

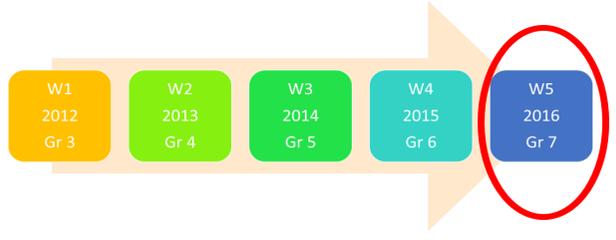
Top 3 student concerns about moving to high school

 (1) Losing old friends (2) Homework (3) Getting lost

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Next Steps

The information from the first 4 years of CATS allows us to better understand the health, emotional wellbeing, school engagement and academic achievement of Victorian children. We plan to catch up with all of our families again in 2016 - we look forward to seeing you then!



Media & Resources

Check out the feature article about CATS in *The Age*: http://bit.ly/the_age_article



CATS and the Response Ability initiative produced a great fact sheet about the transition from childhood to adolescence: http://bit.ly/cats_factsheet



Academic Publications

Mundy et al. (2013). Study Protocol: The Childhood to Adolescence Transition Study (CATS). *BMC Pediatrics*, 13 (160), 1-13.

Mundy et al. (2015). Adrenarche and the Emotional and Behavioural Problems of Late Childhood. *Journal of Adolescent Health*, 57, 608-616.



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Department of Education - Transition Project

In 2015 CATS received funding from the Victorian Department of Education and Training to investigate how the transition to high school can be improved. Watch out for the results in 2016.



THANK YOU for your contribution to the CATS study!
Without your help, we would not be able to do this important work.



January 2016 Report



Project Report

The first four years



What gives children a healthy start ?

CATS is a unique longitudinal study of children as they transition into adolescence. Beginning in 2012, CATS has collected information from over 1,200 children across Melbourne. CATS is one of the only studies globally to look at such a large representative group of children across the middle years of childhood.

The main focus of CATS is on the health and emotional development of young people during this period. By following the same children over time, CATS is able to identify those most at risk as they pass through puberty and the middle years. Factors can then be identified as targets for intervention to help all children better manage this transition. This report contains some early findings.

Who was part of CATS in Grade 6?

CATS families were recruited from 43 schools. This table provides statistics on our CATS participants in 2015.

	Male	Female
Gender (%)	46	54
Age in years (mean)	12.0	12.0
Child born in Australia (%)	87.1	88.3
Aboriginal Torres Strait Islander (%)	5.6	4.2

Internet usage in Grade 6



13%

The percentage of students who often miss sleep because they use the internet



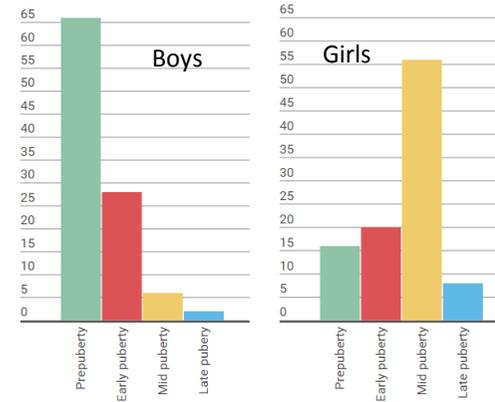
27%

The percentage of students who are bored when they can't use the internet for even one day

Puberty - a snap shot at Grade 5

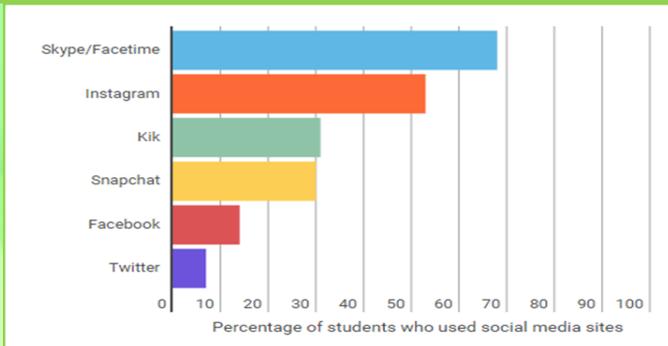
Puberty is a time of increased risk for the onset of a range of health problems.

The age at which a child enters puberty may also increase their risk for a variety of health and behaviour problems.

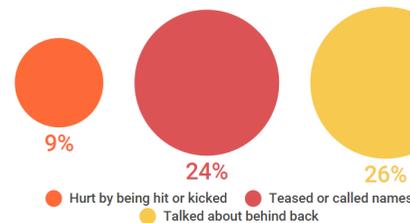


This graph shows the proportion of girls and boys that have entered the various 'stages' of puberty (according to parent report in 2014). The graph shows that there are 3 times as many boys in the pre-puberty group compared with girls.

Popular social networking sites in Grade 6

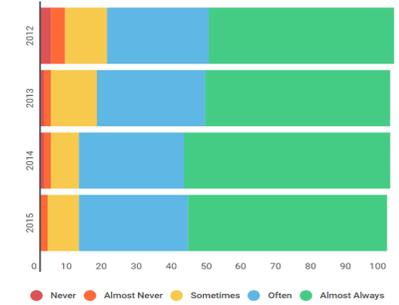


Experiences of bullying in Grade 6

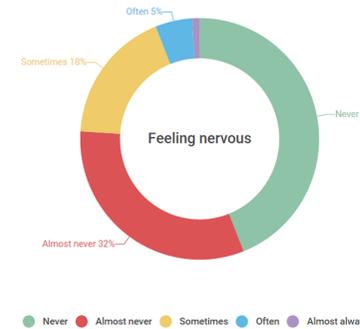


Feeling happy in Grades 3-6

Most children report being happy "almost always". This has increased over the last four years by almost 10%.



Feeling nervous in Grade 6



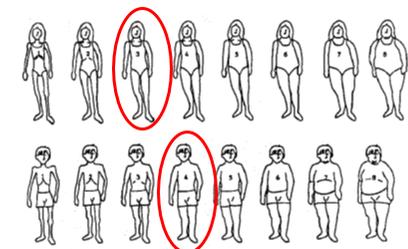
Most children report never or almost never feeling nervous.

18% of children report feeling nervous sometimes.

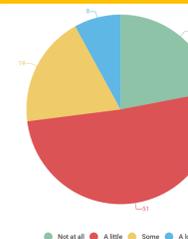
Body image in Grade 6

Children were asked to select an image that they would most like to look like.

Over 40% of girls selected the 3rd image. Almost 50% of boys selected the 4th image.



Feeling pressured in Grade 6



Over half of CATS children reported feeling "a little" pressured by school work.