



BITE BACK

An online positive psychology program designed to improve the wellbeing and resilience of young people.

What is BITE BACK?

- Black Dog Institute's **BITE BACK** is an evidence-based, online positive psychology program.
- It contains **activities, quizzes, stories and videos and a six week challenge** relating to a range of positive psychology domains.

BITE BACK in the classroom

Download a **free copy** of the BITE BACK Youth Educator Resource at:
www.BITEBACK.org.au/Youtheducators

Who is it for?

BITE BACK is appropriate for young people aged 12 – 18 years but with a particular focus on young people aged 13 – 16 years.

What does the evidence say?

BITE BACK has been evaluated via a randomised control trial that explored program acceptability and its ability to improve the wellbeing and mental health of young people.

Results suggest that using **BITE BACK** could decrease symptoms of depression and anxiety and increase wellbeing in young people.

Qualitative data indicated that acceptability of the **BITE BACK** website was also high.

More info about the trial:
jmir.org/2014/6/e140/

www.biteback.org.au





BITE BACK in the classroom with the **BITE BACK** Mental Fitness Challenge

- The 6-week **BITE BACK** Mental Fitness Challenge provides a fun, simple and accessible structure to help your students get the most out of BITE BACK.
- Fully online, interactive, self guided format.
- Can be delivered as an in class or out of class activity.
- Covers several recognised domains of positive psychology, including gratitude, mindfulness, meaning and purpose, character strengths and social connections.
- Great prizes on offer to keep your students motivated.

Download your **free copy** of the **BITE BACK**
Youth Educator Resource



Simple week by week introduction and wrap up.

Further background and links to related information.

Short, 5 to 10 min discussion activities including discussion prompts.

Engaging media materials that can be played in the classroom.

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