

The shape of things to come: Peer-to-peer videos promoting safety and wellbeing at the University of Sydney

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This project is funded by Healthy Sydney University (HSU), which is a university-wide initiative that brings students and staff together to promote health and wellbeing on campus. HSU encourages students to take ownership of their own health, safety, and wellbeing and to recognise the value of peer-to-peer communication and support. A range of in-person programs (including mentoring and peer-to-peer support) and online resources is key to high quality orientation and transition programs, and peer-to-peer videos are particularly powerful ways to communicate with students (Zepke & Leach, 2005; Clapp & Ewing, 2013). With this in mind, existing students are working with staff to introduce new students to campus and its support services via short videos. The first objective is to produce three videos introducing students to support services and wellbeing initiatives (including another HSU project that promotes walking in groups as a safety measure that also has positive physical and psychological benefits as it increases fitness and social interaction). The videos are being promoted via social media, student and staff newsletters, the University website, and first year undergraduate and postgraduate Learning Management System (LMS) sites. Students will be surveyed (using Survey Monkey and Poll Everywhere) and quantitative data about the effectiveness of the videos will be collated. The number of times that the videos are viewed will be monitored on LMS sites and websites. Qualitative data will be collected and the observational research model used in the Clapp and Ewing (2013) study will be also be utilised.