# PARENT INFORMATION SHEET for RESEARCH PROJECT

**An Investigation Into the Relationship between Cyberbullying, Coping and Help Seeking Among Young Adolescents**

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## Description

This research will investigate the help seeking and coping methods young people use to deal with cyberbullying. Whilst a lot is now known about cyberbullying, little is known about why young people do or do not seek help, and with bullying being a significant issue for young people generally, I seek your permission for your son/daughter to participate in an anonymous, online survey about help seeking, cyberbullying and how young people generally cope with peer relations.

For your information, the survey will ask questions about:

- Your child’s use of the internet (including playing games online and any exposure to online gambling)
- Any cyberbullying experiences they may have had
- Any coping strategies that your child may use to cope with cyberbullying (if they have experienced it), which includes asking about positive (supportive) and negative strategies, such as drug or alcohol use
- Help-seeking practices and to whom they might go to for assistance
- Their wellbeing overall, including mental health

At the completion of the survey, students will be provided with a list of Help services (such as beyondblue) should they feel they require them, and to remind them that these support services are available. For your information a copy of these services is provided with this information sheet.

Please do not hesitate to contact me if you have any questions on the above contact details.

## Participation

Participation will involve students completing an online survey at a time that is best for all. It will take approximately 20-30 minutes, and participation in this project is voluntary. Students can withdraw from participation at any time during the project without consequence. A follow-up interview will be conducted with those who indicate willingness to have a chat with me about their help seeking and coping strategies.

## Expected benefits

Participation in this study will raise awareness about help seeking and being safe online. It is expected however, that there will not be direct personal benefit to you, but it may subsequently benefit the general community by providing a guide to deal with or avoid negative online experiences such as cyberbullying. Involvement will also benefit the school community as I will return to give a talk about what young people are telling us. An executive summary will also be made available to the school for their information.

## Risks

There is no personal risk beyond that experienced in day to day activities. Participation involves an anonymous, online survey, with students and the school remaining unidentifiable. All interviews will take place on school grounds, in clear view of experienced staff. A list of counselling services will be provided and the school counsellor is available in the unlikely event that they will be required.

## Confidentiality

All comments and responses will be treated confidentially. The survey is anonymous, and all responses will be aggregated and de-identified. For any interviews, the researcher will take every care to remove responses from any identifying material as early as possible. Individuals’ responses will be kept confidential by the researcher and not be identified in the reporting of the research. However, as a mandated notifier, and in line with requirements, the researcher is under obligation to take action should any material presented raise a concern to your child’s wellbeing, or if your child is seen as in need of help and support. If this occurs, actions will take place with respect to what is best for your child and their wellbeing. All information will remain confidential.

Your child is not obliged to disclose information about illegal behaviours. However, this survey is anonymous and there is no identifying information that can personally identify your child.

All data will be stored for an additional 5 years after the completion of the project under password protection by the researcher.
Consent to Participate
If you would like for your child to participate, and he/she also consents to participate, would you both please sign the attached (consent) form, and return to your school.

Questions / further information about the project
Please contact Larisa Karklins (details above) if you have any questions or if you require further information about this project.

This project has been approved by the University of South Australia's Human Research Ethics Committee, and the Department for Education and Child Development Ethics Committee. UniSA is committed to researcher integrity and the ethical conduct of research projects. However, if you do have any concerns or complaints about the ethical conduct of the project you may contact the Executive Officer of this Committee, Tel: +61 8 8302 3118; Email: vicki.allen@unisa.edu.au, or my Supervisor, Dr Barbara Spears, Tel: +61 8 8302 4500; Email: Barbara.Spears@unisa.edu.au. The Research Ethics Officer is not connected with the research project and can facilitate a resolution to your concern in an impartial manner.

Thank you for participating in this study.

The following services are available should you or your child require them:

1300 22 4636

headspace.org.au

1800 55 1800

13 11 14

1300 789 978

1300 659 467