

SECONDARY STUDENT PLAIN LANGUAGE STATEMENT

Centre for Positive Psychology,
Melbourne Graduate School of Education

PROJECT: THE WELLBEING PROFILER PROJECT

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Dear Student,

Thank you for your interest in participating in this research project. These pages will provide you with further information about the project, so that you can decide if you would like to take part in this research.

Please take the time to read this information carefully. You may ask your teacher questions about anything you don't understand or want to know more about. If you are younger than 18 years old, you will also need permission from your parent/caregiver to take part in this project.

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 project 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 I BE ASKED TO DO?

We will ask you to complete an anonymous online survey about your health, feelings, how you experience life, and what you think about your relationships with teachers, friends, and family. The survey will take about 30 to 45 minutes to complete. It is important that you complete this online survey by yourself and you do not share your answers with other students or people. This is to make sure that your answers are as honest and true as possible. If you chose to complete this survey, this means you agree to be part of the project.

DO I HAVE TO TAKE PART?

No. If you don't wish to take part, you don't have to. If you begin participating, you can also stop at any time. If you don't want to be involved, your decision will not affect your results or progress at school or disadvantage you in any way.

WHAT WILL HAPPEN TO THE INFORMATION ABOUT ME?

(CONFIDENTIALITY AND DATA STORAGE)

This is an anonymous survey so we will not be collecting identifying information from you. Once you finish the survey your responses will be saved on a website that has been setup by the University of Melbourne research staff. If there are less than 10 students participating, results will not be reported so as to protect the identity of the students. Only researchers from the University of Melbourne will be able to view the collected survey responses, and this information will be kept secured at all times. Access to the information is restricted to the University of Melbourne staff working specifically on this project. Storage of the collected data will be kept on secure, password protected University servers for at least 10 years before being deleted. Your responses 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 in any public documents and presentation.

WHO IS PAYING FOR THE STUDY?

Your school or local council is paying for this survey.

WHAT ARE THE POSSIBLE BENEFITS?

The Wellbeing Profiler results can be used to;

- comprehensively assess wellbeing in your school, across six 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 your school compares to a broader benchmarking dataset
- identify the strengths and the wellbeing needs for each year group
- 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 to apply for funding for wellbeing programs
- provide evidence to your school and The University of Melbourne so collectively we can better understand and support young peoples' wellbeing needs

WHAT ARE THE POSSIBLE RISKS AND HOW WILL YOUR WELFARE BE PROTECTED?

Although unlikely, it is possible that some students may feel uncomfortable or worried answering some of the questions about their feelings, relationships and outlook on life when they complete the survey. There are no questions about self-harm, harm to others, or finding out if you have a psychological or physical illness.

To protect your welfare, survey administrating staff are required to setup a safe space for you to complete the survey and provide you with some extra information after the survey. Should you feel any distress during, or as a result of, this activity, you can withdraw at any time, with no negative consequences on your learning experiences in school. Should you have concerns or feel distress, you may also wish to talk to your parents/guardians, teacher, school welfare officer, a doctor or contact free counselling helplines such as Headspace, Kid's Help Line, or Lifeline.

<i>Headspace</i> 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
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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.

WILL I HEAR ABOUT THE RESULTS?

Your school will get a report of the results in which no individual student will be identified. It will be up to your school how they let you know about the wellbeing results at your school.

WHERE CAN I GET FURTHER INFORMATION?

If you would like more information about the project, feel free to talk to your teacher or feel free to contact the researchers: Dr. Tan-Chyuan Chin (TC) Tel: +61 3 90358976.

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. 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.

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

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