



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

Find out more about how to apply **BITE BACK** in the classroom at:

www.BITEBACK.org.au / Youtheducators

Who is it for?

BITE BACK is appropriate for 12 – 18 year olds but has a particular focus on 14 – 16 year olds.

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

