

PARENT-FAMILY SURVEY

MM MindMatters
Whole school mental health



You're invited to take part in a MindMatters survey from your child's school.

This survey contains 28 questions and will take about 10 minutes to complete. Your responses won't identify you and will be confidential.

What is MindMatters?

MindMatters is a mental health initiative for secondary schools that aims to improve the mental health and wellbeing of young people. It recognises the important role that parents and carers play in the lives of their children and encourages effective working relationships between school staff, parents and carers and students as well as the broader community.

What is the survey about?

The survey asks for your views about your child's school and its capacity to support student mental health and wellbeing.

What personal information is being collected?

Your first name, last name and email address may be collected to invite you to participate. This information is deleted once a survey is closed. Your responses to questions are not connected with your name or email address and so you cannot be identified in this way.

What is the purpose of this survey and what is my personal information being used for?

Your child's school is engaged with MindMatters as it has identified the importance of supporting the mental health and wellbeing of its students. MindMatters encourages schools to reflect on how they're doing things – what they're doing well already, and what they can improve to better promote student mental health and wellbeing. This survey is one way to seek the opinions of parents and families. The opinions of school staff and students may also be gathered, in order to gain a broad understanding of your school community and assist in school planning.

What choice do I have?

Completing this anonymous survey is entirely your choice and you can choose not to answer some or all of the items. Whether or not you decide to participate, your decision will not disadvantage you or your child. However, we hope that you will contribute to helping improve your school community. Please feel free to discuss any concerns you may have about completing this survey with any of the staff.

Who is my personal information disclosed to?

De-identified survey data is made available to school action team leaders. Data is presented in the form of a report which contains percentages of responses to questions. Survey data is also used in the aggregation of national averages which can be used by action team leaders to compare results.

De-identified survey data may also be used by organisations employed to evaluate the implementation of MindMatters and inform future development.

What do I need to do to participate?

Please read this information statement and be sure you understand its contents before you consent to participate. If there is anything you do not understand, or if you have questions, please talk to a school staff member.

If you consent to participate, please complete the survey according to the instructions.

Privacy compliance

Your personal information is managed in accordance with the Privacy Act 1988 (Cth) and the Australian Privacy Principles contained in that Act. Please refer to *beyondblue's* privacy policy at www.beyondblue.org.au/general/privacy-policy

1. What year levels are your children in this year? (Select all that apply).

- Year 6
- Year 7
- Year 8
- Year 9
- Year 10
- Year 11
- Year 12
- Year 13

2. What is the main language spoken at home?

- English
- Australian Indigenous languages
- Asian
- Arabic
- European non-English
- Other

C1 Positive school community

TA1 Developing a whole school approach	Not at all	A little	Quite a bit	Completely
3. I am aware that my child's school is implementing MindMatters to promote positive mental health and wellbeing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I am aware of the school's policies and practices to support student mental health and wellbeing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I believe good mental health and wellbeing is important for student learning and achievement.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TA2 Relationships, belonging and inclusion				
6. My child has a strong sense of belonging and connection to this school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Our school deals effectively with bullying and harassment problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I feel welcomed when I visit the school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. My child feels safe at this school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- | | | | | |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| 10. The school offers a range of opportunities for staff, parents and students to come together and get to know each other. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. My views and questions are listened to and taken seriously by the school. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. I have opportunities to contribute to school planning and decision-making. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

C2 Student skills for resilience

TA3 Resilience approaches and programs

Not at all

A little

Quite a bit

Completely

- | | | | | |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| 13. It is important that young people learn how to cope with stress and be resilient. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. I am aware of programs the school is running for students to develop skills to manage stress and be resilient. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

TA4 Student empowerment and mental health

- | | | | | |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| 15. The school provides my child with opportunities to take on new or different types of challenges to build their confidence. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|--|--------------------------|--------------------------|--------------------------|--------------------------|

C3 Parents and families

TA5 Information support

- | | | | | |
|---|--------------------------|--------------------------|--------------------------|--------------------------|
| 16. I receive information about my child's wellbeing as part of the school's regular reporting processes. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. I receive useful information about adolescent development and youth mental health from the school. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

TA6 Skills for effective communication

- | | | | | |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| 18. I would be comfortable seeking advice from the school if worried about my child's emotional wellbeing. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. I am confident staff would talk to me if they were worried about my child's emotional wellbeing. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

TA7 Recognising and responding to students experiencing difficulties

- 20. I know who I can contact at the school if I have questions or want advice about my child's wellbeing.
- 21. I am confident staff would help a student if worried about their emotional wellbeing.
- 22. My child knows which staff they can talk to if distressed and wanting help.
- 23. I am confident my child would talk to school staff if distressed and wanting help.
- 24. My child understands the common signs of mental health difficulties and where to get help.

TA8 Pathways and programs

- 25. The school provides families with information about services and programs that help young people who may be experiencing mental health difficulties.
- 26. I know of services or organisations in the community that could help if my child was experiencing mental health difficulties.
- 27. The school helps individual students and families to access local services and supports when they are experiencing difficulties.

28. Do you have any other comments related to your school community?

Find out more

www.mindmatters.edu.au