

Growing Up
in Australia

Hello!

from Growing Up in Australia!

You are one of 10,000 children from all over Australia who are taking part in this famous study, also known as **The Longitudinal Study of Australian Children**.

We would like to say a special thanks to you and your family for helping us find out what it is like to be a child growing up in Australia today. Through the study we are learning about how children from all different

places in Australia spend their time and how they are getting on at home, at school, and with their friends. The government can use this information to decide on the best ways of helping children and families.

What's new in your next home visit?

There are some new activities for you to do next time we visit (what we call Wave 4). Some of you have already been visited for Wave 4, but most of you will be visited in 2010.

- You will be given a computer and headphones so that you can listen and answer the questions in private.
- Like the other visits, we will be measuring your weight, height and waist, but this time we would also like to measure your body composition (this tells us what percentage of your body is made up

of water, bone or muscle and fat). To measure body composition you only need to take off your shoes and socks and stand on the scales, just like when we measure your weight.

- We would also like to measure your blood pressure. This tells us how well your heart is pumping the blood around your body. When measuring blood pressure, the interviewer will put a cuff around your arm, which fills with air before quickly deflating again. Then a screen on the monitor will show your blood pressure measurement.

We are on TV again!

In the last newsletter, we mentioned that a TV show was made based on the study. The programs *Life at 1* and *Life at 3* were shown on ABC TV last year. The series is following the lives of 11 children and their families. The children and families in the show do

the same activities and answer the same questions as you and your parents.

The filmmakers have just finished filming *Life at 5* and it will be shown on ABC TV next year, so keep your eye out for it!



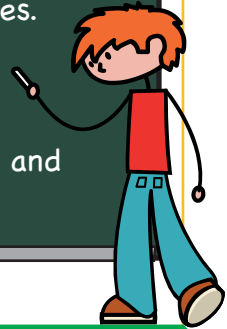
Some interesting facts from our last visit!



1/5 of the kids in the study had moved house at least once in the past 2 years.

Most kids said they liked school!

- Almost 2/3 of kids thought school was fun. A small number didn't think school was fun and the other 1/3 thought it was fun sometimes.
- 2/3 of kids liked doing maths and number work at school.
- More than 2/3 of kids liked doing reading and writing activities at school.

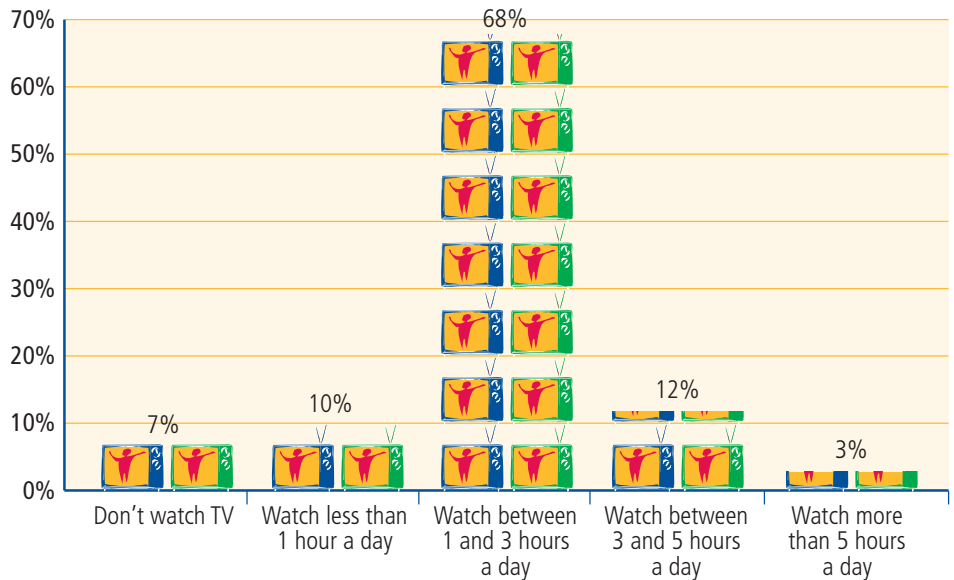


Lots of kids said they did lots of important things. Good on you!

- Nearly half of kids went to a concert, play, museum, art gallery, or community or school event with their families.
- About 3/4 of kids had gone to a playground or swimming pool.
- About half of kids had gone to the movies.
- Half of the kids played a sport like football, netball, swimming, karate or tennis.

How much TV do kids watch at home on school days?

(including DVDs and videos)



On school days, most kids watch between 1 and 3 hours of TV. Very few kids don't watch TV at all and even fewer watch 5 or more hours.

Cities of the world!

Auckland	Johannesburg
Bangkok	Moscow
Bogota	Nairobi
Buenos Aires	Paris
Cairo	Reykjavik
Chicago	Rome
Dublin	Shanghai
Helsinki	Tokyo
Istanbul	Toronto

C T T K C O S I R A P B
 O H O A C W E I A I A O
 A H I K O O R B R A R G
 R R E C Y O I O E H O O
 O O S L A O A R Y G T T
 U O M I S G S I K N O A
 M I B E E I O A J A R C
 G R U B S E N N A H O J
 D U B L I N E K V S N A
 I S T A N B U L I O T C
 K O K G N A B O K C O U
 A U C K L A N D U O N I

thank you!

Thanks for helping us understand what it's like to be a kid in Australia today! We'll see you next time *Growing Up in Australia* visits you and your family.

