

AN UPDATE FROM CATS



Welcome to the 10th year of the Childhood to Adolescence Transition Study.

We first met when you were only in Grade 3 – you were so tiny! Unfortunately, we've lost touch over the years. We'd love to hear from you, now more than ever.

10 YEARS OF CATS

The pandemic has changed the way we live in so many ways. 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!

HOW CAN WE REACH YOU?

To stay in touch, please click the link below to update your contact details with CATS.

[Please click here to update your contact details](#)

Remember, all your details are completely confidential.

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'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.

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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