

A photograph of a live event in a modern, industrial-style room. In the foreground, the backs of several audience members' heads are visible as they sit at a long table. In the background, a stage area is lit with vibrant blue and purple lights. A person in a blue shirt stands on the left side of the stage, while another person in a red jacket stands on the right. Large, colorful digital screens display abstract, high-contrast images, including a close-up of a face with large eyes. A red banner with the word 'ZEAL' and a star logo is positioned behind the stage. The room has a high ceiling with exposed pipes and a large window on the left side. The overall atmosphere is artistic and tech-oriented.

**ZEAL**

# 2022 Survey

August 2022



# Feedback from rangatahi

To measure impact and improve, we asked 221 young people to share their experience of Zeal, their challenges and aspirations. Our annual survey covers activities at Zeal to mental health and the effects of COVID-19 restrictions.



**91% of young people say Zeal has had a positive impact on them**

**92%**

of young people  
feel supported and  
cared for at Zeal

**89%**

feel they can  
approach staff if they  
have a problem

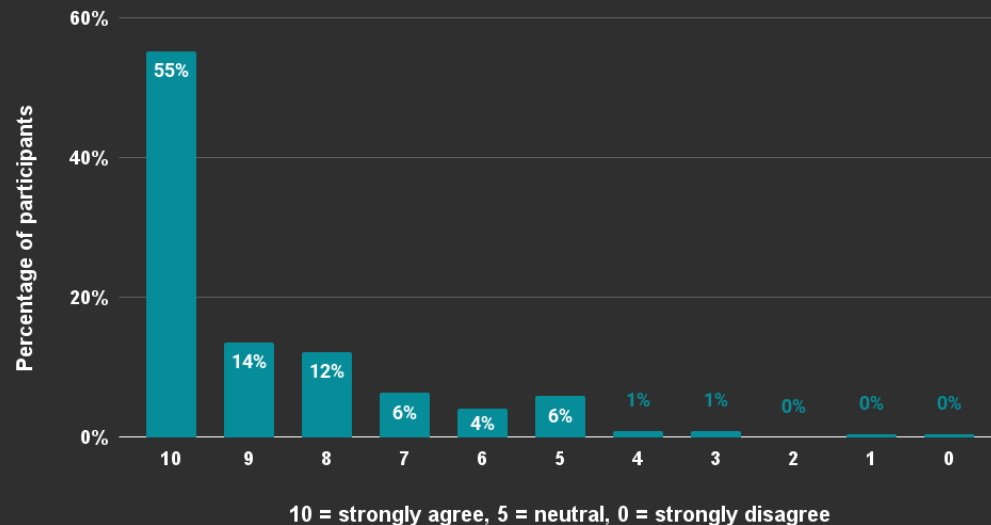
**74%**

say Zeal helped them  
find or connect with  
other places of support  
or good advice

# Transformative impact

**91% of young people say Zeal has had a positive impact on them**

"Zeal has had a positive impact on me"

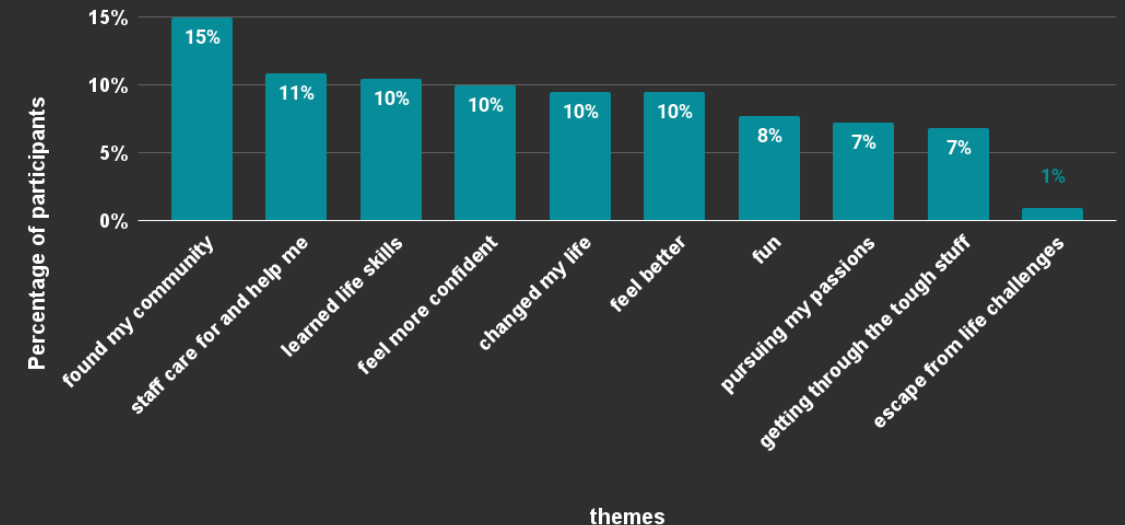


Young people shared how finding community, being cared for and learning skills has changed their life.

# Quotes from rangatahi about Zeal's impact

- “ Helping me change my life”
- “ I've made so many new friends through Zeal and being at Zeal makes me realise that there are communities out there that can really have a positive impact on your life”
- “ Zeal has been here for me through tough times and growing pains, for ages and even now it has been my safe place and home away from home. I think the positive support and friends I have made while being at Zeal has made me not only who I am today but better overall”
- “ Zeal has meant that I have been more social, met some really awesome people, done some awesome things for the community and it is one of the best choices that I have made - for coming into Zeal West and meeting the mentors and immersing myself in the space”
- “ I feel like it has improved my mental health and stopped me from making a few dumb decisions”
- “ It does because if I wasn't attending here I would probably be lost and I'll be going down the lane I was going to go which I'm glad I haven't. I'll be getting into mischief but zeal has supported me through all my bad times and changed my mindset”
- “ I like the person that I am there”
- “ Since going to zeal, it makes me realize many things like how to be inclusive and accepting to others, my comfort zone is more open”
- “ When I first arrived I wasn't as passionate and lit up about my life and the way I do my craft. It's given me opportunities, experience and provided a safe space for me to be passionate again. All I know is my soul took a good turn from where it was heading before”
- “ It makes me happy, which then influences how i act at home around my family and helps mend some relationships I've been to upset to act on”

Top themes from "Zeal has had a positive impact on me"



# In one sentence, how would you describe Zeal?

A cool place where u can express yourself

**Sanctuary**

A home away from home that is always there for you

*It's skux*

Imagine places around the country where rangatahi belong, regardless of who they are, where they're from and their backgrounds - that is Zeal.

A place for teenagers of all backgrounds to learn and explore

**Swag**

*Zeal is my family*

**Safe**

**The youth community's safe space**

Zeal is an amazing space where youth can outgrow their true potential



2nd home for everyone that goes there, G.

Zeal is a positive, caring and creative space that values every single person's existence in the building whether that is outside or inside

A growing home for Rangatahi, artists and the community where you can grow and connect in a safe and fun environment

**Seki**

**Inspiring**

**Family**

A chill, safe space with chill, safe vibes and mentors

A place where I can feel safe, it allows me to be me and I know that when ever I go there I'm gonna have fun whether it's w friends or staff

**Gangsta**

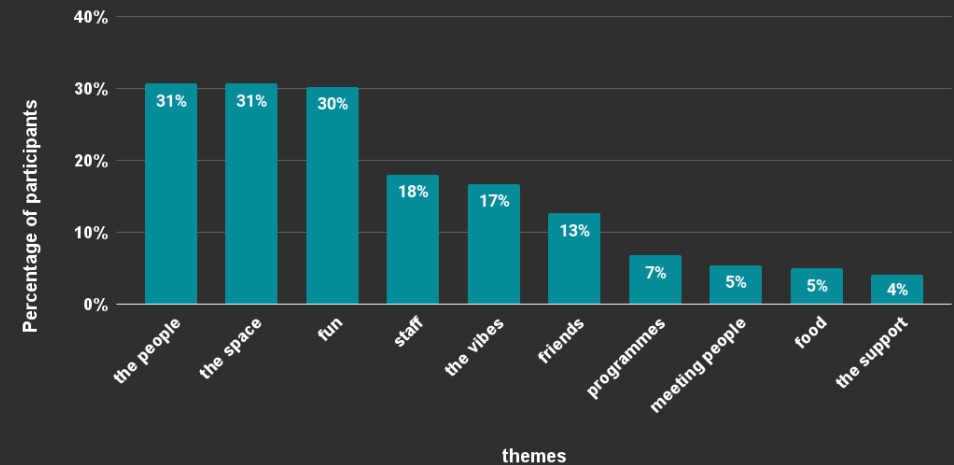
*Wanna live there aha*

# Why do you come back?

- “ The people, it's all about the people for me, originally I was nervous, worried about coming to Zeal but when I saw how many friendly faces were there I felt so at home. From the staff to the other students, it's such a supportive, friendly and relaxing place to be where i know I'm safe and have the mental and physical encouragement and support from staff who genuinely care for me. The atmosphere is just amazing, keeps me coming to be honest too”
- “ Zeal is my favourite place be. It's the people that greet you when you come inside. The staff make you feel so incredibly welcomed and safe. It's the comforting place to unwind and talk to the staff and make new friends. It's the fun games and activity options. It's the smiles, the energy, the good people being there! The space and environment is so chill and home like. There's so many exciting options and options to just chill and hang out. The staff actually care, like so much and it means the world to each and everyone one of us that go to zeal. It's a family that includes everyone!”
- “ Because it's the highlight of my week and all the people here are cool”
- “ Personally it's my safe space”

- “ Being at Zeal has made me realise how much of a change they're creating in the youth. It's a beautiful place to connect with others & learn”
- “ People are always welcoming, first place I've ever met the most bestest of friends positive staff not only as teachers but with things going on as well its great to talk to them. But my personal favourite would be all the cooking we have done we've made some restaurant quality food. The teachers are also so funny and always a laugh with them always so homey around there”

Top themes from "Why do you come back to Zeal?"

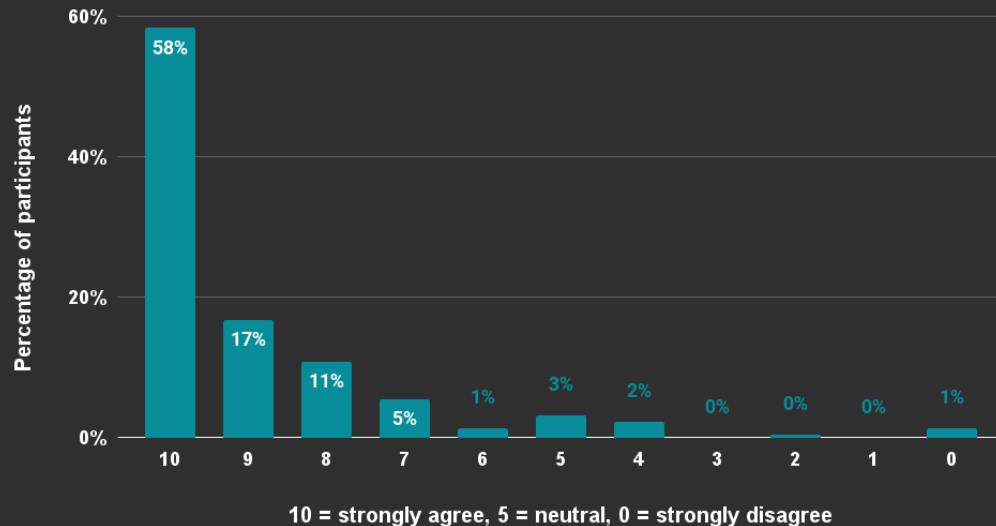




# Supporting rangatahi

**92% of young people feel supported and cared for at Zeal**

"I feel supported and cared for at Zeal"



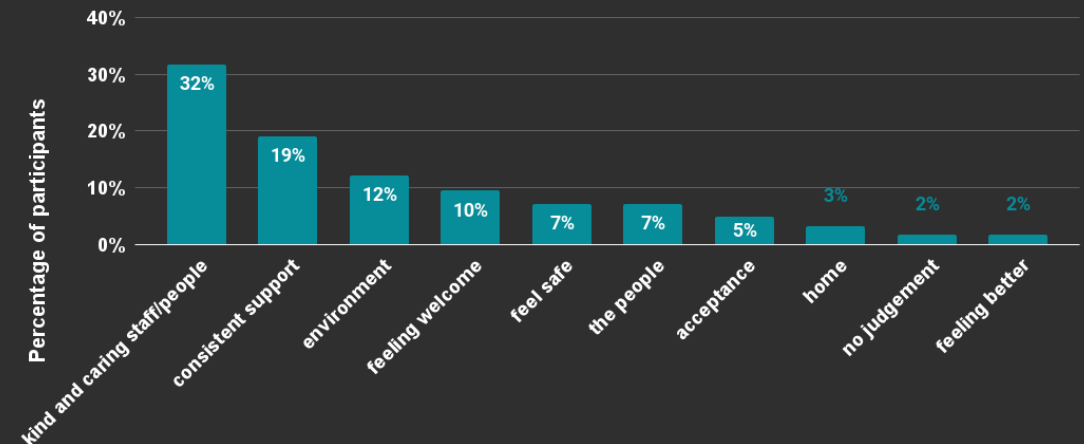
Young people shared how kind and caring staff and other young people are, and how they consistently provide support and an environment where they feel safe to be themselves.

# Quotes from rangatahi about Zeal's support

- “ Don't feel judged, accepted for who i am, staff members always know how to make my day better by sitting down and having chats :) positive environment and always feeling safe”
- “ When I first came they were so welcoming and treated me as if I had known them for years and if we were BFFS and it continues to this day”
- “ Feel supported in not only myself but my career”
- “ You can never feel alone at Zeal because, especially the staff are always there to check up on you and are willing to be an ear to listen to anything you have going on”
- “ During the innovation project that we worked on it was such a vibe and I felt cared for and i made some great new friends. i love what we were working on too as it was something that I felt so strongly about. it Also helped me find myself. I also lose this fear of being judged around there as everyone is diverse and all so unique”
- “ I chose 10 because they are all really nice & take interest in my life like my hobbies etc & they are always down for a chat! They always ask how you are and ask about your life etc. They are really enthusiastic so i feel that they actually do care”

- “ I have been going to zeal for almost 6 years now, they have continued to show they care about me and have supported me through many tough situations”
- “ I feel safe and wanted and I feel like I fit in”
- “ I feel so valued and loved. I have never walked away from zeal feeling down”

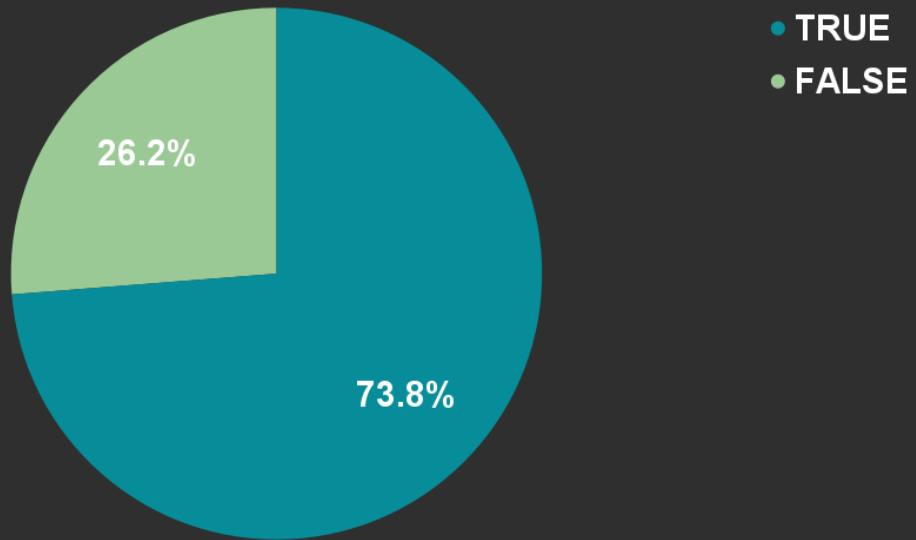
Top themes from "I feel supported and cared for at Zeal"





## 74% of young people say Zeal helped them find or connect with other places of support or good advice

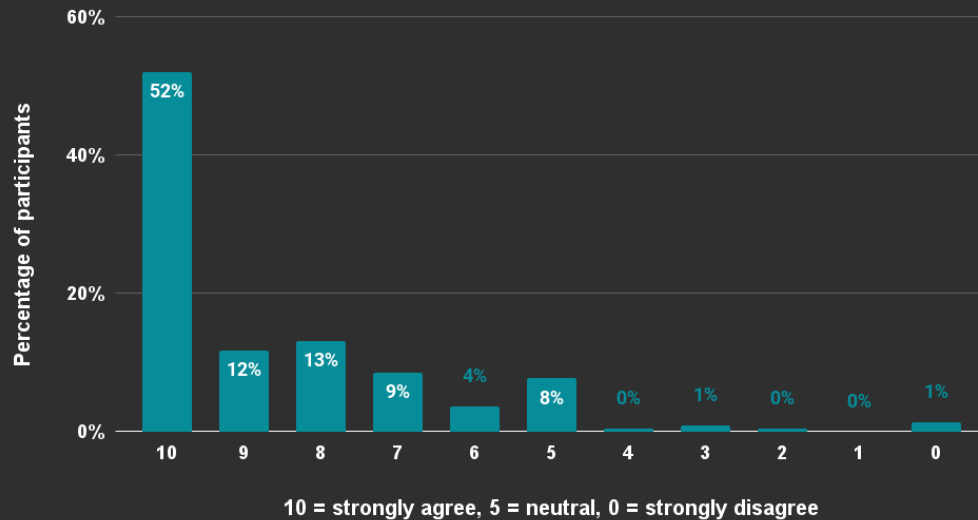
Has Zeal helped you find or connect with other places of support or good advice?



# Connection with Zeal staff

**89% of young people feel they can approach staff if they have a problem**

"I feel that I can approach staff if I have a problem"



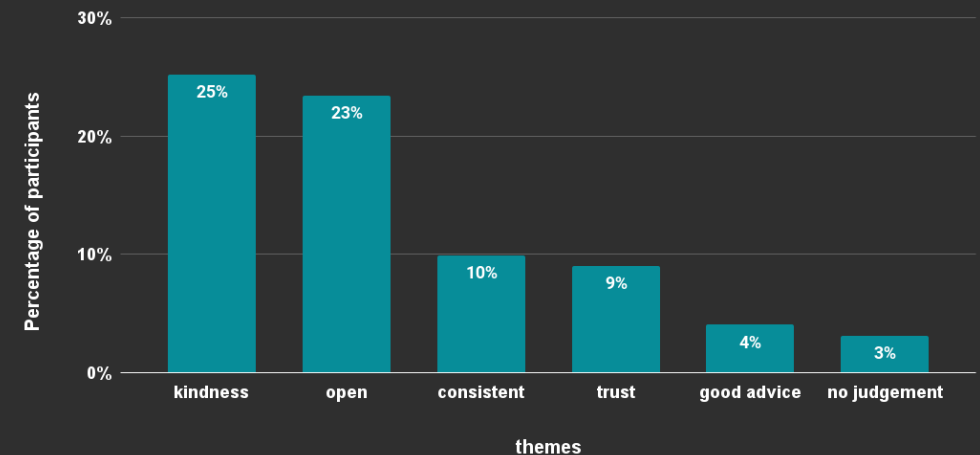
Staff are seen as approachable because they are kind, open, trustworthy and give good advice with no judgement.

# Quotes from rangatahi about Zeal staff

- “ I can open up to them about anything without feeling I’m going to get judged for doing drugs or doing crime back in the past, Zeal always has your back through tough times n always support you the best they can :)”
- “ Because I know I can trust every single person at Zeal and I can tell them anything without having to worry about them telling other people they just keep me in the right lane”
- “ They're always open to talk and I have trusting relationships with them”
- “ They're all very welcoming and I feel confident enough around them and they've told me that I'm safe and can talk to them about anything if I want to”
- “ Like I said before, they understand how young teenagers act so they can help with small problems, no matter how embarrassing it is”
- “ Strongly comfortable with asking any questions no question is a dumb question they make it feel that way all the time, always so helpful especially when they all come together to give ideas to help too”
- “ Cause they make me feel safe”

- “ Zeal staff are the friendliest people out and I have no hesitation to approach them if I have a problem.”
- “ I’ve talked to staff before and they’re great at giving good advice”
- “ I feel I can approach staff with my problems because they would sit and listen or help me when i need it most”

Top themes from "I feel that I can approach staff if I have a problem"



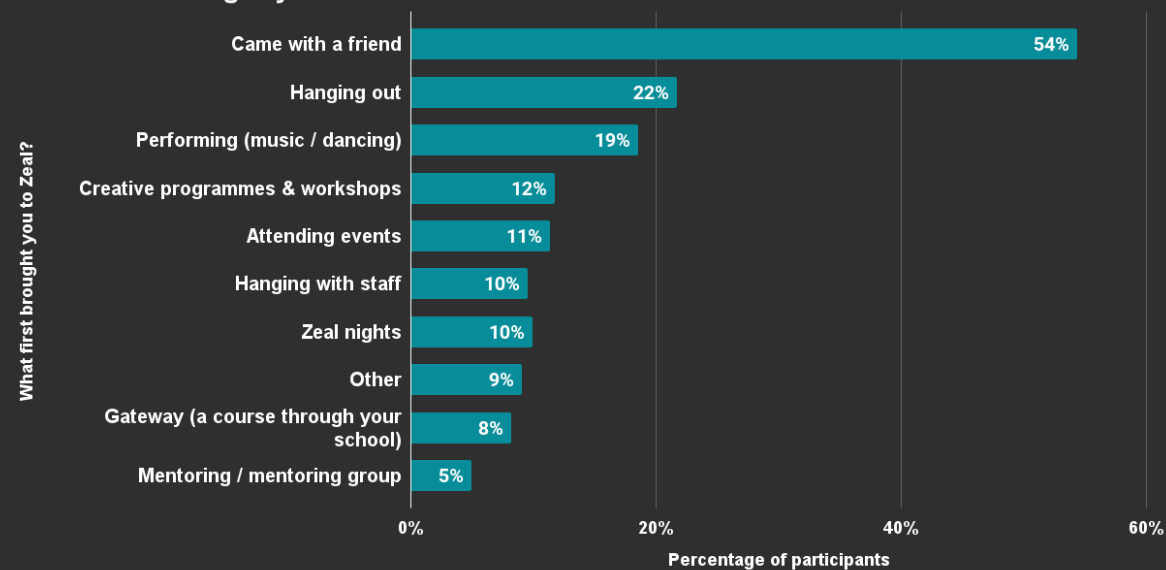


# Young people's Zeal journey

**54% of young people came with a friend when first connecting with Zeal**



What first brought you to Zeal?



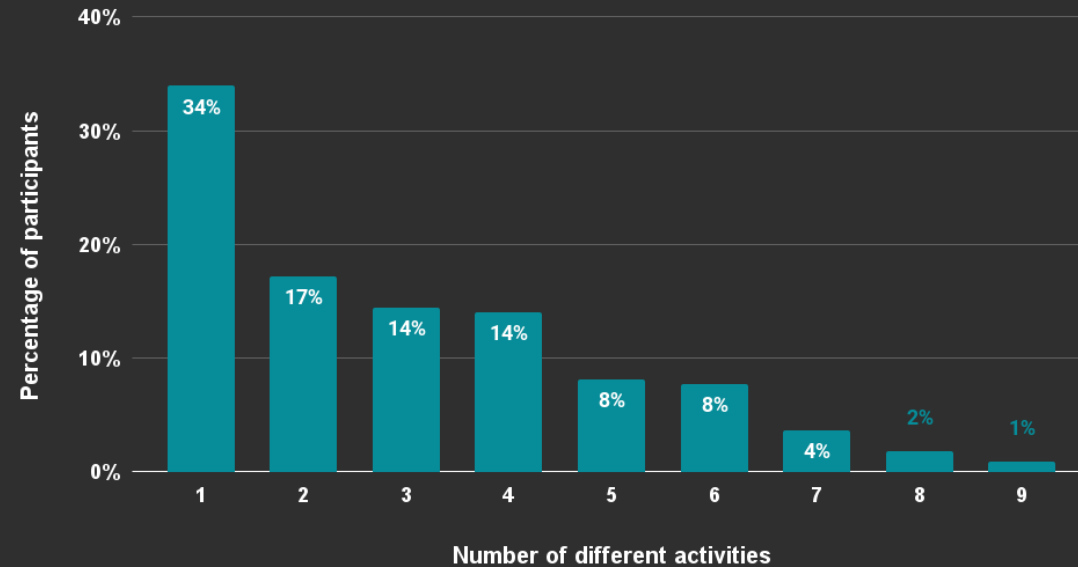
## Other ways of getting involved

- ★ School / referral
- ★ Alt Ed
- ★ Family
- ★ Walk in
- ★ Counselling
- ★ Dance
- ★ Meeting staff
- ★ Stories café
- ★ Police / referral

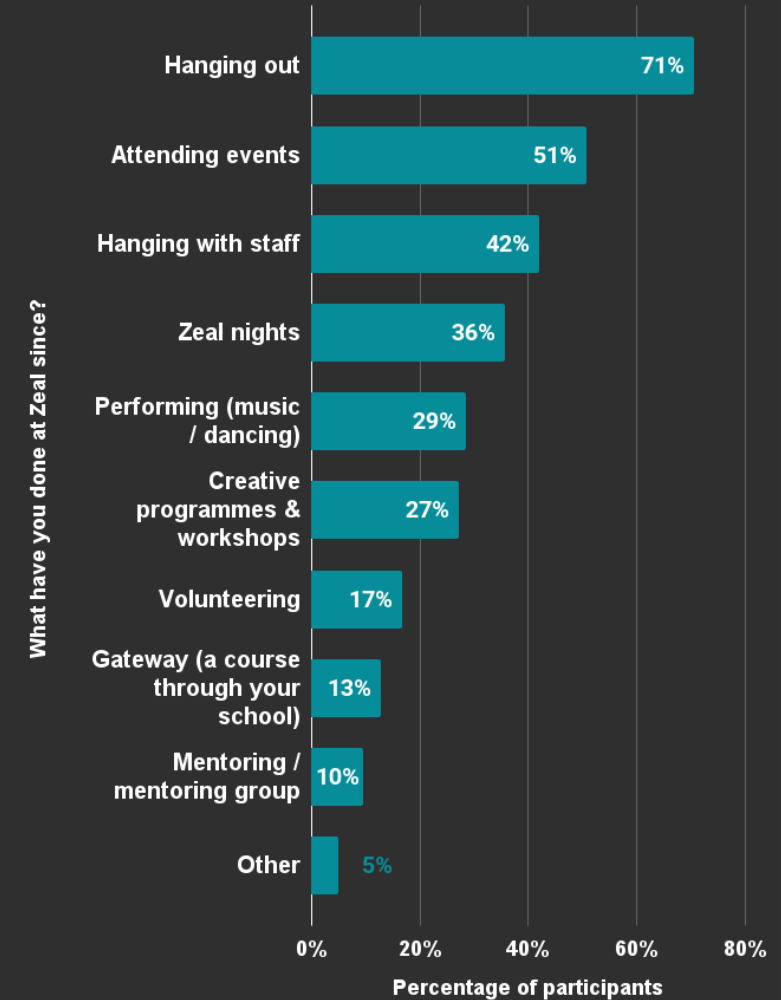
## 67% of young people participate in more than one Zeal activity

On average, young people take part in 3 different kinds of activities at Zeal

Number of different activities



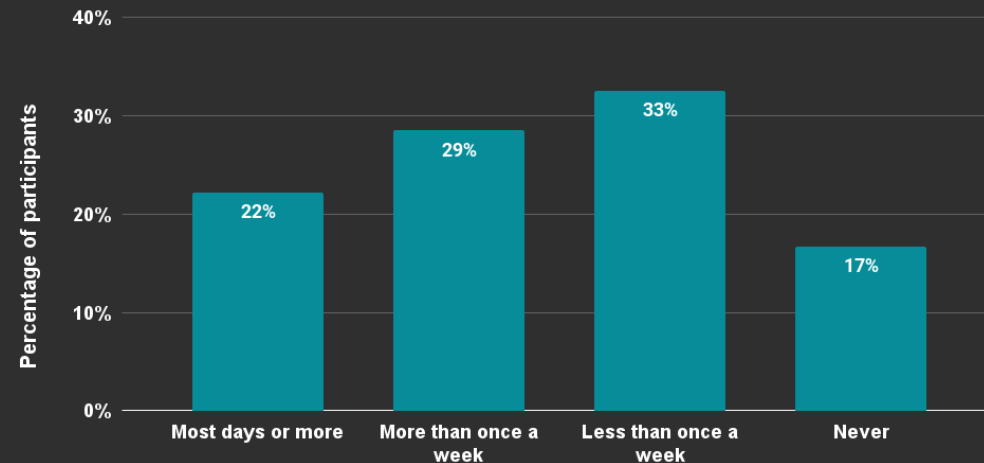
What have you done at Zeal since?



# Navigating mental health

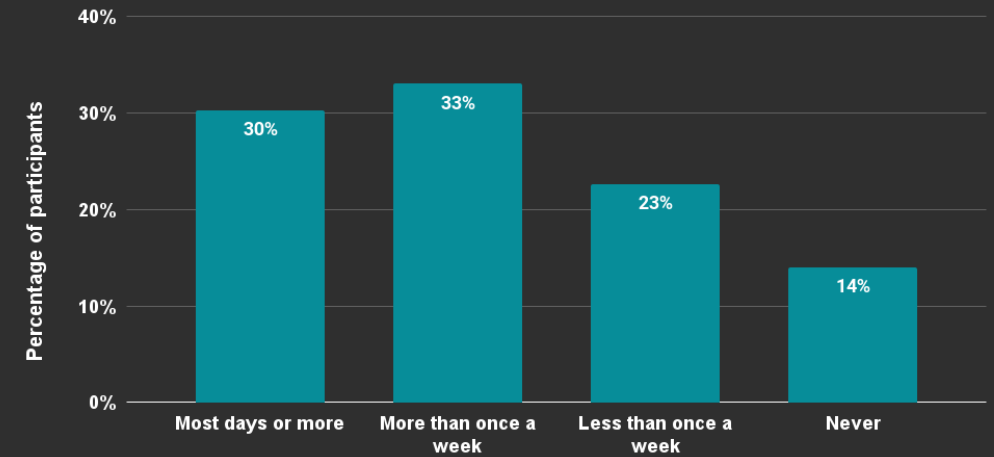
**51% of young people feel sad or down more than once a week, most days or more**

Do you ever feel sad or down?



10 = strongly agree, 5 = neutral, 0 = strongly disagree

Do you ever feel stressed or anxious?



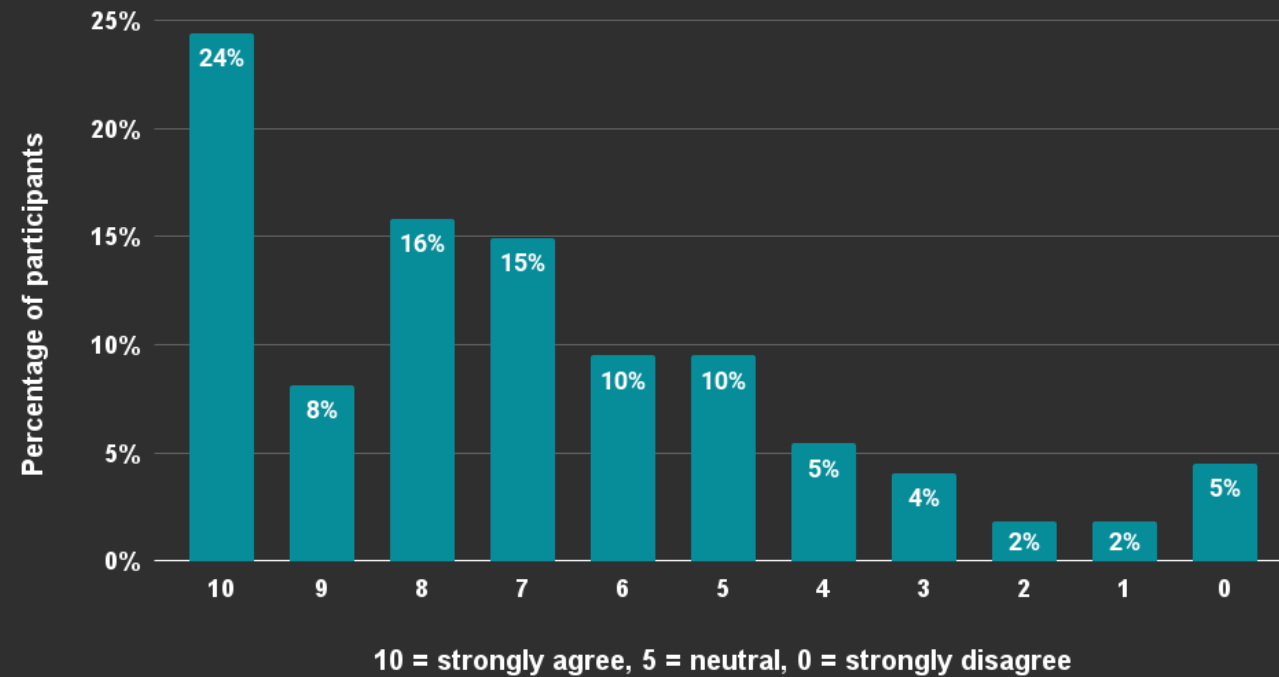
10 = strongly agree, 5 = neutral, 0 = strongly disagree

**63% of young people feel stressed or anxious more than once a week, most days or more**



## 73% of young people feel hopeful about their future

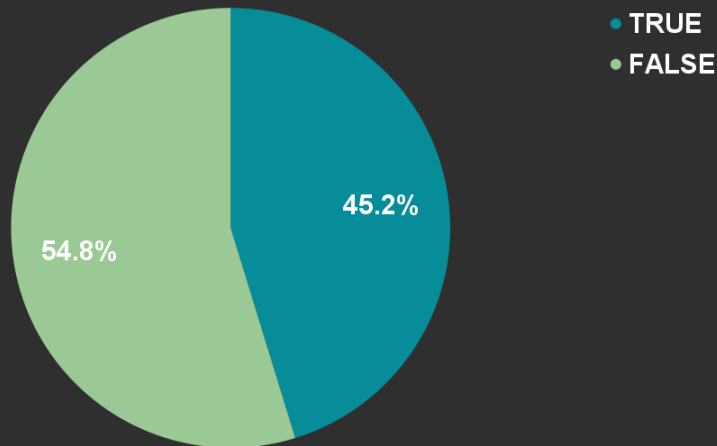
"I feel hopeful about my future"



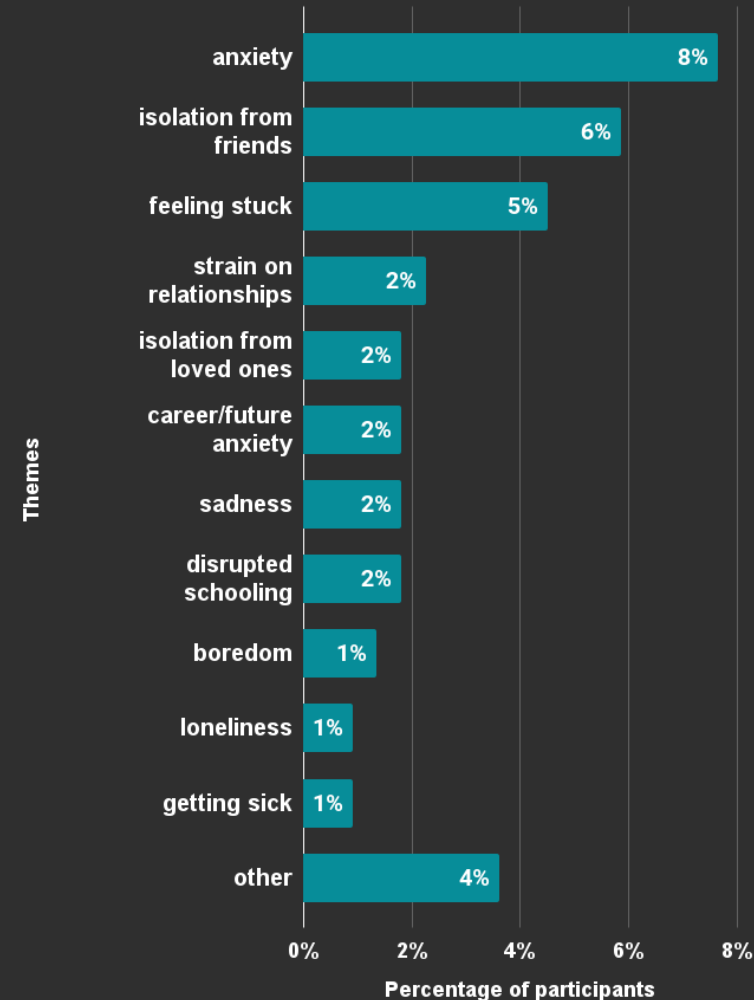
# COVID-19 restrictions

**45% of young people said  
their mental health has  
been affected by COVID-19  
restrictions**

Have COVID restrictions affected your mental health?

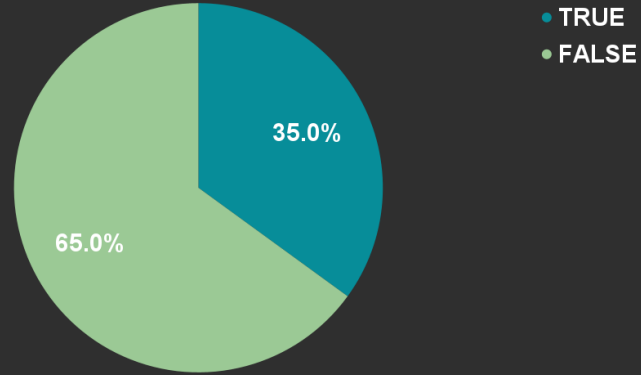


Top themes from "Do you want to share how COVID restrictions have affected your mental health?"

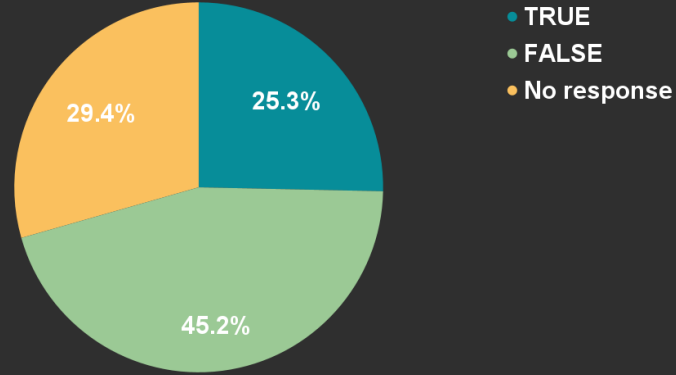


At the time of being surveyed, rangatahi were still required to wear masks in many of their day to day activities and their communities were still being affected by self-isolation requirements.

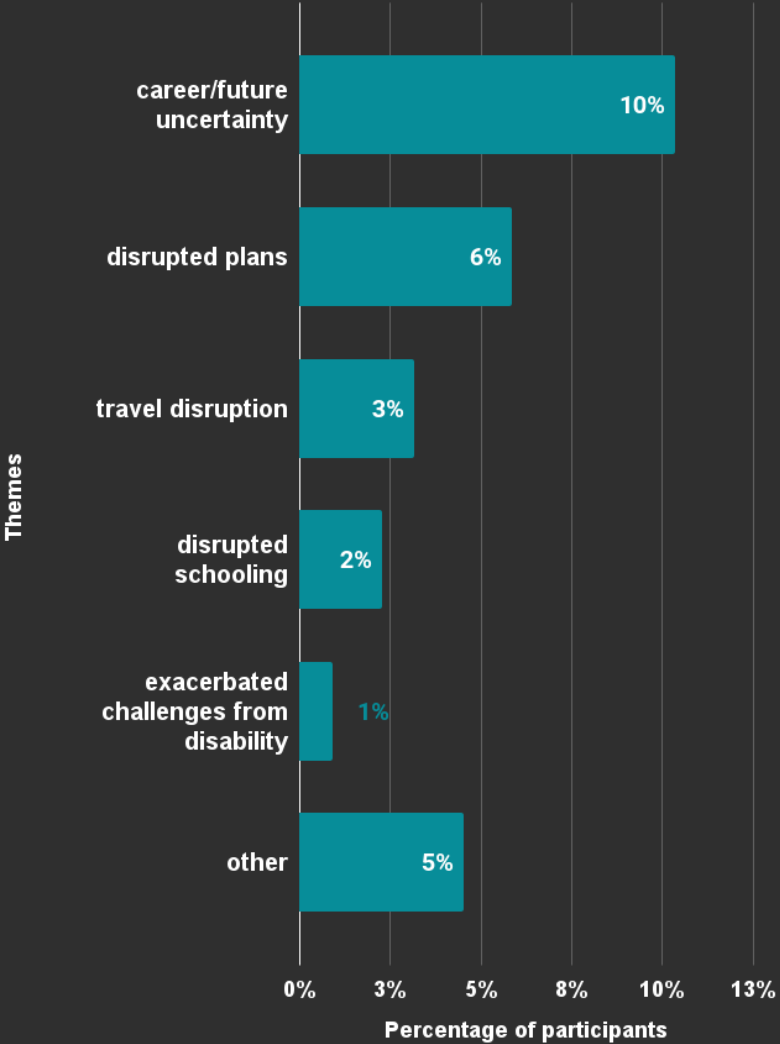
Is your mental health still being affected by the COVID restrictions?



Have COVID restrictions affected how you feel about your future?



Top themes from "Do you want to share how COVID restrictions have affected how you feel about your future?"



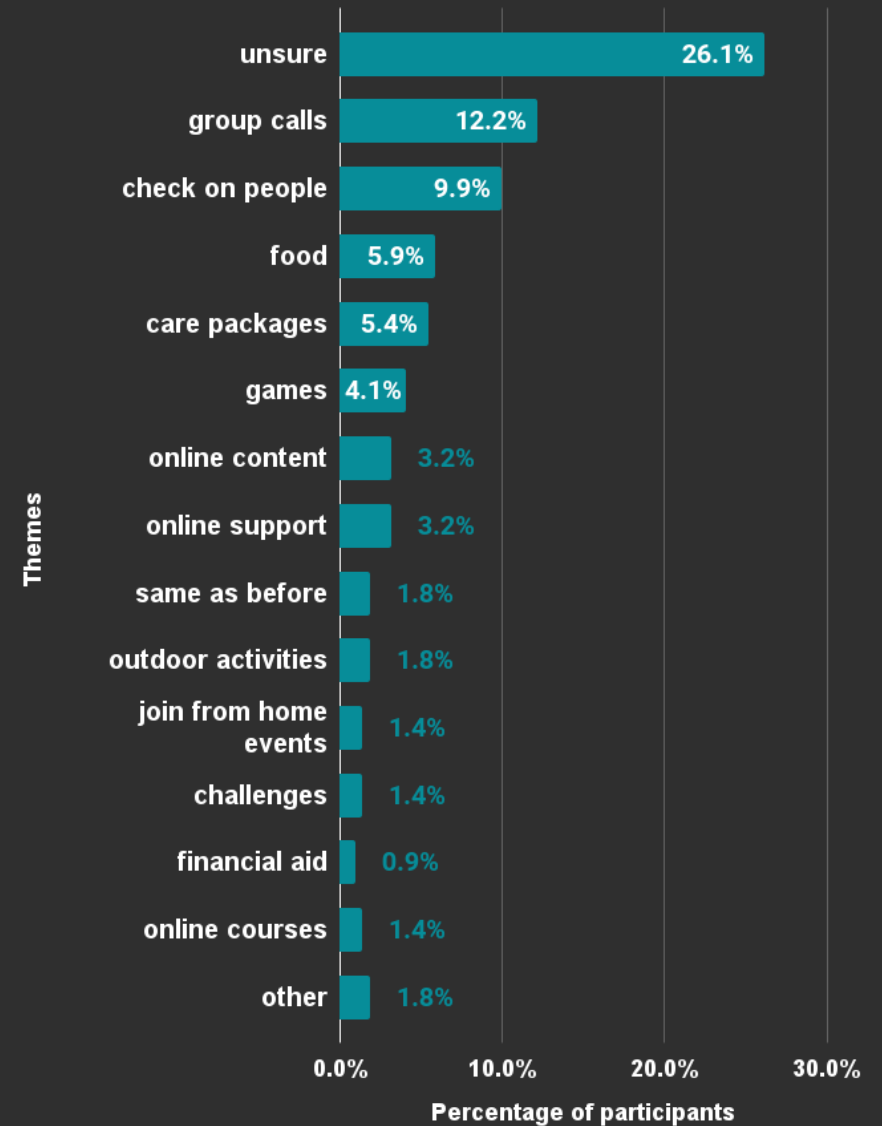
**35% of young people experiencing mental health impacts are still experiencing them**



# Support during lockdown / isolation



Top themes from "If your region were to face more COVID restrictions, what would you want from Zeal?"

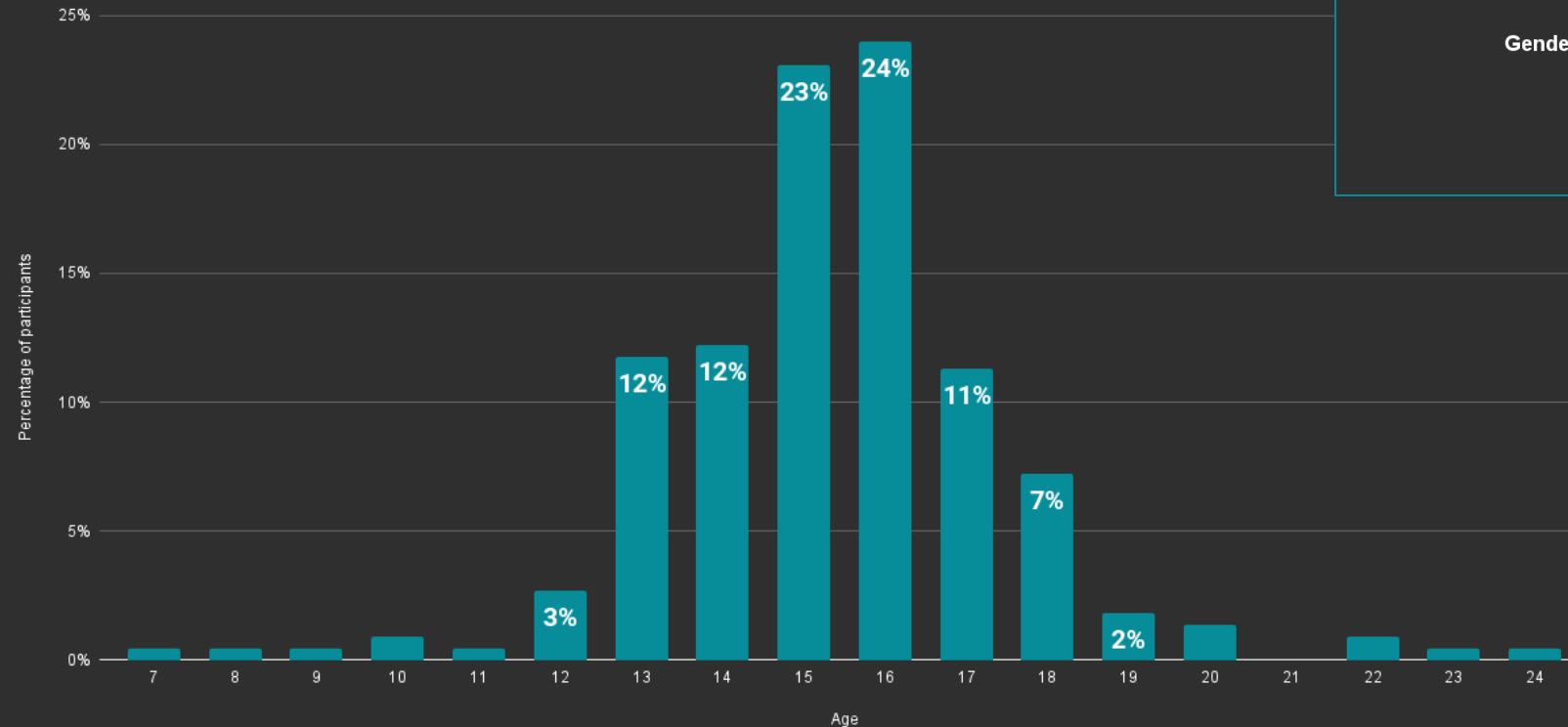


# Who took part

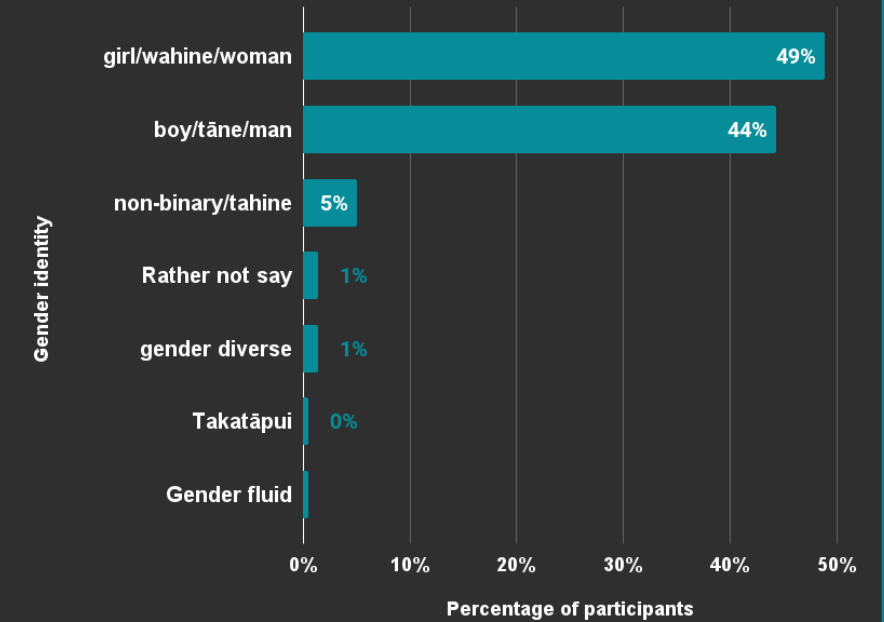
221 young people participated in our annual survey, from our 5 youth centres and online activities.

We're proud to have all these young people in the Zeal whānau.

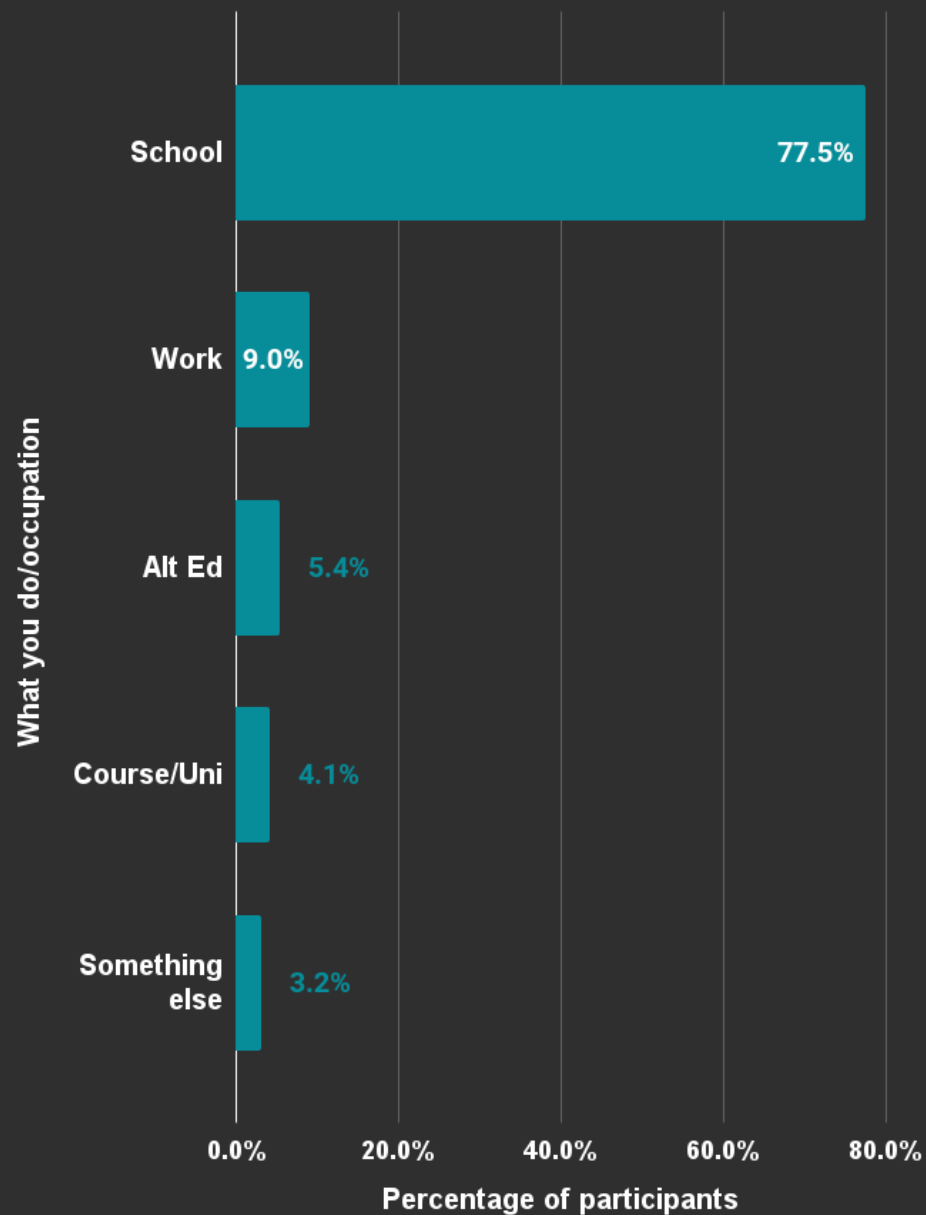
How old are you?



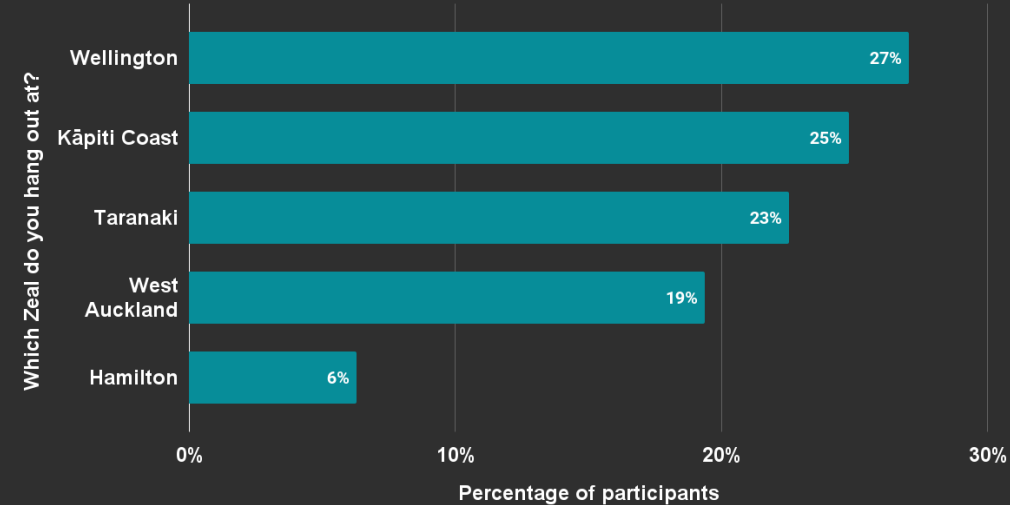
## Gender identity



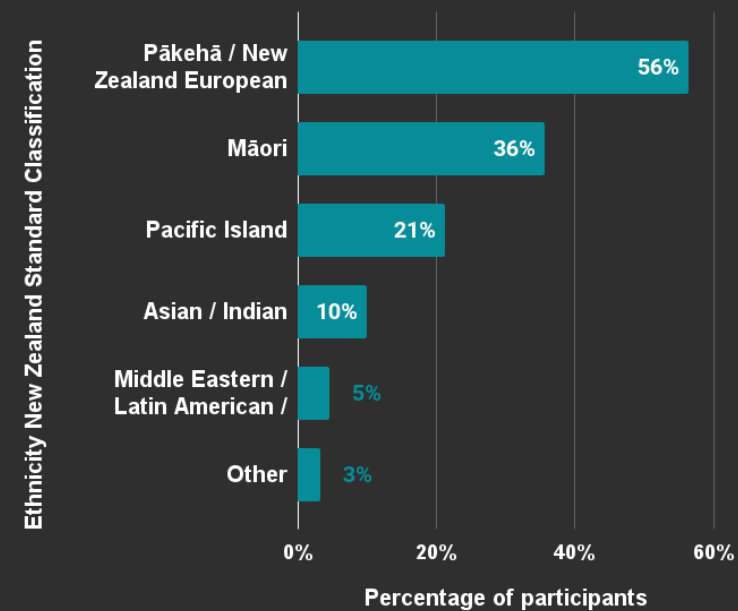
## What you do/occupation



## Which Zeal do you hang out at?

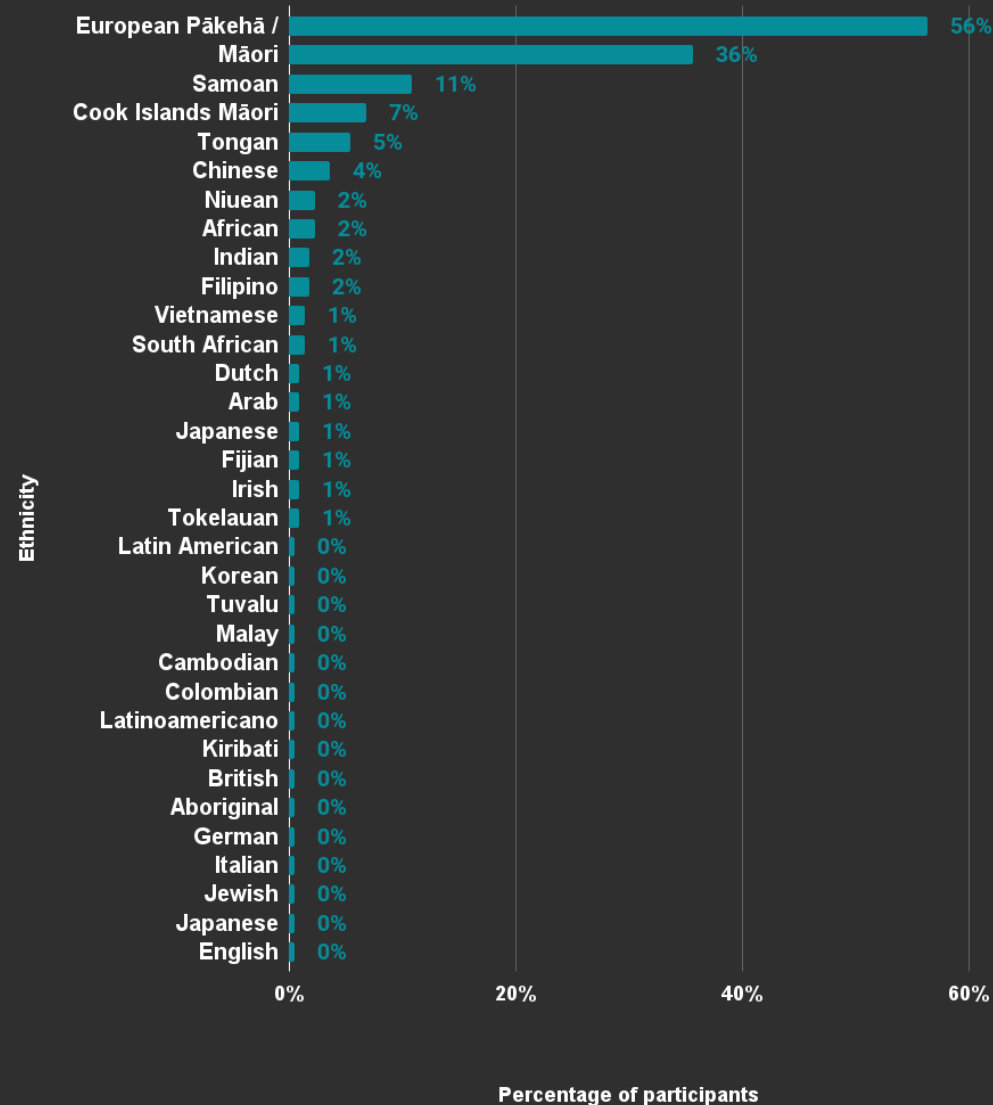


## Ethnicity New Zealand Standard Classification





## Ethnicity



**ZEAL**

This report was prepared by staff at Zeal. The survey took place between the 30<sup>th</sup> of July and the 19<sup>th</sup> of August 2022.

You can read more about the Zeal Kaupapa, get updates and support us at [zeal.nz](https://zeal.nz).

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