



# Bright Futures

Spotlight on the wellbeing of young people living in rural and regional Victoria

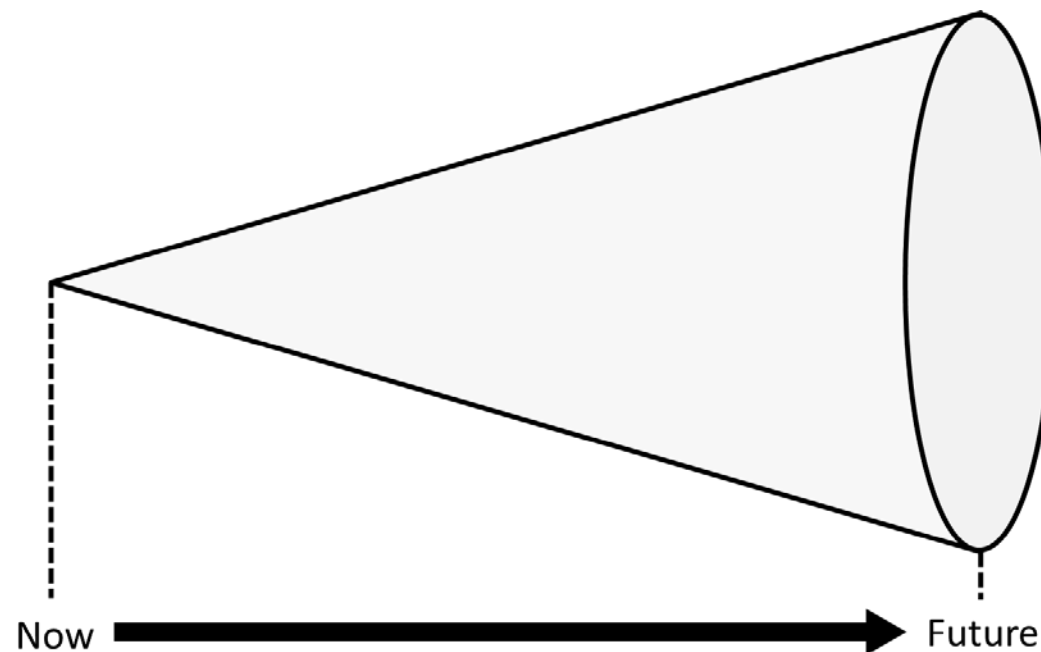
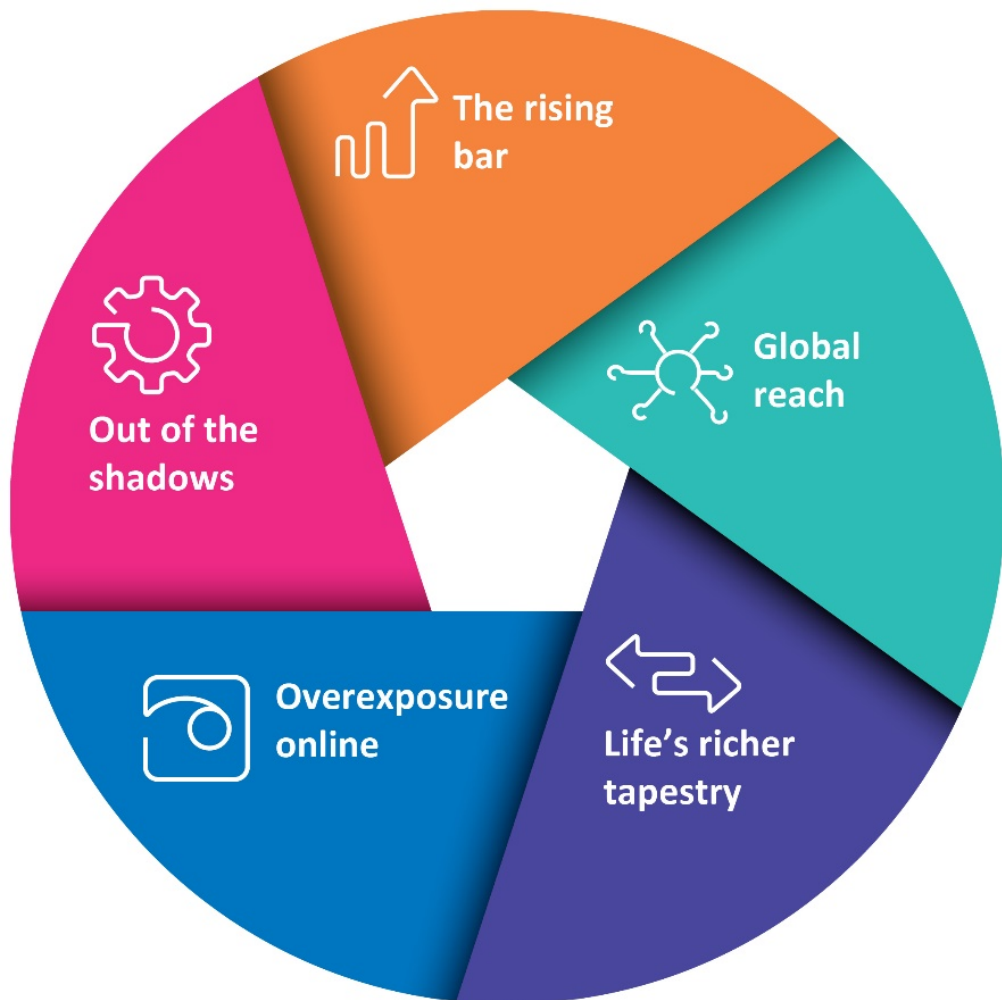
Dr Claire Naughtin

12 September 2018

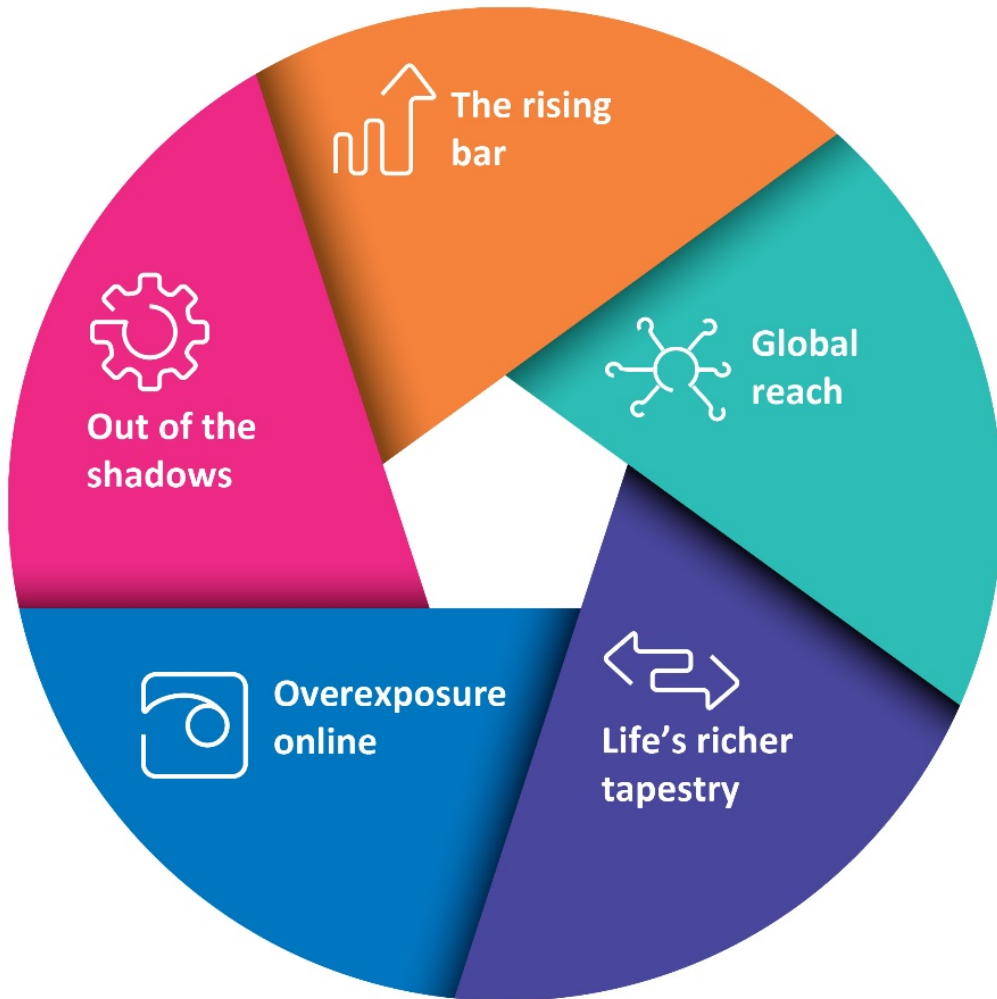
[www.data61.csiro.au](http://www.data61.csiro.au)



# Bright Futures megatrends

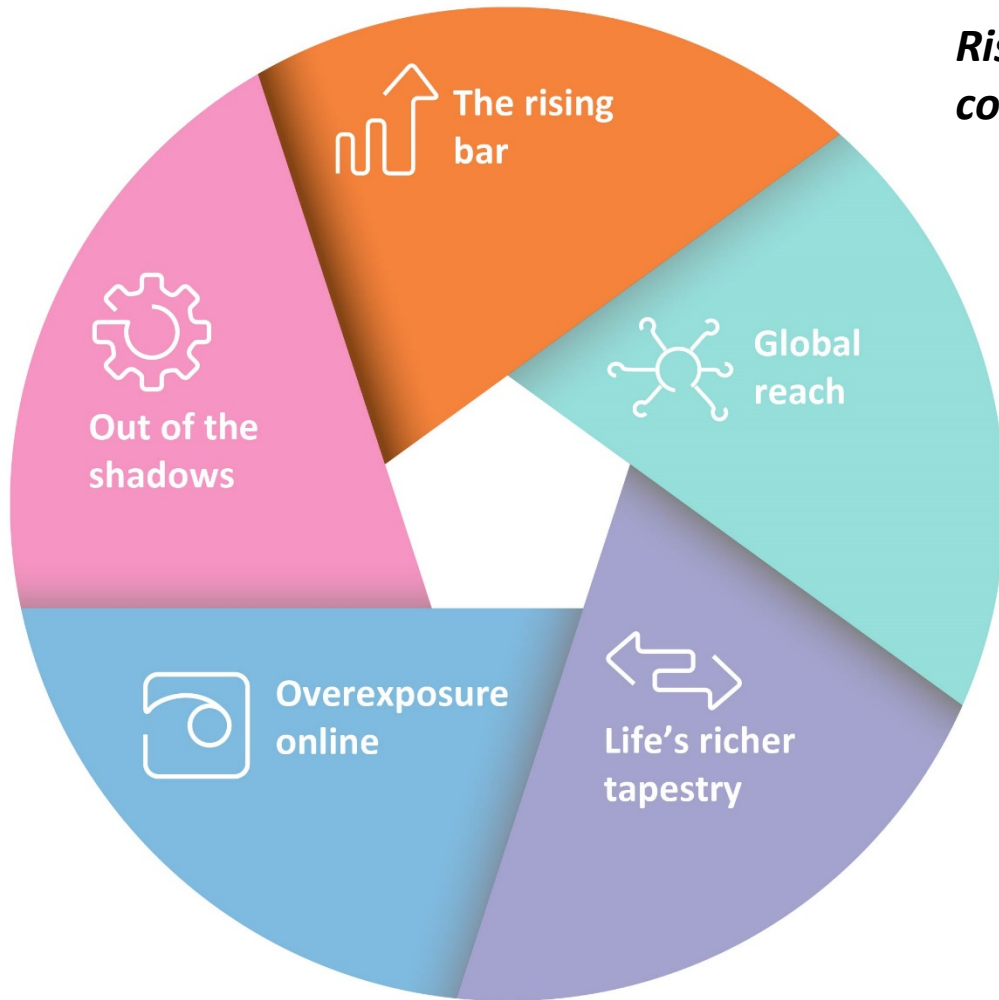


# Bright Futures megatrends



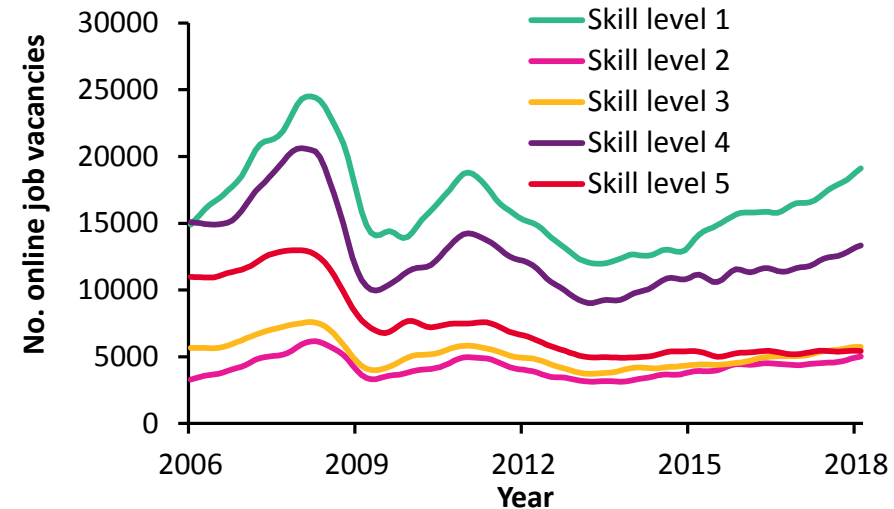
1. How have the Bright Futures megatrends evolved in recent years?
2. What do the Bright Futures megatrends mean for young people living in rural and regional Victoria?
3. What implications do these raise for future policy, research and practice?

# Bright Futures megatrends



***Rising education and skill levels are making the job market more competitive***

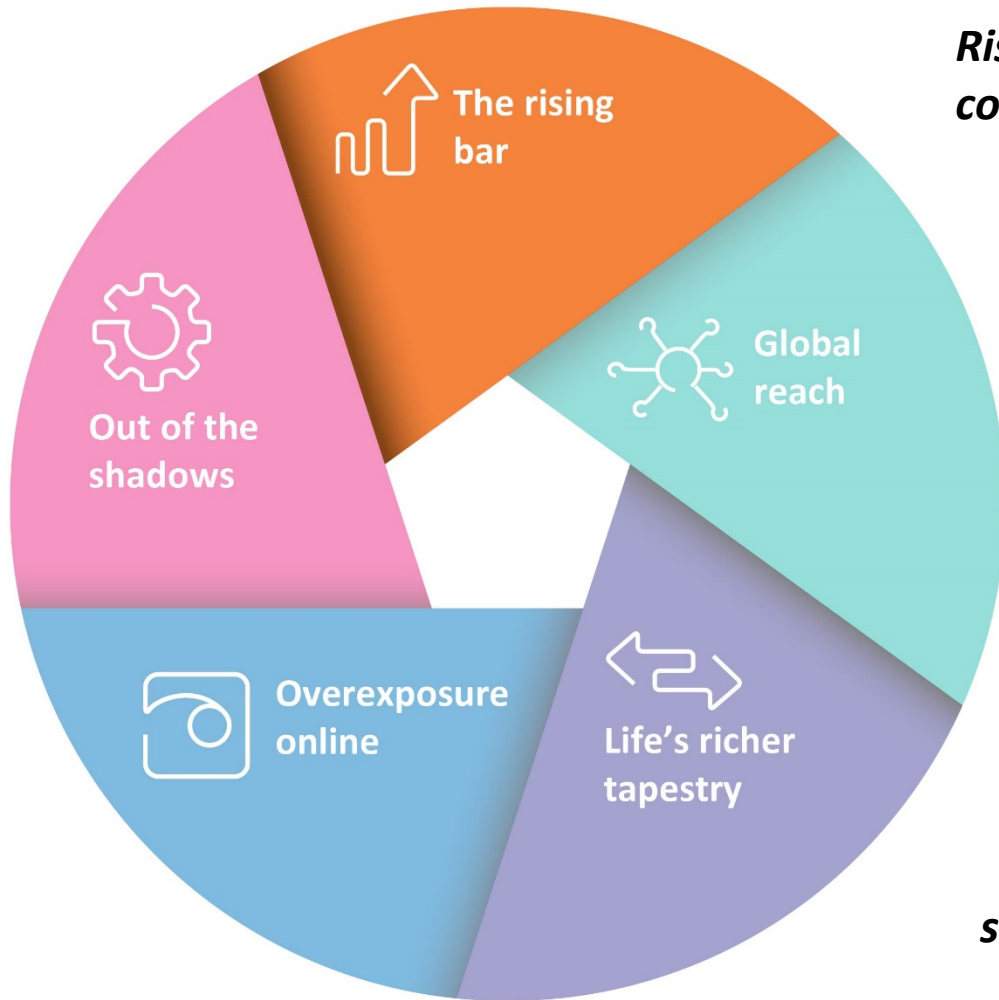
- Difficult to get a foot in the door:



Source. Department of Jobs and Small Business (2018)

- Higher cost of living: People aged 25-34 years are more likely to rent and less likely to own an investment property (Source. CEDA, 2017)

# Bright Futures megatrends

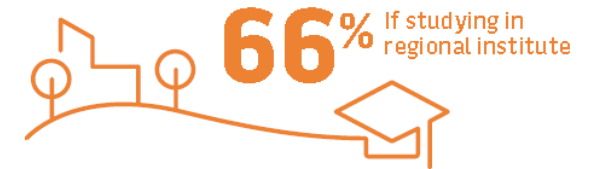


## ***Rising education and skill levels are making the job market more competitive***

From the perspective of youth living in rural and regional Victoria...

- Limited tertiary education options
- Pressure to move away for education, employment or sporting opportunities
- Local employment opportunities depend on who you know

Likelihood of staying in rural or regional Victoria



Source. ACER (2011)

***How can we better support young people from rural and regional Victoria to successfully transition from school to further education, or from education to work?***

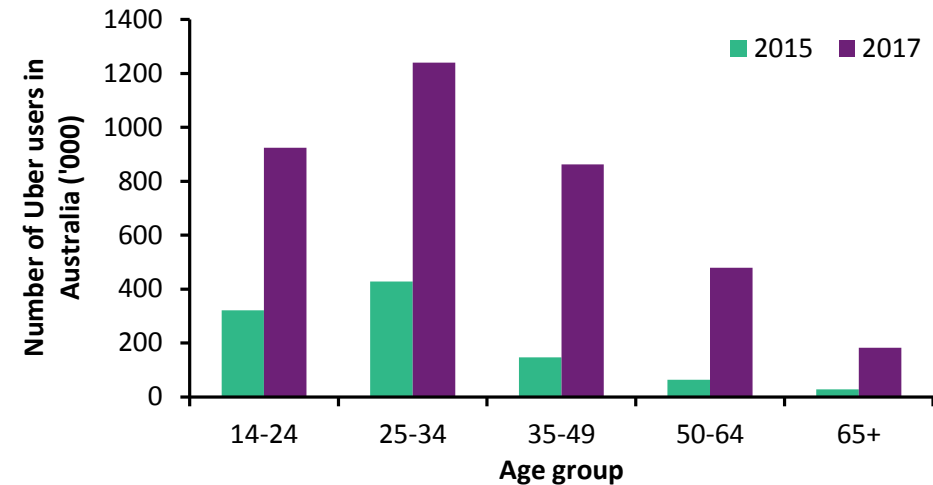
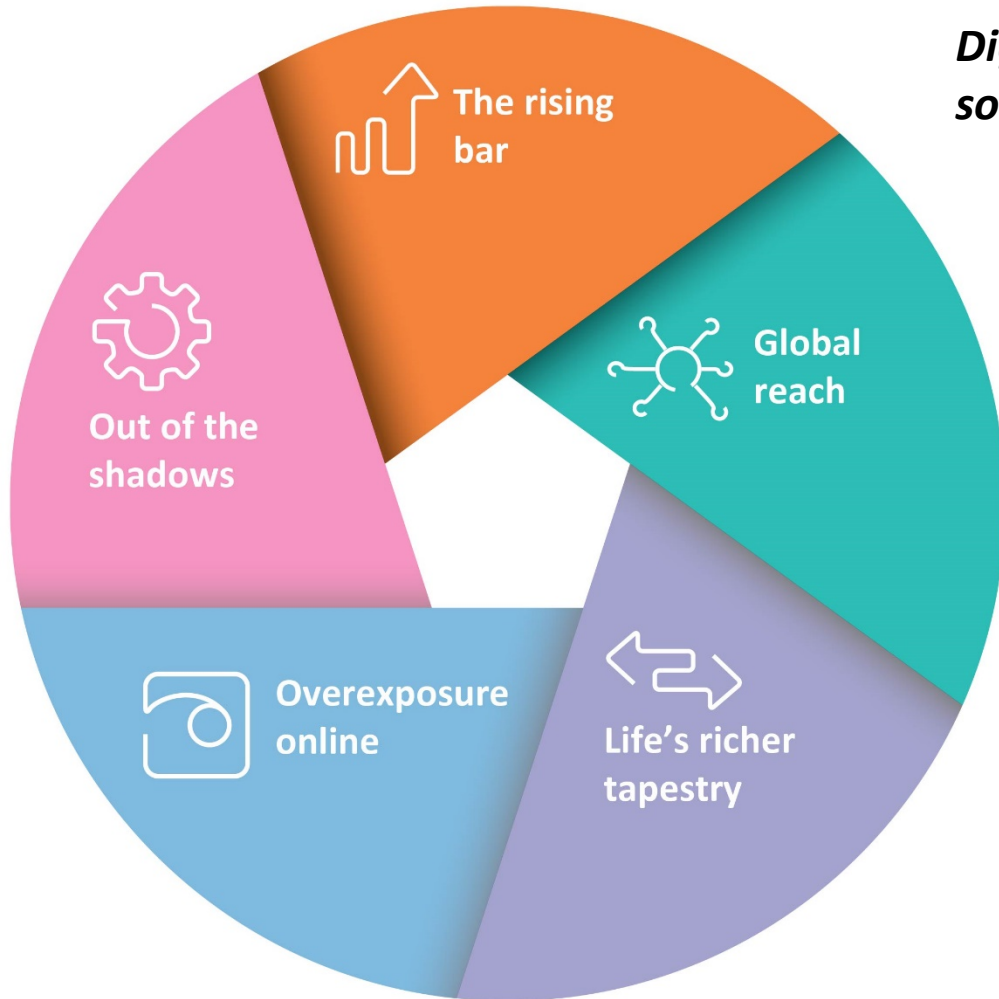




# Bright Futures megatrends

***Digital technology and globalisation are changing how businesses and society operates***

- Being connected has real benefits: online learning and social networks, development of self-esteem and identity, etc.
- New ways of getting around:



Source: Roy Morgan Research (2017)

# Bright Futures megatrends

## *Digital technology and globalisation are changing how businesses and society operates*

From the perspective of youth living in rural and regional Victoria...

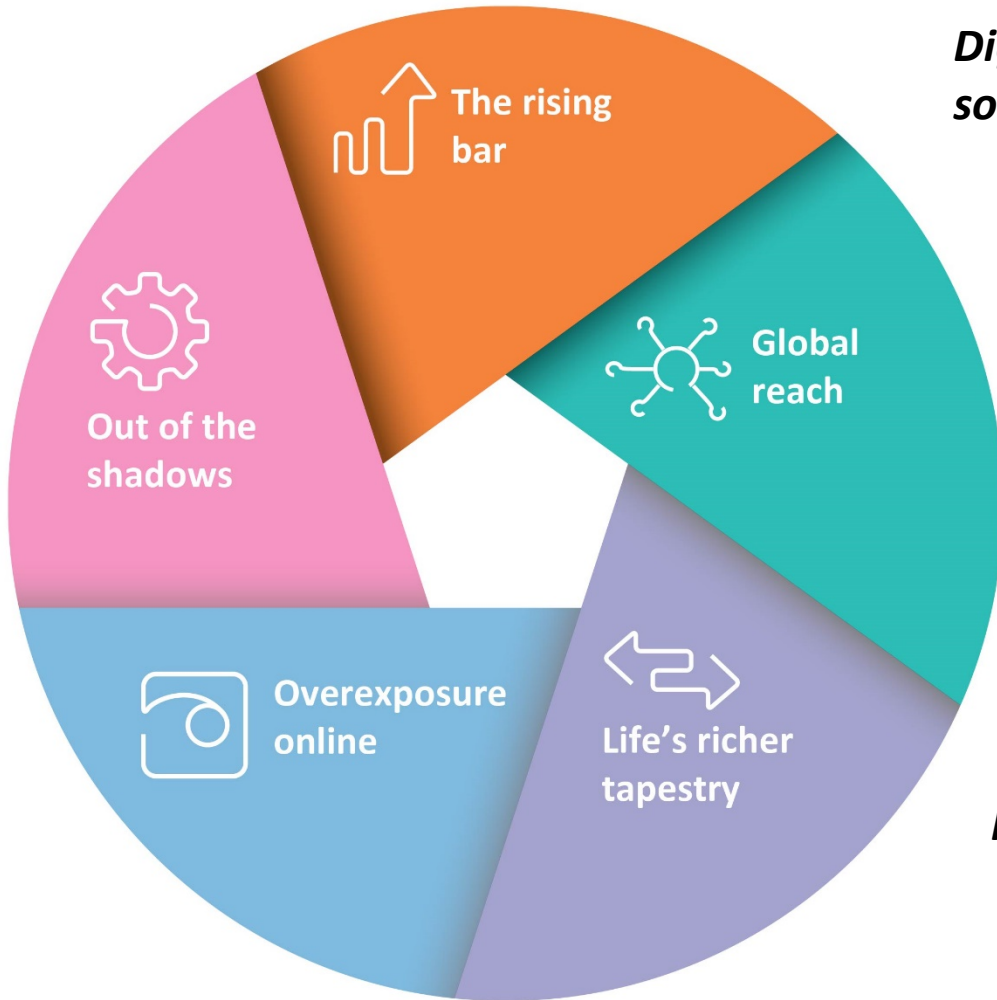
- Limited impact of the 'gig' economy in rural and regional areas
- 1 in 4 rural and 1 in 5 regional households have no internet access
- Lack of public transport services or alternative transport options

### Use of public transport in Victoria



Source. ABS (2016)

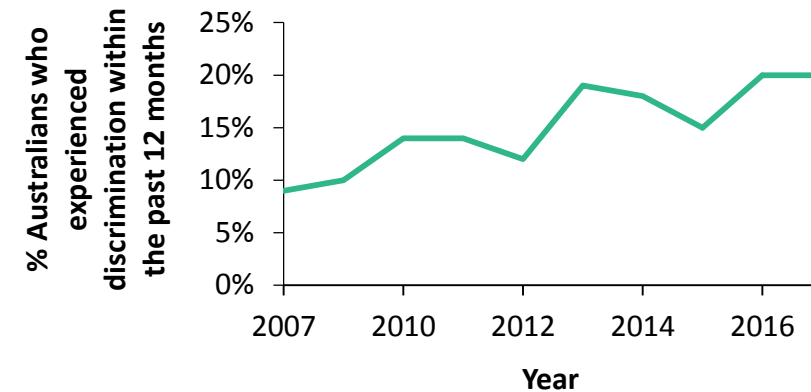
*How can the digital opportunities of the peer-to-peer labour market provide a greater breadth of employment opportunities for young people in rural and regional Victoria?*



# Bright Futures megatrends

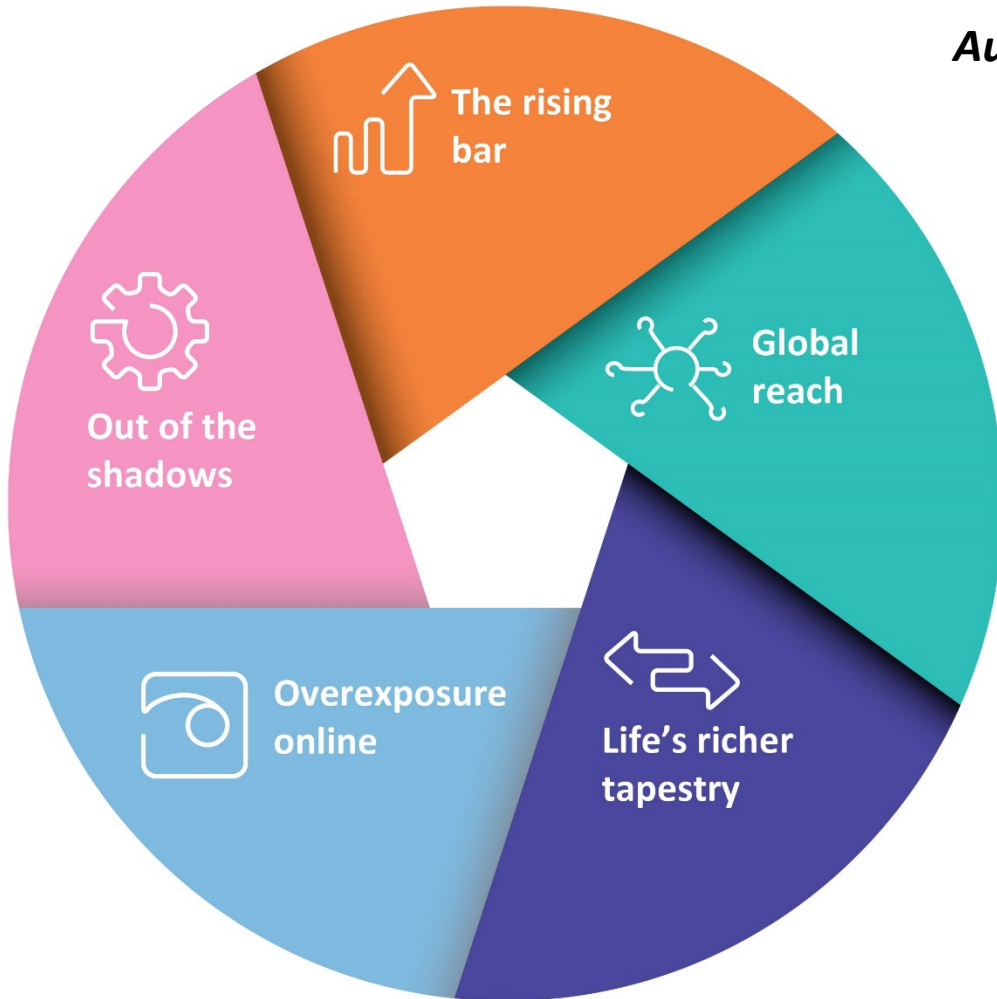
## *Australian society is becoming increasingly diverse*

- Rates of discrimination are rising, but youth are more open to diversity:



Source. Markus (2017)

- Climate change as a key concern for young people: third most important issue young people wanted addressed in 2016 Australian federal election (Source. Sealey & McKenzie, 2016)





# Bright Futures megatrends

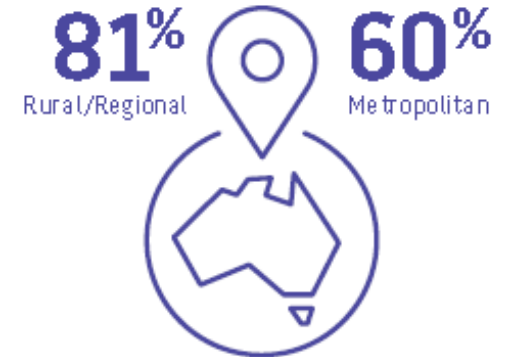


## *Australian society is becoming increasingly diverse*

From the perspective of youth living in rural and regional Victoria...

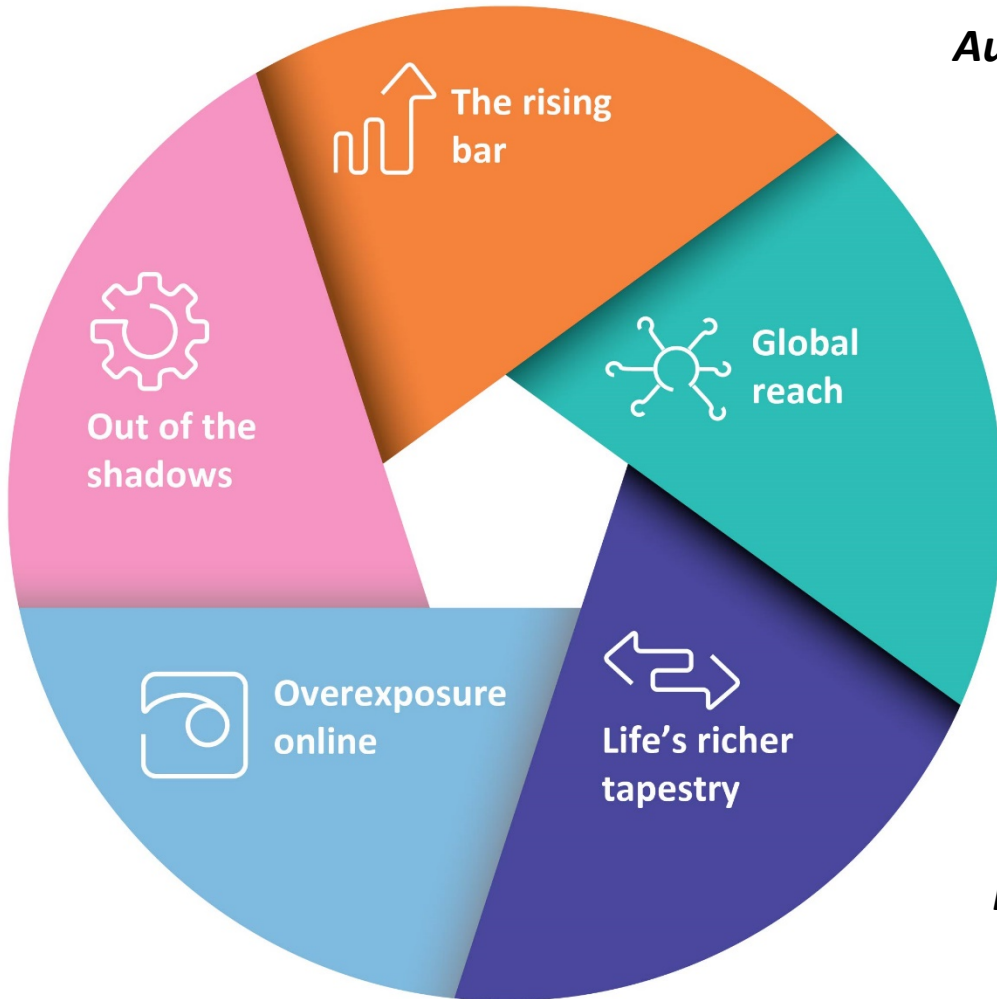
- Communities are less diverse and have slightly lower rates of racism
- Everyone knows everyone's business
- Sport is the social glue in rural and regional communities

Born in Australia

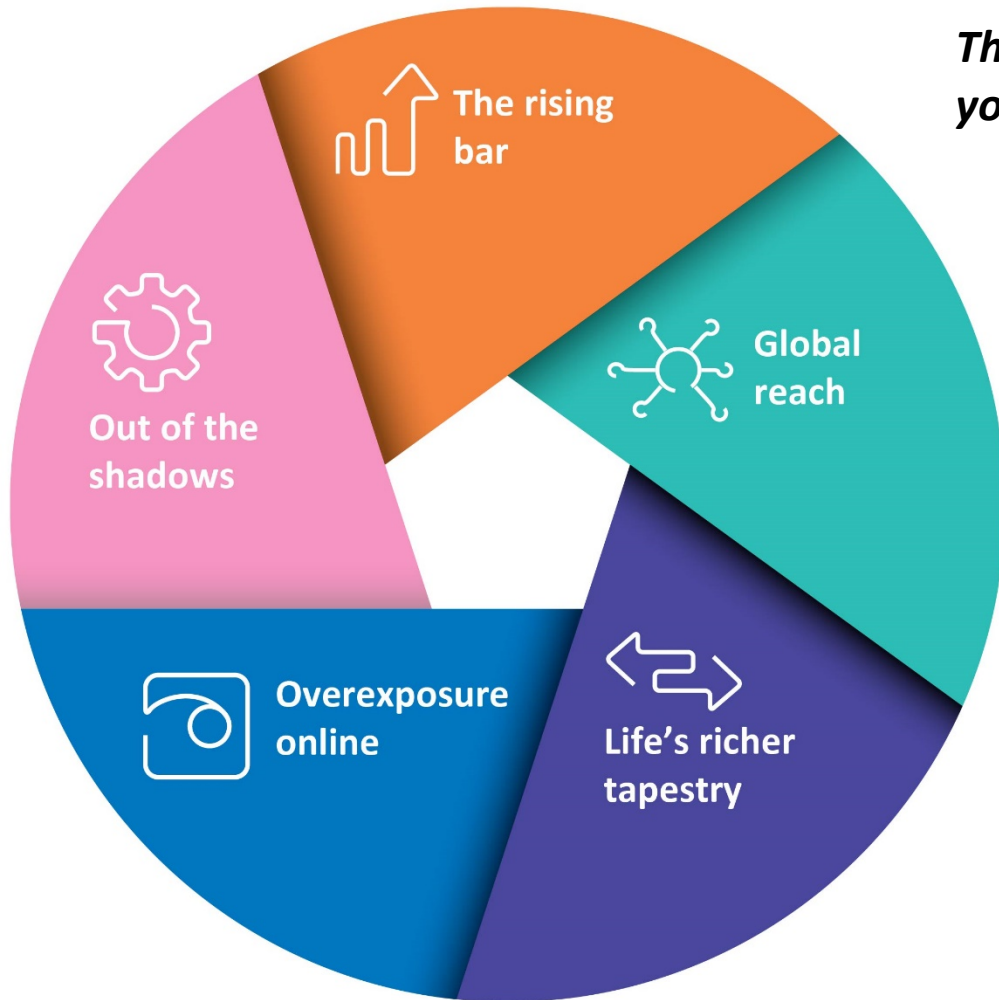


Source: ABS (2016)

***How can diverse and marginalised young people in rural and regional Victoria be more actively involved in their local communities?***



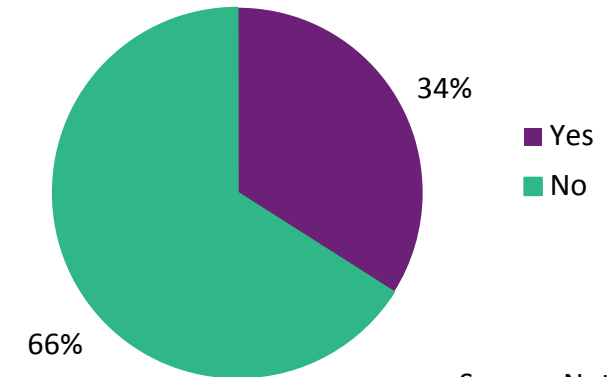
# Bright Futures megatrends



## *The virtual world is presenting new challenges and opportunities for young people*

- Challenges in distinguishing real from fake content online:

*Percentage of young people aged 8–16 years who felt confident identifying fake news online*



Source. Notley et al. (2017)

- Poorer youth physical health: 24% of young Victorians aged 18–24 years were overweight and a further 13% were obese in 2015 (Source. ABS, 2016)

# Bright Futures megatrends

## *The virtual world is presenting new challenges and opportunities for young people*

From the perspective of youth living in rural and regional Victoria...

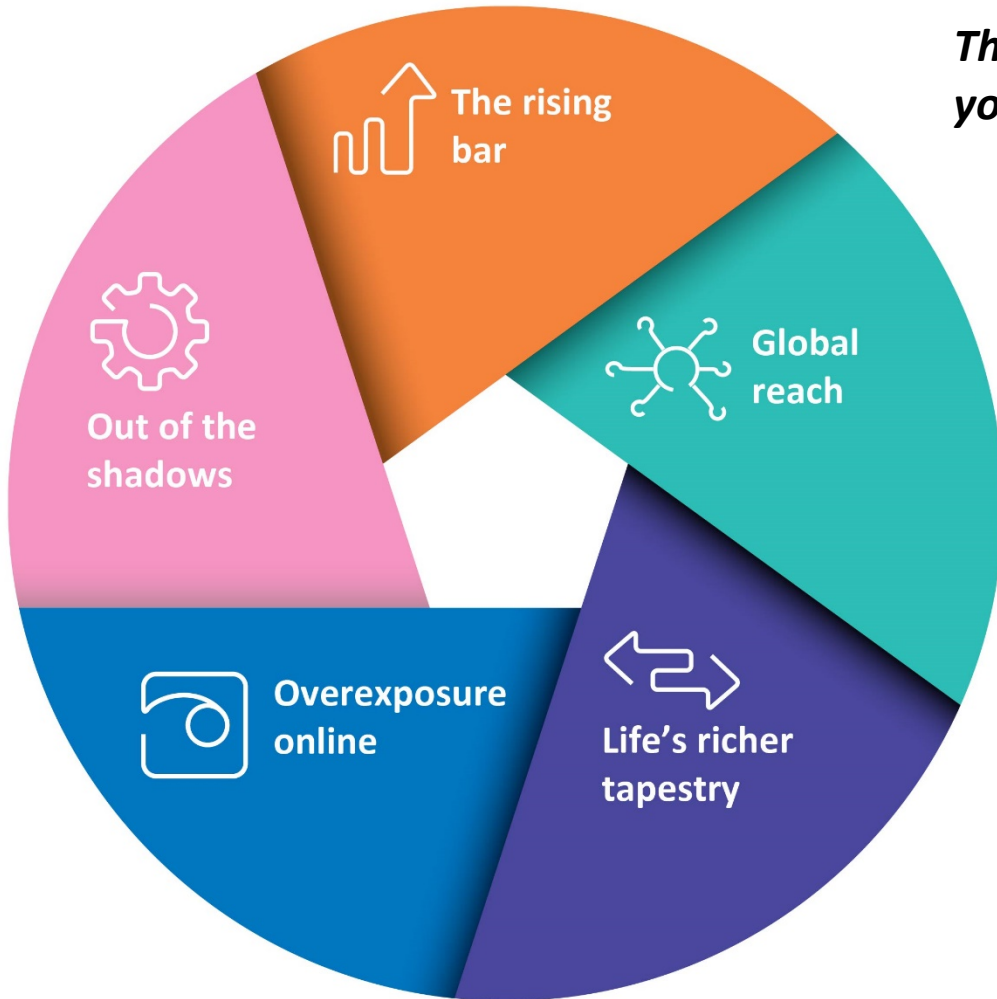
- Social media connects them, particularly in emergency situations
- More likely to experience cyberbullying
- Spend less time online and more time outside – 30 mins more than youth in cities (Source. Dollman et al. 2012)

Likelihood of internet use to socialise



Source. ABS (2016)

*How can we improve access to digital technologies for people in rural and regional areas?*

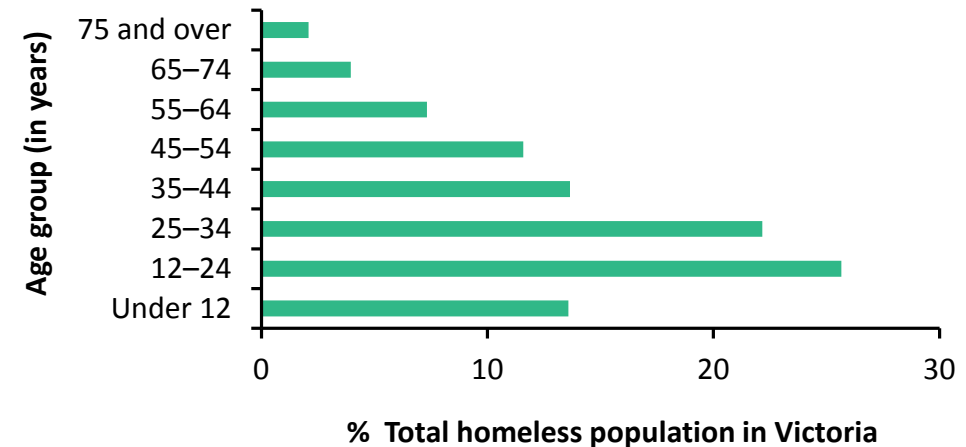
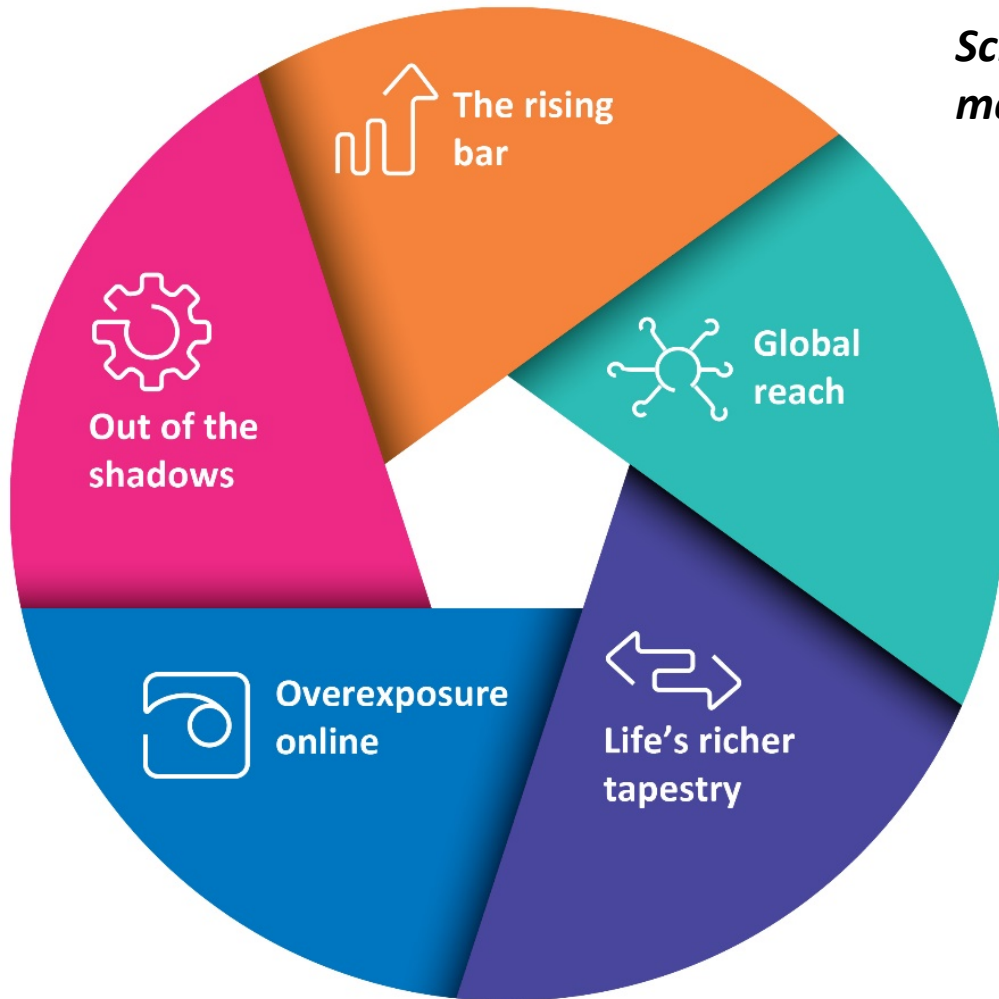


# Bright Futures megatrends



## *Scientific research is improving the understanding and treatment of mental health*

- Camaraderie helps when things get tough: peer-to-peer support programs as alternative sources of youth mental health support
- Rates of youth homelessness as a rising challenge:



Source. ABS (2018)



# Bright Futures megatrends

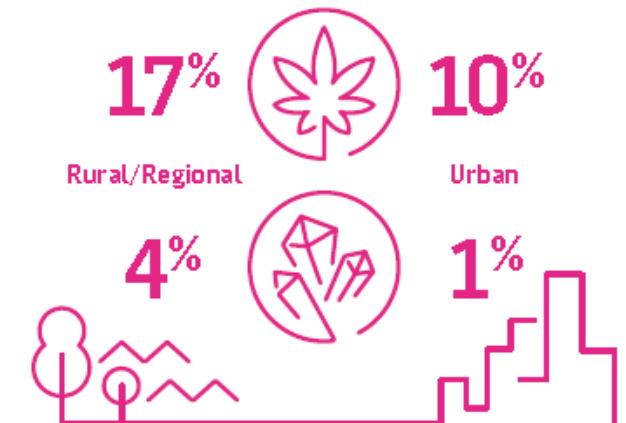


## *Scientific research is improving the understanding and treatment of mental health*

From the perspective of youth living in rural and regional Victoria...

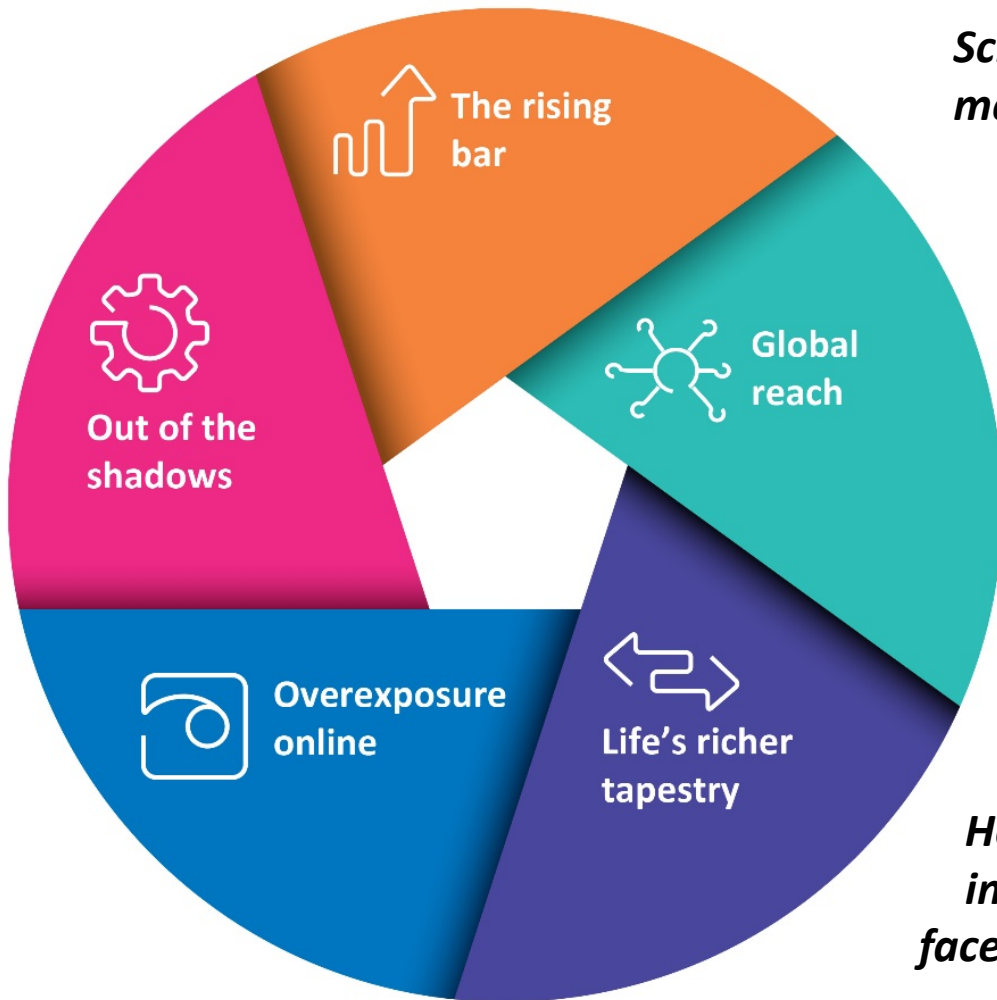
- Alcohol and drug use is an issue due to peer pressure
- Limited access to mental health support services
- Lack of tailored services and feelings of stigmatisation

### Likelihood of drug use



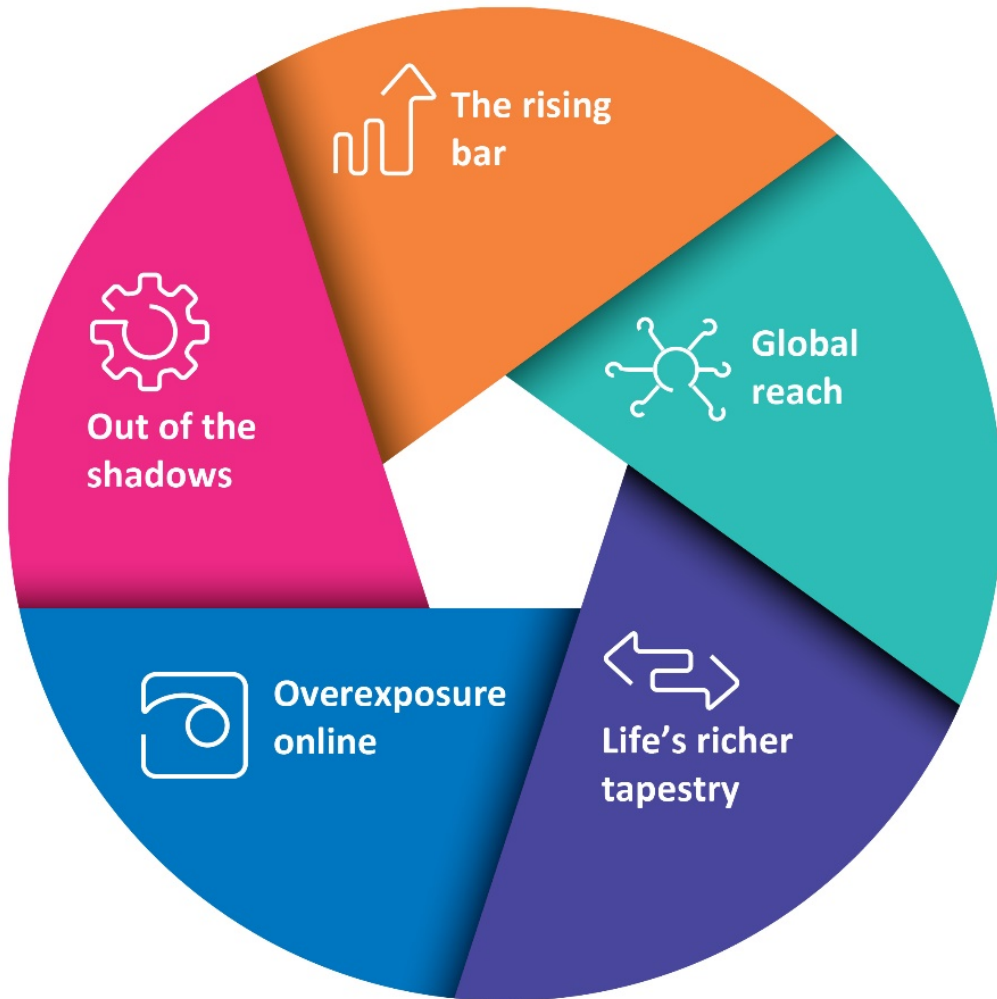
Source: AIHW (2016)

*How can we reduce barriers to accessing informal support networks and online or face-to-face mental health services for young people in rural and regional areas?*





# Bright Futures megatrends



- Lack of tertiary education and employment options available creates pressure to move away from home
- Physical and virtual connectivity barriers limit access to emerging employment and business opportunities
- Smaller towns are less diverse but tighter-knit, with sport being a central component of these communities
- Social media reduces the tyranny of distance, but the online world does not substitute the physical world
- Mental health challenges are heightened with access to services and willingness to seek help being key barriers

Bright Futures  
**Spotlight on the wellbeing of young people  
living in rural and regional Victoria**



# Thank you

We thank the people who participated or helped facilitate the workshops and interviews conducted as part of this project, particularly young people who shared their lived experiences.

## *Core project team:*

**Claire Naughtin** (CSIRO Data61)

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