

AN UPDATE FROM CATS



Hi,

What a year it's been! 2020 was a tough year for many people. This was especially so for young people.

Last year was an important opportunity to lend us your voice. You've helped us to learn more about life in lockdown. Thank you!

IS CATS HAPPENING THIS YEAR?

Yes! A quick 15-minute online survey for you. We'll give you a \$20 voucher as a thanks for participating!

We want to know what it's like for young people in a COVID normal world.

We also want to hear about any exciting plans you have for the years ahead. You could be gearing up for further study, working a cool new job, or planning a road trip... We can't wait to see where you go next!

We'll keep things short and avoid contacting you at busy times. So, you do not need to worry about us popping up during exams or when you're at work.



HOW CAN WE REACH YOU?

We want to contact you in ways that work for you. You might prefer we contact you via phone, email or social media.

How would you like us to reach you? Let us know!

Please update your details here: www.is.gd/cats_update

WHAT DID WE LEARN IN 2020?

The COVID-19 pandemic impacted the health of young people everywhere. Your participation in CATS last year helped us to see the whole picture. Guided by your experiences, we can provide the community with the right information and tools to help young people come out on top.

In the last year our lives were changed in unique and unpredictable ways. And yet, many things also stayed the same.



9 out of **10** CATS participants said their plans for future study, training or occupation **had not** changed because of COVID-19.

REMOTE LEARNING

1 in **4** CATS participants didn't have any problems attending school remotely, **some even preferred it.**



Despite some young people enjoying learning remotely, many found it difficult.

There are many challenges in not seeing friends and teachers in person. We can miss a lot without those real-life interactions.



HOW MUCH HAS THE COVID-19 OUTBREAK AFFECTED YOUR LIFE IN A NEGATIVE WAY?

4 out of **5** CATS participants said
they experienced some type of
negative change in their life
from the pandemic.



HOW MUCH HAS THE COVID-19 OUTBREAK AFFECTED YOUR LIFE IN A POSITIVE WAY?

But **more than half** of CATS
participants also said they
experienced some type of
positive change in their life -
So, that's good news!



CATS IN 2021

You may have found your footing since
the pandemic first hit or maybe you're
still finding your way in the new COVID-
19 world.



We want to know what it's like for young people living in this new
world. More than that, we can't wait to hear about any exciting plans
you might have in store!

"This year, especially, we need to be investing in creating healthy futures for today's young people" – Professor Susan Sawyer



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Supported by The Royal Children's Hospital Foundation