



The next *chapter...*

The *Growing Up in Australia* team share the next phase of the study.

Hello from Dr Lisa Mundy



Welcome to the 2023 newsletter for *Growing Up in Australia*. The team and I would like to say a huge thank you to all of you. We are so grateful for the incredible contribution that you and your young person have made to the study so far.

Your continued participation has made it possible for researchers to make important discoveries using the study's data. We've released findings discussing the link between online behaviours and mental health outcomes, teenagers' experiences of discrimination, and the impact of volunteering on mental health – none of this would be possible without you and your young person's participation. You can read the full reports for these findings and all the other topics we have covered on the *Growing Up in Australia* website.

In study news, preparations are underway for the next phase. We are excited to once again be able to visit your young person face-to-face to get an update from them. Our last time in the field was severely impacted by the COVID pandemic and our swift shift to online interviewing resulted in lower than expected participation rates. We are hoping to reconnect with all our valued participants in this next phase so we can keep producing representative, policy relevant findings.

You can help by keeping your details up to date. Please let us know if you (or your young person) have moved house, changed phone numbers, emails or postal details by calling, emailing or heading to our website.

In other news, the research team is excited and preparations have begun to celebrate this wonderful study turning 20! As things progress, we'll keep you informed about the celebration plans so we can all share this amazing milestone together – another reason to make sure your personal details are up to date!

With thanks,

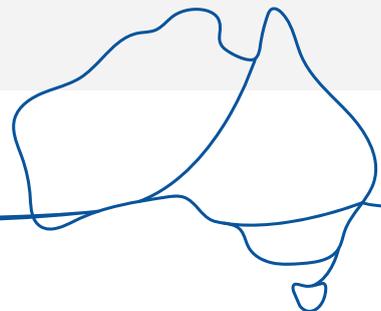
Dr Lisa Mundy

Update your details

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Acknowledgement of Country

The Australian Institute of Family Studies acknowledges the traditional Country throughout Australia on which we gather, live, work and stand. We acknowledge all Traditional Custodians, their Elders past, present and future, and we pay our respects to their continuing connection to their culture, community, land, sea and rivers.

Young adults returning to live with parents during COVID-19

Growing Up in Australia researchers used study data to investigate the impact of COVID-19 on young people aged 20-21, and comparing them to young people aged 15-19 pre-COVID.

Young adults experienced a range of **difficulties** in their **employment, finances, study and social lives** during the first national COVID-19 restriction period (March-May 2020).

Young women were **more likely** than young men to report **loneliness, social isolation and financial stress** in the COVID-19 restriction period. Among students, young women reported **lower levels of motivation and concentration** with their study than young men.

During the COVID-19 restriction period many young adults who returned to live with parents had **increased needs** for **emotional (57%) and financial (37%) support and advice (52%)** from parents.

There was a **significant increase** in the numbers of young adults **returning to live with their parents** at the start of the COVID-19 pandemic. Around **5%** of all **20-21 year olds** started living with their parent(s) again between March and May 2020.

Young adults who received **government payments** (e.g. JobKeeper) were **68% less likely** to return to live with parents.



To read the full report or to view other reports in the series, head to growingupinaustralia.gov.au/research-findings/snapshots



If you want to find out more about how to support your young person's mental health, headspace has some helpful resources on their website headspace.org.au/bytheirsides

A thank you from Barnardos

Thank you to everyone who updated their details in December 2022 to support our Barnardos fundraising partnership. For every participant who took part in this activity, we donated \$1 to the Barnardos children's charity. **A total of \$1,115 was raised!**

See what Barnardos had to say about this initiative.



To all the *Growing Up in Australia* study participants,

On behalf of thousands of disadvantaged children we care for and assist, we would like to thank you for being champions for children, by helping give each child in Australia a chance at a brighter future.

By engaging in the recent study initiative, you have made a real difference in the lives of thousands of Barnardos children.

In Barnardos, we're all about children. For over 100 years, we have acted and advocated for the safety of vulnerable children who are at risk of abuse and neglect. We work with their parents to give their children the best care possible and in cases where there is the risk of abuse, we find safe homes for them through foster care and adoption.

Your support is crucial in making this social change possible. It not only enables us to continue providing existing services, it allows us to expand our services to children currently out of our reach.

Thank you for believing in children and helping them claim the future they deserve.

Barnardos

In the media

Have you seen results from the *Growing Up in Australia* study in the news? There is a wide range of media out there helping to put a spotlight on important findings from our study data. This coverage is great and can show other Australians, the government and policy makers how important Australian-based research is. Results from our study are based on real people, with real experiences, and what could be better than helping to improve life for the next generation of people growing up in Australia.

Check out the list of articles by scanning the QR code:

