

More Good Days At School: Building relationships to promote health, happiness and learning

Pupil agreement to take part

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UCL Research Ethics Committee approval number: 14037/012

Summary

- Please read this document carefully and the document about how we use and protect your information.
- Your school is taking part in a project about how to best support young people to be healthy and happy.
- All schools taking part are continuing with existing wellbeing support they provide. In half of the schools, staff will also be trained to work with pupils differently.
- To look at the impact of this new way of working with pupils, we will:
 - Ask you to complete 3 surveys over 2 years;
 - Look at information from the school's records;
 - You will have the option of speaking to a researcher one-to-one;



- After the end of the project (winter 2025), the information we collect will be linked with other information using a secure, specialist service. This is so that we, and future researchers, can look at long-term impacts of this programme using other sources of information from educational and criminal datasets.

1. What is this project?

Hello, and thank you for reading this information sheet. My name's Julian. I'm leading a research project to look at the impact of support for young people to be healthy and happy at school.

I'm passionate about this project for many reasons. Everyone is different, and all of us are impacted by the things we've experienced. This study is looking at how schools support young people's wellbeing and help pupils to be healthy and happy no matter what they've experienced in the past or are currently struggling with in life.

To look at this, we are working with lots of different schools. All of them are continuing with the existing wellbeing support they provide to young people. In half of the schools, staff will be trained to work with pupils differently by learning more about how things people have experience might impact on them.

We don't know if this different way of working with pupils is better, worse, or the same as existing wellbeing support. This is what we want to find out in the research. The findings from this research will be used to inform how schools support the wellbeing of their pupils in the future.

This information sheet contains more details about who we are, what we're doing, and why we're doing it. It also explains how we'll use your personal information if you agree to take part in our study.

All projects like this are looked at by an independent group of people, called a Research Ethics Committee, to protect your interests and safety. This project has been approved by the University College London (UCL) Research Ethics Committee (ID: 14037/012). The project is being conducted by:

- UCL (<https://www.ucl.ac.uk/evidence-based-practice-unit/evidence-based-practice-unit-0>) and
- Anna Freud (<https://www.annafreud.org/>).

The project is funded by the Youth Endowment Fund (<https://youthendowmentfund.org.uk/>).

2. Why have I been invited to take part?

You have been invited to take part in this study because your school is involved in the “More Good Days At School: Building relationships to promote health, happiness and learning” project.

Pupils in Year 8 (12-13 years) or Year 9 (13-14 years) during the 23/24 academic year at your school are eligible to take part.

3. Do I have to take part?

No! If you do not want to take part in the study, you don't have to. We would like as many people as possible to take part in order make sure we have the best information about what makes a difference for young people. If you choose not to take part, it will not affect your rights or support.



Please think about whether now is a good time for you to take part or not.

If you choose to take part and change your mind later, please speak to your parent or guardian who can contact us. You will not have to give a reason why. You can do this until July 2025. Until then, you can withdraw at any time and your information will be deleted unless you tell us we can keep it.

4. What happens if I take part?

We have already checked if it's OK to take part with your parent or guardian. If you take part, we will ask you to fill in a survey online at school (e.g., in tutor time) that will take no longer than 30 minutes. We will ask you to complete it 3 times over two academic years.

The survey will ask about:

- How you're doing
- What it's like at school
- How you get on with people at school
- What you think about wellbeing support at school
- Your name and contact details
- Your gender and ethnicity

In a small number of schools, researchers will be speaking to pupils one-to-one (at school) about your experiences during the study, and this discussion will be audio-recorded.

Your school will share some of the information that they have about you, which will include:



- Information to help us understand if the different way of working is more or less helpful for pupils with certain characteristics:
 - Date of birth
 - Gender
 - Ethnicity
 - Whether you are looked after by the local authority
 - Whether you have any special educational needs
 - Free school meal eligibility
 - Whether you have a disability
- Information to help us understand the potential longer-term impacts of the different way of working:
 - Your educational record

After the study has ended (21st November 2025), we will link the data we have collected with other types of information (described below).

5. What will happen with the results of the study?

We (Anna Freud and UCL) will write a report about what we find, but the report won't include your name or any other information that could be used to identify you. Results will be shared with schools so that parents/guardians and pupils can view them. The report will be shared with other people; e.g., on Anna Freud, UCL, and YEF websites.

6. Keeping you safe

If you feel upset by any of the questions we ask you, you should tell your parent or guardian, staff you trust at your school, or the researchers. You can find the researchers' contact details in the box on the first page. You can also use the following free sources of support:

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- Anna Freud Centre Crisis Messenger: Text AFC to 85258. It is a free 24/7 text service for anyone in crisis anytime, anywhere.
- The Mix: Call 0808 808 4994. The Mix are there to help you take on any challenge that you're facing.
- Samaritans: Free to call service 24 hours a day, call them on 116 123
- Childline: Free to call service 24 hours a day, call them on 0800 1111

We will keep what you tell us private (and we will not share what you tell us with your parent or guardian) unless we think that you or someone else might be at risk of harm. If this happens then we will try talk to you first to tell you why we want to talk to another person or organization.

7. Who can I speak to if I have any questions?

The Primary Researcher (Julian) is based at Anna Freud and UCL and can be contacted by email if you have any questions about this project, if there are any problems, or if you have any complaints: Julian.Childs@ucl.ack.uk. Please also talk to your parent or guardian if you have any complaints and they can help to take it further.

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