



WELLBEING

With Heart

Updates from the Future Proofing Study

Chevalier College is proud to be participating in the Future Proofing Study, Australia's largest and most comprehensive longitudinal study of adolescent mental health in Australia. Students in the class of 2025 signed up to participate in Year 8, and will continue to participate with yearly surveys until they reach Year 12.

Some initial findings from the Future Proofing Survey are now available, and they impart wisdom into the biggest issues impacting teens in Australia, and what can be done to address these concerns.

[READ MORE](#)



1. Loneliness and disconnection is a big risk factor for the development of anxiety and depression.

27% of adolescents stated they felt like an outsider at school, 17% said they felt lonely.

So get connected! Sign up for groups, teams, clubs and activities that foster connection. This could even be a part-time job or volunteer work. Face-to-face connection is often more meaningful than online.



2. Sleep

Only 53% of teens are getting more than 8 hours/night, and one in five adolescents are getting less than 6 hours per night. Adolescents need 8-10 hours/night. Sleep problems increase the risk of experiencing mental health symptoms by 4-6 times, and are linked with difficulties with school work and attendance, and problems in peer relationships.

Implement good sleep hygiene ([Sleep Resource For Teens - Black Dog Institute](#)) and try the [Sleep Ninja app](#).



3. Screen Use

Teenagers are using social media on average 2-3 hours per day, with 82% using social media to connect with the friends that they know in real life. Screen use is therefore an important aspect of social connection for adolescents. However, 46% of teens say that using screens stops or delays them from doing other important things in their life (homework, chores, sleeping).

So, have good boundaries around screen use ([WBWH P Vol2.2 Issue3 TECHUSE 210721.pdf](#)) and balance your screen time around other interests and social experiences.

**Chevalier College is here
to support students
and families in
any way possible.**



November
2023

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Vol 5 Issue 13
Future
Proofing
Study Update

by the Chevalier College Counsellors:
Sarah Mangelsdorf and Felicity Webster

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You can contact us at wellbeing@chevalier.nsw.edu.au**

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