



Leadership - Child Information Sheet

We would like to invite you to take part in a research project aiming to improve health and wellbeing in West Lancashire girls. You have been chosen to take part in a leadership programme to promote physical activity and wellbeing among adolescent girls. You will be asked to attend a training day at Edge Hill University, which will be organised through your school in partnership with the PE department and which will take place during school hours. There will then be a further six weekly training sessions based at your school. As part of the project you will be asked to take part in the following activities:

- **Leadership training** – attend sessions on leadership, physical activity, health and wellbeing, motivation and goal setting.
- **Questionnaires** – Surveys will ask you about each session and your experiences as part of the project.
- **Focus groups & Interviews** - Questions will be asked about girls' thoughts on taking part in the leadership training programme and their thoughts on physical activity both in school and in after school clubs.
- **New after school club** – there will be a new afterschool activity club starting at your school which you will be asked to help develop as part of the leadership training programme. You will be asked to take part in these sessions with your friends if you want to, though this is not compulsory that you attend the sessions.

What do I need to do if I would like to take part in this study?

If you are happy to take part in the project you DO NOT NEED TO DO ANYTHING. You will be asked if you are happy to take part in **some** or **all** of the study again before it starts and you will be asked to sign a form to confirm this. You do not have to take part if you do not want to.



What do I need to do if I DO NOT want to take part in this study?

You do not have to take part. If you DO NOT want to take part in **any part** of the study, please fill out the 'child assent form' attached.

