



# 2021 CHILDREN'S CONSULTATION



**CHILDREN AGED 13 OR YOUNGER ARE 20% OF OUR POPULATION AND IN 2021 THERE ARE MORE THAN 20,000 KIDS.**

**WE WANT OUR CHILDREN TO FEEL ACTIVE, CONNECTED AND TO LIVE A GOOD LIFE, SO WE ASKED 150 CHILDREN WHAT THESE THINGS MEAN TO THEM.**

**THEIR RESPONSES WERE PASSIONATE AND THOUGHTFUL.**



## Children connect with their friends:

**58%**

Using technology, like FaceTime and Messenger Kids

**28%**

At school

**24%**

By playing games together and talking

*"We help each other. We meet at places where we can play, like school or the park."* Oscar, age 6

*"I bike ride around the neighbourhood with them and talk and walk with them."* Hayley, age 11

*"We usually meet at the footy oval and we play footy, cricket or soccer. They usually get me pumped up and they make me super happy."*

Charlie, age 9

*"Playing fun games, going out together, hanging out at our houses and having sleepovers."*

Jannah, age 11



## Children told us about ways to stay healthy:

**55%**

Eating healthy foods

**31%**

Exercising and being active

**15%**

Looking after mental health

*"Eat healthy and don't eat junk. Lettuce, carrot, apples, pears, bananas, watermelon, strawberries. Because they're really healthy for you and they help you grow."*

Isabelle, 8

*"Healthy means being fit and running around Lake Wendouree."*

Hugo, 6

*"Doing my hobbies is also another thing that makes me feel like me and I think that's a big part of staying healthy and happy aswell."*

Nella, 11

*"Not spending seven hours on a screen or on your phone or whatever. Getting active, like doing walks. I have a dog and I love doing the walk with him."*

Gus, 9



## Things that children believe are important to live a good life are:

**49%**

Friends and family

**17%**

Doing fun activities

**12%**

Being happy and making others happy

*"Being happy. You don't need to be rich in money but you do in love."*

Chloe, 13

*"Having people that can support me with everything and kindness can change the world for me."*

Yejin, 11

*"When you are happy and love your family."*

Paul, 9

*"Being happy, doing lots of fun things like going to the waterparks, hugging mum."*

Charlotte, 6

*"I think what makes a good life is being around family, friends and special people like pets."*

Xanthe, 12