

# PARTICIPATE IN RESEARCH

## Information for Parents

### Underage Drinking, Bullying, and Wellbeing During Early Adolescence

#### *Research team contacts*

This project is being conducted by a team from the Centre for Youth Substance Abuse Research (CYSAR) Queensland University of Technology and the University of Queensland. The principal researchers are Dr Melanie White, Professor David Kavanagh, Dr Catherine Quinn, and Professor Leanne Hides. Luke Nykiel, a research assistant from UQ, will assist coordinating the project. Honours and postgraduate students will also be working on the project.

#### *What is the purpose of the research?*

The purpose of this research is to help us understand more about substance use, peer interactions at school and adolescent wellbeing.

#### *Are you looking for people like me?*

Grade 11 and 12 students are invited to participate in this research.

#### *What will you ask students to do?*

Students have completed questionnaires for the past four years. Student participation will involve completing a survey each year until the completion of high school (i.e., until 2019 or 2020). It will be completed during class time, online, or using paper and pens, and will take approximately 40-50 minutes to complete. Students will be asked questions about bullying, substance use, their emotional, social, psychological and physical wellbeing, as well as questions about their mental health. As part of the questionnaire students will be asked to provide the names of up to five of their closest friends. Both the student and friend's names will be de identified, which means all names will be replaced by a unique number. From 2019, two new sets of questions will be included that ask about the use of e-cigarettes (e.g. "Have you ever used an e-cigarette or vaped, even once or twice?") and the recreational use of nitrous oxide (also known as "nangs", or "laughing gas"; e.g. "Have you ever used nangs (also known as bulbs, nitrous oxide, nitrous, laughing gas, N2O, Nozzies) for non-medical purposes?"). These questions are being included because recent research indicates that students entering the later years of adolescence may be initiating use of substances like nitrous oxide. The principal of your adolescent's school has been given a copy of the questionnaire and approved the conduct this research.

#### *Are there any risks for students in taking part?*

There are minimal risks associated with student participation in this project. If any of the questions in the questionnaire make students feel distressed or feel like they need further help or support, the details of youth friendly services are listed below and will be provided to students on the day of the survey.

<b>eheadspace</b>	<b>1800 650 890</b>	or <a href="http://www.eheadspace.org.au">www.eheadspace.org.au</a> offers online chat and telephone support
<b>Kids Help Line</b>	<b>1800 551 800</b>	(free call – 24 hour) for telephone counselling and referrals
<b>Lifeline</b>	<b>13 11 14</b>	(24-hour) for telephone counselling

Alternatively the school counsellor can be contacted if further help or assistance is required.

#### *Are there any benefits for students in taking part?*

This research might not directly benefit you, but you will benefit indirectly by helping us understand adolescent alcohol use, wellbeing and interactions with students at school.

#### *Will students be compensated for their time?*

No, students will not be compensated for their time. However, to acknowledge their participation, students will have the opportunity to enter a draw to win an iPad Air.

#### *If I do not want my adolescent to participate – what should I do next?*

All students have received an information sheet and consent sheet to take home to parents. If you have not received this information sheet please contact Catherine Quinn or Luke Nykiel ([adolescentaware@uq.edu.au](mailto:adolescentaware@uq.edu.au) or 3365 9186) and an information and consent sheet will be emailed to you.

After reading further information, if you **DO NOT** wish for your adolescent, please fill in the form attached to the information sheet and either return it to your adolescent's school or email it to Dr Catherine Quinn or Luke Nykiel.

If you **DO** want your adolescent to participate you **do not need to do anything further.**

**Thank You!**

QUT Ethics Approval Number: 1500000151