



Scouts are  
**Resilient**

Resilient Youth Australia 2025





Scouts Australia has joined Resilient Youth Australia to learn more about our 47,000 youth members.

We've compared a statistically significant sample of Scouts aged 8-18 with 110,000 of their peers across Australia.

And it seems Scouts are surprisingly resilient!

Is it the nights in tents instead of warm homes?

Cooking their own food?

Playing in actual mud and rain instead of on screens?

Running their own programs?

Developing leadership skills?

Growing their social circles locally, across the State, across the world?

The data shows that Scouts score an average of 7% higher across key wellbeing measures. That means the Scouting program delivered each week isn't just fun, it's transformative.

In recent years Scouts Australia has modernised its program, focusing on outdoor adventure and youth-led and adult-supported leadership. This builds on Scouting's traditional methods of more than 110 years.

Chief Commissioner of Scouts Australia, Brendan Watson OAM, says that, in addition to the youth program being revamped, the Australian Scout Promise and Law has also been updated.

"The three main tenets of the Scout Law reflect how our young people see themselves and interact with their world. This is evident in the Resilient Youth Australia results."

## The Australian Scout Promise

**There are two versions of the Australian Scout Promise. Individuals may select which version they wish to make.**

On my honour, I promise  
To do my best,  
To be true to my spiritual beliefs,  
To contribute to my community and our world,  
To help other people,  
And to live by the Scout Law.

**OR**

On my honour  
I promise that I will do my best  
To do my duty to my God, and  
To the King of Australia,  
To help other people,  
And to live by the Scout Law.

## The Australian Scout Law

**Be Respectful:** Be friendly and considerate, care for others and the environment.

**Do What is Right:** Be trustworthy, honest, and fair. Use resources wisely.

**Believe in Myself:** Learn from experiences and face challenges with courage.

**Joey  
Scouts**  
5 - 8 Years

**Cub  
Scouts**  
8 - 11 Years

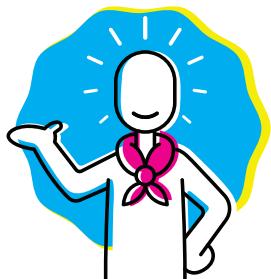
**Scouts**  
11 - 15 Years

**Venturer  
Scouts**  
15 - 18 Years

**Rover  
Scouts**  
18 - 25 Years

## Here is a selection of the findings.

Overall, Scouts feel more Connected, Protected, and Respected than their peers.



**Scouts are 9% more positive and feel 10% better at coping with life.**



**Heidi**  
**Scout**

It's such a positive and welcoming community.  
It's hard to feel negative around such nice people.



**Issy**  
**Scout**

Scouts camp in tents and swags and we don't care if it's cold or wet.



**Wayson**  
**Cub Scout**

Scouting makes me feel more positive because it usually pushes me to do stuff I don't normally do at home which challenges me.



# Scouts are 11% more likely to get along with different people.



Mason

## Rover Scout

Because Scouting is so diverse you work with so many activity groups and teams and committees and everyone's just there for the same goal: of having a good time so you learn to negotiate and compromise and work together.



Louise

## Venturer Scout

I work part-time in hospitality and Scouts has just given me that confidence to go and talk to such a wide range of people.



Grace

## Scout

Scouts get along with different people because we're meeting people each week and we have to work together and that brings us closer together in a bond.





## Scouts are 10% more likely to feel good about themselves.



Jasper

### Scout

I feel good about myself because I do a lot of camping, have a lot of friends to talk to. I like doing challenges; it makes me feel good after I do them.



Lewis

### Cub Scout

In my Group there's lots of people, young and old, and they're really kind, friendly, encouraging people, and they're just really nice people to be around.

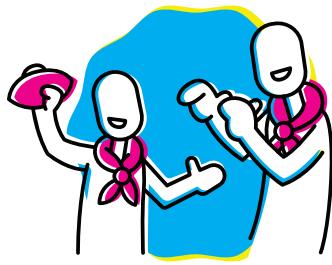


Bonnie

### Rover Scout

Because we're surrounded by positive people that encourage us and provide opportunities that would never get.





# Scouts are 6% more likely to enjoy doing things.



Mason  
**Rover Scout**

Scouts are doers not sitters. We get out, we hike, we camp, we laugh, we have dance parties, so many opportunities. There's always something going on.



Bonnie  
**Rover Scout**

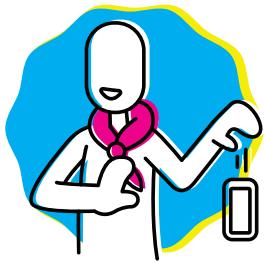
We do lots of activities because we're taught from such a young age that what we want to do, we can do.



Grace  
**Scout**

Scouts are very outdoorsy people and we enjoy getting up and around rather than being stuck sitting down on a screen.





## Scouts are 10% more likely not to use devices overnight.



**Bonnie**  
**Rover Scout**

In Scouting we are much more in the real world. We are face to face. We are constantly exploring new friendships, new people, seeing the world around us instead of being on our phone.



**Peter**  
**Venturer Scout**

We have other activities, we have other things we can be doing that are much more fun, much more productive.



**Millie**  
**Venturer Scout**

We get the chance to see the world, explore Australia, and have fun. We're out and about and have that experience, so why would we not take it? Why spend it on the phone when we can go and explore?





## Scouts are 13% more likely to help others.



Panashe  
**Cub Scout**

The best thing about Scouts is helping the community and doing the right thing.



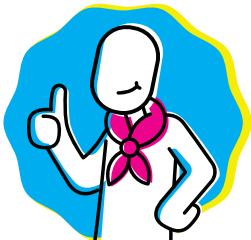
Wayson  
**Cub Scout**

I like helping people because I know when I help people it's always going to come back in a good way.



Jasper  
**Scout**

I help people because it just makes me like feel good.



## Scouts are 6% more likely to feel they're doing pretty well.



Josh  
**Rover Scout**

I believe Scouting gives young members the opportunity to grow in a safe and comfortable environment and just be themselves.



Wayson  
**Cub Scout**

Scouting makes me feel really good because I've made a bunch of friends. And it's not just in my Group, it's around the State.



Ollie  
**Joey Scout**

You get responsibility for all these challenges for the whole Group. And you run them. That's a lot of responsibility. You learn how to be like very confident in yourself.



## Scouts are 20% more likely to deal with problems.



Riley  
**Joey Scout**

We want to be positive and not have a bad day.



Grace  
**Scout**

We recognise our problems. It's better to deal with them head-on and get rid of them.



Sadie  
**Joey Scout**

I deal with it myself and if I still need help, I ask a grownup to help me.



Heidi  
**Scout**

I think in Scouts there's a lot of problem solving and new challenges and things you have to overcome. And you just can't let them slide over.





## Scouts are 23% more likely to talk with others if they're upset.



Millie  
**Venturer Scout**

Scouting makes it really easy to address problems and have stuff sorted. So, if there's a problem and something comes up you can just go to a Leader or anyone, or just email ChildSafe and they'll help it get sorted.



Issy  
**Scout**

In Scouts you can trust people and everyone's pretty friendly.



Grace  
**Scout**

In Scouting we have so many Leaders and adults that we can trust and we can go to if we have any issues or problems.





## Scouts are 36% more likely to read for fun.



**Louise**  
**Venturer Scout**

I went on my King's Scout hike. It was four days, grade 4 and grade 5, and I took six books and I read every single night. I cannot live if I'm not reading.



**Lewis**  
**Cub Scout**

In books there's adventure; in Scouts there's adventure. In books there's sailing; in Scouts there's sailing. And in books there's creativity; in Scouts there's creativity. And more.



**Peter**  
**Venturer Scout**

In Scouts you become curious people, learn to put our phones down and I think reading a book is a good way to use our time and also relax and expand our curiosity.



**Panashe**  
**Cub Scout**

I read a lot because reading keeps me engaged. It keeps my mind active, and also helps me block out distractions.



# The Scouting Advantage in Years 11-12

And there's great news for our Venturer Scouts aged 15-18. Studies already show that the main indicator of year 12 success is balancing study with an extra-curricular activity that is social, outdoor, with defined goals, and supported by trusted adults.

So Venturer Scouts enjoy advantages in their final years of school.

- They feel more **connected** at school than non-Scouts
- Report a better **school** experience
- Have better **friendships**
- Including people who are **different** to them are more **hopeful**
- Have **positive** attitudes that help them solve problems
- Use their experience to address **challenges**
- Feel more **protected** than their peers
- Have improved mental **wellbeing**
- And score higher on **reflective** attitudes and **coping** skills



# The Science

## Purpose of the survey

The purpose of the Resilience Survey study was to measure the impact of Scouting at the individual level by investigating the resilience outcomes which Scouting may have had on young people, as well as to explain the means through which Scouting may have contributed.

## What do we mean by 'resilience'?

Resilient Youth Australia defines 'resilience' as the ability to draw upon the strengths within yourself and around you to flexibly respond to life while remaining true to yourself and creating positive relationships with others.

## Methodology

Scouts Australia surveyed a sample of current youth members aged 8-18+ years old across all States and Territories to assess the resilience and wellbeing of young people in terms of their strengths, life satisfaction, hopefulness, mental health, coping style, and risk and protective behaviours.

The Resilience Survey asked young people 75 multiple choice questions about their thoughts and feelings related to family, friendships, school, community and themselves, measuring responses against Resilient Youth Australia's three components of resilience: Connected, Protected, Respected.

The Resilience Survey incorporates six international gold standard measures of mental health: life satisfaction, hope, coping, anxiety, depression, and connection to nature.

Specifically, the survey reports against nine domains of resilience: Positive Relationships, Social Skills, Understanding Self, Safety, Healthy Body and Healthy Mind, Learning Engagement, Positive Attitude, Positive Values, Positive Contribution.

## Questions included

- Do you have an adult in your life who listens?
- How many times have you been bullied in the last 12 months?

## Outputs included

Resilience Score (Life Satisfaction and Hope)

Ready to Learn Score (Anxiety and Coping)

Healthy Mind Score (Anxiety and Depression)

The survey incorporated six scientifically validated and internationally-accepted gold standard measures:

1. The Cantril Self Anchoring Scale (CSAS)
2. The Children's Hope Scale (CHS)
3. Patient Health Questionnaire (PHQ-2)
4. General Anxiety Disorder (GAD-2)
5. Coping Strategies Inventory (CSI-4)
6. Illustrated Inclusion of Nature in Self Scale (IINS)

While Scouting caters for young people aged from 5 to 25, the survey benchmarked Scouts against existing national data.

To accurately see if Scouts are more resilient than their non-Scout peers, the focus was on young people aged from 8 to 18 years.



## Acknowledgements

Scouts Australia would like to thank all youth members (and their families) across the nation for their voluntary participation in the Scouts Australia Resilience Survey and their continued support of the mission and vision of Scouting in Australia.

Scouts Australia also extends its gratitude to Dr Andrew Wicking and the team at Resilient Youth Australia for their support and professionalism in conducting this important survey.

## About Scouts Australia

Scouts Australia is a globally successful youth development organisation that offers a modern youth-focused program of activities to more than 65,000 members nationwide. Activities and opportunities designed to spark curiosity and involvement are provided at a pace that suits the individual youth members, building resilient and confident children and young people aged 5 to 25 years. To join, volunteer, reconnect or donate, visit [scouts.com.au/](https://scouts.com.au/).

## About Resilient Youth Australia

Resilient Youth Australia is committed to measurably improving the resilience of young people. Connected Protected Respected is a Registered Trademark of Resilient Youth Australia Pty Ltd. To learn more, visit [www.resiliencyouth.org.au](https://www.resiliencyouth.org.au)

