

PRIMARY STUDENT 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 Slempp, Dr. Kent Patrick, Miss Alexandra Johnston, Miss Jiaying Jiang and Mr. Rowan Jacques-Hamilton

Dear student,

You are invited to take part in this research project with the University of Melbourne to help your school learn about your health and wellbeing. We want to know how you are doing in school and at home so that we can learn more about how children can be supported. We would like you and the other children in your class to be part of this project. As you are younger than 18 years old, you will also need permission from your parent/caregiver to take part.

WHAT WILL I BE ASKED TO DO?

If you agree to take part, we will ask you to fill in an online survey, which will take 30 to 45 minutes, on your computer, laptops or tablets, as part of a class activity. The survey will contain questions about your health, feelings and relationships with your family, teachers and friends. Some examples of survey questions include:

- My life is going well.
- I feel happy.
- I like to spend time with my parents.
- My teachers care about me.
- I have friends that I really care about.

DO I HAVE TO TAKE PART?

This project is voluntary, so you can do it or not, and you can change your mind about it later. If you begin participating, you can also stop at any time. You won't have to explain why.

WHAT WILL HAPPEN WITH MY INFORMATION?

When the project is finished, we will publish the results as a school report and other research reports. We will only present group results, and we will not report results with less than 10 students, so no-one will know who you are. Your information will be stored securely online in the Melbourne Graduate School of Education for at least 10 years. The researchers need to do this because it is a University rule.

WHAT ARE THE RISKS AND WHO CAN I TALK TO?

It is unlikely, but some students feel worried or sad when answering questions about their feelings, friends, family or school. If you feel like this please talk to your teachers, school welfare people, your parents/ carers, or contact one of the helplines below.

<p><i>Headspace</i></p> <p>Provides mental and health wellbeing support, information and services to young people and their families across Australia.</p> <p>www.headspace.org.au</p>	<p><i>Kid's Help Line</i></p> <p>Free 24-hour telephone counselling service for young people aged 5-18.</p> <p>Phone: 1800 551 800</p>	<p><i>Lifeline Australia</i></p> <p>Lifeline Australia is a 24/7 phone counselling service.</p> <p>Phone: 13 11 14</p> <p>Website: http://www.lifeline.org.au/</p>
--	--	--

HREC: 1648526; Date: 23/1/20; Version: 2.2

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

WILL I HEAR ABOUT THE RESULTS?

Upper Hunter Where there's a Will and your school will get a report of the results for groups in your school. Where there's a Will and your school can choose how they share the reports. Individual participants will not be identified in any presentation or publication.

WHAT IF I HAVE A QUESTION?

If you have any questions you should talk to your teacher or a parent. If they don't know the answer to your question, they can contact Dr. Tan-Chyuan Chin (TC) Tel: +61 3 90358976, or the Research Ethics Office at the University on 03 8344 2073.

Thank you for thinking about helping out with this survey to find out more about the health and wellbeing of young people.

Your parent/caregiver has also been given information about this project.

HREC: 1648526; Date: 23/1/20; Version: 2.2

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