

How your school can assist us

We understand there are many demands on schools and, therefore, the research team will assist in any way possible to make your school's participation straightforward and undemanding.

The survey will take about 40 minutes of the student's time (under one class period). The survey can be done **at any time** that is convenient to your school.

Your school's participation in this study will involve allocating a teacher with whom we can liaise to:

- enable us to randomly-select 80 students (plus replacement students) to be surveyed;
- enable us to gain parental consent and student consent;
- arrange designated classrooms where the survey can be conducted over two consecutive class periods;
- enable two research assistants, in the presence of a teacher, to survey a total of 80 students (that is, 40 students in each class period).

Please note that, with the exception of the contact teacher and supervisory teachers, whose total commitment will be about 5–6 hours, no teacher time needs to be committed to assist us.

Privacy and Confidentiality

Schools and students cannot be identified.

Students' responses are completely anonymous and confidential.

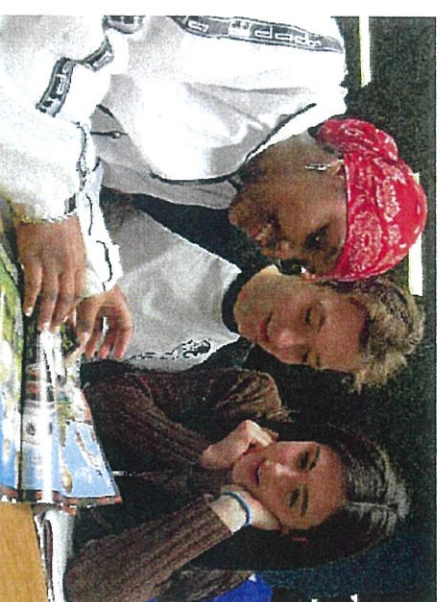
Ethical concerns with the conduct of the SSHB Survey can be lodged with:

Ethics Coordinator
NSW Population and Health Services Research
Ethics Committee
Ph: (02) 8374 5615
Email: ethics@cancerinstitute.org.au

For more information about the SSHB Survey or the ASSAD Survey contact:

Principal Analyst, Health Surveillance
Centre for Epidemiology and Evidence
NSW Ministry of Health
Ph: 1800 620 277
Fax: (02) 9424 5755
Email: catiadmin@don.health.nsw.gov.au

NSW School Students Health Behaviours Survey 2017



**Information
for
Schools**

What is the SSHB Survey?

The School Students Health Behaviours (SSHB) Survey explores the health behaviours and attitudes of secondary students in NSW. The SSHB Survey includes questions from the national Australian Students' Smoking, Alcohol and Drug (ASSAD) Survey and additional questions on health behaviours and attitudes. The ASSAD Survey is a collaborative effort of the Cancer Councils throughout Australia, the State Departments of Health, and the Australian Government Department of Health and Ageing.

When did the ASSAD and SSHB Surveys begin?

The national ASSAD Survey began in 1984. It is one of the longest running surveys of the health behaviours of secondary school students. It evolved from gathering information about tobacco and alcohol use, to include information about illicit drug use between 1996 and 2011. In 1993 questions about sun protection were added to the survey. In NSW, the SSHB Survey began in 2002. It incorporates questions from the ASSAD Survey along with supplementary questions on nutrition, mental health, physical activity, and sun protection. Since 1984, over 88,000 students in NSW have participated in the ASSAD or SSHB surveys.

Why do we do the SSHB Survey?

The main objective of the SSHB Survey is to assist educational and health authorities understand the health behaviours and attitudes of secondary school students in NSW.

Results from the SSHB Surveys are used to provide information about, and comparisons of, trends in health behaviours and attitudes of secondary school students. This information helps in the development of policies and programs designed to improve adolescent health. It also provides an indicator of the effectiveness of existing health education strategies.

Who manages the SSHB Survey?

The NSW Ministry of Health conducts the SSHB Survey using well-qualified and experienced researchers.

The SSHB Survey has the approval of the NSW Ministry of Health and the NSW Department of Education and Training.

Ethics approval to conduct the SSHB Survey has been given by the NSW Population and Health Services Research Ethics Committee.

Trends in smoking and alcohol consumption (ASSAD & SSHB survey data)

Figure 1 Current smokers, NSW 1984-2014

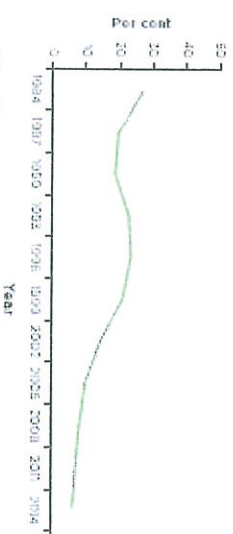
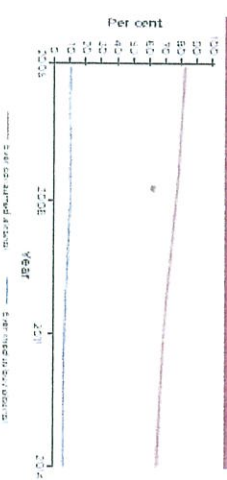


Figure 7 Ever consumed alcohol or tried to buy alcohol, NSW 2005-2016



Where can I obtain copies of reports from the ASSAD and SSHB Surveys?

Copies of reports from the SSHB survey are available from www.health.nsw.gov.au. Copies of reports from the ASSAD survey are available from www.cancerivc.org.au/research