







The City of Ballarat acknowledges the Traditional Owners of the land we live and work on, the Wadawurrung and Dja Dja Wurrung People, and recognises their continuing connection to the land and waterways.

We pay our respects to their Elders past, present and emerging and extend this to all Aboriginal and Torres Strait Islander People.







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Introduction

The City of Ballarat is committed to supporting the vision, voices and creativity of young people. Ballarat young people are energetic and unique as they work out who they are and what they stand for.

Our young people add richness and vibrancy to the city through their involvement in sport, creative arts, volunteering, education and employment all contributing to the overall success of Ballarat and surrounding areas. However, adolescence and young adulthood are critical and often challenging life stages where people experience significant change in areas of education, employment, housing and relationships causing worry and anxiety. The increased independence that comes with adolescence provides opportunity for greater decision-making, increased responsibilities and is a vital period for establishing positive habits that will foster robust physical and mental health throughout life.

The 2024 Youth Profile is a collection of data and statistics specifically highlighting the demographics and factors affecting Ballarat young people aged 12 – 25 years. This data tells part of the story of young people and we are committed to work in genuine partnership with young people to understand the rest of their story. We will use this data to recognise where we are now and address the gaps that exist when supporting the potential of young people across Ballarat. This information should be considered alongside policies and activities of organisations, Local, State and Federal governments.

Young people are determined and passionate. We have seen young people take the lead locally and globally on issues that concern them such as climate change, mental health, inclusion, equality and gender-based violence.



Demographics



Victoria has the SECOND HIGHEST

youth population

over 1 million people aged between 12 and 25 live in Victoria



42%

of Ballarat young people feel positive about the future



1,955

young people (15-24 years) volunteered across Ballarat



72%

of young people (15-19 years) will seek support from peers. (Followed by parents/ guardians - 62%)



16.4%

of the total Ballarat population is young people (aged 12-25 years) or 18,648 people



14.6%

Young People (aged 15 – 24) in Ballarat are living with a disability



1.000+

young people (aged 10-24) do not speak English in Ballarat



52,72%

of Ballarat residents completed year 12. 14.69% lower than the state.



23,627

is the forcasted youth population by 2030



25%

of Victorians without a home are young people (aged 12-24 years)



17.4%

of young people (aged 15-24) in Ballarat experience mental ill health



13.6%

is the youth unemployment rate in Ballarat



The Ballarat youth community is diverse. We are fortunate to have many young people from all backgrounds in our municipality, it adds to the richness and vibrancy of our regional city providing opportunities for learning, growth and social cohesion.

First Nations population

The City of Ballarat will support, foster, and encourage the sharing of walking together with Aboriginal and Torres Strait Islander Peoples as well as non-Indigenous community members.

- 533 Young First Nations peoples
- 41% of Indigenous residents over 14 yrs, had left school before completing Year 11

"All people, especially Ballarat's Aboriginal and Torres Strait Islander people, feel acknowledged and have a voice in the decisions made in our community"

Compassionate Ballarat Youth Survey respondent

Cultural Diversity

The City of Ballarat Intercultural Plan 2022 -2026 states "Our vision: Ballarat, an Intercultural City An inclusive intercultural city that celebrates diversity and is welcoming to people of all cultures." Ballarat is rich with diversity and culture.

- 7.5% of young people aged 12 25 yrs are born overseas
- People aged 15-24 years in Victoria, were more likely to participate (41%) than any other age group in cultural activities

Gender identity

According to the Mission Australia Youth Survey 2023, of the 288 respondents 5% identified as gender diverse.

Additionally, Headspace data for Ballarat indicated that 32.4% clients identify as LGBTQIA+

2% of Year 8 students in Ballarat/ Hepburn who partook in the University of Melbourn Baseline survey (874) identify as non-binary (*UoM 2024*).

Across the State, young adults aged 18-24 yrs who identify as LGBTIQA+ (12.5% men, 27.1% women) (VPS 2024).

"All people, especially members of Ballarat's LGBTQI+ community, feel safe, respected and free from discrimination." Compassionate Ballarat Youth Survey respondent





Housing, Family and social supports

The security of a stable home provides greater health and wellbeing outcomes of young people. Young people that have stable home environments face less barriers daily. Often during adolescence, a young person's home environment may change as they move away from home through study or employment. Sadly, for a number of young people this is also the time they start couch surfing as the dynamics in the family home change, reducing security and stability.

Living arrangements

In Ballarat, 54.9% of people aged 12 to 25 years were in households who were purchasing or fully owned their home, 35.2% were renting privately, and 4.3% were in social housing in 2021.

48.2% of people aged 12 to 25 years were in couples with children households (2021).

77% of Year 8 students surveyed in Ballarat/ Hepburn live in two parent households

The most densely populated area in Ballarat for young people will be Delacombe in 2030 (.id)

"I wish that homelessness could be eliminated in Ballarat, and that there was more funding to support a safe place for all" Compassionate Ballarat Youth Survey respondent

"We wish that everyone has a home, whether that be a place or a person, to feel safe with/within."

Compassionate Ballarat Youth Survey respondent

Homelessness

25% of Victorians without a home are young people between 12 and 24 years (CHP 2024).

99 young people aged 10-19 years in Ballarat are At Risk of Homelessness and 167 are Homeless. For the 20–29 year age group in Ballarat 258 young people are At Risk of Homelessness and 327 are Homeless (ABS 2021).

*Figures are per 10,000 persons.

According to Headspace Ballarat, 1.6% of clients accessing services are homeless or at high risk of homelessness (2024).

Similarly, Mission Australia's Youth Survey 2023 states that from 288 Ballarat respondents 15% of 15 - 19 year olds were worried about having a safe place to stay and from the same survey cohort 2% had no fixed address.

"I wish that everyone in Ballarat could have a home and that no one would be outside in the winter living on the streets." Compassionate Ballarat Youth Survey respondent



The adolescence phase can be likened to the four seasons Autumn, Winter, Spring and Summer. Autumn represents the changes which occur during puberty and adolescence as young people transition into adulthood.



During adolescence there is a greater focus on education as young people move into the Secondary school environment. Many young people also commence employment for the first time in casual or part-time jobs and undertake work experience as they continue to prepare for adulthood. During the later part of adolescence, young people are generally choosing to either continue tertiary or TAFE study or commence employment and start building their careers.

School retention rates

Across Victoria, in 2023 the Year 7-12 retention rate across all schools was 85.88%. In the South-Western Region this dropped to 79.58% and concerningly, for First Nations Young people in South West Victoria, Year 7 - 12 school retention rates fell to 39.92% in 2022 (Dept. of Ed. 2023).

In the City of Ballarat, 50.6% of people aged over 15 years had completed Year 12 schooling (or equivalent) as of 2021. This was greater than Regional VIC (ID – ABS 2021).

Absentee days

Ballarat schools are seeing a huge drop in attendance as they struggle to keep students engaged post COVID.

Data released on the My School website reveals that Victorian secondary school attendance has

plummeted to a record low with less than half of all students meeting benchmarks last year – a fall from three-quarters in 2019.

The benchmark is met when students attend 90% of classes or more (3BA 2020).

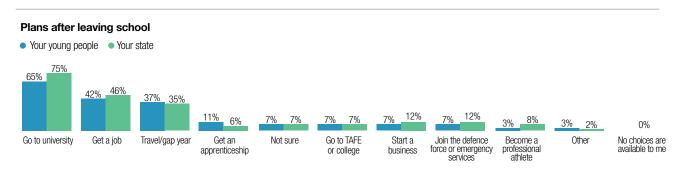
Connection with school

7,734 people are engaged in secondary education across Ballarat in 2021 (ABS 2021).

Post-school destinations

According to the Mission Australia Youth Survey (MAYS) 2023 of the 263 Ballarat respondents, 65% of young people plan to go to university, 42% plan to get a job and 37% plan to travel/ have a gap year.

*Noting respondents could choose more than one response for this question.



Base: Respondents studying at school or equivalent. Respondents were able to choose more than one option. (MAYS 2023)

The majority (95%) of respondents in the MAYS 2023 indicated they feel somewhat or very confident in achieving their work/ study goals after school (Mission Australia 2023).

This is supported by the On Track data where the majority of Year 12 completers have enrolled in a Bachelor degree followed by VET/ TAFE degree or Trainee/ Apprenticeship (Dept of Ed. 2022).

Australia wide, the enrolment rate in upper secondary vocational education and training is above the OECD average for 20-24-year-olds. The attainment rate in tertiary education is also above the OECD average, with almost half of young people by age 25 reporting having completed a bachelor or postgraduate degree and 38 per cent having completed vocational education and training (Barker et al. 2024).

Disengaged Youth

In 2021, 9.5% of 15 to 24 year olds in the City of Ballarat were disengaged with employment and education, compared to 9.3% in Regional VIC. (ABS 2021)

Labour force status

Young People 15 -24 years make up 16.8% of Ballarat's workforce compared with 13.8% of Victoria's workforce (ABS 2021).

In July 2024, 4,905 Ballarat people were receiving job seeker and youth allowance (DSS 2024)

Income

In 2021, the medium gross individual income for 15-19 year olds in Ballarat was \$67 per week and for 20-24 years olds it was \$658 (ABS 2021).

Youth Unemployment rate

In July 2024, the Ballarat Youth Unemployment rate was 13.6% which has more than doubled in a twelve-month period (Jobs and Skills Centre 2024).

Employment industries

In the February 2024 Quarter, the largest employing industries in Ballarat were Health Care and Social Assistance (Jobs and Skills Centre 2024).

Future employment projections

Below are top five occupations in Ballarat and surrounds which can be entered through a Vocational Education and Training (VET) pathway. Figures show the number of workers in 2023 and the new workers expected to enter the workforce by 2026.

For young people embarking on their career journey, there is a need for an additional 2,567 workers in health care and social assistance, 1,097 accommodation and food service workers and 1,114 education and training workers in Ballarat by 2026.

With the increase in Artificial Intelligence (AI) and automation, technology-based knowledge and expertise are likely to be skills in demand in the future. We need to ensure we are encouraging these pathways for young people.

Future employment projections

Occupation	Workers 2023	Workforce growth 2023-2026	New workers needed by 2026
Aged and disabled carers	2,019	5.7%	575
Welfare support workers	575	3.6%	94
Nursing support and personal care workers	611	3.2%	122
Chefs	812	2.9%	113
Registered nurses	2,538	2.1%	321

(Vic.Gov 2024)



The Winter image demonstrates the darker, challenging times that many young people experience during this phase of their lives. At this stage, young people need connection and support from others to help them through.



Health and wellbeing factors are important to consider and help promote healthy choices among young people. Health and wellbeing as a young person can affect educational achievements, lifestyle, relationships, shift from education to the workforce, transition to becoming a parent and connection to the community.

Poor health as a young person increases the risk of chronic health conditions, such as mental health issues, cancer and heart disease. Poor mental health also puts young people at risk of self-harm, homelessness, substance use and suicide.

While the Mission Australia Youth Survey 2023 for the personal wellbeing index indicates that 61.8% of respondents (Ballarat) are happy with their health, the prevalence of mental health disorders remains alarmingly high across Ballarat for young people. Continued efforts in this space are vital to reduce the harrowing statistics associated with youth deaths by suicide.

City of Ballarat aims to prevent and reduce chronic health conditions and poor health of young people by working in partnership with health providers across the region.

Physical Health

Overweight and obesity

A healthy body weight is an important factor for a young person's current and future health, with young people considered overweight or obese more likely to become or remain obese as adults (AIHW 2021b).

Based on measured height and weight data collected through the 2022 National Health Survey (NHS), it was estimated that around:

 1 in 4 (26% or 241,700) 15–17-year-olds were either overweight (18% or 165,400) or obese (9.2% or 84,700) Australia 4 in 10 (42% or 909,000) 18–24-year-olds were overweight (27% or 590,300) or obese (14% or 309,200) (ABS 2023e) Australia

(Australian Institute of Health and Welfare 2023)

Chronic Illness

Asthma is the second highest chronic illness experienced by young people (15 – 24 yrs) in Ballarat at 13.4% (ABS Census 2021)

Mental Health

Mental Health is the most prevalent health concern across Ballarat's young people. This has remained constant for several years. According to the ABS census record, 11 chronic illnesses were identified, and mental health was recorded as the most severe illness of young persons living in Ballarat within the ages of 15-24 years with a total of 17.4%.

Across the State, for 18-24 yr olds (24.1% men and 41.6% women) experience High or Very High psychological distress. For the same age group statewide, 19.6% men and 38.3% women sought professional help for a mental health problem in past 12 months (VPS 2024).

The City of Ballarat is committed to taking a proactive approach to addressing youth mental health and suicide prevention. Therefore in 2023, City of Ballarat partnered with 8 Ballarat secondary schools (and growing), several health providers and community partners to deliver the Youth Live4Life® mental health in schools' model. Since then, approximately 3500 students have received Teen Mental Health First Aid education and there have been over 100 community members trained in Youth Mental Health First Aid. Additionally, 2024 has seen the establishment of the Live4Life 'Crew' in Ballarat. where 36 young people have become mental health 'ambassadors' in their schools, aiming to reduce the stigma associated with mental health. Ballarat is one of 14 Live4Life communities across Victoria and Tasmania.

Headspace Ballarat provided a total of 2,156 occasions of service from July 1st 2023 to 30th June 2024. With an average of 355 visits per month.

Sexual Health

Young people's sexual health is an important factor of their overall health and wellbeing. Ensuring consent and safe sex practices for young people supports them as they begin to explore physical intimacy with a partner. Correct information from reputable sources ensures positive Sexual Health knowledge.

Nationally, a large proportion of students (77%) sought information about sex or sexual health from friends, followed by seeking information from websites (57%) and their mothers (50%). However, the most trusted sources of information were general practitioners (GP) (78%) (AIHW 2023).

Relationships

In 2023/24 Ballarat Community Health delivered the Expect Respect - Respectful relationships program to 449 Year 10 students across Ballarat

Among young people in Ballarat/Hepburn, 28% were experiencing problematic levels of loneliness (UoM 2024). (In line with the Young Australians Loneliness Survey, a problematic level of loneliness is defined as when participants scored above 52 on a well-known psychometrically validated loneliness scale.)

Victorians in the 18-24 yr aged group on average feel lonely at 31.2% for men and 32.5% for women (VPS 2024).

Social Connections for Young people in Year 8 are primarily made at school 78% (UoM 2024)

"We wish every single person feels love, compassion and connection and has a trusted person that they can talk to."

Compassionate Ballarat Youth Survey respondent

Young parents

10.3% of women aged 20-24 had given birth. This is 91% higher than the state level.

Alcohol, smoking, vaping and illicit drugs

Throughout adolescence, and into early adulthood young people may become more interested in consuming alcohol, smoking, vaping and illicit drugs which aligns with greater risk-taking behaviours during this stage of life.

In 2022/2023, 62% of students reported having ever consumed alcohol, including just a few sips. Just over two-fifths (42%) had consumed an alcoholic drink in the past year, 23% had drank in the past month, and 12% had drank in the past week. Four percent of students had engaged in risky drinking in the past week (i.e., consumed five or more drinks on any day during this period) (Scully et al. 2023).

Just under half of all current drinkers (48%) reported experiencing at least one negative outcome after drinking alcohol in the past year, with this proportion significantly higher among female students compared to male students (56% vs 35%) including vomiting or doing something that they would later regret (Scully et al. 2023).

In Australia, the NHS 2022 reported on smoking and e-cigarette use among young people aged 15–24. Estimates using self-reported data show that in 2022:

- Among people aged 15–17, 1.6% were daily smokers and 6.8% currently use an e-cigarette/ vaping device. Nearly 1 in 10 (8.3%) people aged 18–24 were daily smokers and 9.3% currently use ane-cigarette/vaping device.
- Almost one quarter of young male and female adults (18 – 24 yrs) across Victoria partake in smoking or vaping (24.9% men, 22.2% women) (VPS 2024).
- In 2023/24 Ballarat Community Health delivered the 'Party Safe' program SSMART ASSK to 1,591 to Year 9 students.

Gambling

Gambling continues to be a source of entertainment for many young people. However, studies have shown the effects of gambling on young people can be detrimental to their health, relationships and of course financial stability.

In 2022/23 Victorians lost \$7.4 billion to gambling (VGCCC 2023).

In 2022/23, it is estimated that the Ballarat community lost \$149.1 million to legal gambling, and our losses to pokies per day were \$176,331. The money lost through pokies in our community last year could have fed 23,575 children for an entire year (CoB 2024).

Young people aged 18-24 are among the first generation to grow up with the saturation marketing of sports and race betting products. As an age group they are overrepresented when it comes to sports betting: 32% of men, and 10% of women in this age group who gamble participate in sports betting (Gambling Victoria 2022).

More than one third of parents (39%) are concerned about gambling for one or more of their teenage children.

Almost half of parents (45%) have never discussed gambling with their teen.

One in four parents (25%) find it difficult to discuss gambling with their teen. (RCH 2024)

Discrimination

Discrimination exists in many forms, race, gender, ability, sexual identity, financial status, appearance. It may be used to put someone down and make them feel inadequate, self-conscious and bad about themselves. Discrimination is illegal yet, it is still very prevalent within our community.

48% of Year 8 Live4Life crew participants surveyed (Ballarat and Hepburn) reported experiencing at least one form of discrimination, particularly based on body size or appearance (35%) (UoM 2024).

"I wish for people to actually value diversity so we can use all kinds of minds to build community."

Compassionate Ballarat Youth Survey respondent

Disability

Although people naturally have varying abilities, it is often the environment in which we live, work, learn and play that makes participation more difficult for some people. There are many forms of disability, some disabilities are temporary, like a broken arm. Some are permanent, such as a missing limb. Some are invisible, including various chronic diseases, mental health conditions, neurodivergences or being hard of hearing. Some people with disability may require particular aids or supports on some or most days such as wheelchairs, walking stick, hearing aids, glasses, an assistance animal or additional learning supports. The easiest way to seek to include everyone, is to use universal design.

- In 2021, 14.6% of Young People aged 15 24 in Ballarat are living with a disability (ABS 2021)
- In 2021, 19.1% of people ages 12-24 were recorded as Persons Providing Unpaid Care to a Person with a Disability (ABS 2021).

"All people, especially those with disabilities, can have access and inclusion in all that Ballarat has to offer" Compassionate Ballarat Youth Survey respondent







Community Connections

To thrive, we know that connections with the broader community are vital for young people to meet their potential and achieve their goals. Some key insights were provided by our Youth Service agency partners across the municipality.

We are pleased to work in collaboration with these agencies to improve the outcomes for young people across our municipality.

- Ballarat and District Aboriginal Cooperation
- Ballarat Community Health
- Ballarat Foundation
- Ballarat Group Training
- Ballarat Neighbourhood Centre
- Big Brother Big Sister
- Centre for Multicultural Youth
- Child and Family Services
- Compassionate Ballarat
- Department of Education (along with Public Schools, Catholic Schools and Independent Schools)
- Department Families, Fairness and Housing
- Employment and Training organisations

- Grampians Health
- Headspace
- Highlands Local Learning and Employment Network
- Sports Central (along with sporting clubs and associations)
- The Salvation Army
- The Smith Family
- The Y
- Uniting Ballarat
- Wadawurrung Traditional Owners Aboriginal Corporation
- Wendouree Neighbourhood Centre
- Western Bulldogs Community Foundation
- Youth Live4Life

"We wish for... more community Hubs"
Compassionate Ballarat Youth Survey respondent

"Even when things get hard, we're stronger when we stick together. Let's look out for each other and make our community a place where everyone feels safe and supported."

Compassionate Ballarat Youth Survey respondent

Below are some key insights from our partners



1,066 young people engaged in volunteering In Ballarat (2021), among 15 – 19 year olds, 1,066 young people engaged in volunteering. For the 20 -24 year old group 889 young people volunteered their time. Volunteerism dropped across the State and Nationally from 2016 – 2021 largely due to the impact of COVID 19 and the inability to complete volunteer work during lockdowns (*BF 2022*).



young people in Ballarat* achieved their drivers licence through TAC L2P program

*Ballarat and Hepburn



100+
young people

commenced a traineeship or apprenticeship in Ballarat in 2023



774

young people received a Smith Family Learning for Life Scholarship



355

average number of visits to headspace Ballarat per month

The majority of visits were provided to the 12-14 and 15-17 year aged groups. headspace Ballarat provided 2,156 occasions of service from July 1st 2023 to 30th June 2024.



85+

young people were engaged in Youth Advisory Committees, Youth Leadership programs and Youth Reference groups across Ballarat in 2023.



32%

of Victorian young people (15-19 years) are involved in organised sport. (VicHealth 2022)



Mission Australia

City of Ballarat would like to acknowledge the work of Mission Australia in their development and execution of the annual Youth Survey. This survey provides excellent insights into the issues that young people are facing from year to year.

"Each year, we ask young people aged 15 to 19 in Australia to share their challenges, concerns and experiences in Australia's largest annual survey of young people. The report details findings from 19,501 responses to the Youth Survey 2023. Young people identified concerns relating to the environment, equity and discrimination, the economy and financial matters and mental health" (Mission Australia 2024.)

Of the 19,501 survey respondents Australia wide, 296 surveys were completed by young people residing in Ballarat from postcodes 3350, 3351, 3352, 3353, 3354, 3355, 3356 and 3357. Below are their responses.



42% of young people surveyed **feel positive about the future.**



94% of respondents plan to complete Year 12.



After finishing school **65%** of respondents plan to go to **university 42%** plan on **getting a job 37%** plan a **gap year** (* respondent could choose more than one response.)



Mental health and **financial difficulty** are listed as the **top barriers** for young people achieving their study/work goals.



68% of respondents are engaged in casual employment



83% of respondents feel lonely a little to all the time



31% of respondents find it hard to socialise and fit in



Young people are involved in a variety of activities from sport to **volunteering** to political interests



Friends 72% and **parents 62%** are the biggest source of support for important issues (* respondents could choose more than one option)

The top three issues for young people who completed the survey were



1. The Environment (47%)



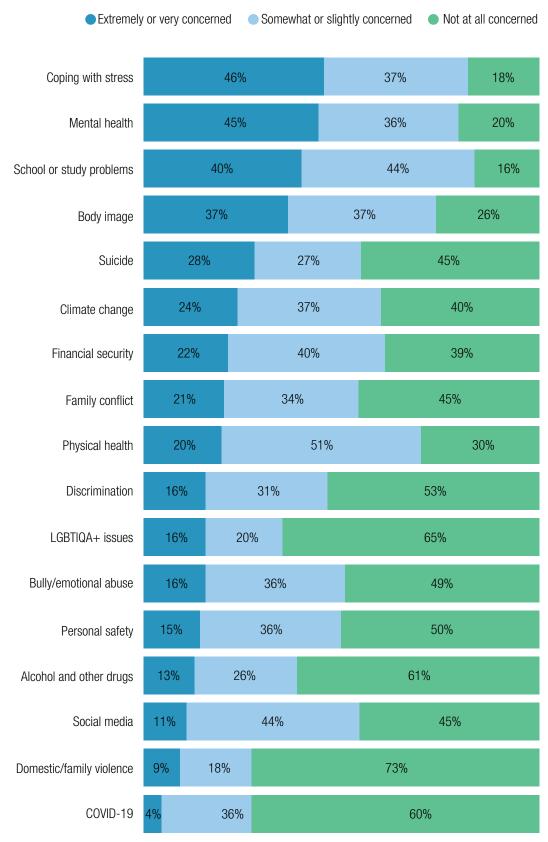
2. Mental Health (41%)



3. Economic/ financial matters (35%)

Respondents were: 57% Female, 37% Male and 5% identified as gender diverse

Issues of personal concern in the last year



Sample sizes vary per row. This chart shows the data for your young people only



For the full report visit missionaustralia.com.au





Everyone has the right to feel and be safe. A safe community ensures everyone feels comfortable in all environments and scenarios. Safety involves physical and emotional safety. Safety can be real or perceived however, the feelings associated with feeling unsafe may feel very real to individuals even if there was no actual threat.

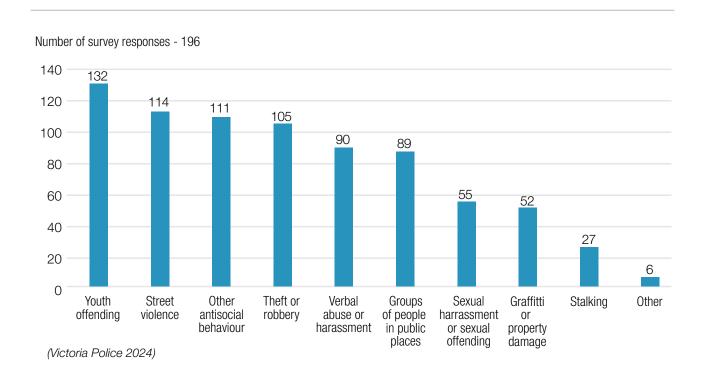
According to the annual Victoria Police community Sentiment survey 2024, the top three safety concerns raised by general Ballarat community members surveyed were:

- **1. Safety in public places** Youth Offending, Street Violence, and Other antisocial Behaviour.
- **2. Drugs and alcohol** People affected by drugs or alcohol, public drinking or drunkenness and taking illegal drugs.

3. Safety of my property and possessions

Home burglary, Theft, and Stolen cars, bikes or other vehicles (Vic Pol 2024)

According to the Mission Australia Youth Survey 2023, Personal Wellbeing Index indicated how safe they feel at 72.2% feeling safe.





Conclusion

The data provided in this report shows some concerning areas for young people, however with this knowledge we can continue to take steps towards resolving issues that young people are facing. No single organisation can do this in isolation, we must work collaboratively to change the outcomes for young people. They are relying on us to continue providing support, advocacy and to take action to make systemic change where they are yet to have the power to influence. Young people's health, wellbeing, education employment and safety are always worth the effort in our community.

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Our Graphic Designers



SARAH



Icon and Infoaraphics designer

Sarah Buck is the creative behind Peridot Original Design, @peridot.original.design, a business that specialises in graphic design, photography and videography. Having just completed her Certificate IV in Photography and Digital Imaging with her Diploma of Screen and Media, the concept of co-designing the 2024 Youth Profile allied perfectly with Sarah's professional interests.

Throughout the process of designing the infographics and icons for the Youth Profile, Sarah's aim was to design fun and engaging content, which explores important issues about the youth of Ballarat.

With the additional goal to have all of the designs look cohesive and visually pleasing. The simple designs explore complex topics, but Sarah enjoyed the challenge and creative freedom that it allowed. As a young person herself, Sarah knew the importance of this project to elevate the experiences of young people in Ballarat and the Ballarat region. So she intended to make her designs unique but inclusive as possible, so that all young people could potentially see themselves in the infographics.

JADE



Front & back cover and divider

Jade Milton is a local artist, who enjoys creating pieces that share joy, and helps bring the imagination of herself and those around her to reality.

For the City of Ballarat Youth Profile, Jade decided to draw inspiration from the history and culture of Ballarat. From the start she knew that Bunjil would be an essential piece to work around, bringing in components of Australian flora and fauna, as well as the unique essence of Ballarat.

The kangaroos represent different stages of life which she also used to create a feeling of change in seasons as well as in emotions and life.

By incorporating these elements, the artist aims to honor the traditional knowledge and practices that have been passed down through generations. Additionally, the feeling of Ballarat, with its sense of community and natural beauty, provides a backdrop that resonates with many different personal experiences.

The combination of these inspirations came together to recreate the vibrant atmosphere of Ballarat, ultimately conveying a message of unity and appreciation for our shared environment.







