

# WHAT MAKES A GOOD LIFE?

Children and young people's views on wellbeing



Office of the Children's Commissioner and  
Voices of Children - Oranga Tamariki

March 2019

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Children and young people's views on wellbeing



February 2019

 **ORANGA TAMARIKI**  
Ministry for Children

 **MANAKITIA Ā TĀTOU TAMARIKI**  
Children's  
Commissioner

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# Collaboration

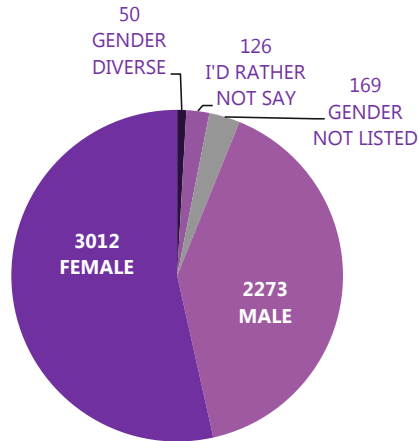
- We (Oranga Tamariki and the Office of the Children's Commissioner) collaborated alongside:
  - the Department of the Prime Minister and Cabinet
  - almost 100 schools from around the country that helped with the survey
  - the Office of the Children's Commissioner community partners
  - Oranga Tamariki sites.

We are most grateful to the children and young people who participated in the project for their time, wisdom and insights.

# What did we ask?

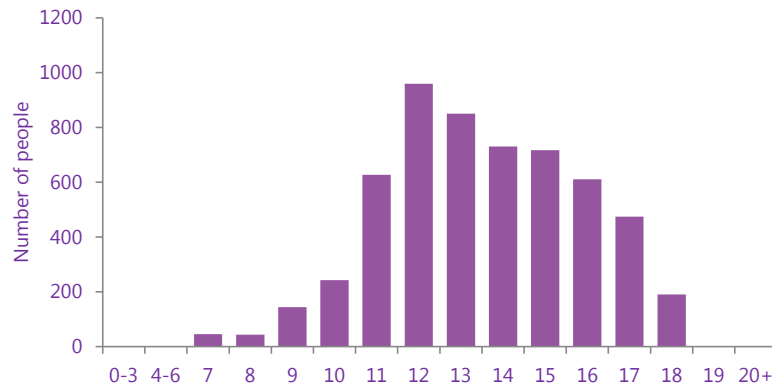
- Children and young people's views on having a good life
- What gets in the way of a good life?
- What helps to achieve a good life?

## Gender

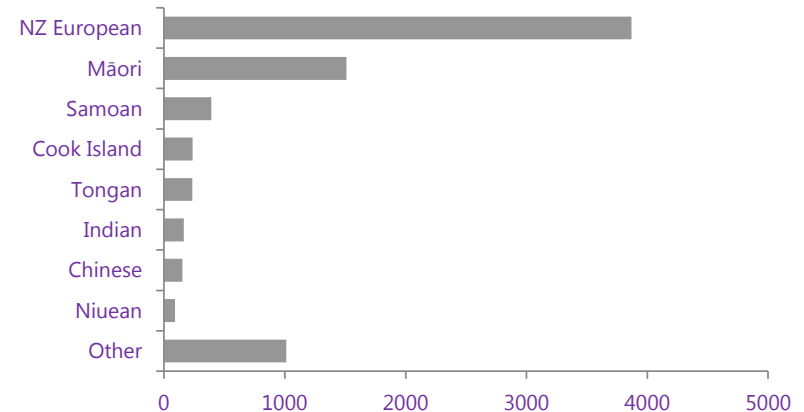


# 5,631 SURVEY RESPONDENTS

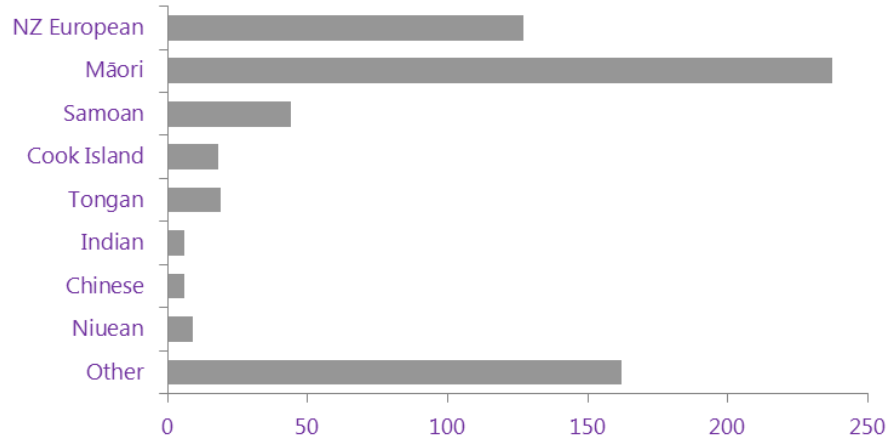
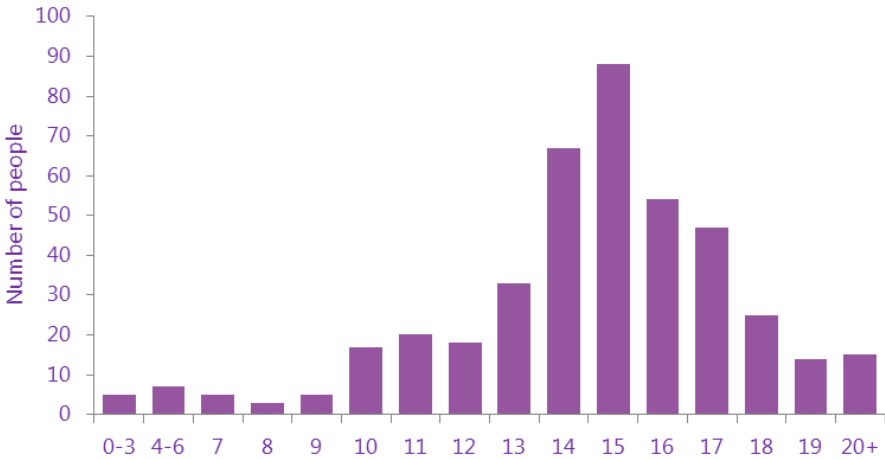
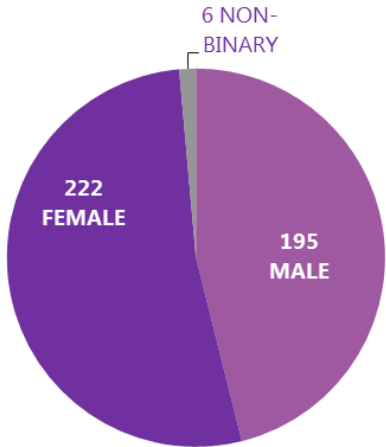
## Age



## Ethnicity



# 423 FACE TO FACE PARTICIPANTS



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We targeted our face to face conversations to ensure we heard from those we knew would be more likely to be experiencing challenges in their lives. These included:

- children and young people living in poverty
- living in state care
- with a disability
- from rural and isolated areas
- aged under three years
- with refugee backgrounds
- who identify as LGBTIQ+
- who are recent migrants
- or who have received a mental health diagnosis.



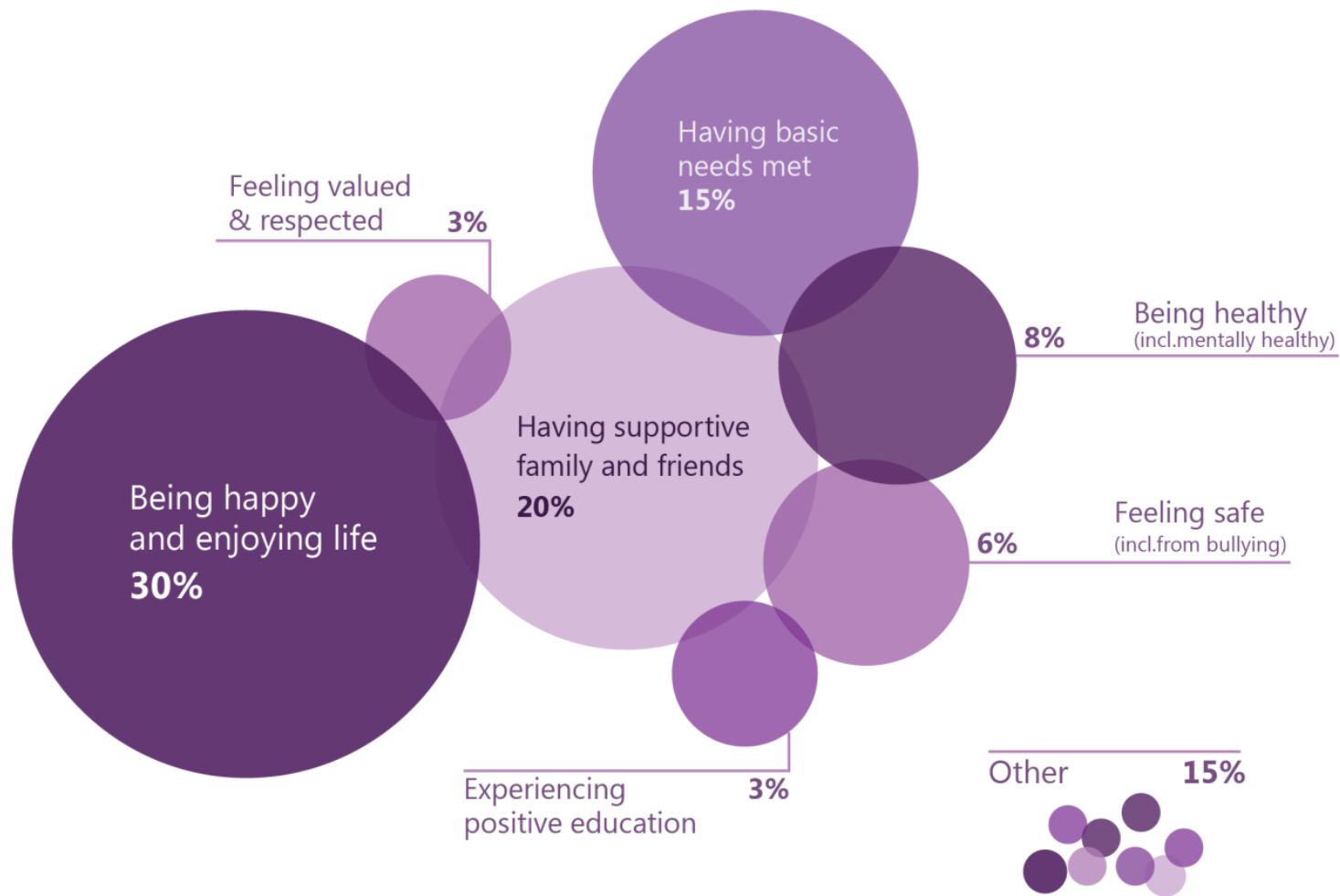
# What did we hear?



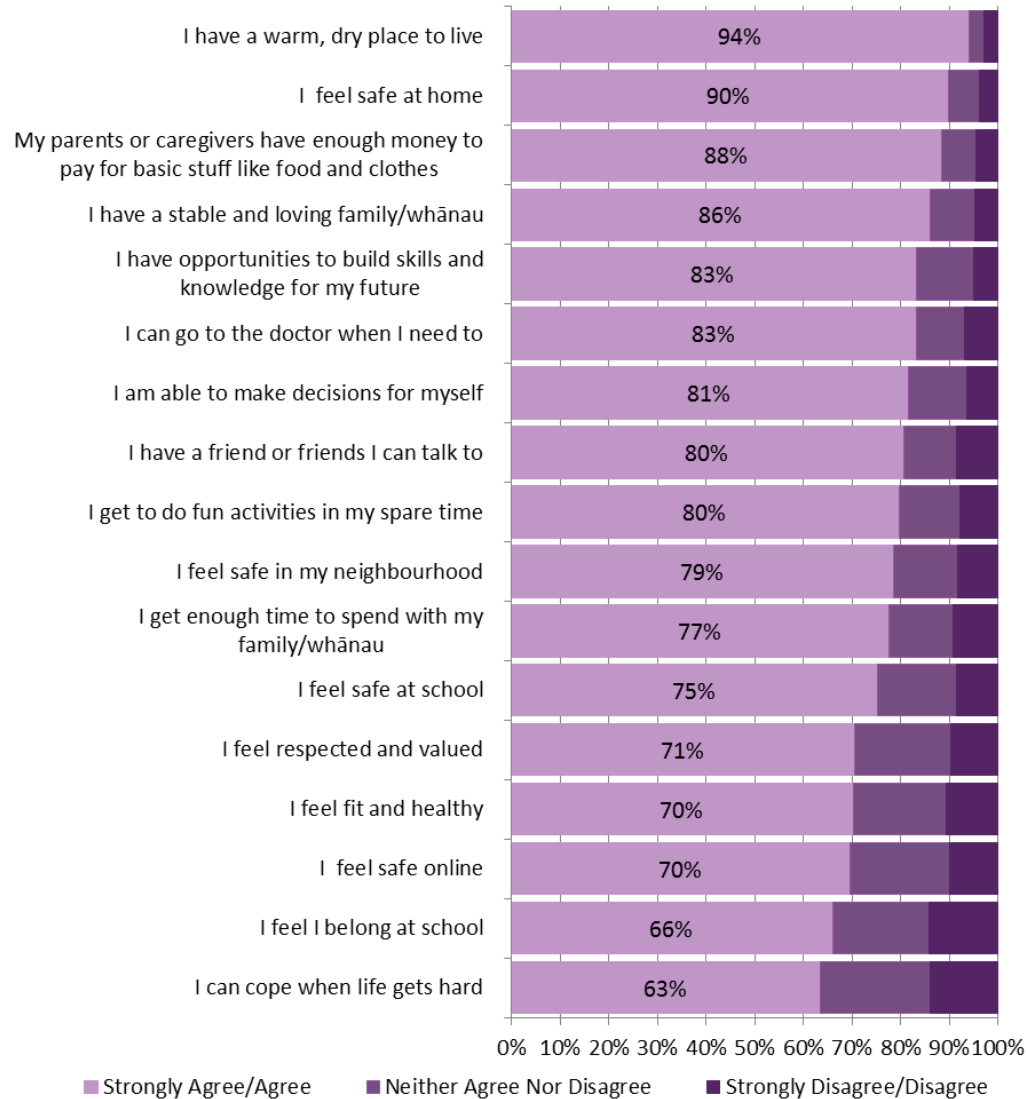
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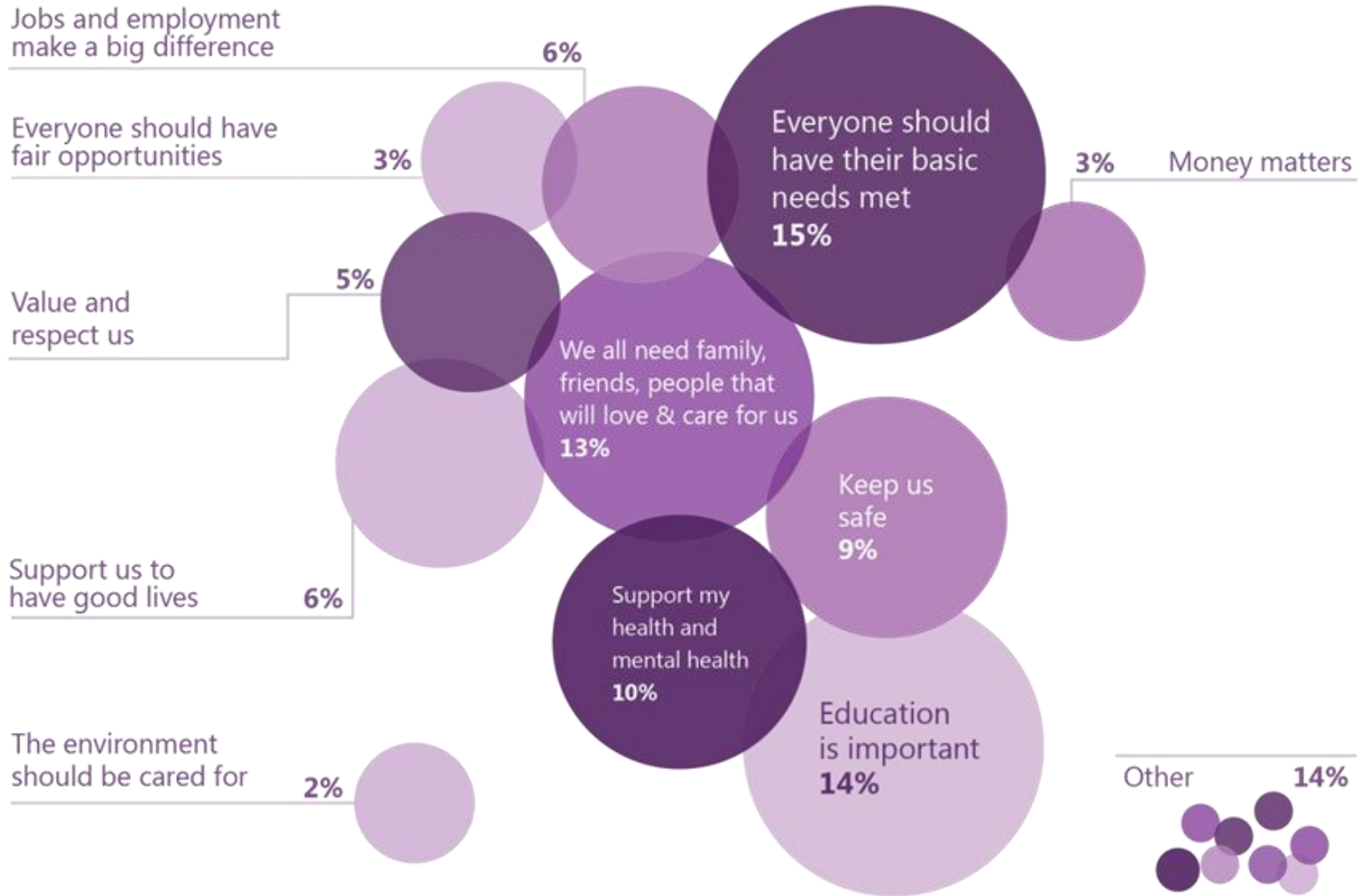


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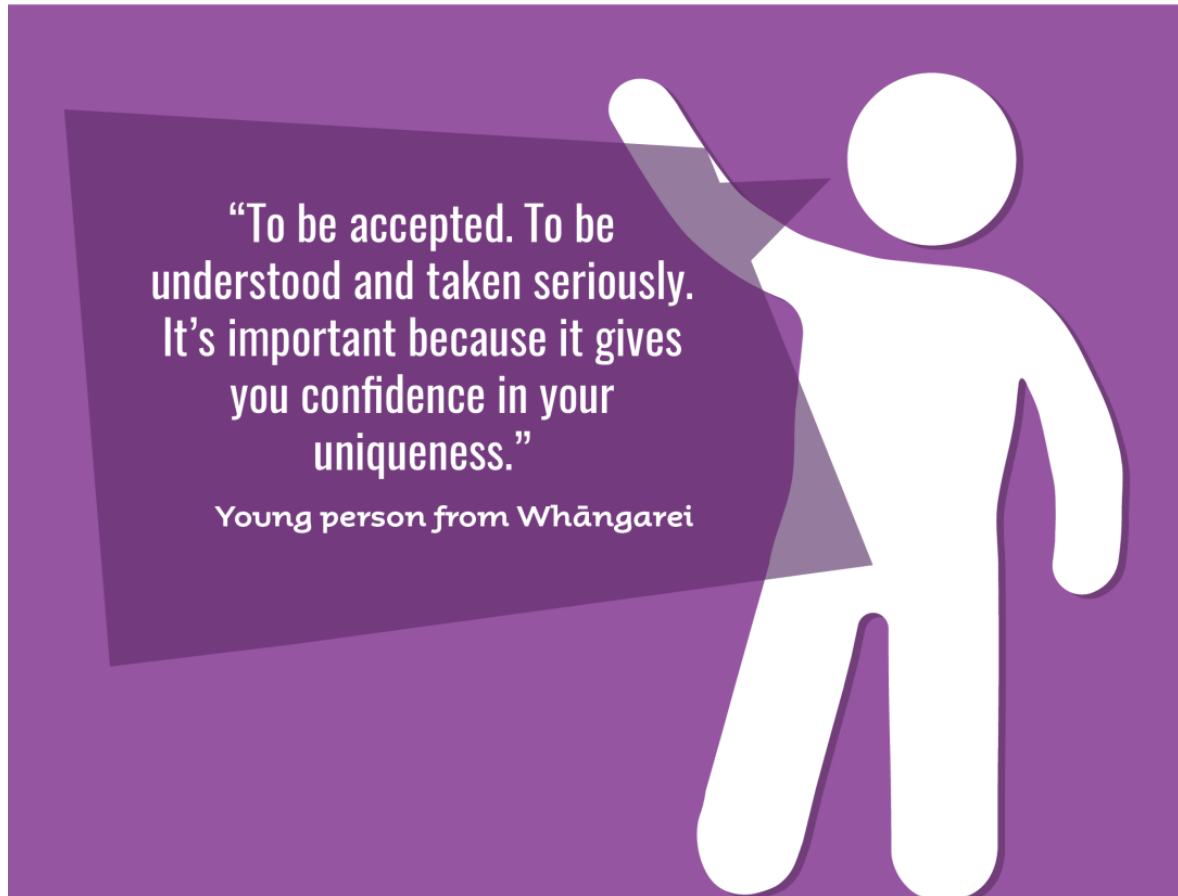


## Statements representing elements of wellbeing





# WHAT MAKES A GOOD LIFE?



**1) Accept us for who we are and who we want to be**

# WHAT MAKES A GOOD LIFE?

“At our school people find mocking Māori culture to be a joke. ‘Māoris go to prison’, or ‘Māoris do drugs.’”

Rangatahi from Auckland

## 2) Life is really hard for some of us

# WHAT MAKES A GOOD LIFE?



**3) To help us, help our whānau and our support crew**

# WHAT MAKES A GOOD LIFE?



**4) We all deserve more than just the basics**



# How you support us matters just as much as what you do

Dear Prime Minister,

I think the one thing that children and young people need to have good lives, now and in the future is...

child & youth  
wellbeing

~~to~~  
to have the support they need to absolutely 100%. Without doubt believe in their inherent value as human beings, that they know are important, that they feel safe. ~~that~~ that they feel like they belong in their communities and have the support to be themselves ~~nowhere~~ in every aspect of their hauora.

To:  
Prime Minister  
Jacinda Ardern

Tell us about yourself:

0 - 10 years old

11 - 17 years old

18+ years old

Māori

NZ European / Pākehā

Pacific

Asian

Other: \_\_\_\_\_



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**Change is  
needed**

**Providing the basics  
is important, but not  
enough on its own**

**Family and whānau  
are crucial**

**Children and young  
people have valuable  
insights**

# Outcomes of this work

- These views have informed and fed into the draft Child and Youth Wellbeing Strategy, and the Oranga Tamariki Action Plan.
- We've used feedback from the report to inform work across community, schools, government, NGO's and research institutes
- This work has impacted general practice, including how people deliver support services, and how people interact with children and young people everyday.

# What's next?

- We are continuing to look at the views we heard. This work includes re-analysis of the views heard from specific groups.
- The first of these is a report which compares what we heard overall with what we heard from children and young people in the care of Oranga Tamariki.
- We are continuing to feed back to the community, and our community partners.





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