Developing Healthy Attitudes Towards Risk

15th November 2012
Risk Resilient Kids

Building partnerships for new knowledge and improved outcomes for today’s young people

Professor Julie Stout

Director of Research
School of Psychology and Psychiatry
Faculty of Medicine, Nursing and Health Sciences
Email: julie.stout@monash.edu
Temptations for Young People...
Risks and Decisions
My Research…
Monash Interdisciplinary Partnerships

- Faculties
  - Medicine, Nursing and Health Sciences
  - Arts
  - Business
  - Information Technology
  - Education

- Centre for Forensic Behavioural Science
- Monash University Accident Research Centre
- Monash Injury Research Institute
- Turning Point Drug and Alcohol Centre
- Bendigo Regional Clinical School
1. Research on risk behaviour in 4000 Victorian children
2. Targeted programs to reduce risk
3. Improving Outcomes

- Youth already in peril
How You Can Help.....

Children & Young People

Community & Industry Partners

Funding for Projects

Contact: julie.stout@monash.edu
‘Sexting’:
Why we need to better understand the digital lives of young people

Dr Amy Shields Dobson

Centre for Women’s Studies and Gender Research
School of Political & Social Inquiry
Faculty of Arts
Email: Amy.Dobson@monash.edu
‘Sexting’

What can we do to minimise:

- legal risks
- social risks
- psychological risks

Developing Healthy Attitudes Towards Risk

MONASH University
Findings from *AU Kids Online* survey 2011

<table>
<thead>
<tr>
<th></th>
<th>Australian kids</th>
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<tbody>
<tr>
<td>Online contacts</td>
<td>63% have over 50 contacts</td>
</tr>
<tr>
<td></td>
<td>16% report over 300 contacts</td>
</tr>
<tr>
<td>Been upset by something online</td>
<td>30%</td>
</tr>
<tr>
<td>Seen sexual imagery</td>
<td>44%</td>
</tr>
<tr>
<td></td>
<td>(28% online; 7% on phones)</td>
</tr>
<tr>
<td>Experienced bullying online</td>
<td>13%</td>
</tr>
<tr>
<td>Seen harmful user-generated content online</td>
<td>34%</td>
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</table>
‘Sexting’
part of a broader context of young people’s lives online

Young people are also...

- sharing pornography on mobiles;
- sending suggestive texts (SMS);
- using ‘sexts’ as dares/games;
What we want to know:

• How young people understand their digital sexual communication;

• What messages do young people receive from parents, teachers, government, peers;

• What are young peoples’ responses to education and awareness campaigns like *Tagged*;
What we could also find out:

- How do other kinds of risky behaviours intersect with digital practices?
- Is there a link between online and offline risky behaviours?
- Do ‘risky’ online practices translate into harm?
Here’s why it matters:

- Statistics show high digital engagement by young people;
- Online trends change quickly;
- The need to continually evaluate and update existing interventions;
- To support and empower young people to negotiate the risks of their technology use and effectively minimise harm.
Alcohol, Drugs and Gambling
Minimising harm and maximising resilience

Professor Dan Lubman

Director, Turning Point Alcohol and Drug Centre
Professor of Addiction Studies and Services
Email: dan.lubman@monash.edu
Turning Point Alcohol & Drug Centre

- Established in 1994 as a leadership organisation for Victoria
- Amalgamated with Eastern Health in October 2009 and established Chair of Addiction Studies, Monash University
- Conducts neurobiological, clinical, service system, epidemiological and policy research
- Provides face-to-face, telephone and online treatment and support statewide and nationally
- Delivers education and training programs locally and nationally
- Provides expert comment for the community, including media involvement
- Provides policy advice for local, state and federal governments
2012 SNAPSHOT

Over 400,000 VISITS to our websites

Recorded over 85,000 CONTACTS to our telephone and online counselling services

Collaborated with over 80 ORGANISATIONS across Australia and internationally

Membership of over 50 COMMITTEES in Australia and internationally

Contributed to more than 100 PUBLICATIONS*

Worked on 50 RESEARCH PROJECTS

Delivered workshops and training to 450 STUDENTS across Australia

Provided 600 MEDIA INTERVIEWS to state and national media

MONASH University

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Prevalence of cannabis use by age and birth cohort

(Degenhardt et al., 2000)
Figure 2: Forest plot showing adjusted odds ratios and 95% CI for any psychosis outcome according to most frequent use of cannabis in individual studies
*Results were not adjusted for other drug use.

(Moore et al., 2007)
- Young people more vulnerable to alcohol-induced memory impairments (Acheson et al., 1998)
- Blackouts common in young drinkers (White et al., 2002)
  - 772 college students (18-22 yrs)
  - 51% reported blackouts
- Associated with risky behaviours (White et al., 2004)
  - BAC 0.30%
(n=3746 young people, 2005 parents)

<table>
<thead>
<tr>
<th>Group holding belief</th>
<th>Depression vignette</th>
<th>Depression alcohol misuse vignette</th>
<th>Social phobia vignette</th>
<th>Psychosis vignette</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not using marijuana will reduce risk of developing problem like person in vignette</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Youth 12-17 years</td>
<td>95 (92-97)</td>
<td>93 (89-95)</td>
<td>91 (87-94)</td>
<td>95 (92-97)</td>
</tr>
<tr>
<td>Youth 18-25 years</td>
<td>92 (89-95)</td>
<td>93 (90-95)</td>
<td>89 (86-92)</td>
<td>91 (88-93)</td>
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<tr>
<td>Not drinking to excess will reduce risk of developing problem like person in vignette</td>
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<tr>
<td>Youth 12-17 years</td>
<td>92 (88-94)</td>
<td>91 (87-94)</td>
<td>89 (85-92)</td>
<td>89 (86-92)</td>
</tr>
<tr>
<td>Youth 18-25 years</td>
<td>87 (84-90)</td>
<td>89 (86-92)</td>
<td>82 (78-86)</td>
<td>85 (81-88)</td>
</tr>
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(Lubman et al., 2007)
Figure 1. Any mental health service use in the past 12-months for 12-month CIDI diagnosed mental disorders by age and sex.

(Reavley et al., ANZJP, 2010)
Welcome to Parenting Strategies: Preventing Adolescent Alcohol Misuse.

Parents can have a big influence on their adolescent child’s decisions about drinking. It’s never too late to learn some strategies to protect your child from the problems associated with alcohol -- now, and for the rest of their lives.

To provide you with parenting strategies that are specifically relevant to you, we have designed an online survey that assesses your current parenting practices and provides you with parenting tips that are personalized for you. You can do this by clicking on the tab marked Survey above.

After you have completed the survey, we will provide you with feedback on your parenting around alcohol and your adolescent child. You will receive an immediate feedback report with strategies that you can use to help you more confidently handle the issue of alcohol with your child. This report can then be printed out or emailed to yourself for your future reference.
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Questions?
Thank you

Contacts:

- Ms Bev Baugh  
  Business Development Manager  
  e. beverley.baugh@monash.edu  
  p. 9902 4586

- Ms Carly Evans  
  Business Development Associate  
  e. carly.evans@monash.edu  
  p. 9905 5445

- Industry Engagement & Commercialisation  
  e. industryengagement@adm.monash.edu.au  
  p. 9905 9910
Engaging with Monash

Internships/& honours projects
ARC Linkage Projects

Consultancy
Contract research