



## Consent to participate in the 'Boys and Help-seeking: What works in encouraging boys to reach out and seek help online' Survey

### Information Sheet

#### What is the purpose of this information sheet?

This information sheet assists you to understand how the information you provide in this survey will be used by **yourtown** and Swinburne University. **It is important that you read and understand this information sheet before commencing the survey.**

Participation in the survey is your choice and anonymous. It can be completed by anyone identifying as male, aged 15-25 years of age. Participants will go in the draw to win 1 of 5 \$50 gift cards.

**If you are under the age of 18, it is recommended that you talk to a parent or guardian about this project before participating.**

#### Project Background

This project is being carried out by **yourtown** in collaboration with Swinburne University as part of a student research project.

**yourtown** operates Kids Helpline, Australia's national 24/7 helpline for children and young people aged 5 to 25 years of age. In 2020, 75% of children and young people contacting Kids Helpline were females aged 5-25 years of age, with only 22% identifying as male.

Given girls seek help significantly more than males, responses to this survey will allow us to consider:

- What are the barriers to boys and young men seeking help?
- What does it take to encourage boys and young men to seek help for a range of contemporary issues including mental health, emotional wellbeing and family and peer issues?

#### How will your information be used?

**yourtown** and Swinburne University will use the responses of this survey to inform a report that outlines the evidence we found to design a counselling service model to encourage a greater number of boys and young men to seek help.

**yourtown** may also use the responses for other advocacy and research purposes, such as in policy submissions, reports, blogs, social media, emails and other advocacy and research products and materials. The advocacy and research purposes are necessary to influence government policy and focus on areas of priority and may be useful for funding submissions to



support and assist children, young people, and adults at risk in line with our Mission and objectives.

### **Do I have to give permission for my responses to be used?**

When you submit your survey, you provide consent for your responses to be used as part of the research. All responses are anonymous. Any personal, identifying information included by a participant will be reviewed and de-identified before being publicised.

You are free to provide as little, or as much detail in the survey as you like. There is no requirement to provide comments or additional detail unless you want to.

If you submit the survey and then change your mind about wanting to participate, you should contact the research team at **yourtown** on [research@yourtown.com.au](mailto:research@yourtown.com.au) or (07) 3368 3399, as soon as possible to discuss.

### **What is some of the questions in the survey upset me?**

The questions in the survey are not designed to be confronting or upsetting. However, if you are upset, or concerned by any questions raised in the survey, please contact Kids Helpline which provides free, private, and confidential 24/7 phone and online counselling services to anyone aged 5-25 years on 1800 551 800 or through the Kids Helpline website: <https://kidshelpline.com.au>.

### **Privacy and feedback links**

**yourtown's** privacy policy also provides information about how you can access or seek changes to the information we hold about you. You can access this policy at <https://yourtown.com.au/privacy>. Information about how you can make a privacy complaint is also provided in our Privacy Policy.

For more information about how **yourtown** handles your private information, you can contact us on (07) 3368 3399 or at [privacy@yourtown.com.au](mailto:privacy@yourtown.com.au).

If you want to provide feedback about the survey, please access the **yourtown** feedback form at <https://yourtown.com.au/give-feedback>.