – for other ethnicities, the relevant ethnicity replaces the word *identified*. Participants with multiple ethnic identities were asked about their knowledge of two of their identified cultures. Where students had more than two identities, two were selected following New Zealand census ethnicity prioritisation protocols. Participants were not asked these questions with reference to Pākehā or New Zealand European ethnicity, except for being proud of being from their culture. This was based on prior cognitive testing which indicated that cultural-majority young people often did not know how to respond to these questions and data could be misleading.</p>		
<p>Know about their culture.</p>	<p>Participants who answered <i>Yes</i> to any option regarding <i>Where they learnt about their Māori culture</i> were identified as having knowledge of their culture.</p> <p>Participants from other ethnicities who answered <i>Yes</i> were identified as having knowledge of their culture.</p>	<p>Where have you learned about your Māori culture, such as language, songs, cultural practices or family ancestry? (You may choose as many as you need):</p> <p><b>- I have not learned about my Māori culture</b></p> <p>- Parents, - Grandparents, - Other relatives, - Marae for wānanga, hui, tangi, - Attending cultural events like kapa haka, waka ama, Matariki, Coronation, Iwi/hapu meetings, - Kohanga reo, pre-school, day care, - Primary school, kura, - Secondary school, kura tuarua, wharekura, - Te reo group, - Work or employment, - As part of a community sports group like waka ama or rugby, - As part of a church/religion, - Other</p> <p>- Yes - No</p> <p>Do you know about your *identified* culture, such as language, songs, cultural practice or family history/ancestry?</p> <p>- Yes - No</p>
<p>Can speak their language.</p>	<p>Participants answering <i>Very well, Well</i> or <i>Fairly well</i> were identified as being able to speak their language.</p>	<p>How well are you able to speak the Māori language in day-to-day conversation? By this we mean more than a few words or phrases.</p> <p>How well are you personally able to speak *identified language* in day-to-day conversation? By this we mean more than a few words or phrases.</p> <p>- Very well - Well - Fairly well - Not very well - No more than a few words or phrases</p>
<p>Can understand their language.</p>	<p>Participants who answered <i>Very well, Well</i> or <i>Fairly well</i> were identified as being able to understand their language.</p>	<p>How well are you able to understand the spoken Māori language? By this we mean understand more than a few words or phrases.</p> <p>How well are you able to understand spoken *identified language* now? By this we mean more than a few words or phrases.</p> <p>- Very well - Well - Fairly well - Not very well - No more than a few words or phrases</p>

<p>Feel comfortable in their cultural setting.</p>	<p>Māori participants who responded <i>Agree</i> or <i>Strongly agree</i>, and participants from other ethnicities who responded <i>Comfortable</i> or <i>Very comfortable</i> were identified as being comfortable in their cultural setting.</p>	<p>Now we are going to ask you about Te Ao Māori (things in the Māori world):</p> <ul style="list-style-type: none"> <li>- I feel comfortable in Māori social surroundings, events or gatherings (e.g., hui, sports etc.),</li> <li>- I feel comfortable in formal Māori social surroundings, events or gatherings (e.g., tangi, speechmaking or whaikōrero, etc.)</li> <li>- Strongly disagree</li> <li>- Disagree</li> <li>- Neutral</li> <li>- Agree</li> <li>- Strongly agree</li> <li>- I don't understand</li> </ul> <p>How comfortable do you feel in *identified culture* social surroundings, events or gatherings?</p> <ul style="list-style-type: none"> <li>- Very uncomfortable</li> <li>- Uncomfortable</li> <li>- Slightly uncomfortable</li> <li>- Comfortable</li> <li>- Very comfortable</li> </ul>
<p>Are proud of being from their culture.</p>	<p>Māori participants who responded <i>Agree</i> or <i>Strongly agree</i>, and other participants from other cultures who responded <i>I'm very proud</i>, were identified as being proud of being from their culture.</p>	<p>Now we are going to ask you about Te Ao Māori (things in the Māori world):</p> <p>I am proud to be Māori</p> <ul style="list-style-type: none"> <li>- Strongly disagree</li> <li>- Disagree</li> <li>- Neutral</li> <li>- Agree</li> <li>- Strongly agree</li> <li>- I don't understand</li> </ul> <p>Are you proud of being *from your identified culture*?</p> <ul style="list-style-type: none"> <li>- I'm not at all proud</li> <li>- I'm somewhat proud</li> <li>- I'm very proud</li> </ul>
<p>Know their cultural origin.</p>	<p>Know their iwi was asked of Māori participants.</p> <p>Participants from other ethnicities were asked an ethnic specific question about knowledge of their parent/s' origins. Participants responding Yes were classified as knowing their cultural origins.</p>	<p>Do you know your iwi (tribe or tribes)?</p> <p>Do you know the name of your mother's or father's family village?</p> <p>Do you know which Islands your mother or father are from?</p> <p>Do you know where your family originates from (e.g., Village or province)?</p> <p>Do you know your ancestral village or province?</p> <p>Do you know where your family originates from?</p> <ul style="list-style-type: none"> <li>- Yes</li> <li>- No</li> <li>- I'm not sure</li> </ul>

## Home and housing question items

Indicator	Explanation of indicator	Youth19 questions
Household composition.	People whom the student usually lives with. Students were categorised into —living with both parents, with at least one parent or between parents (Response: With one parent or mainly with one parent, move between parents, with my parent and step parent), living with other family members, or living with people that are not their family (Responses: I board/flat/rent with people that are not my family, I live at a boarding school or in a boarding hostel, I live by myself).	Who do you live with? <ul style="list-style-type: none"> <li>- With my two parents together.</li> <li>- With one parent or mainly with one of my parents.</li> <li>- I move between my parents.</li> <li>- I live with other family members (not my parents).</li> <li>- I board/flat/live with people who are not my own family.</li> <li>- I live at boarding school or in a boarding hostel.</li> <li>- I live by myself.</li> <li>- With my parent and my step-parent.</li> </ul>
At least one parent cares a lot.	Student perception of how much their parents or caregivers care about them. Students are asked about their mother caring and their father caring.	How much do you feel the following people care about you: My mum (or someone who acts as your mum) My dad (or someone who acts as your dad) <i>Response: A lot for either mother or father</i>
Family relationships.	Students are asked about their personal relationships with their family. They are able to respond on a scale from 'Strongly agree' to 'Strongly disagree' about any of their family members, although we do not ask about the identity of that family member or members.	Now we are going to ask you some questions about your whānau or family (e.g., parents, siblings, step-parent or other carer, aunty, grandparent etc.), <ul style="list-style-type: none"> <li>- There is someone in my family/whānau who I can trust to share my feelings with.</li> <li>- There is someone in my family/whānau who I can talk with about things that are worrying me.</li> <li>- There is someone in my family/whānau who respects what is important to me.</li> <li>- There is someone in my family/whānau who will stick up for me and who has 'got my back'.</li> <li>- I feel like I get enough quality time with my family/whānau.</li> <li>- My family/whānau are proud and supportive of me participating in cultural, sporting and academic activities (e.g., my whānau attend my competitions, help fundraise, coach).</li> </ul> <i>Response: Strongly agree or Agree??</i>
Family usually or always wants to know who young person is with.	Students' feeling that a family member wants to know who the student is with when they are not with their family.	Does your family want to know who you are with and where you are? <i>Response: Yes, all the time or Yes, most of the time</i>
Feel safe at home.	Young people's perception regarding how safe they feel at home <i>all or most</i> of the time.	Do you feel safe at home, or the place you live? Responses: Yes, all the time, Yes, most of the time
Have experienced housing deprivation in last 12 months.	Students who report they/their family sleep in a garage, on the floor, in emergency accommodation, couch-surf or have to share a bed due to lack of adequate housing. Inadequate housing includes students who live in serious housing deprivation.	For some families, it is hard to find a house that they can afford, or that has enough space for everyone to have their own bed. In the last 12 months, have you had to sleep in any of the following because it was hard for your family to afford or get a home, or there was not enough space? (Do not include holidays or sleepovers for fun) <ul style="list-style-type: none"> <li>- A cabin, caravan or sleep-out.</li> <li>- A garage.</li> <li>- A couch or on the floor.</li> <li>- A bed with another person (because there was nowhere else to sleep).</li> <li>- Stayed with lots of different people (couch surfing).</li> <li>- In a motel, hostel, marae or other emergency housing.</li> <li>- In a car or van.</li> <li>- Other.</li> </ul> <i>Response: Yes, in the last 12 months</i>

Have experienced severe housing deprivation.	A subset of any housing deprivation. Students living in serious housing deprivation includes those living in emergency housing, a hostel, a car, marae or 'couch surfing' because they do not have anywhere else to stay.	For some families, it is hard to find a house that they can afford, or that has enough space for everyone to have their own bed. In the last 12 months, have you had to sleep in any of the following because it was hard for your family to afford or get a home, or there was not enough space? (Do not include holidays or sleepovers for fun). <ul style="list-style-type: none"> <li>- Stayed with lots of different people (couch surfing).</li> <li>- In a motel, hostel, marae, boarding home or other emergency housing.</li> <li>- In a car or van.</li> </ul> Response: Yes, in the last 12 months
Have experienced housing financial stress and material deprivation.	Students reporting their parents often/always worry about paying for housing costs, food costs, electricity or power, and transportation costs.	Do your parents, or the people who act as your parents, ever worry about: ... <ul style="list-style-type: none"> <li>- Not having enough money to buy food?</li> <li>- The power/electricity getting cut-off because there is no money to pay for it?</li> <li>- Not having enough money to pay the rent/mortgage where you live?</li> <li>- Not having enough money to pay for petrol or transport to get to important places like work or school</li> </ul> Response: Sometimes, often, or all the time
Family split up because of housing problems.	Students reporting that their family needed to split up because they could not get a house big enough to accommodate everyone.	Has your family ever had to split up because of housing problems (e.g., part of the family live in one house and the rest of the family living somewhere else?) Response: Yes
Have moved two or more times in last 12 months.	Students reporting that they/their family have had to move homes 2 or more times in the past 12 months.	In the last 12 months, how many times have you moved homes? Response: Yes, two or more times
Connectedness with adults outside the family.	Student relationship and connectedness with adults outside of the family.	Now we are going to ask you some questions about adults you get support from outside your whānau/family (e.g., friend's parents, coaches, mentors, teachers, youth worker, kaiako etc.) <ul style="list-style-type: none"> <li>- There is an adult outside of my family/whānau who I can trust to share my feelings with.</li> <li>- There is an adult outside of my family/whānau who I can talk with about things that are worrying me.</li> <li>- There is an adult outside of my family/whānau who respects what is important to me.</li> <li>- There is an adult outside of my family/whānau who I have a close bond with.</li> </ul> Response: Strongly agree or Agree
Connectedness with friends.	Student relationship and connectedness with their friends.	Now we are going to ask you about your friendships (e.g., people about the same age as you) <ul style="list-style-type: none"> <li>- I have at least one friend who I can trust to share my feelings with.</li> <li>- I have at least one friend who I can talk with about things that are worrying me.</li> <li>- I have at least one friend who respects what is important to me.</li> <li>- I have at least one friend who I have a close bond with.</li> </ul> Response: Strongly agree or Agree

## Mental and physical health and healthcare access question items

Name of variable	Context of variable	Questions and response options
Have good emotional wellbeing.	As described in our Hauora Hinengaro, Emotional and Mental Health report [14], we measured emotional wellbeing using the 5-item World Health Organization Well-being Index [15], with good wellbeing indicated by a WHO-5 score of 13 or more.	Over the last two weeks...  I have felt cheerful and in good spirits. I have felt calm and relaxed. I have felt active and vigorous. I woke up feeling fresh and rested. My daily life has been filled with things that interest me: - All of the time. - Most of the time. - More than half the time. - Less than half of the time. - Some of the time. - At no time.
Have experienced depression symptoms.	Depression symptoms were measured using the Short Form of the Reynolds Adolescent Depression Scale (RADS-SF) [16,17] Scoring highly on this scale does not necessarily mean that a young person has a depressive disorder; an assessment with a health professional is needed to determine this. However, it does indicate that at the time of the survey, they had signs consistent with depression that were likely to be affecting them in their daily life, including at home and school.	RADS items not included due to copyright.
Have had thoughts of suicide in the past 12 months.	We asked whether students had seriously thought about killing themselves (attempting suicide).	During the last 12 months have you seriously thought about killing yourself (attempting suicide)? - Yes - No
Have made a suicide attempt in the past 12 months.	We asked whether students had tried to kill themselves (made a suicide attempt) in the previous 12 months.	During the last 12 months have you tried to kill yourself (attempted suicide)? - Yes - No
Have sought help from family, friend, or another person.  Have sought help from phone or online service or app.  Have sought help from professional such as GP, nurse, counsellor.	Help-seeking behaviour was categorised based on student responses: a personal relationship, a digital or phone service, a professional provider.	If you were feeling bad or having a hard time, would you seek help or advice from: - A friend or young person you know? - A parent or other adult in your family? - Your family doctor/GP? - A school counsellor? - A school nurse? - A counsellor or mental health professional not at your school (e.g., psychologist, psychiatrist)? - A phonenumber (e.g., Kidsline, Whatsup, 1737, Youthline)? - A social media or chat room post that people you know might see? - An anonymous social media or chat room post? - A website with information such as Youthline, The Lowdown or Depression.org? - An app or online program like SPARX.org or Headspace? - Someone else?
Have very good or excellent overall health.	This group consists of young people who answered 'Excellent' or 'Very good' to the question.	In general, how would you say your health is? - Excellent - Very good - Good - Fair - Poor
Have a disabling condition.	This group comprises young people who reported long-term (lasting six months or more) disabilities (e.g., sensory impaired hearing, visual	Do you have any long-term disability (lasting 6 months or more) (e.g., sensory impaired hearing, visual impairment, in a wheelchair, learning difficulties)? - Yes

	<p>impairment, in a wheelchair, learning difficulties), long-term illness, and/or pain (e.g., headaches, tummy pain, arm or leg pain), where these conditions impacted on their day-to-day functioning. For a discussion of the rationale for this criterion, see our 'Negotiating Multiple Identities' report (Roy et al., 2021)</p>	<ul style="list-style-type: none"> <li>- No</li> <li>- I don't know</li> </ul> <p>Does this disability cause you difficulty with, or stop you doing: (You may choose as many as you need)</p> <ul style="list-style-type: none"> <li>- Everyday activities that other people your age can usually do?</li> <li>- Communicating, talking, mixing with others or socialising?</li> <li>- Any other activity that people your age can usually do?</li> <li>- No difficulty with any of these?</li> </ul> <p>Do you have any long-term pain (lasting 6 months or more)? (e.g., headaches, tummy pain, arms or leg pain)</p> <ul style="list-style-type: none"> <li>- Yes</li> <li>- No</li> </ul> <p>Does pain cause you difficulty with, or stop you doing: (You may choose as many as you need)</p> <ul style="list-style-type: none"> <li>- Everyday activities that other people your age can usually do?</li> <li>- Communicating, talking, mixing with others or socialising?</li> <li>- Any other activity that people your age can usually do?</li> </ul> <p>Do you have any long-term health problems or conditions (lasting 6 months or more) (e.g., asthma, diabetes, depression)?</p> <ul style="list-style-type: none"> <li>- Yes</li> <li>- No</li> <li>- I don't know</li> </ul> <p>Does this health problem or condition cause you difficulty with, or stop you doing:</p> <ul style="list-style-type: none"> <li>- Everyday activities that other people your age can usually do?</li> <li>- Communicating, talking, mixing with others or socialising?</li> <li>- Any other activity that people your age can usually do?</li> <li>- No difficulty with any of these?</li> </ul>
Have had sex.	Students that had had consensual and wanted sex previously are included in this group.	<p>Have you ever had sex? (by this we mean sexual intercourse). Only include sex that you wanted or consented to.</p> <ul style="list-style-type: none"> <li>- Yes</li> <li>- No</li> </ul>
Always use condoms (among sexually active students).	Students who had had sex and had had sex in the past 3 months were asked about their condom use. Young people who always used condoms were included in this variable.	<p>Have you had sex in the last 3 months?</p> <ul style="list-style-type: none"> <li>- Yes</li> <li>- No</li> </ul> <p>How often do you or your partner(s) use condoms to protect against sexually transmitted infections when having sex?</p> <ul style="list-style-type: none"> <li>- Always</li> <li>- Most of the time</li> <li>- Sometimes</li> <li>- Never</li> <li>- I am female and my current sexual partner is female, so we do not use condoms</li> </ul>
Always use contraception (among sexually active students).	Sexually active (prior 3 months) students were asked about contraceptive use. Only 'Always' responses were included in this group.	<p>How often do you, or your partner(s) use contraception (by this we mean protection against pregnancy)?</p> <ul style="list-style-type: none"> <li>- Always</li> <li>- Most of the time</li> <li>- Sometimes</li> <li>- Never</li> <li>- This does not apply to me</li> </ul>
Have experienced period poverty.	We asked students who have had a menstrual period about financial barriers preventing their access to sanitary items. Any 'Yes' response was included in this group.	<p>Have you ever found it difficult to get sanitary items (such as pads or tampons) because of how much they cost?</p> <ul style="list-style-type: none"> <li>- Yes, less than once a month</li> <li>- Yes, once a month or more</li> <li>- No</li> </ul>

Have missed school due to period poverty.	We asked students who have had a menstrual period about missing school due to their inability to access sanitary items. Any 'Yes' response was included in this group.	Have you ever missed school or a course because you did not have sanitary items (such as pads or tampons) for your period? - Yes, four or more days a month - Yes, about two or three days a month - Yes about one day per month - Yes, less than one day a month - No
Have accessed at least one healthcare service in the past 12 months.	This group comprised young people who responded that they had visited at least one of the following within the last 12 months: a family doctor, medical centre or GP clinic; school health clinic; an after-hours or 24-hour accident and medical centre; the hospital accident and emergency; youth centre/youth one stop shop; family planning or sexual health clinic; and other.	When was the last time you went for health care (excluding looking online)? - 0 – 12 months ago - 13 – 24 months ago - More than 2 years ago  Where do you usually go for health care? - Family doctor, medical centre or GP clinic. - School health clinic. - An after-hours or 24-hour accident and medical centre. - The hospital accident and emergency. - Youth centre/youth one stop shop. - Other.
Have talked with a health professional in private in the past 12 months.	Students that had had the opportunity to talk about their health in private in the past 12 months were included in this group.	In the last 12 months, did you get a chance to talk to a doctor or other health provider privately (meaning one on one, without your parents or other people in the room)? - Yes - No
Unable to access healthcare when wanted – at least once in the past 12 months.	Young people who answered 'Yes' to this question.	In the last 12 months, has there been any time when you wanted or needed to see a doctor or nurse (or other health care worker) about your health, but you weren't able to?  - Yes - No



## Community and contexts question items

Indicator	Explanation of indicator	Youth19 questions
Feel a part of their school.	We asked students whether they felt as if they were a part of their school. Those who answered 'yes' are included in this group.	Do you feel like you are part of your school, alternative education, or course? - Yes - No
Adults at school care about them.	We asked students whether they felt teachers/tutors cared about them. Those who answered 'yes' are included in this group.	Do you feel that teachers/tutors care about you? - Yes - No - Doesn't apply.
Teachers treat students fairly.	We asked students whether they felt teachers treated students fairly. Those who answered — 'Most of the time' and 'All of the time' are included in this group.	How often do the teachers/tutors treat students fairly? - Hardly ever - Sometimes - Most of the time - All of the time
Feel safe at school/course.	We asked students whether they felt safe at school. Those who answered 'Yes, all the time' and 'Yes, most of the time' were included in this group.	Do you feel safe in your school/course? Yes, all of the time - Yes, most of the time. - Sometimes. - No, mostly not. - Not at all.
Have been bullied weekly or more at school /course in previous 12 months.	We asked students how frequently they had been bullied in the past 12 months. Those who answered 'about once a week or more' were included in this group.	In the last 12 months how often have you been bullied in school/course? - I haven't been bullied in the past 12 months. - It has happened once or twice. - About once a week or more.
Smoke cigarettes at least once a week.	Students who had previously smoked a whole cigarette, were asked how often they smoked cigarettes now. Those who answered — 'once or twice a week', 'most days', or 'daily' were included in this group.	We would now like to ask some questions about smoking cigarettes (not including e-cigarettes, vaping or marijuana). Have you ever smoked a whole cigarette? - Yes - No  How often do you smoke cigarettes now? - Never – I don't smoke now. - Occasionally. - Once or twice a month. - Once or twice a week. - Most days. - Daily.
Vape at least once a week.	Students who had previously vaped, were asked how frequently they vaped. Students who answered 'once or twice a week' or 'more than twice a week' were included in this group.	Have you ever vaped or used an e-cigarette? - Yes - No  How often do you vape or use e-cigarettes now? - Never. - Occasionally. - Once or twice a month. - Once or twice a week. - More than twice a week.
Drink alcohol at least once a week.	Students who reported they had ever consumed alcohol were asked about their frequency of use in the past 4 weeks. Students who responded — 'Once a week', 'Several times a week', or 'Most days' were included in this group.	We would like to now ask some questions about alcohol. By this we mean beer, wine, spirits, pre-mixed drinks. Have you ever drunk alcohol (not counting a few sips)? - Yes - No  During the past 4 weeks, about how often did you drink alcohol? - Not at all - I don't drink alcohol now - Not in the last 4 weeks

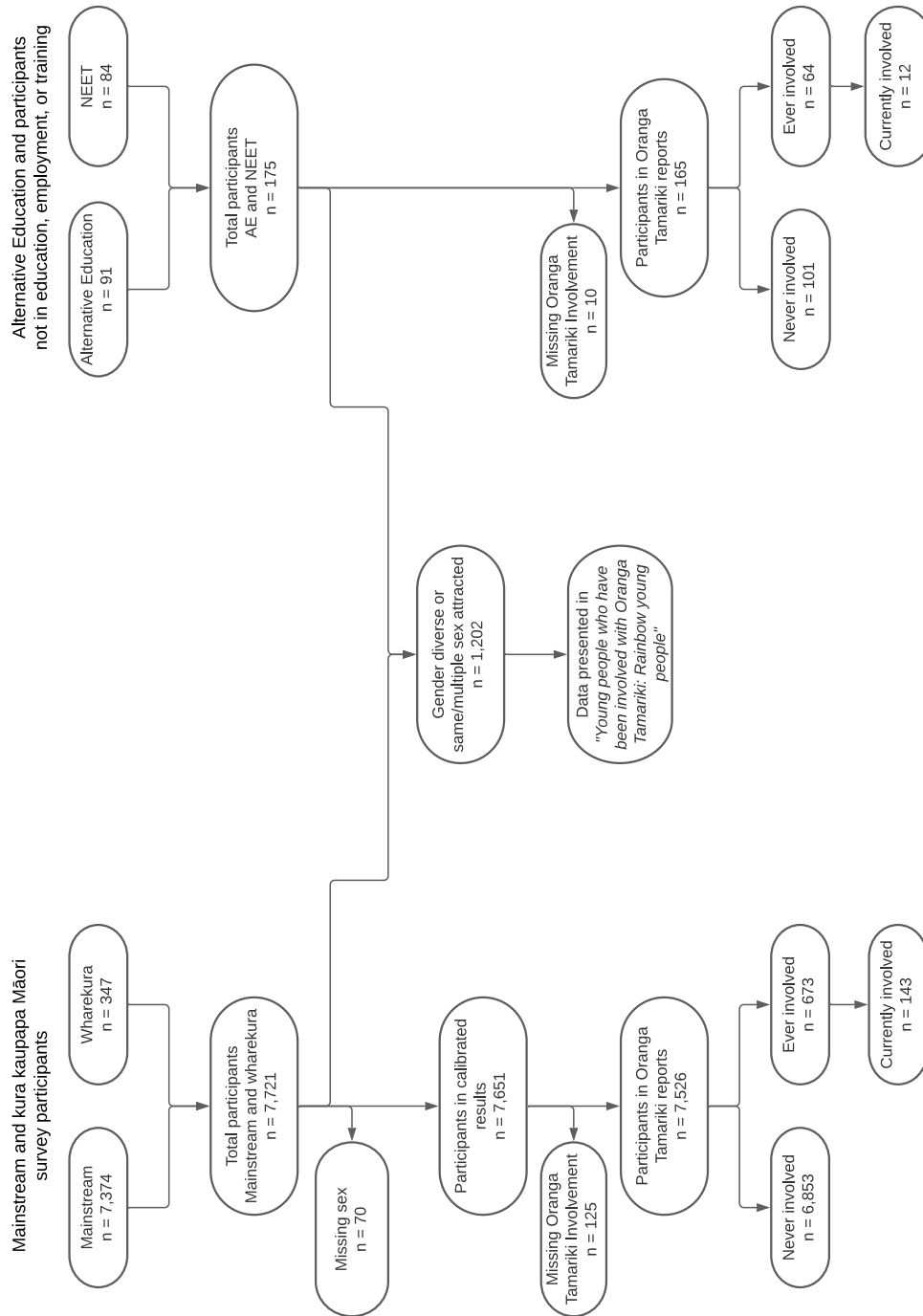
		<ul style="list-style-type: none"> <li>- Once in the last 4 weeks.</li> <li>- Two or three times in the last 4 weeks.</li> <li>- About once a week.</li> <li>- Several times a week.</li> <li>- Most days.</li> </ul>
Have engaged in binge drinking (5 or more drinks within 4 hours) in the previous 4 weeks.	We asked students about binge drinking in the past 4 weeks. Students who responded anything other than 'None at all' are included in this group.	<p>In the past 4 weeks, how many times did you have 5 or more alcoholic drinks in one session?</p> <ul style="list-style-type: none"> <li>- None at all.</li> <li>- Once in the past 4 weeks.</li> <li>- Two or three times in the past 4 weeks.</li> <li>- Every week.</li> <li>- Several times a week.</li> </ul>
Smoke marijuana at least once a week.	Students who reported having used marijuana were asked how often they used it in the last 4 weeks. Those who responded 'About once a week' were included in this group.	<p>Now there are some questions about marijuana. You don't have to answer if you don't want to. Remember there is no way to identify you from your answers. Have you ever used or smoked marijuana?</p> <ul style="list-style-type: none"> <li>- Yes</li> <li>- No</li> </ul> <p>In the last 4 weeks, about how often did you use marijuana?</p> <ul style="list-style-type: none"> <li>- Not at all - I don't use marijuana anymore.</li> <li>- None in the last 4 weeks.</li> <li>- One to three times in the last 4 weeks.</li> <li>- About once a week.</li> </ul>
Were deliberately hit or physically harmed in the last 12 months (including by peers, siblings, adults).	Students were asked how frequently they had been deliberately harmed by a partner, sibling, other young person, parent, or other adult in the last 12 months. Students who responded 'Once or twice' or 'Three or more times' were included in this group.	<p>During the last 12 months, how many times have you been hit or physically harmed on purpose by a:</p> <ul style="list-style-type: none"> <li>- Boyfriend or girlfriend?</li> <li>- Sibling(s)?</li> <li>- Another young person?</li> <li>- Parent?</li> <li>- Another adult?</li> </ul> <p>Response options:</p> <ul style="list-style-type: none"> <li>- Not in the last 12 months</li> <li>- Once or twice</li> <li>- Three or more times</li> </ul>
Were hit or physically harmed by an adult at home in the last 12 months.	We asked students whether they had been hit or physically hurt by an adult in the home. Those who responded 'yes' were included in this group.	<p>In the last 12 months have adults in your home hit or physically hurt you?</p> <ul style="list-style-type: none"> <li>- Yes</li> <li>- No</li> </ul>
Have experienced sexual violence, abuse or unwanted sexual experiences.	We asked students whether they had ever experienced sexual violence, abuse, or unwanted sexual experiences. Those who responded 'Yes' or 'Not sure' were included in this group.	<p>Have you ever been touched in a sexual way or made to do sexual things that you didn't want to do? (Including sexual abuse or rape):</p> <ul style="list-style-type: none"> <li>- Yes</li> <li>- No</li> <li>- Not sure</li> </ul>
Been in trouble with the police in last 12 months.	We asked students whether they had been in trouble with the police in the last 12 months. Those who responded 'Once' or 'Two or more times' were included in this group.	<p>In the last 12 months have you been in trouble with the police?</p> <ul style="list-style-type: none"> <li>- Never</li> <li>- Not in the last 12 months</li> <li>- Once</li> <li>- Two or more times</li> </ul>
Treated unfairly by the police because of their ethnicity in last 12 months.	We asked students whether they had experienced discrimination from the police because of their ethnicity within the last 12 months. Those who responded 'Yes, within the past 12 months' were included in this group.	<p>Have you been treated unfairly (picked on, hassled, etc.) by the police because of your ethnic group?</p> <ul style="list-style-type: none"> <li>- Yes, within the past 12 months</li> <li>- Yes, more than 12 months ago</li> <li>- No</li> <li>- I don't know/unsure</li> </ul>

Look after others at home at least once a week (such as younger children or older family members).	We asked students whether they looked after others at home. Responses that indicated caring for others at least once a week were included in this group.	Do you look after others at home, for example younger children or older family members? <ul style="list-style-type: none"> <li>- Most days.</li> <li>- More than once a week, but not most days.</li> <li>- About once a week.</li> <li>- Less than once a week.</li> <li>- No.</li> </ul>
Belong to a sports team or group.	We asked students which of a selection of groups, clubs or teams they belonged to. Students who responded 'a sports team or group' were included in this group.	Which of the following groups, clubs or teams do you belong to? This could be at school or somewhere else. (You may choose as many as you need) <ul style="list-style-type: none"> <li>- A sports team or group.</li> <li>- A cultural group, e.g., kapa haka.</li> <li>- A diversity group that supports sexuality and gender diverse youth, gay/straight alliance, or rainbow group.</li> <li>- Another type of group or club, e.g., music, drama, gaming.</li> <li>- None.</li> </ul>
Belong to another group.	We asked students which of a selection of groups, clubs or teams they belonged to. Students who responded — 'a cultural group', 'a diversity group' or 'another type of group or club' were included in this group.	Which of the following groups, clubs or teams do you belong to? This could be at school or somewhere else. (You may choose as many as you need) <ul style="list-style-type: none"> <li>- A sports team or group.</li> <li>- A cultural group, e.g., kapa haka.</li> <li>- A diversity group that supports sexuality and gender diverse youth, gay/straight alliance, or rainbow group.</li> <li>- Another type of group or club, e.g., music, drama, gaming.</li> <li>- None</li> </ul>
Have had paid employment in the last 12 months.	We asked students whether they had worked for money or had a paid job over the last 12 months. Responses that indicated yes were included in this group.	Over the last 12 months have you worked for money or had a paid job? (You may choose as many as you need) <ul style="list-style-type: none"> <li>- Yes, a regular part-time job (e.g., paper run).</li> <li>- Yes, I worked during the school holidays.</li> <li>- Yes, I sometimes worked during the school term.</li> <li>- No, I didn't work for pay in the last year.</li> </ul>
Gave their time to help others in their school or community.	We asked students whether they gave their time to help others in their school or community. Responses that indicated yes were included in this group.	Do you give your time to help others in your school or community (e.g., as a peer supporter at school, help out on the Marae or church, help coach a team or belong to a volunteer organisation)? <ul style="list-style-type: none"> <li>- Yes, within the last 12 months.</li> <li>- Yes, but not within the last 12 months.</li> <li>- No, I don't know.</li> </ul>
Have enrolled or plan to enrol to vote.	We asked students if they were enrolled to vote in the New Zealand elections. Students who responded 'yes' were included in this group.  Students who did not respond 'yes' were asked if they planned to enrol to vote. Those who responded 'yes' were also included in this group.	Are you enrolled to vote in the New Zealand elections? <ul style="list-style-type: none"> <li>- Yes</li> <li>- No</li> </ul> Do you plan to enrol to vote in the New Zealand elections? <ul style="list-style-type: none"> <li>- Yes</li> <li>- No</li> </ul>

The full Youth19 questionnaire is available on our website: [www.youth19.ac.nz](http://www.youth19.ac.nz)

# Appendix 2: Participant inclusion criteria

Figure 1: Participant inclusion criteria



# Appendix 3: Oranga Tamariki — Ministry for Children

The Youth19 Rangatahi Smart Survey (Youth19) asks students if they have been involved with Oranga Tamariki, through either the Care and Protection or Youth Justice systems. It does not specify what kind of engagement the young person has had with Oranga Tamariki. It does not distinguish between whether a young person has been in care or if they have interacted with Oranga Tamariki in another way. For example, the student might have been involved in a Family Group Conference, where the whānau comes together with professionals to talk about the concerns Oranga Tamariki have for a child or young person and come up with a plan. Information about other ways we interact with young people and their families can be found here: [Oranga Tamariki: How we keep children safe](#)

The Youth19 survey questions are framed to capture the maximum number of young people who have engaged with Oranga Tamariki. These questions were intentionally broad as the number of positive responses needs to result in a subject population large enough for statistically powerful results. This broad population of all the young people Oranga Tamariki engages with helps Oranga Tamariki understand the needs of this population and how to respond to their needs. Only a small proportion of the children and young people who are reported to Oranga Tamariki enter care or youth justice custody. It should be noted that the questions that define the subject population have some limitations. A student might not report engagement with Oranga Tamariki if they do not know that Oranga Tamariki has engaged with their family about their safety. Some students might report engagement if their immediate family has been involved (parents, siblings,) whereas others may not. A recall period is the period of time students are asked to consider when answering a question. This is not specified for the first question, which means the recall period could differ from person to person.

## **Information about Oranga Tamariki Care and Protection and Youth Justice**

For the New Zealand Care and Protection system in the year ended 30 June 2021 [18];

- 56,900 children and young people were reported to Oranga Tamariki.
- 35,100 were referred for assessment or investigation.
- 6,400 had a family group conference.
- 790 entered the Care and Protection of the CE.

For the Youth Justice system in the year ended 30 June 2021:

- 1,900 young people had a youth justice family group conference.
- 450 entered youth justice custody.
- An additional 400 young people who were not in custody worked with Oranga Tamariki (e.g., under supervision).

More information can be found in the [Oranga Tamariki Quarterly Report to 30 June 2021](#)

**YOUTH2000 SURVEY SERIES**

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