

# WHAT MAKES A GOOD LIFE?

Children and young people's views on wellbeing



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Office of the Children's Commissioner*



# Role of the Children's Commissioner: Advocate for the rights, interests and wellbeing of New Zealand under 18s



- Monitor how NZ children are doing, including how the State supports children in care & protection, youth justice
- Advocate for children's rights and best interests
- Influence legislation, policy and practice
- Support children's voices to be heard



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# child & youth wellbeing



**DEPARTMENT OF THE  
PRIME MINISTER AND CABINET**  
TE TARI O TE PIRIMIA ME TE KOMITI MATUA



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February 2019



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# Collaboration

A number of people and organisations contributed to making this work possible, including:

- 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.***



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# What did we want to find out?

- What does it mean to have a good life for children and young people in Aotearoa?
- How do children and young people position themselves in relation to what they think is a good life?
- What hinders children and young people from having a good life?
- What will help children and young people to have a good life?



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# What did we ask?

- What does having a 'good life' mean to you?
- What gets in the way of a good life?
- What helps to achieve a good life?



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# How did we ask?

- Face to face engagements: 423 young people
  - Focus Groups using Activity Based Engagements
  - Small group discussions
  - One on One interviews
- Online survey: 5,631 young people
  - One survey for primary and intermediate age
  - One survey for secondary age students



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# Analysis

- Online survey:
  - Basic analysis through surveymonkey software
  - Used intelligent software to analyse qualitative responses
- Face to face engagements:
  - Two day ‘analysis hui’ undertaken with 15 people to read through transcripts of engagements and draw themes and consensus of meaning

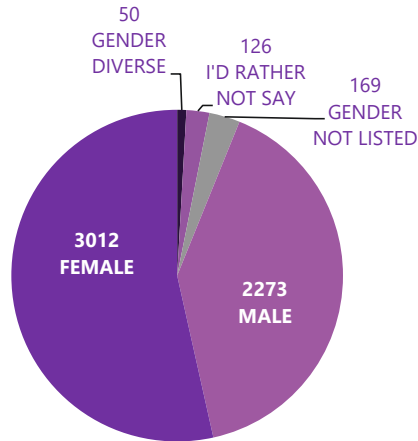


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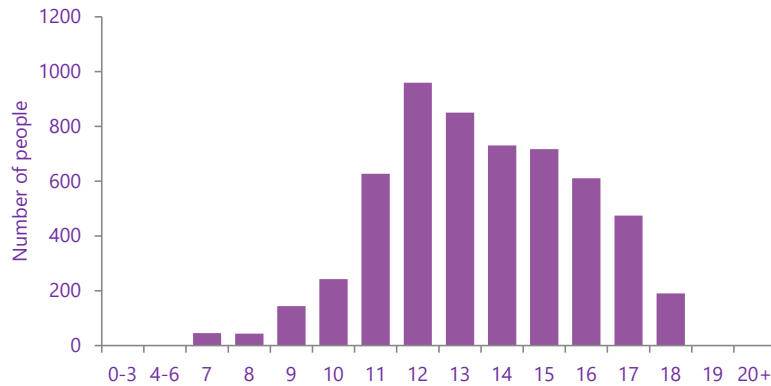


## Gender

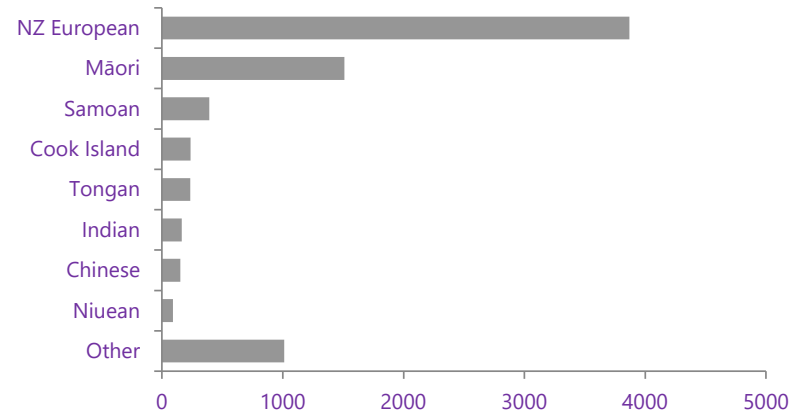


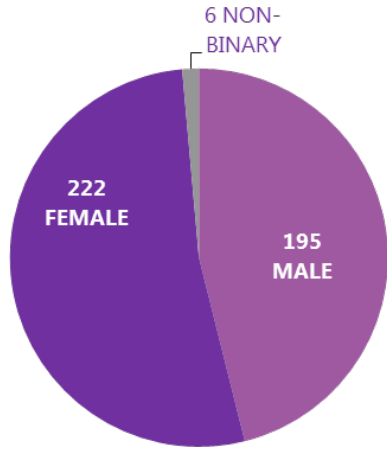
# 5,631 SURVEY RESPONDENTS

## Age

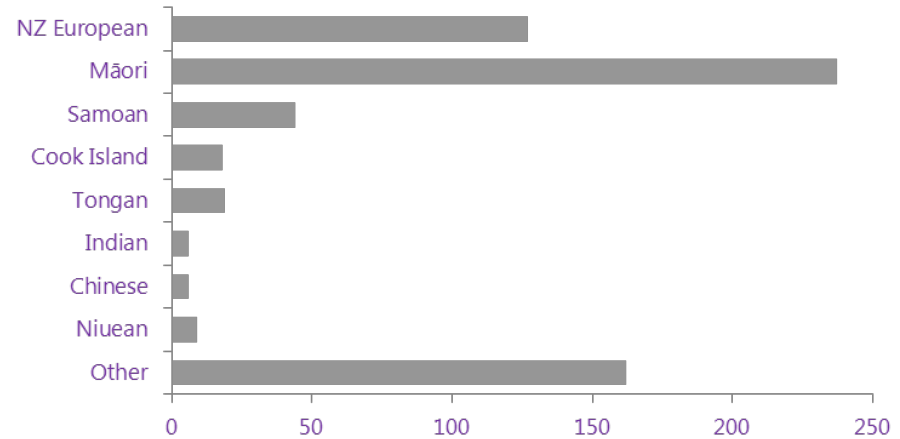
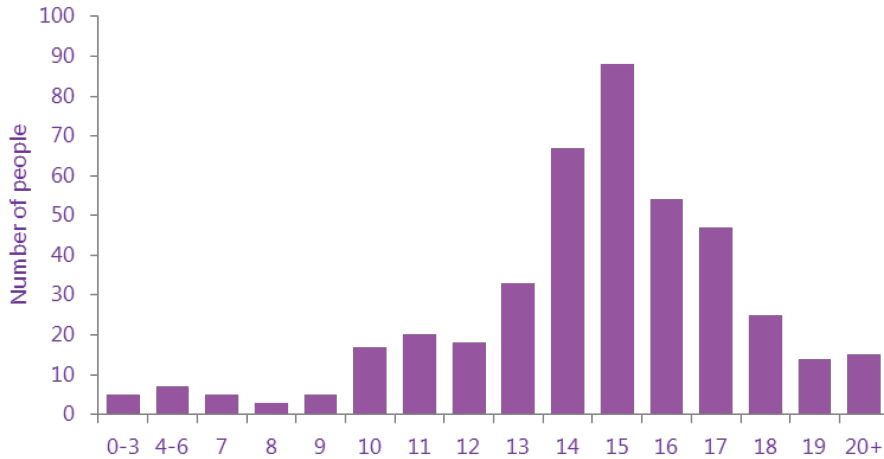


## Ethnicity





# 423 FACE TO FACE PARTICIPANTS





# What did we hear?

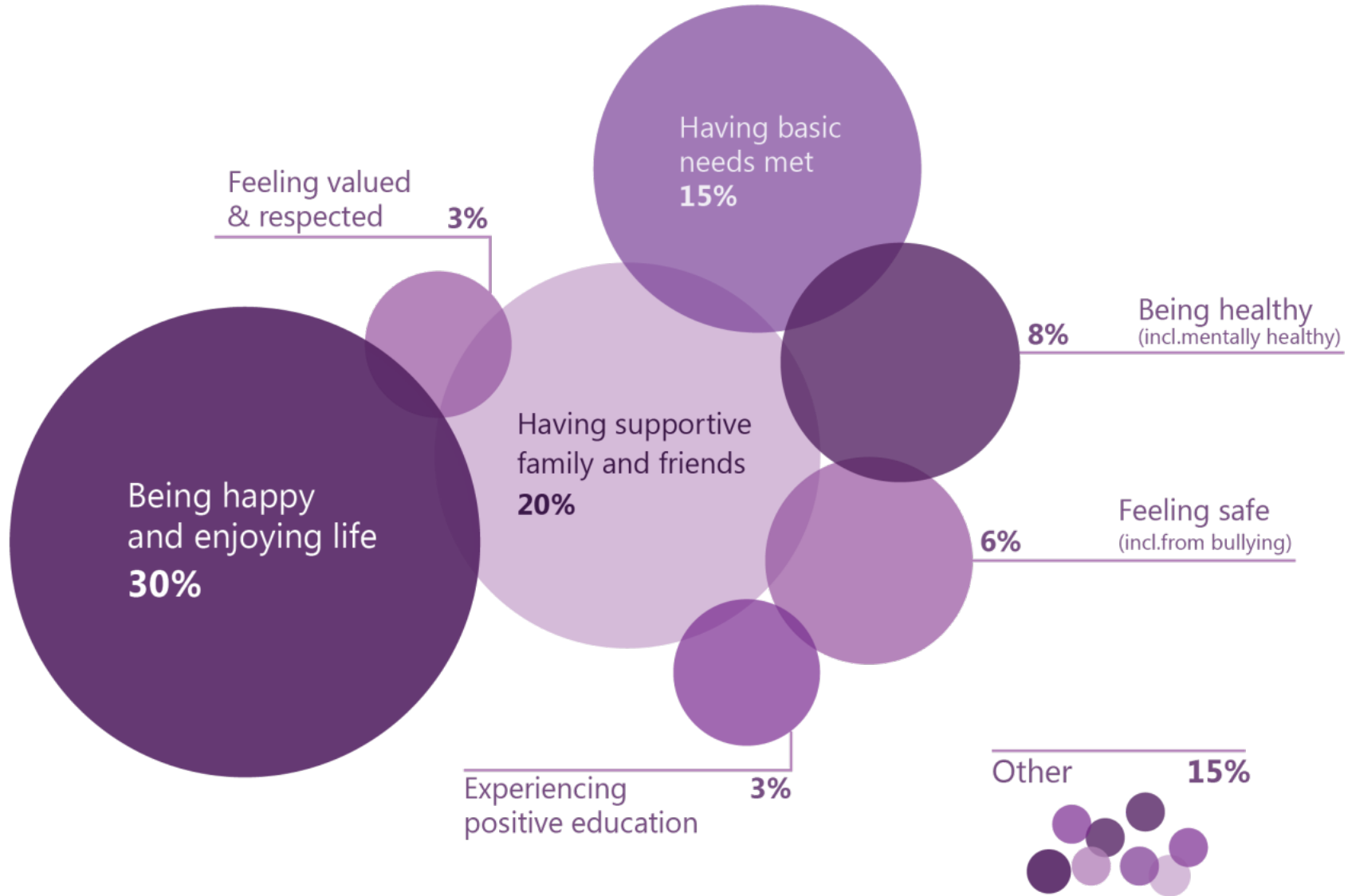


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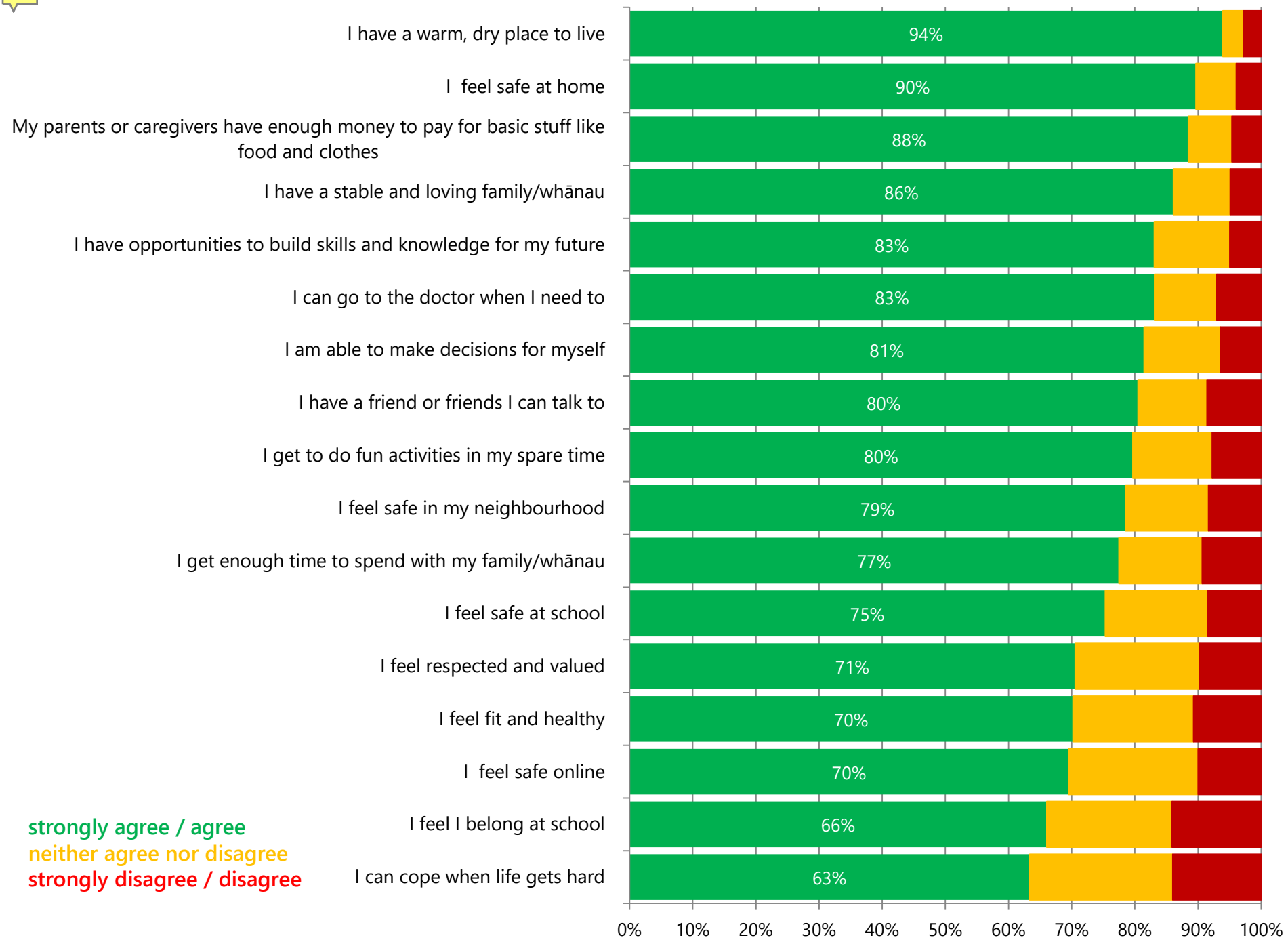
# What makes a good life?





**The majority of children  
and young people are  
experiencing many elements of a  
good life ...**

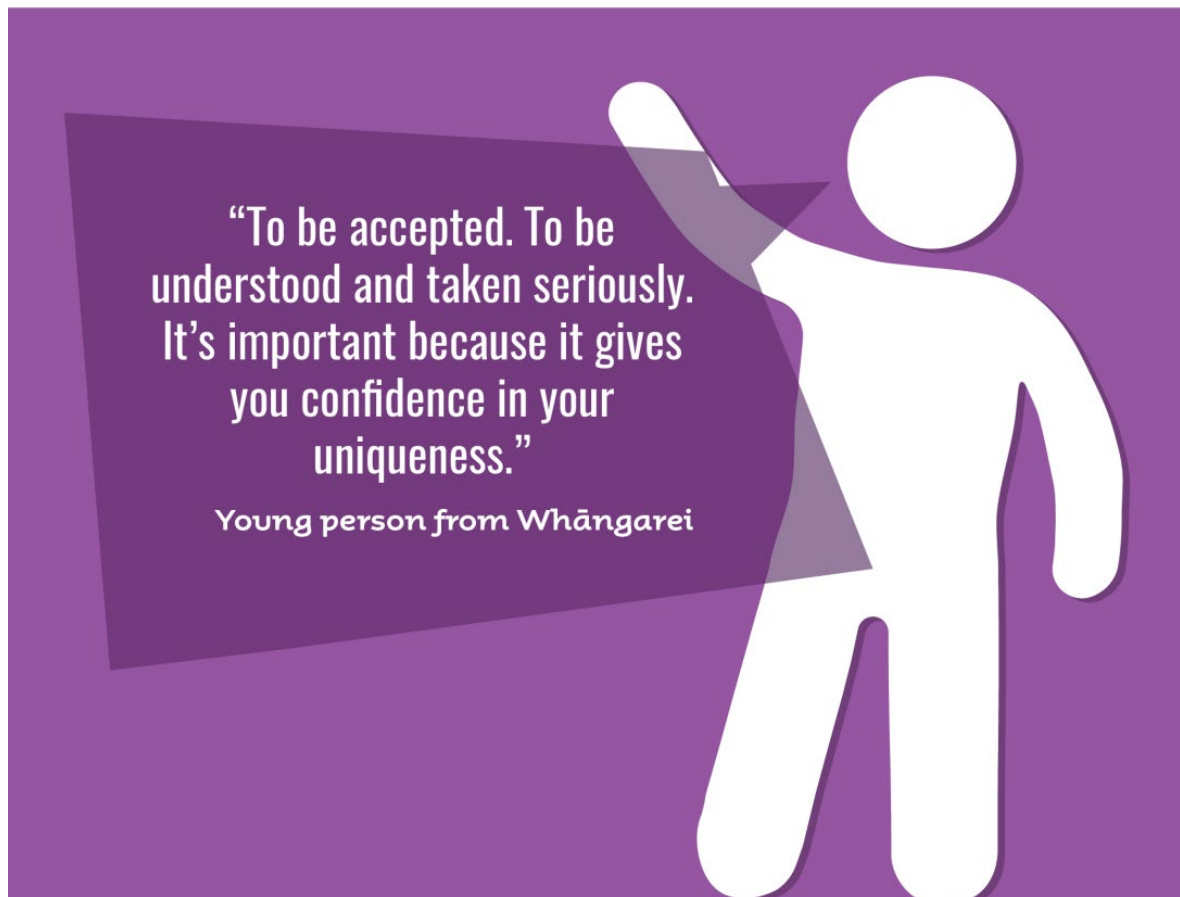
**but not *all* children**



**strongly agree / agree**  
**neither agree nor disagree**  
**strongly disagree / disagree**



# WHAT MAKES A GOOD LIFE?




“To be accepted. To be understood and taken seriously. It’s important because it gives you confidence in your uniqueness.”

Young person from Whāngarei

- 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**



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, ~~not~~ in every aspect of their lives.

To:  
Prime Minister  
Jacinda Ardern

Tell us about yourself:

0 - 10 years old

11 - 17 years old

18+ years old

Māori

NZ European / Pākehā

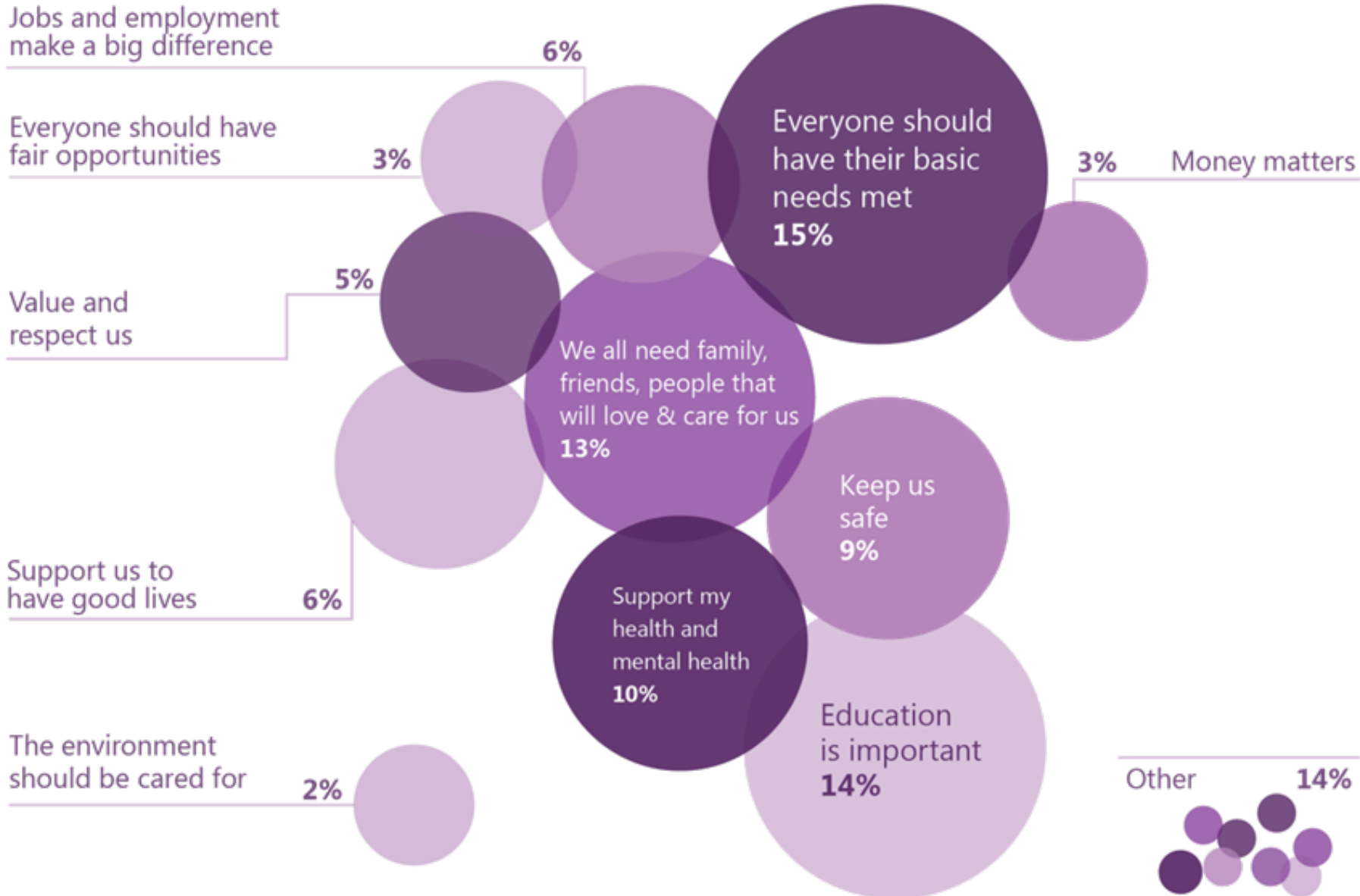
Pacific

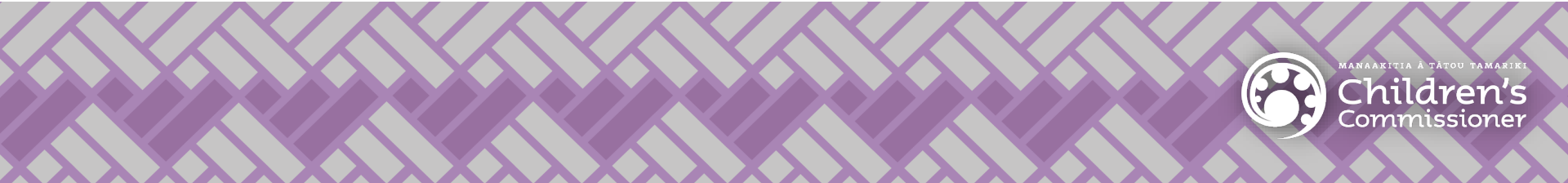
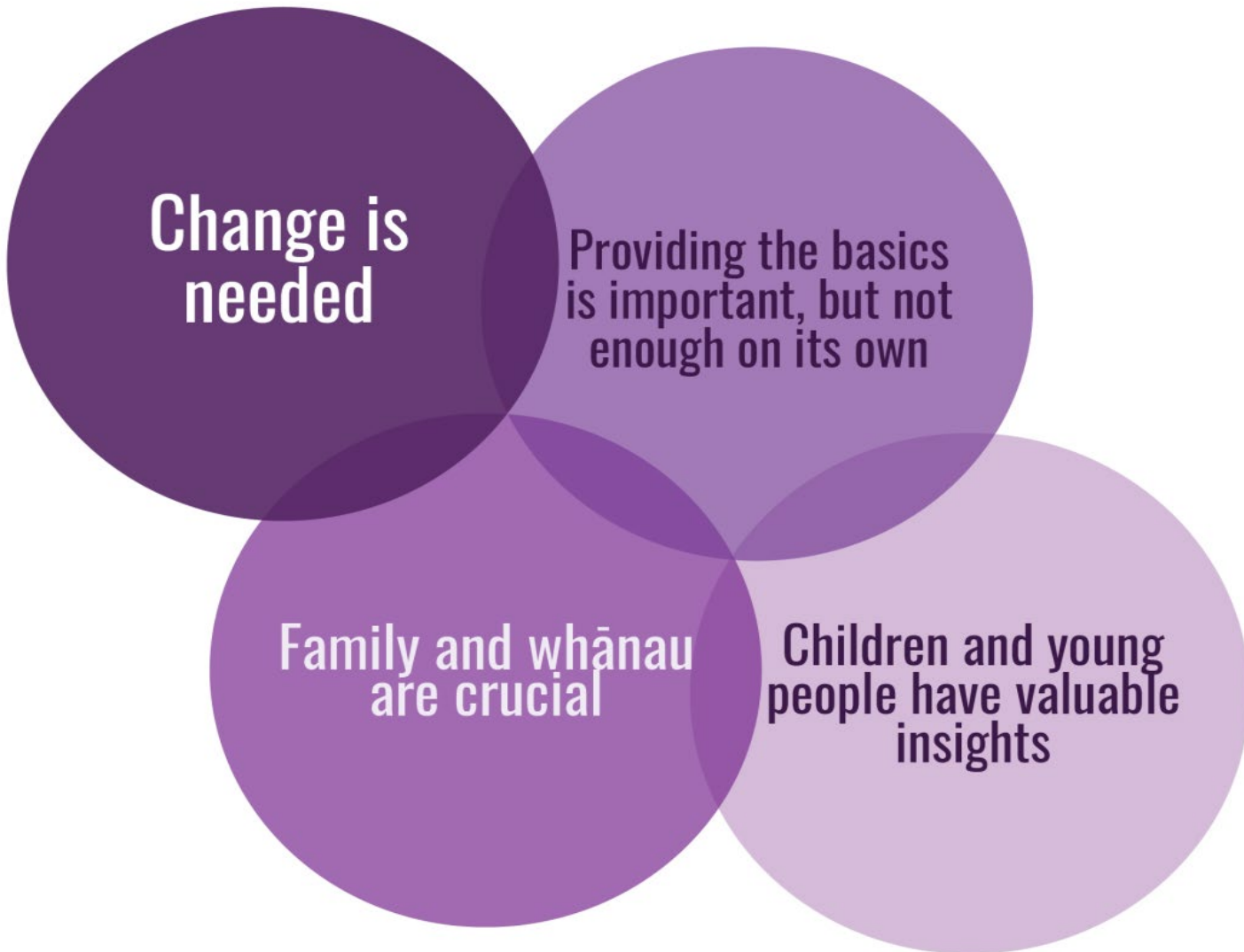
Asian

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

**5) How you support us matters just as much as what you do**

# Messages to the Prime Minister







# Outcomes of this work

- These views have informed
  - Child and Youth Wellbeing Strategy, and
  - Oranga Tamariki Action Plan
- We are sharing finding widely
  - across community, schools, government, NGO's and research institutes
- It is impacting front-line practice
  - including how people deliver support services, and how people interact with children and young people everyday.





# What's next?

"Lots of love. A great supportive family and everyone being treated respectfully and equally."

- We are continuing to look at the views we heard
  - On-going analysis of different cohorts and issues to get the most out of the information
  - Analysis underway looking at the experiences of those in OT care, teen parents, disability, and more to come
- We are continuing to feed back to the community, and our community partners.

"I need stability"

# Questions?



Contact: [voices@occ.org.nz](mailto:voices@occ.org.nz)



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