

YOUTH SURVEY 2025

VICTORIA RESULTS



MISSION
AUSTRALIA

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ABOUT THIS REPORT

This is the **Victoria (VIC)** sub-report of the Mission Australia Youth Survey Report 2025. It is based on the responses of 4,448 young people in **VIC** 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 **VIC** sub-report is a state-based overview of the key findings from the Youth Survey 2025. The report includes detailed data tables comparing state-level findings against the national data. All state 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. **VIC** 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.

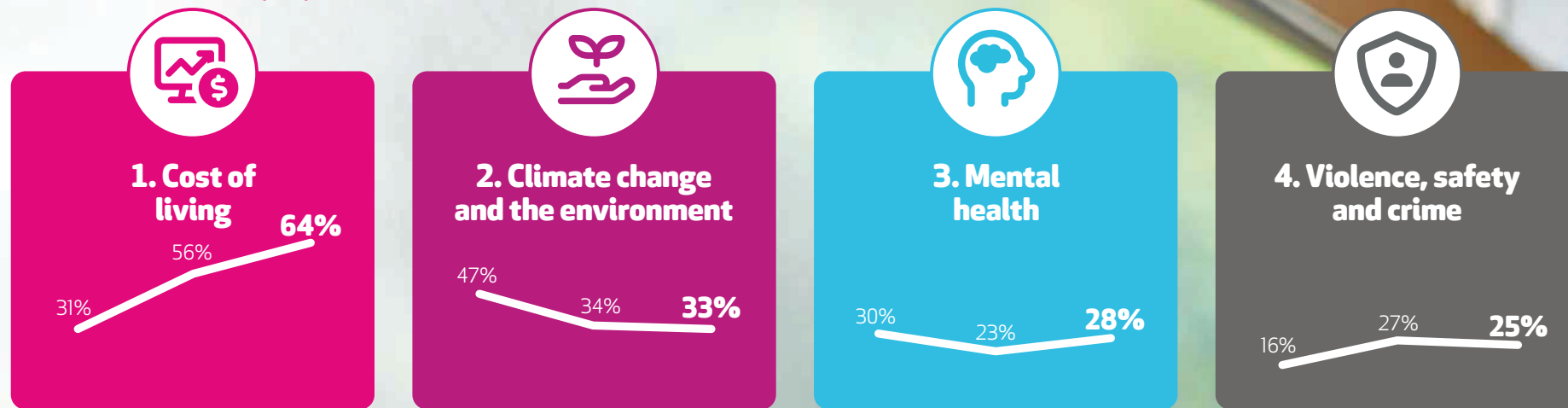
This report may be cited as: McHale, R., Brennan, N., Freeburn, T., Richardson, E., Rossetto, A. & Carmody, M. (2025). *Youth Survey Report 2025- Victoria sub-report*. Sydney, NSW: Mission Australia

Victoria

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 61% of young people say they feel positive about the future, 97% articulated at least one of their biggest hopes, with the top themes being:



Victoria

KEY FINDINGS



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

Money, wealth and owning a home

18% agreed my family are often stressed about money

6.5% couldn't afford to participate in activities, hobbies or groups

3.4% felt stressed in the past year about having somewhere to live



Family, relationships and connections

30% felt stressed about problems with friends and **26%** about problems with family in the past year

15% felt lonely all or most of the time

38% felt connected to others in their neighbourhood



Employment and career

47% were currently working

Top reasons for working:

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



Education and learning

Almost two in three (65%) students agreed I like my school

57% felt stressed about school / study problems in the past year

24% faced barriers to achieving study or work goals—most commonly not feeling motivated



Lifestyle and experiences

27% experienced unfair treatment or discrimination in the past year

Participation in the past year:

- **57%** team sport
- **40%** individual sport



Purpose, values and big dreams

68% agreed I can achieve my goals even if they are hard

Participation in the past year:

- **30%** volunteer work
- **17%** church or other faith groups



Physical and mental health

Young people felt stress in the past year about:

- **Mental health 38%**
- **Body image 31%**
- **Physical health 19%**

17% experienced high psychological distress – expressing feelings of anxiety, depression or being overwhelmed



VIC

Total completed surveys (unweighted)

4,448

VIC

17,155

National

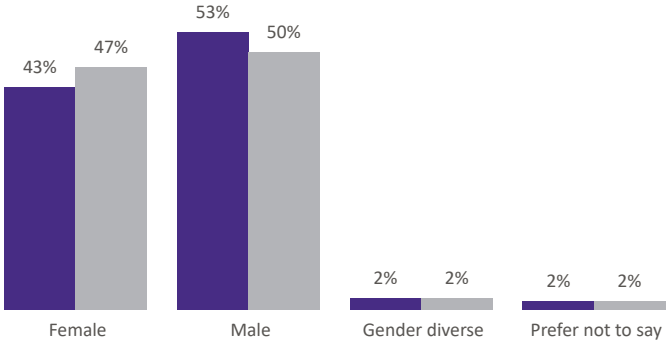
- Notes:**
- National and state/territory data has been weighted to make the sample representative of 14-to 19-year-olds by gender, location (state/territory), and the Australian Bureau of Statistics (ABS) developed Socio-Economic Indexes for Areas (SEIFA).
 - Data was collected using a self-report questionnaire.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

Gender

● VIC ● National

VIC n = 4,248
National n = 17,120

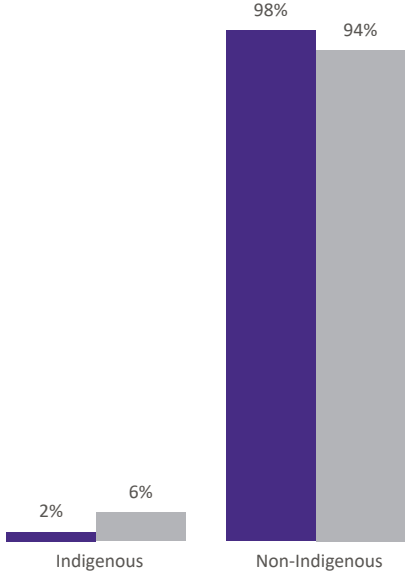
Note: A-gender/non-gendered, non-binary gender, transgender, intersex and other are combined under the gender diverse reporting category.



Aboriginal and/or Torres Strait Islander status

● VIC ● National

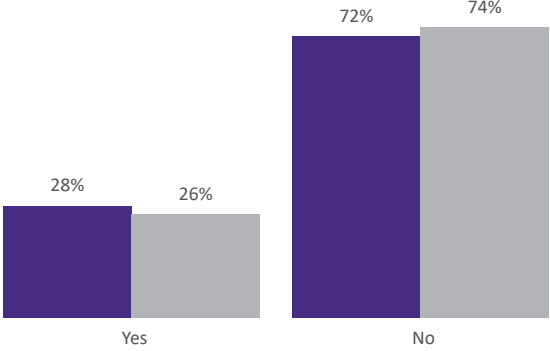
VIC n = 4,055
National n = 16,337



Speak a language other than English

● VIC ● National

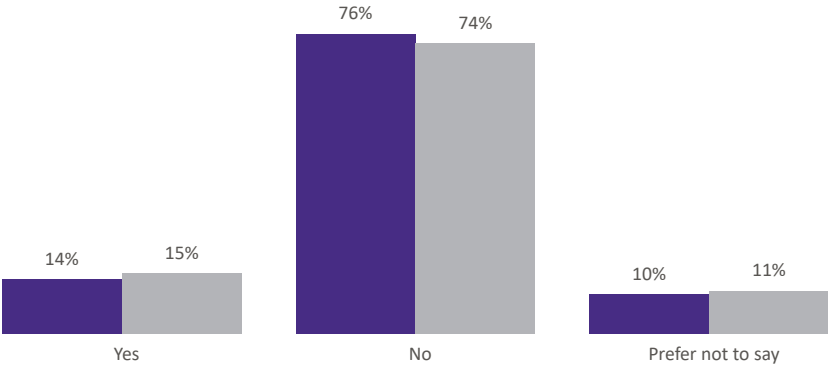
VIC n = 4,017
National n = 16,083



Identify as a person with a mental health condition

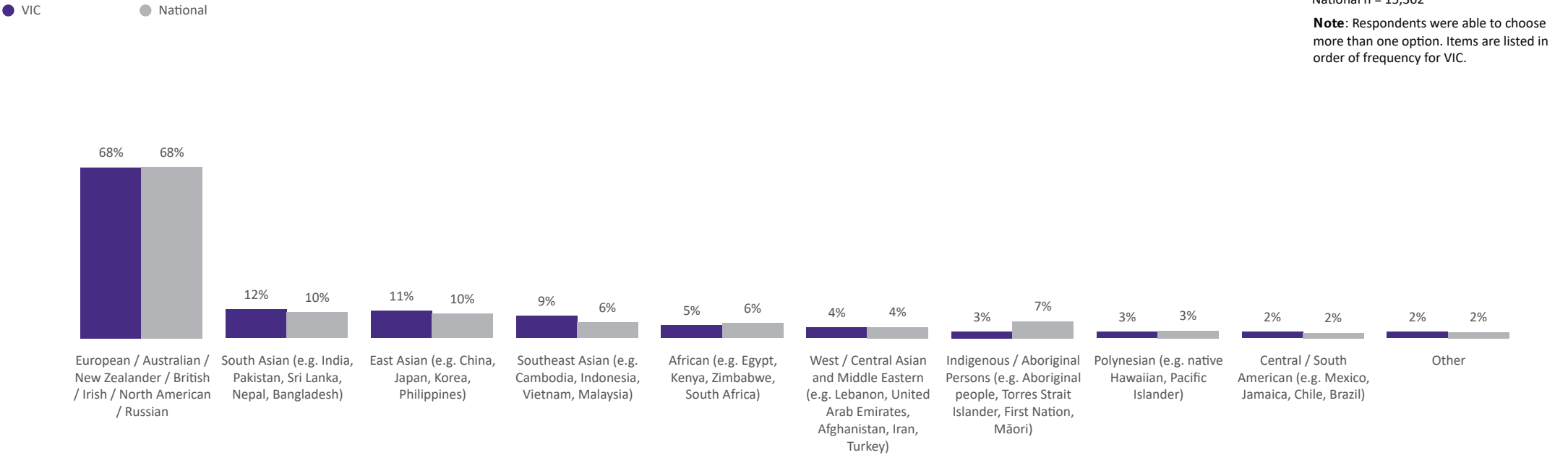
● VIC ● National

VIC n = 3,973
National n = 16,042

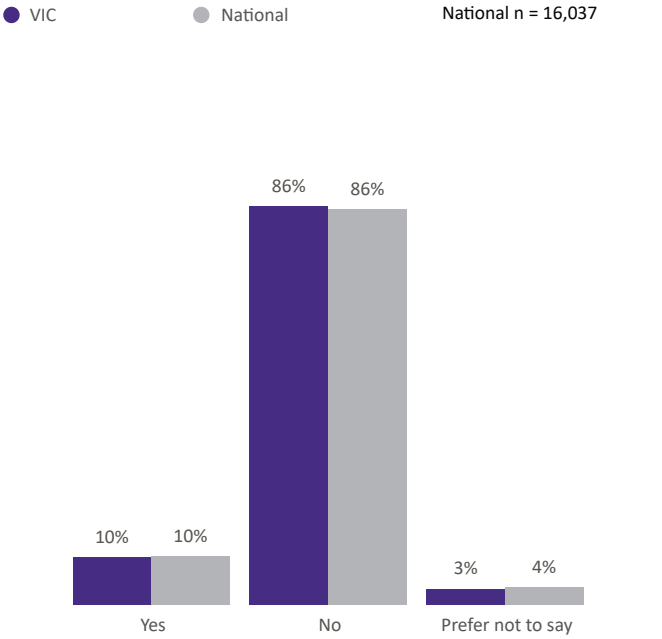


VIC

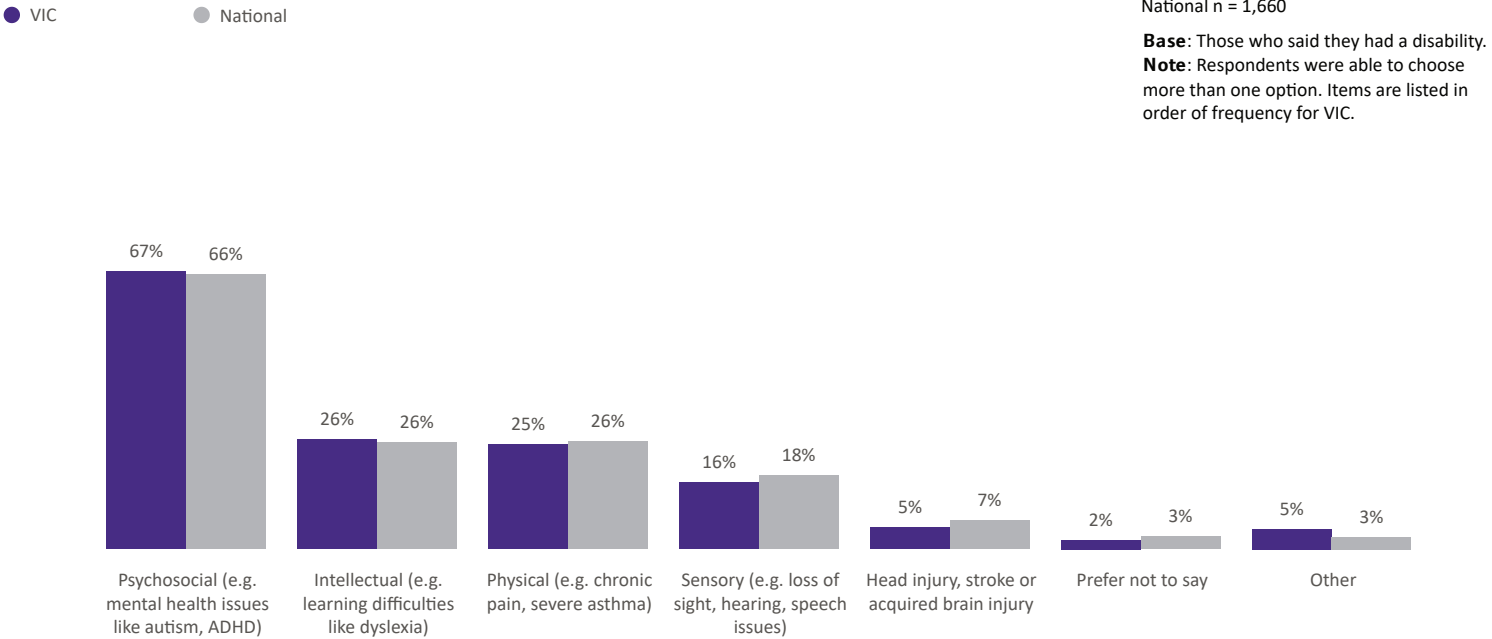
Cultural heritage/ethnic background



Identify as a person with disability

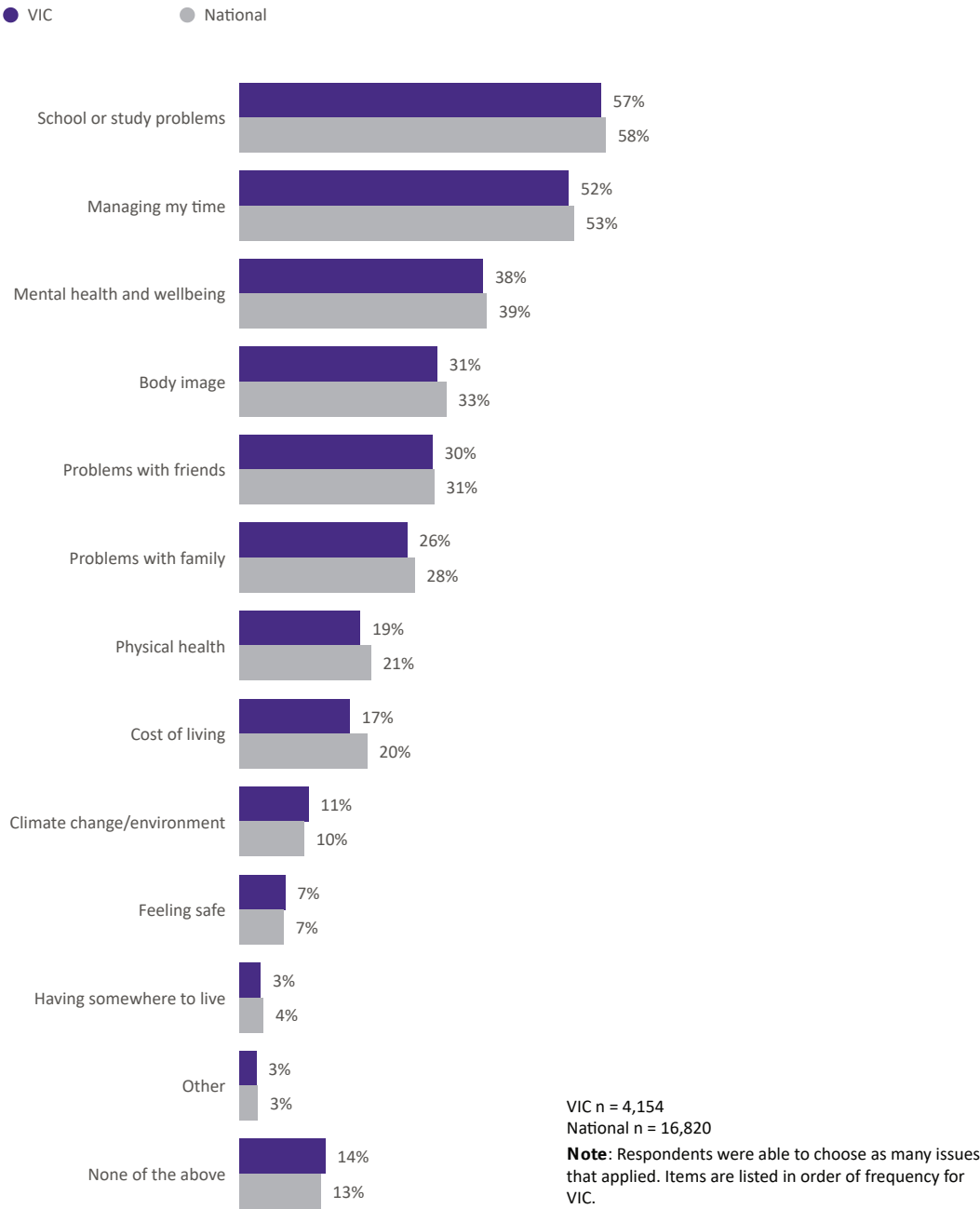


Type of disability

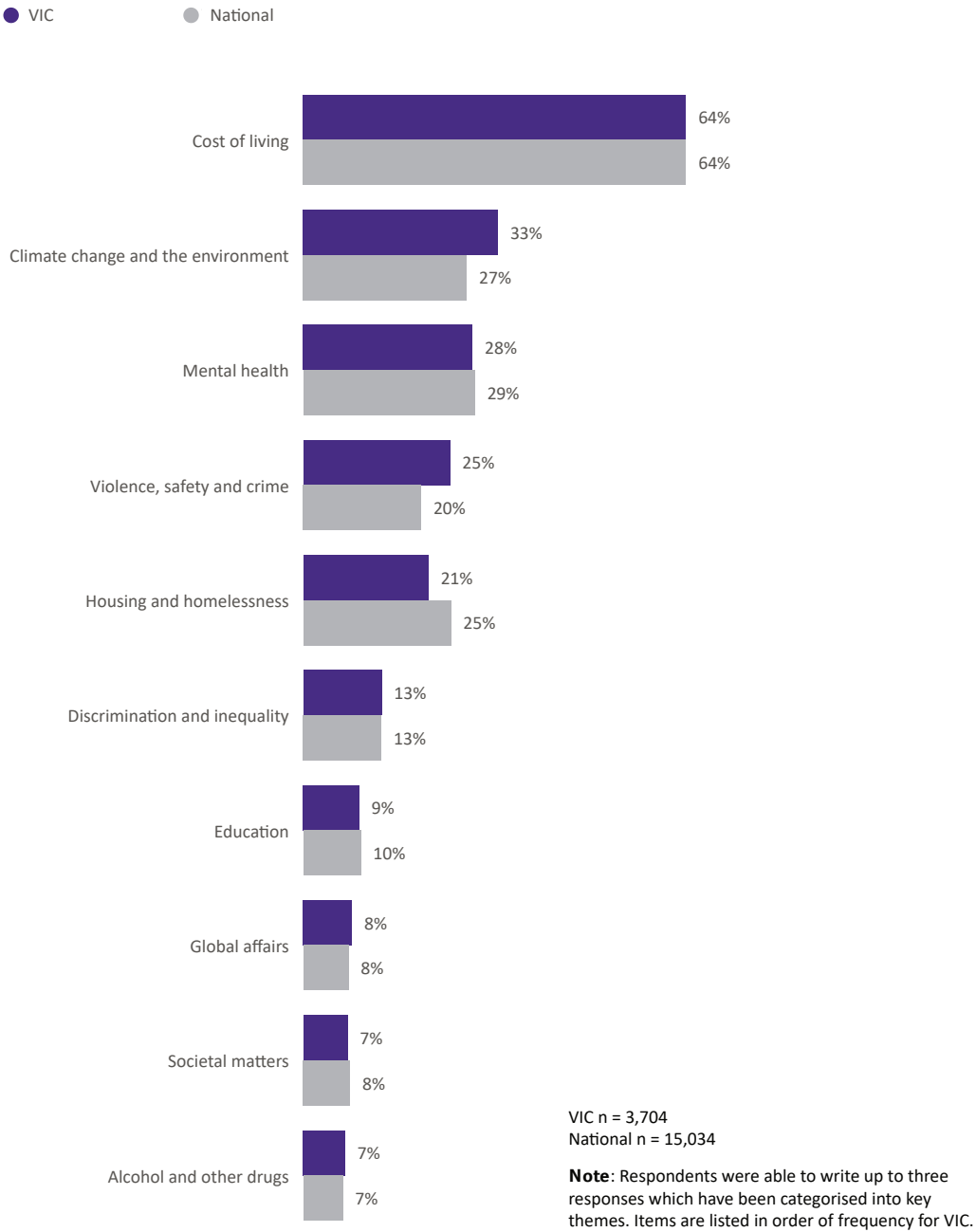


VIC

Issues that made young people feel stressed in the past year

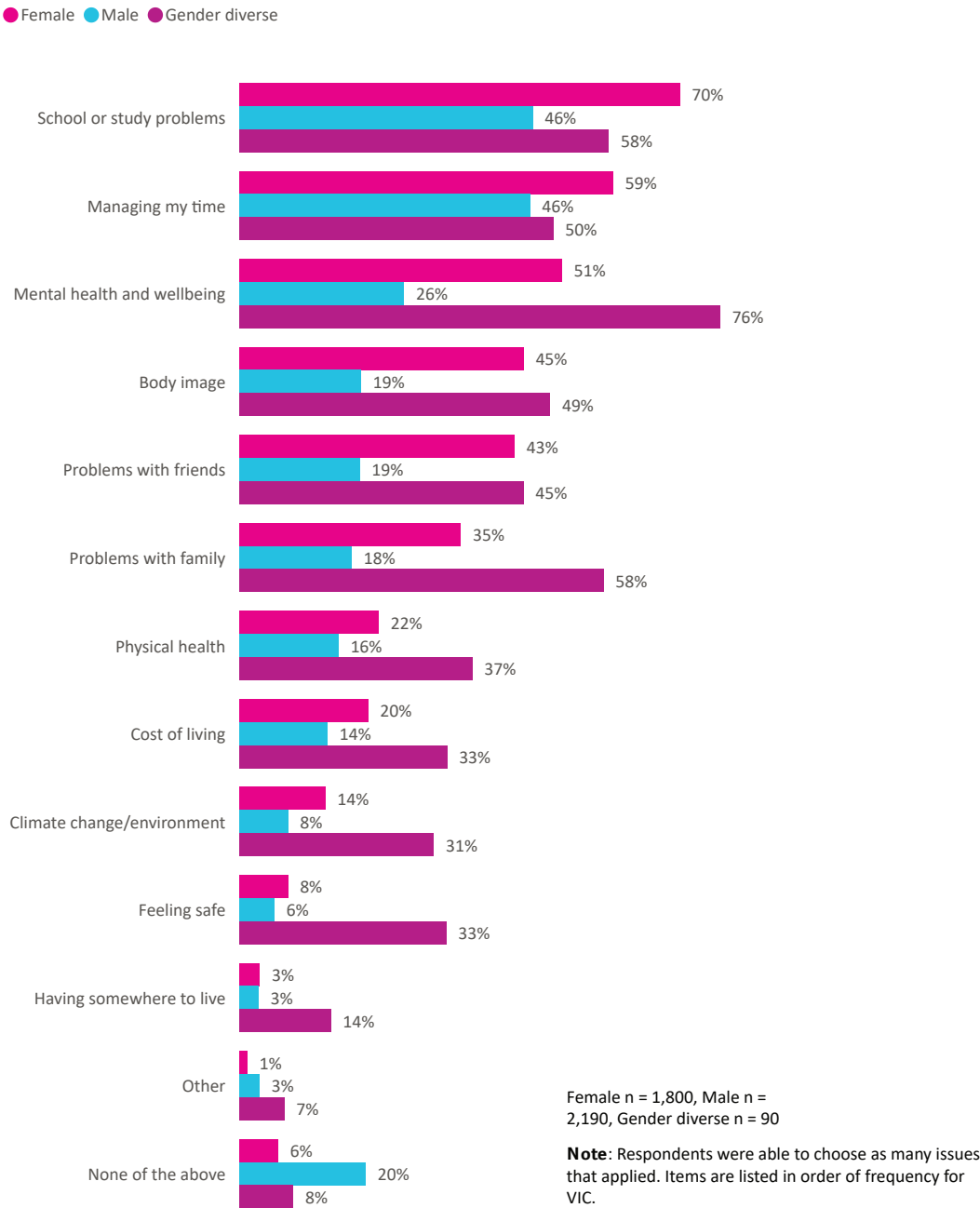


Top 10 most important issues in Australia today

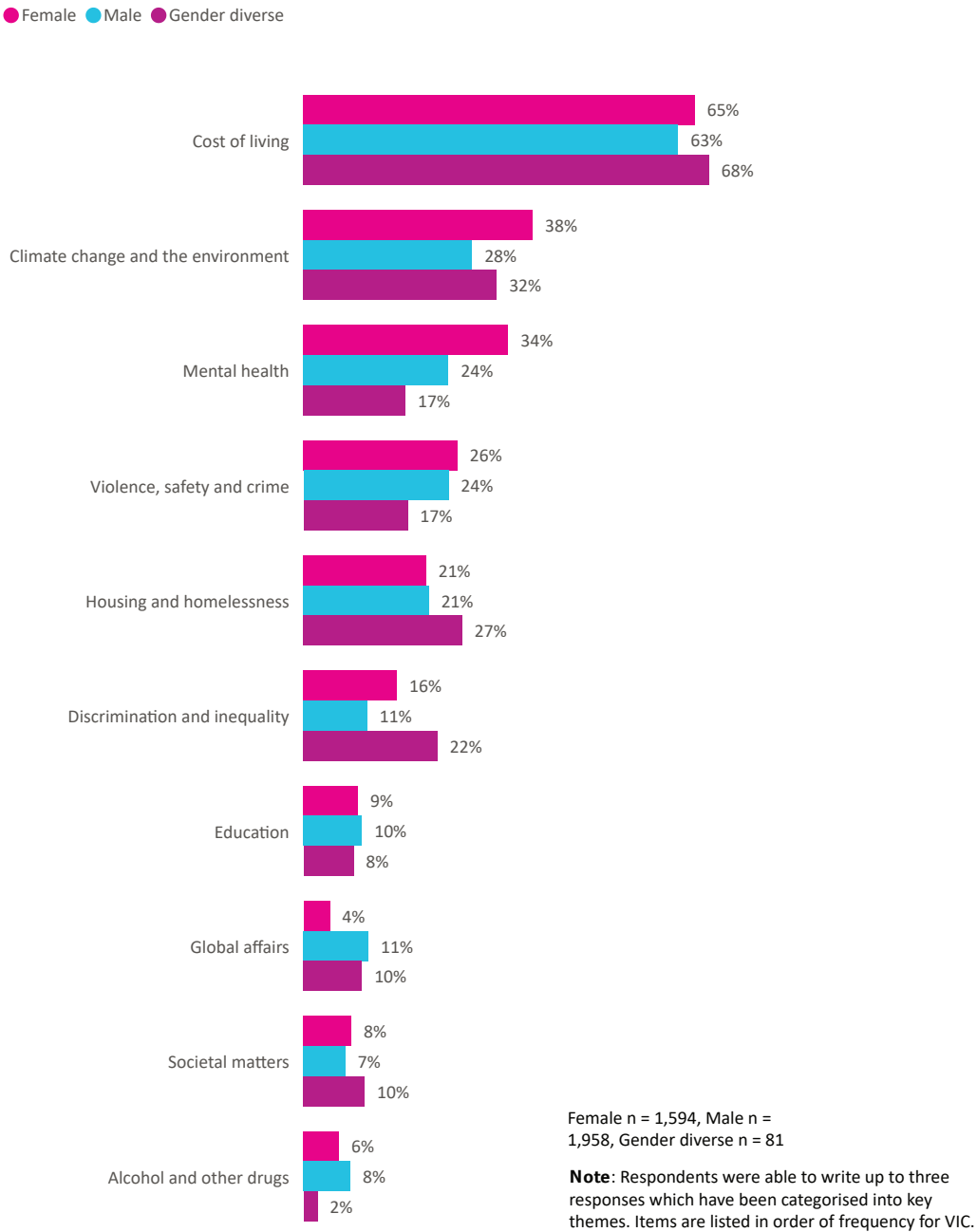


VIC

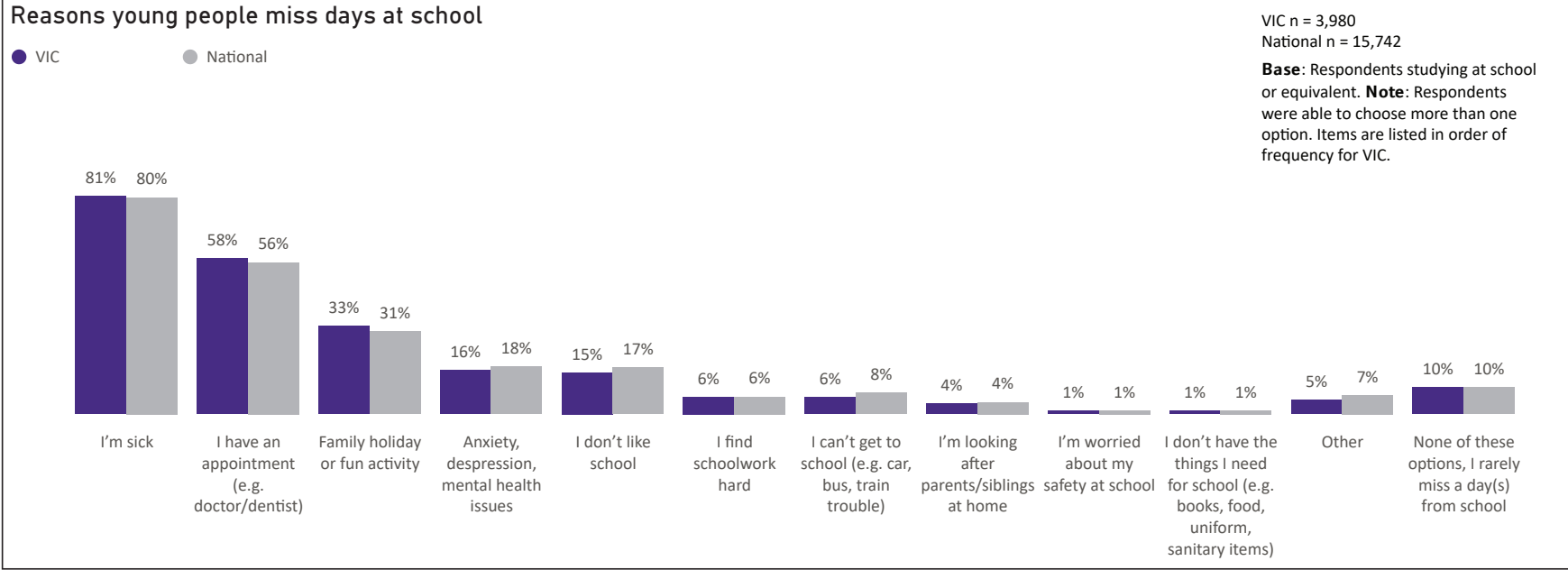
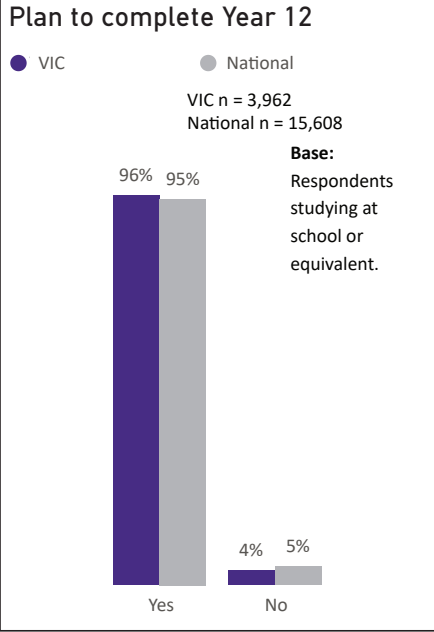
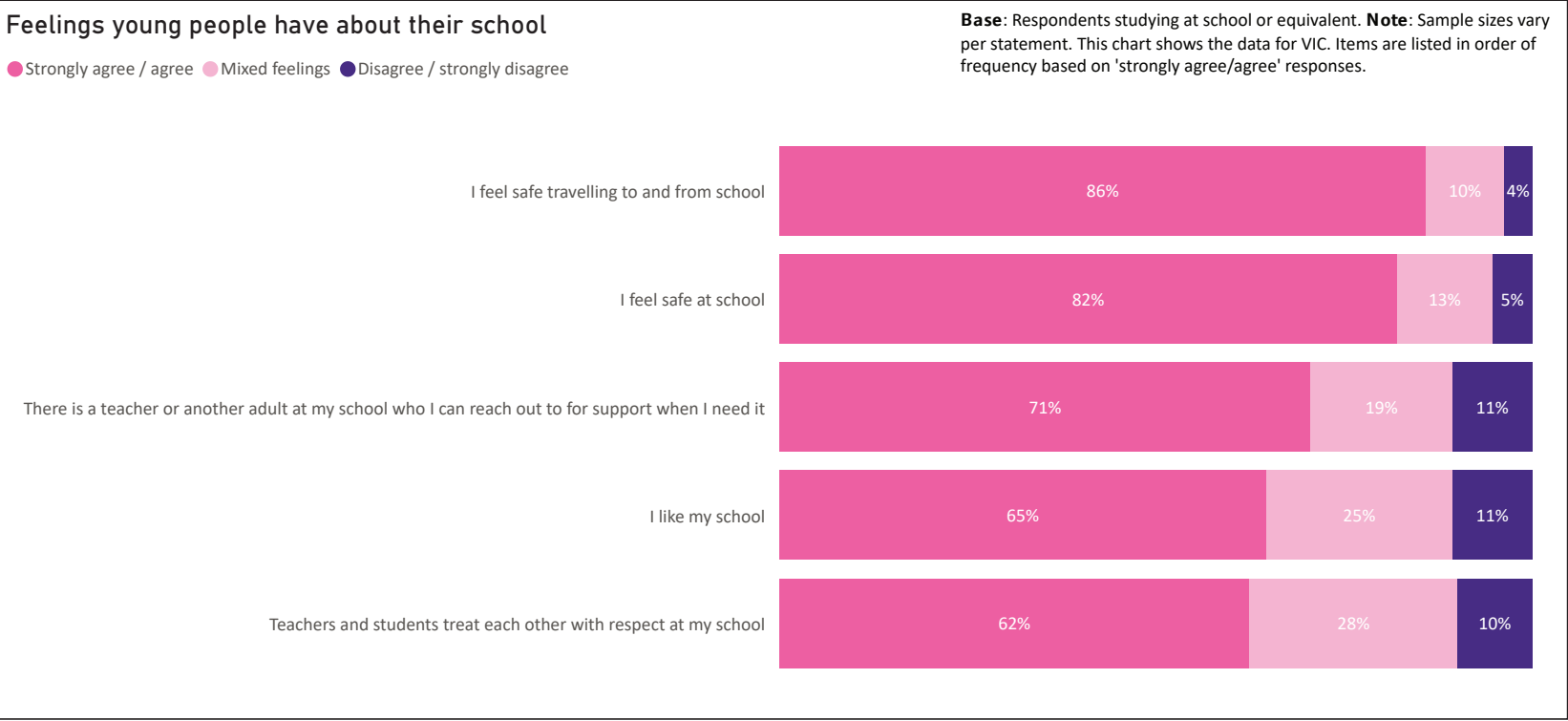
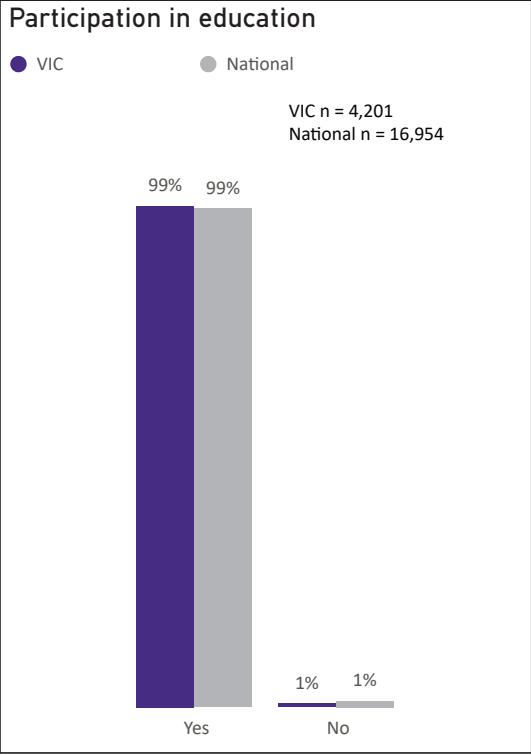
Issues that made young people feel stressed in the past year



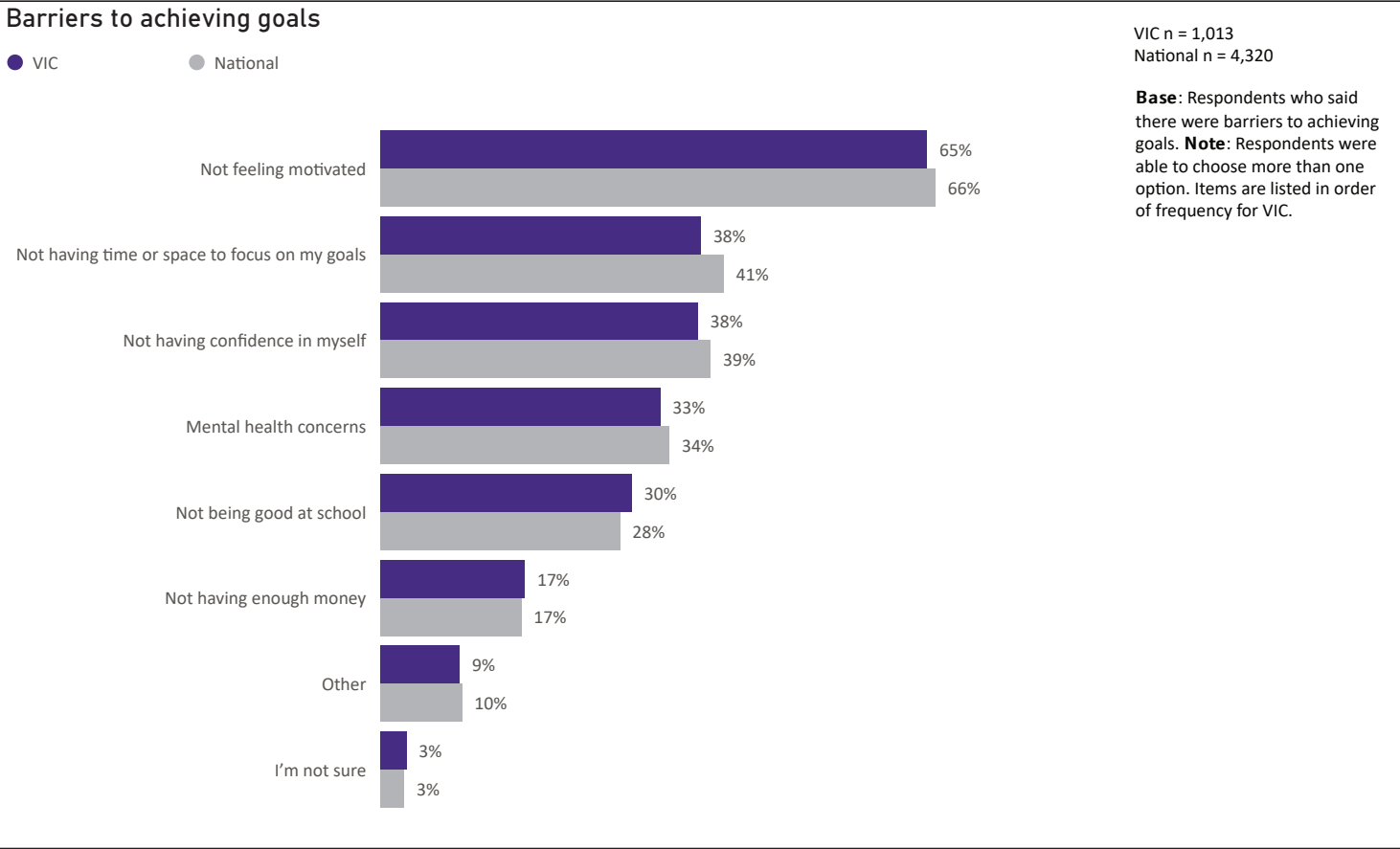
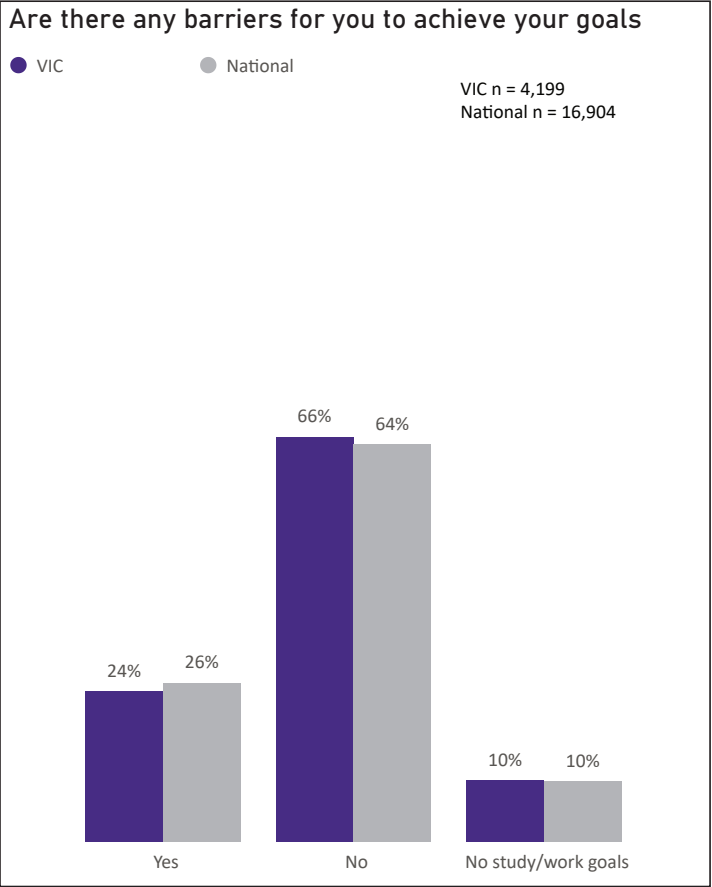
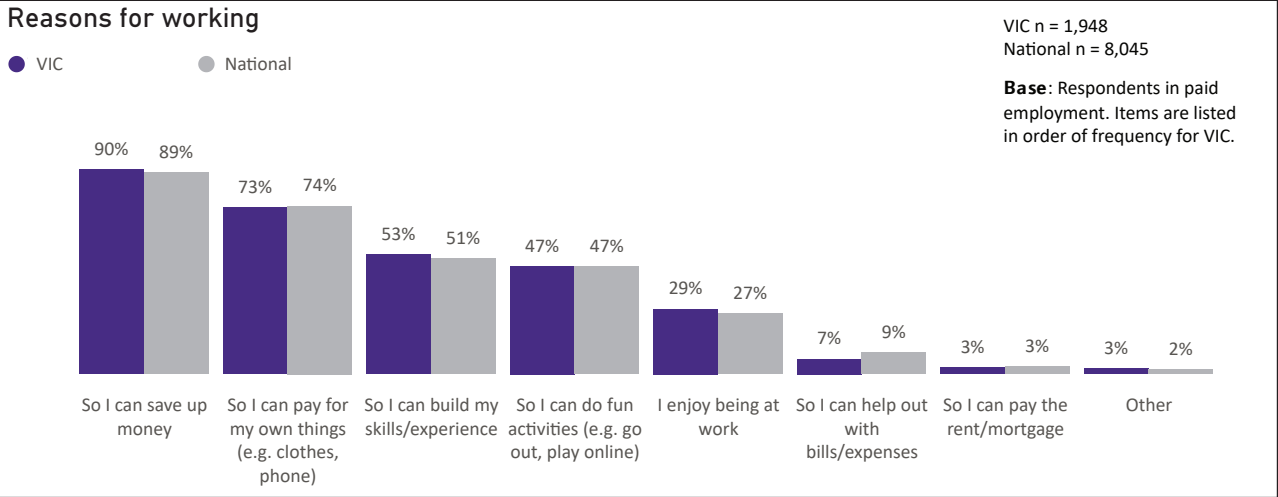
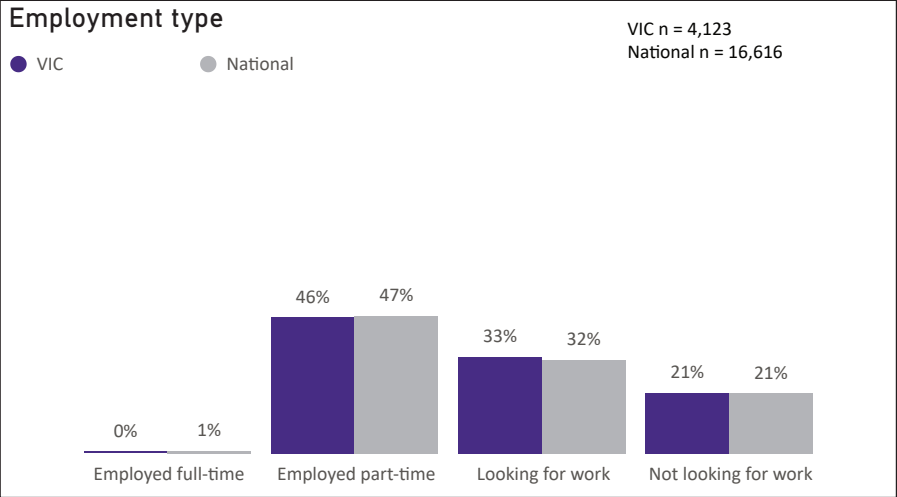
Top 10 most important issues in Australia today



VIC



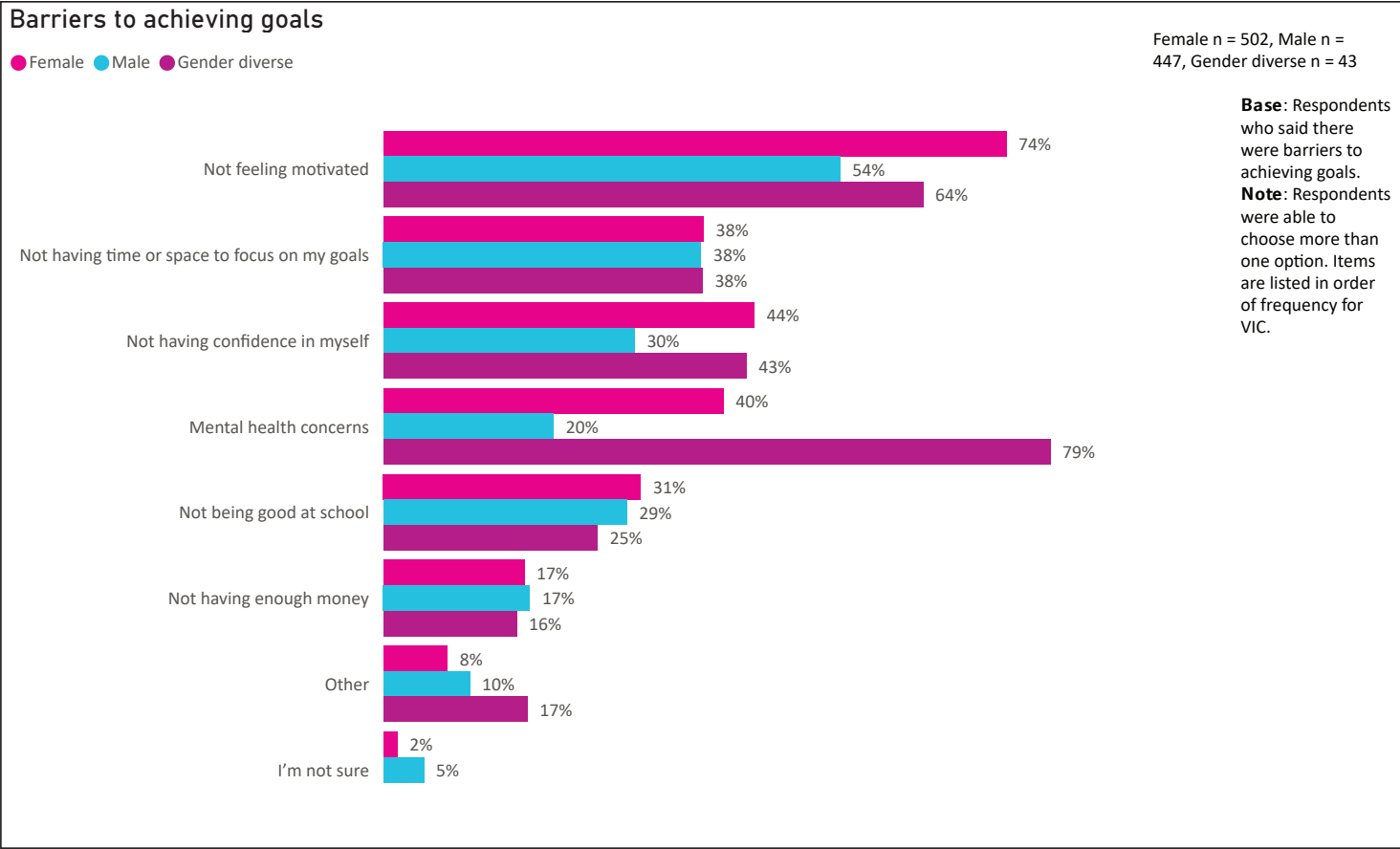
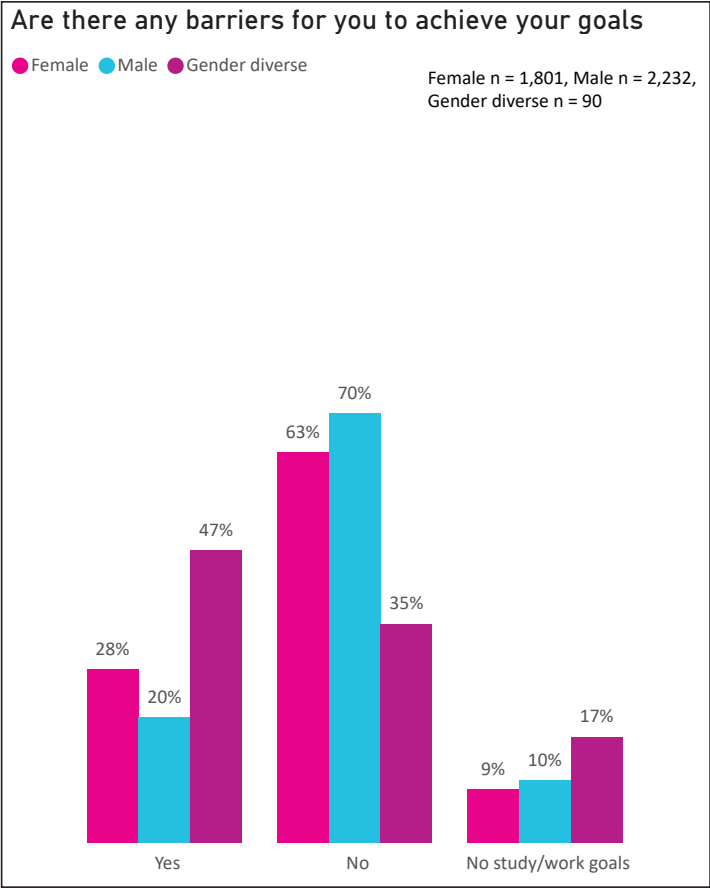
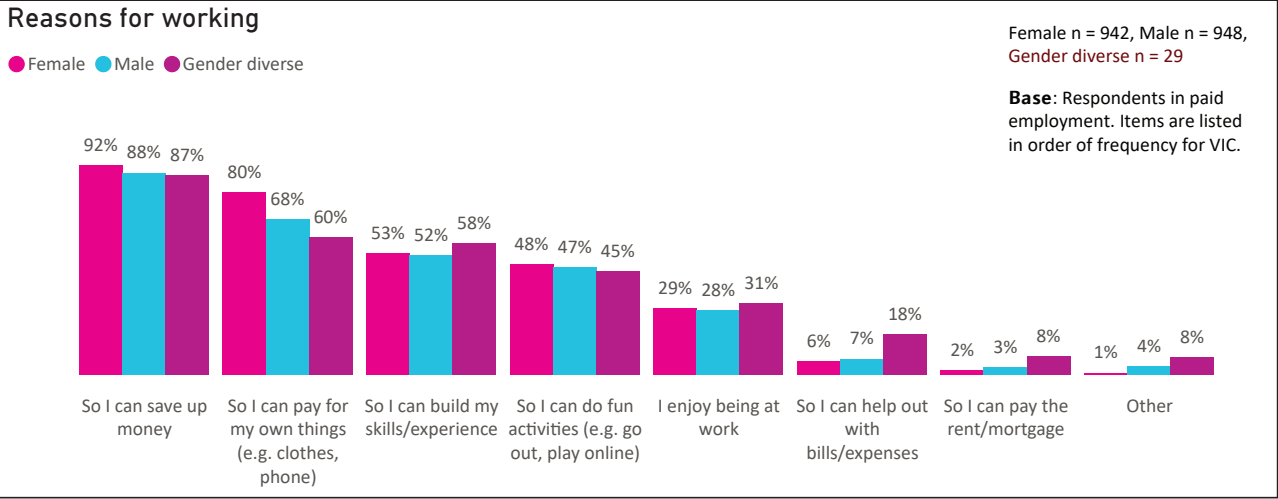
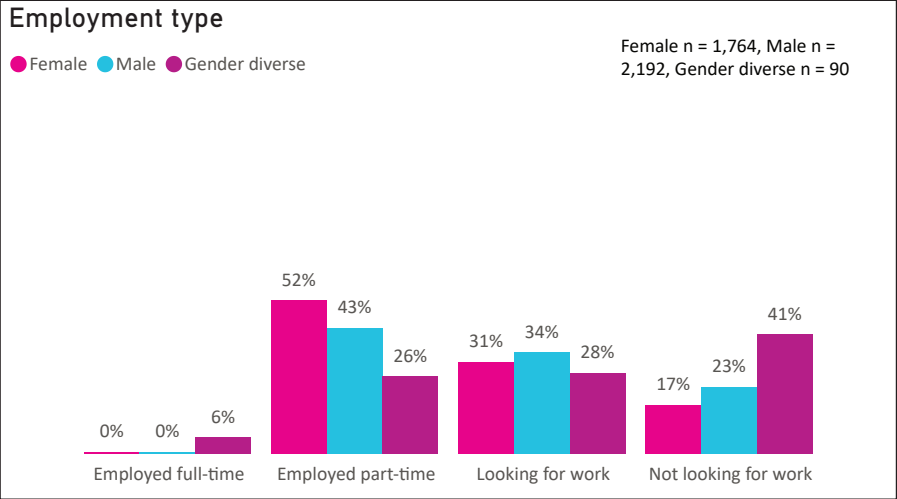
VIC



VIC

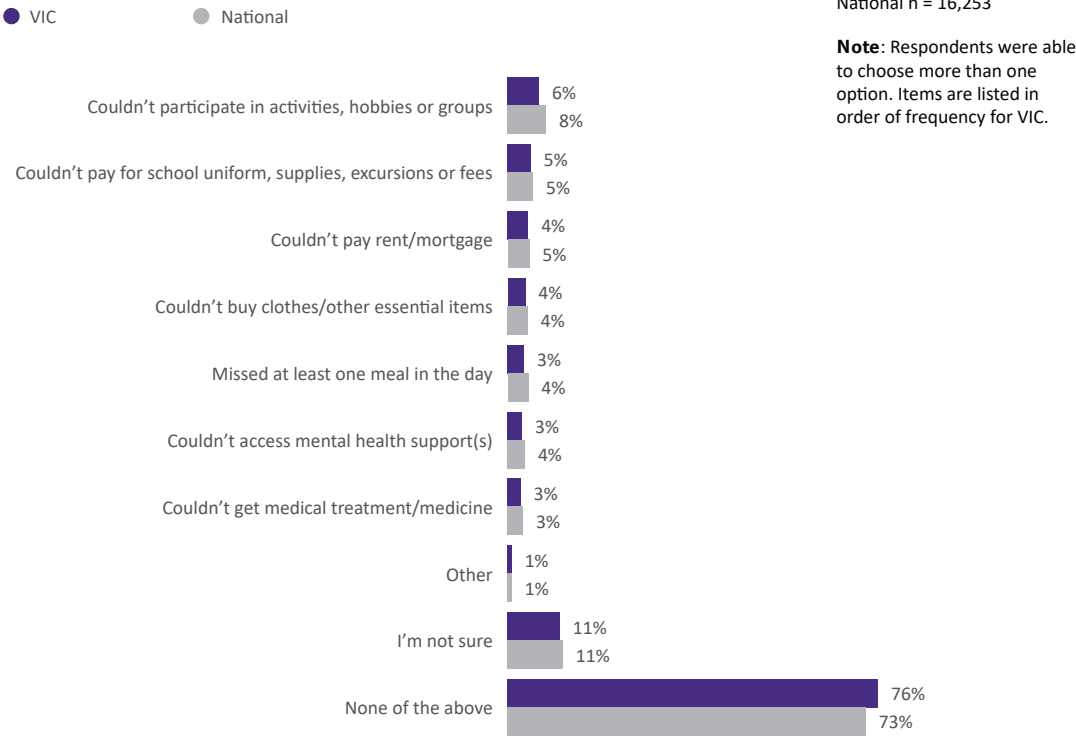


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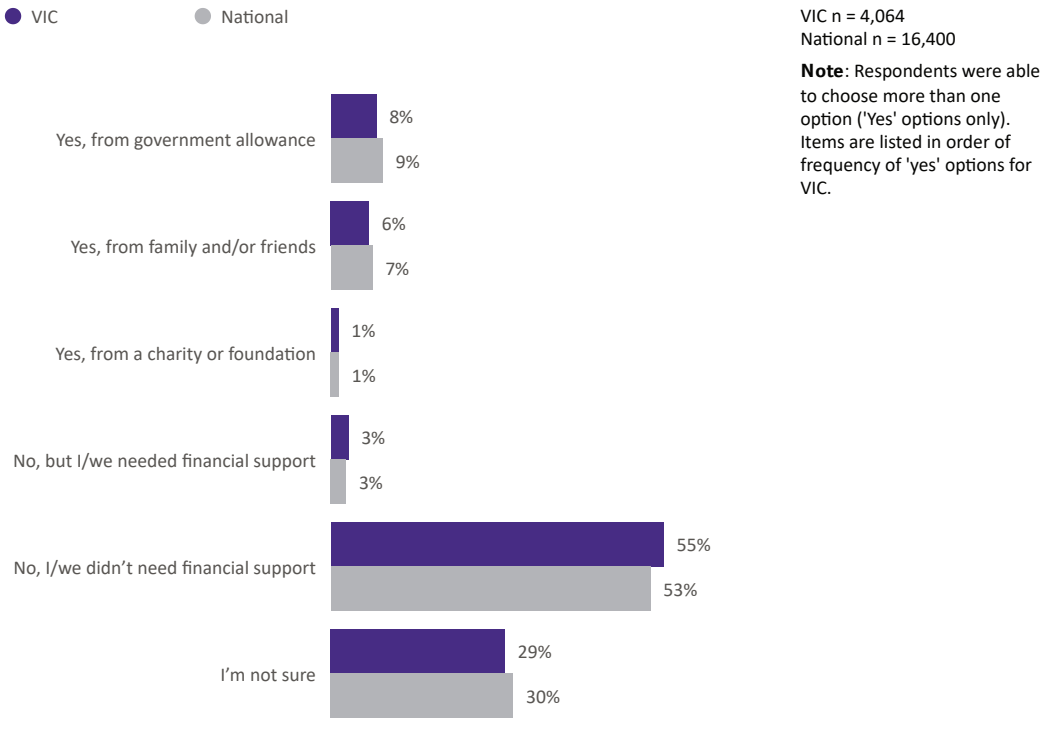


VIC

Experiences of financial hardship



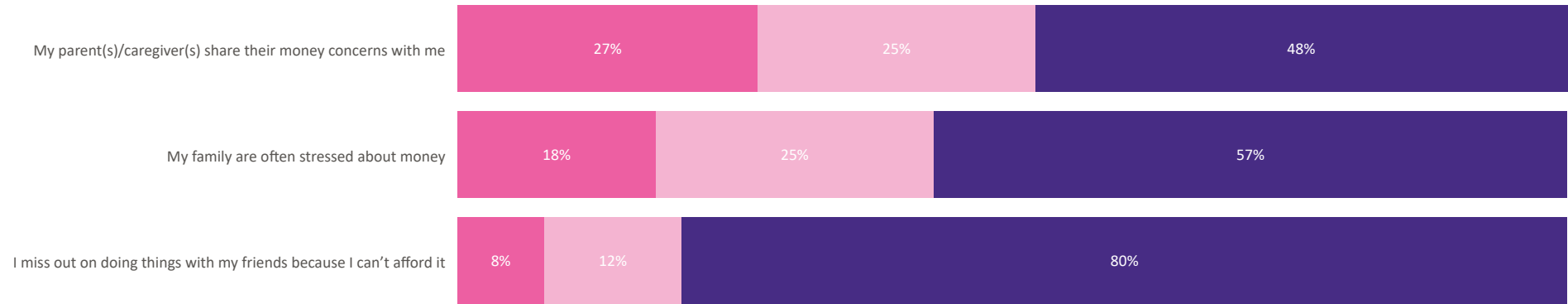
Financial support received in the past year for young person and/or their family



Feelings young people have about money

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

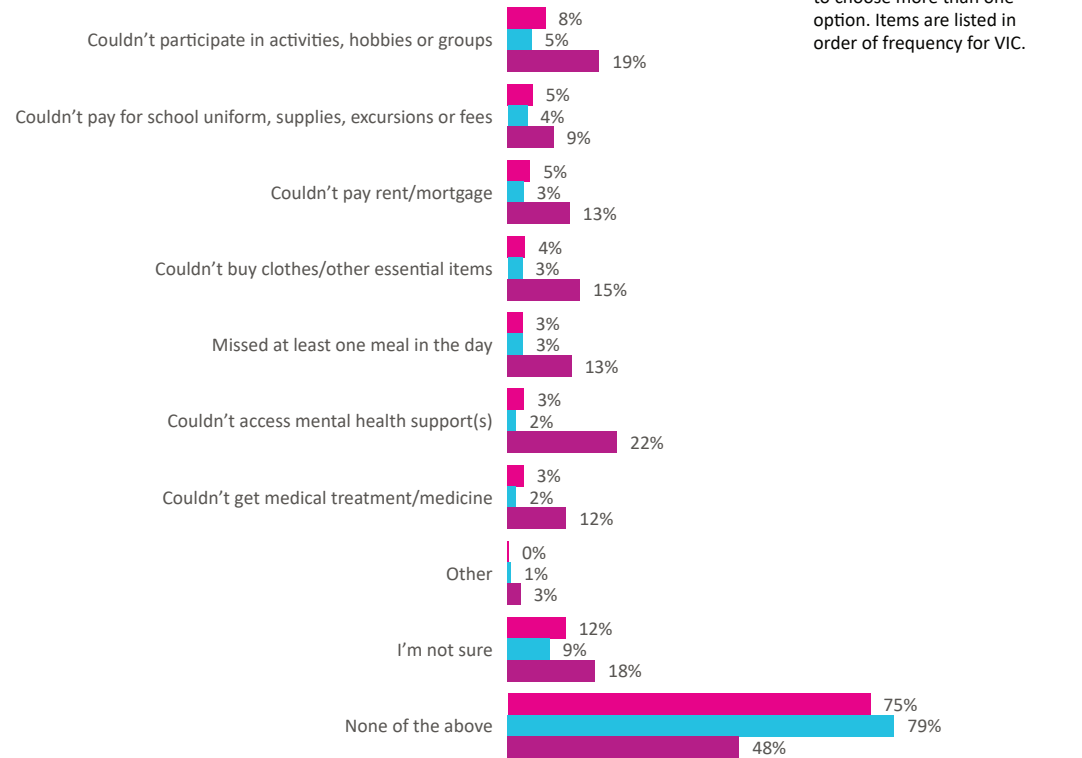
Note: Sample sizes vary per statement. This chart shows the data for VIC. Items are listed in order of frequency based on 'strongly agree/agree' responses.



VIC

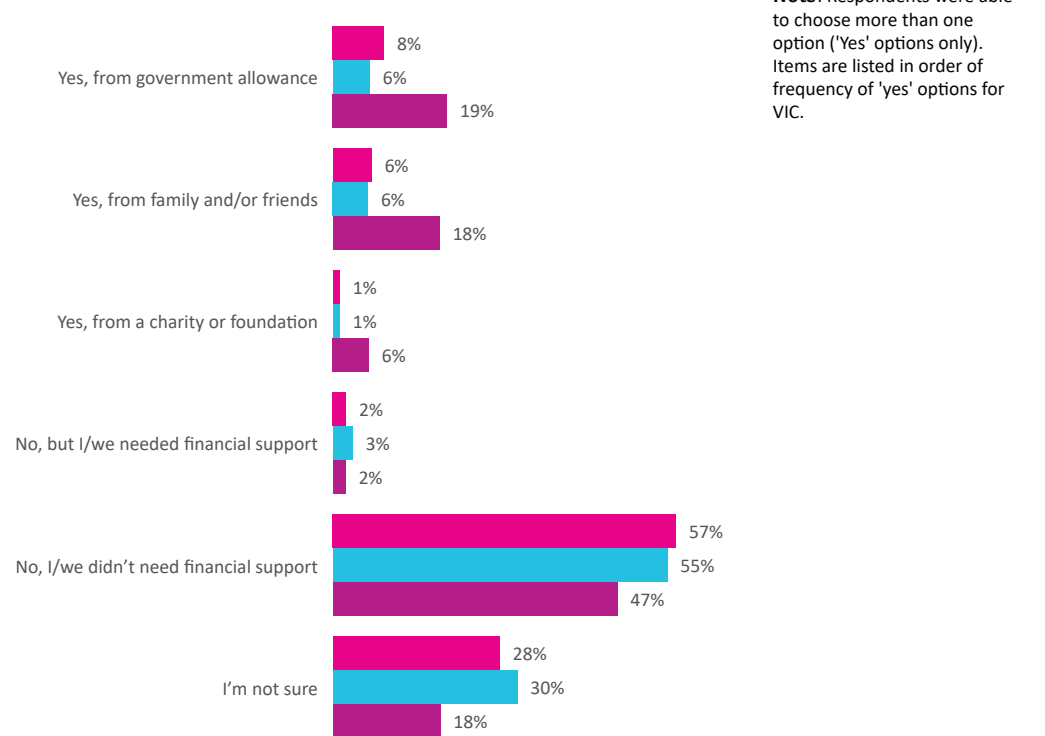
Experiences of financial hardship

Female Male Gender diverse



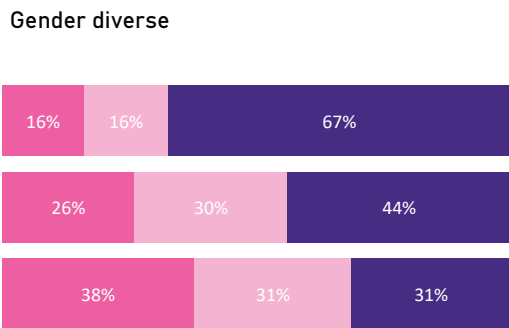
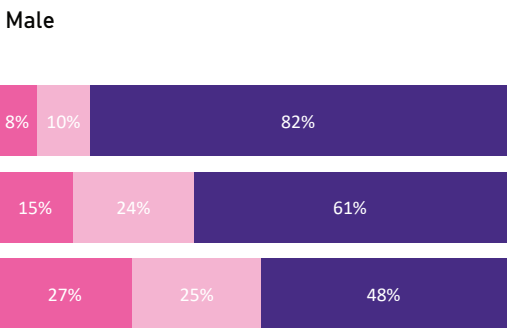
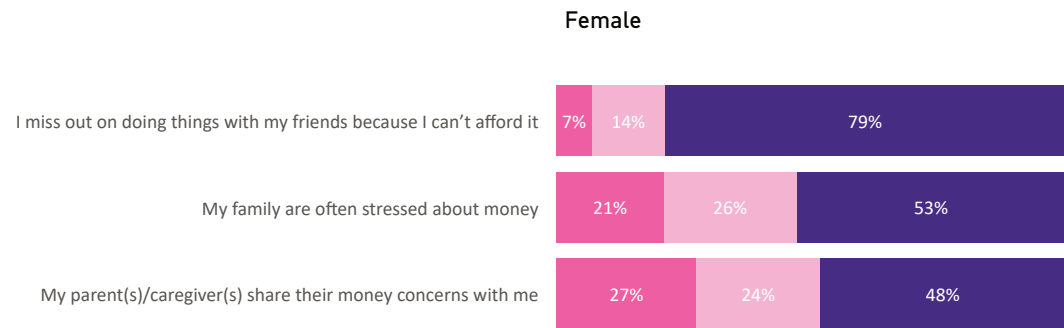
Financial support received in the past year for young person and/or their family

Female Male Gender diverse



Feelings young people have about money

Strongly agree / agree Mixed feelings Disagree / strongly disagree



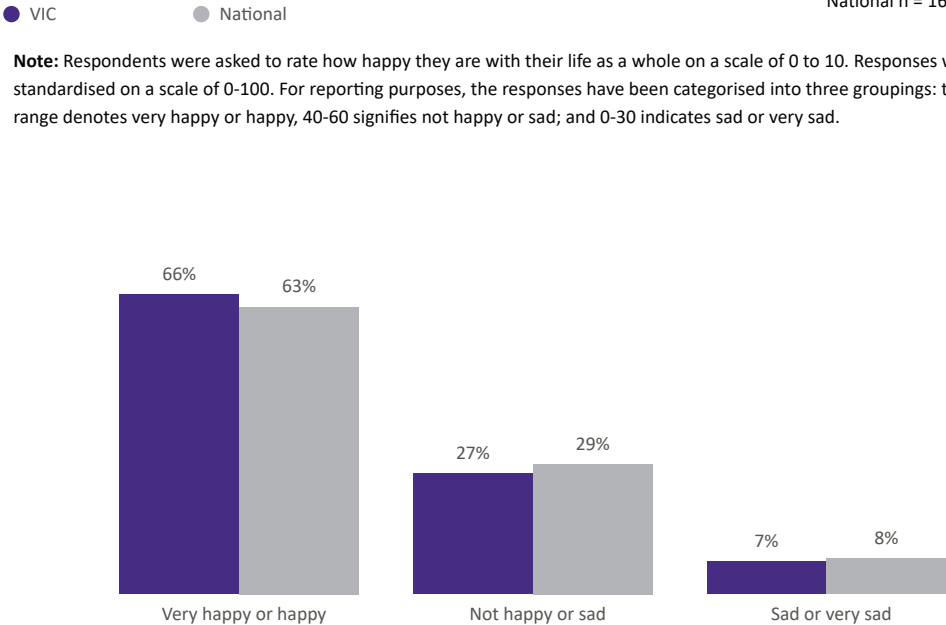
Note: Sample sizes vary per statement. This chart shows the data for VIC gender cohorts.

VIC

Level of happiness with their life as a whole

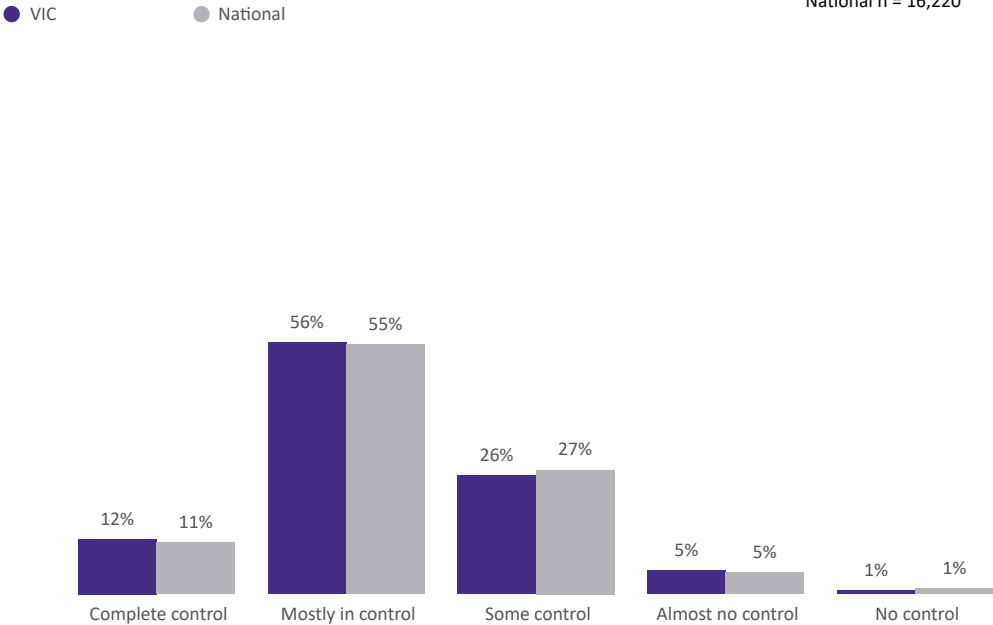
VIC n = 4,105
National n = 16,601

Note: Respondents were asked to rate how happy they are with their life as a whole on a scale of 0 to 10. Responses were standardised on a scale of 0-100. For reporting purposes, the responses have been categorised into three groupings: the 70-100 range denotes very happy or happy, 40-60 signifies not happy or sad; and 0-30 indicates sad or very sad.



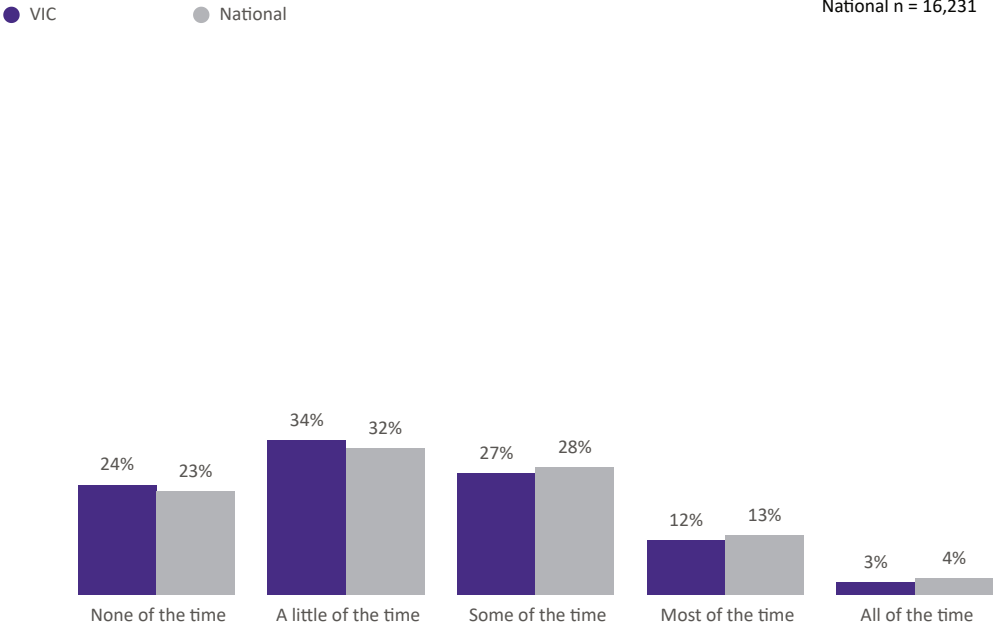
Level of control over their life

VIC n = 4,008
National n = 16,220



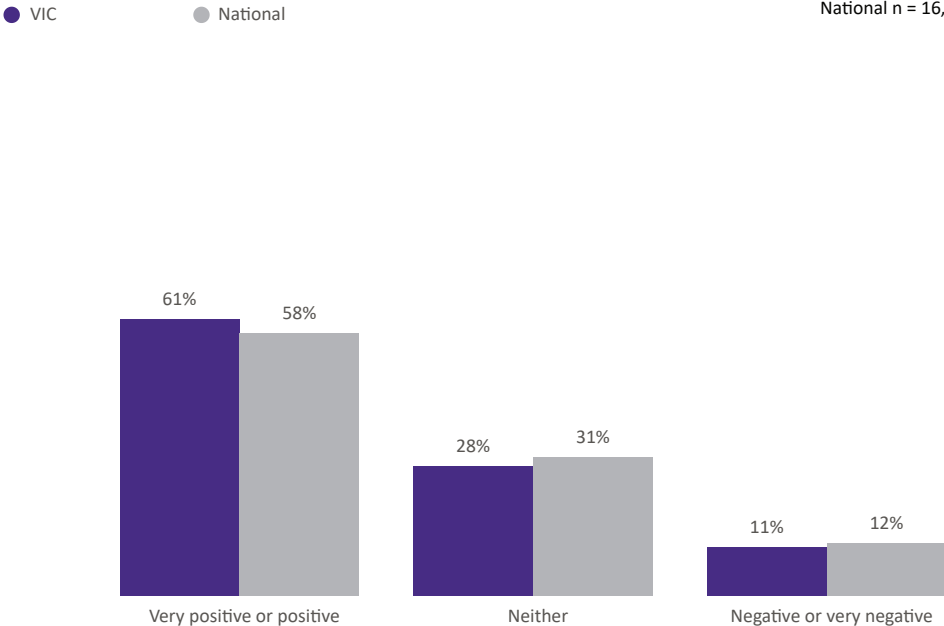
Level of loneliness in the past four weeks

VIC n = 4,018
National n = 16,231

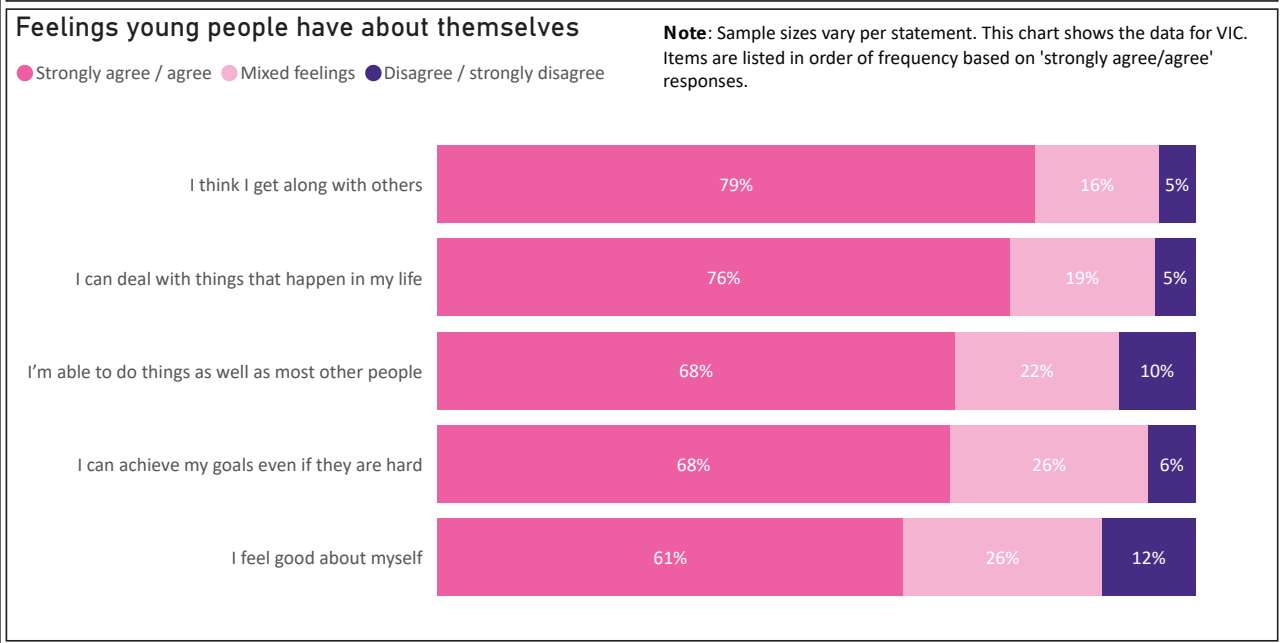
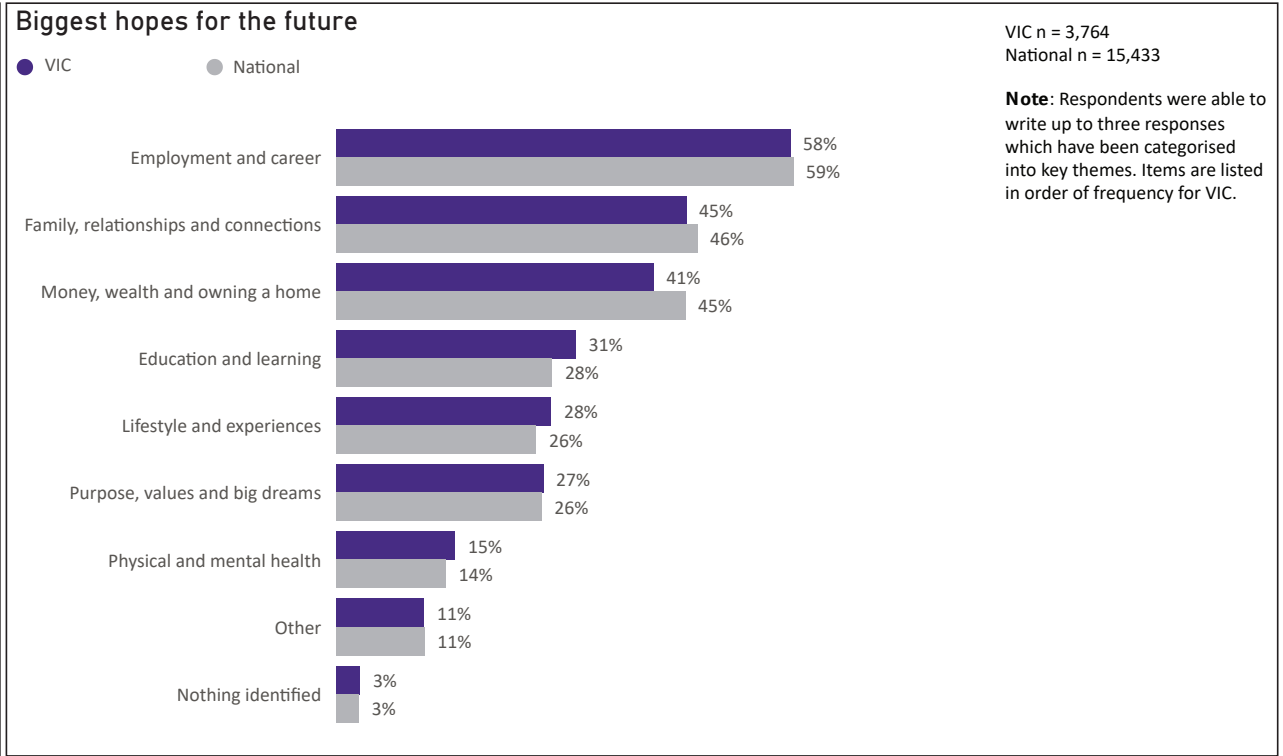
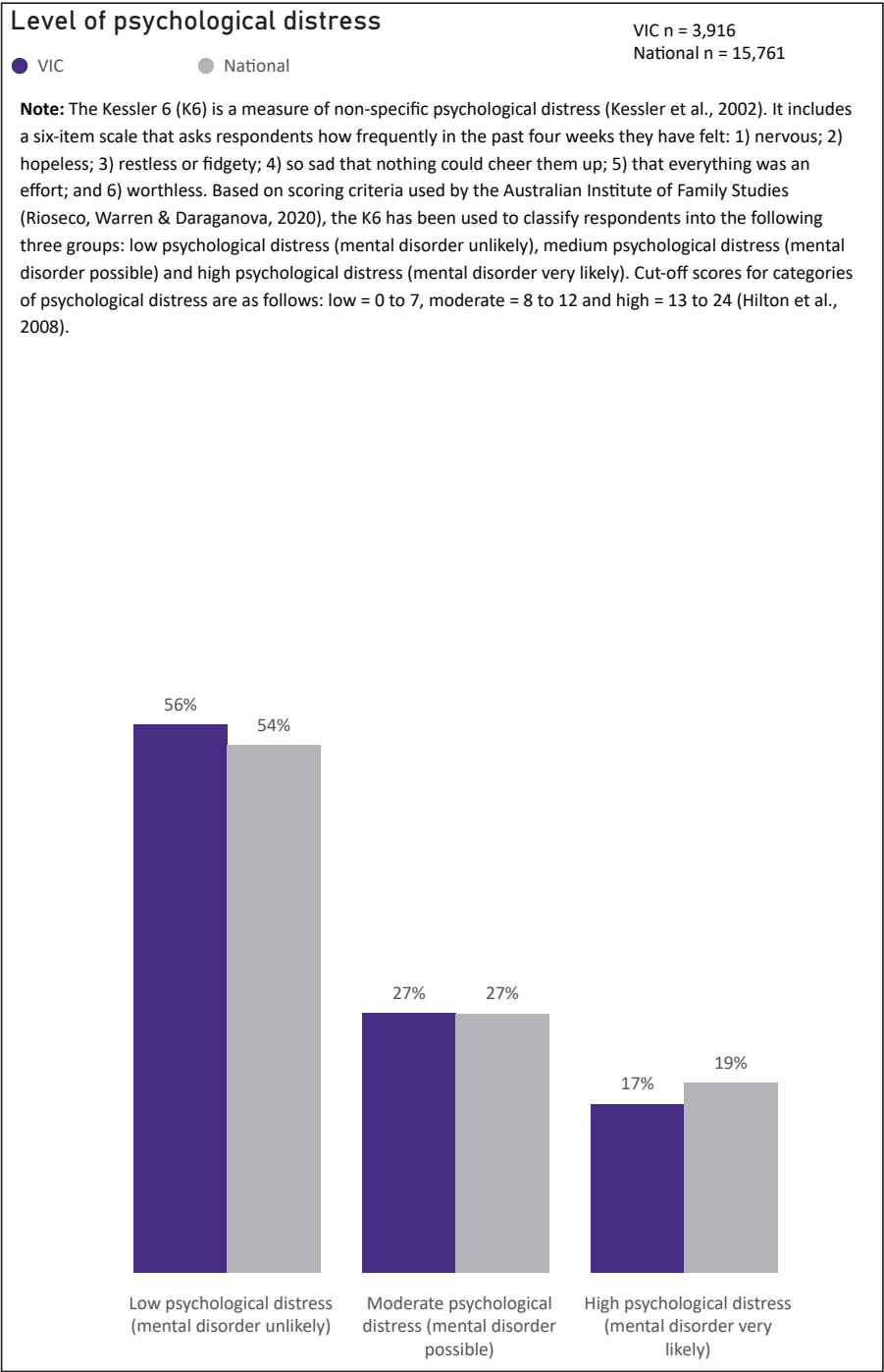


Feelings about the future

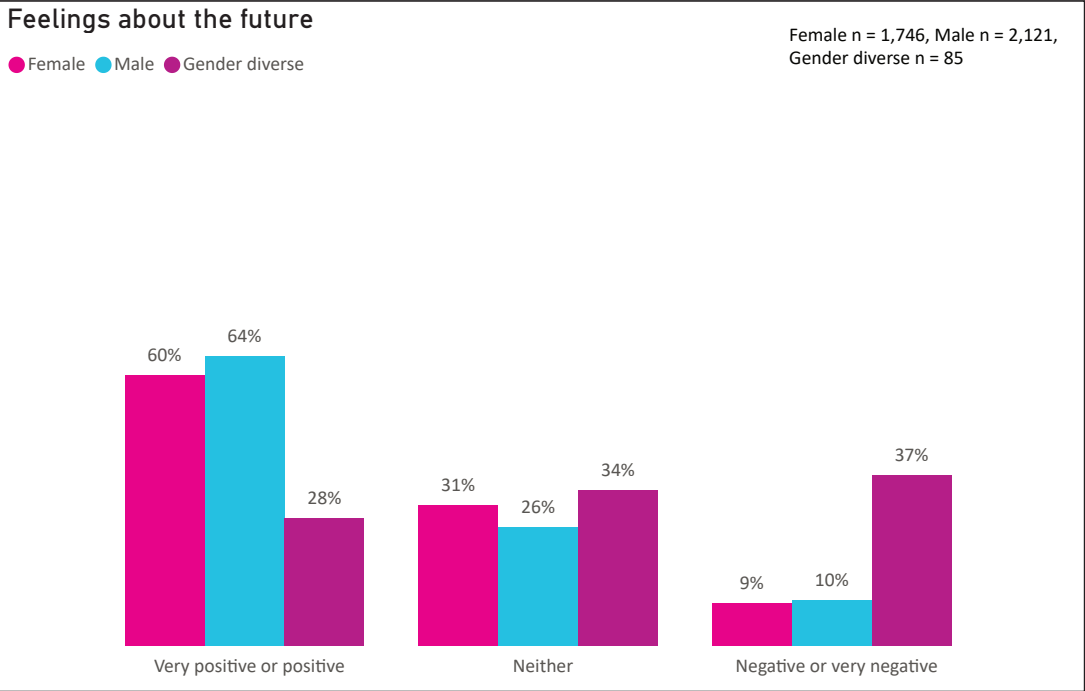
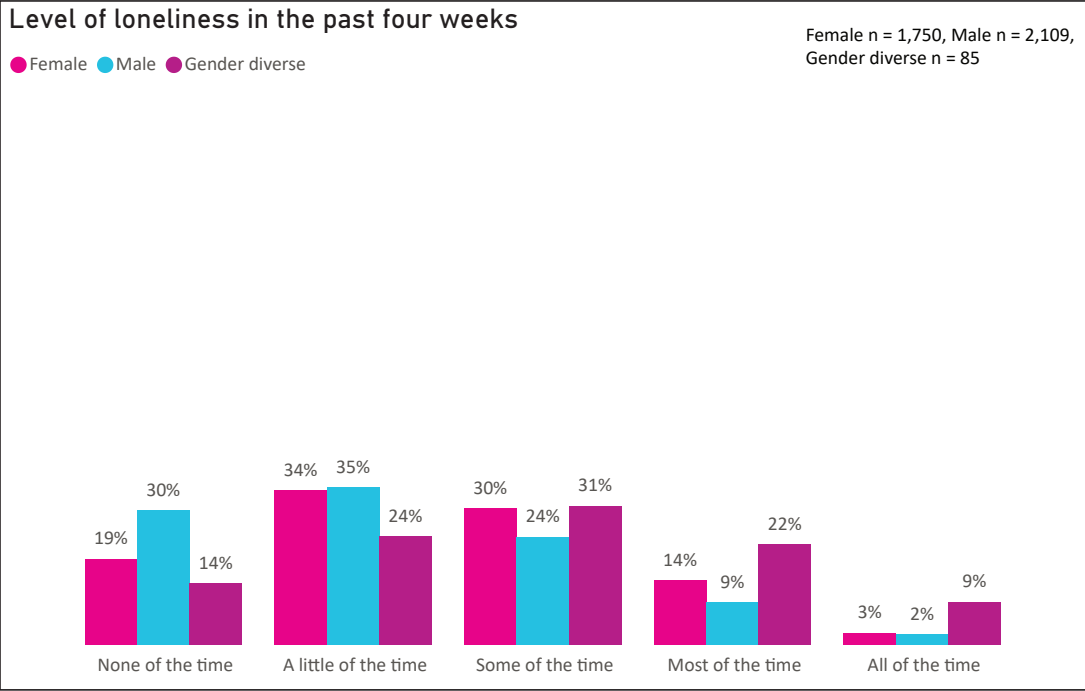
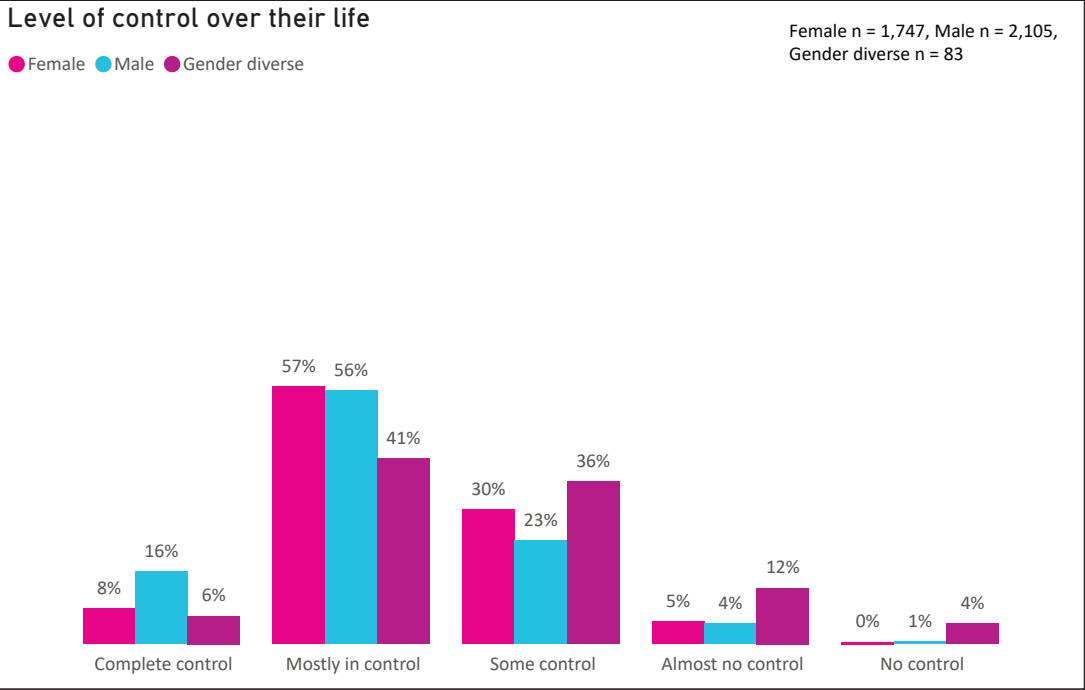
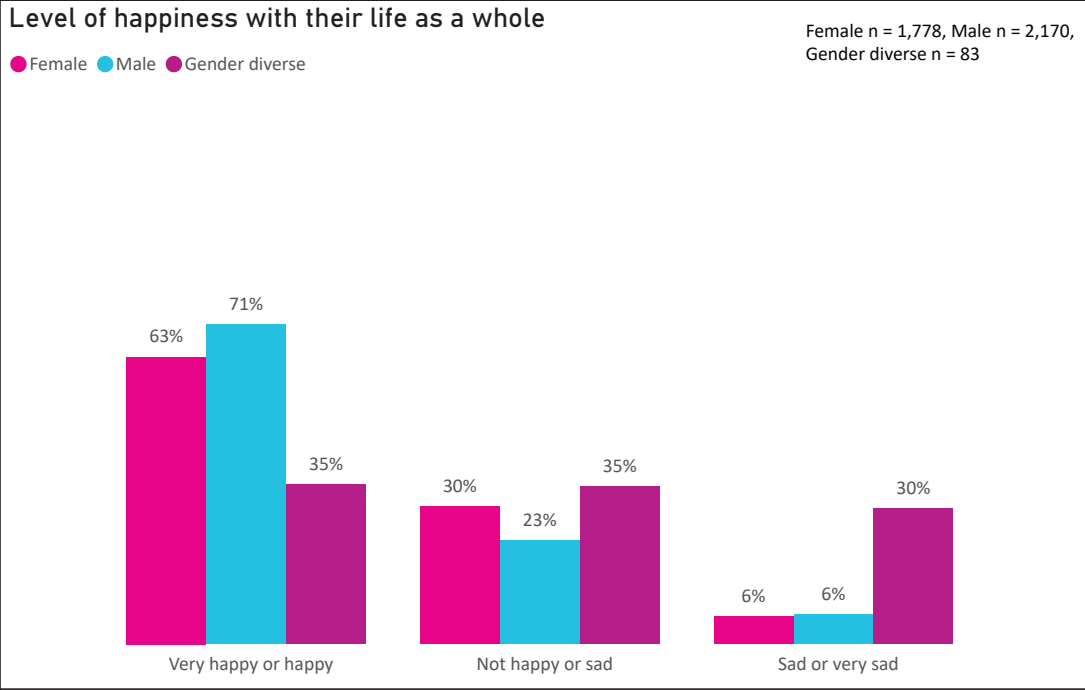
VIC n = 4,026
National n = 16,255



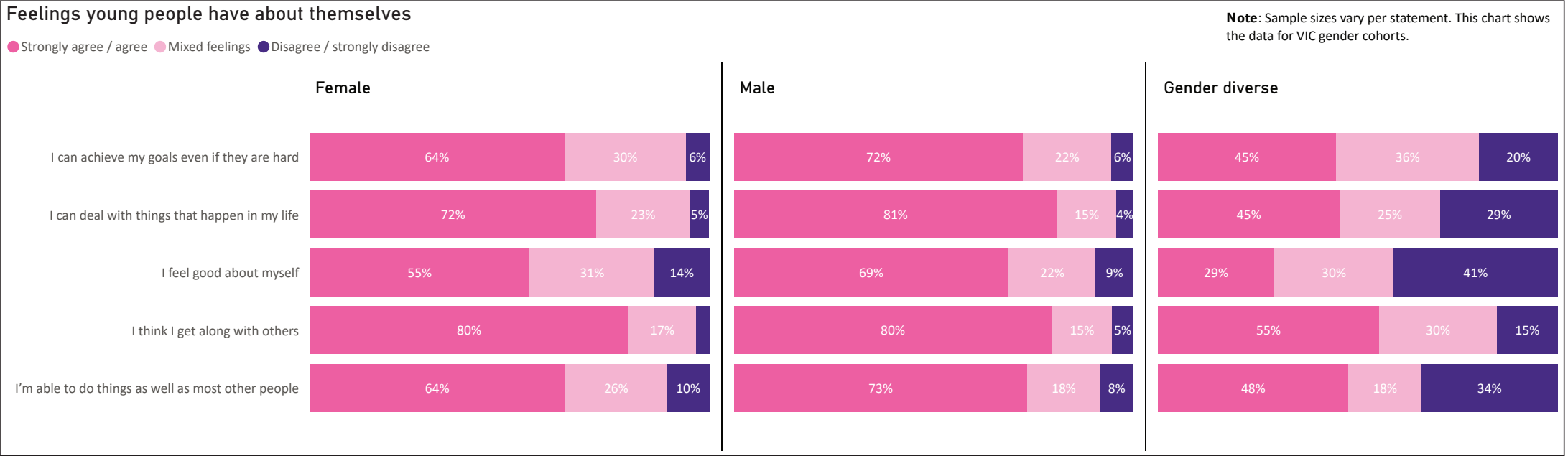
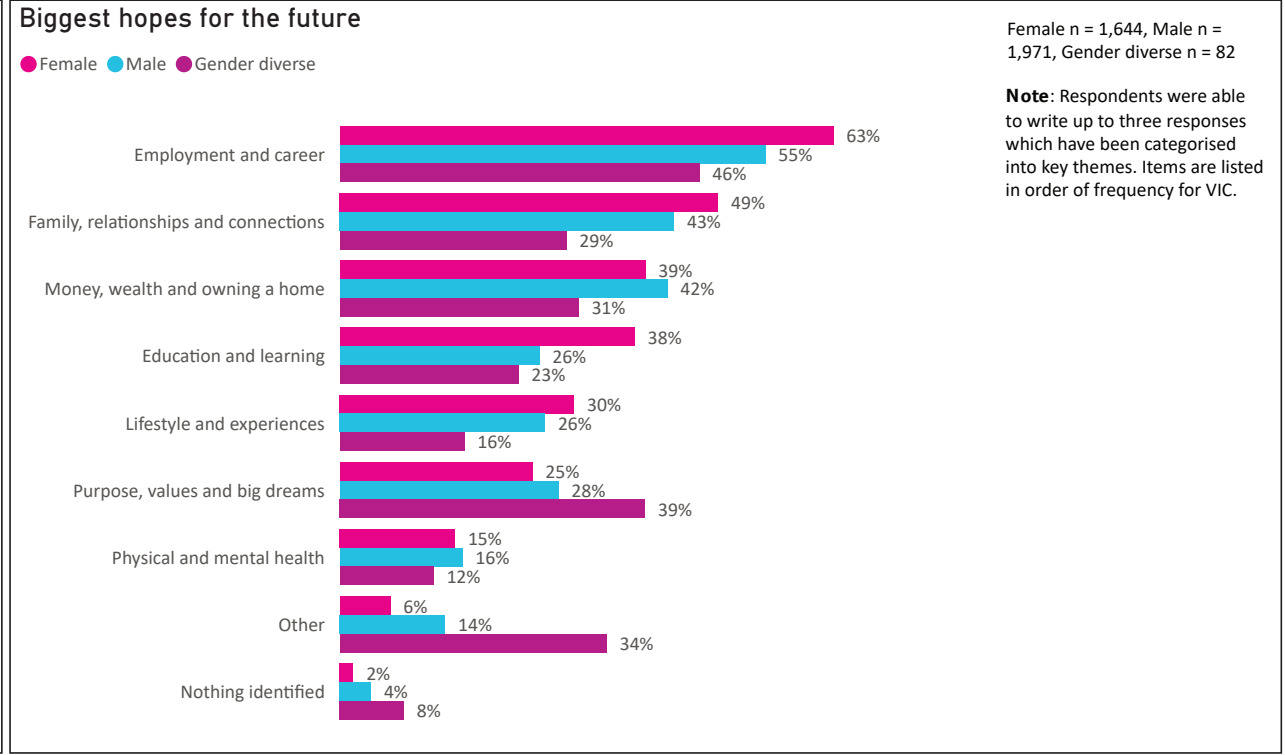
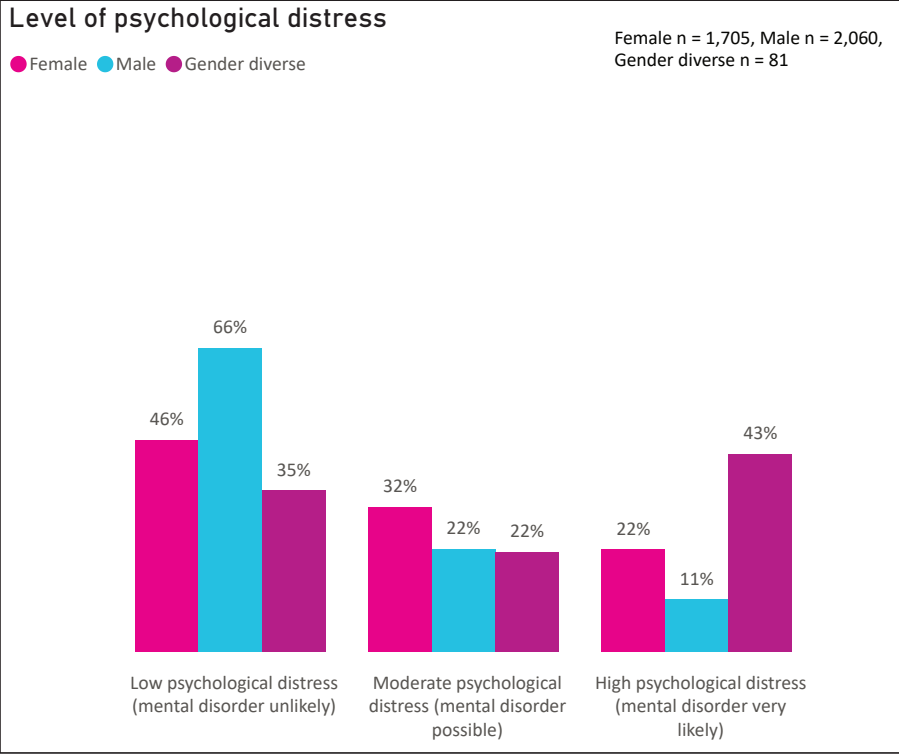
VIC



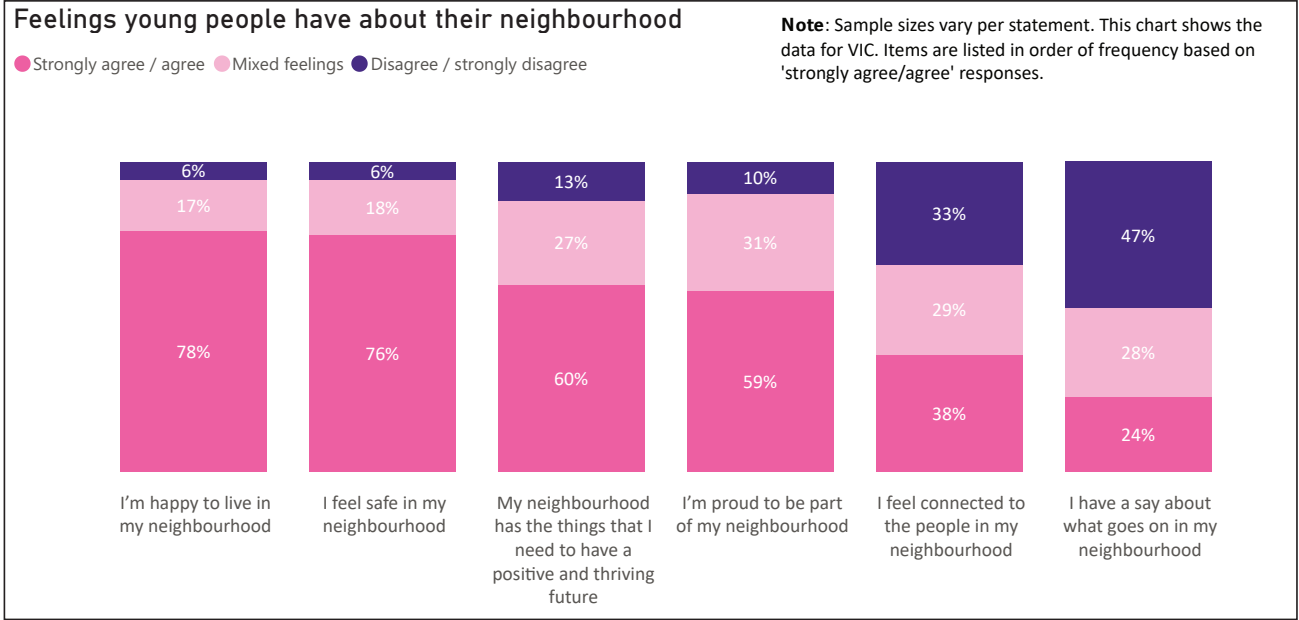
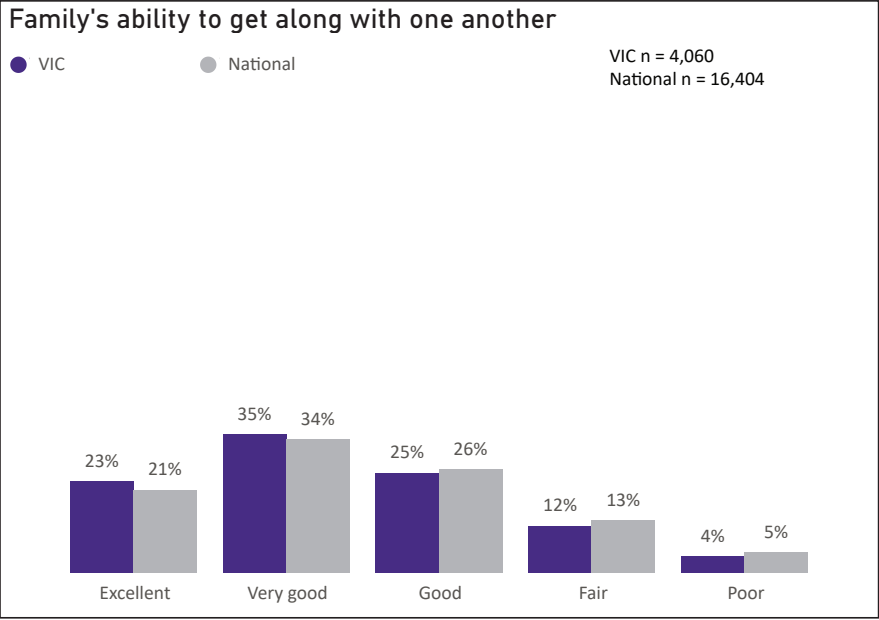
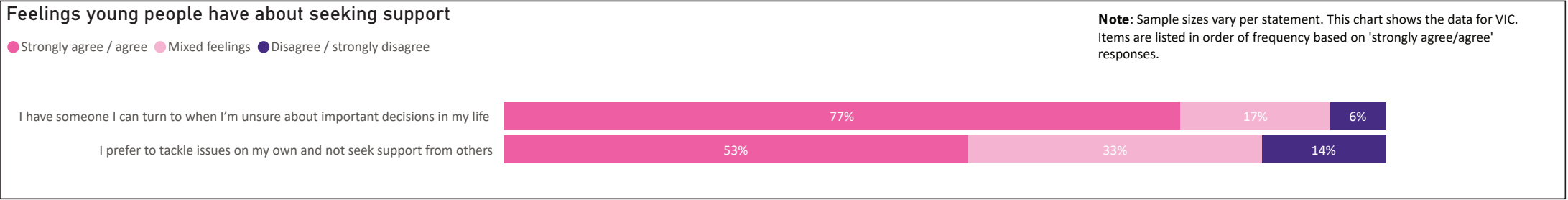
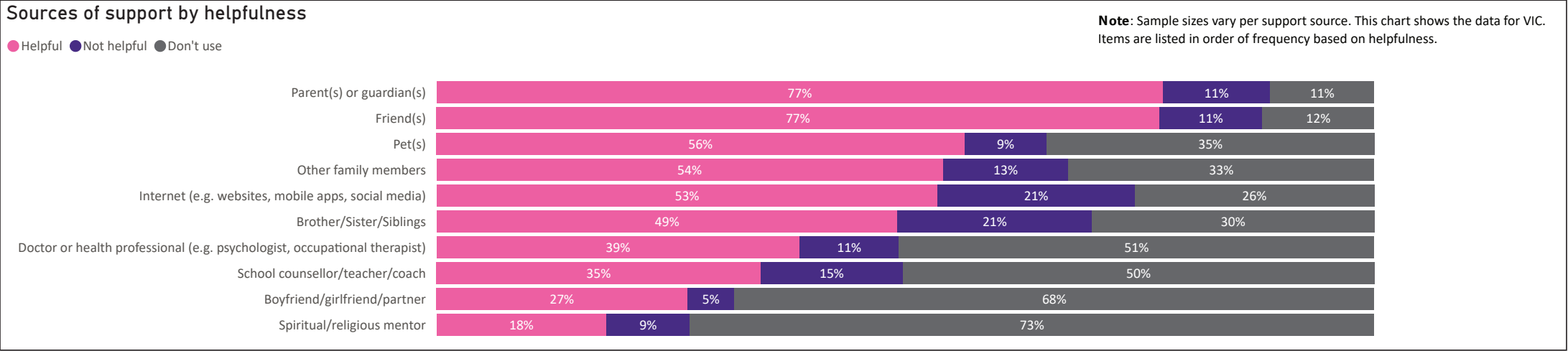
VIC



VIC



VIC



VIC

Sources of support by helpfulness

● Helpful ● Not helpful ● Don't use

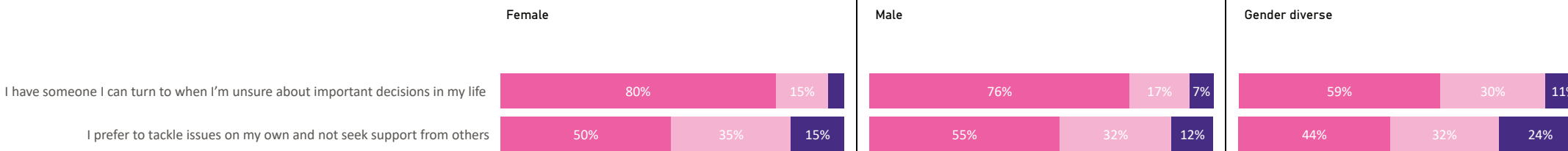
Note: Sample sizes vary per support source. This chart shows the data for VIC gender cohorts.



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 VIC gender cohorts.

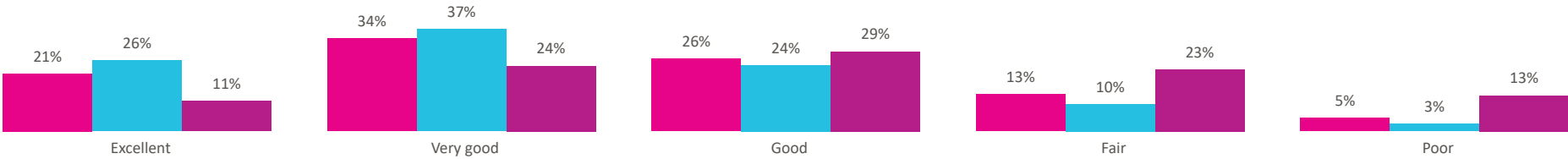


VIC

Family's ability to get along with one another

Female n = 1,765, Male n = 2,137, Gender diverse n = 83

Female Male Gender diverse



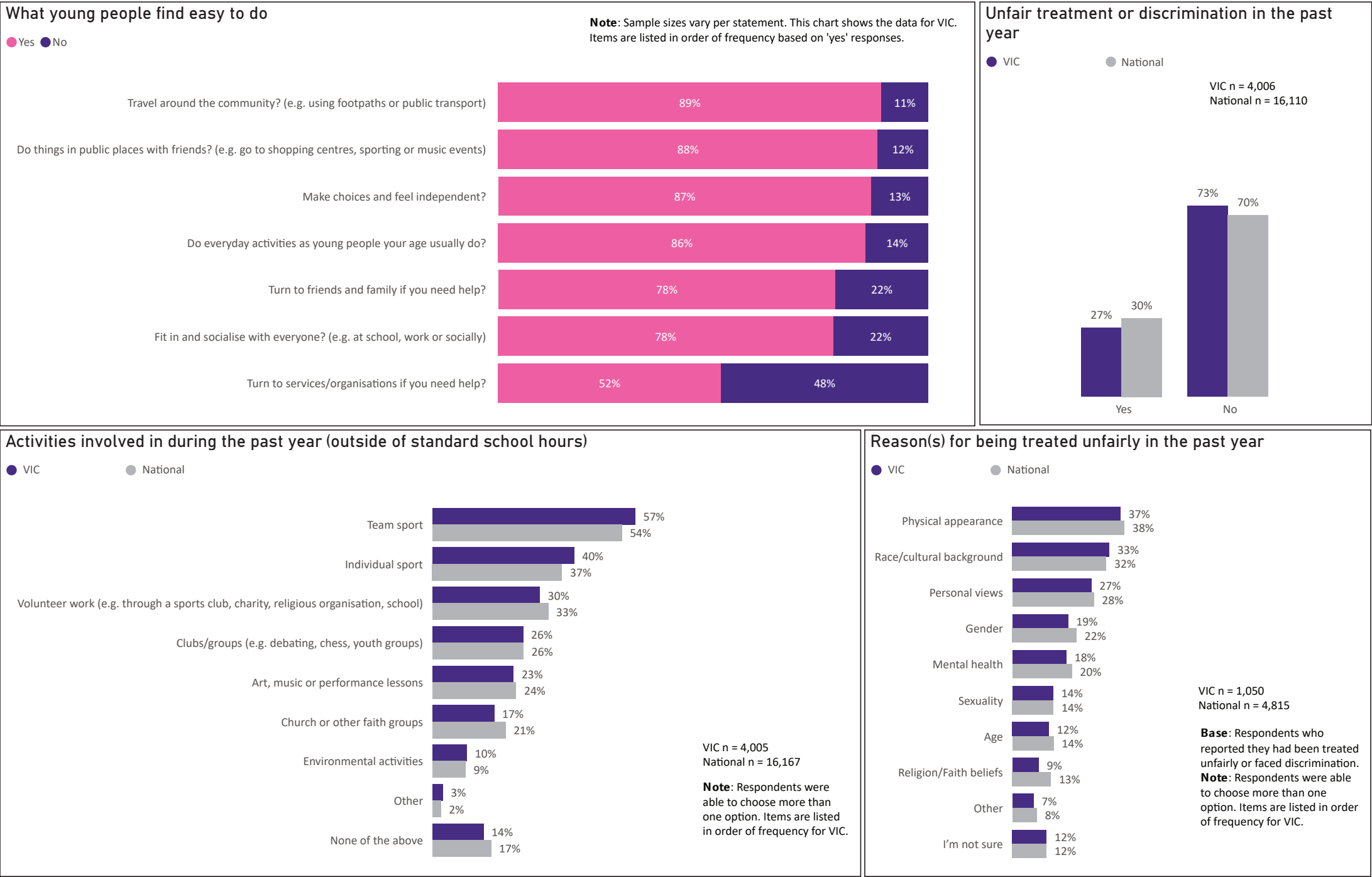
Feelings young people have about their neighbourhood

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

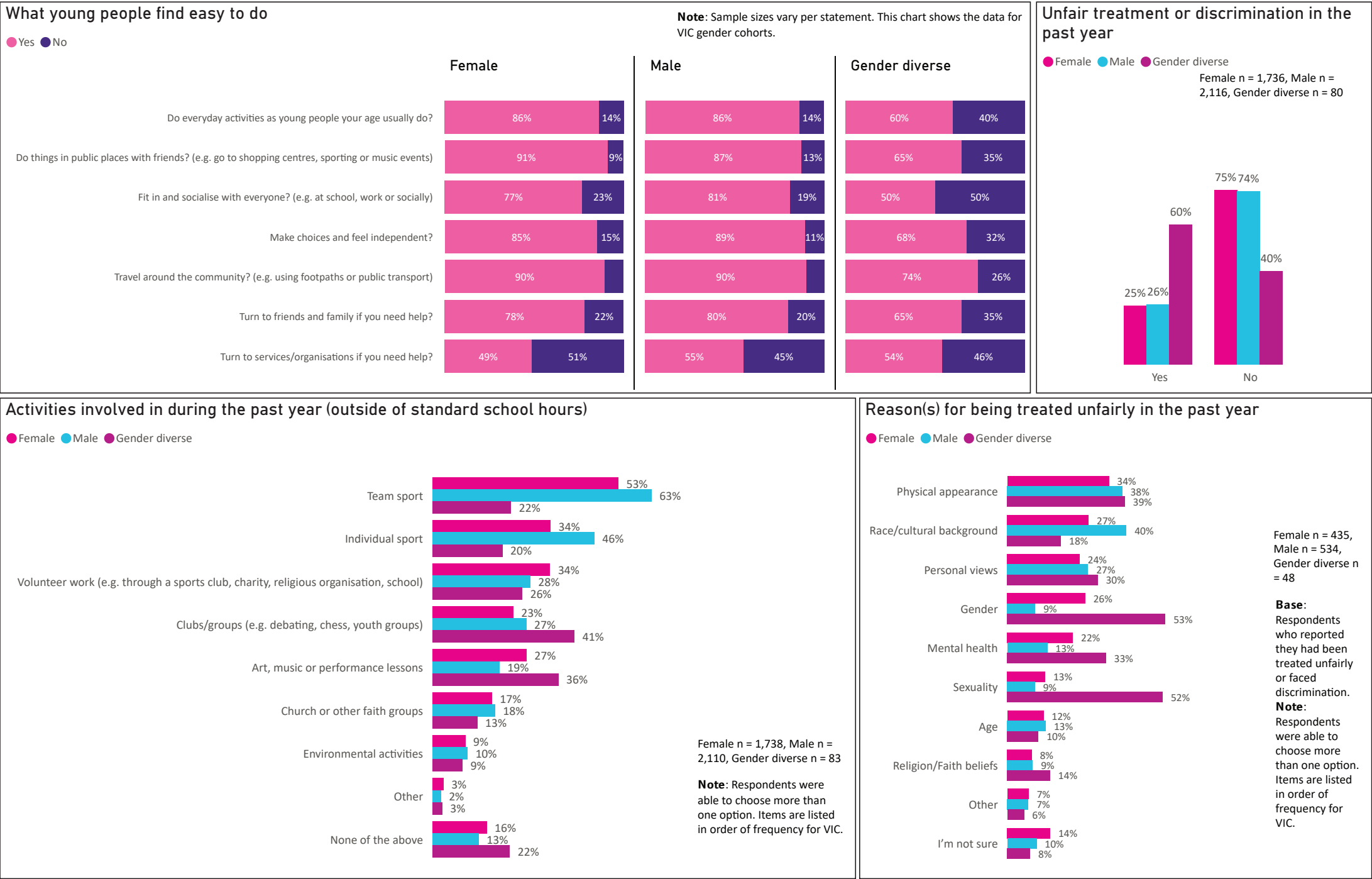
Strongly agree / agree Mixed feelings Disagree / strongly disagree



VIC



VIC



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

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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

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Tel: (08) 8218 2800

Mission Australia TAS

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Rosny Park TAS 7018
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we stand

