



Australian Government
Department of Social Services

FOOTPRINTS IN TIME 2015



COMMUNITY FEEDBACK

NSW Coast

Introduction

Welcome to the 2015 *Footprints in Time* community fact sheets update, sharing the latest findings from the Longitudinal Study of Indigenous Children for your community. Interviews for Wave 7 of the study were completed in 2014 with the help of 1,253 families like yours. Our seventh round of interviews included 134 families from the NSW regional coastal areas. Most of these families lived on the NSW South Coast (between Nowra and Bega), but some also lived on Central and Mid North Coast (from around Lake Macquarie and up to Coffs Harbour). This fact sheet looks at the *Footprints in Time* families living on NSW Coast and compares them with families in other sites of the study.

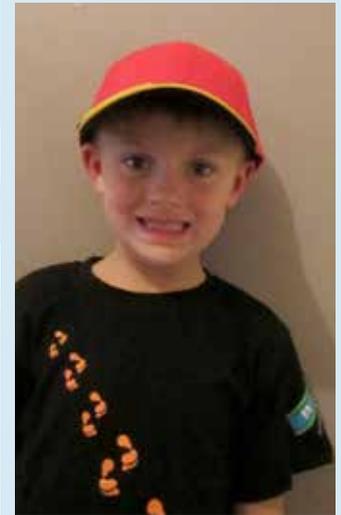
We thank all the children and their families who continue to participate in the *Footprints in Time* study. Allowing us to be part of your life helps us learn more about what Aboriginal and Torres Strait Islander children need to have the best start in life and grow up strong.



School

All children in our study were of school age in 2014. The younger group of children (born in 2006–2008) were mostly in Year 1 or Year 2 at school, and most of the older children (born in 2003–2005) were in Year 4 or Year 5.

Most study children on the NSW Coast attended a government school (93%). In addition, fewer than one in 10 children (6%) on the NSW Coast went to a Catholic school, and the remaining few (1%) went to an independent or private school. Children on NSW Coast were more likely to attend public schools than children in other locations of our study.



Did you know?

Children are pretty **happy about going to school**:

Six out of 10 (58%) of children on the NSW Coast said they are happy to go to school most of the time, and two out of 10 (23%) said they are happy to go to school sometimes.

However, sometimes children **wish they didn't have to go to school**:

Almost half of children along the NSW Coast (47%) said they sometimes wish they didn't have to go to school.

Children thought that **their teacher is nice** to them:

More than eight out of 10 children (83%) along the NSW Coast said their teacher is nice to them.

Children also said that other **children at school are nice** to them:

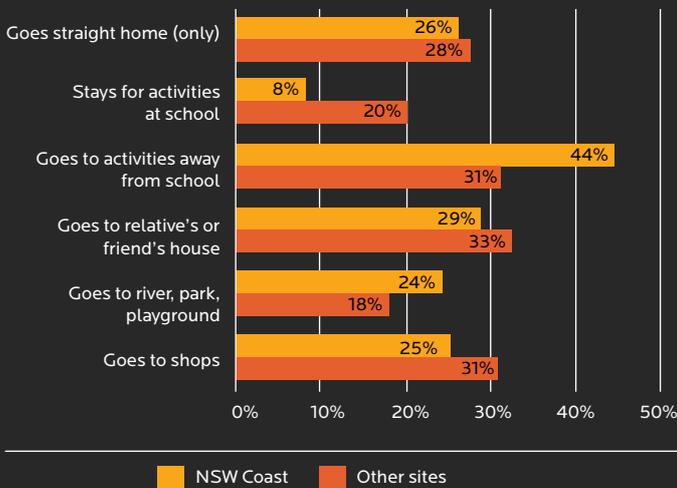
Seven out of 10 children along the NSW Coast (69%) said other children at school are nice to them most of the time, and two out of 10 children (21%) said other children are nice to them sometimes.

But overall, most children said that they feel **safe and secure at school**:

About eight out of 10 children along the NSW Coast (81%) said they feel safe and secure at school most times, and a few more (11%) said they feel safe and secure sometimes. Only 11 children (9%) said they do not feel safe at school.

After-school activities

Kids lead busy lives both in school and out. We asked parents what the children usually did on weekdays after school. Some of the children went straight home from school every weekday and didn't go to any other activities – 26% of children on the NSW Coast did this. However, most children in our study usually did some activities after school at least once a week. Many children along the NSW Coast had activities away from school (44% of children did this at least once a week), and about three out of 10 children (29%) went to a friend's or relative's house. Children in other locations of the study were more likely to stay for activities at school but less likely to do activities away from school, compared to children in the NSW Coast area.



Be active for life!

Being physically active is good for children's health, and creates opportunities for making new friends and developing physical and social skills. The Department of Health recommends for all children aged 5-12 years:

- > At least one hour of moderate to intensive physical activity every day.
- > On at least three days per week, activities that strengthen muscle and bone (such as jumping, running, playing tug-o-war, or climbing).
- > Minimise the time the children spend sitting every day:
 - Limit use of electronic entertainment (e.g. TV, seated electronic games and computer use) to no more than two hours a day – lower levels are even better!
 - Break up long periods of sitting as often as possible.

Source: Department of Health 2014, *Australia's Physical Activity and Sedentary Behaviour Guidelines for Children (5-12 years)*, available from www.health.gov.au.



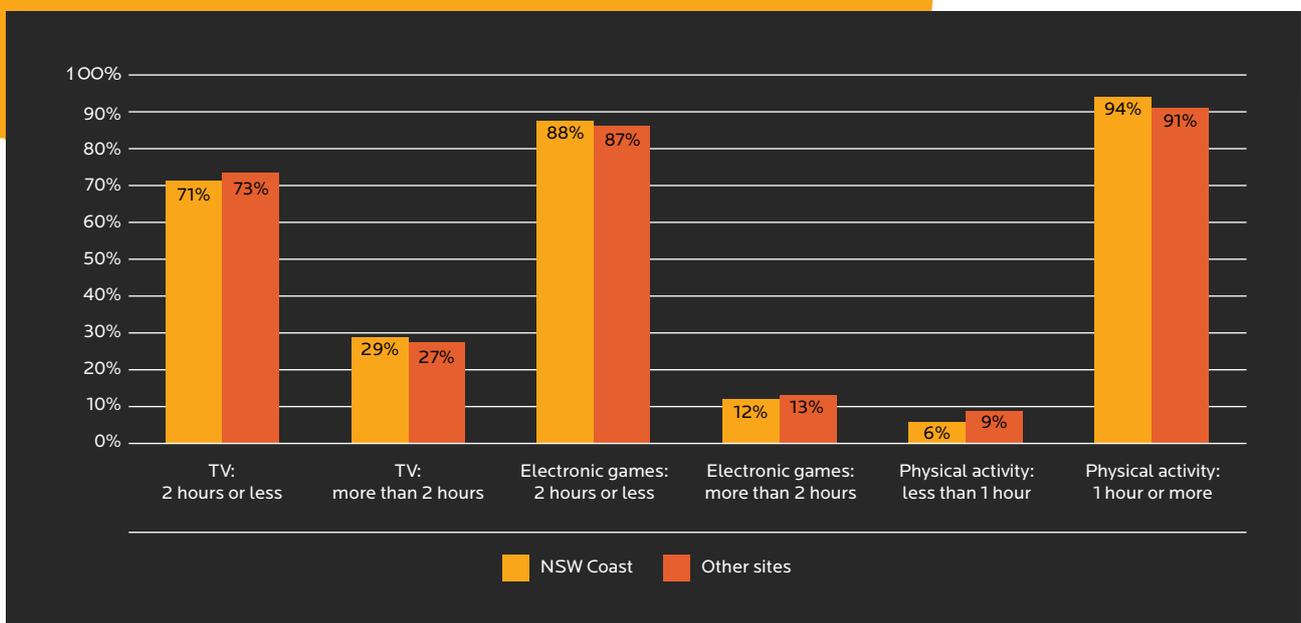
We asked parents in our study how many hours a day the children watched TV, played electronic games, and did physical activities.

About seven out of 10 children on the NSW Coast (71%) watched TV for 2 hours or less on a weekday, and three out of 10 (29%) watched TV for more than 2 hours. This is similar to the amount of time children in other locations of our study watched TV. We also found that older children in our study watched TV for about the same amount of time as the younger children.

Most children in our study played electronic games for less than 2 hours on a typical weekday, and along the NSW Coast only one in 10 children (12%) played electronic games for more than 2 hours on a weekday. This is similar to other study sites. However, we did find that older children spent more time playing electronic games than younger children.

Most study children on the NSW Coast (94%) spent at least one hour on a weekday in active play, sport or exercise, and fewer than one in 10 (6%) were active for less than one hour a day. This is a great result, and similar to other locations of our study.

TV, electronic games and physical activity on a weekday





Did you know?

We asked the older children in our study about their parents and family. Here is what they told us.

Children told us that **parents expect them to follow family rules:**

Almost all children on the NSW Coast (93%) said their Mum or Dad expect them to follow family rules. This was very similar in other locations of the study.

Children also said that **Mum or Dad show or tell them how to do better:**

Almost eight out of 10 children living along the NSW Coast (76%) said this, similar to other study sites (83%).

Mums and Dads like to know when something is wrong:

Nearly nine out of ten children in the NSW Coast area (88%) said that Mum or Dad want to be told when the children are worried or have a problem. This is very similar to other locations of the study.

When the children are doing well, **parents will praise them:**

Most children on the NSW Coast (89%) said that Mum or Dad will tell them when they have done something well. Children in other sites agree with this too (86%).

What children do for fun with their parents

We asked the older children in the study what they like to do for fun with Mum or Dad. Here are some of the things the children told us.

- > We go to the beach and fishing with Mum
- > Dad and I build things and he teaches me about history and science and maths
- > We play games and I help Mum with the babies
- > Dad and I tell each other bad jokes and mess around
- > Mum, Dad and I ride our motorbikes and watch movies and we go to the beach
- > I like playing Minecraft, going to the park and bike riding with Mum
- > Dad and I go golfing and fishing, and play games together
- > Mum and I watch movies, play card games and take the dogs walking to the park
- > We go to the beach, play handball and basketball, and Dad and I scare each other
- > I like planting seeds with Mum
- > With Dad I go to the movies, swimming, camping, sometimes shopping. We play the Xbox and joke around

Footprints in Time data in policy development

More than 200 researchers from government departments and universities all over Australia have used *Footprints in Time* data for interesting and important research projects. This research adds to our knowledge about what helps Indigenous children grow up strong. The findings are then used in reports which the government responds to in various ways to introduce new policies and programs. Some of the topics that governments have looked at using the *Footprints in Time* data include health, human rights, paid parental leave and income management. For example, the *Aboriginal and Torres Strait Islander Health Performance Framework 2014 Report* includes research you have contributed to. *Footprints in Time* becomes more valuable for both researchers and policy makers each year you answer our questions.

Did you know that *Footprints in Time* is only one of four longitudinal studies run by the Department of Social Services? The Department of Social Services has recently established the National Centre for Longitudinal Data to make sure we have the best evidence possible from longitudinal data.

Keeping in touch

If you are a *Footprints in Time* family, we need to keep in touch with you. If you have moved or are going to move, please let us know on the free-call number 1800 106 235 or contact your local RAO.