Trying out a Family Program to Help with Bullying

Information Sheet for Children

Your parents have asked if your family can be involved in a new program we are trying out to help children who are being bullied. The program is called Resilience Triple P. Resilience Triple P teaches children how to cope when other children are mean and how to sort out problems with other children. It also teaches parents how to help you if you are bullied and how to get help from the school when needed.

If your family chooses to do Resilience Triple P, you will need to come along to 4 sessions of the program with your parents and with other children and parents. Between sessions you will be asked to try out the ideas to help sort out problems with other children.

This is the first time we have tried this program so we need to do some assessments to see if it is helping. Your family will be asked to come along to 3 assessment sessions over 9 months. In assessment sessions you will be asked questions about how things are going with other children at school. You will also be videoed showing examples of how to manage teasing and bullying. You and one of your parents will be videoed talking. Your parents will fill out some questionnaires about how things are going for you. Your teacher will also be sent some questions about how things are going for you at school.

For your family to take part in this study, we would need agreement from you, your parents and your teacher. Some families will be offered places in the program straight away. Others will be offered the program in 9 months time after finishing all 3 assessment sessions. We will not know when your family will start the program until the end of the first assessment session.

If you take part in this study, all information we collect about you and your family will be kept confidentially. The only reason we would ever tell someone about it is if we need to in order to keep you or someone else safe. If you decide after starting the program that you do not wish to finish, you will be allowed to drop out.

This sheet is yours to keep. If you have any questions at any stage, please contact: Karyn Healy - Phone 3346 7814 or k.healy@psy.uq.edu.au. (Parenting and Family Support Centre, UQ letterhead)