

THE TOP 7 ISSUES FACING AUSTRALIAN TEENS 2026

#1 Mental Health

1/5 received mental health support in past 12 months. 98% reported anxiety or depression in last 12 months

 **11%**

#2 Financial Difficulties

86% experienced stress saying its the 'leading cause of distress' for there family and themselves

 **33%**



#3 Drugs, Alcohol & Vaping

Alcohol use has decreased 5% while smoking & vaping have increased another 6%

5% 



#5 Loneliness & Friendships

Over 33% of Australian teens said it was hard to make friends. 16% reported feeling lonely all the time. Large increase from 2 years ago.

 **10.8%**

#4 Body Image

Body image concern has increased again from 32% to 37%

 **5%**

#6 Bullying & Image Based Abuse

1/3 Student reported being bullied in last year. 1/5 within last 2 weeks. Up from previous year. 1/3 has received a sext & 17% of these sext where shared on socials

 **17%**



#7

Sex & Relationships

50% of students reported having sex between 13-17. Over 51% believing they will not have children

50%