



2021 CHILDREN'S CONSULTATION



CHILDREN AGED 13 OR YOUNGER ARE 20% OF OUR POPULATION AND IN 2021 THERE ARE MORE THAN 20,000 KIDS.

WE WANT OUR CHILDREN TO FEEL ACTIVE, CONNECTED AND TO LIVE A GOOD LIFE, SO WE ASKED 150 CHILDREN WHAT THESE THINGS MEAN TO THEM.

THEIR RESPONSES WERE PASSIONATE AND THOUGHTFUL.



Children connect with their friends:

58%

Using technology, like FaceTime and Messenger Kids

28%

At school

24%

By playing games together and talking

"We help each other. We meet at places where we can play, like school or the park." Oscar, age 6

"I bike ride around the neighbourhood with them and talk and walk with them." Hayley, age 11

"We usually meet at the footy oval and we play footy, cricket or soccer. They usually get me pumped up and they make me super happy."

Charlie, age 9

"Playing fun games, going out together, hanging out at our houses and having sleepovers."

Jannah, age 11



Children told us about ways to stay healthy:

55%

Eating healthy foods

31%

Exercising and being active

15%

Looking after mental health

"Eat healthy and don't eat junk. Lettuce, carrot, apples, pears, bananas, watermelon, strawberries. Because they're really healthy for you and they help you grow."

Isabelle, 8

"Healthy means being fit and running around Lake Wendouree."

Hugo, 6

"Doing my hobbies is also another thing that makes me feel like me and I think that's a big part of staying healthy and happy aswell."

Nella, 11

"Not spending seven hours on a screen or on your phone or whatever. Getting active, like doing walks. I have a dog and I love doing the walk with him."

Gus, 9



Things that children believe are important to live a good life are:

49%

Friends and family

17%

Doing fun activities

12%

Being happy and making others happy

"Being happy. You don't need to be rich in money but you do in love."

Chloe, 13

"Having people that can support me with everything and kindness can change the world for me."

Yejin, 11

"When you are happy and love your family."

Paul, 9

"Being happy, doing lots of fun things like going to the waterparks, hugging mum."

Charlotte, 6

"I think what makes a good life is being around family, friends and special people like pets."

Xanthe, 12