

Young people's experiences of physical activity programmes to support emotional wellbeing

Information and Consent form

What's the research about?

The Active Essex Foundation works with community organisations who provide different kinds of help and support for people who need it, including children and young people.

We are doing some research to understand children's emotional wellbeing and physical activity levels, and to see if there are links between the two things.

Why is it important we hear from your child or young person?

The things your child or young person shares will help us to understand how best to help and support children and young people who need it, and how to improve things for the future.

What would you like my child or young person to do?

We would like to ask your child or young person to take part in this work. This will involve them completing a survey about how long they have been attending the club/session, how they are feeling, and how much physical activity they do.

Do I have to take part?

Your child or young person does not have to take part. They can change their mind about taking part at any time before or during their activities and they will be able to opt-out of answering any questions they do not want to answer.

How will you use what I tell you?

We will review survey responses from your child or young person and what others have told us. This will be used to help improve support for children and young people in the future.

Confidentiality and anonymity

Your child or young person's survey answers will be kept confidential. This means we won't share them with anyone outside of the Active Essex Foundation project team. We will not use their name or anything that can identify them in anything we report on. Aggregated and anonymised data will be shared with the Centre for Mental Health (our evaluation partner), but they will not see individual responses.

If your child or young person tells us something that makes us think they or someone else is not safe, we may have to tell somebody else so that we can make sure they are okay.

Who can I contact for further information?

For more information you can contact Sian Cleary, Active Essex Foundation Sport and Youth Mental Health Project Coordinator: sian.cleary@activeessex.org

Consent

Active Essex Foundation (AEF) fully complies with information legislation. If you would like the full details of how we use personal data, and the rights you have about its use, please go to www.essex.gov.uk/privacy or call [03457 430430](tel:03457430430).

AEF handles information in accordance with the **Data Protection Act 2018** and is the data controller for the purposes of the Data Protection legislation.

- Please read the statements below.
- tick the boxes to confirm you understand and agree to each statement.
- If you have any questions, please ask before signing.

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| I understand my child or young person's participation is voluntary . Participation will not affect any AEF services they may currently use. And my child or young person can withdraw from activities at any time. My information will only be used for the purposes of gathering feedback. | |
| I understand that information my child or young person provides will be treated confidentially under the General Data Protection Regulation until the data passes its 2 years retention period. | |
| Storing research data - I understand that AEF will store the research data securely for up to 2 years. | |
| Publishing findings I understand that AEF may make research findings public so that anyone can use and learn from the results. The findings AEF makes public will not be identifiable to individuals or organisations in our final report. | |
| I understand that the researcher will have to contact a safeguarding team and/or other support services if my child or young person tells them something that concerns them about the risk of harm to them or someone else. | |
| <p>The right to opt-out</p> <p>If at any point you decide you would like to withdraw your consent, this is your right and we will remove any information your child or young person has provided from our study.</p> <p>You also reserve the right to withdraw your permission to be contacted for future research about this project at any time; by contacting Sian Cleary, Sport and Youth Mental Health Project Coordinator: sian.cleary@activeessex.org</p> <p>Please enter your details below to give your consent to participate.</p> <p>Name of Child or Young Person:</p> <p>Name of Parent or Guardian:</p> <p>Signature:</p> <p>Date:</p> | |