



**ACT**  
Government

Health and Community Services

Parent/s and Carer/s of Year 7 students  
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Braddon ACT 2612

## Year 7 Health Survey 2025

Dear Parent/Carer

Health and wellbeing are important for effective learning. As such, the ACT Health Directorate is pleased to let you know about the annual Year 7 Health Survey (Y7HS), which will be made available to all Year 7 students in ACT secondary schools in Term 3, 2025.

### WHAT IS THE Y7HS?

Year 7 represents a time of significant change in young people's lives: they face a new school, study schedules and social life while navigating the developmental changes of adolescence. The Y7HS is being implemented to monitor the health and wellbeing of Year 7 students during this time of change and to help us design better health programs and initiatives for Canberra's young people.

Ethics approval for the Y7HS has been provided by the ACT Health Human Research Ethics Committee, which has been accepted by the ACT Government Education Directorate and Catholic Education, Archdiocese of Canberra and Goulburn. The ACT Association of Independent Schools encourages member schools to review this information as they decide on their engagement.

### WHAT IS INVOLVED?

The Education Directorate is administering the Y7HS 2025 on behalf of the ACT Health Directorate. The Y7HS is a brief anonymous online survey which will collect information on nutrition, physical activity, sedentary behaviour, sleep and the emotional wellbeing of Year 7 students. The survey will open from 15 August 2025 and should take around 10–20 minutes to complete.

If you consent to your child taking part in the survey, please direct them to the anonymous survey at <https://surveys.education.act.gov.au/n/89jt0Wv> or to the QR code provided here to complete the survey by using a mobile phone. The QR code and survey link will remain open until 12 September 2025.



**WHAT WILL WE DO WITH THE RESULTS?**

ACT Health will be provided with the Y7HS responses however, responses to the survey are completely anonymous and your child will not be linked to their responses. Only researchers who meet the requirements of the ACT Health Human Research Ethics Committee will have access to the information.

Analyses of the Y7HS responses will be reported at a population level - individuals, schools, regions and education sectors will not be identified. ACT Health and the Education Directorate will handle all information collected from the Y7HS confidentially and in accordance with the Territory Privacy Principles set out in the *Information Privacy Act 2014*. Information collected from the Y7HS will be stored in a secure database.

A brief report of the population-level Y7HS results will be made available from the ACT Health Directorate website at [Year 7 Health Survey | Health \(act.gov.au\)](#).

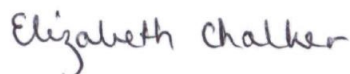
**WHO SHOULD I CONTACT IF I HAVE ANY QUESTIONS?**

More information about the Y7HS can be found on the ACT Health Directorate website ([Year 7 Health Survey | Health \(act.gov.au\)](#)) or by emailing the project team at [Y7HS@act.gov.au](mailto:Y7HS@act.gov.au).

If you have concerns about how the Y7HS will be conducted, you can also contact the ACT Health Human Research Ethics Committee by email to [ethics@act.gov.au](mailto:ethics@act.gov.au) or by phoning (02) 6174 7968.

Thank you for helping us to improve the health and wellbeing of ACT children and young people.

Yours sincerely



Elizabeth Chalker  
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Data Analytics Branch

21 July 2025