

Our new fieldwork partner

We are excited to announce that Roy Morgan has joined the *Growing Up in Australia* study!

Roy Morgan is an Australian owned and operated research company who are certified to internationally recognised standards of excellence for research, quality management and information security.

Roy Morgan interviewers and help desk operators are experienced, well-trained and ready to answer your questions. If you have any queries in relation to the *Growing Up in Australia* study, please reach out to us on any of the contact details listed below.

Keep in touch

Your ongoing participation is important to the success of this study. Stay in touch by keeping us informed of any changes to your personal information (new address, postal address, email address or phone number, etc.). You can update your details using the methods below.



1800 005 508



growingupinaustralia.gov.au



info@growingupinaustralia.gov.au



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ROY MORGAN



Australian Government
Australian Institute of Family Studies



Australian Government
Department of Social Services

PNL0822

The *Growing Up in Australia* Parent Newsletter

Issue 1



Watch them

GROW

Updates, future plans and findings from the *Growing Up in Australia* study.

Almost 20 years of *Growing Up in Australia*

Can you believe it? *Growing Up in Australia*: The Longitudinal Study of Australian Children has been consistently inquiring, measuring, analysing, and revisiting for almost 20 years. Remaining consistent in our approach has ensured the study is a trusted and reliable source of information for researchers and policy makers.



Thanks to you, the *Growing Up in Australia* study has seen some incredible achievements in its time; some big and some small. A few examples include:

- Contributing to the implementation of Paid Parental leave
- Finding that children with pets were no more likely to have asthma, debunking the popular opinion that pet ownership increased the risk of asthma
- Contributing to an inquiry into the health benefits of breastfeeding
- Discovering that reading to preschool children for up to 20 minutes a day was associated with significantly better learning outcomes for children at primary school
- A source of reference for the Evaluation of the 2006 family law reforms.

The *Growing Up in Australia* study was the first study of its kind in the country and continues to make findings with real-life impacts.

We are committed to understanding how our study families continue to transform, move and grow up in Australia into the future.

Thank you for your on-going support, from the *Growing Up in Australia* team.

How can you help?

The focus of our study has always been to better understand children's and young people's development in Australia. As parents or guardians of *Growing Up in Australia* study children, you have been and continue to be a key contributor to this initiative.

To continue making real-life impacts, your participation and your encouragement of your children's participation is very important. Put simply, our study would not be possible without you both.



Acknowledgement of Country

The Australian Institute of Family Studies acknowledges the traditional Country throughout Australia on which we gather, live, work and stand. We acknowledge all Traditional Custodians, their Elders past, present and emerging, and we pay our respects to their continuing connection to their culture, community, land, sea and rivers.

A word from Dr Lisa Mundy

Hi there, my name is Dr Lisa Mundy and I am the Program Lead for the *Growing Up in Australia* study at the Australian Institute of Family Studies (AIFS).

My team and I are responsible for developing the surveys that make up the *Growing Up in Australia* study. We are an experienced and knowledgeable group who work hard to ensure your experience of our survey is the best it can be. Recently, we have been working on your next survey. We do this in consultation with researchers from a wide range of disciplines, including child and adolescent development, sociology, epidemiology, public health, family studies, psychology, mental health, education and employment, and economics – some who have been with the study since it began!

We are also working closely with Roy Morgan, our new fieldwork partner, to ensure you and your family are central to everything we do.

This breadth of expertise ensures that the *Growing Up in Australia* survey that you complete continues to produce evidence and has purpose.

We are incredibly grateful for your contribution in assisting Australian families and Australian children through this incredible study thus far.

With thanks and kind regards,

Dr Lisa Mundy



Experiences during COVID lockdowns: Findings from *Growing Up in Australia* data collected in 2020

The proportion of young people feeling isolated from others increased during the first national coronavirus restrictions period (CRP*)

Participants at age 20-21

During CRP 64%

After CRP 48%

Participants at age 16-17

During CRP 64%

After CRP 49%



Over half of young people reported not getting the support they needed during the coronavirus restrictions period (CRP)[†]

Participants at age 20-21

53%

Participants at age 16-17

58%



* CRP was March to May 2020. Percentage reporting 'always', 'often' or 'sometimes' feeling isolated from others. [†] Percentage responding, 'very often', 'often' or 'sometimes'.



For a list of support services that may assist you or your young person, please visit growingupinaustralia.gov.au/welcome-participants/support-services