



# An update from CATS

The Childhood to Adolescence Transition Study (CATS)



## What's happening in 2020?

Keep an eye on your email or letterbox as we'll be sending out your 2020 questionnaire in a few months. We will also be sending you a kit to collect some saliva and asking parents to complete a short questionnaire.

This year is the last time we'll be contacting you for a while. Next time you hear from us, you might be travelling the world, going to TAFE or university, or working in a cool new job...



## Update your contact details

Please fill out the attached form or visit [www.is.gd/cats\\_update](http://www.is.gd/cats_update) to make sure your details are up to date - even if you think nothing has changed.

We first met you back in Grade three — that's eight years ago now. With your help, CATS has helped to make real change in our community. We couldn't do it without you!



← You can also update your details  
by scanning this QR code!

# What have we learned?

## CATS in the spotlight!

Thanks to your involvement in CATS we have been working with the government to look at the impact of wellbeing on how we learn and grow.

Our discoveries will help develop new, innovative policies to better support the wellbeing of all children and young people across Australia. Some of these discoveries were recently featured in the media. Check out our website for radio interviews, webinars, blogs and more!

### The 5 most popular video games

Minecraft

Mario Kart

Call of Duty

Grand Theft Auto

Fortnite

Grand Theft Auto

Fortnite

Call of Duty

Minecraft

NBA



GIRLS

BOYS

7 out of 10 of you said you would definitely not smoke a cigarette in the next year.



Emotional problems get reported more often if we ask young people directly than if we ask their parents.

### What's up next?

Apprenticeship

6%

Gap Year

14%

Other

24%

Work

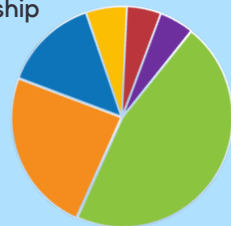
5%

TAFE/VET

5%

University

46%



"This generation of adolescents and young adults can transform all our futures"

GEORGE PATTON

Stay connected

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 @CatsStudy


 cats.study

Melbourne Children's

A world leader in child and adolescent health



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