



Growing Up in Australia

The Longitudinal Study of Australian Children

Everything you need to know for the next round of the study





You are awesome

Did you know that you were one of around 10,000 children randomly selected to be a part of *Growing Up in Australia*: The Longitudinal Study of Australian Children? You were chosen to share your childhood experiences so the country could best design policies for children, young people, parents and families. That's awesome and we are incredibly grateful.

Although you're not a child anymore, you are in a very important phase of life, progressing through young adulthood. It is still important that we hear from you about your wellbeing, your education, work opportunities, and other areas of your life. Providing this information will help researchers and policy makers understand the complexities and challenges you may be facing. Understanding where you have come from and how that might shape where you are going is one of the unique qualities of this study. It allows us to really make a difference for other young people now and into the future.

The next phase of the *Growing Up in Australia* survey is ready for you to complete and we invite you to take part.

What will your survey look like?

There are **two parts** to the survey:

01 an online survey

AND

02 a home survey with our interviewer



Who is conducting the research?

Growing Up in Australia is conducted in partnership between the Department of Social Services (DSS) and the Australian Institute of Family Studies (AIFS). Roy Morgan is responsible for the data collection for the study.

01 Your online survey

Please complete your online survey (approximately 30 minutes) any time before your home survey. This will make your home survey shorter. If you don't get to your online survey before your home visit, you can complete it at the start of your home visit with your interviewer. You will receive an instant **\$20 e-gift card** on completion of your online survey.

The information you need to complete your secure online survey is unique to you. It can be found on your invitation letter or by calling 1800 005 508.

Complete your online survey and receive an instant **\$20 e-gift card.**



02 Your home survey

An interviewer will call you and schedule a time to visit you at home (or at a place where you feel comfortable). Our interviewers are very flexible and will work with you to find a time and place that is suitable for you both.

Your home survey will take around one hour and will include a combination of answering questions from your interviewer and completing questions on their tablet. As always, if you don't feel comfortable answering any of the questions, you can skip over them.

Complete your home survey and receive an additional instant **\$50 e-gift card.**

Complete your home survey and receive an additional instant **\$50 e-gift card.**



And just because it's called a 'home survey' doesn't mean it needs to be completed at home. We can arrange to meet you at a place where you are most comfortable (e.g. local library, a café, park, local community centre, etc.).

What will your next survey ask about?

We have prepared a survey that includes a broad range of topics. Some of the questions are new and some are questions we have asked before. Being a longitudinal study means that we are interested in how your responses to the same questions might change over time. The topics covered in your survey will vary depending on your circumstances but may include:

- study, work and training
- medical conditions and disabilities
- alcohol, smoking and drug use
- feelings of stress, anxiety or depression
- relationships
- current living arrangements
- parents, partners and children
- social media and online experiences
- your beliefs and attitudes; and
- nutrition.





Getting your permission

At various points throughout the survey we may ask your permission to continue before proceeding. This permission, or consent, ensures you are happy to participate in the study and are comfortable answering the survey questions. If you have any questions or concerns about participating, take a look at the **Privacy brochure** (copies are available on our website). An interviewer or helpdesk operator will always be able to answer any other queries you may have before you provide consent.

Discussing data linkage

Our interviewer will also ask for your consent to link your survey data to relevant government data. Data linkage is the process of combining data sources to produce a more comprehensive picture of the factors affecting you. **You can't be identified when our specialists do this.**

With your permission, we'd like to link your *Growing Up in Australia* data to some other data sources to expand the range and improve the quality of data we collect. Linking your responses with existing data also means we can ask fewer questions in the survey, saving you time.


More information on data linkage and how your personal information is kept private and confidential can be found in the *Growing Up in Australia* Data Linkage brochure. Copies of the brochure can be requested from your interviewer, or by emailing info@growingupinaustralia.gov.au or calling 1800 005 508.

A digital copy of the brochure and other documents relating to data linkage can be found at growingupinaustralia.gov.au/data-linkage or by scanning the QR code here:




Findings from the *Growing Up in Australia* study

Being a longitudinal study means that we get to touch base with the same study participants over different points in time, to see how they are going. Below are some findings, using data collected across a 12-year period from *Growing Up in Australia* participants, which look at prosocial behaviours¹ and volunteering and whether they are associated with improved mental health.



By the age of 12, **approximately 50% of children** have participated in one or more **volunteering activities** in the last year.

These activities included being involved with sporting clubs, school groups, community or welfare organisations, church or religious groups, environment/conservation activities.



The **earlier** a child under the age of 13 develops **prosocial** and **kind behaviours**, the **better** their **mental health** and **wellbeing** later in life.



During the **childhood years** (4–12 years), children who engage in **more prosocial behaviours**², have **better mental health** than children with lower levels of prosocial behaviours.

² Such as helping other children and sharing with others.

Federal and state governments are actively promoting the importance of volunteering through the development of a National Strategy for Volunteering, and these *Growing Up in Australia* findings may help to inform this strategy.

To read the full report or to view other reports in the series, head to growingupinaustralia.gov.au/research-findings/snapshots

¹ Prosocial behaviours are any activities with the aim of benefiting others or society. These behaviours can include volunteering, contributing to others' wellbeing through acts of kindness, or helping those who are less fortunate.

Thank you

To thank you for your continued participation and time, this year we are offering you up to **\$70 in e-gift cards**:



+



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\$70

sent to your email as soon as you complete your online survey. The online survey can be completed prior to your home visit for a shorter in home survey, or with your interviewer at your home visit.

sent to your email instantly after you complete your home visit.

This means if you complete both survey components you will receive **\$70 in e-gift cards**, which you can choose to redeem from a wide range of store gift cards and vouchers or choose to donate to charity.

You are irreplaceable

Growing Up in Australia is important because of **you**. It is a longitudinal study, which means we can only survey the people that were initially selected to take part in the study when it first started.

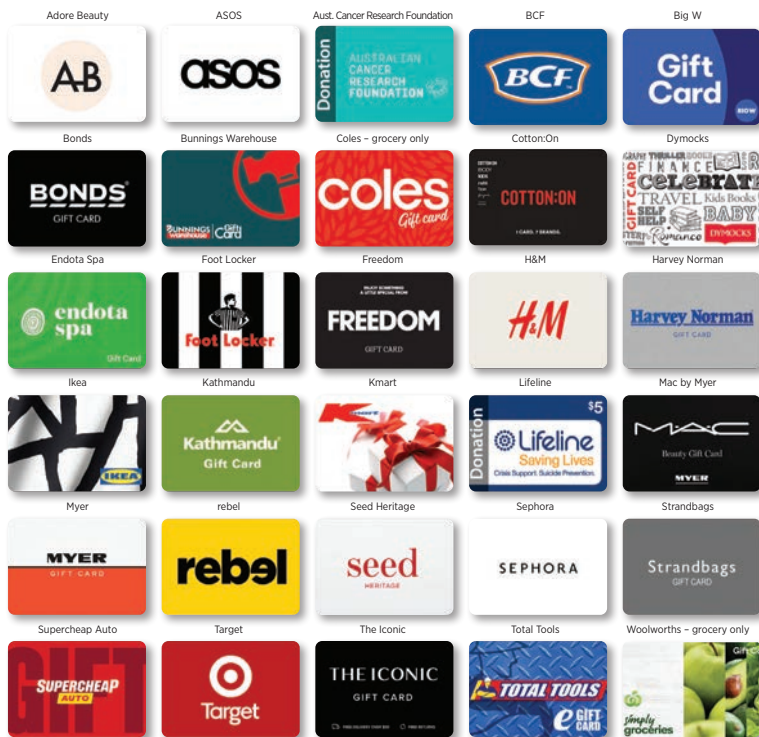
We can't replace you or anyone else in the study – you are irreplaceable.

We value your support and ongoing participation in this study. We think you're awesome.



Growing Up in Australia: GiftPay e-gift retailers

Your e-gift card allows you to choose from a wide range of store gift cards, vouchers and charities. These tips will ensure you can access and redeem your e-gift card with ease. It's quick and easy!



- 1 Once you get to the website, choose the store or service where you want to redeem your e-gift card.
- 2 Some stores only allow in-store use. Others only allow online use. Make sure to check for this when you select your store!
- 3 For in-store use: You'll be given a barcode to use. You can either print the voucher or show the barcode on your phone.
- 4 For online use: You'll be given a code - when you have finished your online shopping for this store, copy and paste the code on the checkout webpage.

You can view the full list of available retailers by visiting

growingupinaustralia.gov.au/survey/giftpaye-gift

Privacy and confidentiality

More information on how your data is used, as well as how your personal information is kept private and confidential can be found in the **Privacy brochure**.

Copies can be requested by emailing info@growingupinaustralia.gov.au or calling 1800 005 508. A digital copy is also available on our website: growingupinaustralia.gov.au or by scanning the QR code here:



More information about *Growing Up in Australia*

For more information about the study, please visit our website
growingupinaustralia.gov.au

To view the *Growing Up in Australia* Privacy Statement, please visit
growingupinaustralia.gov.au/privacy-ethics#privacy

If you have any specific questions regarding the *Growing Up in Australia* study, we would be happy to hear from you. Please contact us via phone on 1800 005 508 or email info@growingupinaustralia.gov.au

Participation in the study is voluntary and you can withdraw from the study at any time.



Keep in touch

If you move house, change phone numbers, or get a new email – let us know using the contacts below. We'll only ever send you relevant *Growing Up in Australia* study information.

@ info@growingupinaustralia.gov.au

📞 1800 005 508

🌐 growingupinaustralia.gov.au

Special requirements

If there is anything you would like your interviewer to know about you, or any supports you may need that would assist you to take the survey, please let us know.

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 future, and we pay our respects to their continuing connection to their culture, community, land, sea and rivers.

Growing Up in Australia has been approved by the Australian Institute of Family Studies Ethics Committee. The Ethics Committee ensures that the *Growing Up in Australia* study meets the ethical standards outlined in the National Statement on Ethical Conduct in Research Involving Humans. If you have any ethical concerns with the conduct of the study, you may contact the AIFS Ethics Committee Secretariat on (03) 9214 7888 or ethicssecretariat@aifs.gov.au



ROY
MORGAN



Australian Government
Australian Institute of Family Studies



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Department of Social Services



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