



## NSW School Students Health Behaviours Survey 2017 Parental/Guardian Consent Form

The New South Wales Ministry of Health is conducting a state-wide survey of secondary school students. The survey is about the health behaviours of adolescents and aims to find out how common these behaviours are. The survey covers topics such as: alcohol, tobacco and substance use, nutrition and eating, height and weight, physical activity, psychological distress, and sun protection. The Department of Education have approved the state-wide survey, which is part of a national survey of secondary school students. The information collected provides a profile of the health of young people and will guide policies and programs designed to protect and promote the health and wellbeing of young people and encourage them to take up healthy lifestyles.

Your child has been randomly selected to be part of the NSW School Students Health Behaviours Survey 2017. The survey will be conducted at the school in the next month.

I am writing to ask for your permission to allow your child to participate in the survey. Your child's participation is voluntary and they may withdraw at anytime if they do not wish to continue with the survey. Your child's answers to the questions in the survey are completely anonymous. Their name will not be on the survey. No individual school or individual student will be identified in any reports published from the survey. Reports will only be used to develop policies and programs designed to improve the health of young people.

Please read the enclosed information brochure, If you have any questions, or would like more information about the survey, do not hesitate to contact the Principal Investigator, Tim Harrold, on 1800 620 277.

In view of the importance of this project as part of the continuing effort to improve the health of our young people, the assistance of you and your child is greatly appreciated.

Please discuss participation in this study with your child and complete the consent form below and return it to your child's teacher within 7 days.

Yours sincerely

Dr Kerry Chant  
Chief Health Officer and Deputy Secretary  
Population and Public Health Division

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### NSW School Students Health Behaviours Survey 2017 Parental/Guardian Consent Form

I, \_\_\_\_\_  
*(please print name of parent/guardian)*

declare that I have legal responsibility for \_\_\_\_\_  
*(please print name of child)*

and I am legally competent to give consent to his/her participation in the NSWSSHB Survey.

In giving my consent, I:

- Am happy for my child to participate in the NSWSSHB Survey.
- Have read the information about the survey and understand what is involved.
- Have discussed participation in the survey with my child and they are willing to take part.
- Understand that the NSW Ministry of Health is conducting the survey and that a teacher may also be present but will not participate and will not be able to see student answers.

Signature \_\_\_\_\_

Date \_\_\_\_\_

## 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 6 Current smokers NSW 1984-2014

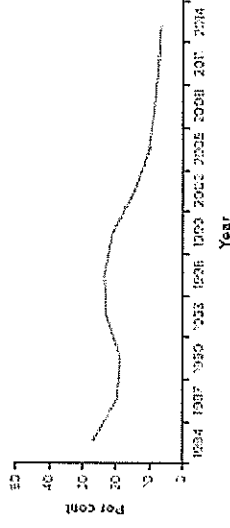
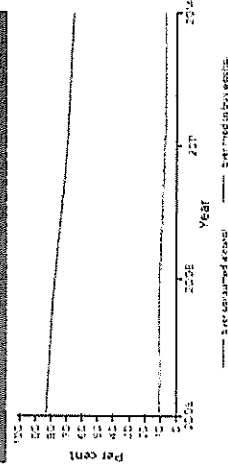


Figure 7 Ever consumed alcohol or tried to buy alcohol, NSW 2005-2014



## 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](http://www.health.nsw.gov.au). Copies of reports from the ASSAD survey are available from [www.cancervic.org.au/research](http://www.cancervic.org.au/research)