

Parent/Carer Plain Language Statement

Centre for Positive Psychology,
Melbourne Graduate School of Education



THE UNIVERSITY OF
MELBOURNE

Project: The Wellbeing Profiler Project

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

Dear Parent/Guardian

Invitation for your son/daughter to participate in The Wellbeing Profiler Project 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 Wellbeing Profiler survey at school.

What is this research 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 your child be asked to do?

The Wellbeing Profiler 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.

Providing data for research at The University of Melbourne

Your school has also consented to providing students' Wellbeing Profiler 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.

HREC: 1648526; Date: 20/05/19; Version: 2.1

Melbourne Graduate School of Education

The University of Melbourne Victoria 3010 Australia

T: +61 3 8344 8285 F: +61 3 8344 8529 W: www.edfac.unimelb.edu.au



THE UNIVERSITY OF
MELBOURNE

What are the possible benefits?

We anticipate the results of this survey will help your school understand where students need more support so they can create a positive environment for students to learn and develop to their fullest potential. We also hope that these insights on student wellbeing will inform wellbeing interventions/practices and curriculum at school.

What are the possible risks and how will students' welfare be protected?

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. www.headspace.org.au	<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: http://www.lifeline.org.au/
---	---	---

School support:

Director of student Counselling: Ms Jody Forbes, email: jforbes@bggs.qld.edu.au, phone: 07 3332 1300

By visiting the Australian Psychological Society website you can locate a Psychologist in your area if you wish. www.psychology.org.au.

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.

Where can I get further information?

Mrs Emma Lowry will be responsible for coordinating the wellbeing initiative in your school. Please feel free to contact Emma on 07 3332 1317 or at elowry@bggs.qld.edu.au should you have any questions about your child's participation in the wellbeing initiative.

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 any 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. 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

HREC: 1648526; Date: 20/05/19; Version: 2.1

Melbourne Graduate School of Education

The University of Melbourne Victoria 3010 Australia

T: +61 3 8344 8285 F: +61 3 8344 8529 W: www.edfac.unimelb.edu.au