

YOUTH SURVEY 2025

AUSTRALIAN CAPITAL TERRITORY RESULTS



MISSION
AUSTRALIA

CONTENTS

ABOUT THIS REPORT 3

ACKNOWLEDGEMENT 3

KEY FINDINGS..... 4

PROFILE OF RESPONDENTS 6

NATIONAL ISSUES AND PERSONAL STRESS 8

EDUCATION AND EMPLOYMENT 10

FINANCIAL SITUATION.....14

WELLBEING 16

SUPPORT AND CONNECTEDNESS..... 20

ACTIVITIES AND UNFAIR TREATMENT23

ABOUT THIS REPORT

This is the **Australian Capital Territory (ACT)** sub-report of the Mission Australia Youth Survey Report 2025. It is based on the responses of 968 young people in **ACT** who completed the Youth Survey 2025.

The Mission Australia Youth Survey Report 2025 presents key findings based on national level data and can be found [here](#). It contains the methodology, national executive summary, national key findings, and findings for Aboriginal and Torres Strait Islander young people. The report also includes commentary on the national findings that may assist in the interpretation of the data found within this sub-report.

This **ACT** sub-report is a territory-based overview of the key findings from the Youth Survey 2025. The report includes detailed data tables comparing territory-level findings against the national data. All territory and national data in this report, including demographic information and base sizes, has been **weighted** by state/territory, gender and socio-economic advantage/disadvantage by area. Please see the 'About the survey' section of the Youth Survey Report 2025 for more information regarding our weighting method.

Care needs to be taken when interpreting and generalising some results, particularly state-based gender breakdowns, due to variations in base sizes for different survey items. **ACT** gender breakdowns are included where weighted base size allows. Review charts with extreme caution when the number of responses are less than 30 and take care when interpreting results with base sizes under 100.

ACKNOWLEDGEMENT

We acknowledge the traditional custodians of lands throughout Australia, and we pay our respects to the Elders past, present and future for they hold the memories, the culture and dreams of the Aboriginal and Torres Strait Islander people. We recognise and respect their cultural heritage, beliefs and continual relationship with the land and we recognise the importance of the young people who are our future leaders.

A special thank you to the young people who shared with us in the 2025 Youth Survey. We appreciate the views they shared on current issues and personal concerns, as well as their responses to questions relating to housing and finance, education and employment, community and supports, and mental health and wellbeing.

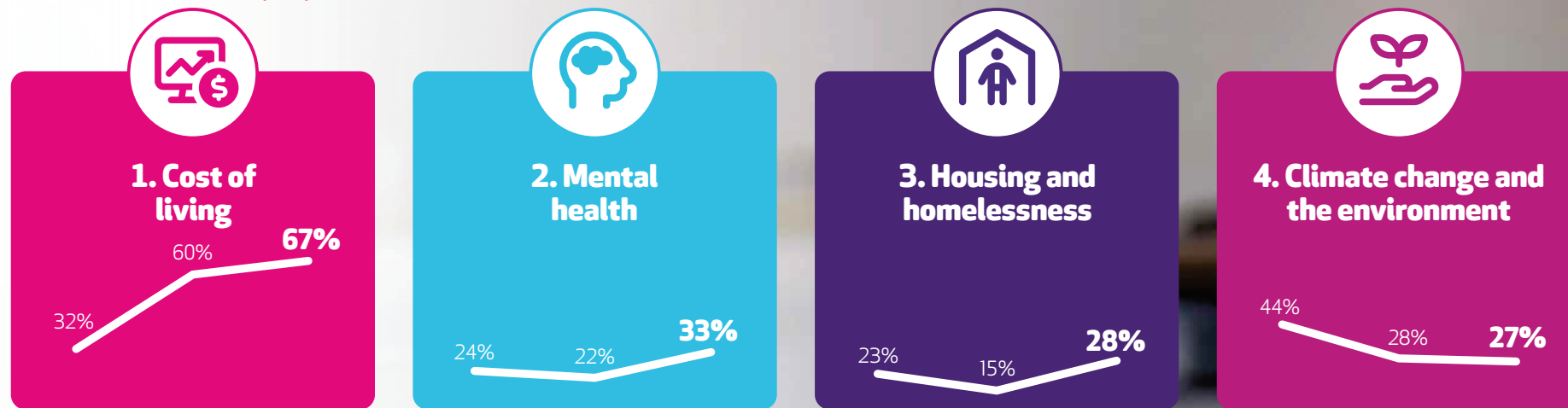
This report may be cited as: McHale, R., Brennan, N., Freeburn, T., Richardson, E., Rossetto, A. & Carmody, M. (2025). *Youth Survey Report 2025- Australian Capital Territory sub-report*. Sydney, NSW: Mission Australia

Australian Capital Territory

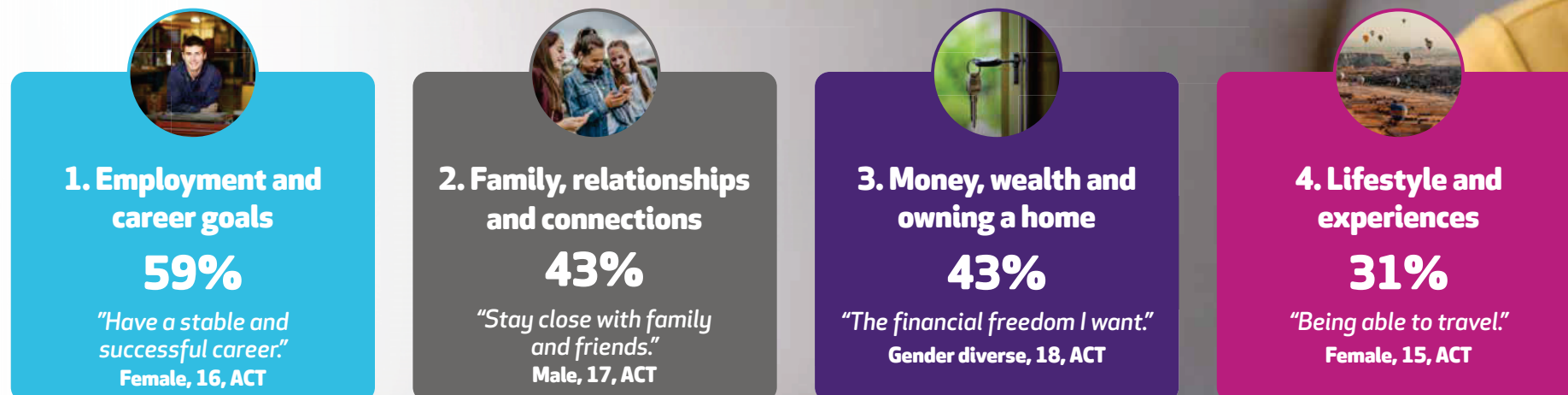
KEY FINDINGS



Young people were asked to list the three most important issues in Australia today. The charts show the proportion who mentioned each issue in 2023, 2024 and 2025.



While 64% of young people say they feel positive about the future, 97% articulated at least one of their biggest hopes, with the top themes being:



Australian Capital Territory

KEY FINDINGS



Young people shared what life looks like for them now...

Money, wealth and owning a home

14% agreed my family are often stressed about money

One in 20 (5.2%)

couldn't afford to participate in activities, hobbies or groups

2.7% felt stressed in the past year about having somewhere to live



Family, relationships and connections

24% felt stressed about problems with friends and **20%** about problems with family in the past year

13% felt lonely all or most of the time

36% felt connected to others in their neighbourhood



Employment and career

58% were currently working

Top reasons for working:

- To save up money
- To pay for my own things



Education and learning

73% of students agreed I like my school

52% felt stressed about school /study problems in the past year

18% faced barriers to achieving study or work goals—most commonly not feeling motivated



Lifestyle and experiences

19% experienced unfair treatment or discrimination in the past year

Participation in the past year:

- **65%** team sport
- **38%** individual sport



Purpose, values and big dreams

71% agreed I can achieve my goals even if they are hard

Participation in the past year:

- **35%** volunteer work
- **20%** church or other faith groups



Physical and mental health

Young people felt stress in the past year about:

- Mental health **33%**
- Body image **25%**
- Physical health **18%**

13% experienced high psychological distress – expressing feelings of anxiety, depression or being overwhelmed



ACT

Total completed surveys (unweighted)

968 ACT

17,155 National

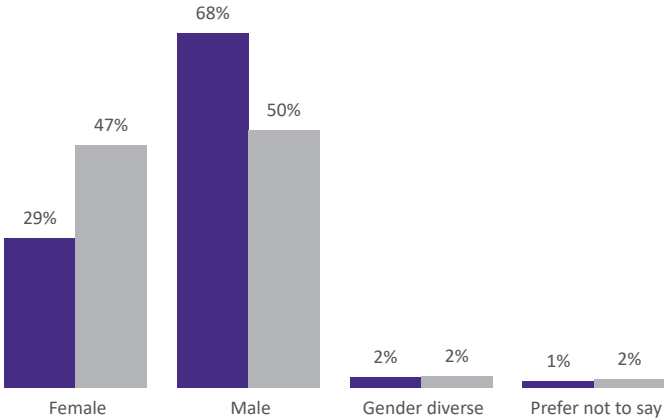
- Notes:**
- National and state/territory data has been weighted to make the sample representative of 14-to 19-year-olds by gender, location (state/territory), and the Australian Bureau of Statistics (ABS) developed Socio-Economic Indexes for Areas (SEIFA).
 - Data was collected using a self-report questionnaire.
 - Missing data has been excluded from the calculation of these charts.
 - View charts with caution when # of responses is less than 30.

Gender

● ACT ● National

ACT n = 349
National n = 17,120

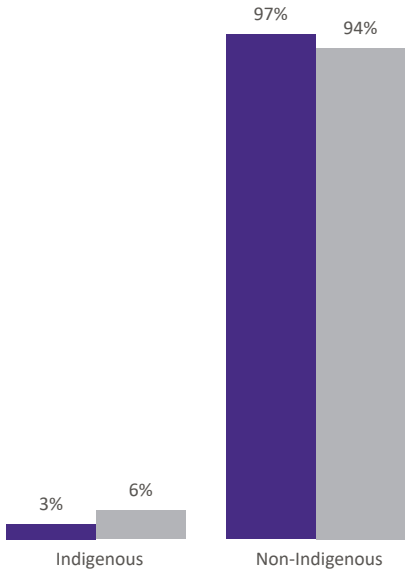
Note: A-gender/non-gendered, non-binary gender, transgender, intersex and other are combined under the gender diverse reporting category.



Aboriginal and/or Torres Strait Islander status

● ACT ● National

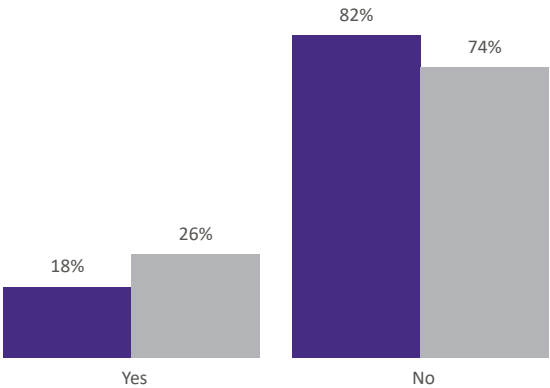
ACT n = 322
National n = 16,337



Speak a language other than English

● ACT ● National

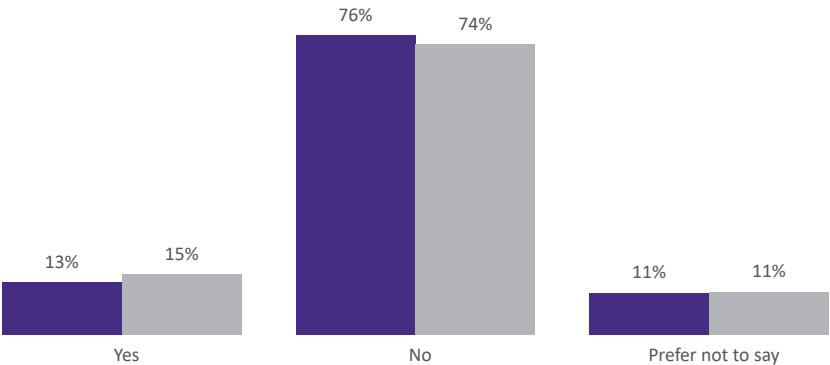
ACT n = 320
National n = 16,083



Identify as a person with a mental health condition

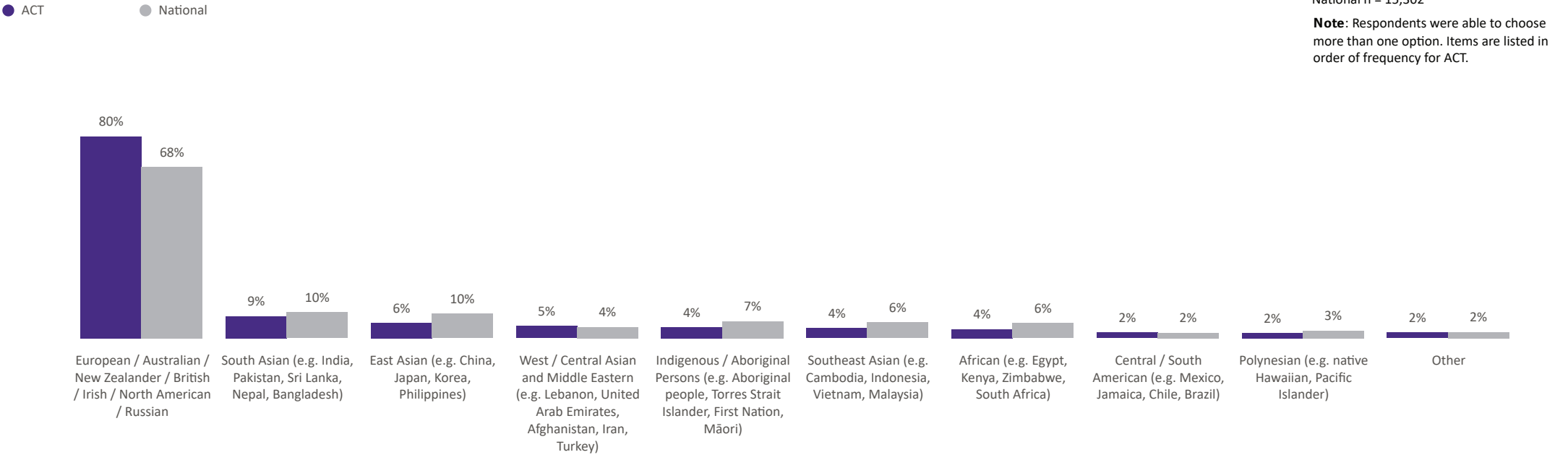
● ACT ● National

ACT n = 325
National n = 16,042

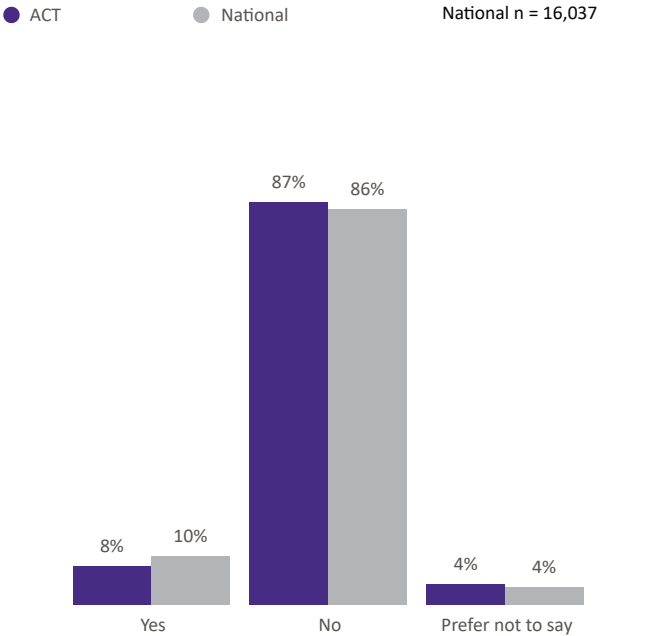


ACT

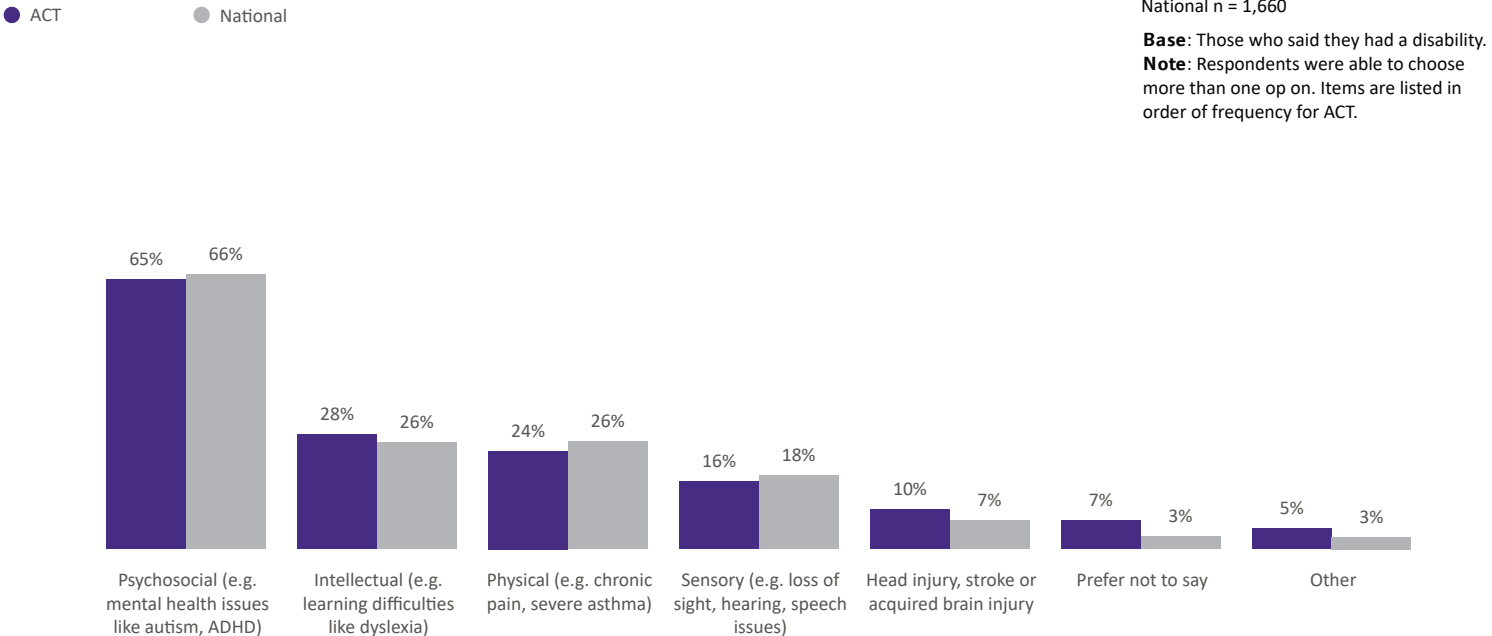
Cultural heritage/ethnic background



Identify as a person with disability

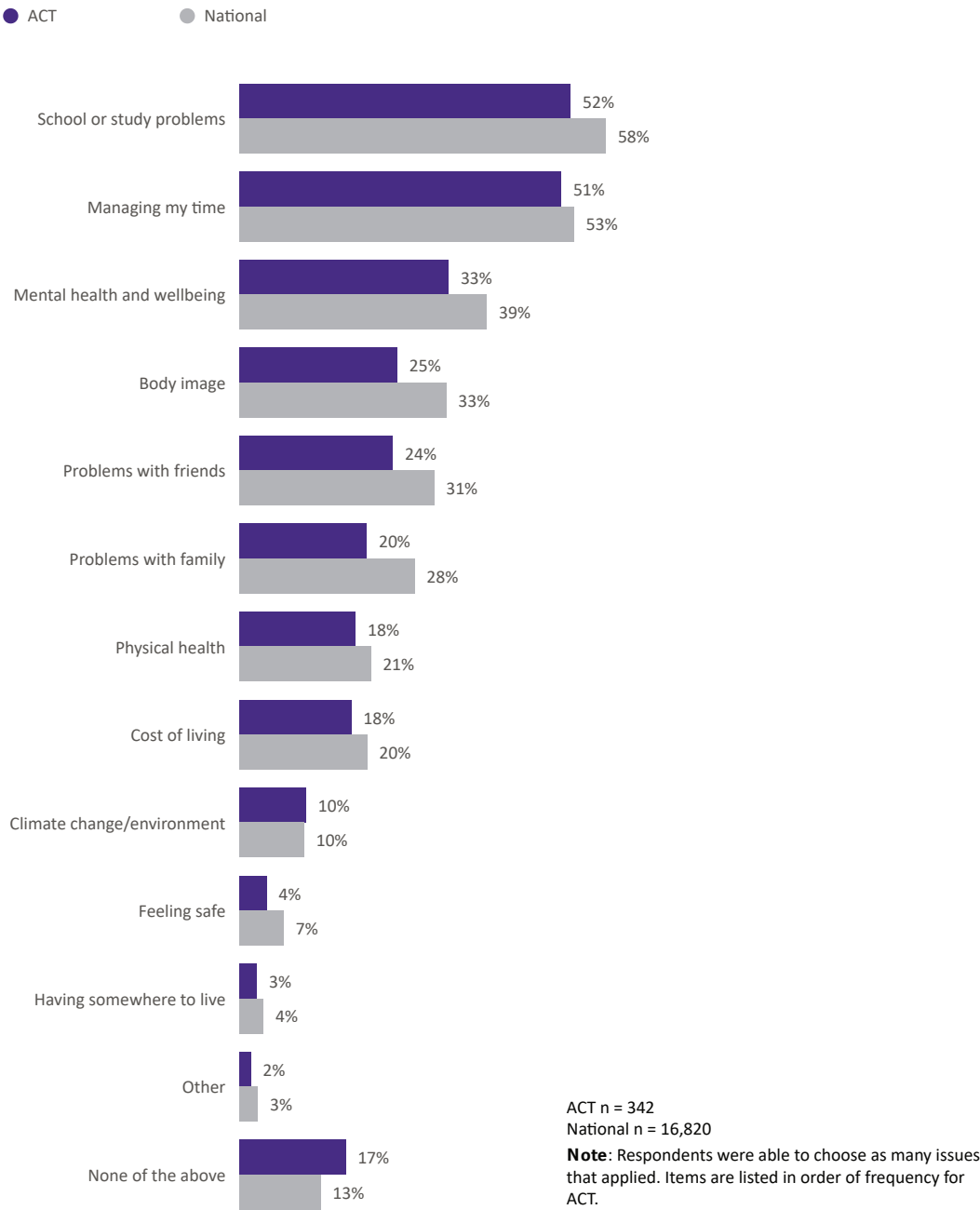


Type of disability

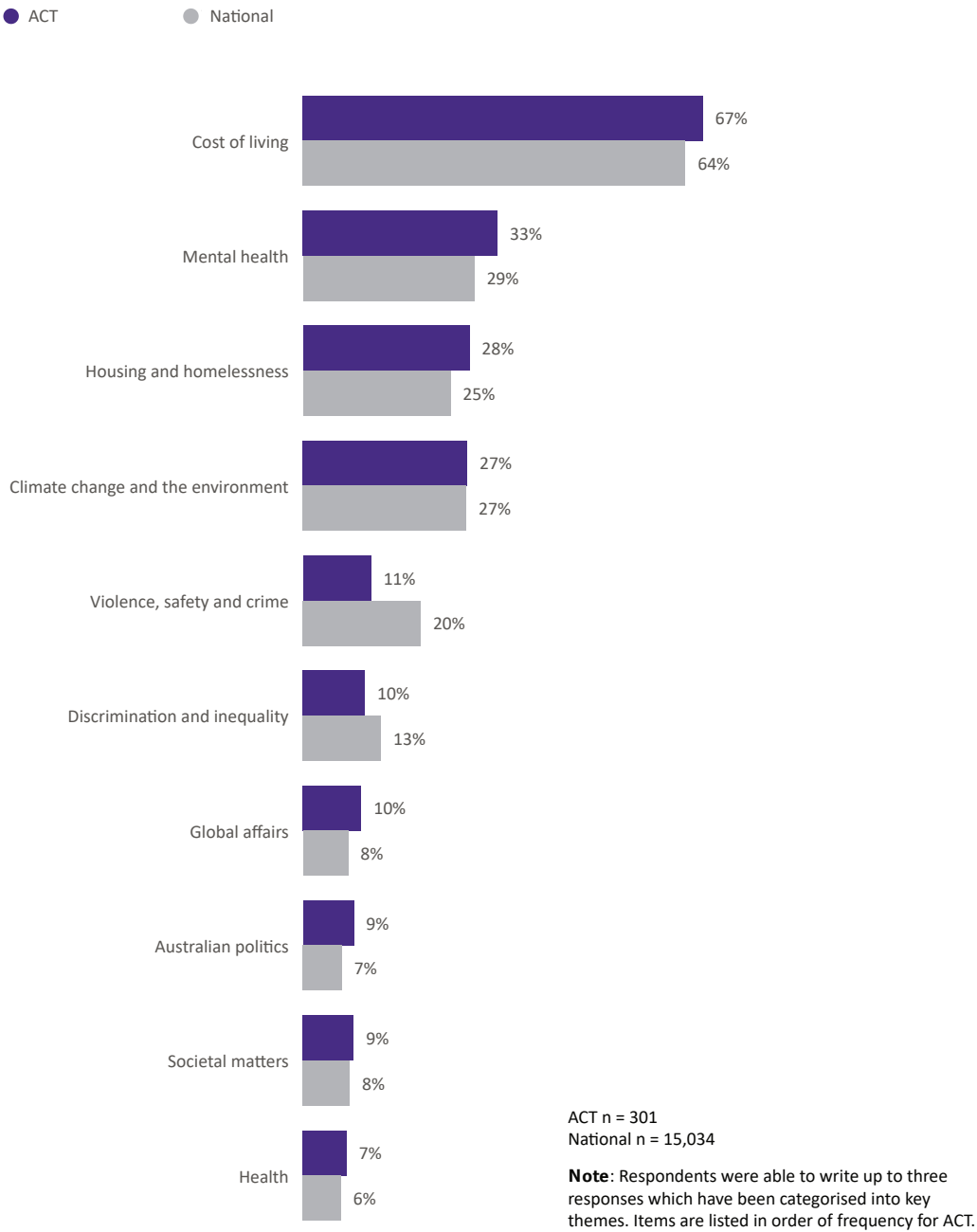


ACT

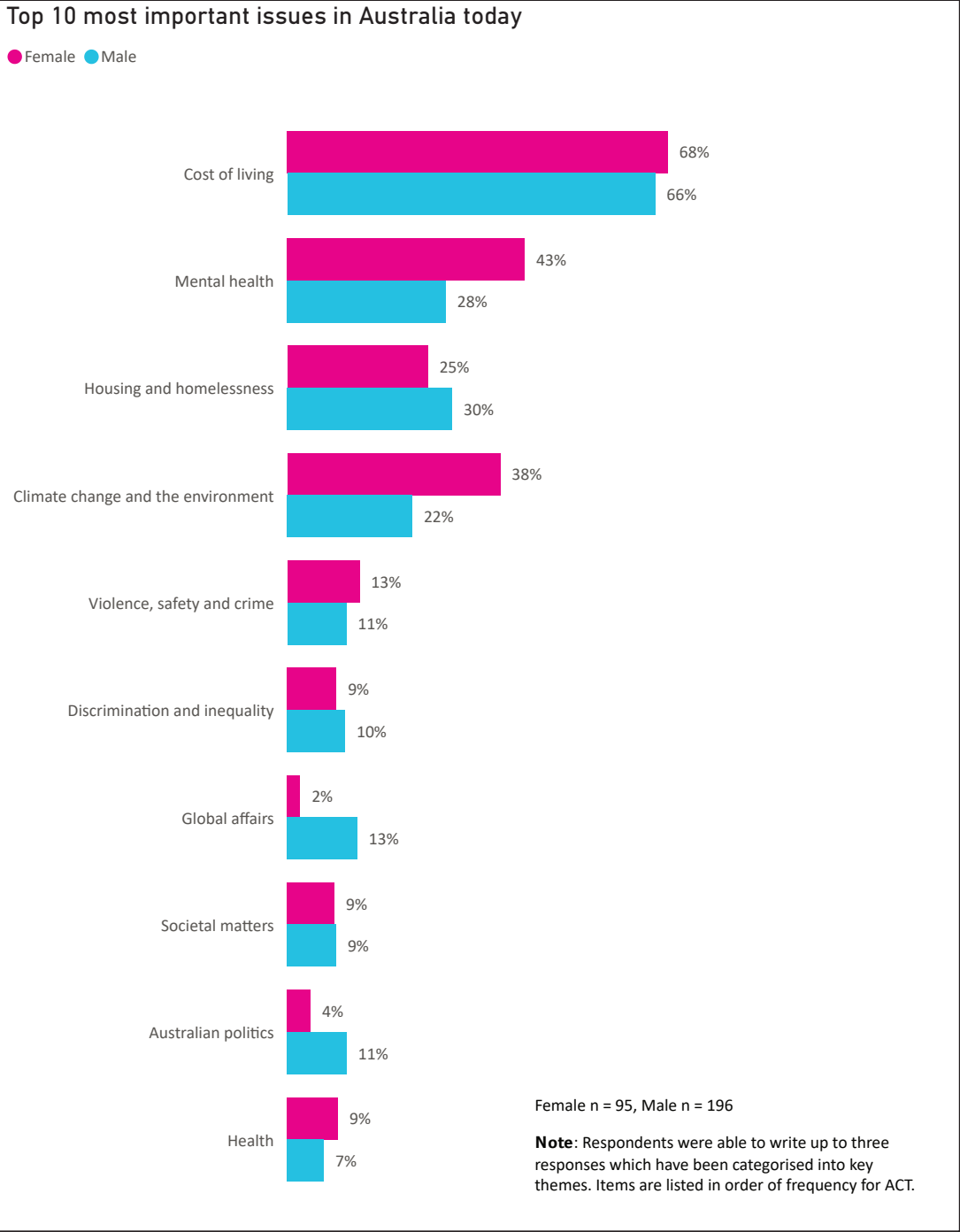
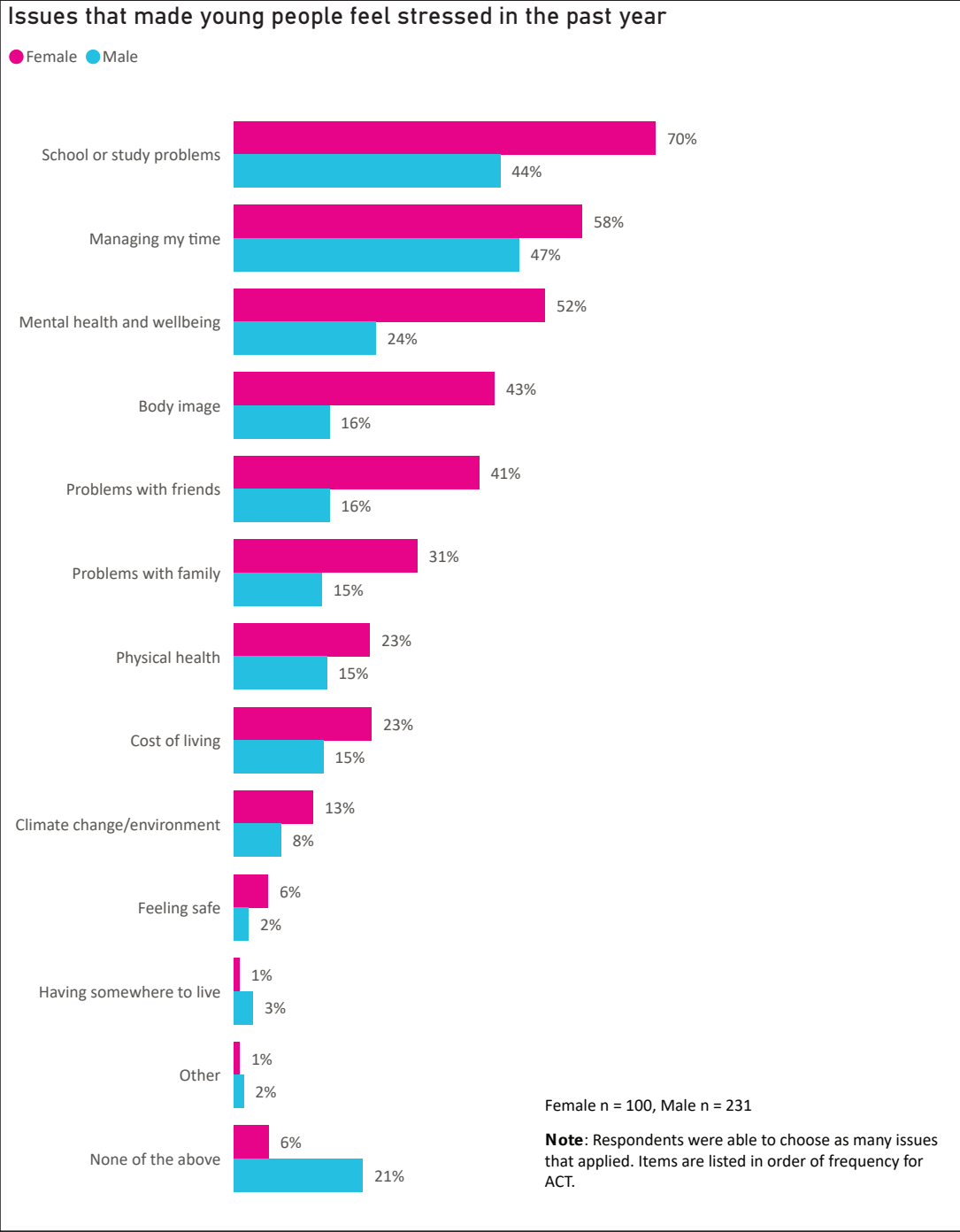
Issues that made young people feel stressed in the past year



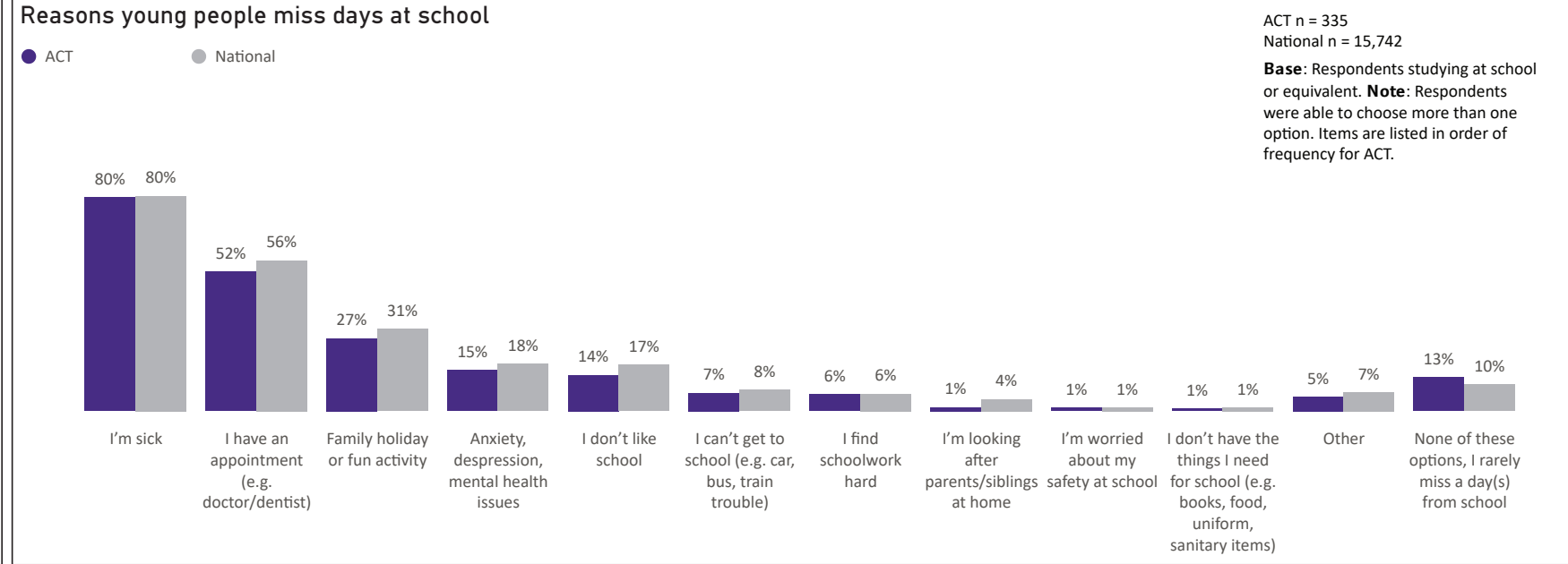
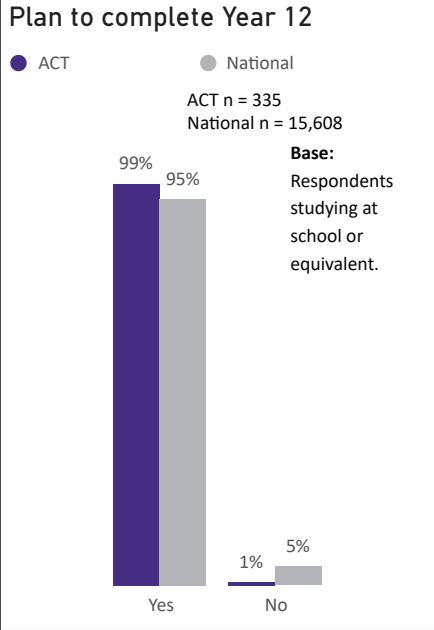
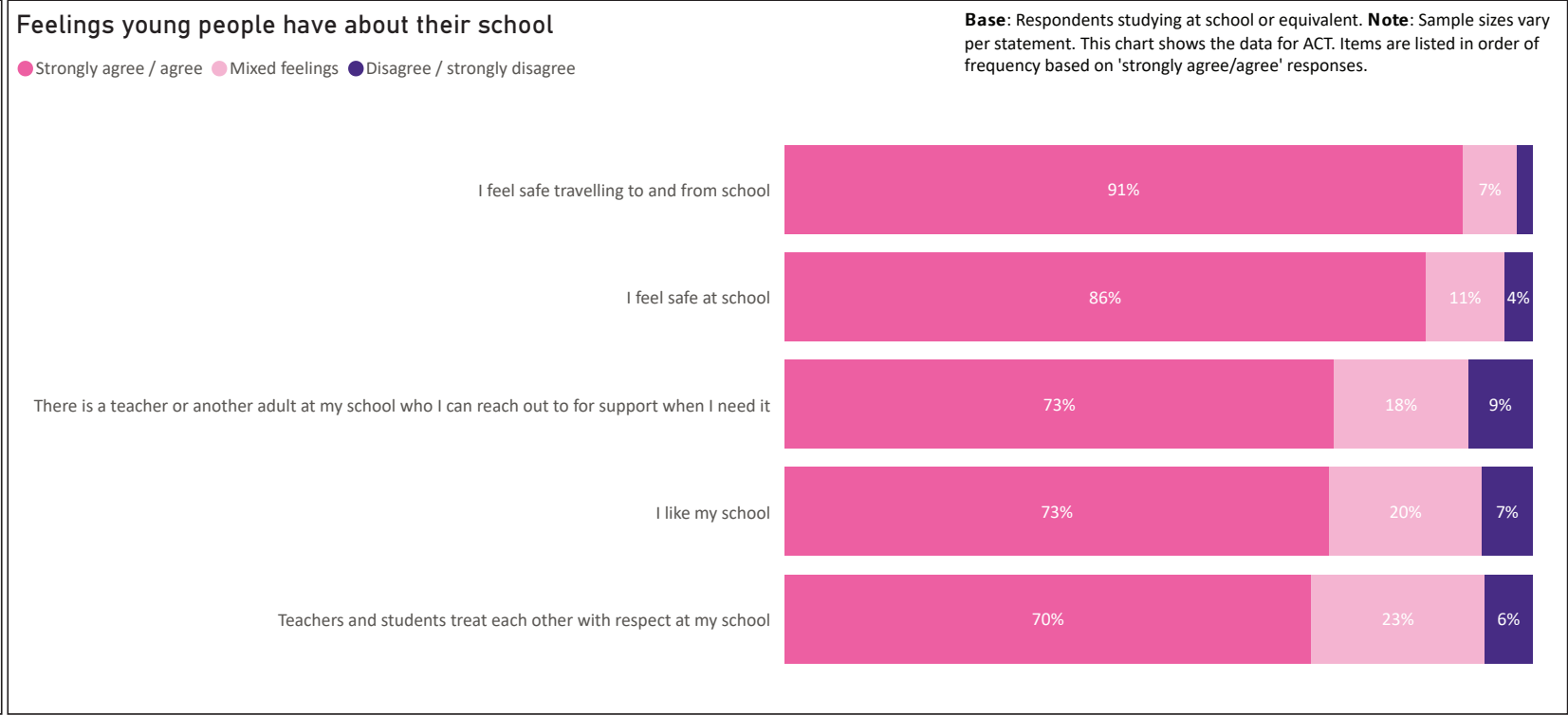
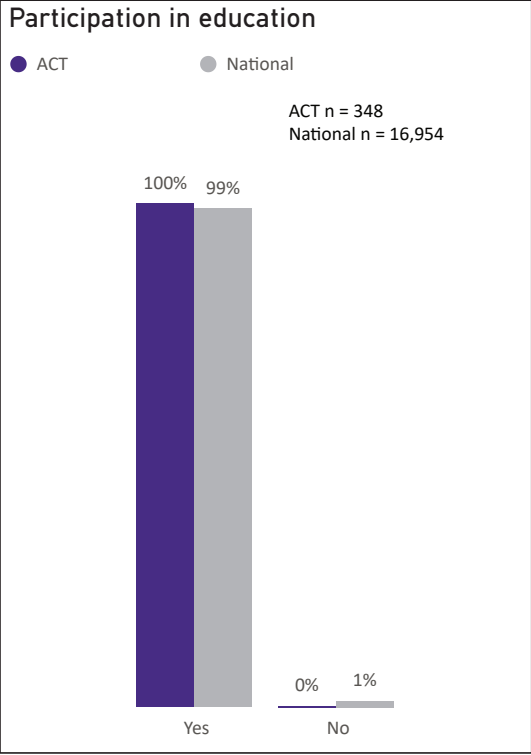
Top 10 most important issues in Australia today



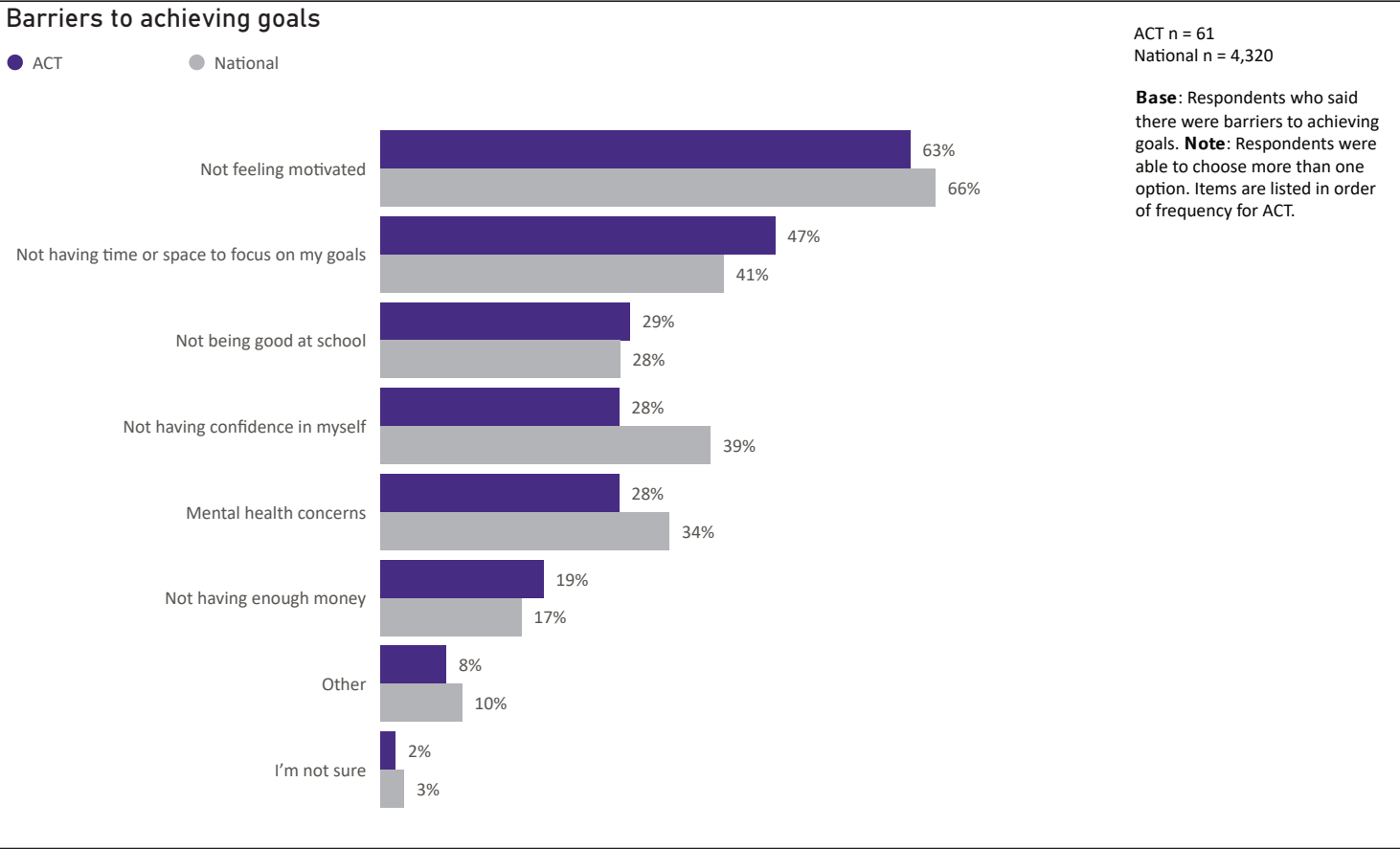
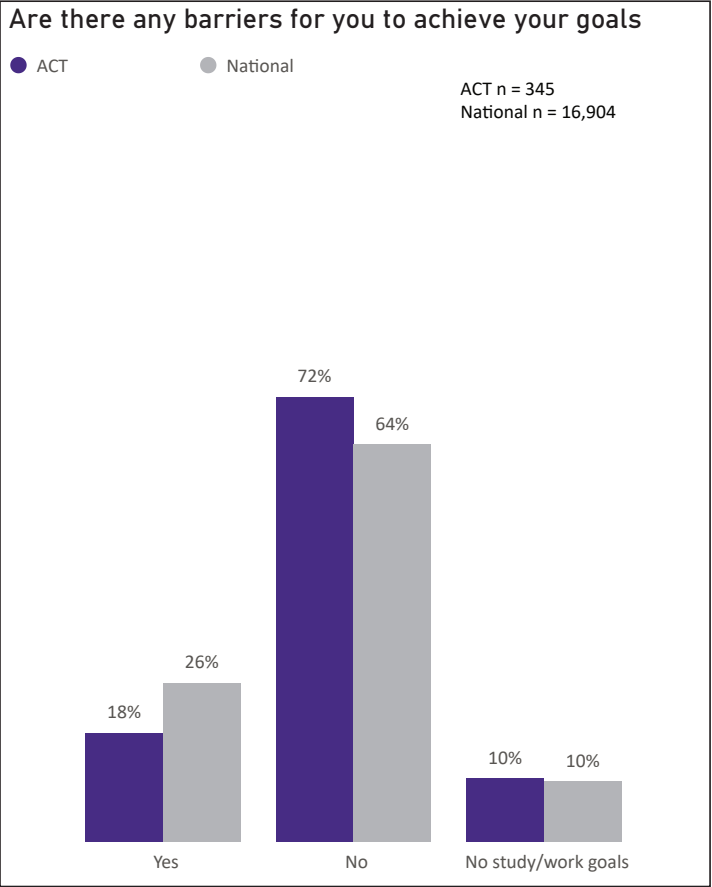
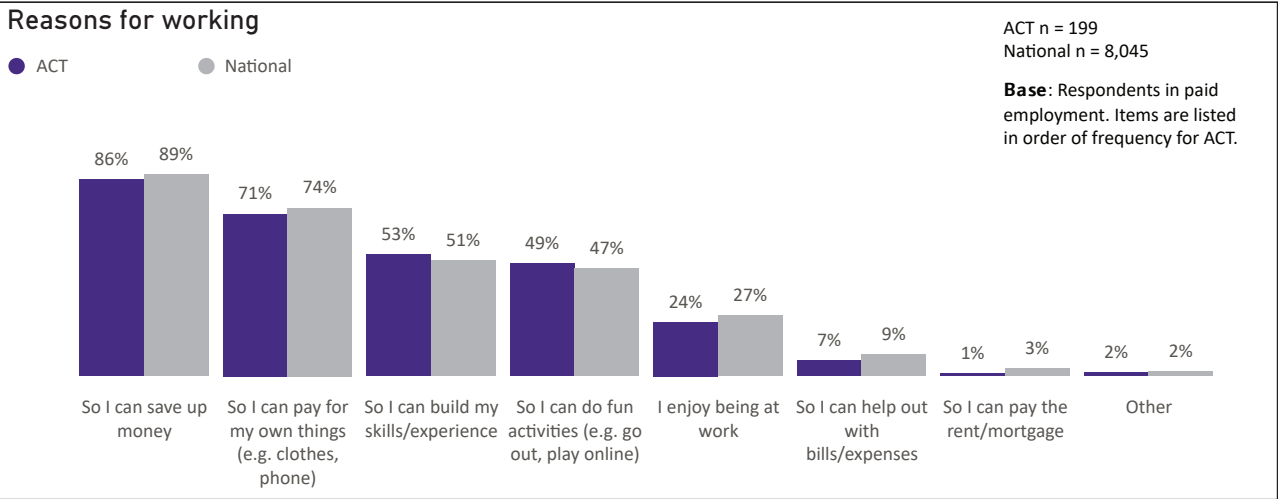
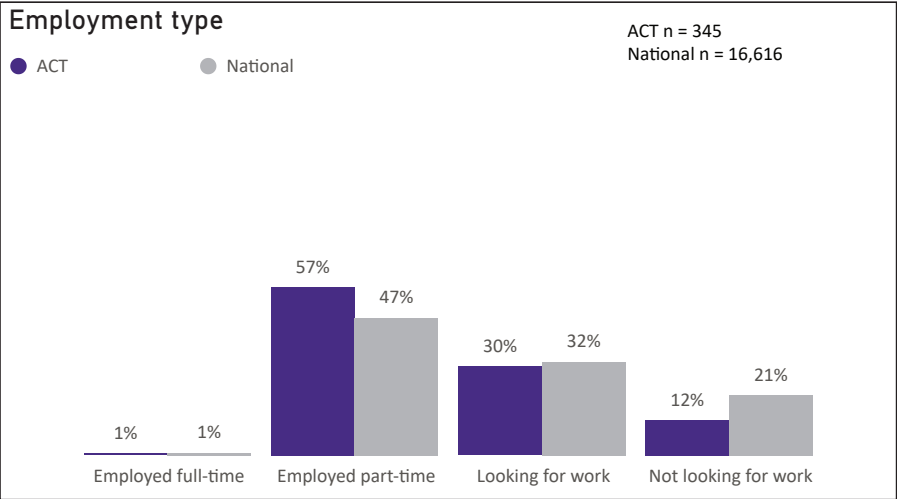
ACT



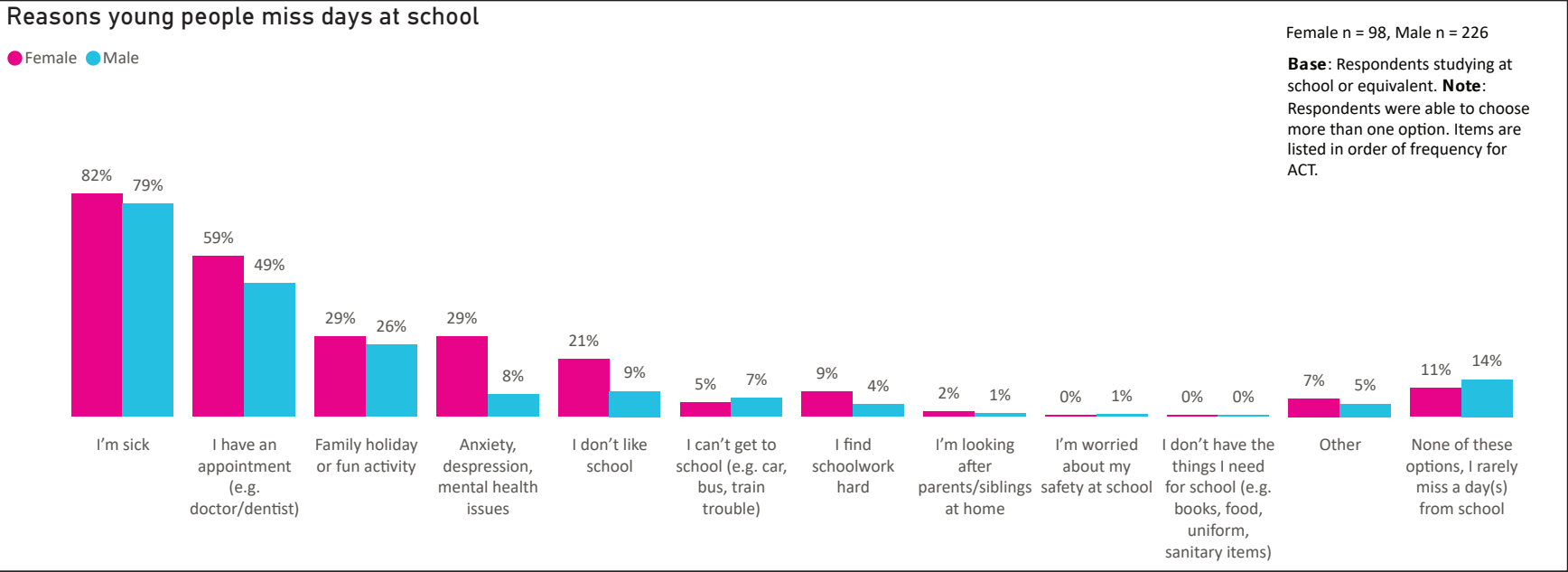
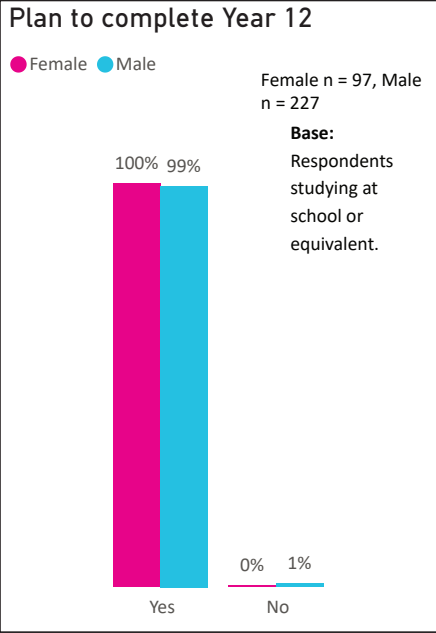
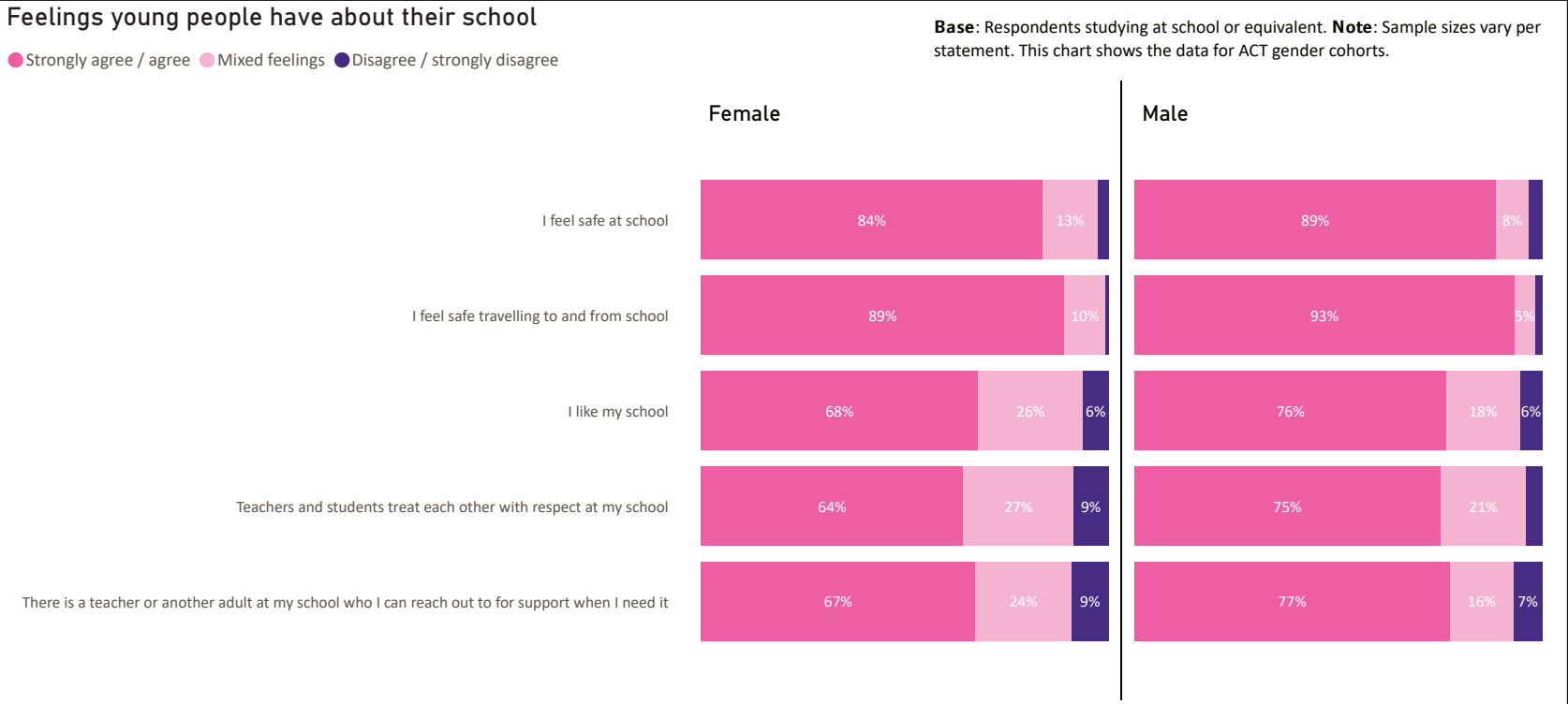
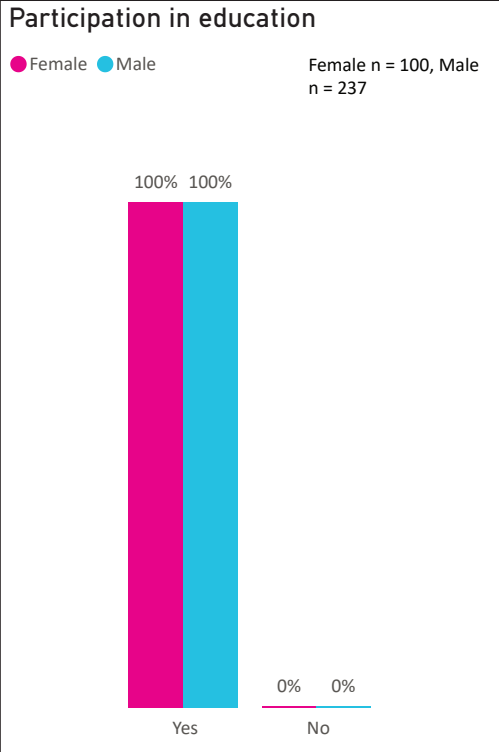
ACT



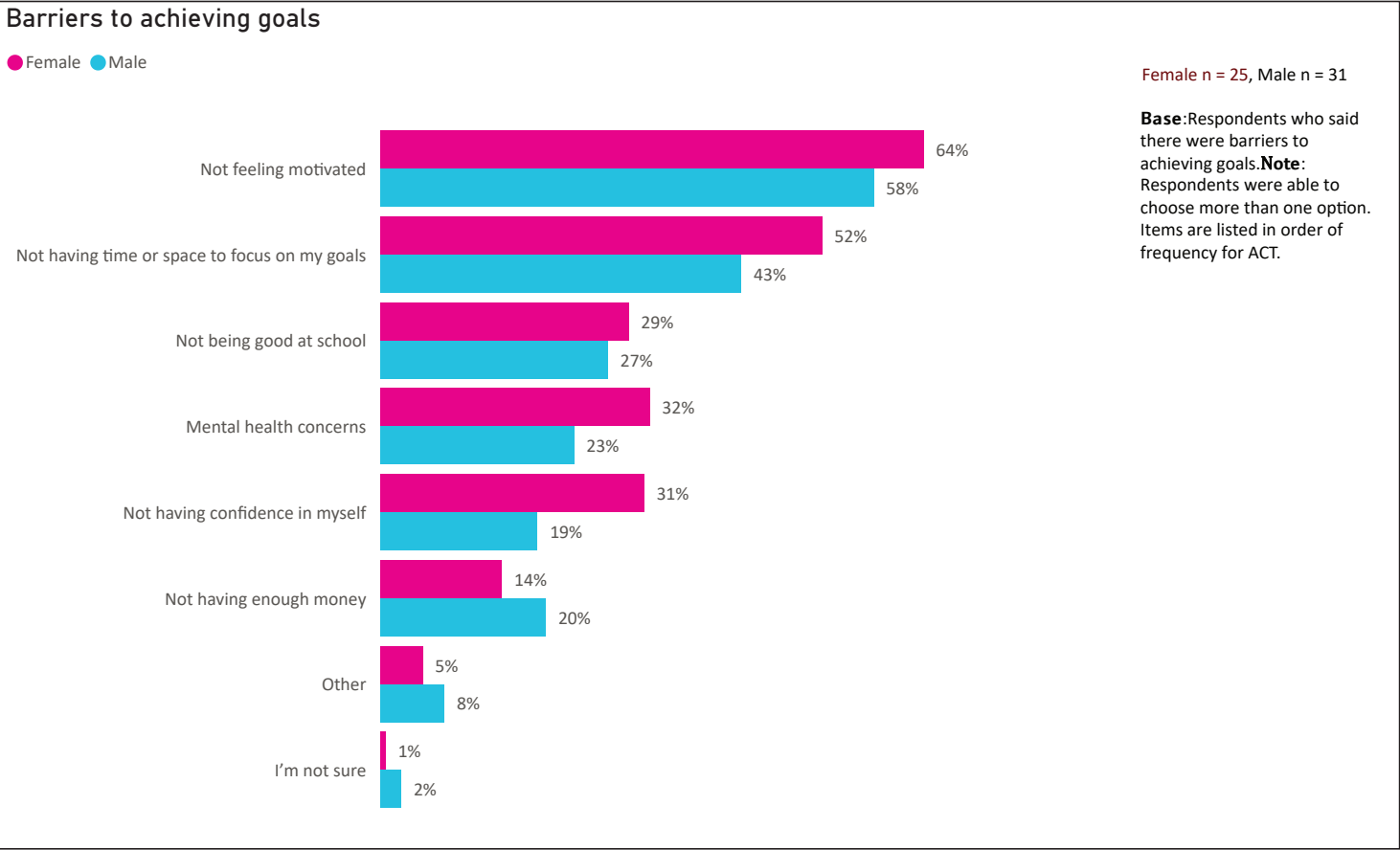
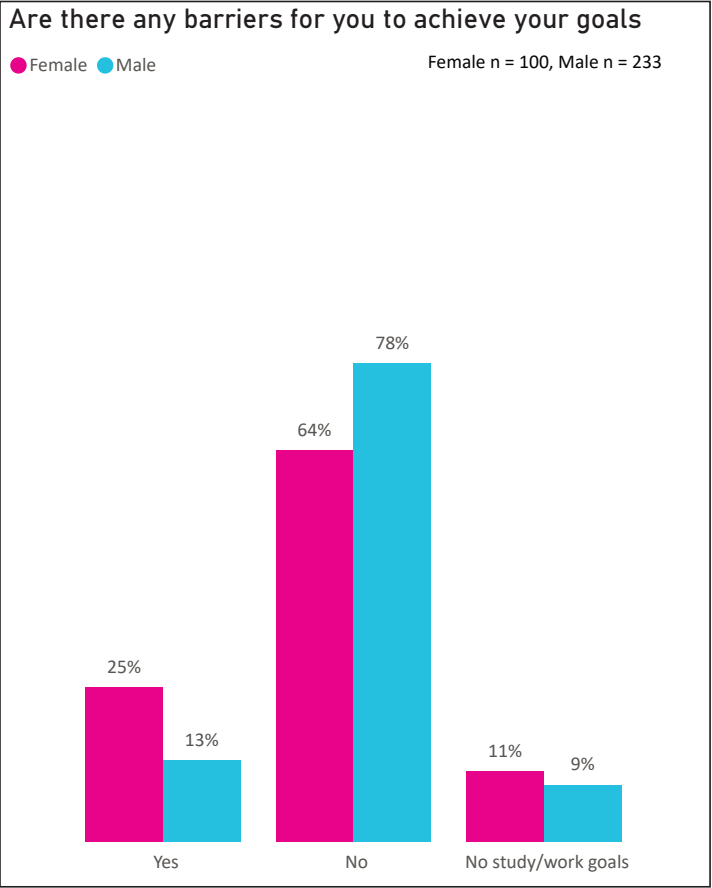
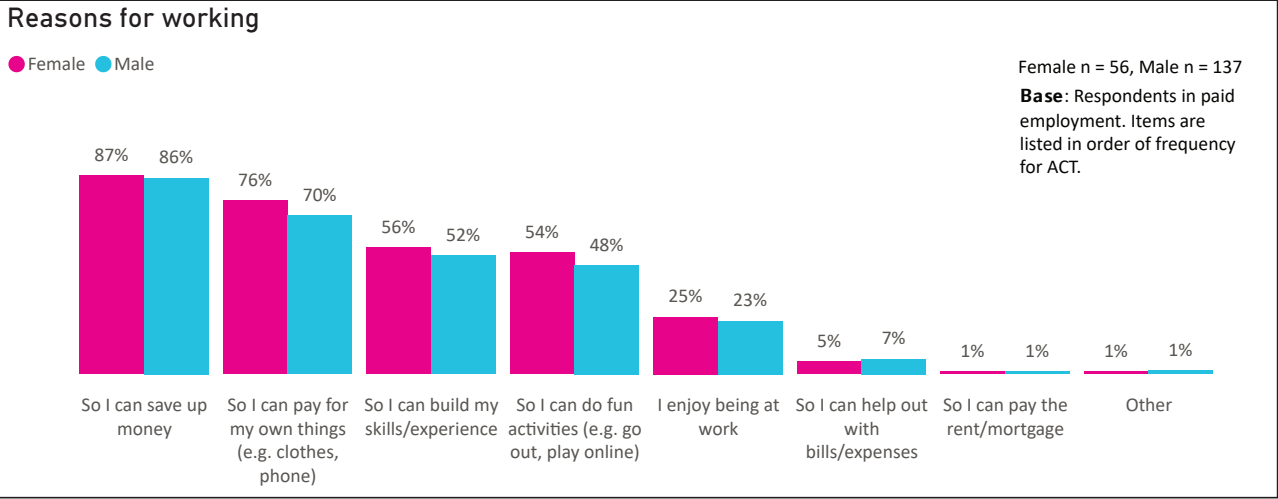
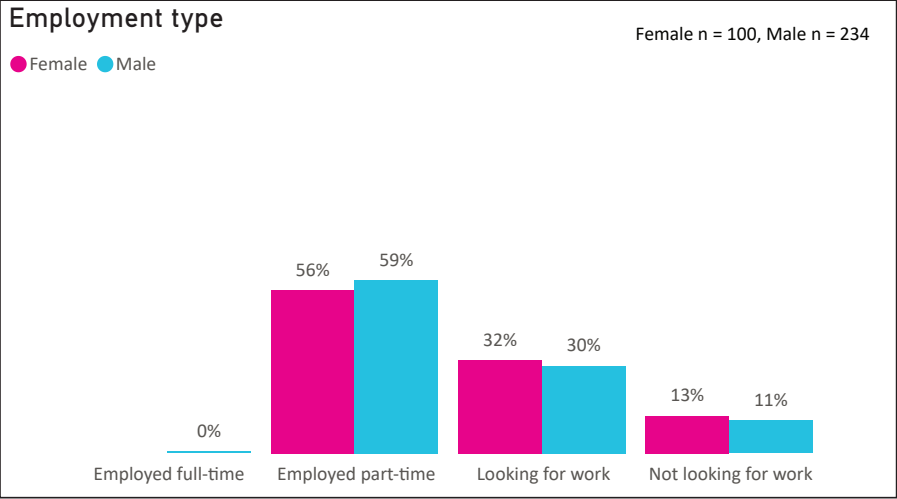
ACT



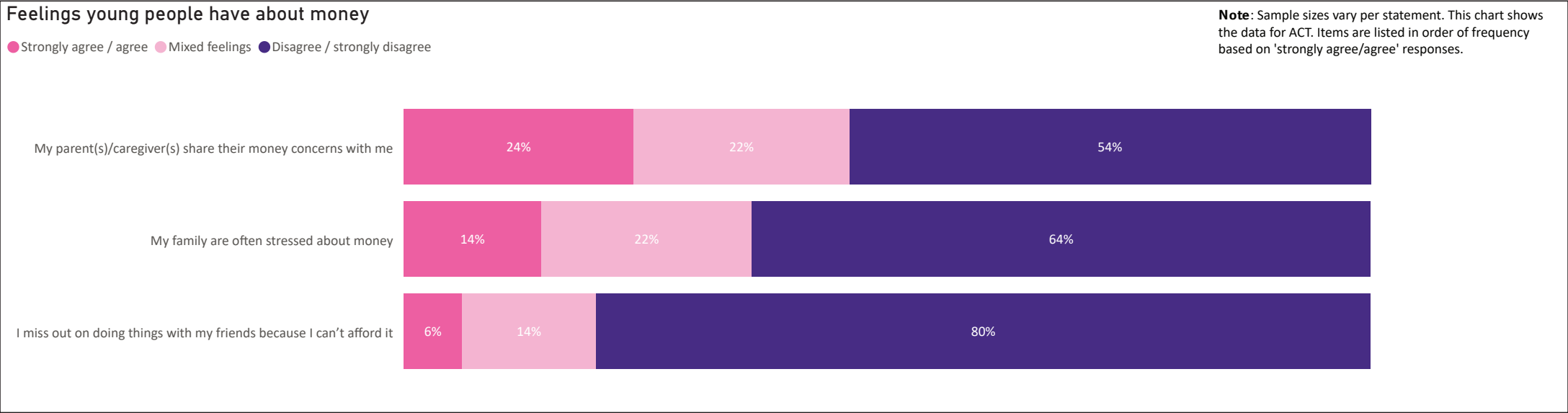
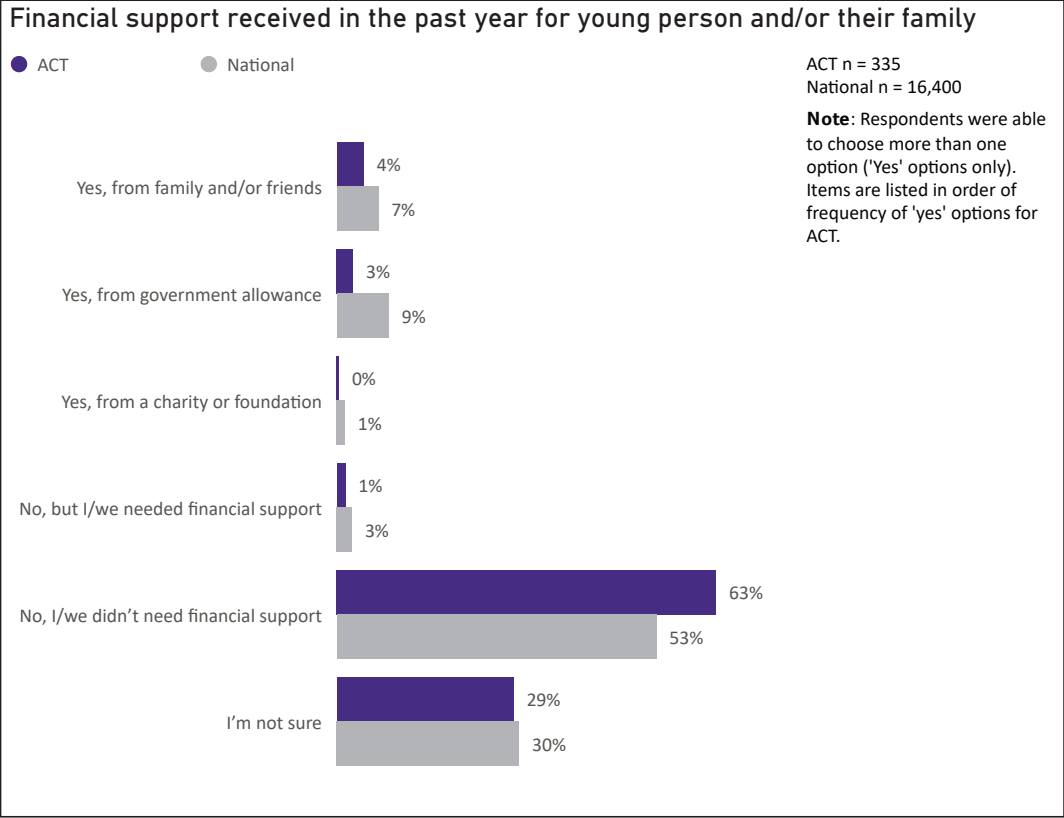
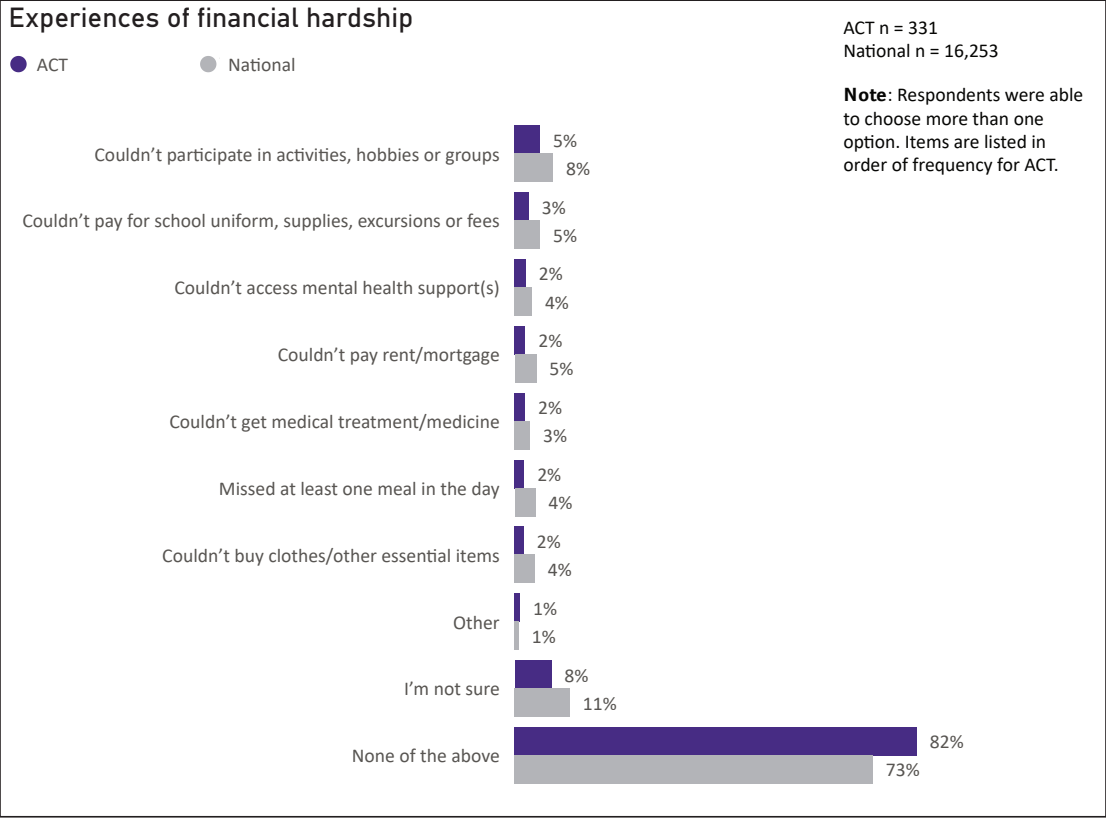
ACT



ACT

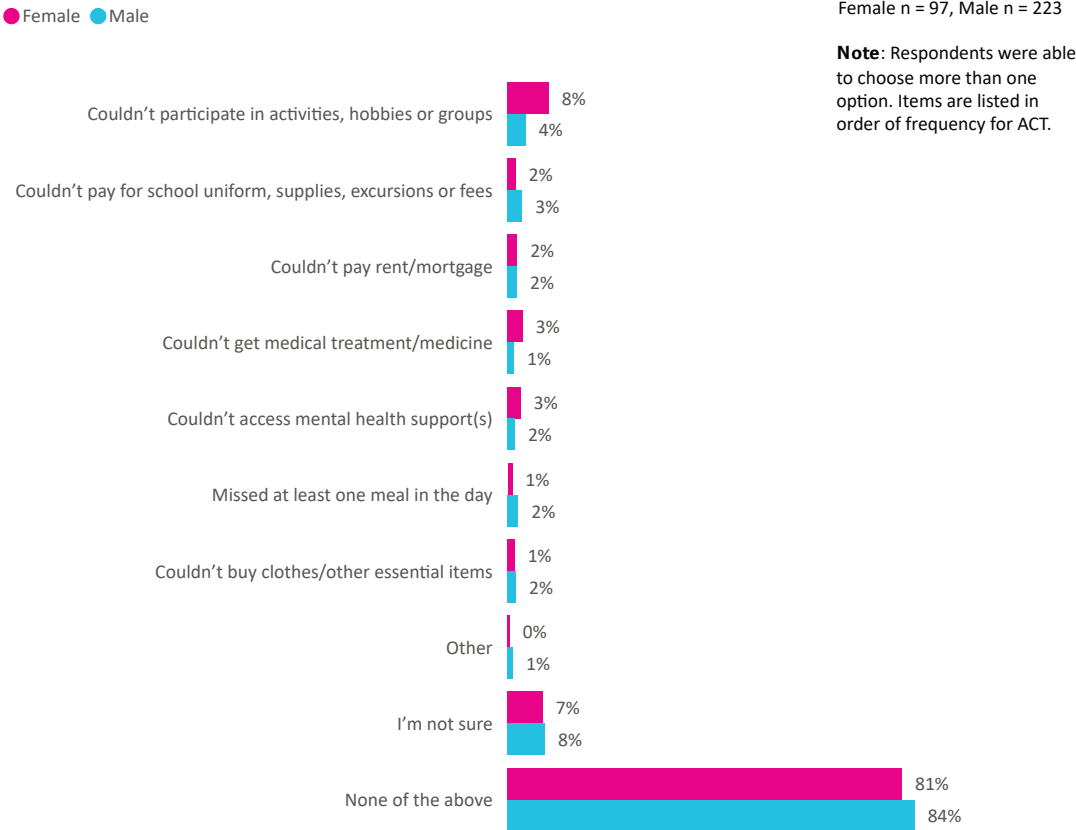


ACT

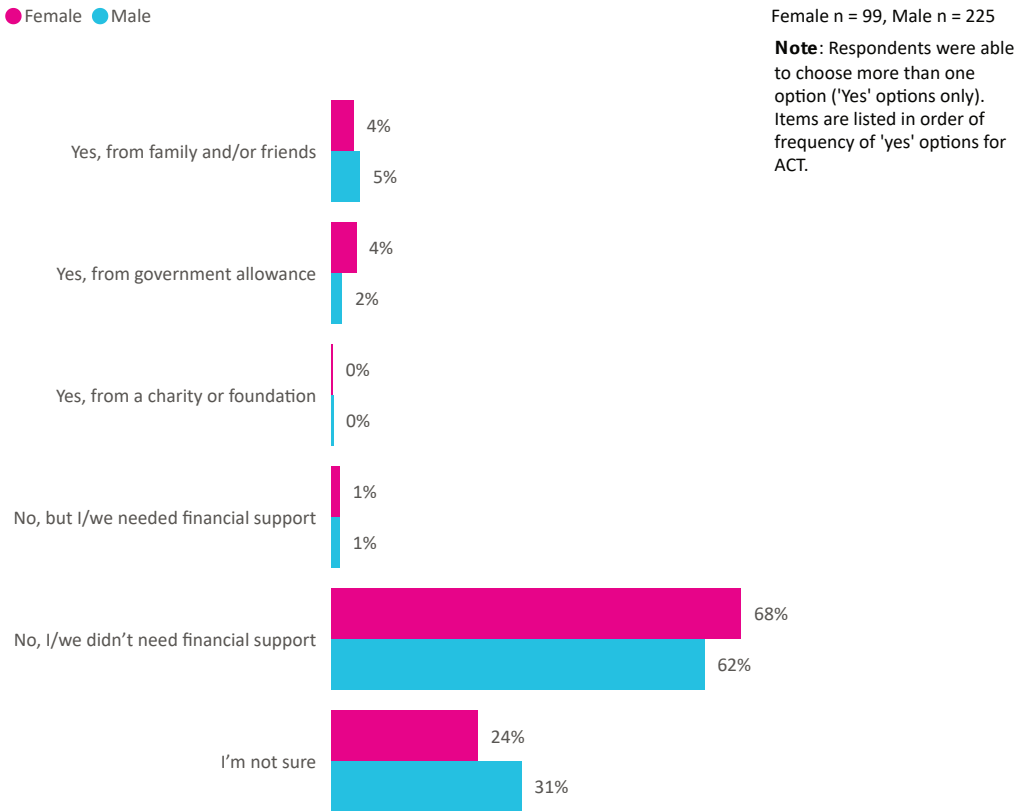


ACT

Experiences of financial hardship

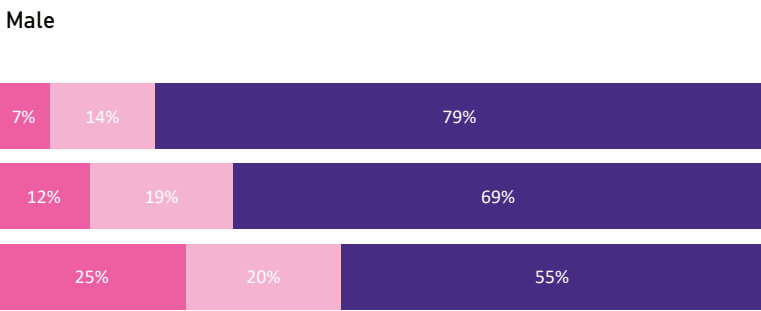
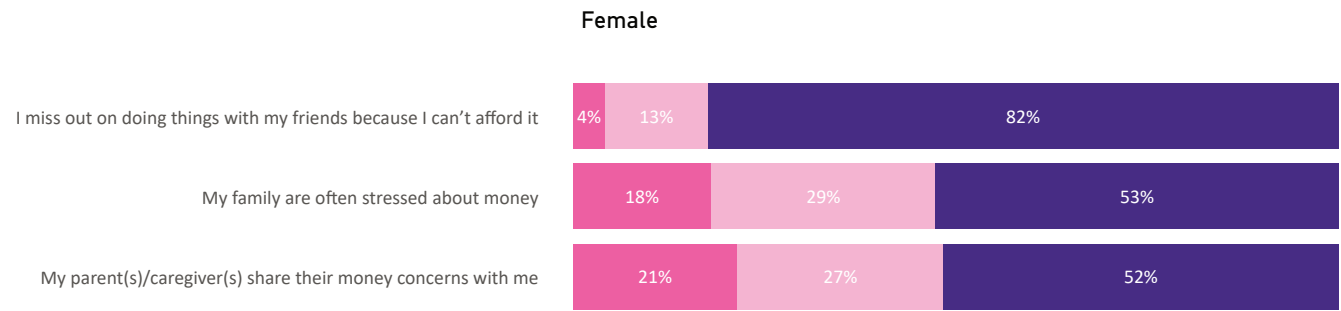


Financial support received in the past year for young person and/or their family



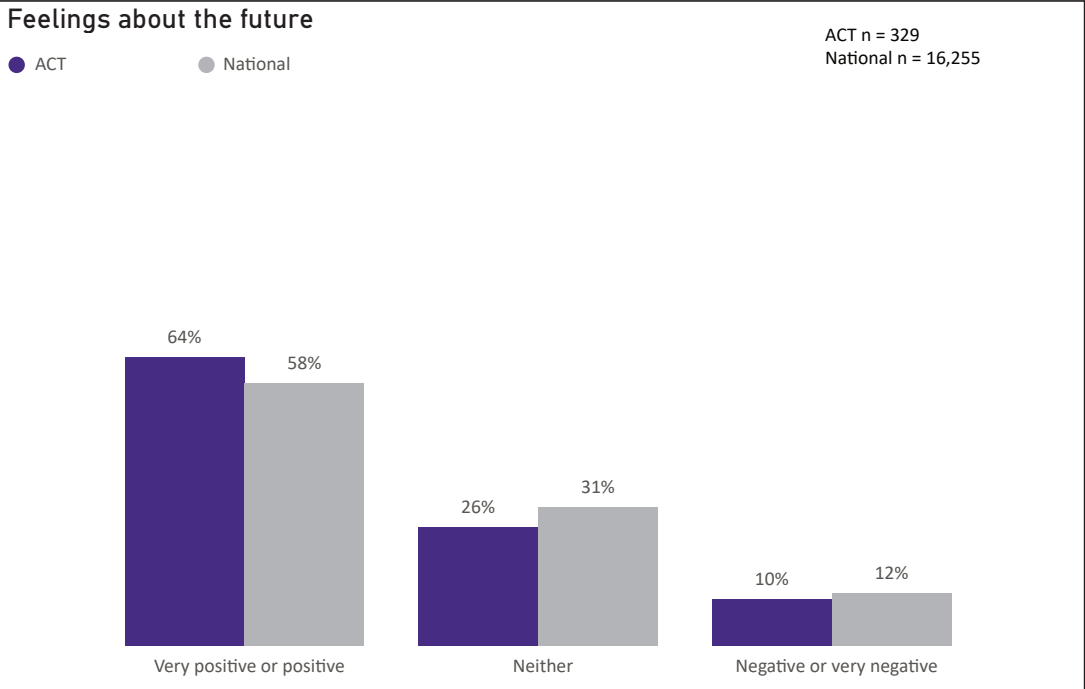
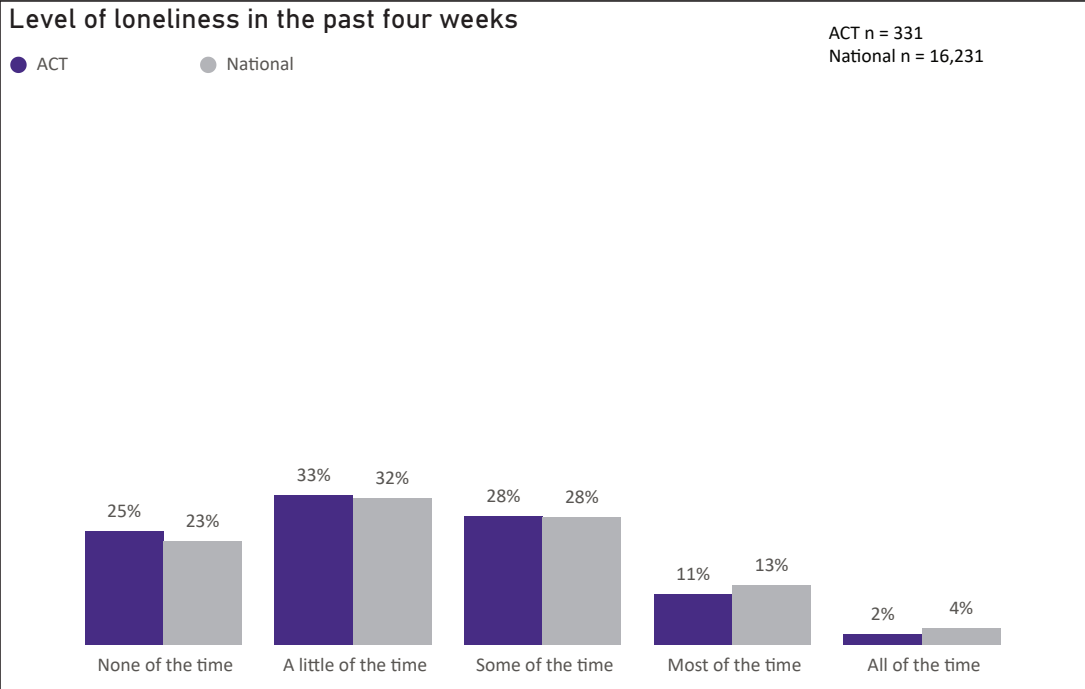
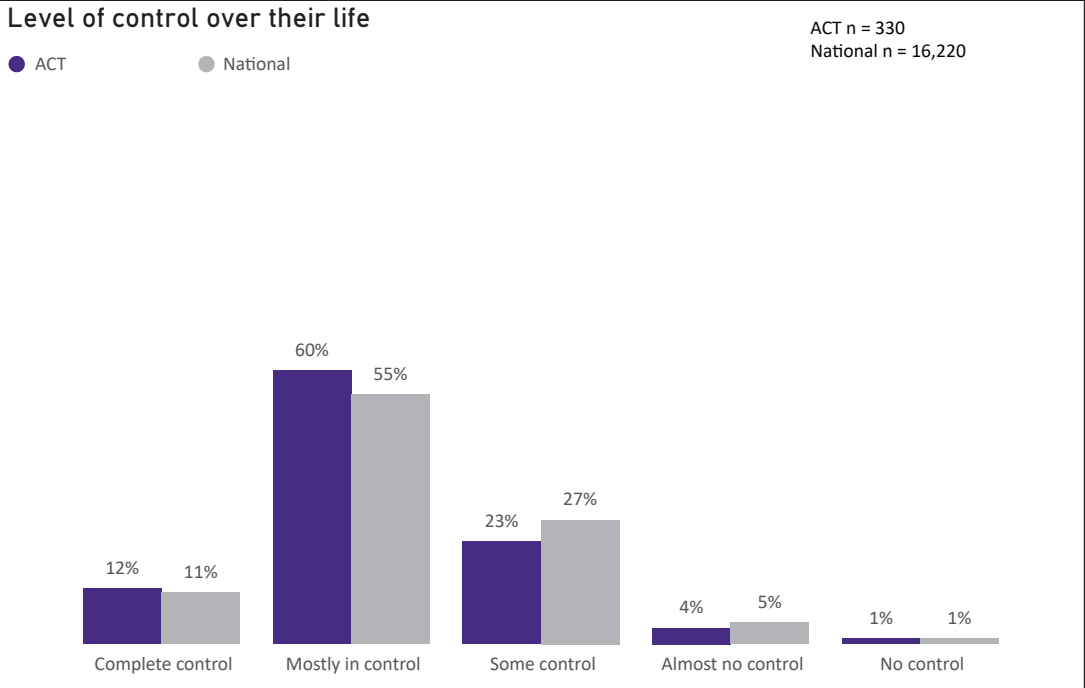
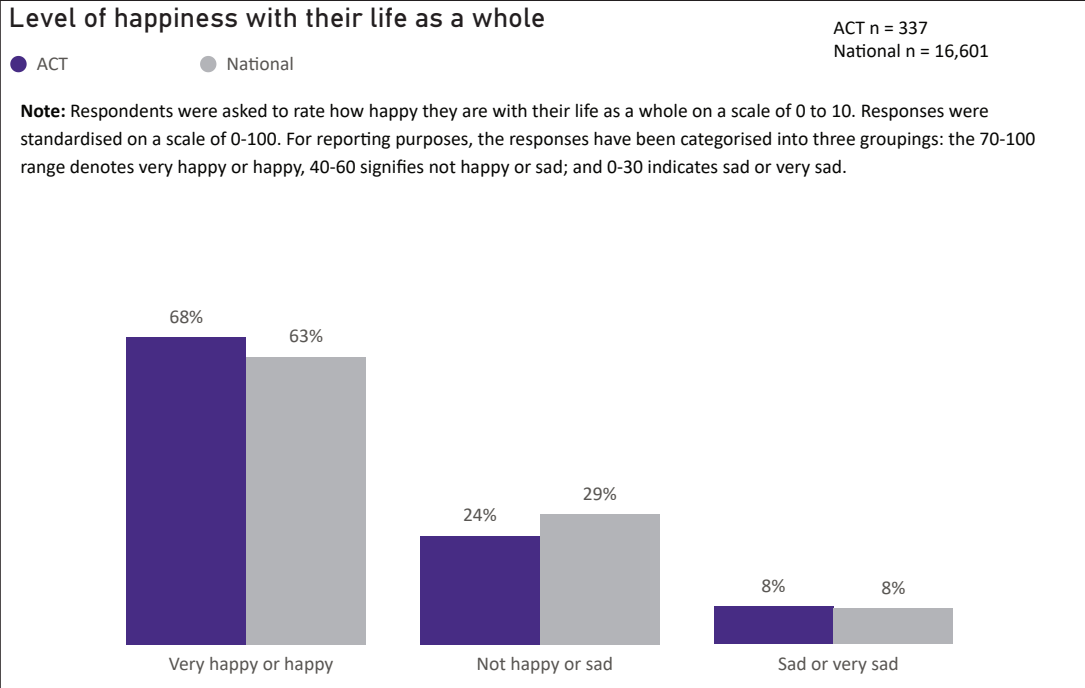
Feelings young people have about money

Strongly agree / agree Mixed feelings Disagree / strongly disagree

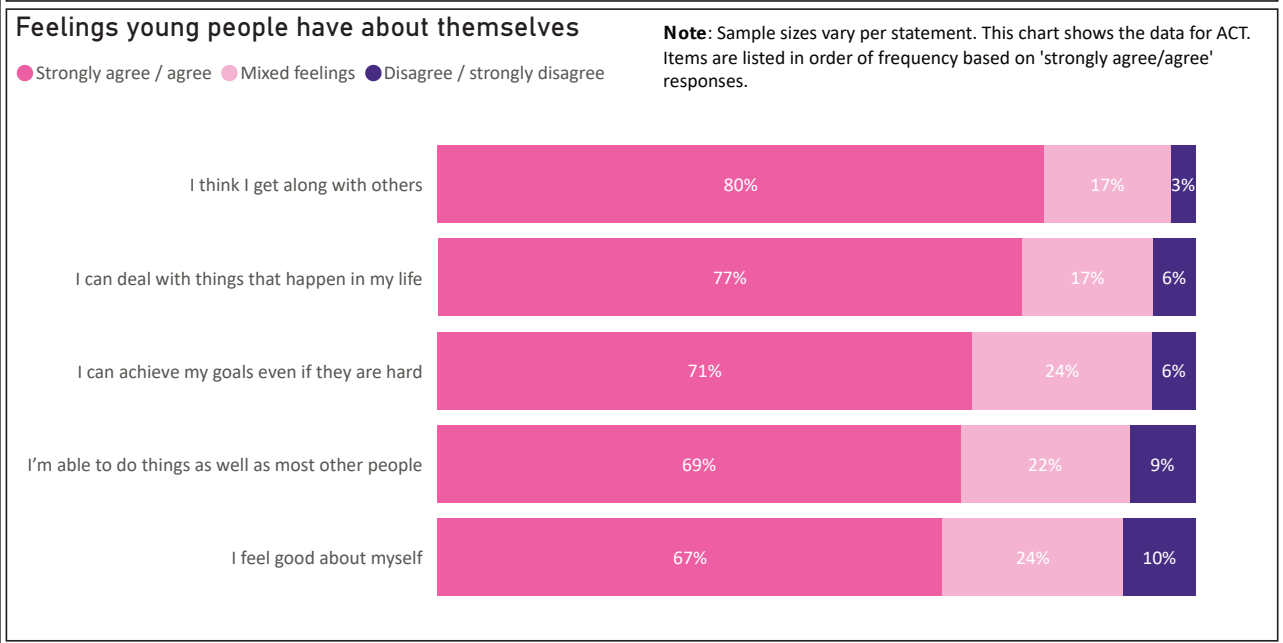
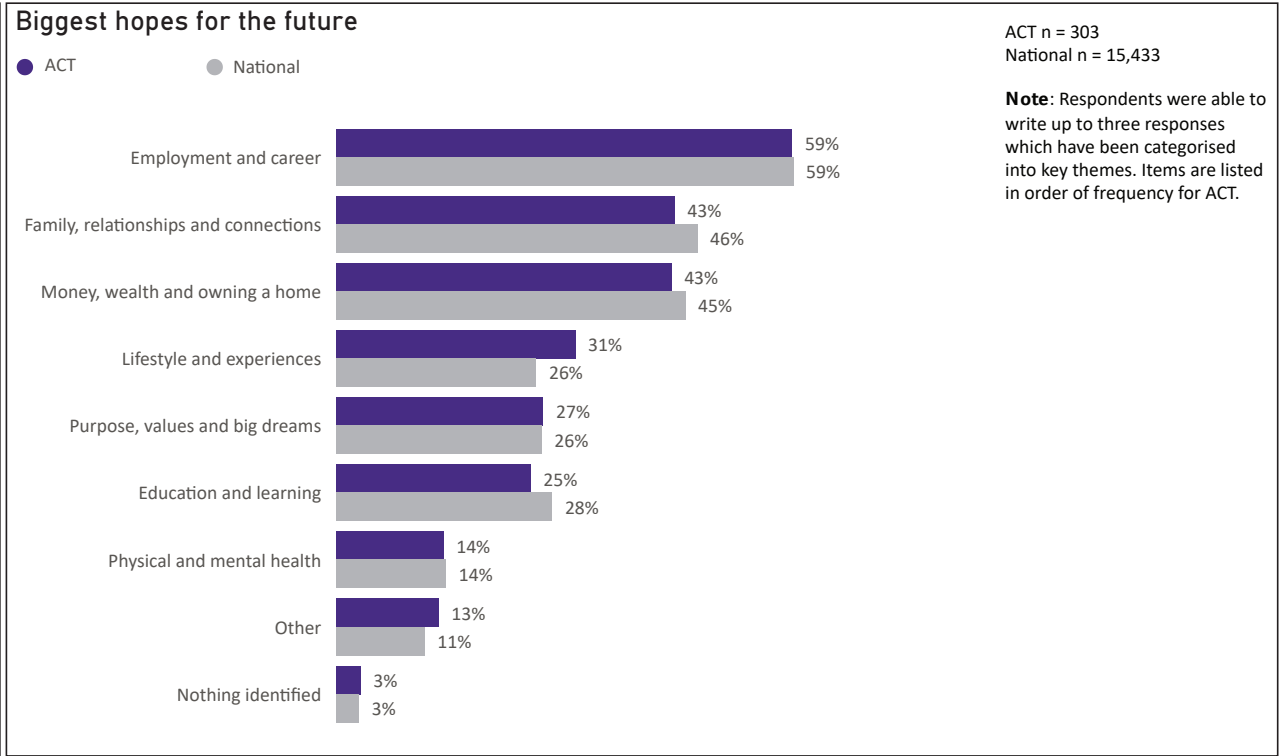
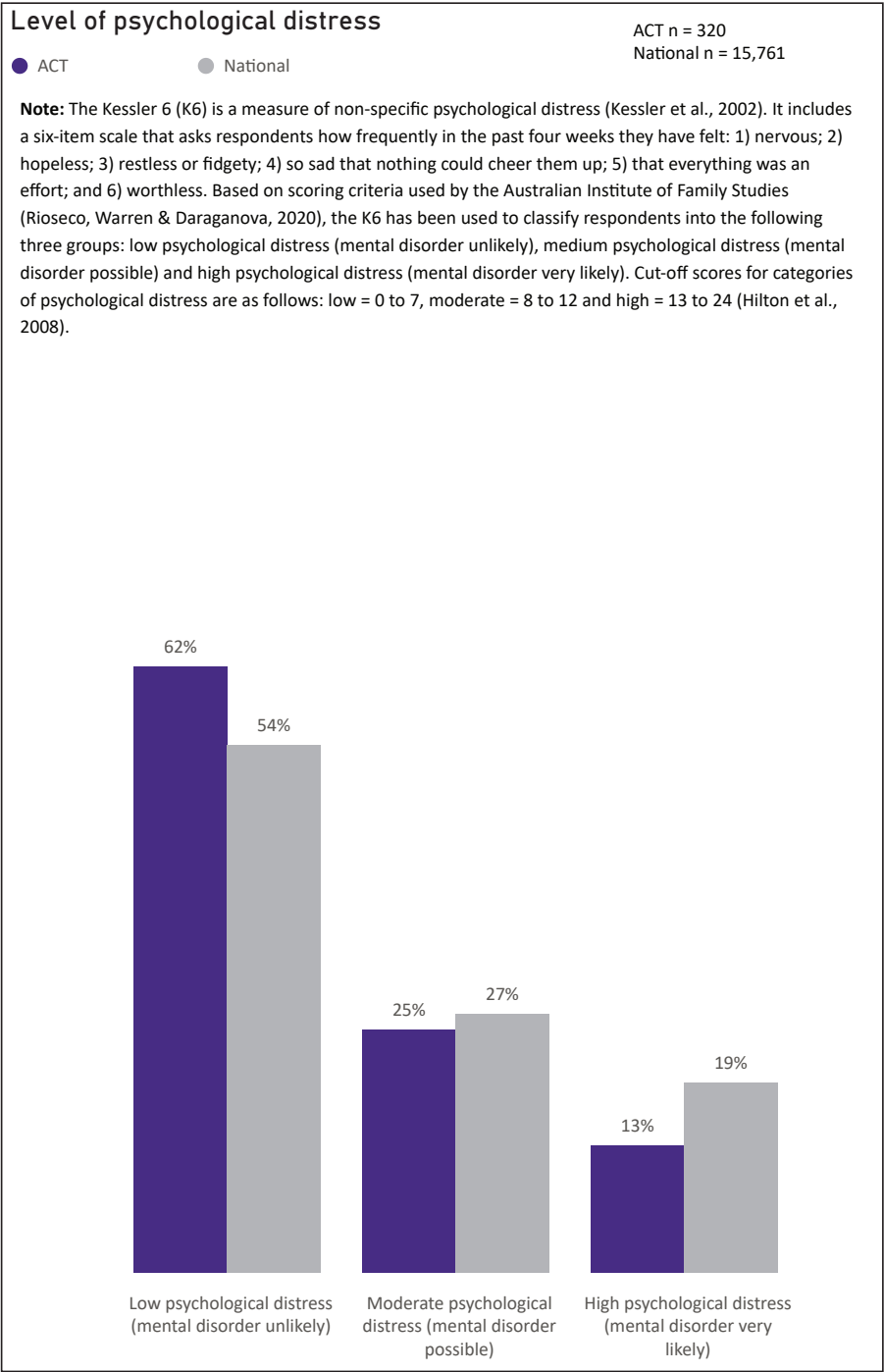


Note: Sample sizes vary per statement. This chart shows the data for ACT gender cohorts.

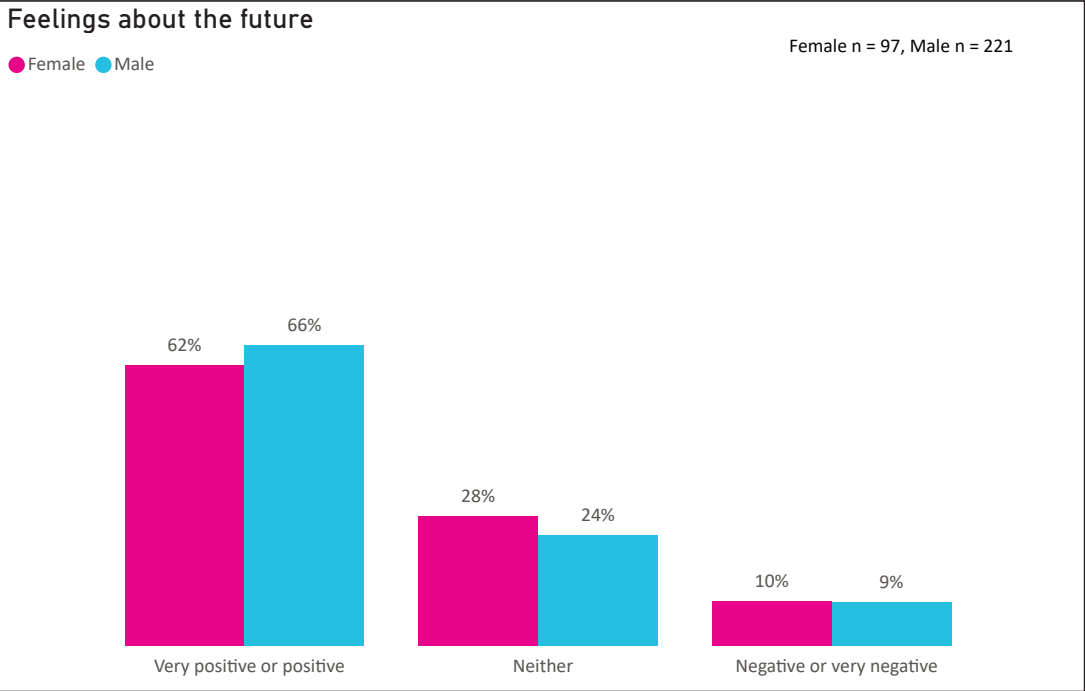
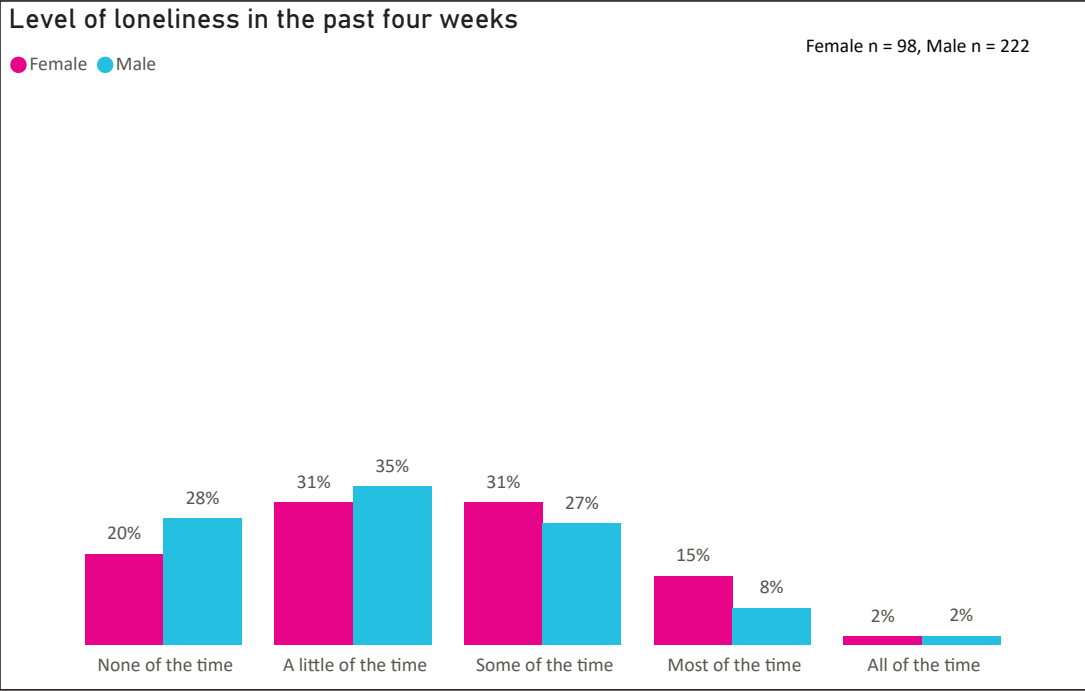
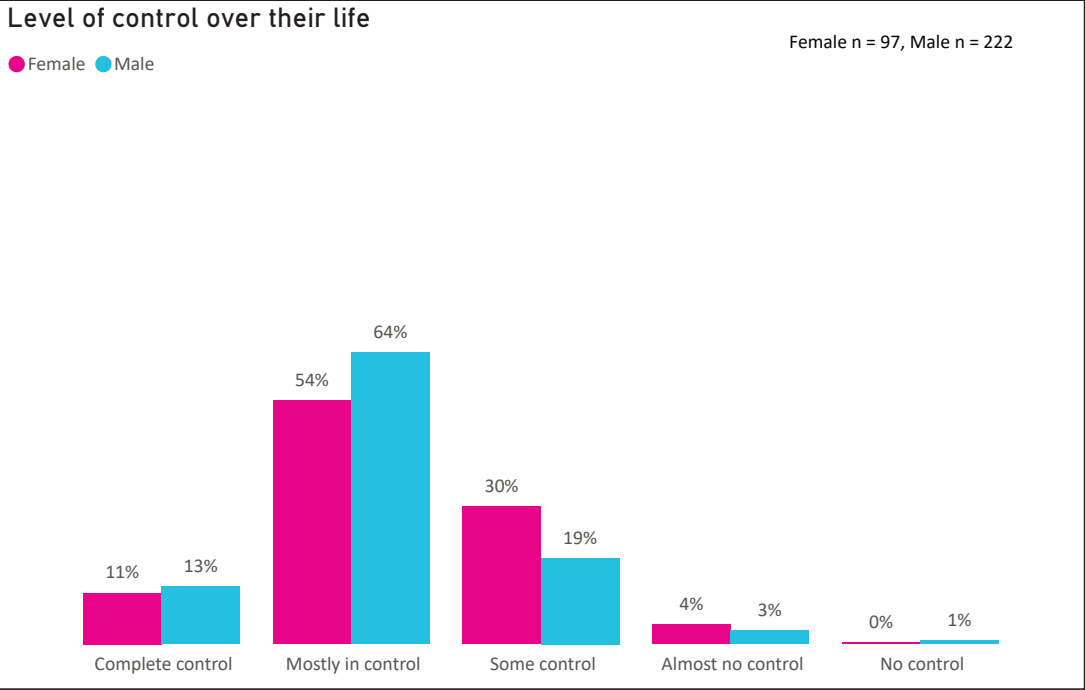
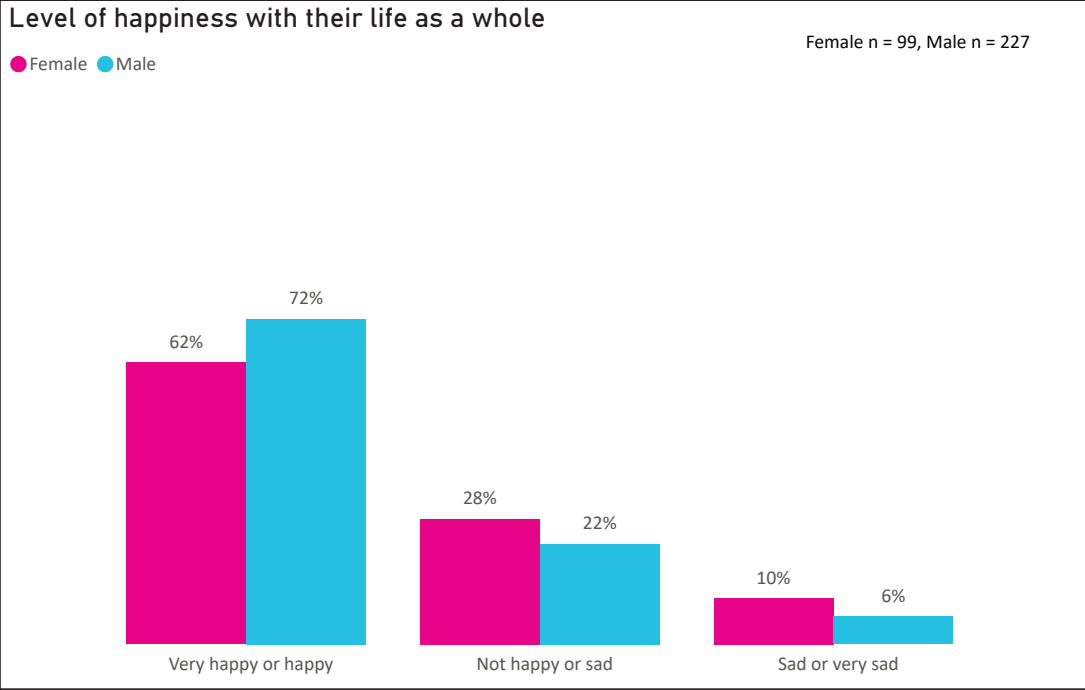
ACT



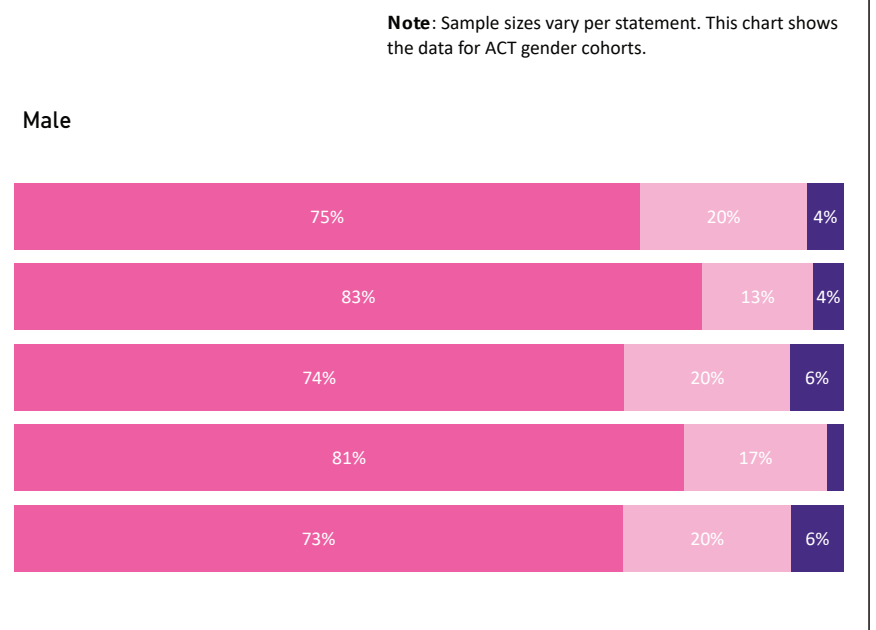
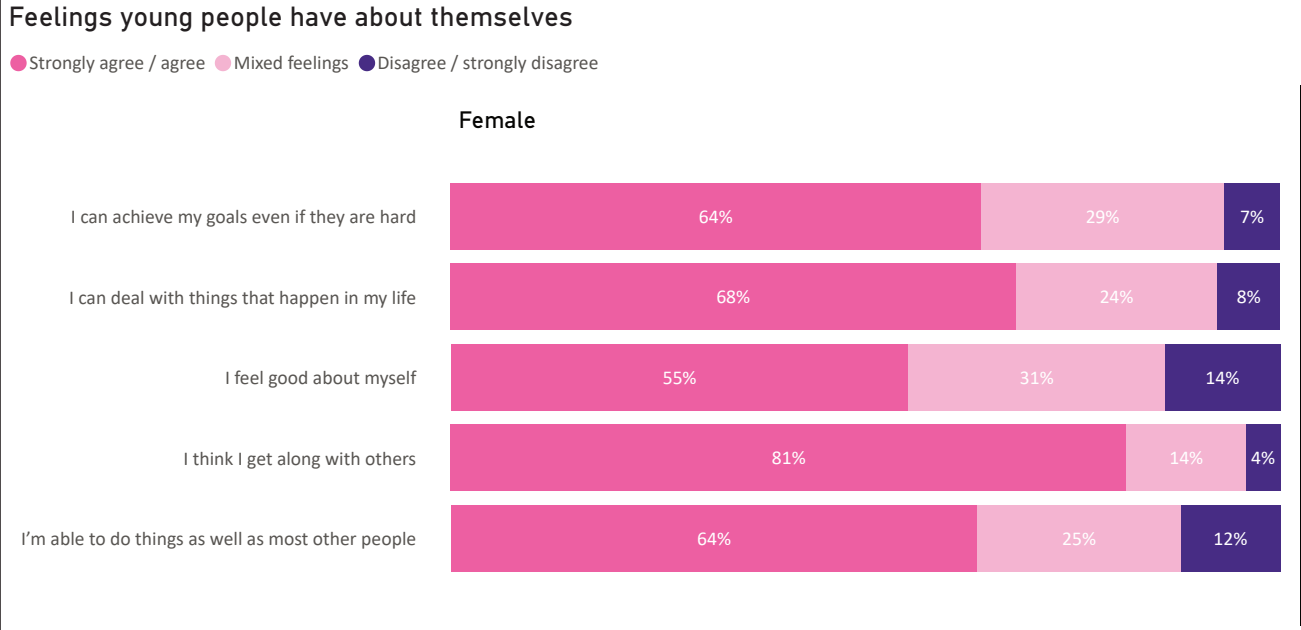
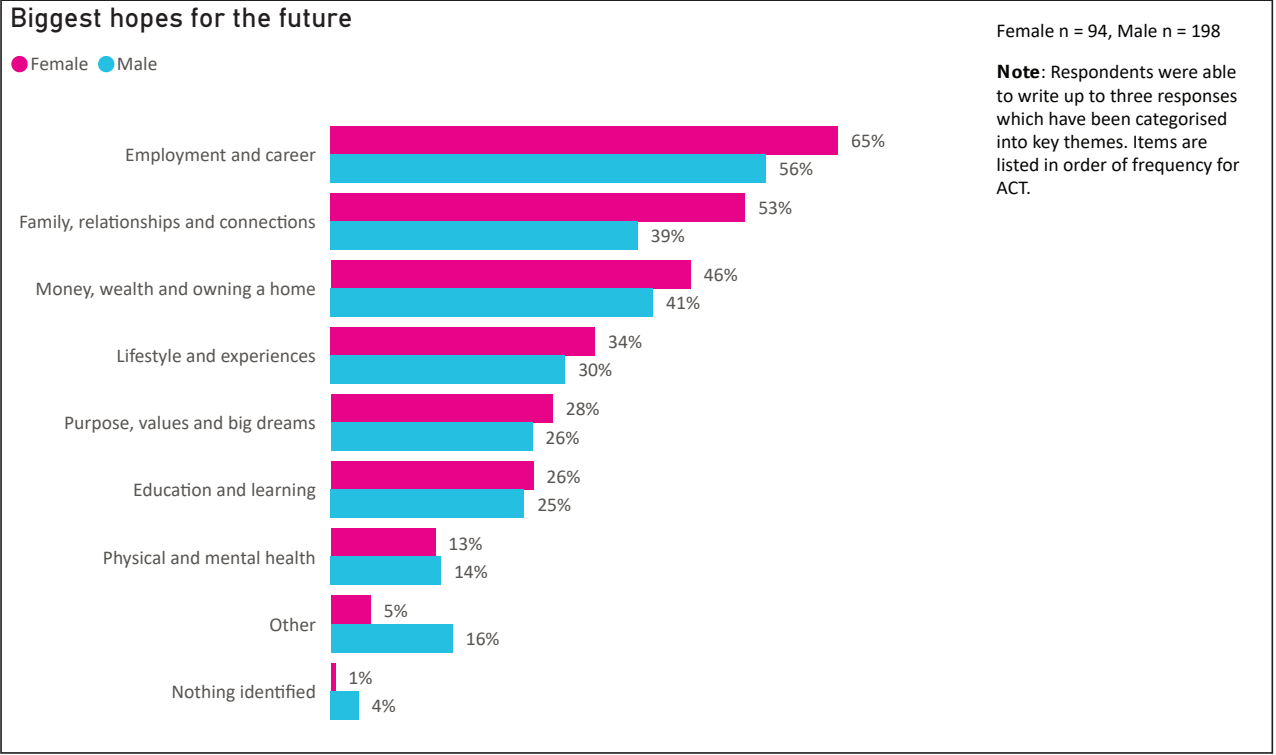
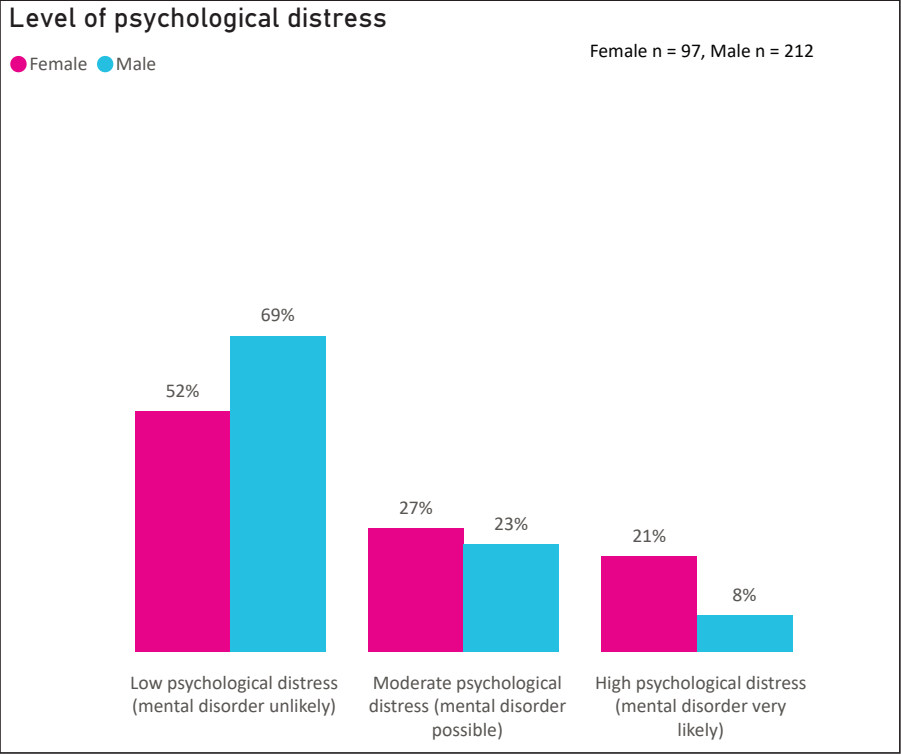
ACT



ACT

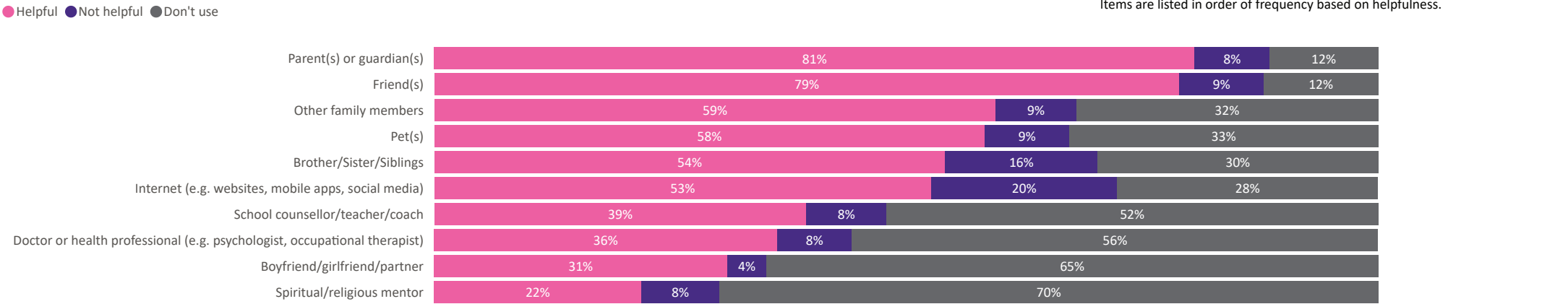


ACT

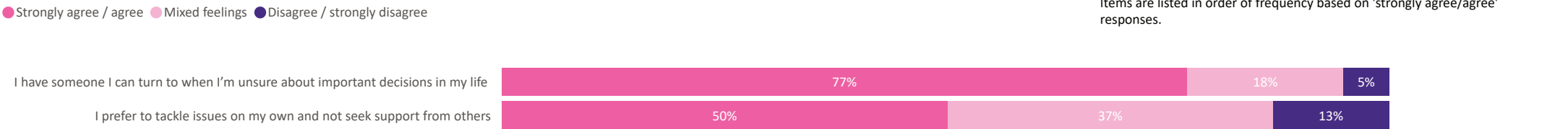


ACT

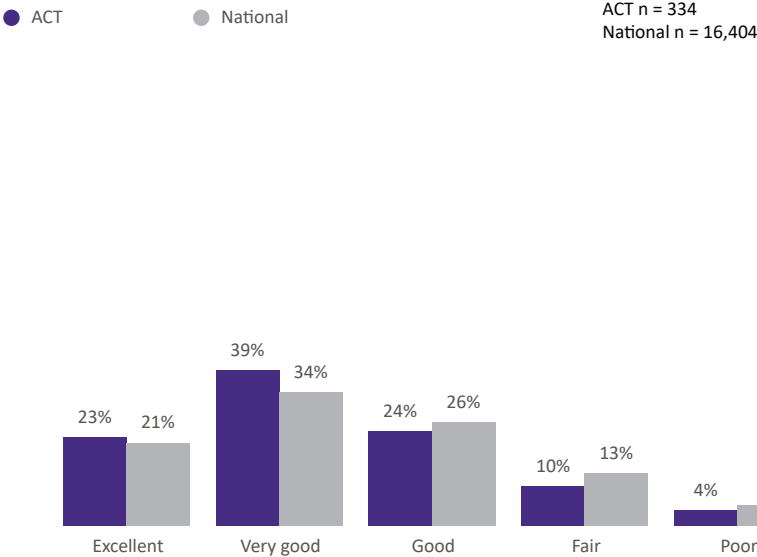
Sources of support by helpfulness



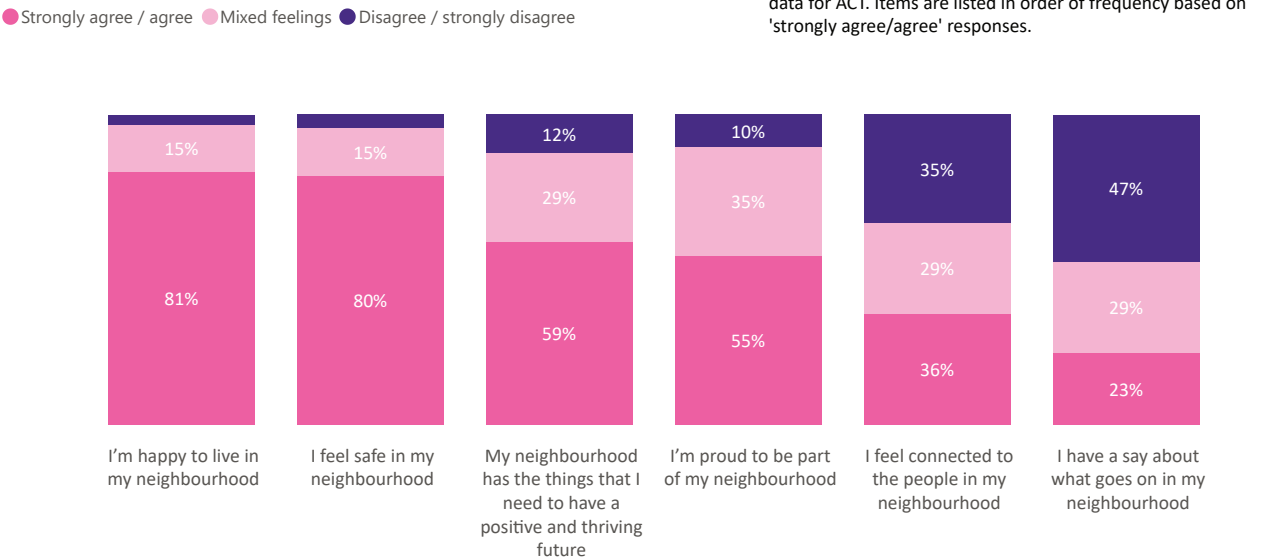
Feelings young people have about seeking support



Family's ability to get along with one another



Feelings young people have about their neighbourhood



ACT

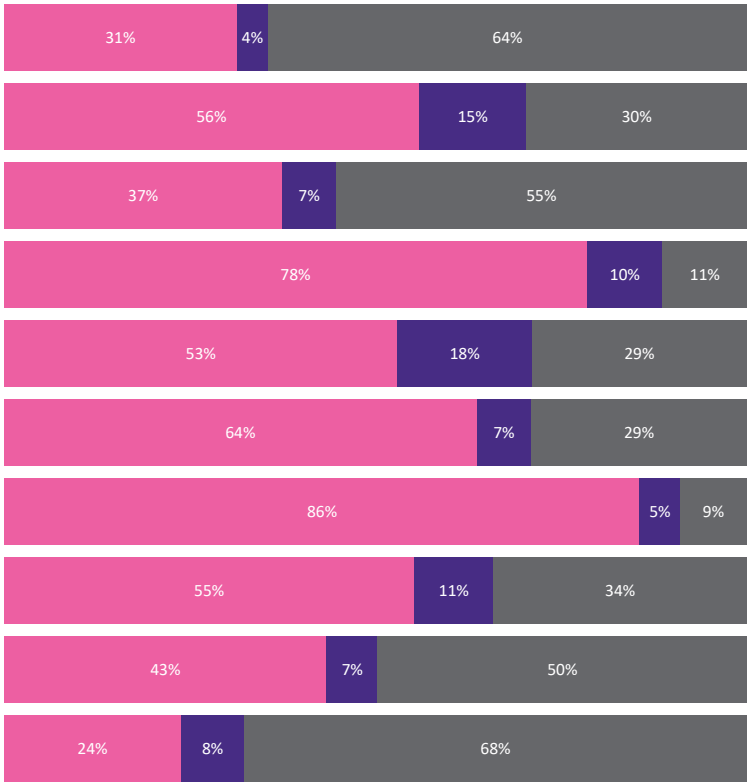
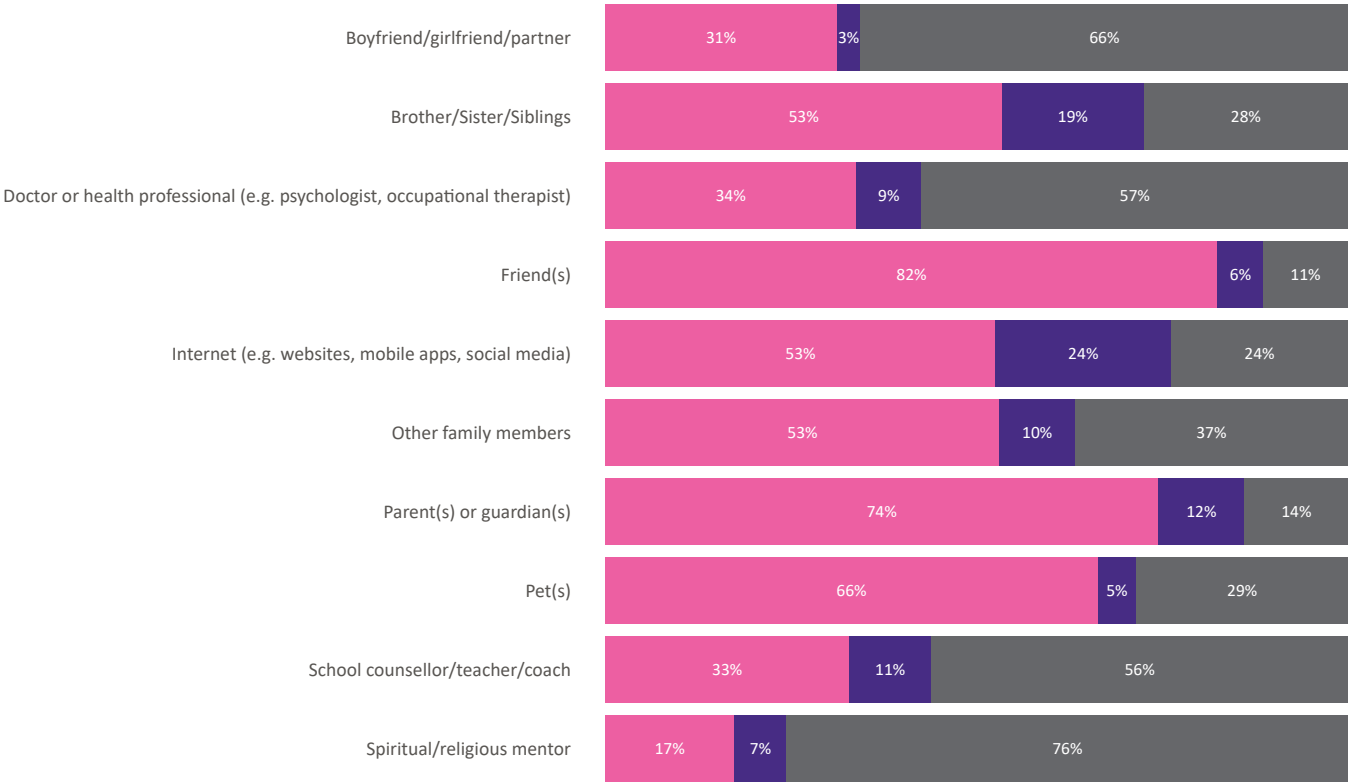
Sources of support by helpfulness

● Helpful ● Not helpful ● Don't use

Note: Sample sizes vary per support source. This chart shows the data for ACT gender cohorts.

Female

Male



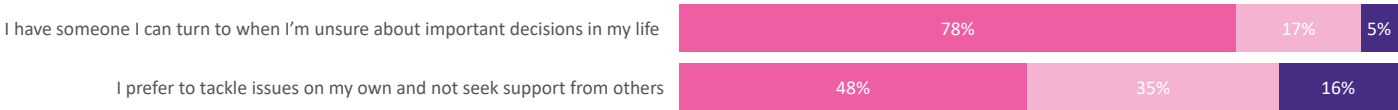
Feelings young people have about seeking support

● Strongly agree / agree ● Mixed feelings ● Disagree / strongly disagree

Note: Sample sizes vary per statement. This chart shows the data for ACT gender cohorts.

Female

Male

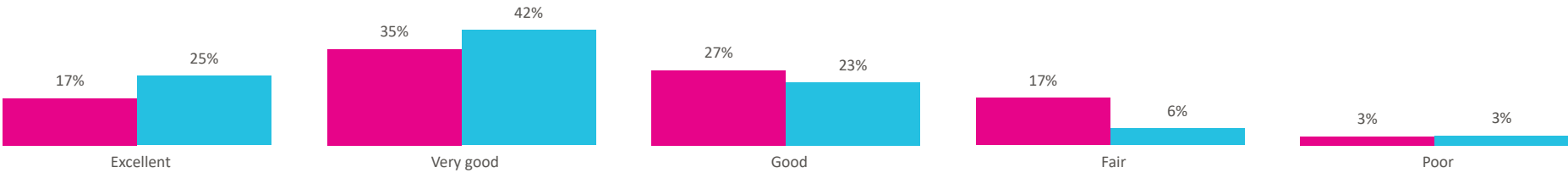


ACT

Family's ability to get along with one another

Female n = 100, Male n = 223

Female Male



Feelings young people have about their neighbourhood

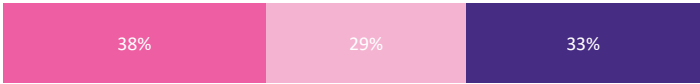
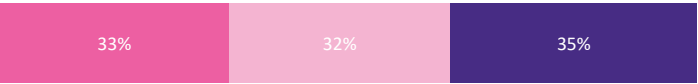
Note: Sample sizes vary per statement. This chart shows the data for ACT gender cohorts.

Strongly agree / agree Mixed feelings Disagree / strongly disagree

Female

Male

I feel connected to the people in my neighbourhood



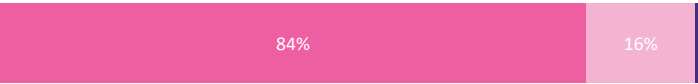
I feel safe in my neighbourhood



I have a say about what goes on in my neighbourhood



I'm happy to live in my neighbourhood



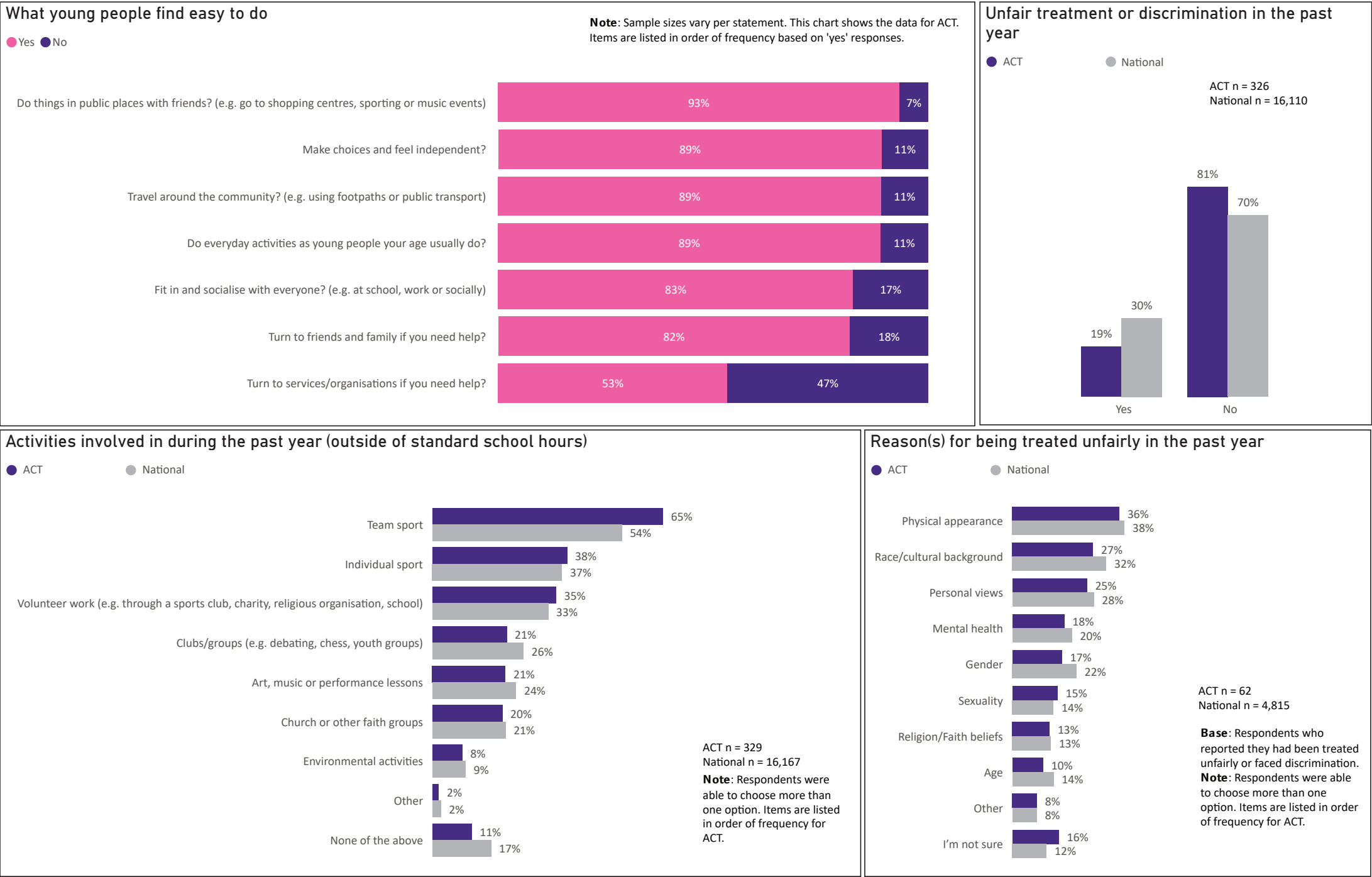
I'm proud to be part of my neighbourhood



My neighbourhood has the things that I need to have a positive and thriving future



ACT

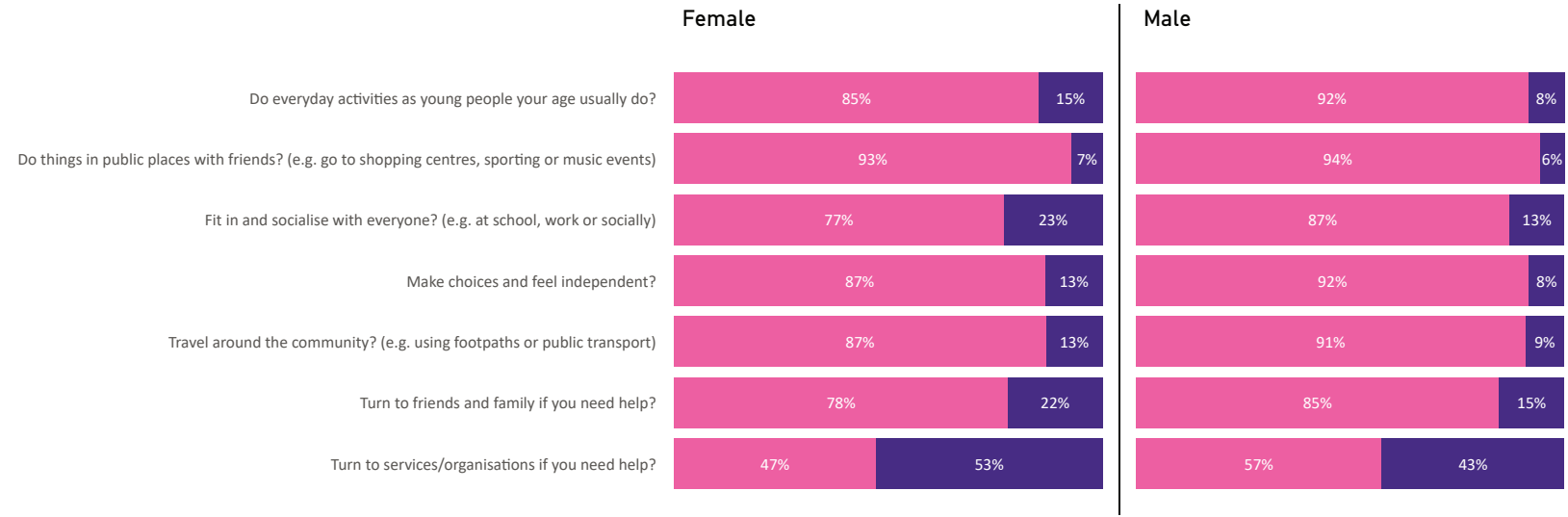


ACT

What young people find easy to do

● Yes ● No

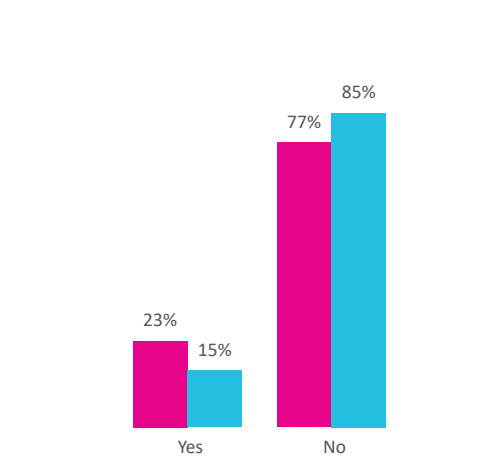
Note: Sample sizes vary per statement. This chart shows the data for ACT gender cohorts.



Unfair treatment or discrimination in the past year

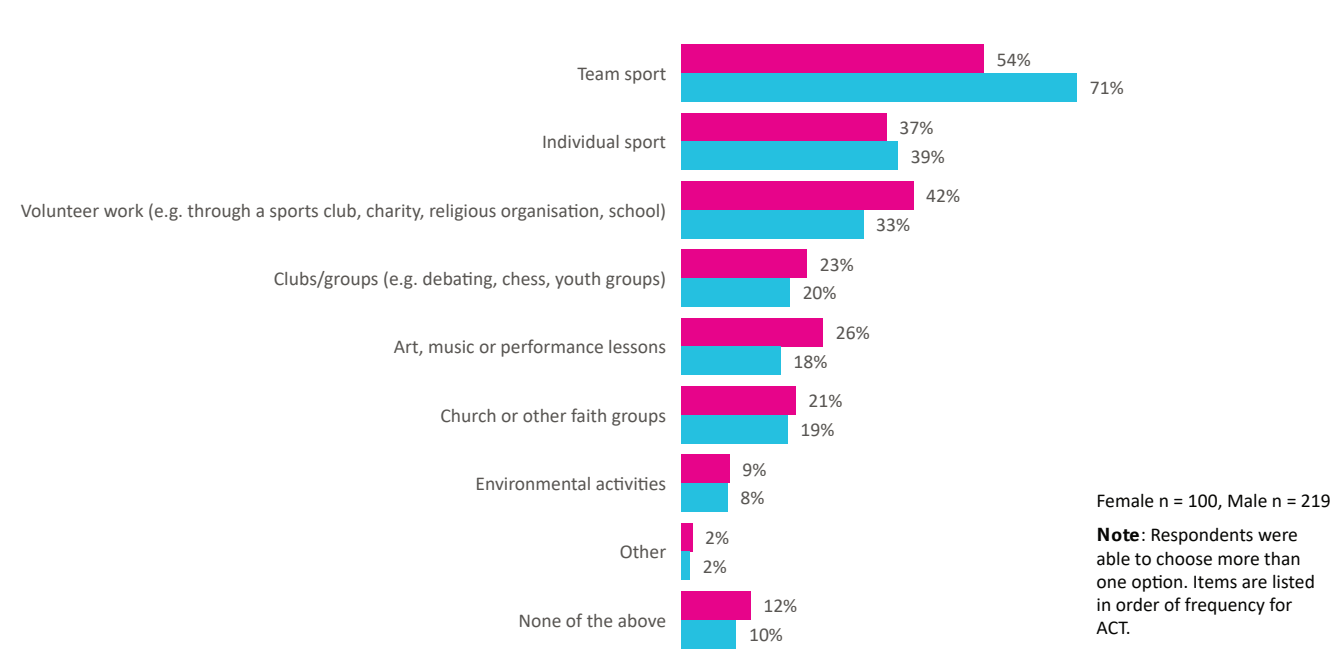
● Female ● Male

Female n = 99, Male n = 216



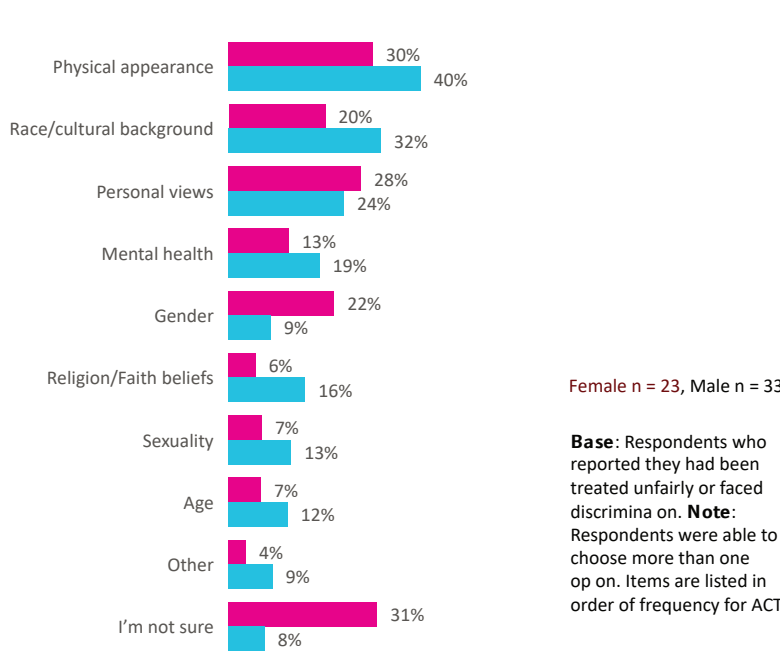
Activities involved in during the past year (outside of standard school hours)

● Female ● Male



Reason(s) for being treated unfairly in the past year

● Female ● Male



Thank you

This publication would not have been possible without the 17,155 young people who completed the *Youth Survey* in 2025. We extend our deepest gratitude to them, as well as to the staff of Mission Australia and the many schools and organisations that supported their involvement.

Amplifying the voices of young people ensures that decisions and solutions reflect their realities. When their perspectives are valued, governments, communities and organisations become more inclusive, responsive and better positioned to support them to thrive.

For further information about this report please contact

Centre for Evidence and Insights, Mission Australia
youthsurvey@missionaustralia.com.au
missionaustralia.com.au

Follow us at



facebook.com/missionaust



instagram.com/mission_aust



linkedin.com/company/mission-australia



x.com/missionaust

Who is Mission Australia?

Mission Australia has more than 165 years of experience meeting human need and is one of the largest and most trusted for-purpose community service and housing providers in the country.

As a national non-denominational Christian charity, Mission Australia's values of respect, compassion, integrity, perseverance and celebration are at the heart of everything they do.

Every day, Mission Australia delivers homelessness services, provides social and affordable housing, helps families, children and young people thrive, improves mental health and wellbeing, supports people with disability, provides pathways to employment and financial stability, strengthens communities, offers alcohol and other drug support, and more.

Backed by supporters, partners, funders and collaborators, Mission Australia welcomes and works alongside people and communities of all backgrounds, ages and beliefs who seek the charity's support, providing excellent services and safe, secure homes that offer hope and lasting impact.

With Mission Australia's evidence and courageous voice, the charity advocates for a fairer nation and better outcomes for the people and communities they serve.

Guided by a bold Strategy 2030, Mission Australia is focused on delivering more safe, secure homes, expanding its impact and strengthening its organisation to meet the growing needs of people across Australia.

Together, Mission Australia is building hope and possibility for all.

If you are a young person and need someone to talk with, you can contact Kids Helpline: 1800 55 1800 (24/7) kidshelpline.com.au

This work is copyright. Apart from any use as permitted under the Copyright Act 1968, no part may be reproduced by any process without obtaining prior written permission from Mission Australia. Requests and enquiries concerning reproduction and rights should be addressed to Mission Australia: attention Legal Department, Level 7, 580 George Street, Sydney NSW 2000

National Office

Level 7
580 George Street
Sydney NSW 2000
Tel: 1800 951 123

State and Territory Offices

Mission Australia NSW

Level 7
580 George Street
Sydney NSW 2000
Tel: 1800 951 123

Mission Australia NT

1 Carey Street
Darwin NT 0800
Tel: (08) 8935 0900

Mission Australia QLD

Level 13 T2 348 Edward Street
Brisbane QLD 4000
Tel: (07) 3394 8100

Mission Australia SA

80 Richmond Road
Kenswick SA 5035
Tel: (08) 8218 2800

Mission Australia TAS

27 Bligh Street
Rosny Park TAS 7018
Tel: (03) 6225 8200

Mission Australia VIC

Level 3
33 Princes Hwy
Dandenong VIC 3175
Tel: (03) 9213 2500

Mission Australia WA

275 Abernethy Road
Cloverdale WA 6105
Tel: (08) 9225 0400

MISSION
AUSTRALIA | together
we stand

