External assessment

Health

General instruction

• Work in this book will not be marked.

Features of the setting: School and local community

Stimulus 1 — School A information

- The school has 748 students (Years 7–12), with 42 males and 39 females in the Year 12 cohort.
- The school has a pastoral CARE program based on:
  - **C**oncern and care for others and the environment
  - **A**ccomplishment through personal challenge
  - **R**esponsible use of power and respect
  - **E**mbracing technology to connect and grow.
- The school is geographically isolated.
- There is a culture of high academic achievement.
- 31% of students at the school can apply health information in new or challenging contexts and 12% are able to evaluate barriers to and facilitators of health for self and others.
- Two out of five students come from middle or high socioeconomic backgrounds.
- 77% of the school population owns a smartphone (82% of the Year 12 cohort).
- There are often internet and wi-fi access issues.

Stimulus 2 — Community information

Community eSafety Commission survey findings

- 47% of parents do not feel comfortable that they can maintain their child's privacy online.
- 22% of parents whose child had a negative online experience made a report to social media companies, the police, eSafety Commission or other organisations.
- 87% of parents and 83% of the Year 12 cohort are willing to learn about cybersafety.
- 66% of the Year 12 cohort does not know how to make their privacy more secure on social media.
- 24% of the Year 12 cohort reported cyberbullying issues to their school or parents.
- Older generations do not see themselves as old — physical activity is maintained across the life course.
- Physical health data shows older generations have a lower biological age than their chronological age.
- Older generations have a low ability but high will in relation to cybersafety.

Local council priorities, projects and early results (building and enhancing connections)

Priority 1: Be present

- New outdoor recreation zone — cycling and running circuit used for recreation and racing by local clubs, half-court basketball, BMX circuit, playing fields, shaded picnic BBQ areas.
- Early results: 47% of the community accessed the zone in the first six months — the highest access was by 12–17-year olds.

Priority 2: Be safe

- Funding for a local cybersafety officer to liaise with government and non-government schools, public and university libraries.
- Early results: In the first six months, cyberbullying reports in schools increased by 27%.
- Patrons of libraries have reported that they feel safer when using this environment.

Characteristics of School A's Year 12 cohort

Stimulus 3 — Previous Year 12 cohort destination information

- 63% of Year 12 students selected a destination in a city/suburban area.
- 29% of students did not complete a tertiary degree or employment contract and returned home.
- Reasons for returning home included homesickness, financial hardship, social isolation and health.
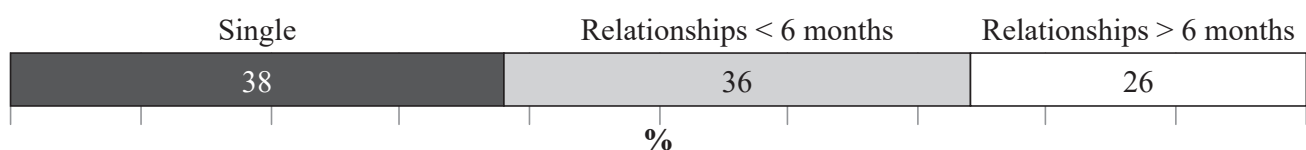
Stimulus 4 — Year 12 cohort destinations for the previous 5 years (%)

	2015	2016	2017	2018	2019
Employment (urban location)	18	18	21	21	28
Education and training (urban location)	13	15	18	18	25
Employment (rural or remote location)	30	28	27	24	20
Education and training (rural or remote location)	33	31	29	28	21
Not in education, training or employment	6	8	5	9	6

Stimulus 5 — Year 12 cohort's top values, aspirations and future concerns

Values	Aspirations	Concerns
1. Family	1. Live in a big city or urban neighbourhood	1. Cost of living
2. Friends	2. Complete a university degree or further training	2. Social connectedness
3. Environment	3. Gain full-time employment	3. Full-time employment

Stimulus 6 — Relationship status identified by the Year 12 cohort

Single	Relationships < 6 months	Relationships > 6 months
38	36	26

%

Stimulus 7 — Relationship quality as identified by the Year 12 cohort

	never	rarely	sometimes	often	always
Felt controlled or manipulated	39	19	18	15	9
Felt scared or belittled	19	24	32	16	9
Felt love and commitment	22	13	36	19	10
Felt happiness/joy	5	59		25	11

%

never   rarely   sometimes   often   always
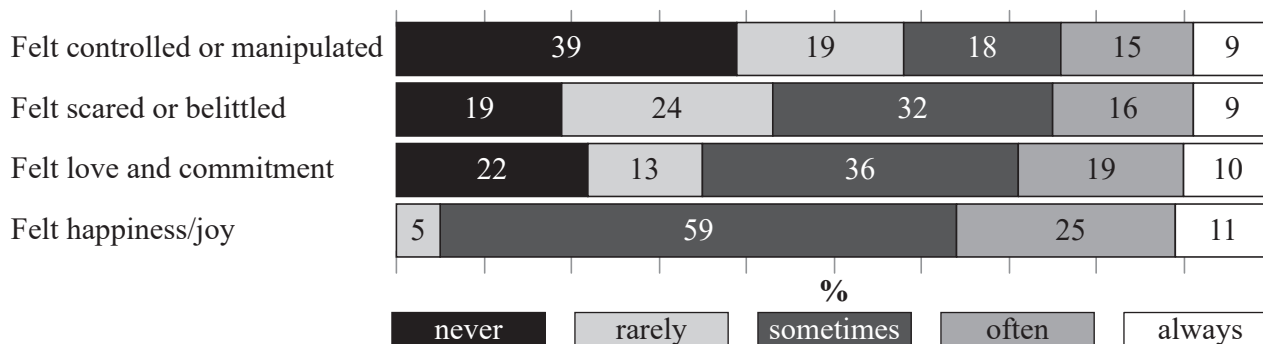
Innovation 1: Digital safety app for families

Characteristics and features

- Families or peer groups sign up to improve their online safety through knowledge and behaviour change.
- When they sign up, each team member is provided with an analysis of their digital footprint and strategies to improve their online identity and safety.
- The app can be installed on smartphones, tablets or computers.
- The app offers two versions: a free version that monitors search history and social networking, and the premium version that also allows geolocation and text messaging for $40 per year.
- Both versions alert parents when children make new friends on any social media platform and automatically scan the user's timeline, photos and friends list.
- Children in peer teams have the ability to report inappropriate behaviour to their school via the app.
- Children in family teams have the ability to report inappropriate behaviour to their parents/guardians.
- Any report submitted is automatically sent to the eSafety Commission.
- Parents are automatically subscribed to a 12-week 'Parenting in the digital age' podcast. The podcast includes weekly one-hour segments to help their children navigate the digital world and educate them to avoid harmful online experiences. The subscription expires after four months.

Implementation and findings

- The app was initially trialled in another school community with 100 families and 100 peer groups, who were given six months access to the premium version for no cost.
- As a part of the trial, the school received $10 000 to disseminate the app; however, unexpected costs delayed the app's launch.
- The app was released as part of the trial school's promotion of cybersafety week.
- After the initial trial, the target for downloads for the second 'go live' phase was 4000 for the free version and 2000 for the premium version after 12 months.
- The next year, 2500 people downloaded the free version and 1200 people downloaded the premium version.
- Users of the premium version reported high levels of satisfaction because it was user friendly.
- The app had 1500 active users six months after its release (65% family teams and 35% peer teams).
- 37% of users deleted the app within the first three months.
- 33% of children reported inappropriate behaviour to their parents.
- 12% of children reported inappropriate behaviour to their school.
- 67% of parents who listened to the podcast reported that they had implemented and sustained healthy screen time strategies and addressed online issues with increased confidence.
- Barriers included cost for the premium access, lack of willingness by the child to sign up and the need for regular updates of the app when phone version/systems were updated.

Innovation 2: Social connections app for travellers

Characteristics and features

- The app is available for download on smartphones and tablets.

- The app enables travellers to make new friends and connect with like-minded people and communities based on gender, traveller type, occupation, nationality, age, location and interests.

- The app was made with solo travellers in mind and has a wi-fi finder that allows users to locate wi-fi and share spots with other users.

- The app has three main features: meet-ups, travel and connect, and a video function.
  - Meet-ups include activities such as learning to cook, sport and physical activity and practising languages.
  - Travel and connect matches travel plans and travel interests, which enables users to find people who will be in the same destination at the same time.
  - The video function enables free conferencing with family members.

- The rewards program enables users who pay a $10 annual fee to earn rewards points to redeem on experiences, events or travel when they refer a friend or book a travel experience through the app.

- A social feed feature allows users to post events, videos and photos, and interact with others.

- Security settings can be configured to enable users to connect with other female or male solo travellers, and there is a block/report function to protect against users acting inappropriately in the app.

Implementation and findings

- The app has already been trialled in 20 countries and another school interstate, with users who downloaded the app reporting high levels of satisfaction and social connectedness because it was user friendly and allowed connections with like-minded people.

- The app was promoted during 'Celebration Week', the Year 12 students' final week of school where they partake in a range of activities that prepare them for the post-schooling transition. There was a fire evacuation during the session dedicated to students learning and trialling the app, which impacted dissemination.

- The first 25 people who signed up were given free access to the rewards program for one year.

- Initial operating costs and maintenance were covered by advertising through the app.

- Travel agencies and event organisations were willing to participate because they received a kickback when a user booked or participated in a trip, class or event.

- The company set a target of 175 active users in the first six months. The app had 150 active users six months after its release, including 90 who signed up to the rewards program.

- 23% of users deleted the app within the first three months, most citing advertising and safety concerns.

- 11% of users were banned from the app for inappropriate behaviour.

- 57% of users reported that they made new friends by using the app.

- 67% of users reported that they used the app to connect with their family.

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