

THE LINE

RESEARCH SUMMARY REPORT



THE LINE - END OF THE WORLD CAMPAIGN: RESEARCH SUMMARY [OCT 26]



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END OF THE WORLD CAMPAIGN

The Line is a long-running Australian behaviour change initiative helping young people aged 14 to 21 understand what's ok and what's not when it comes to sex, dating and relationships.

The Line's new campaign, *End of the World*, helps young people recognise the importance of navigating emotions in relationships and builds their confidence to manage them in healthy and respectful ways.

To support the campaign, Our Watch commissioned research to better understand young people's attitudes, knowledge and confidence when navigating emotions in relationships. The study surveyed 1,000 young people aged 14 to 21 from across Australia.



KEY FINDINGS

Most young people recognise that healthy relationships involve acknowledging and respectfully communicating feelings of jealousy, anger and fear of rejection, but confidence among young people is mixed when it comes to applying these skills.

- **Young people need support to build core emotional relationship skills:** Many young people need support not only to recognise anger, jealousy and fear of rejection, but to navigate and communicate them in healthy and respectful ways.
- **Knowledge exceeds confidence:** Young people generally understand the importance of respectful emotional communication, but many lack confidence applying these skills in their own relationships.
- **Support 14 to 17-year-olds to recognise healthy emotional responses:** Young people aged 14 to 17 were less likely than older respondents to recognise healthy responses to jealousy and rejection, suggesting greater support is needed to build the skills and confidence to navigate these emotions respectfully.
- **Strengthen emotional literacy and regulation in young men aged 14 to 17:** Younger men were less likely to recognise that their peers experience a range of challenging emotions and less likely to pause and regulate before communicating anger. This suggests greater support is needed to build emotional awareness, empathy, emotional regulation and respectful communication skills.

EMOTIONAL AWARENESS IN RELATIONSHIPS

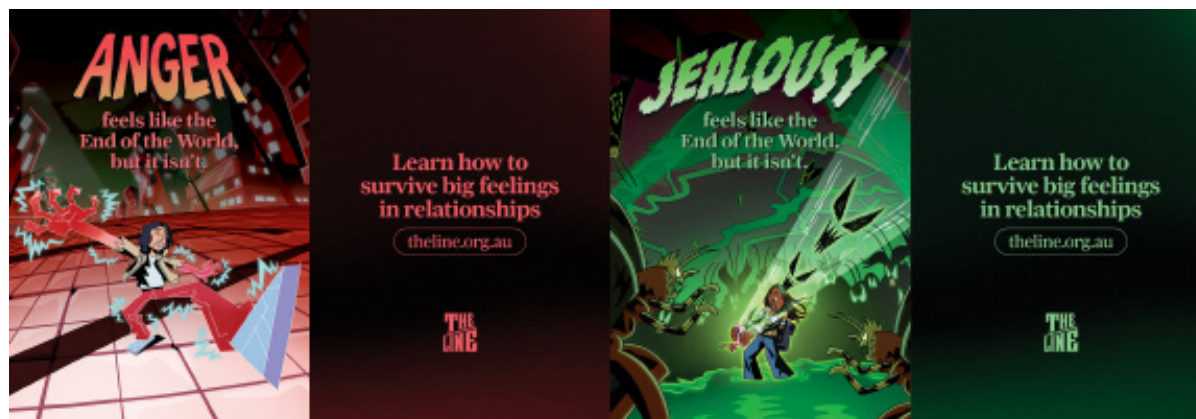
Young people understand that navigating big emotions is an important part of healthy relationships, but many are not confident doing so in practice.

- 82% of young people surveyed agreed that healthy relationships involve recognising emotions like jealousy or anger and communicating them respectfully.
- However, around one in three surveyed (30%) were not confident they could distinguish between healthy and unhealthy emotional responses.
- Just over half (54%) of survey respondents felt confident knowing how to work through challenging emotions in a healthy way.
- Young people aged 14 to 17 were less likely than those aged 18 to 21 to identify healthy responses in both jealousy and rejection scenarios.
- Young men aged 14 to 17 were significantly less likely than other young people surveyed to recognise that their peers experience a range of challenging emotions, while young women aged 18 to 21 were significantly more likely to do so.

EMOTIONAL REGULATION IN RELATIONSHIPS

Most young people recognise that healthy relationships involve taking responsibility for their own emotions, but in practice most do not regulate their emotions before communicating anger. This highlights the importance of emphasising emotional regulation as a core aspect of healthy communication.

- 85% of all young people surveyed somewhat or strongly agreed that healthy relationships involve understanding when you need to take responsibility for feeling emotions like jealousy or anger.
- Young women aged 14 to 17 were significantly less likely to strongly agree (42%) that healthy relationships involve taking responsibility for managing feelings of jealousy or anger, while women aged 18 to 21 were significantly more likely to strongly agree (61%).
- 69% of all young people surveyed somewhat or strongly agreed that when they feel anger in a relationship, it is important to tell the other person straight away what they have done to cause it, rather than pausing and regulating first.
- Young men aged 14 to 17 were significantly more likely than the other cohorts combined to strongly agree that anger in relationships should be expressed immediately (40% strong agreement) and older women 18 to 21 were significantly less likely to strongly agree with this statement (28%).



COMMUNICATING EMOTIONS IN RELATIONSHIPS

While most young people recognise that healthy relationships involve communicating emotions respectfully, only around half felt confident talking about their feelings and recognised how their own thoughts or actions contributed to them.

- 88% of all young people surveyed somewhat or strongly agreed that healthy relationships involve communicating emotions like jealousy or anger in a respectful way.
- Young women aged 14 to 17 were significantly less likely to strongly agree with the above statement, suggesting they may lack confidence when it comes to communicating these emotions.
- Just over half of all young people (53%) felt somewhat or completely confident talking about their feelings and recognised how their own thoughts or actions may have contributed to them.
- This was a consistent finding across age and gender, suggesting that confidence in recognising and communicating emotions remains an important area for skill development for all young people.

HEALTHY STRATEGIES PROVIDE A STRONG FOUNDATION

When asked to select strategies to navigate emotions in relationships, most young people chose strategies that promote emotional regulation and respectful communication. This highlights an opportunity to build confidence in applying these strategies in real-life situations.

When asked to rank their top 3 actions in response to feeling rejected:

- 60% selected 'take a break to calm down before responding'
- 58% selected 'pause and ask yourself why you're feeling that way before reacting'
- 51% selected 'express your feelings calmly and respectfully to your partner'

This research was conducted between 1-15 April 2026 via an online survey. Quotas and weighting were applied to ensure balanced representation by age, gender and location. The project was carried out in line with the Market Research International Standard, ISO 20252. This research was reviewed by Iris Ethics Human Research Ethics Committee (HREC).

SUPPORTING YOUNG PEOPLE TO BUILD THE SKILLS AND CONFIDENCE TO NAVIGATE EMOTIONS RESPECTFULLY

The findings suggest that while many young people understand what healthy emotional responses look like, fewer feel confident navigating anger, jealousy and fear of rejection in their own relationships. Strengthening emotional awareness, self-regulation, respectful communication and empathy, can help young people build confidence and develop healthy, respectful relationships.

