



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. With the help of the project your school will try new ways to promote physical activity and we will evaluate how successful this has been by asking you to take part in the following activities:

- **Physical activity monitoring** – A small activity monitor will be handed out and you will be asked to wear this for 7 consecutive days. It is worn on the wrist like a watch and should only be removed during water based activities like swimming/showering.
- **Questionnaires** – Surveys will ask about your enjoyment levels, health and wellbeing, quality of life and social support.
- **Focus groups & Interviews** - Questions will be asked about your thoughts on taking part in physical activity both in school and in after school clubs.
- **Height, weight, waist circumference** – These measures will take place away from the rest of the group with a female researcher. No one but the researcher will see the results, they will not be made available to the school and will not be sent home.



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 measurements 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.

