

Cool Kids – Taking Control

AN INTERNET DELIVERED PROGRAM FOR CHILDREN EXPERIENCING BULLYING AND ANXIETY (AGES 7-11 YRS)

Cool Kids - Taking Control is an online self-help program that is designed to help children who have been targets of bullying and who also have high levels of anxiety. It is based on the well-known Cool Kids anxiety program developed at Macquarie University in Sydney. The efficacy of Cool Kids - Taking Control in reducing peer victimisation is currently being investigated by a team at Macquarie University.

WHAT IS THE COOL KIDS - TAKING CONTROL PROGRAM ABOUT?

Cool Kids - Taking Control is designed for parents to work through with their child at home.

The program is delivered over the internet and involves eight lessons delivered over ten weeks. It teaches children:

- about bullying and anxiety,
- how to be confident in social situations,
- how to better manage fears,
- helpful ways to act if they are bullied, and
- how to cope with bullying.

Cool Kids – Taking Control includes instructions, examples, and videos for parents and their child. There are lots of practice exercises to help children master the skills.



WHO IS THE COOL KIDS - TAKING CONTROL STUDY DESIGNED FOR?

The Cool Kids - Taking Control program is suitable for your child if:

- he or she is between 7 and 12 years of age
- he or she is being victimised by peers at school AND anxiety is significant affecting your child's day-to-day life
- he or she is not accessing other psychological treatment (except medication). NOTE: Medication should be stable (same type and dose) before starting and during treatment.
- you and your child are proficient in English

The Cool Kids - Taking Control program is not suitable for your child if he or she is currently experiencing any of the following issues:

- Significant learning delays, developmental or intellectual disorders.
- Autism or related disorders.
- Significant unmanaged behavioural disorder.
- Considered at risk (i.e., due to abuse, neglect, suicidal ideation, self-harm or school refusal).
- Unmanaged psychotic symptoms.

These exclusions are in place to ensure that our treatment program is delivered to children who are most likely to benefit from it and for whom we are best equipped to offer services.

WILL I RECEIVE SUPPORT TO COMPLETE THE PROGRAM?

Absolutely. The program will be supported by a member of the research team who is trained in Cool Kids - Taking Control. Each parent will receive a short (10-15 minutes) weekly phone call after each lesson to discuss goals and to work through any difficulties with the program.

WHAT ARE THE BENEFITS OF THE COOL KIDS TAKING CONTROL PROGRAM?

- Allows families across Australia to receive access to the Cool Kids Taking Control Program.
- Families are able to complete treatment lessons at their own pace and at a convenient time each week.
- The interactive online format is engaging for children.
- Cool Kids Taking Control is a research treatment study, so we are able to offer access at a reduced fee.

WHAT DOES THE STUDY INVOLVE?

- An initial assessment to determine if our program is likely to be suitable and beneficial for your child.
- A 10-week treatment program (immediately or 6 months after the treatment group have completed the online program) that you complete online at home with the help of a therapist over the phone.
- Two more assessments - 10 weeks after joining the study and then again six-months later.

WHAT DO THE ASSESSMENTS INVOLVE?

- Assessments are conducted before your family commences treatment as well as after treatment. All assessments involve you and your child being interviewed over the telephone by a psychologist and completing questionnaires about thoughts, feelings and behaviours.
- The purpose of the initial assessment is to

determine if our program is suitable for your child. If the program is not considered to be suitable for your child, you will be provided with alternative referral options that would best suit your needs.

All assessments involve you and your child being interviewed over the telephone by a psychologist and completing online questionnaires about thoughts, feelings, and behaviours.

WHO DECIDES WHICH CONDITION WE ARE IN?

The condition to which you are allocated is decided randomly, like drawing names out of a hat.

HOW MUCH WILL IT COST?

- In return for your participation in our research, there is an initial fee of \$100 which includes assessment and treatment for the Cool Kids - Taking Control study. (For your information, an initial clinical assessment would typically cost \$290. The face-to-face Cool Kids program at the CEH typically costs \$500).
- Once your final assessment has been completed you will receive \$100 as a thank you for participating in the Cool Kids - Taking Control research study.

The Cool Kids - Taking Control study is funded by Australian Rotary Health.

HOW TO ACCESS THE PROGRAM?

If you would like your child assessed for the Cool Kids – Taking Control study please complete the online registration form. We will then contact you to set up the initial assessment. You can access the registration form [here](#)

For further information about the program please contact us at takingcontrol@mq.edu.au or find out more by visiting centreforemotionalehealth.com.au

“As a Cool Kids – Taking Control coach, you have an important role in helping your child face their fears and build their confidence so that anxiety and bullying has less of an influence on their life.”

This research has ethics approval from the Macquarie University Human Research Ethics Committee. All data collected is confidential, and is de-identified.

FIND OUT MORE

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