### RAW PROJECT E-Newsletter

First Edition - End of Wave 2, 01/08/2018

### Welcome.

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With your help we reached our goal of 500 RAW families. Thank you very much for making this study possible. A big THANK YOU to all those parents who also helped spread the word about project.

Our first wave of testing was completed in July 2017 and we have just completed our second wave of testing.

In this first edition newsletter you will find some general information on the RAW cohort from wave 1, a Q&A with a RAW participant and a RAW research assistant, information on the next exciting competition and prize donated by classbunny, as well as other useful resources and information. We hope you enjoy the read.

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The RAW Project Team.

### Website and Social Media.

We post articles about adolescent wellbeing and include updates on RAW competitions on Facebook. We plan to update our webpage more often too there will soon be a news page where you can access these newsletters whenever you want. *Click* on the icons below to go to our Facebook page or website.

If they have, please update us by emailing your new details to rawproject@mq.edu.au or give us a call on (02) 9850 4080.

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#### In this issue:

- Wave 1 Insights
- RAW spotlight Q&A: Beau & Georgia
- RAW Competitions + The Next Competition
- Useful Resources

# Wave 1 Insights.

### Information from the Wave 1 data.

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From the questionnaires, we noted that 80% of children in the RAW Project reported having *good* social support, 65% had a *strong* sense of belonging in the schooling context and 80% of children reported being *satisfied with life*. Overall, the kids were a happy bunch. Children also reported that they got, on average, 9 hours of sleep on weeknights and weekends. This is an ideal amount of sleep for their age but we expect this to change in the coming years!

Technology is part of every modern child's life and our findings substantiate that claim. In our study, 44% of the children reported owning a mobile phone, 22% a pc or laptop, 45% an iPad, iPod or Kindle. Most children reported watching TV for 30 minutes to 1 hour a day. When we mentioned this statistic in Professor Ron Rapee's talk last year a lot of the RAW parents laughed! As you can imagine very few children reported reading magazines but most reported playing video games for 5-15 minutes a day. In out study, 66% of children reported having a social media account - YouTube was most common followed by Instagram. Girls also tended to use more visual social media platforms (e.g. Instagram) than boys.

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# **RAW Spotlight — Q&A.**

#### Beau—RAW Research Assistant



Georgia—RAW Participant



# 1) What is your role in the RAW Project and why did you join?

Beau might be a familiar face to some of you. He has been a research assistant since the start of the project. While working with the RAW Project, Beau has completed his Honours in psychology and is now undertaking his Masters of Clinical Neuropsychology.

**Beau:** "My role on the RAW project is running lab sessions with the other research assistants. I joined the RAW project as I enjoy working in a team and meeting new people. I also study psychology as an undergraduate and this was a great job for someone wanting experience in the field." Georgia: "Well it was actually my mum who suggested for me to be part of the RAW project because she had heard about it and she said it might be good to be involved because we have been hearing more and more about teenagers starting high school and dealing with emotional issues, and my sister had just started high school, and I was going to start soon too. She thought it might give our family more understanding of things teenagers are dealing with. I didn't really know a lot about it."

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# 2) Do you have any hobbies or do you like to do anything in your spare time?

**Beau:** "I have always enjoyed video games so in my spare time I like playing online games with my friends. As for sports, I like playing and watching soccer, tennis and basketball. I also regularly practice yoga, which I always look forward to and find greatly beneficial for my physical and mental health." **Georgia:** "In my spare time I enjoy hanging out with my friends. We go to the movies, do sleepovers or hang out at the beach. I also play a lot of sport. I play netball for my school and also for my club. I swim with a squad and do some competitions. I play touch football in summer, and I just started playing water polo with my school and I really like it. It's so much fun."

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## **Useful Resources.**

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https://au.reachout.com/ https://headspace.org.au/ https://www.beyondblue.org.au/

https://kidshelpline.com.au https://www.lifeline.org.au/

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