

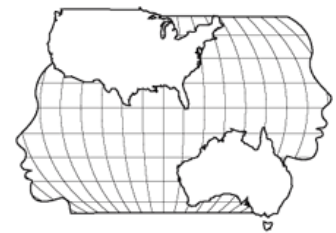
# International Youth Development Study

## Thank you

In 2010, 84% of you completed the IYDS young adult survey. This is a fantastic result, and we would like to thank all of you for your continued involvement in the International Youth Development Study.

Each of you is **irreplaceable** in this study, and your ongoing involvement makes a vital contribution to understanding the issues facing young people, from adolescence into young adulthood. The study is worth your effort - be assured the findings are being used successfully to advocate for policies in areas such as alcohol and drugs, bullying, violence, and mental health that can lead to current and next generations enjoying a healthy future, both here in Australia and around the world.

In 2010 a version of the IYDS was launched in Mumbai, India where they are comparing their trends with the findings in Australia and the USA.



International Youth Development Study

## What's happening this year?

The IYDS 2012 young adult survey will be conducted from July this year.

**All participants who complete the survey will be offered a voucher to the value of \$45.**

Other work planned for this year includes analysis of 2010 data to find out more about alcohol policies in the workplace and in sporting and entertainment contexts, and looking at a range of other issues relevant to young adults including mental health, drink driving and domestic violence.

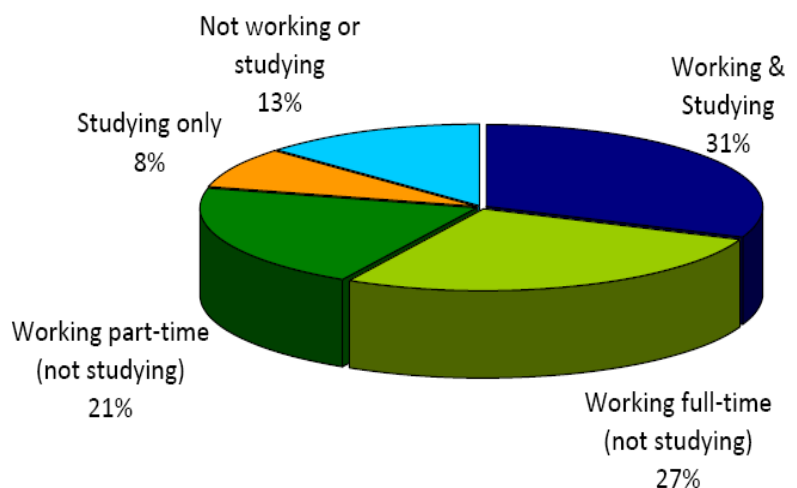
We will also seek funding to continue following the USA participants; this will enable us to compare the experiences of young adults in Australia and the USA.

## Results from the 2010 survey

We are still examining the information you provided us in the 2010 young adult survey. Here is a bit about what we've discovered so far ....

- 71%** report being 'very satisfied' with their lives
- 78%** completed year 12
- 82%** have done further study since secondary school
- 29%** have travelled overseas in the past 12 months
- 50%** are in a romantic or intimate relationship
- 6%** have children

### Work & Study



# Research findings from the IYDS

Below are brief summaries of just two of the important research papers published over the past few years. If you're interested in other publications from the IYDS, our website has a full list.

## **Influence of family factors and supervised alcohol use on adolescent alcohol use and harms: Similarities between youth in different alcohol policy contexts**

### **What did we look at?**

Harm-minimization policies (adopted in Victoria) suggest that alcohol use is a part of normal adolescent development and that supervised use may encourage responsible drinking. Zero-tolerance policies (adopted in the US) suggest that all underage alcohol use should be discouraged. We compared how these different policies, as well as family factors and adult-supervised drinking affected adolescent drinking.

### **What did we find?**

Regardless of policy context, young people who started using alcohol at younger ages and who used alcohol under adult supervision had higher levels of harmful alcohol use as they grew up.

### **What does it mean?**

The findings suggest early-age use and adult-supervised use of alcohol may not reduce the development of adolescent alcohol problems, as would be expected by supporters of harm-minimisation policy. While further research is required, this has impacts for government policy and family practice, and is influencing decisions as far away as Ireland!

Scan the barcode with your Smartphone to read the news story.



## **Longitudinal consequences of adolescent bullying perpetration and victimisation: A study of students in Victoria, Australia**

### **What did we look at?**

We examined the associations between self-reported bullying (students who engaged in or were bullied) in Years 7 and 10 and a range of outcomes in Year 11 (like depression, anxiety, antisocial behaviour).

### **What did we find?**

One in five people reported bullying others, and 30% reported being victims of bullying. We found that bullying others or being a victim of bullying in Year 7 did not predict any of the outcomes at Year 11.

However, people who were bullies in Year 10 were more likely to engage in theft, binge drinking and violent behaviour in Year 11, while those who were bullied in Year 10 were more likely to experience depressive symptoms in Year 11.

### **What does it mean?**

Young people are willing to report their experiences of bullying and these experiences have long-term impacts. Programs that work to prevent bullying are important, and may have long-term impacts in areas such as binge drinking and depression.

### **Read media coverage here:**

[www.heraldsun.com.au/news/more-news/study-reveals-bullying-victims-aggro/story-e6frf7kx-1226019327084](http://www.heraldsun.com.au/news/more-news/study-reveals-bullying-victims-aggro/story-e6frf7kx-1226019327084)

## Contact us

Contact us at any time with any questions, concerns or suggestions!

Centre for Adolescent Health  
The Royal Children's Hospital  
Flemington Rd Parkville Vic 3052 Australia  
Phone (toll free): 1800 200 141  
Email: [iyds@rch.org.au](mailto:iyds@rch.org.au)  
Friend us: [www.facebook.com/IYDS.AUS](http://www.facebook.com/IYDS.AUS)  
Twitter: @iyds\_cah

## IYDS Website

Visit our website to find out more information on IYDS, including latest news, latest research, recent articles and publications and aims and objectives of the study.

[www.iyds.org](http://www.iyds.org)

The Children's  
Excellence in  
clinical care,  
research and  
education

