

Information Sheet for Students

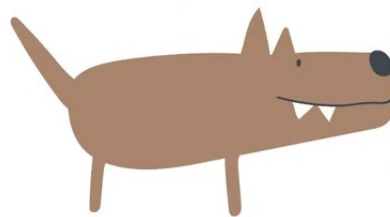
We'd like you to be part of our research study!

What will you do?

- Answer some questions online about your well-being, what you do to look after yourself, and how you've been feeling at school.
- Ten weeks later, we'll ask you some more online questions.
- The online questions may be like "I have a friend at school", or "Have you been happy at school?". You will also see some cartoons of difficult situations (such as having too much homework to do) and asked what you would do in that situation.

Grow Your Mind

Your school will include a program called 'Grow Your Mind' in their curriculum in 2021. This program involves videos, discussions, and activities to learn about how we can look after our mind! Over 10 weeks during one of your school terms in 2021, you will learn about the different parts of your brain, mental health, emotions, growth mindset, character strengths and MORE! The University of Wollongong will evaluate this program by asking students and teachers some questions online before and after the program is taught.



If you have any questions or feel anxious or worried during the study, please let your parents or teacher know. As you are volunteering, you can stop participating at any stage – just let your parents or teacher know. If you don't wish to participate in the online research questions you will do some other classroom activities instead, and you can still do the Grow Your Mind program with your class.

Thanks from

Professor Stuart