

## PARENT/CARER PLAIN LANGUAGE STATEMENT THE UPPER HUNTER WELLBEING SURVEY

Centre for Positive Psychology,  
Melbourne Graduate School of Education



### PROJECT: THE WELLBEING PROFILER PROJECT

Dr. Tan-Chyuan Chin, Professor Dianne Vella-Brodrick, Professor Lindsay Oades, Dr. Margaret Kern, Dr. Gavin Slemm, Dr. Kent Patrick, Miss Alexandra Johnston, Miss Jiaying Jiang and Mr. Rowan Jacques-Hamilton

Dear Parent/Guardian,

This is an invitation for your son/daughter to participate in The Upper Hunter Wellbeing Survey on adolescent wellbeing. Your school is committed to understanding the needs of your child and have engaged a research team from the Centre for Positive Psychology at The University of Melbourne to measure wellbeing of all students. We seek permission from you to allow your child/ren to complete The Upper Hunter Wellbeing Survey at school.

### WHAT IS THIS PROJECT ABOUT?

Although wellbeing is an important part of life for all people it is particularly important for young people. The purpose of this research is to help understand young peoples' wellbeing from their point of view. The information will help your school learn more about how young people can be supported.

### WHAT WILL MY CHILD BE ASKED TO DO?

The Wellbeing Survey was developed by researchers at the Centre for Positive Psychology at The University of Melbourne to measure youth wellbeing. The survey will be conducted at your school usually as a class activity taking approximately 30-45 minutes. We will ask questions about how your child thinks and feels about his/her physical and mental health, school, friends and family. The research team will provide your school with a confidential report on the findings in which no individual student is identified. Your school may invite your child/ren to complete this survey more than once during the school year.

### DO STUDENTS HAVE TO COMPLETE THE SURVEY?

No. Participation is completely voluntary, and students are free to withdraw from participation at any time while completing the survey. We are seeking your permission for your child/ren to participate in this survey. To provide consent, kindly return a signed form with the "Yes" option selected. If you prefer for your child/ren not to take part in the survey, kindly return a signed form with the "No" option selected. There will be no negative consequences if you choose not to participate.

### WHAT WILL HAPPEN TO THE INFORMATION? (CONFIDENTIALITY AND DATA STORAGE)

The survey is anonymous, responses to the survey are strictly confidential and only group results will be reported back to the school. Survey responses will be stored online on a secure encrypted database that is managed by the Centre for Positive Psychology at the University of Melbourne. No-one will be able to identify you or your child from the results which will be confidential, that is, no individual students will be identified. If the sample size is less than 10, results will not be reported so as to protect the identity of the students. The school's information may be added to the responses from many other young people and used to produce information such as reports, academic publications or presentations. It is important to know that no young person or school will be identified. Storage of the collected data will be kept on secure, password protected University servers for at least 10 years before being deleted.

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#### Melbourne Graduate School of Education

The University of Melbourne | 100 Leicester Street | Carlton Victoria 3053 | Australia  
T: +61 3 8344 8285 F: +61 3 8344 8213 W: www.education.unimelb.edu.au

## PROVIDING DATA FOR FURTHER RESEARCH AT THE UNIVERSITY OF MELBOURNE

Your school has also consented to providing students' Wellbeing Survey data for researchers at The Centre for Positive Psychology to further investigate adolescent wellbeing in Australia, and to use for benchmarking against other schools. Furthermore, findings may be used for presentations, reports and academic publications to help further understand adolescent wellbeing. It is important to know that no young person will be identified.

### WHAT ARE THE POSSIBLE BENEFITS?

The Wellbeing Survey results can be used to;

- comprehensively assess wellbeing in schools in the Upper Hunter region across 6 domains with 32 individual indicators (e.g., Resilience and Happiness) and 12 risk factors (e.g., Stress and Loneliness)
- assess how the wellbeing of students in the Upper Hunter region compares to a broader benchmarking dataset
- identify the strengths and the wellbeing needs for each year group in each school
- help schools understand where students need more support so they can create a positive environment for students to learn and develop to their fullest potential
- inform staff, parents and the community about the wellbeing of students
- promote school-wide engagement by sparking conversations about wellbeing and mental health between staff, parents, students and the wider community
- help schools improve wellbeing by targeting resources and implementing wellbeing initiatives
- measure how wellbeing changes over time
- provide an evidence-base for schools and partners to apply for funding for wellbeing programs

### WHAT ARE THE POSSIBLE RISKS AND HOW DO WE PROTECT WELFARE?

Although it is unlikely, it is possible that some students may be uncomfortable or distressed in answering some of the questions about their feelings, relationships and outlook on life when they fill out the survey. It is important to note that none of the survey questions is related to self-harm, harm to others, or diagnosis of any psychological or physical illness. To safeguard students' welfare, they are advised in a separate information sheet that should they feel any distress during, or as a result of, this activity, they can withdraw at any time, with no negative consequences on their learning experiences in school. Furthermore, they are advised that they may also wish to talk to their parents/guardians, teacher, school, welfare officer, a doctor or a counselling service such as Headspace, Kid's Help Line, or Lifeline.

<i>Headspace</i> Headspace provides mental and health wellbeing support, information and services to young people and their families across Australia. <a href="http://www.headspace.org.au">www.headspace.org.au</a>	<i>Kid's Help Line</i> Free 24-hour telephone counselling service for young people aged 5-18. Phone: 1800 551 800	<i>Lifeline Australia</i> Lifeline Australia is a 24/7 phone counselling service. Phone: 13 11 14 Website: <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
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By visiting the Australian Psychological Society website, you can locate a Psychologist in your area if you wish. [www.psychology.org.au](http://www.psychology.org.au).

#### School support:

Eloise Hand, phone: 02 6543 3094

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## WILL I HEAR ABOUT THE RESULTS OF THIS PROJECT?

It will be the school's responsibility to report the findings, as they see fit, to the School Community.

## WHO CAN I TALK TO FOR FURTHER INFORMATION?

Aaron Moon will be responsible for coordinating the wellbeing initiative in your school. Please feel free to contact Aaron Moon on 02 6543 3094 or at [aaron.moon@mn.catholic.edu.au](mailto:aaron.moon@mn.catholic.edu.au) should you have any questions about your child's participation in the wellbeing survey.

Alternatively, please feel free to contact Dr Tan-Chyuan Chin at The University of Melbourne on (03) 9035 8976.

## WHO CAN I CONTACT IF I HAVE CONCERNS ABOUT THE PROJECT?

This research project has been approved by the Human Research Ethics Committee of The University of Melbourne. If you have any concerns or complaints about the conduct of this research project, which you do not wish to discuss with the research team, you should contact the Manager, Human Research Ethics, Office for Research Ethics and Integrity, University of Melbourne, VIC 3010. Tel: +61 3 8344 2073 or Email: [HumanEthics-complaints@unimelb.edu.au](mailto:HumanEthics-complaints@unimelb.edu.au). All complaints will be treated confidentially. In any correspondence please provide the name of the research team or the name or ethics ID number of the research project.

Thank you.



Tan-Chyuan Chin