

ZEAL

Survey Report



14 July - 08 August

2025

Insights from 214 rangatahi from Auckland, Hamilton, Taranaki, Kāpiti & Wellington

Table of contents

01 Thank you

02 Insights

03 Transformative
impact

10 Supporting
rangatahi

14 Connection with
Zeal staff

17 Young people's
Zeal journey

20 Navigating
mental health

24 Who took part

Thank you

To the 214 young people we asked about their experience at Zeal, to assess our impact and seek improvements



"It's a privilege to share the powerful insights from our 2025 Zeal survey. This survey gives young people a real chance to speak up and be listened to. I'm so thankful to everyone who joined in — your honesty and ideas are inspiring. Your voices matter and help shape the future of our communities."

Jesse Boyce
Zeal, CEO

Insights from 214 young people



Said Zeal has had a positive impact on them.



Feel supported and cared for at Zeal.



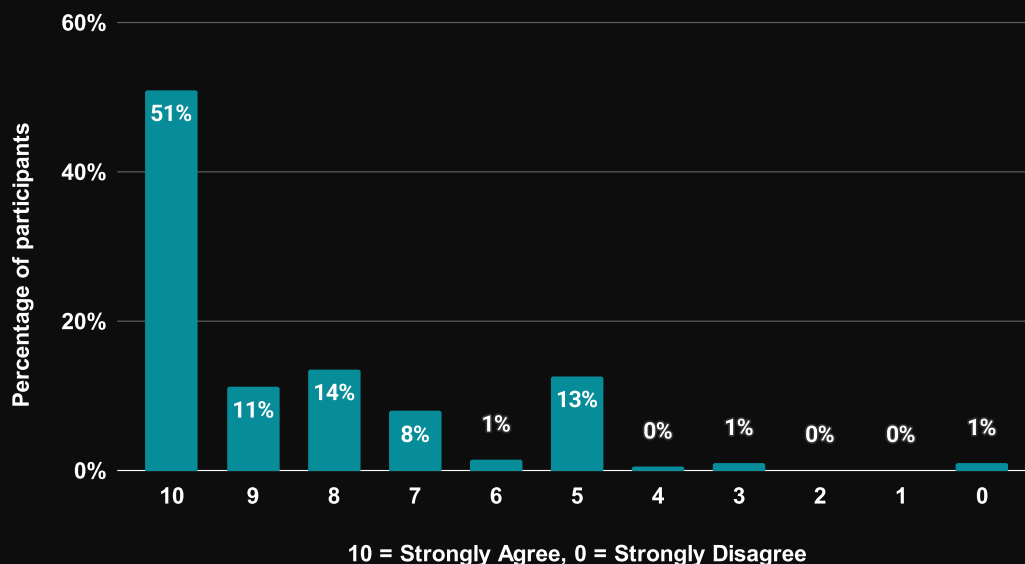
Feel they can approach staff if they have a problem.

Transformative impact



85% of young people say Zeal has had a positive impact on them

"Zeal has had a positive impact on me"



Quotes from young people about Zeal's impact

“—

I feel more supported and when I feel supported I can succeed”

“—

I've become a better person”

“—

I have learnt so much more about myself and have gained a lot of new skills”

“—

I've noticed my confidence grow as well as just socialising”

“—

I don't feel lonely any more”

“—

Zeal has been a space where I can take a breather from stress and continue to flourish in a positive environment”

“—

I've been through a very rough time in my life and Zeal helped me overcome it and my ways”

“—

Zeal helped me make friends and find a job”



Quotes continued

“—
When I was going through a lot, coming to Zeal made me feel happier and made me forget my problems, hanging out with friends and bonding with the Zeal workers”

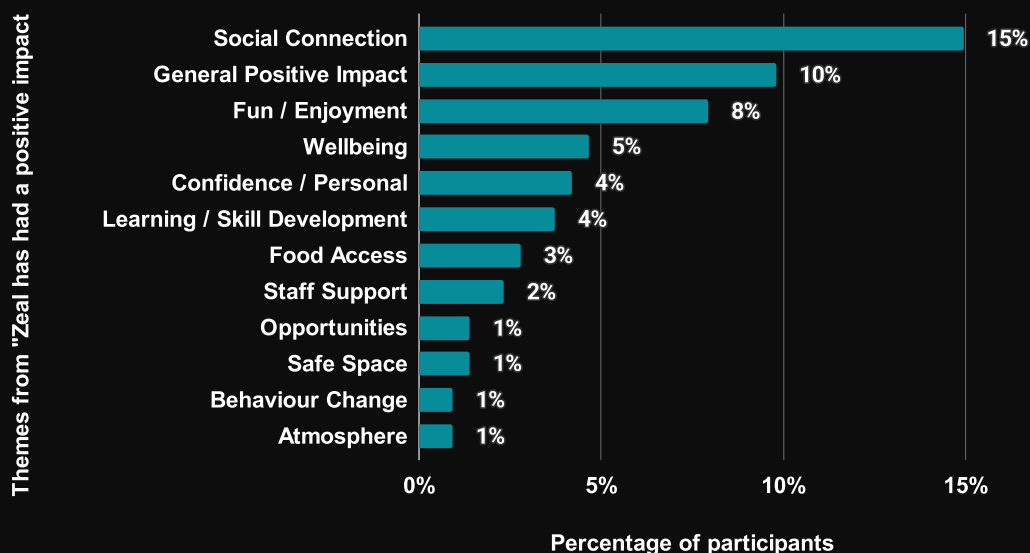
“—
They have influenced me to become the best of my potential”

“—
When they show their kindness and love around me, it can influence myself and others to become better people through responsibilities. Also by guiding us how to positively affect others through our actions and speech.”

“—
...my behaviour and mental health has changed for the better”

Top Themes

Themes from "Zeal has had a positive impact on me"



In one sentence, how would you describe Zeal?

“—
| A home away from home”

“—
| The most chill place on earth”

“—
| The best place in the world”

“—
| Perfect”

“—
| Warm welcoming and place you can be yourself”

“—
| The best place everyone should come”



“—
| Trusted”

“—
| I would describe Zeal as a welcoming place the kaimahi are so supportive and have good unity and all that type of stuff being a rangatahi there made me feel good in a safe environment and I'd recommend people to go there and be happy”

“—
| Zeal is a vibrant and uplifting program that sparks passion, creativity, and connection in everyone involved. With energy at its core, Zeal brings people together to grow, explore, and thrive in a fun and supportive environment... It's more than just a program—it's a celebration of enthusiasm, potential, and the amazing things that happen when we bring our full selves to the table.”

Quotes continued



“——
| Zeal is another family to me”

“——
| Open to all and supportive”

“——
| A fun, chill place that makes everyone feel welcomed”

“——
| Safe”

“——
| Zeal is a relaxing and enjoyable place to hang out with friends after school, as well as providing a space for me and my band members to practise”

“——
| Helpful”

“——
| Peaceful”

“——
| Amazing”

“——
| This is where it's @!!!”

“——
| A place provided by young adults to help change young children, giving the younger generation a chance to change themselves positively, helping them change their bad habits while also respecting their values”

“——
| Zeal is a very cool chill place to hang out with friends when you're hungry and have no money and the Zeal workers always help you and start convos and have made many people happy and felt comforted. A place for many things”

“——
| Great educating and unifying space”

Why do you come back to Zeal?

“ I love the fact the game stations open to anyone, as well as the genuine staff”

“ It's my home away from home”

“ Because it's chill and nice here, and provides games and a music room where our band can practise. The staff are nice too, and it's near the mall and Pak'nSave.”

“ The main thing is the people... so much unity and all that typ stuff and also Zeal is all about your own space... has helped me through writing a CV and actually helping me make coffees at Stories café”

“ Cause I love it nothing else to say”

“ Because I'm relaxed here and to hang out with ppl and to get away from mum and dad”

“ Community!!!!”



Quotes continued

“It is so fun the staff are so nice and easy to talk to also free food and hanging out with friends is nice after a long day at school”

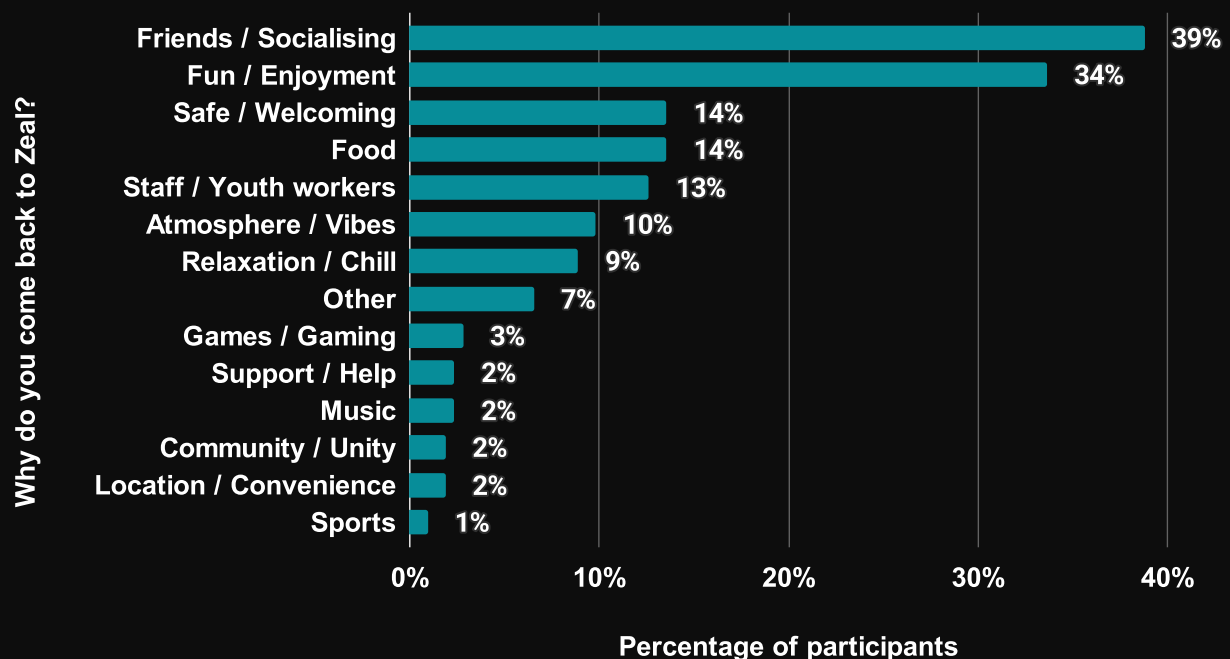
“I come back to Zeal to hang out with my friends and Zeal is a place I feel safe in”

“Because the place is somewhere I can escape from home”

“Because Zeal is such a safe and beautiful space with amazing friendly staff that take care of you and never leave you feeling left out”

Top Themes

Why do you come back to Zeal?

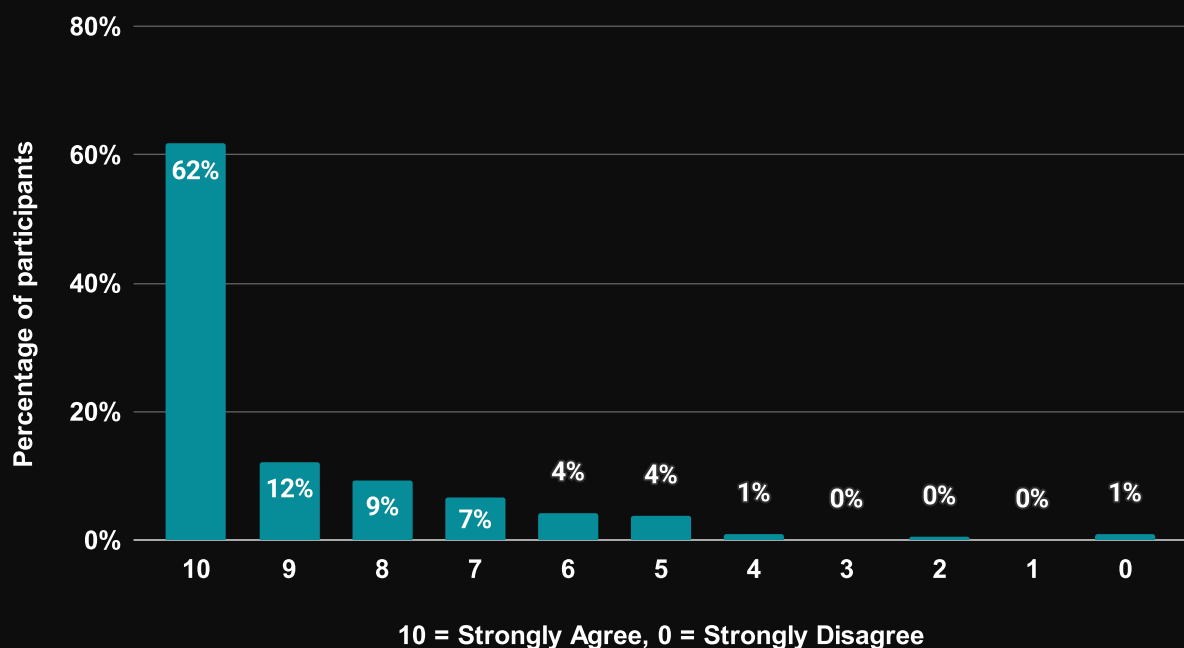


Supporting rangatahi



94% of young people feel supported and cared for at Zeal

"I feel supported and cared for at Zeal"



Quotes from young people about Zeal's support

“—
Zeal feels like a really safe place for teenagers and it's just nice to have that space when you're feeling under the weather”

“—
The staff will actively ask you about your day every time you encounter them, even outside of Zeal”

“—
I feel like I can tell the youth workers alot and they comfort me and always try their best to help my situation”

“—
Because every Zeal staff member has made my experience at Zeal welcoming and have supported me in many ways that make me feel listened to and heard they've also done so much for my learning and my mental health”

“—
I feel as if the people accept me”



Quotes continued

“—

Because all the staff are genuine and really want to help”

“—

Because they care about how my life is going and they suggest programs and ways to get through life as a student”

“—

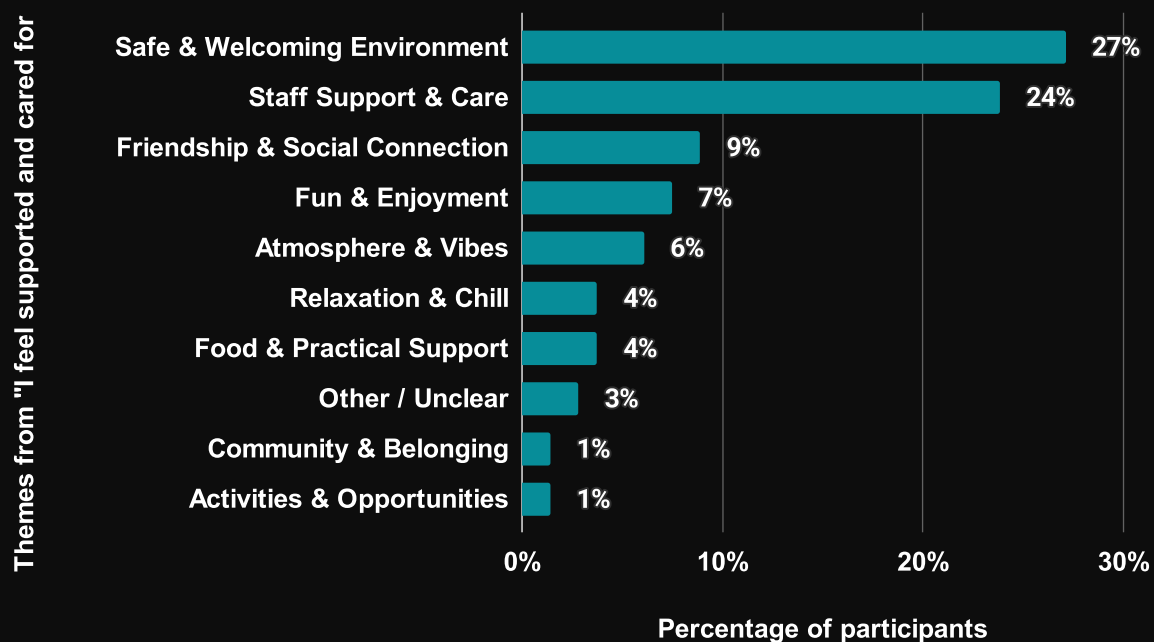
Because I have been here consistently for 6 years, and I love the space”

“—

I feel supported by the environment and people around me and I really enjoy my time here”

Top Themes

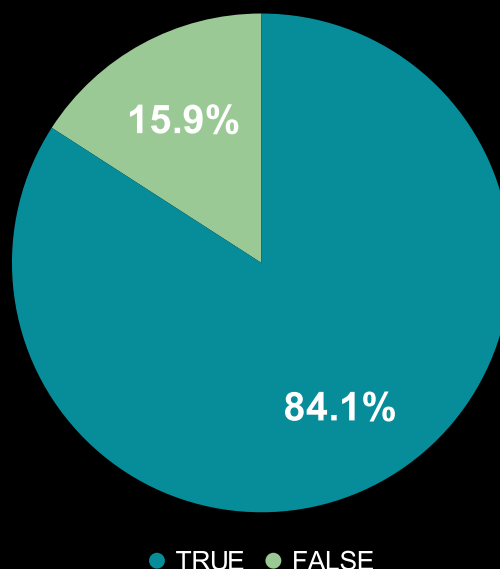
Themes from "I feel supported and cared for at Zeal"



84%

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?

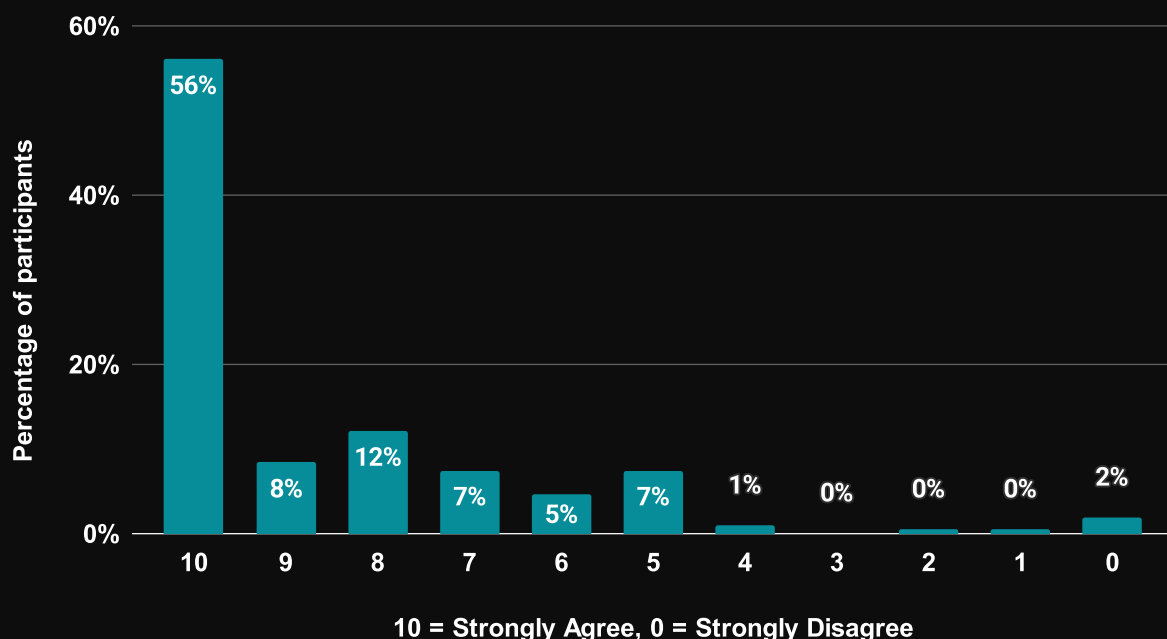


Connection with Zeal staff



89% feel they can approach staff if they have a problem

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



Quotes from young people about Zeal staff

“—
The staff are bright people and people whom you can be around, especially during moments that you might feel down; they provide guidance, advice, kindness, and love”

“—
They make it known from the start that they are always up for a chat and they have always been kind”

“—
I feel like I could tell Zeal staff if I had a problem because they've been welcoming ever since I've met them”

“—
They are very understanding about everything and I feel like they won't judge me”

“—
Because they have normalised it's okay to ask for help if needed”

“—
Because they have methods on how to fix problems”



Quotes continued

“Because I can trust them”

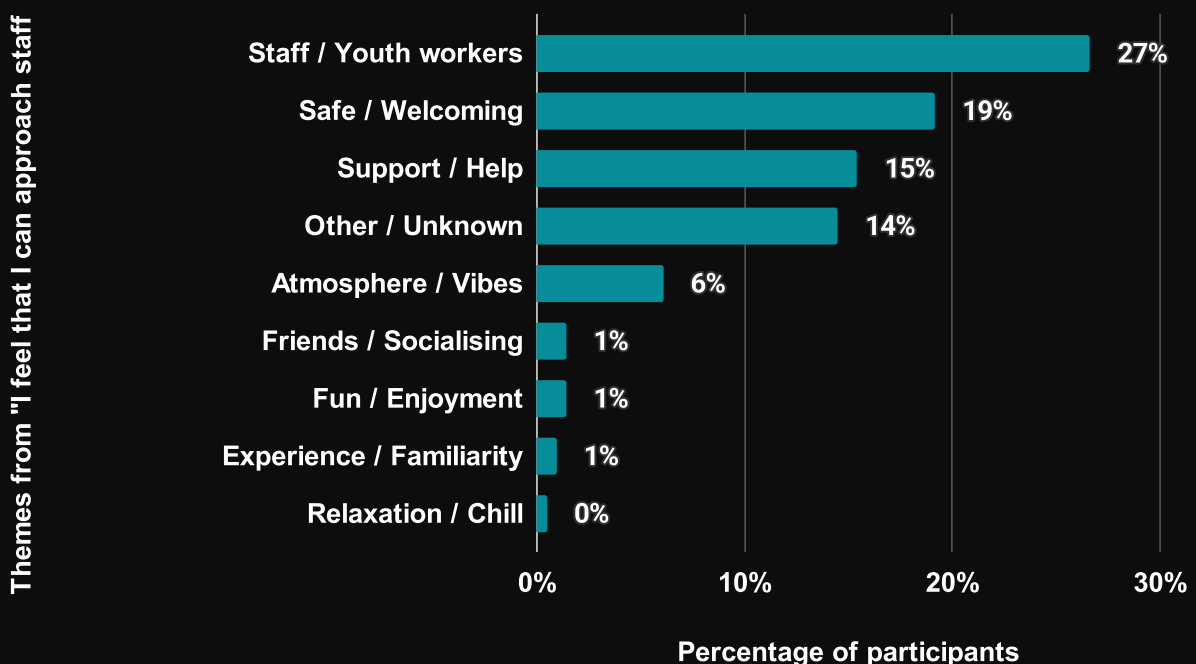
“Their personality is pretty cool and chill, like siblings”

“They make me feel safe”

“Because they are confidential, trusting and they get stuff done”

Top Themes

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

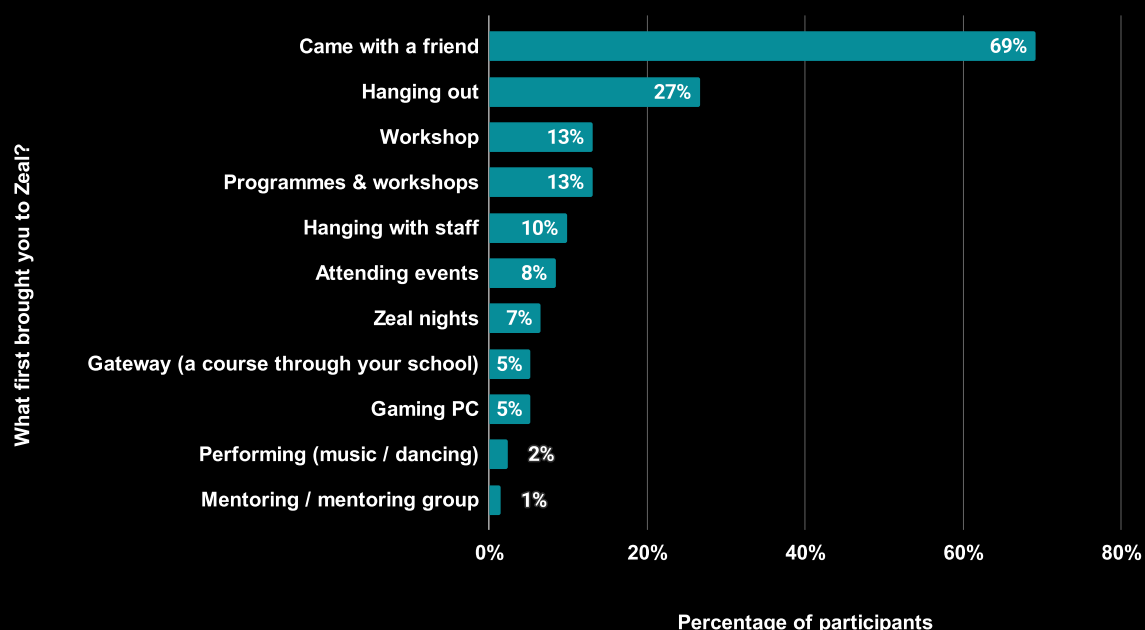


Young people's Zeal journey



69% of young people came with a friend when first connecting with Zeal

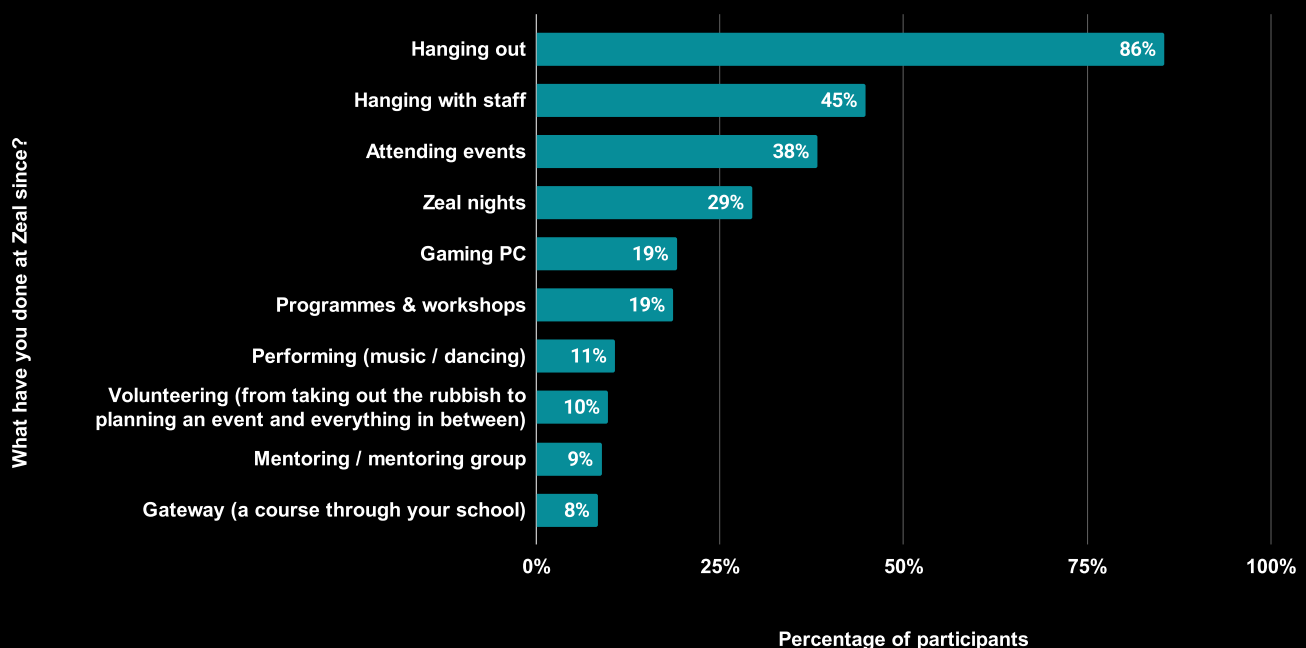
What first brought you to Zeal?



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

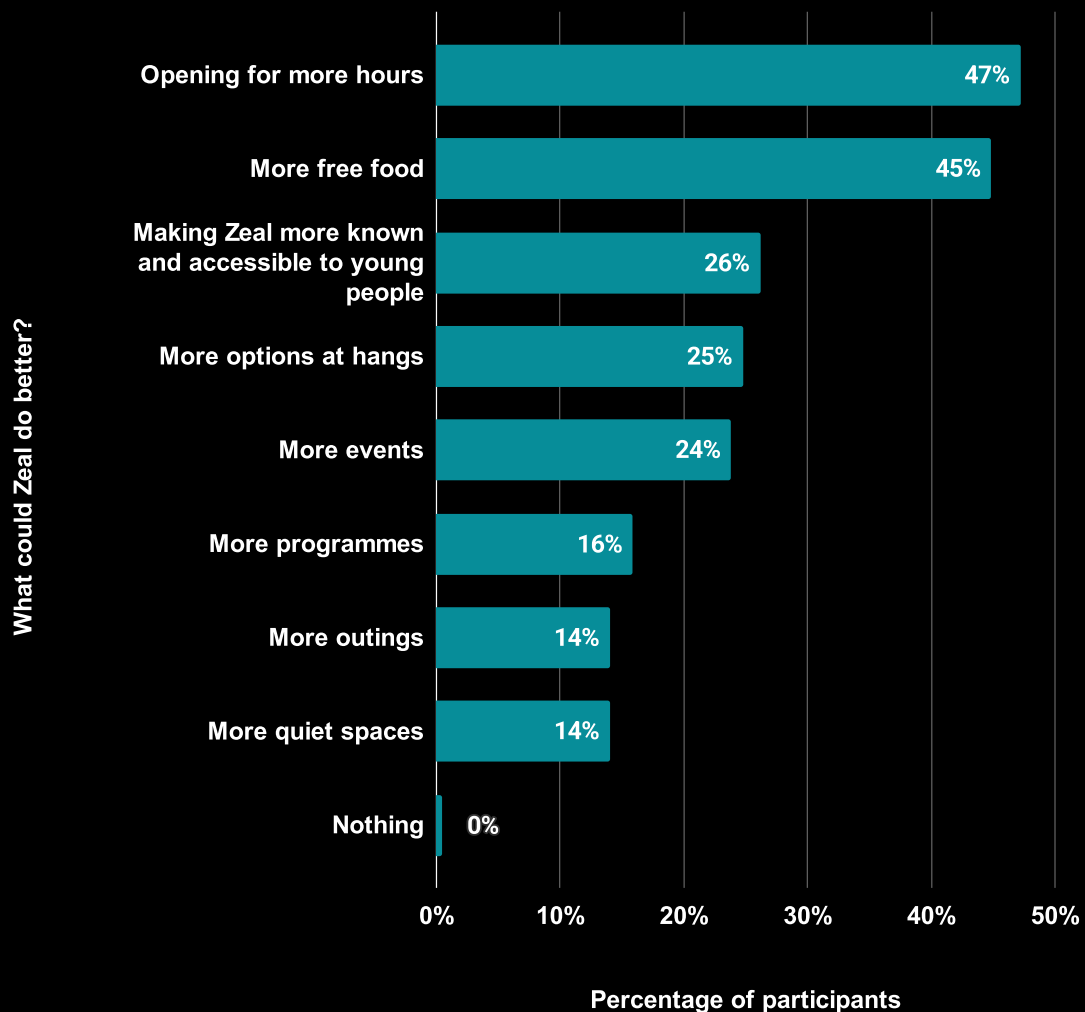
On average, young people take part in 3 different kinds of activities at Zeal

What have you done at Zeal since?



What could Zeal do better for rangatahi?

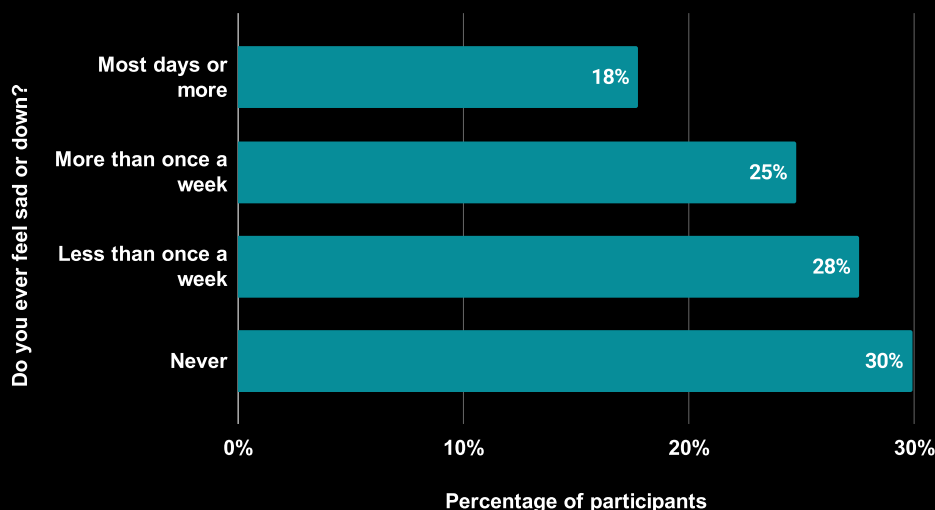
What could Zeal do better?



Navigating mental health



Do you ever feel sad or down?



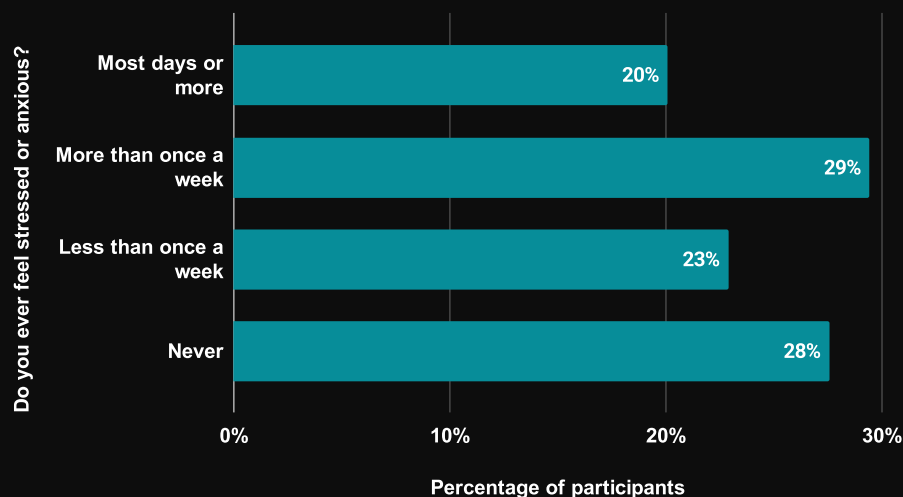
43%

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

50%

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

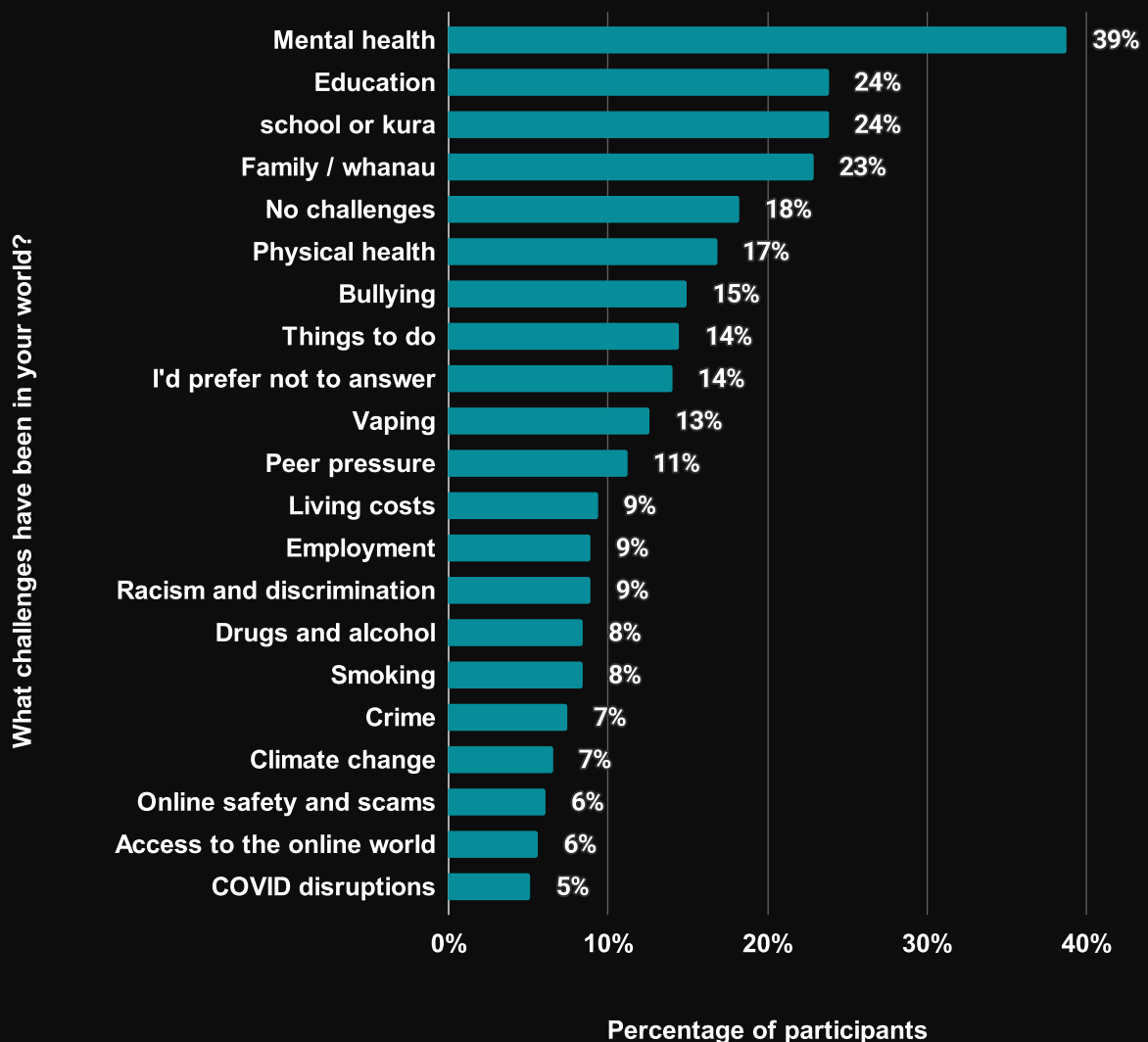
Do you ever feel stressed or anxious?



39%

of young people feel mental health is a challenge

In the last 12 months, what challenges have been in your world?



In your words, what needs to change in Aotearoa to address these challenges?

“—
Better school lunches, that's it”

“—
More people that can listen and help”

“—
We need to be more active and persistent in climate change action”

“—
The Government”



“—
The bullying and the lack of places for youth”

“—
House costs and medical costs”

“—
People need to be kinder and students should be offered more support regarding school”

“—
Ban vapes”

“—
More free activities around the place”

“—
People need to be more open minded, and try see it from young peoples perspectives”

Quotes continued



“—
| More accessible Healthcare”

“—
| Acceptance”

“—
| Mental health is making more of an impact in modern society, but there are still improvements that can be made for the betterment of many generations”

“—
| More help in a way that will work for young people not just chucking us a counsellor and calling it a day”

“—
| I think that there should be cheaper therapy sessions across the globe so that more people can afford them so that they could be able to get over the bad things that have happened in the past”

“—
| They need to address the unemployment rates of NZ, and how us youth are struggling to find a job because all of the vacancies have multiple people already on it. Less demand = the harder it is for people to apply for jobs (especially those that are new to the workforce) and also how businesses expect new hires to know everything.”

“—
| More houses”

“—
| Less chances for crimes and more help for school”

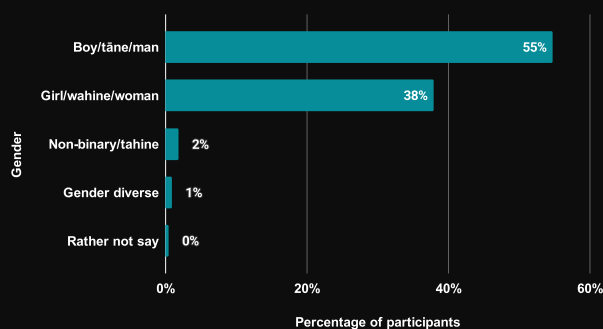
“—
| Online bullying”

“—
| More education on these subjects”

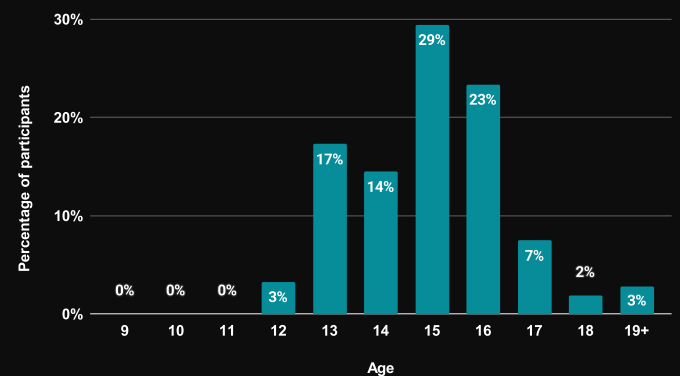
Who took part



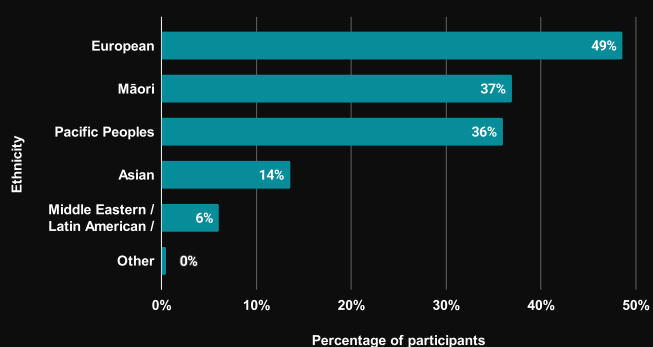
Gender



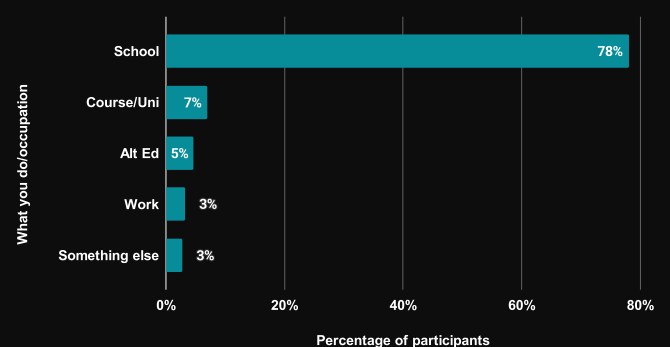
Age



Ethnicity New Zealand Standard Classification 2021



What you do/occupation



This report was prepared by staff at Zeal. The survey took place between 14 July and 08 August 2025.

You can read more about the Zeal Kaupapa, get updates and support us at zeal.nz

Find Zeal online



Website
zeal.nz



Instagram
[@zealnz](https://www.instagram.com/zealnz)



Facebook
facebook.com/zealnz



Tiktok
[@therealzeal](https://www.tiktok.com/@therealzeal)