

the Scouting Effect

Measuring Scouting's Impact on the
Resilience of Young People in Australia



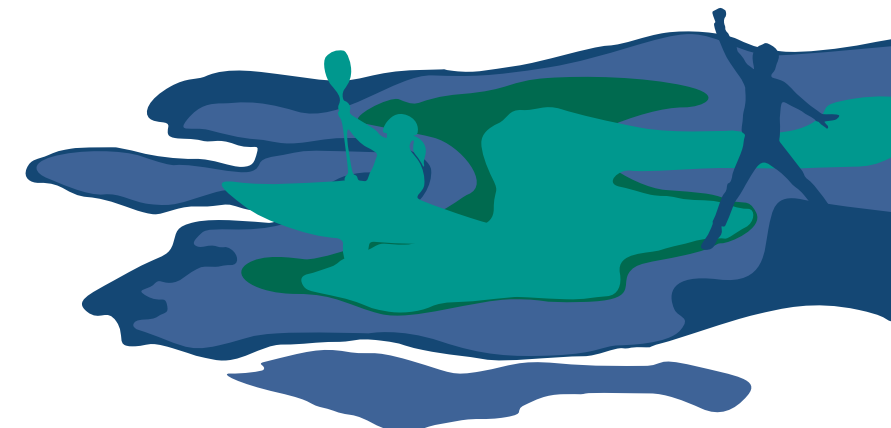
Scouts
AUSTRALIA

The background of the entire page is a photograph of a mountain landscape at sunset. In the foreground, three tents are pitched on a grassy ridge. From left to right, they are orange, blue, and red. The red tent in the foreground has the 'TOREAD' logo on its side. The middle tent is blue with a green logo. The orange tent in the background has some white text and a logo. The tents are set up on a grassy slope overlooking a vast valley. In the distance, multiple layers of mountain ranges are visible, creating a sense of depth. The sky is a mix of blue and orange, with the sun low on the horizon, casting a warm glow over the scene. The overall mood is peaceful and adventurous.

**Developing young people's
resilience is investing
in a better future.**

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Foreword

Through Scouting, we want to give young people the courage, positivity and resilience to keep going, through good times and bad.

For more than a century, Scouting in Australia has delivered skills for life, with outdoors adventures where young people learn by doing, and learn by leading.

A survey conducted by Resilient Youth Australia confirms the positive impact Scouting has on young people's wellbeing and resilience. The survey compared young people involved in Scouting to those who are not, across a set of skills, attitudes and behaviours associated with their life satisfaction.

Through this research, we have found that Scouts report to have an overall better life satisfaction than their peers, and this increases with each year they are involved in the Scouting program.

The Resilient Youth Australia study offers strong, valid evidence that our Scouting Program and community of leaders make a difference. The results showed that the Scouting spirit of resilience is alive and well.

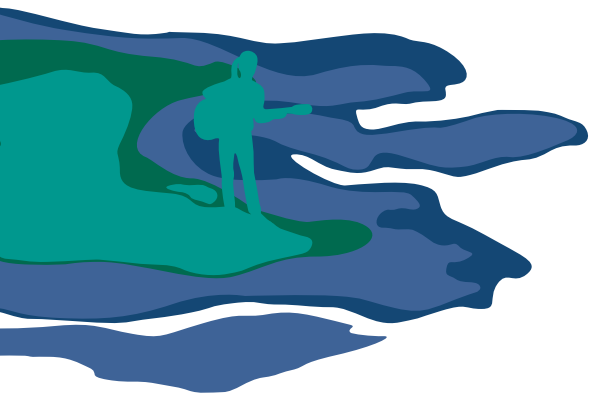
I invite you to read this report and to share it with your community. It offers compelling insight into the perspectives and experiences of our young people, and valuable guidance on how we can continue working together to give them opportunities to develop the skills they need to deal with what life throws at them – both now, and into the future.

At a time when everyone needs a little extra positivity in their lives, I'm proud of the significant contribution our Movement is making to equip with the essential skills they need to enable them to bounce back and face the world with confidence.

Yours in Scouting,



Phil Harrison
Chief Commissioner
Scouts Australia



Purpose of Survey

The purpose of the Resilience Survey study was to measure the impact of Scouting at the individual level by investigating the resilience outcomes which Scouting may have had on young people, as well as to explain the means through which Scouting may have contributed.

What do we mean by ‘resilience’?

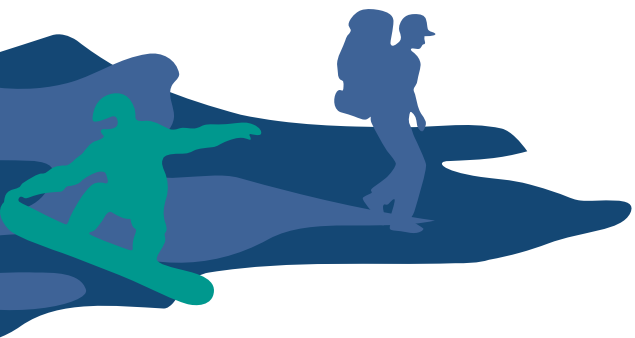
Resilient Youth Australia defines ‘resilience’ as the ability to draw upon the strengths within yourself and around you to flexibly respond to life while remaining true to yourself and creating positive relationships with others.



**Resilience is to feel
Connected
Protected
Respected™**

- Connected:**
To be connected to yourself and to others
- Protected:**
To protect yourself and be protected by others
- Respected:**
To respect yourself and be respected by others*

* Resilient Youth Australia



Methodology

Scouts Australia surveyed a sample of current youth members aged 8-18 years old across all States and Territories to assess the resilience and wellbeing of young people in terms of their strengths, life satisfaction, hopefulness, mental health, coping style, and risk and protective behaviours.

The Resilience Survey asked young people 75 multiple choice questions about their thoughts and feelings related to family, friendships, school, community and themselves, measuring responses against Resilient Youth Australia's three components of resilience and their corresponding nine reporting domains: Understanding Self, Social Skills, Positive Relationships, Safety, Healthy Body and Healthy Mind, Learning, Positive Attitude, Positive Values, Positive Identity.

Questions included:

- Do you have an adult in your life who listens?
- How many times have you been bullied in the last 12 months?

The survey was designed to measure the resilience of Scouts (1089) compared to the Australian norm dataset of young people aged 8-18 years (48,671) in the same year.

Life is full of ups and downs and it's the hard bits that shape the person you become...

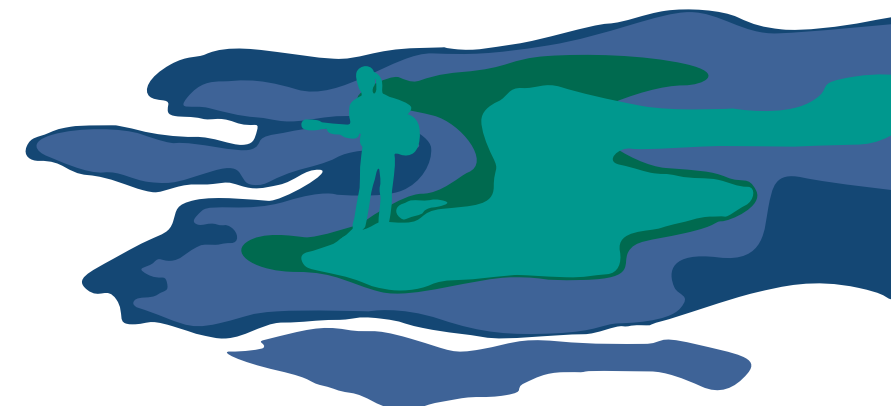
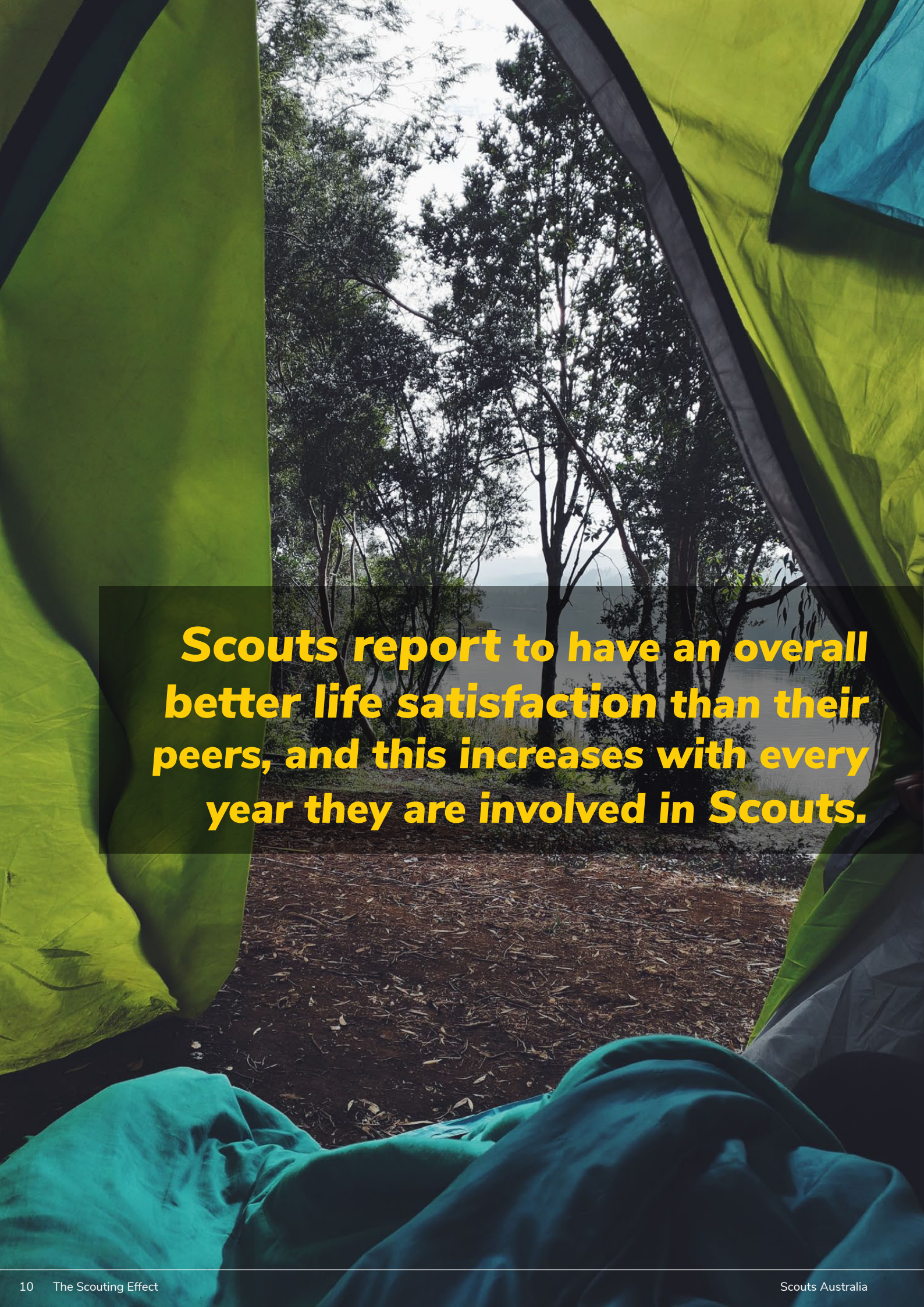
Scientifically-backed and validated

The survey incorporated four scientifically validated and internationally-accepted gold standard measures:

1. The Cantril Self Anchoring Scale (CSAS)
2. The Children's Hope Scale (CHS)
3. Patient Health Questionnaire (PHQ-2)
4. General Anxiety Disorder (GAD-2)

While Scouting caters for young people aged from 5 to 25, the survey benchmarked Scouts against existing national data. To accurately see if Scouts are more resilient than their non-Scout peers, the focus was on young people aged from 8 to 18 years.





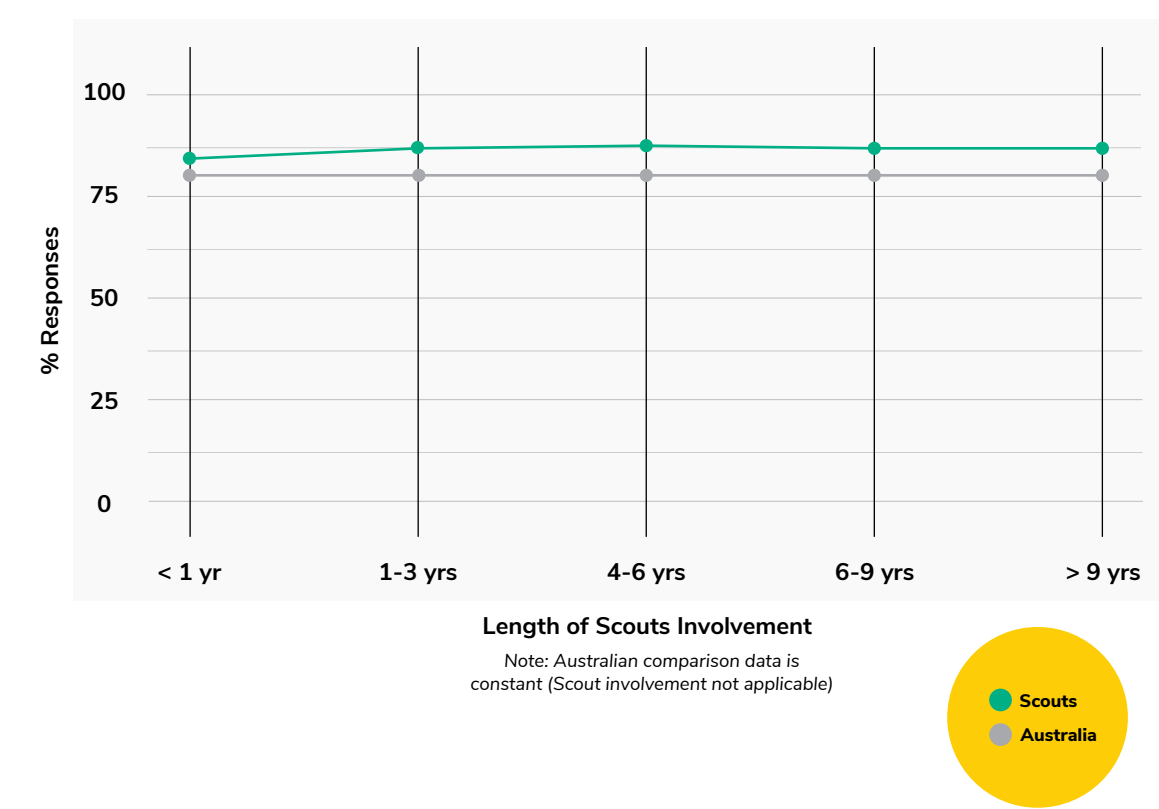
Scouts report to have an overall better life satisfaction than their peers, and this increases with every year they are involved in Scouts.

Findings

The results provide compelling evidence that Scouts stand out significantly from non-Scouts, demonstrating higher levels of life satisfaction and faring better across all three components of resilience (Connected Protected Respected) and their corresponding nine reporting domains.

The Cantril Ladder by Length of Scouts Involvement

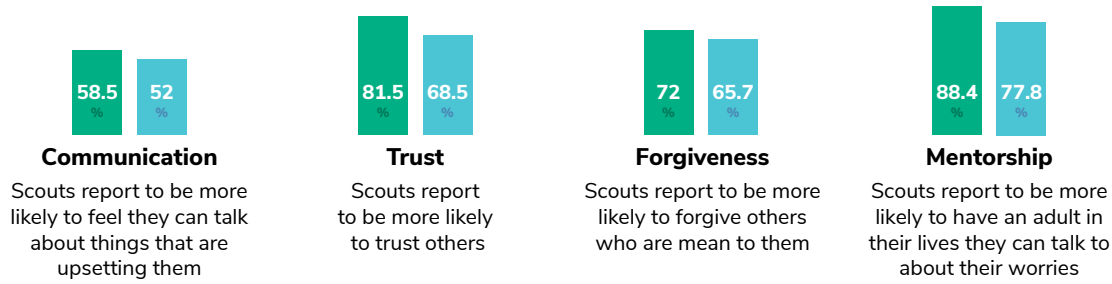
Percentage of respondents who rated their overall life satisfaction at 5 or more (on a scale of 1 to 8)



Connected

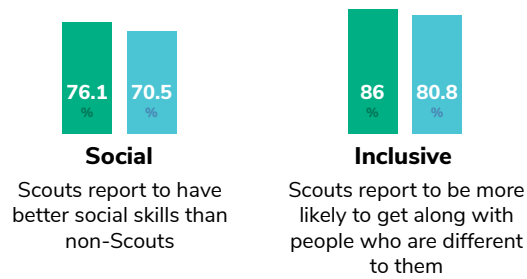
Positive Relationships

Good relationships are associated with significantly increased thriving and with a lower involvement in a range of risky behaviours.



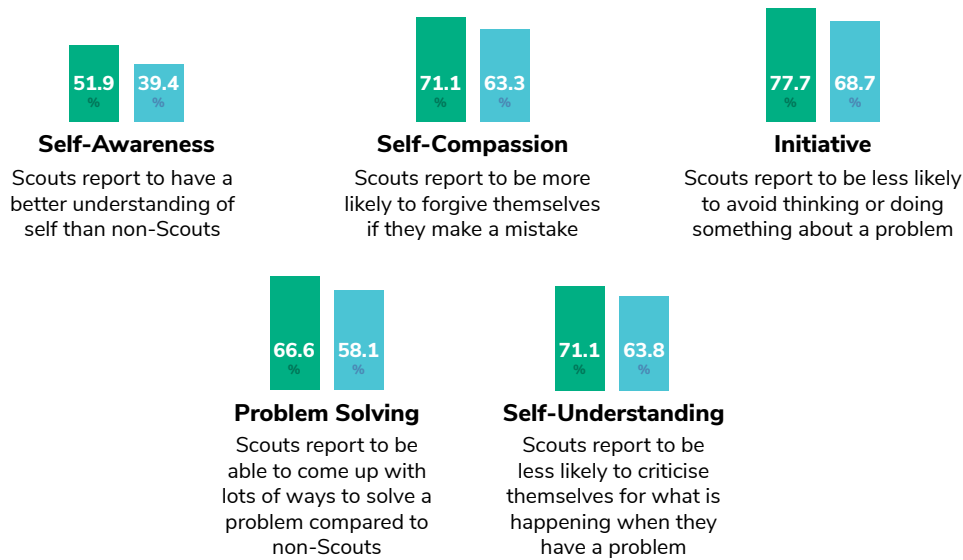
Social Skills

The skills that young people need to interact with others in their world, such as navigating cultural differences, building friendships, and resolving conflicts peacefully.



Understanding Self

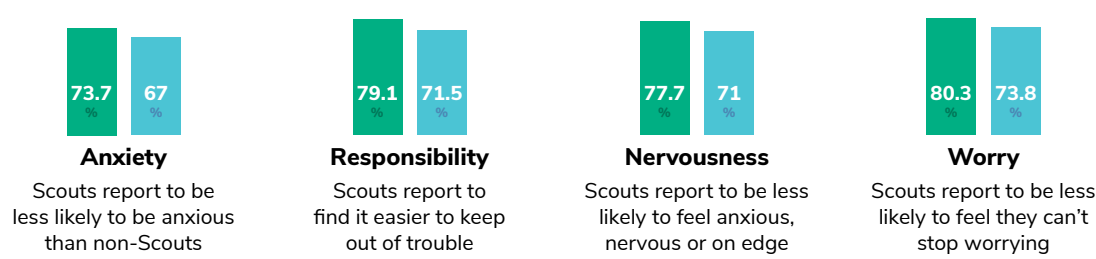
The ability to identify, recognise and describe the things that influence emotions is an essential part of developing social skills and positive relationships.



Protected

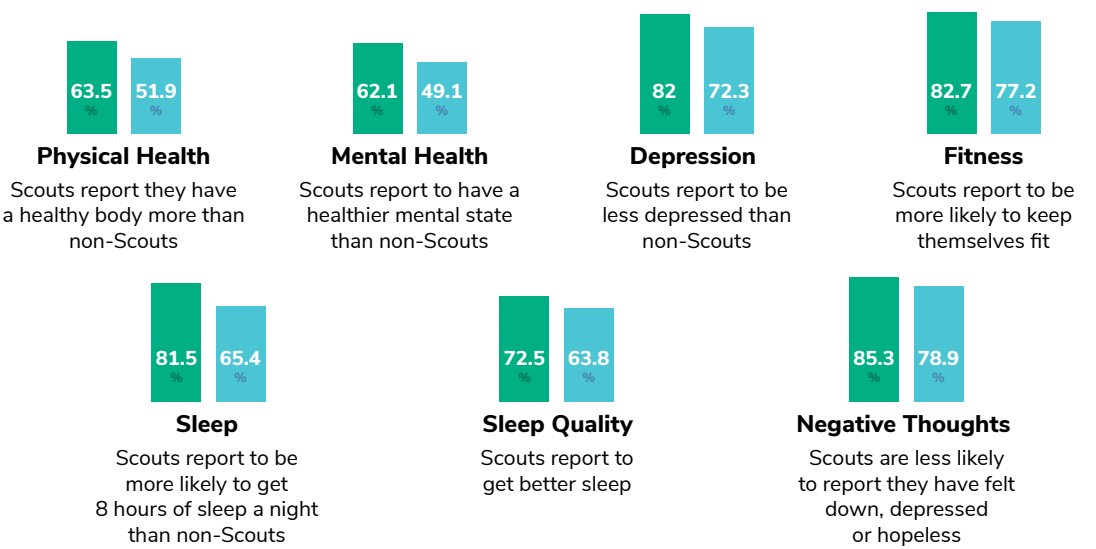
Safe

A young person feeling safe across different life contexts is essential to a sense of being valued by adults and the communities in which they live.



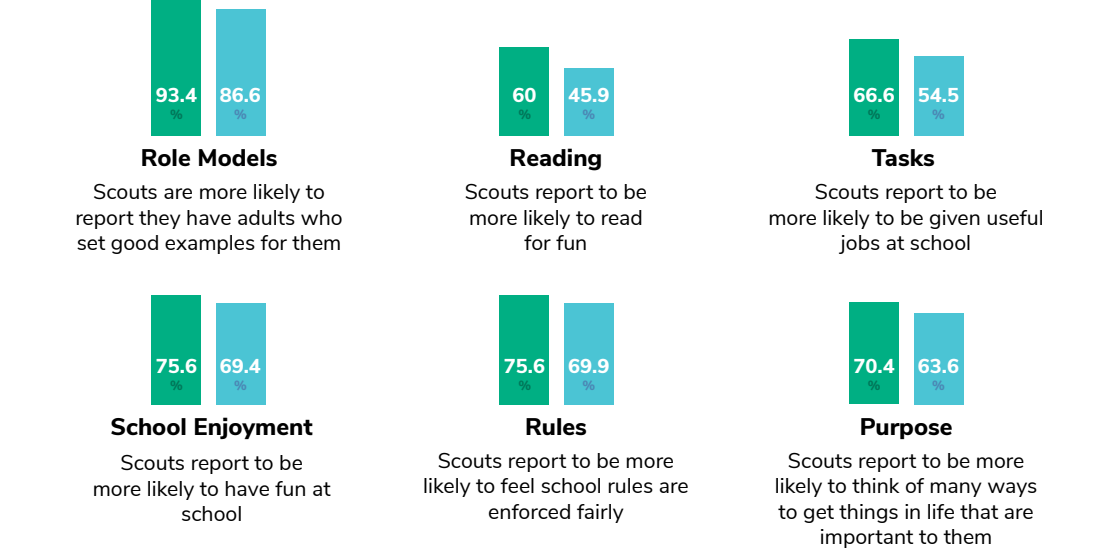
Healthy Mind and Body

The ability to manage worry and stress and remain confident is essential, and involves good sleep, healthy diet, regular exercise and staying away from unhealthy substances.



Positive Learners

Student motivation and engagement in learning is highly correlated with positive wellbeing and life outcomes.

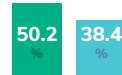


Respected

Positive Identity

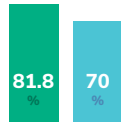
This reflects a young person's emerging identity, and includes self-esteem, optimism and a growing sense of purpose in life.

Scouts Non-Scouts



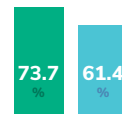
Self-Perception

Scouts report to be more likely to view themselves positively than non-Scouts



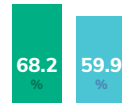
Self-Esteem

Scouts report to be more likely to feel good about themselves



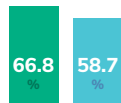
Self-Assessment

Scouts report to be more likely to report that in most situations they are doing pretty well



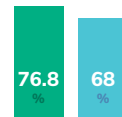
Learning

Scouts report to be more likely to think that things they have done in the past will help them in the future



Perseverance

Scouts report to be more likely to know they can solve a problem when others want to quit

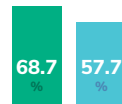


Optimism

Scouts report to be more likely to feel that in most situations they are doing just as well as other kids their age

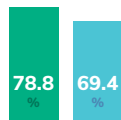
Positive Values

Deepening personal values is a crucial aspect of a young person's development, and eventually leads to deep commitments that guide how they think and act.



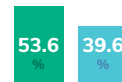
Personal Values

Scouts report to be more likely to hold positive values than non-Scouts



Positivity

Scouts report to be more likely to hold more hope for a positive future than non-Scouts

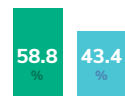


Approach

Scouts report to be less likely to just wish a problem they have would go away by reporting they do this 'never', 'rarely' or 'only sometimes' more often than non-Scouts

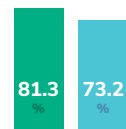
Positive Contribution

Wanting to contribute to their world is an essential part of growing into a personally fulfilled and active member of society.



Community Engagement

Scouts report to be more likely to feel they make a positive contribution to their community than non-Scouts



Community Service

Scouts report to be more likely to give time to help others

Scouts gets me out of my head and into the world, solving problems, being brave, making friends, feeling strong and capable.

Acknowledgements

Scouts Australia would like to thank all youth members (and their families) across the nation for their voluntary participation in the Scouts Australia Resilience Survey and their continued support of the mission and vision of Scouting in Australia.

Scouts Australia also extends its gratitude to Dr Andrew Wicking and the team at Resilient Youth Australia for their support and professionalism in conducting this important survey.

About Scouts Australia

Scouts Australia is a globally successful youth development organisation that offers a modern youth-focused program of activities to more than 70,000 members nationwide. Activities and opportunities designed to spark curiosity and involvement are provided at a pace that suits the individual youth members, building resilient and confident children and young people aged 5 to 25 years. To join, volunteer, reconnect or donate, visit <https://scouts.com.au/>.

About Resilient Youth Australia

Resilient Youth Australia is committed to measurably improving the resilience of young people. Connected Protected Respected is a Registered Trademark of Resilient Youth Australia Pty Ltd. To learn more, visit <http://www.resilientyouth.org.au/>.

