

Be a warrior not a worrier - HOW TO COPE WITH CORONA WORRIES.



tiny.cc/aroha

Are you aged 13-24?

Let Aroha teach you how to manage your worries.

Things are pretty crazy right now... and it can be difficult to cope with all the media attention about corona virus - adult worries becoming young people worries.

But there are simple and proven strategies that can help you stay calm.

We are researchers at the University of Auckland who have been developing digital tools to support young New Zealanders.

This is our newest Chatbot designed to help young people cope with the stress that coronavirus is causing - we hope it helps.

The Chatbot works on Facebook Messenger or our free app, HABITs Messenger.

We will be using your feedback to make it better in the days to come - so it can help as many young people as possible.

We would like to know if the Chatbot can teach positive ways of coping with this stressful situation.

Please try chatting to Aroha, our Chatbot warrior, and see if it helps.

Who can take part?

Anyone who is:

- 13-24 years old,
- Has access to a smart phone or tablet (Android, iOS) or a computer
- Has Facebook Messenger or HABITs Messenger

Want to know more?

We are happy to answer your questions:

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Sarah Hetrick
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Tania Cargo (Support for Māori)
t.cargo@Auckland.ac.nz

Sign up or
learn more at
tiny.cc/aroha

What will happen?

- You will need to set up an account on HABITs – a secure online portal. It is easy and fast.
- You will get link to Facebook that will connect you with Aroha, our Chatbot. OR you can download our free app, HABITs Messenger.
- The Chatbot will send a little bit of info to us about how you use the chatbot.
- After a few days, we will send you a link to give us feedback and to let us know if Aroha has helped you.

Is it confidential?

- All information that you give to us will be confidential and will be destroyed after 6 years.
- If you connect to Facebook Messenger, your interaction with the Chatbot is visible to Facebook and is subject to Facebook's Privacy Policy.
- You may leave the study at any time by deleting the Chatbot, or app.
- If you want to withdraw your data, please email us at habits@auckland.ac.nz

It is your choice

- It is up to you if you want to take part. If you don't want to take part, you don't have to give a reason.

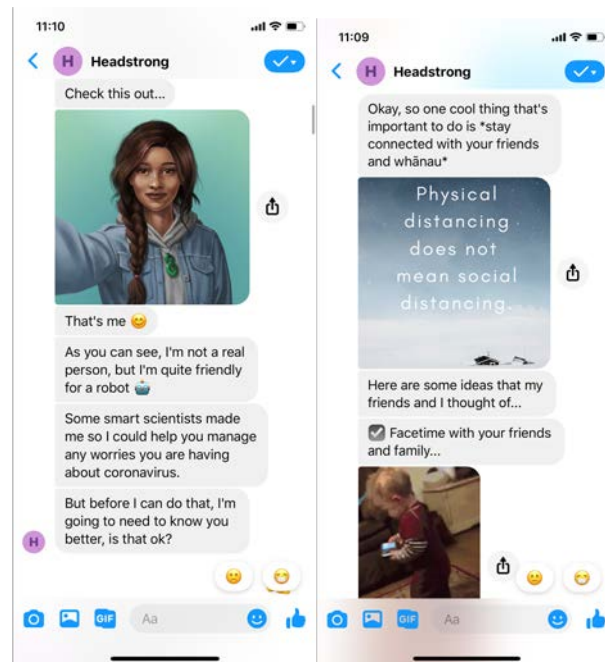
Are there any risks?

- We don't believe there are any risks in this study.
- If the study, or anything that comes up, causes you to become upset, please talk to your family doctor, or someone you trust
- There are free phone/text counselling options too:

Need to talk? Call/text 1737

Youthline - 0800 376 633 or text 234

Lifeline - 0800 543 354 or text 4357



What's in it for me?

- We hope you will gain useful skills to help you deal with stress and worry. We hope you will enjoy the Chatbot experience too.
- You will also be helping us to find out how to make our Chatbot better for other young New Zealanders.



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This study has been approved by the University of Auckland Human Participants Ethics Committee on 18 Jun, 2019 for three years. Ref. Number 023234.

For any queries regarding ethical concerns you may contact the Chair, University of Auckland Human Participants Ethics Committee, Office of Research Strategy and Integrity, University of Auckland, Private Bag 92019, Auckland 1142. Telephone 09 373-7599 ext. 83711. humanethics@auckland.ac.nz