



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.

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/

Bite Back in the classroom Download a free copy of the Bite Back Youth Educator Resource at:



**Black Dog
Institute**

Bite Back

Bite Back in the classroom with the 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.



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.

Download your free copy of the Bite Back Youth Educator Resource



**Black Dog
Institute**

Bite Back