Controlled Trial of a Family Intervention for Children Bullied by Peers  
(Trial of Resilience Triple P program)

Information Sheet for Teachers following a request from a family of a child in your class, and approval of your Principal and Catholic Education

The family of a child in your class has expressed interest in participating in the trial of Resilience Triple P program. Resilience Triple P is a new program designed for the families of children who are experiencing bullying by other children. Research indicates that the way children interact with other children and specifically how they handle bullying and conflict can make a difference as to whether the bullying is likely to lesson or increase. Resilience Triple P teaches children strategies for responding resiliently to bullying and conflict and for strengthening their friendships. Resilience Triple P also seeks to empower parents to coach and support their children in addressing bullying, and to work effectively with their child’s school. In addition, Resilience Triple P includes a brief Tip Sheet which will be offered to teachers of participating families. Participating teachers will also be offered a brief phone call should they wish to discuss strategies for supporting the child and family.

Resilience Triple P is currently being trialled by the Parenting and Family Support Centre (School of Psychology, University of Queensland). Each family’s involvement in the trial of Resilience Triple P includes both program participation and assessment. Families will participate in a group program with other families. There will be 3 assessments of each family over a 9-month period. Most assessment involves only the targeted child and family. In addition, on 3 occasions over the 9 months, the child’s teacher will be requested to complete a short questionnaire about the child’s social behaviour and experiences at school. This will take a maximum of 10 minutes on each occasion. The questionnaire that the teacher will be requested to complete on 3 occasions about the targeted child is attached to the Teacher Consent Form. We seek your consent to participate in this study.

The trial of this program and our approach to your school has been approved by Catholic Education. Your school principal has approved us requesting your participation in this study. Families are eligible to participate in the Resilience Triple P trial if

- The child is aged between 7 and 11 years and attends a regular primary school
- The parents perceive that the child is bullied by other children
- The parents, child, and the child’s principal and teacher agree to participate in the assessment.

This study has been cleared by one of the human ethics committees of the University of Queensland in accordance with the National Health and Medical Research Council’s guidelines. You are, of course, free to discuss your participation in this study with project staff contactable on the numbers below. If you would like to speak to an officer of the University not involved in the study, you may contact the Ethics Officer on 3365 3924.

All information collected as part of this research will be kept in strictest confidence. The teachers’ questionnaires will be returned directly to the researchers and will not be shared with the families. No
schools or families will be identified in any research report. Confidentiality will only be breached if a child is deemed to be at risk of harm. Questionnaire data will be coded and entered into data bases anonymously and will be used for general statistical purposes only. After the research is completed this information will be securely archived and later destroyed, in accordance with university policy. A summary of the overall outcomes of this study will be provided to you, your school, the family and Catholic Education.

If you wish to withdraw from the program, we respect your right to do so, at any stage, for whatever reason.

**Commencement of your Participation:** Please find attached a Teacher Consent Form which has already been signed by your school Principal, and follows consent of child and family to participate in this study. If you are agreeable, please sign this form and return this, along with the Principal’s Consent Forms in the prepaid envelope.

Please note that to test the effectiveness of the program all families involved in this trial will be randomly allocated to either an immediate start or a delayed start condition. Families in the Delayed Start condition will receive the program 6 months after making contact and after having already participated in all 3 assessment sessions.

Thank you for considering participation in this study. Should you consent, we recommend you retain this information sheet for your ongoing records and reference.

**Researchers:**
Matthew R Sanders, PhD
Professor of Clinical Psychology
Director, Parenting and Family Support Centre

Karyn Healy, M.O.P.
Psychologist/ PhD Candidate
Coordinator, Resilience Triple P

*Parenting and Family Support Centre, School of Psychology, The University of Queensland*

**Enquiries:** For more information about *Resilience Triple P* trial, please contact: Karyn Healy Phone 3346 7814 or k.healy@psy.uq.edu.au